



Bliss





- Cut a piece of red dot fabric 3"x 13¾". Sew this to the left edge of the stitchery.
- Sew the buttons in place using your red floss.
- Baste the rickrack around the edge of the pillow top (rickrack should be placed at, but not over, the edge of the fabric with the corners curved slightly).

Bliss:

- Trace design onto a 12"x15" piece of white linen using a .01 brown Pigma pen and a lightbox. Show the dots' placement with tiny dots, and place an x at the center of the two buttons but do not trace their outlines.
- If you'd like, you can hand baste a piece of white muslin to the back of the stitching fabric.
- Stitch the design using 2 strands of #4300 Cosmo floss. The design is worked in a simple backstitch except the dots, which are 3 wrap French knots. Make several small XX's inside the heart to give it more definition. (You could also applique the heart shape using the red dot fabric if you'd like!)
- Press the stitchery well. Cut a piece of freezer paper 6"x 8¾". Draw a line on the dull side of the paper using a pencil and your ruler, 1/4" from the left edge of the paper along it's long edge. Arrange the freezer paper on top of your stitchery, lining up the left edge of the stitching with the marked line on the paper. Press in place with a hot iron.
- Trim the excess fabric from around the edges of the freezer paper template. Peel off the paper.
- Cut a piece of white dot fabric 3"x 8¾". Place right sides together with the right side edge of the stitchery and sew in place using a ¼" seam allowance. Press the seam allowance toward the dot fabric.
- Cut two pieces of white dot fabric 3"x 8½". Sew these to the top and bottom edges of the stitchery.
- Cut the back of the pillow to the same measurements as the front. Place them right sides together. Sew around the edges leaving an opening in the bottom edge to turn and stuff. Turn right side out, stuff, sew opening closed to finish!