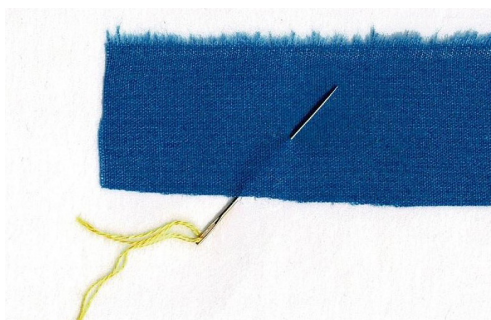




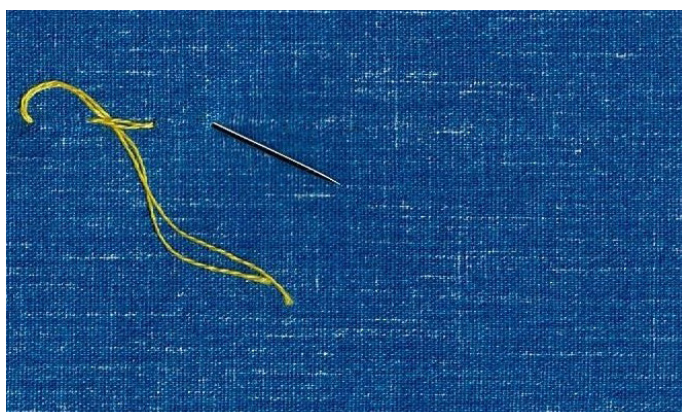
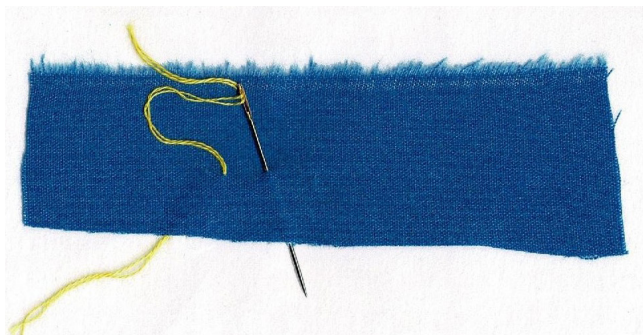
GETTING STARTED – NEEDLES & KNOTS

EMBROIDERY IS SEWING IN A DECORATIVE WAY ON THE SURFACE OF THE FABRIC. PATTERNS, INDIVIDUAL WORDS, MESSAGES AND IMAGES CAN BE ADDED, ALONG WITH COLOUR AND TEXTURE.



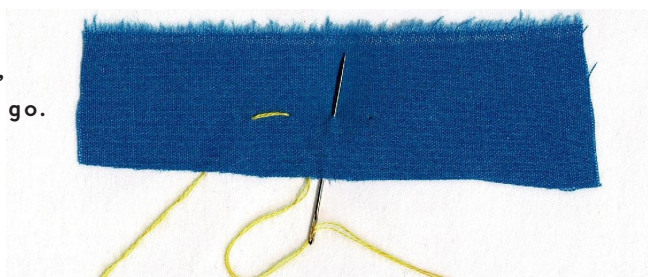
Thread the needle with **2 strands of embroidery thread**. The 2 strands of thread are taken from a skein of 6-stranded embroidery thread. **Cut an arms length of thread**, then separate the 2 threads you want to use by sliding them downwards, rather than pulling them apart. This will prevent tangling.

To start sewing, **push the needle up** from underneath the fabric, through to the top. Pull the thread until **only 2-3cm** remains underneath of the fabric. Move the needle along a little and push it back down, from the top to the underneath.



To secure it without using a knot, catch the loose 2-3cm of thread under the first few stitches on the reverse side of the fabric. When you get to the end, it can be fastened off in the same way, by **tucking it under the last stitch on the back** of the fabric.

Continue pushing the needle up and down through the fabric, **pulling the thread firmly** as you go. This is known as straight stitch.

