



## Instructions for Poekie Valentine's Scented candy\*

(Time to complete each candy: about 10 minutes)

### Materials needed:

- Paper for your printer
- Ruler
- Scissors
- Fabric
- Marker or pen for tracing
- Pin
- Needle
- Thread
- Nice smelling herbs and spices from your kitchen

### How to make it:

For an experienced Poekie maker, this is easy. After printing and cutting the pattern,<sup>\*2</sup> just follow the same steps as usual:

- Place the patterns on an edge on the wrong side of your fabric.<sup>\*3</sup>
- Trace around the patterns.
- Cut ON the lines you traced.
- Repeat the tracing and cutting until you have the pieces you need<sup>\*4</sup>

### Poekie Candy Flower:

- Get a thread and needle, and do a running-stitch<sup>\*6</sup> around the circle 'far' away from the edge, as marked on the pattern.
- Lay a little bit of the herb or spice in the middle of the circle.
- Pull your thread really tight and do a bunch of stitches through the crunched-up part until it stays closed and the stuffing doesn't fall out anymore.
- Tie a knot and cut the thread.
- With a scissors cut the crunched-up edge into 'frillies,' just snip little bits here and there until it's all frilly. Don't cut through your stitches!

### Poekie Frilly Candy:

- Do a running-stitch from number 1 to number 2, as marked on the pattern. Pull it really tight.
- Fold the fabric in half length-wise (nr. 1 to nr. 2, nr. 3 to nr. 4),
- Whip-stitch from number 2 to number 3.
- Stuff with herbs or spices.
- Do a running-stitch around (from 3 to 4), and pull it really tight.
- Stitch a few times through the crunched-up part so the stuffing doesn't fall out.
- You may have to do this to the other end as well. For that, you stick through the candy to the other side, then do some extra stitches there to securely close the hole.
- Tie a knot and cut the thread.
- With a scissors you can frill each of the ends of the candy. It's fun to do and looks good. Just don't cut through your stitches!

### Poekie Candy Button:

- Lay the two circles right sides out, wrong sides in, on top of each other.
- Whip-stitch<sup>\*6</sup> halfway around the circle as marked on the pattern.
- Fill the button with scented stuff, and whip-stitch the hole closed.
- Tie a knot and cut the thread.

I can't wait to see what you've made at home and let me know if any part of these instructions is confusing!

With love from the Poekies,

sophia

\* For children age 8 and up, with parental guidance.

Warning: 1. Pins and needles' mission in life is to poke, and scissors only know how to cut. You must be careful and make sure that they poke and cut only the things that you want them to! 2. None of the materials used belong in a person's mouth, so be careful when you make this while little children are around you.

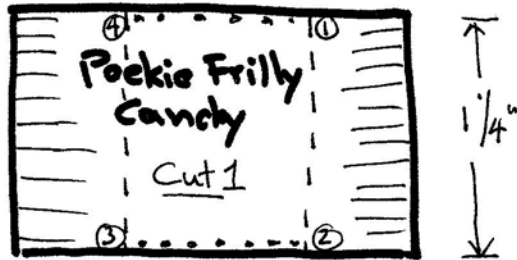
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# Poekie Scented Candy



Fill with:

- Lavender flowers
- Anis seeds
- Mint leaves
- Fennel seeds
- Rosemary leaves
- Etc.



Poekie Candy Button

