



Stitch a Heart Pincushion

BY CHRISTINE LEFEVER

Eliza Leslie, born in 1787 in Philadelphia, penned a number of books and articles for both children and adults. Although her only formal education consisted of sewing and cooking classes, she was an avid reader and writer, noting later in life, “the dream of my childhood [was] one day seeing my name in print.”

Her literary career began in 1828 when she published one of the earliest American cookbooks, *Receipts for Pastry, Cakes, and Sweetmeats*, by “a Lady of Philadelphia.” Three years later, she wrote *The American Girl’s Book; or, Occupation for Play Hours*, from which this pattern is taken. By 1874, the book was in its 16th edition.

The American Girl’s Book contained parlor games, sewing projects, word games, and riddles. Miss Leslie, as she was called, emphasized the importance of play in children’s lives, writing that “In families where the children are over educated (as is now too often the case) the parents, forgetting that they themselves were once young, allow no recreations but those of so grave a character, that play becomes more difficult and fatiguing than study.” *



AMERICAN GIRL’S BOOK.

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A HEART PINCUSHION.

Cut two pieces of linen into the shape of a half-handkerchief. Sew them together, leaving a small open space at the top, and stuff them very hard with bran or wool. When sufficiently stuffed, sew up the opening and cover the pincushion with silk, sewed very neatly over the edge. Then make the two upper corners meet, and fasten them well together. This will bring the pincushion into the shape of a heart. Put a string to the top. Emery bags are frequently made in this manner. Pincushions should always be stuffed with bran, wool, or flannel. Cotton will not do.