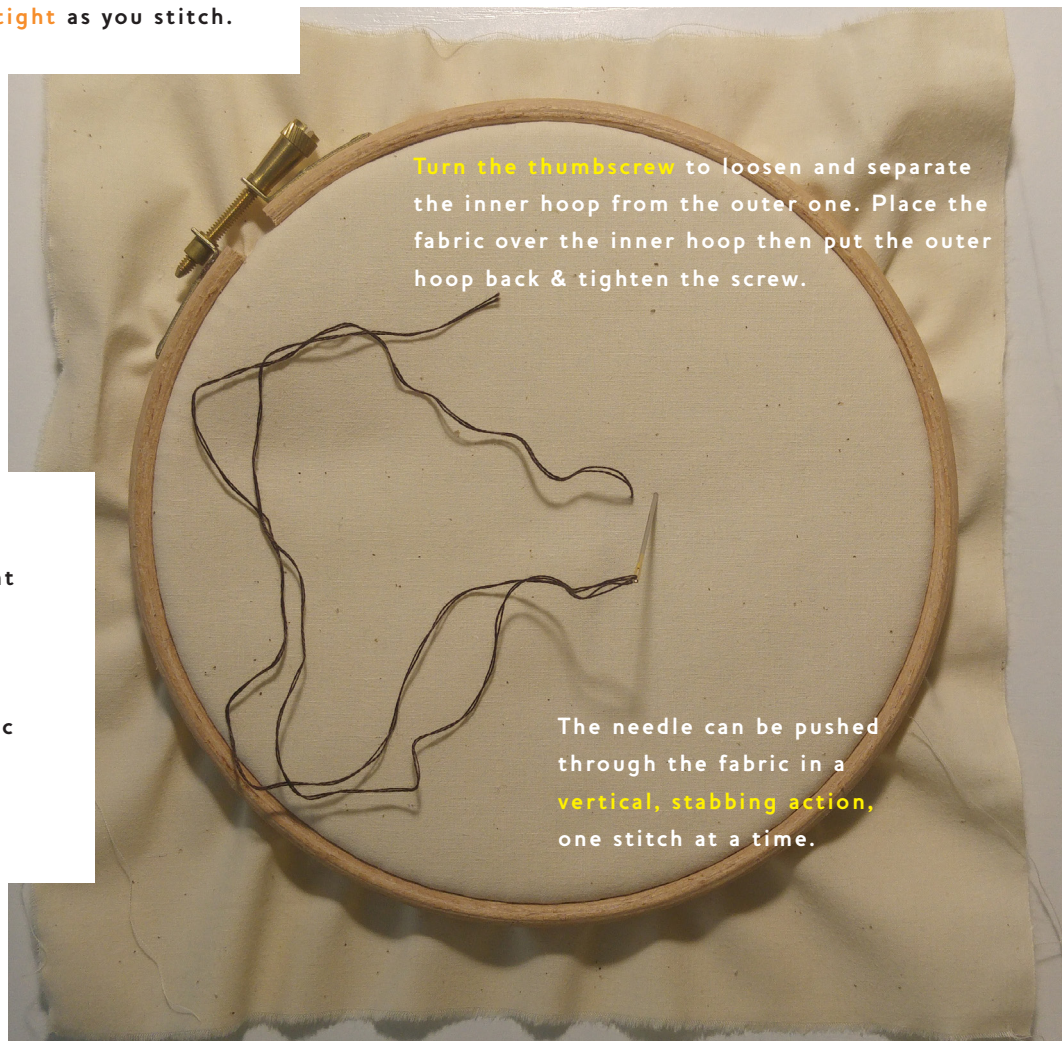




GETTING STARTED – HOOPS

SOME PEOPLE LIKE TO USE A HOOP WHEN THEY EMBROIDER

An embroidery hoop can be used to keep the fabric tight as you stitch.

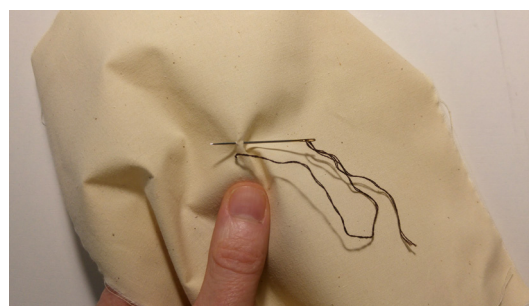


Turn the thumbscrew to loosen and separate the inner hoop from the outer one. Place the fabric over the inner hoop then put the outer hoop back & tighten the screw.

To create more friction, & prevent the fabric from loosening, wrap a length of binding or a strip of fabric around the inner hoop.

The needle can be pushed through the fabric in a vertical, stabbing action, one stitch at a time.

Some stitches are easier to do without a hoop, so the fabric is freer and the needle can travel in and out of it in one movement. (A thimble can be used to protect your finger from getting sore when pushing the needle through repeatedly).





