

YOU ARE ON THE UNCEDED
TERRITORY OF THE
SKWXWÚ7MESH-ULH TEMÍXW
(SQUAMISH) NATION.
THIS IS COAST SALISH LAND.

how-to —pdf

recommended supplies

- light coloured cotton fabric
- 17cm (6 ¾") OR 15cm (6") embroidery hoop
- DMC brand floss (310 black)
- embroidery needle size 3 or 5
- scissors

transferring your pattern **option 1**

Print the page of the pdf for your desired image size onto white paper. Tape the image to a window with good light., then tape your fabric over the paper so that you can see the image come through. Simply trace the design onto your fabric. I generally use a water soluble fabric pen that erases with a little dab of water.

option 2

Purchase iron on transfer paper and follow the manufacturers instructions. Be sure to flip the photo as it will invert (mirror) the design.

instructions

step 1

Centre and secure the fabric into the hoop. Lay the smaller hoop onto a flat surface. Position the fabric on top, then slide the outer hoop over both. Secure the fabric within the hoops by tightening the screw. The fabric should fit snugly, but should not pull, distort, or bunch.

step 2

This pattern is completed entirely in a backstitch using **three (3) strands**. The recommended floss is a six (6) strand, quality DMC brand cotton floss. Cut a length of floss no longer than your fingertips to your elbow, and then divide the strand into two (2) equal lengths of three (3) strand floss. Thread your floss onto your needle.

Follow the lines in the pattern to complete your stitches. (Instead of colouring inside the lines, you're colouring the lines!) Look to the printed image sample to determine which lines are finished in which colour and which stitch is used. When in doubt, use a backstitch.

Don't get hung up on perfection, especially in the back. Have fun! But be sure to tuck in any loose ends by stitching under previous stitches. Yes, it makes your work look a little neater, but it also makes it a lot easier and more pleasant to stitch. Catching loose threads when stitching is no fun.

step 3

Once you have completed the pattern, finish off your masterpiece. There are a number of different ways artists finish their hoops, but using a hot glue gun is the fastest and easiest. Simply trim the fabric approximately 3 cm (1 inch) outside the hoop. Working in sections, run a bead of hot glue along the top of the inside frame of the hoop and work your way around pressing the fabric to the inside. You can also add a fabric covered circle of cardboard to the inside with your signature or message. Voila!