



This free in-the-hoop Heart Stuffie is a quick and easy project, stitched in the 4x4 hoop and finished with just a small amount of hand sewing.

Perfect for:

- Valentine gifts
- Hanging ornaments
- Sweet keepsakes

I used minky for my samples for extra softness and cuteness, but cotton scraps work just as well if you prefer.

## FINISHED SIZE

9.5 by 9 cms

## MATERIALS FOR COASTERS

- Cutaway or tearaway stabiliser
- 2 pieces of fabric 5 x 5 inches
- Plastic solvy topper if using minky or fur fabric
- Optional: tassels, hanging ribbon or keyrings

## STABILISER AND HOOPING

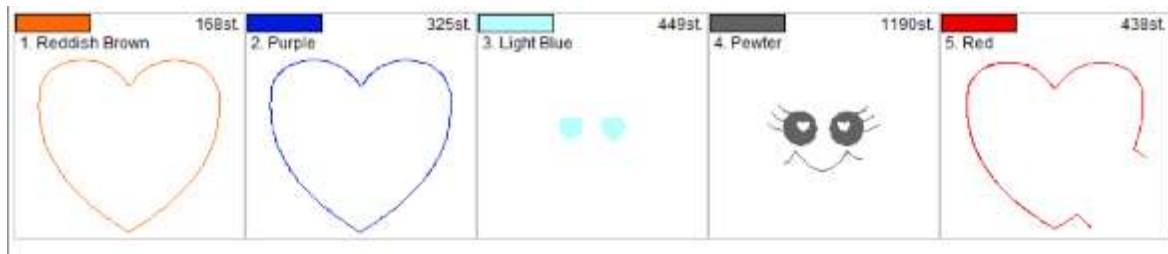


### Hoop stabiliser

Use pins at the hoop edge to ensure no stabiliser movement

If you are new to this technique  
[Click here to watch Kay's hooping video](#)

## CONSTRUCTION



## STEP ONE – THE FABRIC PLACEMENT LINE



Thread your machine with a neutral colour

Stitch Colour 1, which is the outline of the coaster and shows you where to place your fabric

## STEP TWO – FRONT FABRIC



Place your fabric over the guideline

As I used minky for my samples, I added a layer of plastic solvy topper

Stitch Colour 2 to attach



Stitch inner design

Love version  
Colour 3 – Love You





Face version

Colour 3 – white of eyes

Colour 4 – black eyes

### Want to add your own lettering instead?

Now's the perfect time — before you add your backing fabric.

The method you use will depend on your embroidery machine or software. If you're unsure where to start, we've put together a **general guide to adding lettering** – [Click here to read the Blog Post](#).

## STEP THREE— ADD FITTINGS

If you would like to add a hanging tab, tassel, or key ring (as shown in the photos), place the hanging tab folded edge / key ring/ tassel inside the heart at this step.

For the keyring sample (white), fold a piece of ribbon/string in half around the key ring clip. Position the clip inside the hoop and tape the ribbon ends in place, making sure the key ring is *inside* the stitched area."

For the tassel sample (red), I wrapped the tassel with a small piece of solvy before taping it down.

This makes it much easier to remove the tape afterwards — trying to peel tape off tassels takes time (*ask me how I know!*) 😊

Again, make sure it is positioned **inside** the heart shape, then tape it in place outside the stitch area.



#### STEP FOUR – ADD BACKING



Place your backing fabric with right side facing the hoop

Stitch the last colour to attach



## STEP FIVE – FINISHING



I like to cut away the excess stabiliser close to the seams



Cut away the excess fabric around the outer edges of your project. Be sure to leave a  $\frac{1}{4}$  inch seam allowance all the way around.

For a smoother finish when turning your project right side out, clip around any curved edges, being careful not to cut through your stitching.



### Turn right side out:

Turn your project right side out through the opening.

Use a blunt tool (like a turning stick or chopstick) to carefully push out the corners and curves

Tearaway the solvy

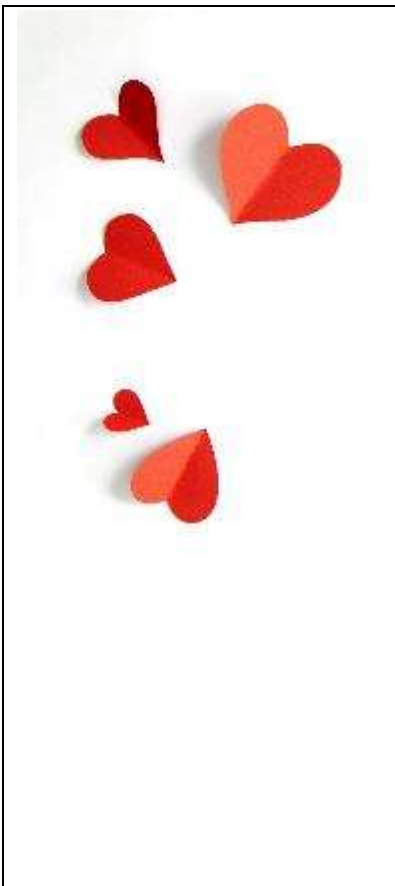
### Press:

Once turned, press your project flat with a warm iron, taking care around the edges to give it a crisp, finished look.



Add stuffing until it reaches your desired firmness.

Slip-stitch the seam shut



*I wish to extend a heartfelt thank you to my amazing Angel Ladies, Beverly, Darina, Faye, Flo, Kay W, Louise and Sandy, who generously give their time to test and perfect my designs. Your creativity and passion mean the world to me, and I truly couldn't do this without you. You make sure every design is the best it can be, and I'm so grateful for all your hard work and dedication!*

*A special thank you to Kim, who runs our fantastic Facebook Group, to Kay for creating the incredible videos that bring these projects to life, and to Flo for proofreading these instructions — your attention to detail makes all the difference.*

*It takes a village!!*

*Heather*

## QUICK LINKS

- ✓ Need help? Please email: [help@kreativekiwi.com](mailto:help@kreativekiwi.com)
- ✓ Check out our '[How to' Video Library](#) – we have over 100 step-by-step videos
- ✓ [Read our Blog section](#), which includes many free project instructions



- ✓ [View our Inspiration Gallery](#) to see hundreds of items made by our Kreative Kiwi group
- ✓ View/download from over 300 [Free Embroidery Designs](#)
- ✓ Subscribe to [Kay's Cutz YouTube Channel](#) to get notifications when new step-by-step videos are added

#### SHARE WITH US

- ✓ Join our [Kreative Kiwi Facebook Group](#)
  - Feel free to share your projects on our private Facebook group (only members can see posts)
- ✓ Share on Instagram #kreativekiwiemb

*Please respect my rights as a designer - do not distribute, resell, or edit these designs and sell as your own machine embroidery design.*