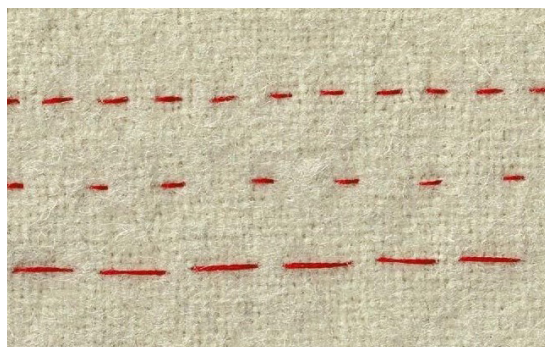


STITCH DICTIONARY

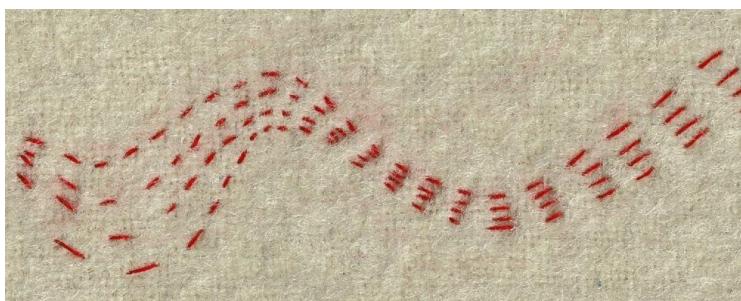
A.

**RUNNING STITCH**

Several straight stitches placed in a line is known as *running stitch*. The **stitch length and the space between the stitches** can be altered to create different effects.



B.



**CURVED  
RUNNING STITCH**

Running stitch can be in straight or curved lines.

C.



**SEED STITCH**

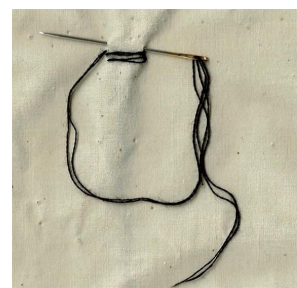
A small, equal-sized straight stitch placed together in a random manner.

D.

**SATIN STITCH**

This is a straight stitch used to fill small areas with solid colour. Stitches are placed close together, and can be positioned vertically, horizontally or diagonally.

To make satin stitch, **the needle goes in and out, in the same direction** each time, as if wrapping the thread around the fabric.





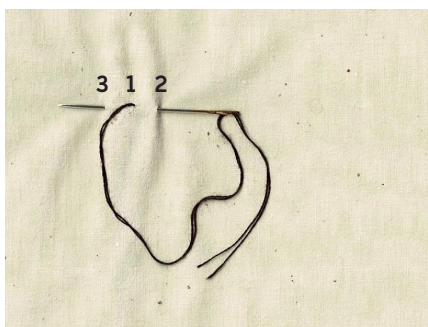
STITCH DICTIONARY

THERE ARE SEVERAL WAYS TO CREATE A CONTINUOUS LINE OF STITCHING, WITHOUT ANY SPACES BETWEEN THE STITCHES. THIS IS USEFUL FOR MAKING THE OUTLINES OF SHAPES AND STITCHING WORDS.

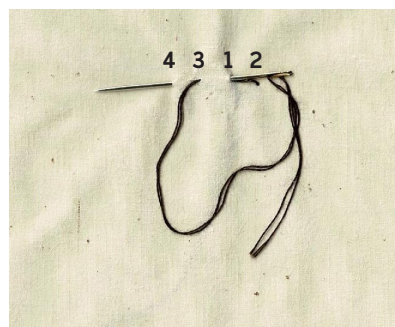
E. BACKSTITCH

This stitch is like doing a dance with the needle, thread and fabric. Once you get going, it can be quite rhythmical.

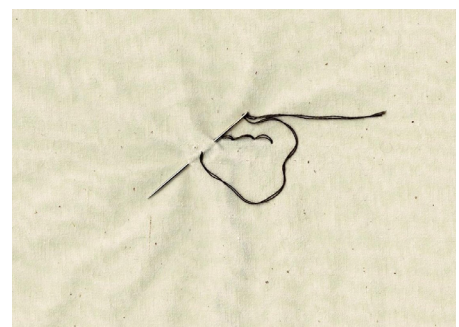
It can be easier to work this stitch without the embroidery hoop, so the needle can be pushed through the fabric in one movement.



Working from right to left, first bring the needle up from the back of the fabric at (1). Then push the needle back down to the right of (1), at (2) and bring it back up at (3), to the left of (1). This is the first stitch.



Next, push the needle down again at (1), and out to the left of (3), at (4). This has created the second stitch.



Continue working from right to left, pushing needle in at the end of previous stitch and bringing out at a point further to the left. Keep going until the line is required length, then push the needle through back of fabric and fasten off.



