

Hearts for Bosnia IST 2014

The sewing project this year is a large heart pillow with a pocket and **two** small companion pillows.

This year's theme is "One World, One Rhythm" partly based on Bosnia being in the World Cup for the first time. It would be fun to use soccer prints and musical note prints in addition to prints that are appropriate for boys and girls.

Directions:

- Using pinking shears cut two large hearts, four small hearts, and a 4" x 5 ½" rectangle for the pocket. Use the attached heart patterns.
- Sew the pocket onto the front of the large heart, wrong side of pocket to right side of heart. You do not need to turn any edges, just sew about ¼ inch in from the pinked edge. Place the pocket close to the bottom, but not so far that the corners will get caught with your seam when you sew the hearts together. Sew the sides and bottom of the pocket onto the heart, leaving the top open for putting the small heart inside.
- Lay the front and back of the hearts with **wrong** sides together. Again, do not turn any edges. Stitch together about ½ inch in from pinked edge, leaving an opening for stuffing-preferably on the straight part so it is easier to sew up after stuffing.
- Stuff the heart so it is "huggable", not too soft and not too firm.
- Close stuffing opening by hand or machine.
- Make the small hearts by stitching together the front and back with wrong sides together, leave an opening for stuffing, then close the opening after stuffing.

Please remember that for each large heart with a pocket, you are making two small heart pillows to place in the pocket.

Thank you for your time, talent and resources in helping to provide children of Bosnia with a remembrance of this year's camp.