



## Felted Hearts

*Sweet felted wool hearts are an easy knitting project that will literally warm your heart!*

*Felted knitting is cut into two heart shapes, joined together and filled with rice.*

*The finished heart can be heated to create a cozy hand warmer, a wrist rest while computer mousing, a spot muscle relaxer, or just a pretty decorative touch for Valentine's Day.*

### Felting Tips

- Always use a natural fiber yarn obtained from an animal source, most often wool.
- Angora, alpaca, cashmere, mohair, and blends of these yarns are also suitable.
- Do not use a wool yarn that is labelled Superwash.

### Finished Size

On the following page, you will find a heart-shaped pattern shown on a background grid measuring 5"/13cm x 5"/13cm.

By using a photocopier, you can enlarge or decrease the size of the heart pattern.

The total grid measurement (e.g., 5"/13cm x 5"/13cm ) is the size of the knitted square after felting.

### Materials

Yarn (see, Felting Tips)

Sewing thread and needle

Length of yarn, in a contrast color for overcast edging, optional

8"/20cm length of ¼"/8mm wide ribbon

Rice (uncooked, long or short grain, white or brown)

A herbal tea bag, (cammomile, mint, fruit-flavored), optional

## Knitting Instructions

Felting will shrink a knitted piece by approximately 20%, although this can vary.

After deciding the finished size of the grid from which to cut the heart shape, increase the size of the piece to knit, by 20% (e.g., to obtain a felted 5"/13cm square, the knitted size should be approximately 6"/15cm square before felting).

Knit the square in stocking (stockinette) stitch and proceed with the felting instructions.

## Felting Instructions

- The most efficient felting method is a full washing machine cycle set at "Hot" or "Whites".
- Run through the normal washing cycle, including rinse and spin dry.
- It may require two or more washing cycles to obtain the felted finish.
- When the felting is held up to a strong light, the stitches and rows are barely visible.
- Allow the felted knitting to dry thoroughly before assembling the hearts.
- When dry, brush the felting for a smoother surface texture.
- Felted items can also be pressed lightly with a low-setting steam iron and a damp cloth.

## Finishing

Print out the heart pattern and cut two pieces from the felted knitting. With WS together, using needle and thread, join the two heart shapes by working a small overcast stitch around the edge, ensuring the seam is securely closed and leaving a small opening.

Fill the heart with the rice and tea (if using) and sew the opening closed.

With the contrast color yarn, work an overcast stitch around the edge of the heart.

Tie an 8"/20cm length of ribbon into a bow and secure with a small sewing stitch.

*Do not use a metal safety pin to attach the ribbon.*

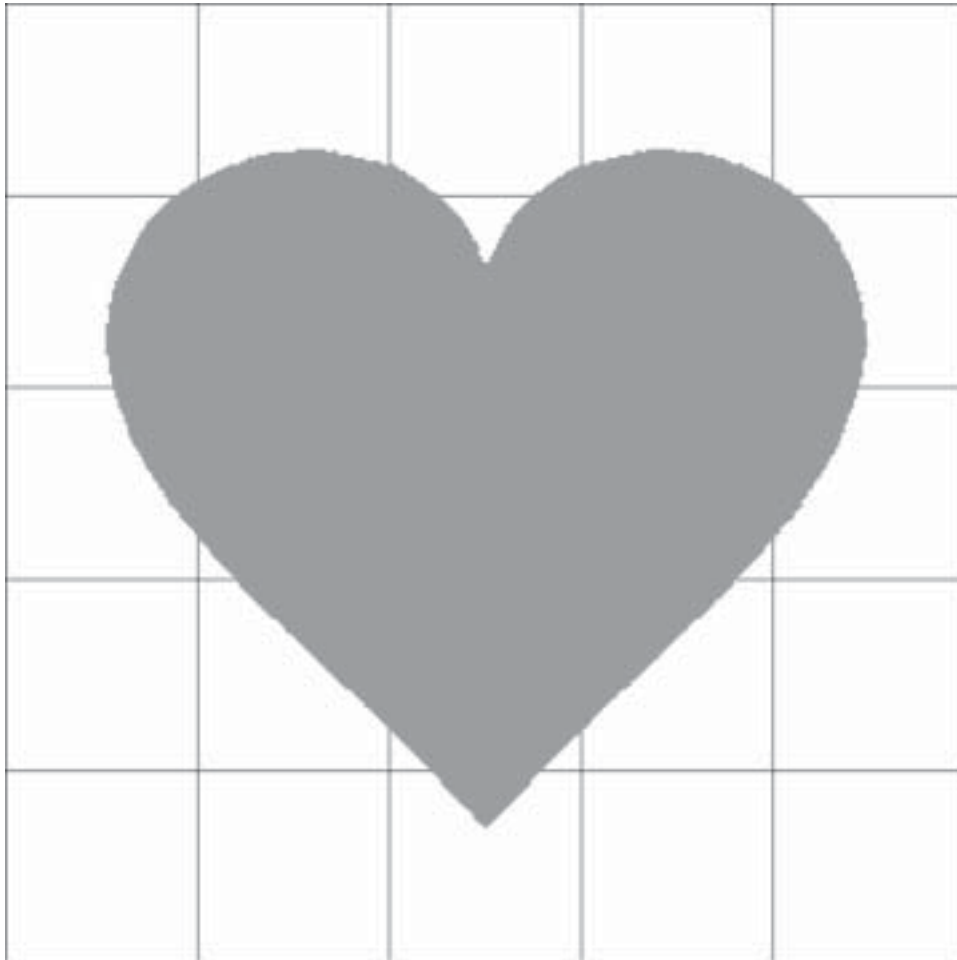
## Heating Instructions

The felted hearts if made from the materials listed can be heated and used as a soothing wrist rest while computer mousing, a spot muscle relaxer, or a hand warmer.

Place the felted heart in the microwave and heat in 30-second increments for

**NO MORE** than one minute. With cloth or oven glove, remove from the microwave and enjoy!

*Every effort has been made to ensure that all information in the preceding project instructions is accurate. However, due to differing conditions, tools and individual skills, the publisher cannot be responsible for any injuries, losses, or other damages which may result from the use of the information in these instructions.*



Each grid square = 1"/2.5cm

*More felting ideas from*  
**maddycraft**

[Festive Feltings Booklet](#)

[Accessories Patterns](#)