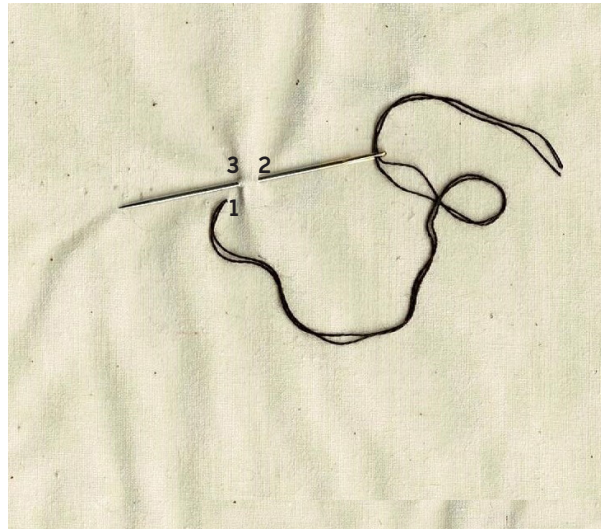




STITCH DICTIONARY

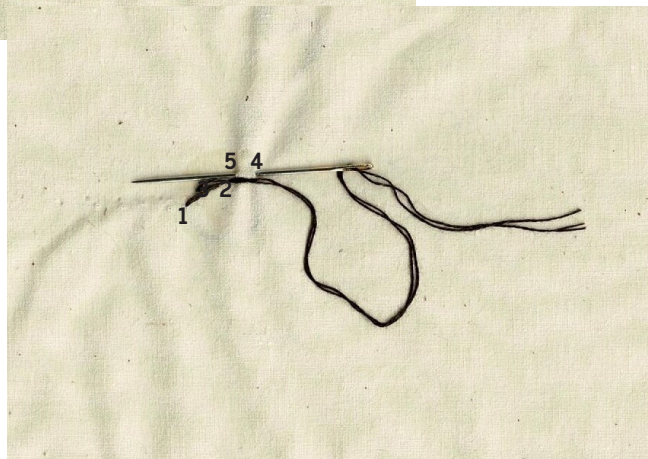
F. **STEM STITCH**

is worked in a similar way to backstitch, but from left to right.

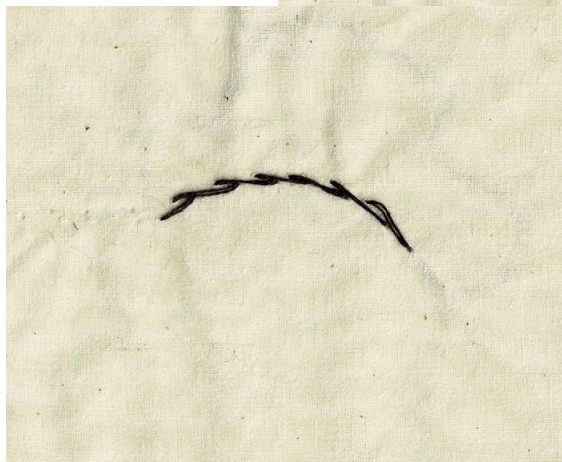


Bring the needle up from the **back of the fabric** at (1). Then push the needle **back down to the right** of (1), at (2), and bring it **back up** at (3), midway between (1) and (2). This has created the first stitch.

Next, **push the needle down** at (4), to the right of (2), and **bring it back up** at (5), midway between (3) and (4).



Continue working like this **from left to right**, bringing the needle **back up half way along the previous stitch**.



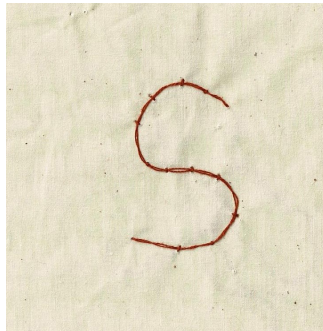
Once the line reaches the required length, push the needle through to the back of the fabric and **fasten it off**.





STITCH DICTIONARY

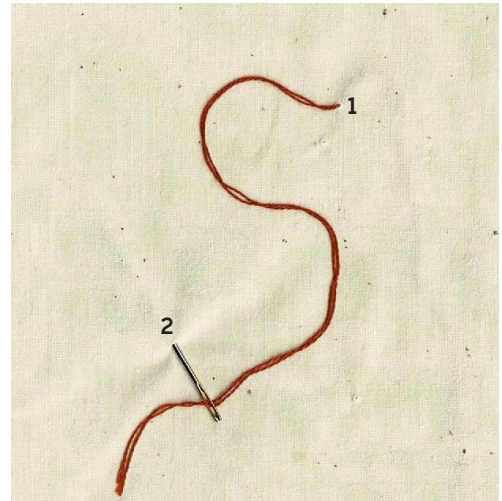
G.



