

# *Sonia Showalter Designs*

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Visit our [Youtube Channel](#) for How-To videos, especially our comprehensive video on how to stitch lace:

[“Free Standing Lace, Overcoming Your Fears”](#)

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Recommendations:

These designs should be sewn with size 75 embroidery needle.

\*\*\*My recommended stabilizer is TWO layers of Vilene or mesh type of water soluble stabilizer.

Be sure it is hooped drum TAUT and DOES NOT SLIP and get loose during the embroidery process.

Double sided sticky tape placed in the inner edges of the inner hoop works beautifully to hold the stabilizer securely after pulling it tight.

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Please review above directions before starting.

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## Dramatic Heart (Free Standing Lace)

**You can stitch once heart for a necklace, but for a reversible piece with a little more weight, stitch two.**

This coordinates with the [Barefoot Sandals, earrings, & more.](#) .

Measures: 2.64 X 2.4 inches.

Stitch count: 9544

Thread Color Used:

( Use the same color in the bobbin or a darker version for added depth.)

**Floriani Polyester PF561- Golden Wheat**

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## Rinsing

Rinse only until the stabilizer is no longer gooey and no longer shows in open areas.

Rinse very gently only until the gooiness is gone. Pat gently with a towel to remove excess water.

Shape if necessary, (it will curl a bit, this is normal). Make sure the loops are nice and round.

Lay **face down** on two layers of wool felt or similar lofty material.

Place a very thin cotton fabric on the wool and on top. Press with a hot iron to make it perfectly flat. Let cool.

## Assembly:

If you stitched two hearts, glue them back to back. Make sure to match the loops and edges for a flawless finish.

I recommend Fabri-Tac glue which is a permanent fabric glue. It also sets very quickly. Apply it around the edges and a little near the center areas.

Now it is ready to embellish as you wish. Using jump rings, you can add beads to each loop or to a few selective loops. It is up to you how much to add. (Please see jump ring video link below).

**Please take a look at our [video](#), which shows how to embellish the Barefoot Sandals.**

The process for adding beads to this design, is exactly the same.