



*Before ...*

## Heart FELT Gifts

**"Honey, I shrunk your sweater."**

When you hear those words, take a deep breath, then turn your shrunken sweater into a unique Valentine gift.



**“Love is a canvas furnished by Nature and embroidered by imagination.”**

— Voltaire

#### **YOU'LL NEED:**

100% wool sweater  
washer  
dryer  
lingerie laundry bag  
stuffing  
wire  
cord  
basic sewing supplies  
fabric scraps  
embellishments

#### **Felting:**

To felt a wool sweater, put garment in lingerie laundry bag, place in washer with detergent, and run on hot cycle, then dry on hot setting.

#### **Tags:**

Print your favorite saying on cardstock, being creative with fonts and colors.

#### **Striped Sweater Heart:**

Cut heart shape out of felted sweater; cut another heart shape out of burlap that's 1" larger than sweater heart all around. Place sweater heart on top of burlap heart. Stitch layers together with relaxed hand stitches and stuff lightly. Add embellishments and attach wire hanger.



#### **Red Sweater Heart:**

Cut freehand heart out of felted sweater. For edging, use sweater waistband, gathering slightly at corners, and attach with relaxed hand stitches. Add embellishments.



#### **Purse:**

Cut purse shape out of sweater sleeve. Close purse bottom, edge, and attach handle and clasp with relaxed hand stitches. Add embellishments.

#### **Jar Cozy:**

Cut off two sweater sleeve cuffs, stitch raw edges together with large cross-stitches, embellish.



## **Organic from the Heart**

Indigenous Designs' clothing for men, women, and children is handmade by artisans in fair-trade co-ops around the world with all natural and organic fibers and low-impact dyes. Furnishing free training, needles, and access to yarns and designs, they support over 300 women's co-ops and knitting groups, providing fair trade standards and wages in some of the poorest regions in the world—garments that are good for the people and the planet.  
[www.indigenousdesigns.com](http://www.indigenousdesigns.com)

