

Catnaps 2



WELCOME TO THE WONDERFUL WORLD OF EMBROIDERY!

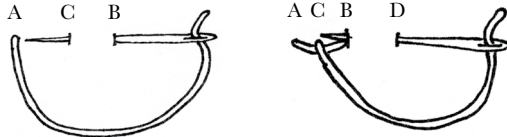
Embroidery is a fantastic craft with a long and interesting history. I hope you'll enjoy exploring it with these patterns and instructions.

MATERIALS & TOOLS

Fabric (woven is easiest, but knit works, too!) • Embroidery floss • Embroidery hoop • Needles • Scissors

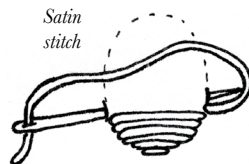
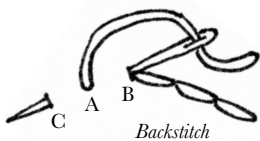
MY FAVORITE STITCHES

STEM STITCH This stitch creates smooth outlines for curves.



Bring your needle from the back of the fabric through to the front at point A, and insert it back into the fabric at point B. Bring it back to the front between points A and B, at point C. Pull the stitch tight. Insert your needle back into the fabric at point D and bring back to the front at point B. Continue like this, following the line.

BACKSTITCH This is a blockier outline stitch that will show your handiwork more clearly. Bring your needle up through the fabric at point A, then back down at point B, the end of the previous stitch. (Hence the name, since you are stitching back to the previous stitch each time.) Bring your needle back up at point C, and continue.



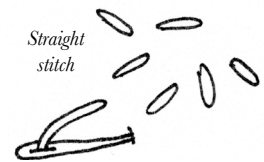
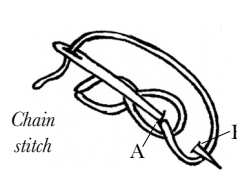
SATIN STITCH This stitch is perfect to fill in areas of solid color. Working from one side of your shape to the other, bring your needle up on one edge of the shape, and bring it back down at the other edge. Work like this, making long, parallel stitches, until you fill the shape.

RUNNING STITCH This stitch creates a dashed line. Simply bring your needle up through the fabric, then back through the fabric at a distance equal to the desired length of

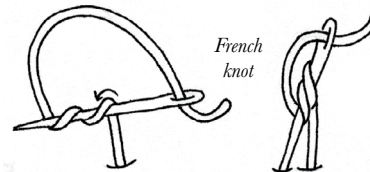
your stitch. Then bring it back up a little bit away from where you ended the previous stitch.



CHAIN STITCH This is a fun stitch that can either be used in a line as an outline or in concentric lines to fill a shape. Bring your needle up through the fabric at point A, then back through the fabric at the same point A. Before pulling the stitch tight, bring the needle back up through point B, looping the previous stitch through the one you are about to make. Continue along, making a chain.



STRAIGHT STITCH A single stitch, used wherever you'd like to add a small detail. Just bring your needle up through the fabric, then back down, however far away you'd like to. Ta da!



FRENCH KNOT This stitch creates a small dot. Bring your needle up through the fabric. Wrap your thread around the needle twice in the direction indicated. Insert your needle back through the fabric a very small distance away from the exit point. Holding the wrapped thread tight, pull the needle to the back.

KEEP EXPLORING & EXPERIMENTING!

This is just the beginning of the creative ways that you can use thread and fabric to create art and crafts.

Please have fun exploring and experimenting with lots of different techniques!

For more inspiration, there are also a number of tutorials and projects you can try on my blog at www.BeesKneesIndustries.com.

I'd love to see anything you make with this pattern!

📷 Feel free to share by tagging @BeesKneesIndustries & #BeesKneesIndustries.

HOW TO TRANSFER YOUR PATTERN

WATER SOLUBLE MARKER

- *Design will wash out of fabric.*
- *No need to reverse the design.*

1. Copy or print the design at the desired size.
2. Tape the design to a light table or sunny window.
3. Position your fabric so that the design is underneath the spot you wish to embroider.
4. Tape the fabric in place.
5. Use a washout marker (available in the embroidery section of your local craft store) to trace the image onto the fabric.

