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Heart Sachet Gifts



Use your machine to help embellish fabric to turn into heart sachet gifts. Couch rick rack and embroidery floss to fabric or chenille fabric all with the help of IQ Designer in the Radiance. Then sew them together to create a fun sachet.

Skill Level: Intermediate

Created by: Patty Marty, Baby Lock Training and Education Manager.

Supplies:

- Baby Lock® Radiance sewing and/or embroidery machine
- Embroidery W foot
- ¼" Piecing Foot
- Digital Dual Feet Foot with Couching Sole & Yarn Couching Guide
- Thread Stand
- 11 5/8" X 18 1/4" Hoop or appropriate hoop for created design
- 1 yard of canvas fabric
- Gradient Rick Rack – For this project, dyed rick rack was sourced at a local needlepoint shop. [Here](#) is a link to 3 pack – 3-yard bundle of gradient rick rack.



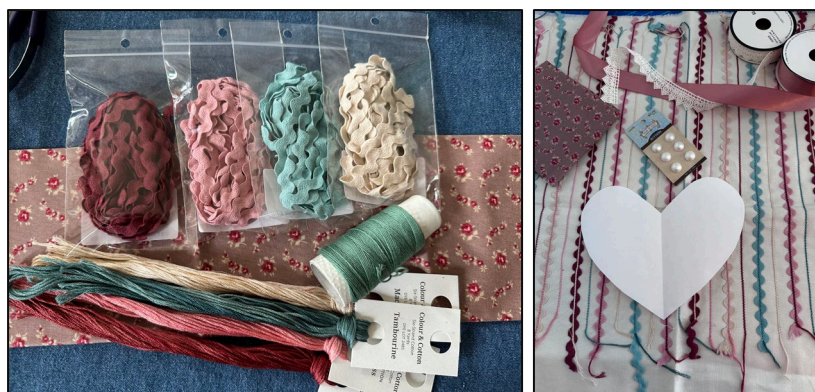


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- Gradient Six Strand Cotton Thread- Same as the rick rack. [Here](#) is a link to a collection of 5 gradient threads (8 yards each)
- Baby Lock Tear-Away Stabilizer BLT103
- 1-yard solid cotton fabric
- ½ yard Print fabric to coordinate for backing
- Ribbon, lace, buttons, and trims (optional to embellish)
- Chenille Rotary Cutter
- Heart Pattern (hand drawn using piece of standard paper)
- Poly-Fil batting and/or lavender/herbs for scented sachets
- Madeira® Rayon/Polyester thread to match fabric & embroidery bobbin
- Wonder clips and other basic sewing and embroidery supplies



Instructions:

I fell in love with these hand-dyed rick rack and embroidery threads and wanted to use them in a valentine's project. Using one of the new IQ Fills in the Radiance gave me a great idea for helping keep the stitches straight. These trims could be used in any pattern to and would make a fun pillow or embellishment for a garment.

For this project, two different sachets were created:

- Rick Rack and Embroidery Thread – Couched using decorative stitches and the Digital Dual Feed Foot





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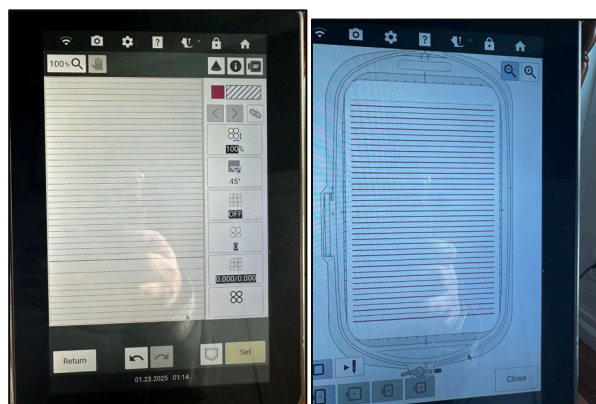
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- Chenille Version – Using IQ Designer to help create the background fill.

Creating the background fill in IQ Designer- Rick Rack

1. For this project, prior to stitching the rick rack and embroidery thread, a decorative fill was stitched.
2. To create the decorative fill design, select **IQ Designer**.
3. From **IQ Designer**,
4. Select the **Region Fill Properties**.
5. Select the **Open Fills** option and **select**. Choose fill #54 from the Radiance fills.
6. Choose a color and touch OK.
7. Select the **Fill Cup** for the region fills and touch on the design page.
8. Touch **Next**.
9. This fill is set at a diagonal. Rotate the fill 45 degrees to make this be straight lines. Turn the Outline to ON to save stitch time unless you don't want a box around the fill.



10. Touch **Memory** to Save the design. This will save the design as both a .PM9 artwork file and a .PHX embroidery file.
11. Hoop the canvas fabric with tear-away stabilizer in the 11 5/8" X 18 1/4" hoop.
12. Stitch the designs using the embroidery thread of choice. To keep this neutral and unnoticed, a coordinating color was stitched.