**COUCHING** is another way to make a continuous line in thread and is a great way to form curves, like the letter 'S'.

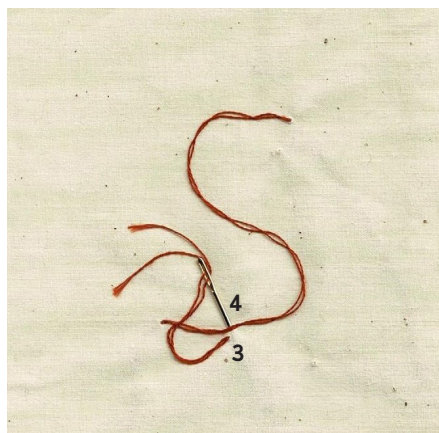
First, bring the thread up from the back of the fabric at (1). Here, this is the top of the 'S' shape. Take this thread back down at (2), the end of the 'S' shape.

Don't pull it tight, but move the thread into the required position.



Next, bring the needle back up a short way from the end of the laid out thread at (3) and make a tiny straight stitch over it, taking the needle back down at (4).

Continue making tiny stitches over the couched thread at intervals, anchoring it into place.



Couching can be used to secure thicker threads, or more unusual materials. Different stitches can also be used, such as fly stitch (see 'L' below), shown here in green, anchoring a length of black cord.







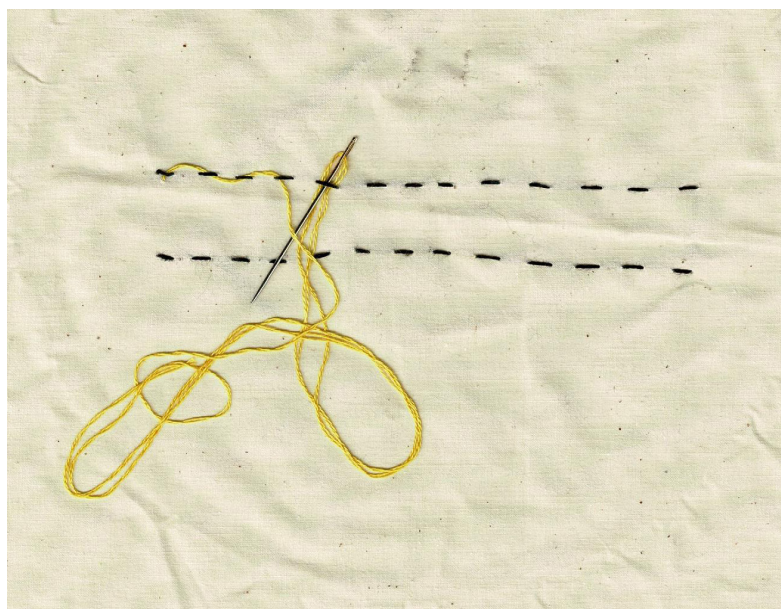
STITCH DICTIONARY

H. **THREADED RUNNING STITCH**

First, make a row of running stitches.

Then, using a second length of thread, weave up and down, along the row of running stitches.

Turn the needle round and use it blunt, eye-end first, when weaving the second thread. This prevents splitting the threads in the row of running stitches.



I.

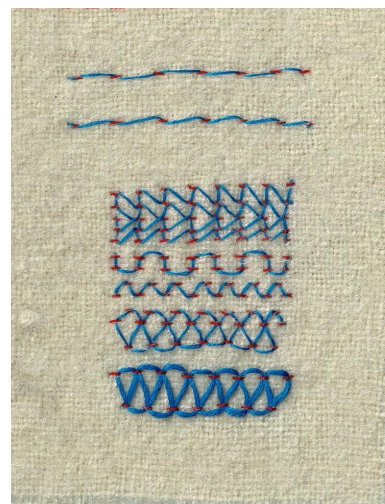


**WHIPPED RUNNING STITCH**

is similar to threaded running stitch. This time weave the second thread along the row of running stitches from the bottom to the top every time, instead of moving up, and then down.

**BOTH OF THESE STITCHES**

can be used to combine colours and create interesting patterns.





STITCH DICTIONARY

J.



