

# Clean Hands, Warm Hearts Embroidery Pattern

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## Necessities:

- \* One white Flour Sack Dishtowel - This will be cut down in size.
- \* 1/4 yard of your choice Print Fabric
- \* 1 inch button
- \* Embroidery Hoop - 7 or 8 inches works well
- \* DMC Embroidery Floss in the following colors:  
310 Black 152 Pink 518 Blue 519 Medium Blue  
3761 Light Blue 3722 Rosie Red  
Also a Floss color to match your fabric choice  
for running stitches along bottom.
- \* Basic sewing supplies: Tracing pen or pencil, pins or clips  
sewing machine with white thread, scissors or rotary cutter,  
embroidery needles.



1. Wash and dry your towel. Press.
2. I cut my towel down to 14 x 21 inches. Depending on the size of your towel.  
You may get two towels out of one. Leaving two hemmed sides, cut towel to  
14 x 21. Re-hem the raw edges turning under twice: 1/4 inch + 3/8 inch ) or matching  
existing hem. Top stitch this hem. Your towel will be approximately 13-1/2 inches high and 20-1/2 inches wide.
3. Trace design using a light box and your favorite marking tool. Trace in the center of the 20-1/2 inch and 1-1/2 inches from the bottom edge. Trace  
running stitched lines 3/8 inch from bottom edge and another 1/4 inch above.
4. Stitch design. All stitching is done with 2 strands of floss using a backstitch for all of the center design. Use two strands of floss for the running  
stitches along the bottom. Backstitch all words in black. Bubbles in the three hues of blue. Soap in pink and heart in rosie red. Your choice of  
color for the bottom running stitches.
5. When stitching is done, remove tracing lines if necessary.
6. Ruffle: Cut one strip of fabric 3 x 30 inches. Fold in half right sides together along the length. Sew all three raw edged sides 1/4 inch. Start at a  
short side, sew along raw edge of length towards the middle, stop leave an opening for turning about 3 inches wide, then continue sewing the  
length, turn and sew opposite short edge. Clip corners. Turn right side out. Use a point to push corners out. Press well turning edges of opening  
1/4 inch to the inside. Take floss or sewing thread and sew a running stitch along the length to pull and gather ruffles. Pull gathers to match the  
bottom edge of towel. Baste or pin in place under your hemmed towel. Topstitch with white thread 1/8 inch away from edge. (This is just a 3.4 inch  
ruffle showing).
7. Loop for hanging: Cut one rectangle 5 x 7 inches. Fold in half, right sides together. Sew three raw edges with a 1/4 inch seam leaving an opening  
for turning. Clip corners and turn. With a point, Push corners out. Press well. As before, turn the  
raw edges to the inside. Top stitch all four sides.
8. Make a buttonhole the length of your button center on one side. See photo for placement.
9. Fold your towel in thirds with design in center. At the top, push both folds at top toward the center.  
Have them meet and touch each other. See photo for example. 1 pulled up edges flush at the top.  
Pin or clip to hold temporarily. Place the end of loop WITHOUT the button hole on the back  
of the towel. This loop end should be at least 1 inch over the towel. Pin in place. Sew across all layers  
approximately 3/4 inch from edge to catch all of the towel folds.
10. Fold loop to front. Mark X where button should go. Sew your button to the front of the towel.  
Loop across a handy handle or towel bar. Done!



I wish you all happy stitching and healthy days ahead. Barri Sue

## Clean Hands, Warm Hearts Design Page

Place this page on a light source. This can be a light box, sunny window, or white computer screen. Place towel on top of paper, center design and trace.