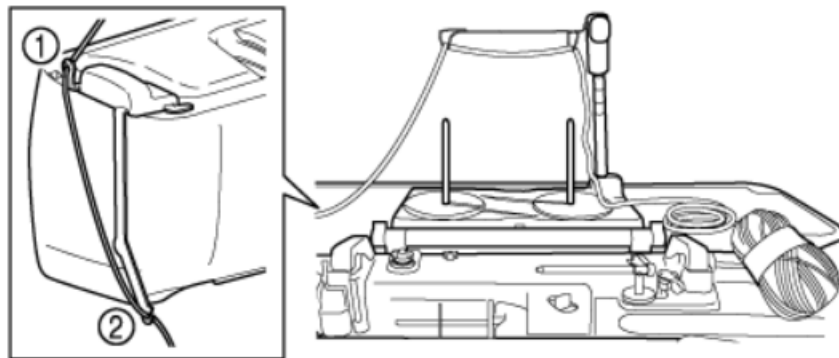
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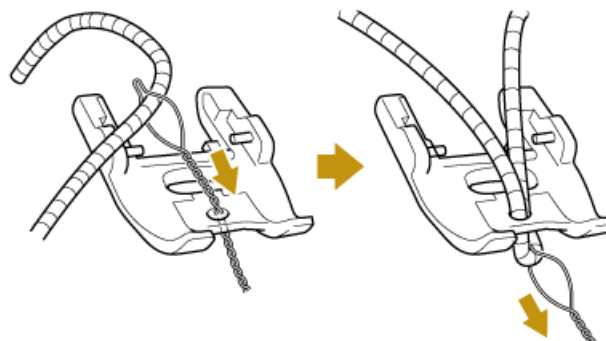


Couching with the Compact Digital Dual Feed Foot

1. Attach the Digital Dual feed foot leaving the yarn couching sole off.
 - a. Be sure to plug the foot into the machine
2. Place the yarn couching guide and thread stand on the machine.
3. Thread the machine with a decorative embroidery thread of choice.
4. Select the yarn or cording you would like to use for the project. Thread this through the yarn guide and into the opening in the couching sole.



5. Thread the yarn through the couching digital dual feed sole using the thread wire.



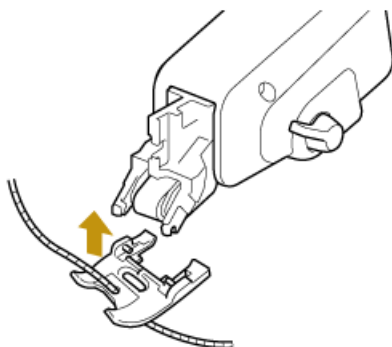


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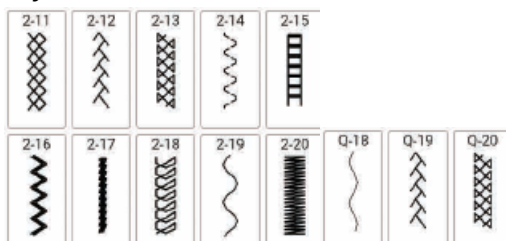
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6. Attach the couching sole to the digital dual feed foot.



7. From the sewing menu, select a stitch of choice. Note that stitches that are NOT available for use with the Digital Dual Feed Foot will be greyed out.
8. Use the Projector to assist you with previewing your stitch and setting the stitch width.
9. Pull the yarn/cording to the front of the foot and adjust the stitching while visually auditioning them.
10. Some recommended stitches with the DDF Couching include 1-10 Zig Zag Stitch, 2-11-2-16, Q-18-Q-20. For this project, a Zig Zag stitch was used and the stitch adjusted for the yarn.



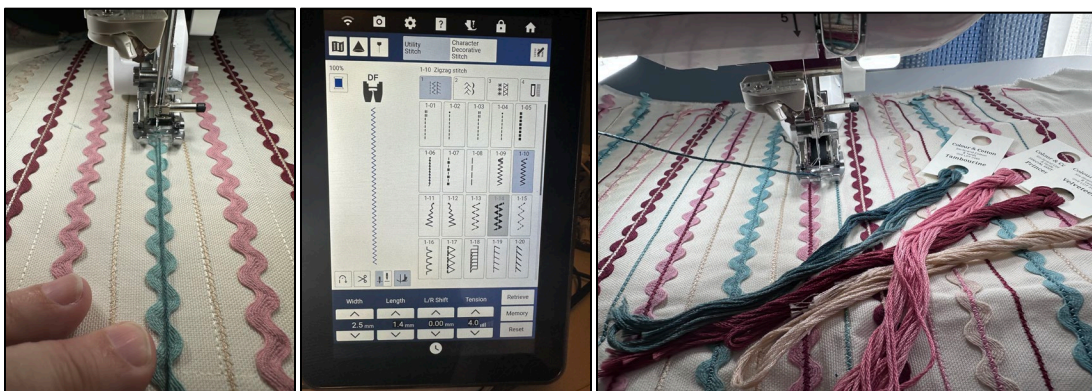
11. Be sure to move the yarn/cording back to under the digital dual feed foot once you have made your selection.
12. Using the stitched canvas piece with the decorative fill and stitch along alternating lines with the rick rack and/or decorative stitches.
13. Pin or fabric glue the rick rack in place.





