

My Secret Valentine

Supply list (2 pages)

Instructor: Helene Knott 503-888-9784 Email: helene.m.knott@gmail.com

Website: www.heleneknott.com

History and literature are full of stories of great lovers, some of whom had to pursue their assignations in secrecy. Love notes and mementos would be passed discreetly or tucked into clandestine places known only to the lovers. Celebrate this Valentine's Day by creating a lovely embellished heart-pocket quilt to tuck sweet messages, chocolate bars, or gifts for that special someone. The pockets can be custom-made to fit the gift of your choice. Why give a paper card when you can give a keepsake made with love? If you want a smaller project, this technique can be used to create a small pouch to wear around your neck to tuck bank cards or ID, a key, or a bit of cash into. You could also make and apply a heart-shaped pocket to a garment. Forget a disposable card, give your beloved a heartfelt keepsake they will treasure for years to come.

Please be courteous to others by arriving for class with the correct supplies. Contact me at 503-888-9784 or helene.m.knott@gmail.com if you have any questions.



A Note to Students: Many students do not realize that once the teacher is paid, the shop offering a class makes little if any income on the class itself. The shop is relying on product sales to continue offering quality classes to you. Therefore, I urge you to patronize this shop when buying your supplies for this class as much as possible and remind you that big chain stores do not offer the variety of classes that the smaller shops do. Keep quilt classes alive by supporting this shop. Thank you, Helene

TOOLS/MATERIALS:

- **Fabric:** A variety of 8" squares in varying shades whatever you think of as 'romantic' colors and/or prints. (NOTE: 2-3 of them will be used to line the pockets and will not be visible) and a few smaller (4"-6") squares featuring novelty motifs of flowers, birds or butterflies for smaller hearts or Broderie Perse embellishments. If making a valentine panel, you will also need a 10" x 12" (approx) fabric for the background; this can be anything you want but should both compliment and contrast with the other fabrics. Home decorator fabrics like brocade would be ideal for the background (Note: a background panel will not be needed if you are making a pouch or applying a heart pocket to a garment.. Colors need not be the traditional Valentine's red, pink and white but can be anything you think of as 'romantic'. I like the 'Renaissance' look with brocades and fabrics such as silk, satin, velvet etc. You could consider a white on white theme with various cream colored fabrics/prints, or the Laura Ashley look with shades of mauve, blue and rose. Or go for the dramatic – velvety black with red!)
- **A garment (optional):** If you want to make a heart pocket on a piece of clothing, bring a shirt, vest or jacket to sew the pocket onto.
- **Freezer paper:** To draft heart designs on.
- **Drawing pencil and eraser:** Bring a good white rubber/plastic eraser, do not rely on the one at the end of the pencil; they rough up the paper and wear down too quickly. A mechanical pencil with extra leads is preferable to one that needs constant sharpening.
- **Fusible web:** Buy one that has a paper foundation: Heat n' Bond, Soft Fuse, Wonder Under, Steam a Seam... Do not buy the type with no paper. You will need about 1/2 yard from a roll or several sheets from a package if you purchase it this way.
- **Scissors:** Fabric scissors that you don't mind using to cut adhesive/paper backed fabrics with and a pair for the freezer paper
- **Medium weight interfacing or Form Flex™ :** this will be used to help firm up any flimsy silk or satin you choose as well as 'back' some of your hearts; about 1/4 yard will be plenty; this is available in white and black, I prefer the black if I'm using rich dark colored fabric but choose white if your fabrics are light. If you want to make a heart necklace pouch, you will need a firmer stabilizer like Pellon 809.

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- **Batting and backing:** Depending on the fabric you choose for the panel, you may not need batting. If your panel is a somewhat stiff brocade, it might be stable the exact size and amounts will depend on what size your project will be. A thin cotton batting is recommended. You will not need these for a pouch or a pocket.
- **Rotary cutter, mat and cutting ruler:** Ideally, the ruler should be at least 18" long but can be any width you have on hand.
- **Sewing Machine:** Capable of zigzag or embroidery stitching, with the standard accessories and an open toed foot. A free motion foot could come in handy and a machine with a good variety of programmed embroidery stitches will provide opportunities to use decorative stitching as embellishment.
- **Thread:** in colors that will work for the decorative or zigzag stitching on your fabrics; the thread can be cotton, or rayon or Polyester Embroidery thread for a bit of sheen. You can also add a bit of bling with metallic thread if you feel confident about sewing with this temperamental thread.
- **Pins:** Ordinary sewing pins.
- **Embellishments:** This is a lovely way to preserve special buttons or laces from your mother's or grandmothers keepsakes.
 - Narrow ruffled lace (if you want to add ruffled lace around the perimeter of your heart, bring about $\frac{3}{4}$ yard).
 - Bridal lace fabric with motifs that could be fussy-cut.
 - Woven or embroidered decorative trim.
 - Silk or satin ribbon.
 - Sequins, beads or hot fuse Swarovski crystals - if you want to add beads and/or sequins you will also need strong polyester of beading thread and a thin hand sewing needle that will fit through your beads.
 - Charms or bits of jewelry.
- **18" of Silk Cord such as Rat Tail:** The hang a Pocket Heart Pouch as a neck pendant.
- **Gifts:** To tuck into your Pocket Valentines – a small Valentine card, a locket, a chocolate bar, a stem 'pick' with silk flowers (available at craft stores), a peacock feather, a folded lace handkerchief, a small folded paper fan... use your imagination.
- **Thread snips**
- **Seam ripper:** Never leave home without one.
- **3 $\frac{1}{2}$ " square of fancy paper (optional):** This can be parchment or linen paper, or Origami paper... to write a love note on.
- **Pigma Micron Pen (optional):** In whatever color you wish to write with on the paper.



Individual Heart Pouches