IRON-ON TRANSFER PENCILS OR PENS

- *Some pens and pencils will **not** wash out of your fabric. Be sure to test before use.*
- *Design needs to be reversed.*

1. Print the mirror image of the design.
2. Trace the design using the transfer pen or pencil onto another sheet of paper.
3. Following the manufacturer's instructions, iron the design onto your fabric.

TRANSFER PAPER

- *Design may **not** wash out of fabric. Test your transfer paper before use.*
- *No need to reverse the design.*

1. There are many varieties of transfer paper to choose from. Most craft stores will have a selection of dressmaker's transfer papers, so try a few to find what you like.
2. Print out your design at the desired size.
3. Place the transfer paper, carbon side down, onto your fabric. Place the pattern over the transfer paper, design side up, ensuring that the design is over the transfer paper. You may wish to tape these layers together if you are concerned about the pattern shifting.
4. Using a pencil or stylus (such as an empty ballpoint pen), trace over the design, which will cause the transfer paper to transfer the design to your fabric.

PRINTABLE FABRIC

- *Design will **not** wash out of fabric.*
- *No need to reverse the design.*

This method will depend upon the type of printable fabric you use. Peruse the craft store or the Internet for different varieties to see what you would like best. In general, these are 8.5" x 11" pieces of fabric that will run through your printer. As the design will not wash out, ensure that you only print the elements of the pattern you wish to embroider.

LOTS OF OTHER OPTIONS

Look around on the internet and in craft books for more ideas to find your personal favorite transfer method!

TERMS OF USE

Feel free to use this pattern whenever and wherever you like, but please follow these two rules:

1. This pattern is for personal use only, so you may not sell anything that uses this pattern.
2. Please give credit where credit is due—don't claim this as your own design. Thanks!

IMAGE CORRECT

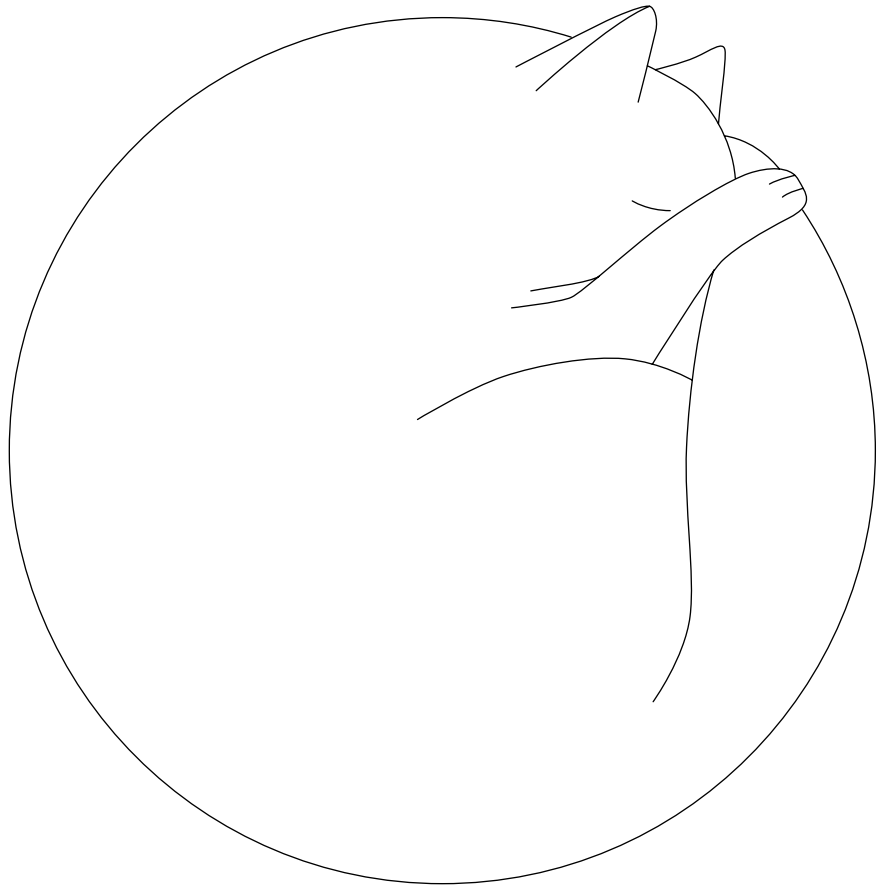


IMAGE REVERSED

