



# *Tuning My Heart Quilts*

*by*

*Debra Davis*

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# *A Nordic Christmas*

## *Mini Blocks*

by Debra Davis

Tuning My Heart Quilts, LLC

### Week 5: Woven Heart



Finished size: 3" x 3"

This is the fifth in my series of Christmas ornaments to adorn the house. My Christmas ornament collection would not be complete without this traditional Scandinavian woven heart. While they are small, I have chosen blocks and techniques that make working with these small pieces much easier. I do recommend that you use starch both before cutting out your pieces and as you press the units. And take your time as you sew, slowing down can really help with the necessary accuracy. Using this pattern along with the photo tutorial on my blog will help you to have success as well. Happy Quilting!

*Debra*

## Fabric Requirements

The blocks in this series are made using scraps of 2 red fabrics, 1 white on white print and one red and white print. Fat Quarters will work very well.

You will also need:

Fusible Web and lightweight fusible interfacing for the appliqué

1 Fat Quarter of fabric for the Backing and Binding.

DMC Pearl Cotton #5 (the loop for hanging.)

## Cutting Directions:

From Red and White cut:

A-(cut 3) 1 1/8" x 3"

From Red #1 cut:

B-(cut 3) 1 1/8" x 3"

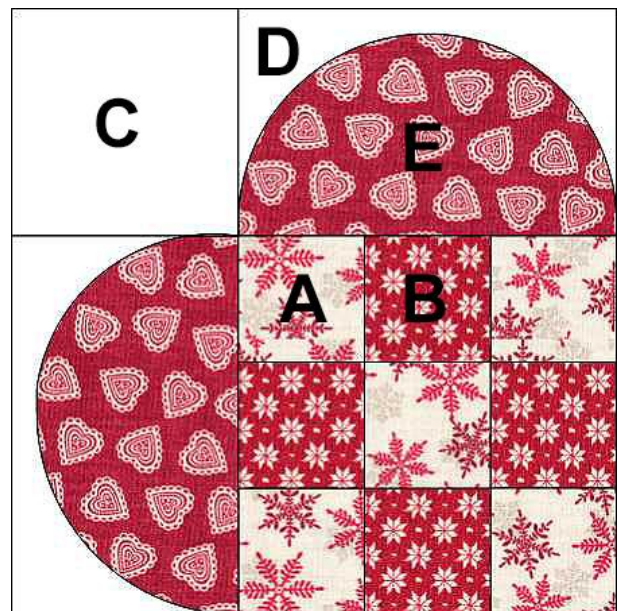
From White cut:

C-(cut 1) 1 5/8" x 1 5/8"

D-(cut 1) 1 5/8" x 2 3/8"

From Red #2 cut:

E-(cut 2) 1 3/4" x 2 1/2"



## Alternate colorway:

From Red and White cut:

B-(cut 3) 1 1/8" x 3"

E-(cut 1) 1 3/4" x 2 1/2"

From Red #1 cut:

A-(cut 3) 1 1/8" x 3"

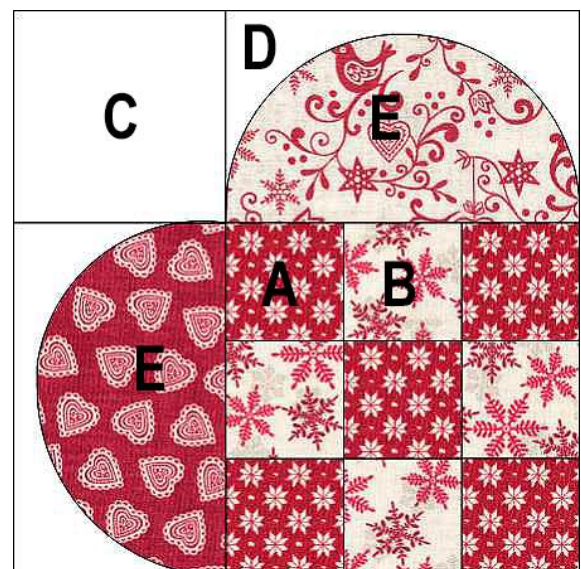
From White cut:

C-(cut 1) 1 5/8" x 1 5/8"

D-(cut 1) 1 5/8" x 2 3/8"

From Red #2 cut:

E-(cut 1) 1 3/4" x 2 1/2"





## Cutting Directions-continued:

Backing: 4 ½" x 4 ½"

Batting: 4 ¼" x 4 ¼"

Binding: **1 ¾" x 18" the binding size and directions have been adjusted for this one so be sure and read through those directions thoroughly.**

**Note:** For these mini blocks I set my stitch length to 2.2 (12 stitches per inch) instead of my usual 10 stitches per inch.

## Step 1: Nine-Patch Unit:

For the Nine-Patch we will be using the strip-piecing method. Lay out the A and B strips so that you have one that is ordered A-B-A and one that is ordered B-A-B.