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Constructing the Heart Sachets-

Using a piece of copy paper, fold and cut out the heart shape you like. You could also find a heart outline that could be used as a pattern for your sachet. Use the pattern to cut up the stitched fabric. Then repeat for a lining fabric.



1. For these sachets, a lace trim was applied.
2. Set up your machine for a straight stitch with the standard J foot.
3. Choose a zig zag stitch and narrow the width to 2.5mm and extend the length to 1.6mm.
4. With coordinating thread in the machine, attach the lace trim to the front of the sachet heart.





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5. Once attached, pin the backing fabric with right sides together and stitch around approximately $\frac{1}{4}$ ".
6. Start on the side edge of the heart and leave a 3" opening on the side for turning and stuffing.
7. Snip the curved edges, turn inside out and press.
8. Stuff with poly-fil batting and/or dried lavender.
9. Hand-sew the opening together.
10. If desired, add a bow to the front center of the heart and attach by hand-sewing or hot glue.



11. Make as many as you want for gifts!!!



Creating the background fill in IQ Designer- Chenille



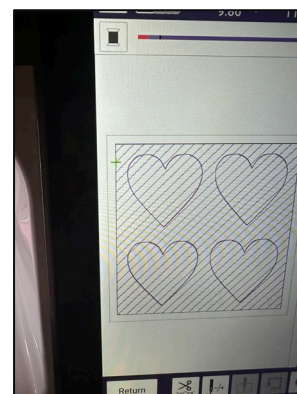


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1. The new fill #54 on the Radiance lends itself to creating Chenille fabric in the hoop.
2. To create the decorative fill design, select **IQ Designer**.
3. From **IQ Designer**,
4. Under the Shapes/Stamp Key, select the Frame Shapes (Tab 5).
5. Select the 10 5/8" X 10 5/8" frame size. Touch OK.
6. On the main screen, select the **Region Fill properties**.
7. Select the **Open Fills** option and **select**. Choose fill #54 from the Radiance fills.
8. Choose a color and touch OK.
9. Select the **Fill Cup** for the region fills and touch inside the shape.
10. Touch **Next**.
11. This fill is set at a diagonal. Adjust the size to 150% and leave the rotation.
12. Touch **Memory** to Save the design. This will save the design as both a .PM9 artwork file and a .PHX embroidery file.
13. Touch Set and take the design out to the Embroidery Edit screen.
14. Touch **Add**.
15. Go back to **IQ Designer**.
16. Select the **Line Properties** and the bean stitch. Touch **OK**.
17. Under the **Shapes/Stamp** Key, select the Shapes (Tab 1).
18. Select the Heart shape. Touch Set.
19. On the screen resize the heart shape to approximately 4" in height.
20. Use the Eraser tool to erase a portion of the side of the heart to provide a opening for turning the hearts after stitching.
21. Touch **Next**.
22. Turn the **Under sewing** off for the bean stitch.
23. Save to Memory.
24. Set the heart design over to **Embroidery Edit**.
25. In Embroidery Edit, duplicate, or repeat the heart shape. If needed, resize it to fit in the chenille designs.
26. Once done editing, touch **Embroidery**.





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27. Under Layout, select the basting stitch option. This will be the first thing stitched and will be used to hold the layers of fabric in place for the chenille stitching.
28. Hoop a piece of tear-away stabilizer in the 10 5/8" X 10 5/8" hoop.
29. Stitch the designs using the embroidery thread of choice. To keep this neutral and unnoticed, a coordinating color was stitched.



30. For this, place a piece of Ultrasoft Fusible or other batting down first.
31. Then layer 3-4 layers of solid fabric on top of the batting. Float the fabric.
32. Baste all the layers together first.
33. Then, stitch the angled lines.
34. Once the lines are stitched, remove the hoop from the machine and carefully cut the fabric in between the lines using the chenille rotary cutter. **DO NOT REMOVE THE FABRIC FROM THE HOOP.**





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35. Prior to the hearts stitching, place a piece of the backing fabric, right sides together.



- 36. When completed stitching, trim and then turn the hearts inside out.
- 37. Note in the photos shown, no side slit was left. In this case, carefully remove several stitches along the side to give an opening to turn the hearts.
- 38. Turn the hearts, press and then hand stitch the opening closed. You can also include some batting or dried herbs to make these a sachet as well.
- 39. Stitch on a lace bow for a fun accent!
- 40. Use a chenille brush or edge of your scissors to help chenille the layers.