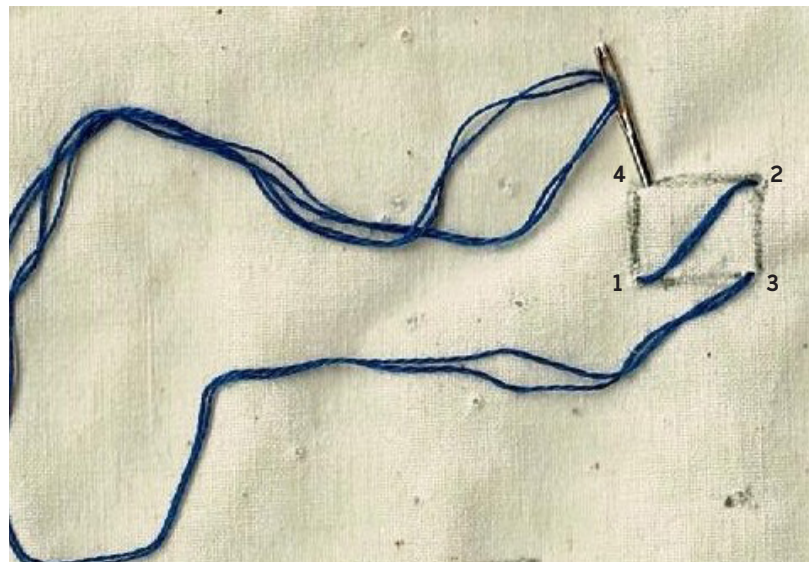
CROSS STITCH

is made by placing **diagonally arranged straight stitches** over each other.

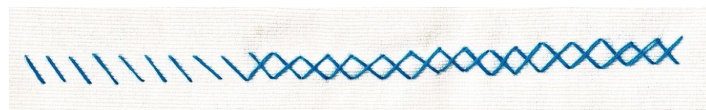
It is easy to create a cross stitch if it is imagined as being inside a square. **Erasable gel pens** can be used to mark the fabric and are easily removed with the heat of an iron.

Start by **coming up through the bottom left corner (1)**, and **going back down at the top right corner (2)**, creating the first diagonal.

Then **come up through the bottom right corner (3)** and **go back down at the top left corner (4)**, creating the second diagonal.

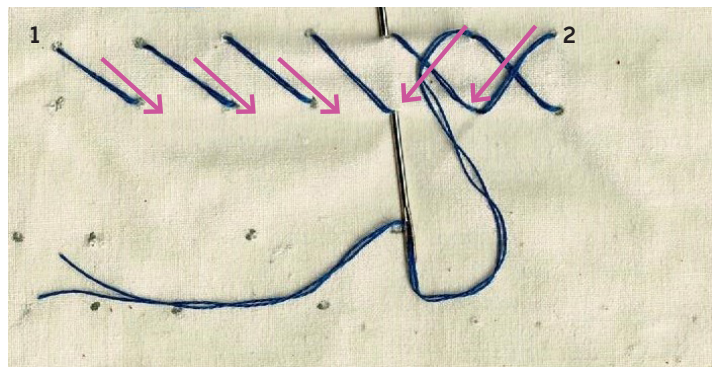


Cross stitch can **also be worked in rows.**



First, work **a row of diagonals** from left to right, starting at the top left corner (1).

Then, cross over the first set of diagonals by **returning in the opposite direction**, from right to left, starting at the top right corner (2).

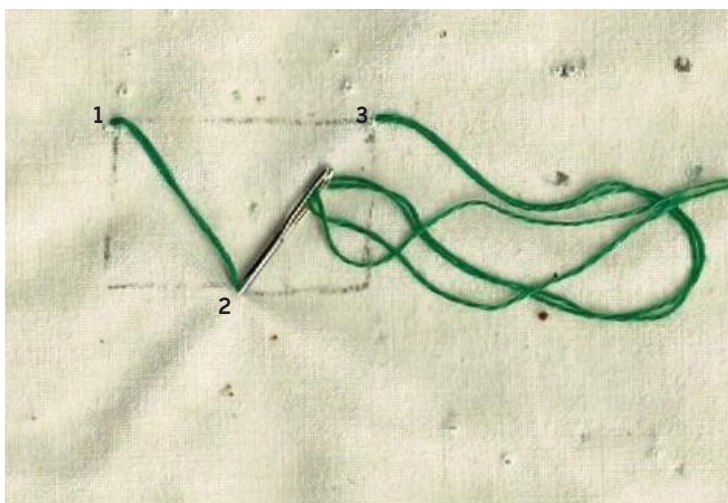
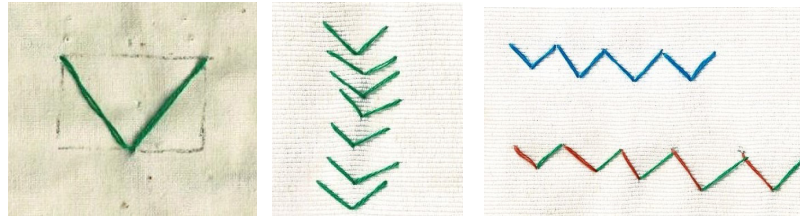






STITCH DICTIONARY

**K. ARROWHEAD STITCH**  
 uses diagonals to create a 'v' shape. These can be used singularly, used in a group, or used in a row.

