

 **BONUS PATTERN BY KRISTIN NICHOLAS**

# Heart Sachet

Fill this sweet fabric-lined heart with soothing potpourri scents, as a reminder to stay relaxed and heart-healthy!



## MEASUREMENTS

WIDTH AT WIDEST POINT

5½"/14cm

HEIGHT AT CENTER

4"/10cm

## MATERIALS

- 1 1¼oz/50g ball (each approx 93yd/85m) of Classic Elite Yarns *Color By Kristin* (wool/mohair/alpaca) in #3258 geranium 
- Size G/6 (4mm) crochet hook
- ¼yd/1.25m red quilting-weight cotton for lining
- Small amount of polyfill stuffing
- Potpourri (optional)
- Sewing needle and thread

## BACK

RIGHT LOBE

Ch 4, join with sl st to form ring.

**Next row** Ch 4, 5 tr in ring, 6 dtr in ring. Fasten off.

LEFT LOBE

Ch 4, join with sl st to form ring.

**Next row** Ch 5, 5 dtr in ring, 6 tr in ring. Fasten off.

LOWER PORTION

Ch 4, join with sl st to form ring.

**Rnd 1** Ch 3, 2 dc in ring, [ch 2 (for corner) 3 dc in ring] 3 times, ch 3, join with sl st to top of beg-ch.

**Rnd 2** Ch 3, [1 dc in space between next 2 dc] twice, \*2 dc in ch-2 sp, ch 2, 2 dc in ch-2 sp, [1 dc in space between next 2

dc] twice; rep from \* twice more, 2 dc in ch-2 sp, ch 2, 1 dc in ch-2 sp, join with sl st to top of beg-ch. Fasten off—6 dc across each side of square.

With dtrs of each lobe meeting at center top corner; sew right and left lobes to 2 sides of square using an overhand stitch.

BORDER

**Rnd 1** Join yarn with sl st to bottom point of square, ch 1, work 2 sc in ch-2 sp, 5 sc evenly along side of square; working in right lobe, work 2 sc in ch-2sp, [1 sc in space between next 2 tr] 5 times, [2 hdc in space between next 2 dtr] 4 times, [1 sc between next 2 dtr] twice to center of heart; working in left lobe, [1 sc between next 2 dtr] twice, [2 hdc in space between next 2 dtr] 4 times, [1 sc in space between next 2 tr] 5 times, 5 sc along side of square, 2 sc in ch-sp, ch 2. Join with sl st to beg ch-1.

**Next rnd** Ch 1, sc in sp between each sc, then 2 hdc between each hdc—16 hdc on each side. Ch 2 and fasten off, leaving 20"/50cm tail for sewing together.

FRONT

Work as for back.

FINISHING

INNER HEART

Using the crochet heart as a template, cut 2 pieces of the cotton fabric. With right sides together; sewing needle and thread, sew fabric hearts tog leaving a ¼"/.5cm seam allowance and leaving 2"/5cm open for stuffing. Turn right side out and press. Stuff with polyfill and/or potpourri. Sew closed.

OUTER HEART

Place crochet hearts with wrong sides tog. With tapestry needle and yarn, whipstitch around, leaving opening for inner heart. Place inner heart into crochet heart and sew closed.♥



## KRISTIN'S STORY

While her hobbies range from interior decorating to painting, Kristin Nicholas has always wanted to be a fashion designer. She learned to crochet as a girl from her grandmother; and her love of color and the fiber arts led to two degrees in textiles and clothing, followed by a sixteen-year stint as creative director of Classic Elite Yarns. Kristin finds inspiration in the world around her—from art books and flowers to ethnic textiles. She and her husband, their daughter; three border collies, one Great Pyrenees, and several cats all live on an idyllic farm in western Massachusetts, where they raise sheep and chickens—which means Kristin gets plenty of exercise to keep her heart in shape. But a healthy diet is just as important: she and her husband sell their high-quality, grass-fed lamb locally, and Kristin develops healthy recipes featuring the nutritious, natural meat and cooks vitamin-rich stock made from the lamb bones.



## KRISTIN'S TIP

**EAT NATURAL, GRASS-FED MEATS.** Kristin raises her lambs without antibiotics or hormones and feeds them only fresh grass and hay.

