

## MAKE YOUR OWN: RAG RUG HEART

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*Make this eco-friendly rag rug heart which you can wear with pride on your jacket, shopping bag or give as a gift!*

*This project was created by Elspeth Jackson of Ragged Life*

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### YOU'LL NEED...

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Heart template. Create your own or use the template provided.

Marker pen

Rag rug hessian. This should be approx. 20 x 20cm (8 x 8 inches) if you are using our template and the weave should be approx. 4 holes per cm (10 holes per inch)

Green fabric. You can use any old clothing or fabric offcuts but softer fabrics are easier to work with. I recommend using a mixture of greens, including patterned fabrics for a more interesting design.

Rag rug scissors / fabric scissors

Latch hook

Glue gun

Green felt. If using our template (available on back page), you will need at least a 12 x 12cm (5 x 5 inch) square.

Brooch back - I used a circular brooch back.



## INSTRUCTIONS

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**Step 1:** Place the heart template onto the hessian, leaving at least 5cm of excess hessian all around the edge of the template. Use a marker pen to draw around the heart template. Use a sewing machine to zig zag stitch a border around the heart, approximately 1cm (0.5 inches) outside the drawn heart. This is to keep the hessian intact and aid assembly later on.



**Step 2:** Prepare your materials by cutting your green fabric into 1.5cm (0.5 inch) wide strips (the longer the strips, the better). If you are using fabric that is very thick then cut your strips narrower to make them easier to pull through the hessian.



**Step 3:** Insert the latch hook into one of the holes anywhere on the drawn line of the heart. Insert enough of the latch hook through so that the latch part (the dangly bit) is on the underside of the hessian as this will be used to catch and secure the strip onto the hook. The latch should be open at this stage.



**Step 4:** Choose which green you would like for the border of the heart, hook onto the top of the fabric strip and pull one end through the hole to the top of the hessian. Adjust the strip so that only about 1cm (0.5 inch) is poking through to the top of the hessian – this will be the height of your loops.



**Step 5:** Insert your latch hook into the next hole in the hessian, following the drawn line of the heart. Use the hook to pull a loop up through the hole. Adjust the loop to about 1cm in height to keep the height consistent and neat.



**Step 6:** Continue to pull loops up through the hessian, following the drawn line of the heart, missing out 1 or 2 holes between each loop and the next. When you reach the end of the strip, pull the end of the strip to the top of the hessian and cut it to the same height as your loops to secure the rag rugging in place. You should never have any loops or loose ends on the back of your rag rugging.

You can tell when you are rag rugging too far apart because you will see hessian between your loops and you can tell when you are rag rugging too close together because the hessian will begin to pucker



**Step 7:** Repeat steps 3-5 until you have loopy rag rugged the border of the heart. Then rag rug one row at a time just inside the first border to fill in the heart in different shades of green.



**Step 8:** Once the heart is fully rag rugged, cut away any excess hessian from around the zig zag stitch.



**Step 9:** Make a small cut at the top of the heart to the bottom of the "V" and use a glue gun to carefully glue all the excess hessian to the back of the rag rugging so that it is no longer visible from the front.



**Step 10:** Place the heart template onto a piece of green felt and draw a line around it. Cut around the heart, approx. 0.5cm (0.25 inches) outside the drawn line. This ensures that the hessian will be fully covered by the felt.



**Step 11:** Glue the felt heart onto the back of the rag rugged heart then glue the brooch back to the back of the heart, in the centre near the top. Trim any bits of felt that are visible from the front of the heart for a good finish.

*Et voila! One eco-friendly rag rugged heart which you can wear with pride on your jacket, jumper or shopping bag.*