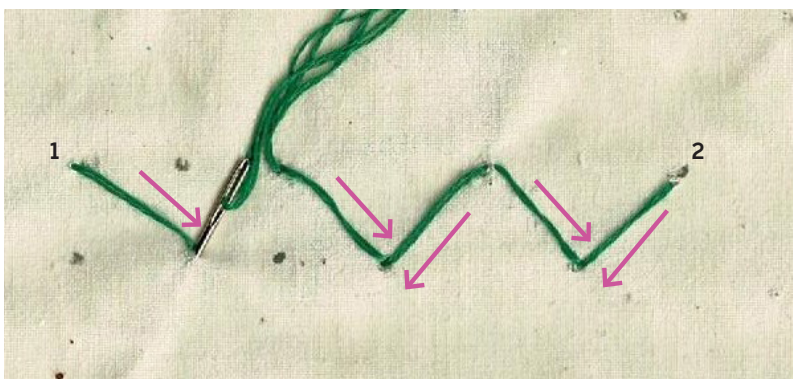


Arrowhead stitch can be imagined as if placed inside a rectangle.

Start by coming up through the top left corner (1) and going back down at the bottom and centre of the imagined rectangle (2).

Then come back up through the top right corner (3), and go back down at the bottom centre (2).

A zigzag row can be made from individual arrowhead stitches placed next to each other, or from a row of diagonals worked from left to right, before returning in the opposite direction.



First, work a row of diagonals from left to right, starting at the top left corner (1).

Remember to leave a gap between these stitches for the return journey.

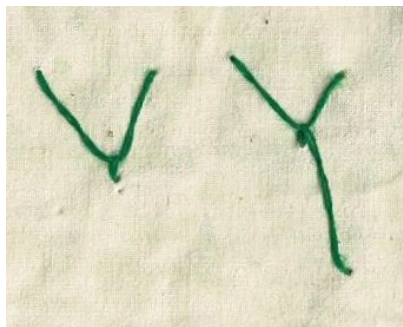
Then return along the row from right to left, starting at the top right corner (2).





STITCH DICTIONARY

L.

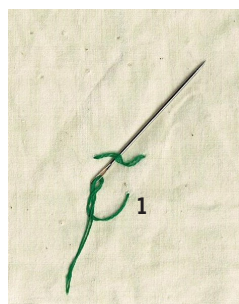


**FLY STITCH**

is another 'v' shaped stitch. It can be **easily altered** by changing either the length of the initial straight stitch, or the length of the second 'tail' part.



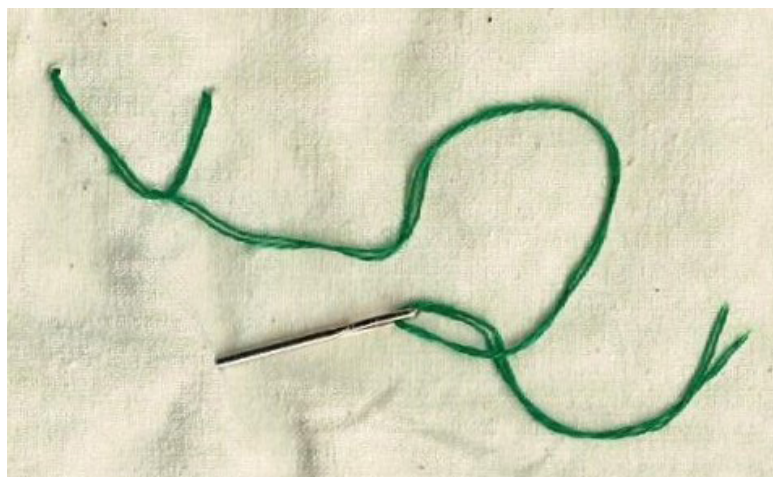
To make a fly stitch, start with a straight stitch, but **don't pull this stitch tight yet.**



