

Art Heart

by Stephanie Eddy ©FEB2016

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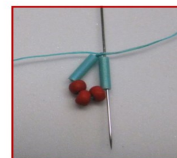
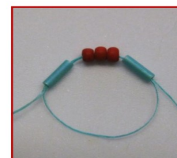


Basic Ladder Stitch

Supplies needed: #8 seed beads, 6mm bugle beads, #11 seed beads if adding picots. Japanese beads are best.
Heart without picots—1.5 yards of thread OR Hearts with picots—2 yards of thread.

For a flexible heart, use any beading thread or #6 Fireline. To stiffen the heart, use a size D, fiber-based beading thread. Once the heart is complete, soak it in a 50/50 water & white glue solution for several hours to allow the glue to be absorbed into the thread. (Any ultra strong hair spray will also work as a stiffener). Use a paper towel to remove excess liquid from the heart. Set aside to air dry for several hours.

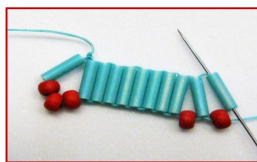
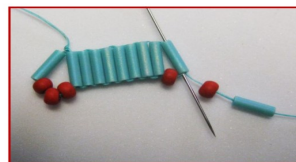
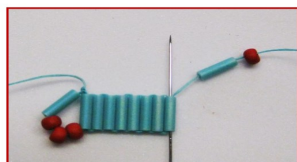
Step 1: Side 1- Add a bugle, three #8's and a bugle. Go back into all of the beads again to form a triangle. Leave a 14" tail if adding picots, otherwise, leave a 3" tail. The tail and lead threads should come together. Tie with an overhand knot. Bring the needle through a bugle.



Step 2: With bugles, work 7 rows of Ladder stitch (8 bugles total).



Step 3: *Add a bugle and an #8. Go into the previous bugle, and through the new bugle. Add an #8 and a bugle. Go into the previous bugle, through the #8 and the new bugle to complete the Ladder stitch. * Repeat the pattern between asterisks * 2 more times, plus one more bugle and an #8, for a total of seven #8's added.



Step 4: Center— Add a bugle and three #8's. Go into the previous bugle and the new bugle (form a triangle).



Step 5: Side 2— Repeat Step 3. Repeat Step 2, adding six bugles. Connect the last bugle to the bugle in the beginning triangle. The basic heart is complete and you may bury the threads.

If you want to add picots...

Step 6: Picots— Work the thread back through the bugles until you reach the first bugle between two #8's. **Add four #11's. Skip three #11's and go into the first #11. Continue out the bugle. Continue to the next bugle between two #8's.**



Repeat the instructions between asterisks ** five times for a total of six picots. Continue through the center bugle.

Step 7: Move the needle to the other thread. Repeat Step 6. When complete, both threads should come together in the top center of the heart. Tie with an overhand knot and bury the threads.



I hope you enjoyed this free pattern, courtesy of StephanieEddy.com & Alive at Eddyville
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