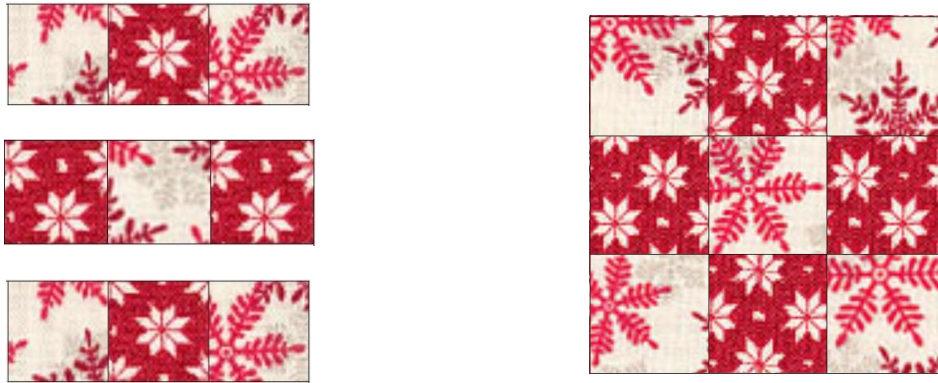
Using a ¼" seam allowance sew together into two strip sets as shown. Press all towards the B fabric. (see arrows)



From the A-B-A strip set cut two sections that are 1 ⅛" wide. Cut one section that is 1 ⅛" wide from the B-A-B strip set. (For alternate colorway be sure to cut two from the red-white-red combination.)



Lay out the cut sections as shown. Join together into the Nine-patch unit, matching seams. Press. Unit should measure  $2 \frac{3}{8}$ " x  $2 \frac{3}{8}$ "



## Step 2: Appliqué

The easiest method I found for making the rounded heart shapes was to use fusible appliqué. Trace the shape from the appliqué sheet (page 7) onto the back of your fusible. Cut two of these leaving about a  $\frac{1}{4}$  inch beyond the drawn line. Fuse to the back side of your fabric. Once cool, cut out the shapes. Before fusing these onto my background (D rectangles) I cut out a piece of lightweight fusible interfacing that is slightly smaller than the D rectangles and fuse it to the back of the rectangles. Then I place my appliqué onto the front, centering them so that there is  $\frac{1}{4}$ " between the sides of the appliqué and the edge of the D rectangle. You can mark these with a pencil if it helps.



Use a small zig-zag stitch to secure appliqué to background fabric. I set my width to 2.0 and length to 1.5

### Step 3: Making the Block:

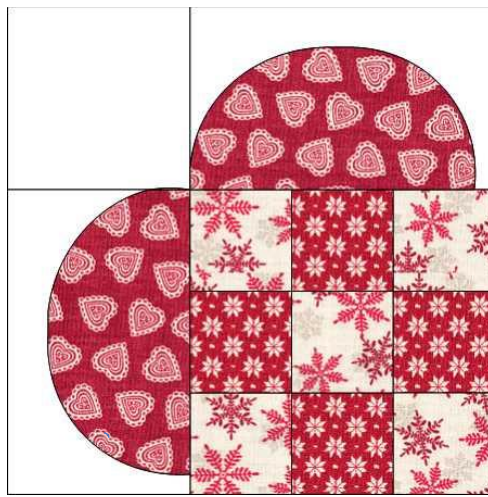
Lay out the units as shown to make a four-patch block. Join together into pairs pressing as indicated by arrows. Join, matching seams, to complete.



### Step 4: Quilting the Block

Layer the backing, batting, and quilt block. I prefer Basting Spray to hold the layers together for small quilts.

Quilt as desired. For my sample I stitched in the ditch along the seams in the nine-patch and then around the heart shapes to finish.



## **Step 5: Binding and Finishing:**

Press Binding in half. Attach to the front of quilt using a ¼ inch seam, mitering the corners as you go. Fold binding over to the back of the quilt and attach with a slip stitch to complete the binding of the quilt. I used a ¼” seam allowance on this block.

Cut a length of Pearl Cotton thread and attach a loop to the top for hanging your mini quilt.

Check out my blog for photos and video tutorials for making these mini blocks: search for Nordic Christmas. I have posted video tutorials to show how to quilt and bind them.

That’s it! I hope you will consider sharing your finished block with me on my Facebook Sew Along page. I love to see what you are making with my patterns and always comment. Until next time.... Happy Quilting!

**A Note about Copyright:** The pattern itself is copyrighted. Basically, please do not make copies of my patterns for others in either print or digital form. I would love it if you would direct people to my website to download their own copies of my patterns-in this way you will be thanking me for my work and supporting what I provide to you.

### **Yes, you can sell your items made from my patterns.**

Any physical items you create with my patterns are yours and there are no restrictions on what you can do with them. So go ahead and enter them in shows, sell them, donate them for auctions, etc. You are not required to mention Debra Davis or Tuning My Heart Quilts in any way.

### **However, it does help me out a lot when you do.**

When you share the project and tell your friends about me and my quilt designs and tutorials, it helps me stay in business and support my family. I really do appreciate it when you share and let others know you found my quilting tutorials and patterns helpful.

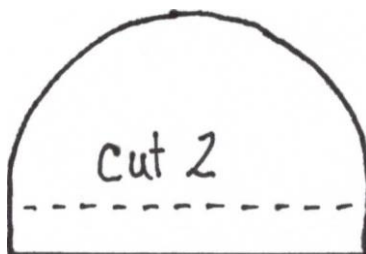
### **So attribution is not required, but definitely appreciated!**

Please pay it forward and pay it back and let me know when you create a quilt from one of my patterns. And if you tag me on Facebook [\*\*@tuningmyheartquilts\*\*](#) and I see it I will be able to comment back to say thank you!

## Nordic Christmas: Block 5

### Full-Size Applique Pattern

Print this page at actual size. Check the 1 inch test box to make sure pattern printed at correct size.



1 inch  
Test