**Bring the needle back up at a central point below the stitch (1) and pass it beneath the stitch.**



**Take the needle back down near the place it came up to create a short 'tail' and 'v' shape.**



**Or, take the needle back down a bit further below the place it came up, to create a longer 'tail' and 'Y' shape.**

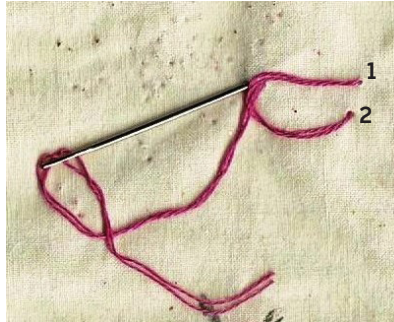






STITCH DICTIONARY

**M. DETACHED CHAIN STITCH**  
is formed in a similar way to fly stitch, except the length of the initial stitch, (1) to (2), is shorter and the tension on the stitch stays loose, so a loop, rather than a 'v', is formed.



A group of detached chain stitches, with the loops facing outwards, forms a flower-pattern. This stitch is also known as 'lazy daisy'.

**N. ROSE STITCH**  
is also known as the woven wheel or threaded star. It adds texture to embroidery and uses two lengths of thread in its construction.



First, create a grid of five 'spokes' as a base to weave on. To do this, make five straight stitches from a centre point outwards and fasten the thread securely on the back of the fabric.



Use a second thread for weaving. A thicker thread works well. Secure it on the back of the fabric & bring it through to the front at the centre of the spokes.

Using the blunt end of the needle, weave the thread over & under the spokes. Because there are an odd number, the over-and-under pattern alternates.

Make sure all the spokes are the same length and evenly spaced. (Drawing them onto the fabric first can help).



Weave in a spiral until the spokes are full, then take the remaining thread through to the back of the fabric & secure it there.





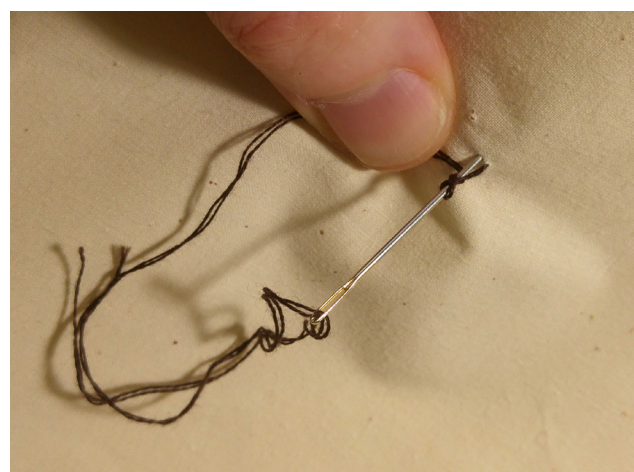
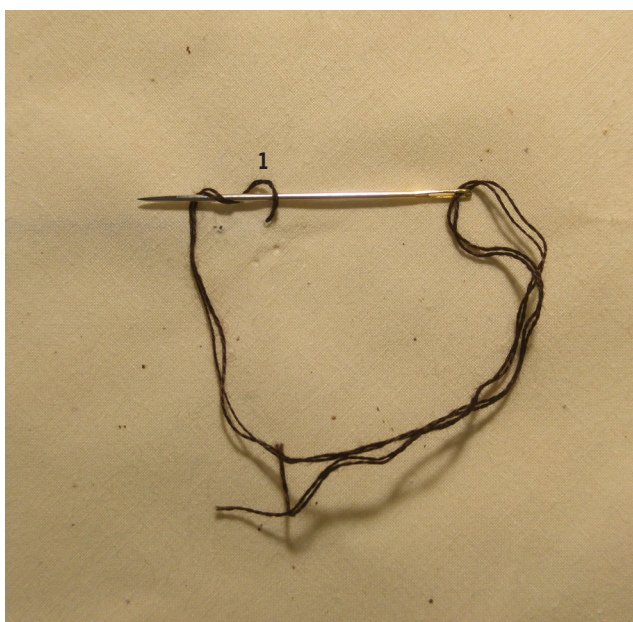
STITCH DICTIONARY

O. FRENCH KNOTS

adds texture to embroidery, and can be useful when writing with stitches.



To start a French Knot, bring the needle up at the place the finished knot will be (1). Then, **wrap the thread around the needle twice**, quite close to the tip of the needle.



Take the needle back down, right next to where it came up. Push the needle through slowly, so that **as much thread as possible makes its way through** to the back of the fabric before the knot pulls tight.

Hold the thread firmly and close to the needle, so the thread remains wrapped tightly around it.

