



Pathways

Project by Linnea Lortsher and Janice Parsons
Samples by Linnea Lortsher
Photography by Grace Noland

Welcome! I'm pleased to introduce myself as the new Learning Director for beadshop.com and to present our new bracelet, Pathways. Being a long time resident of the Bay Area, I have admired Janice for many years and still have treasures in my stash that I bought at her shop at least a decade ago. It is an absolute honor to have her as my mentor and collaborator!

Pathways is a quick-to-stitch cuff made with two colors of Superduos and one color of 8/0 seed beads. Don't worry if you're just starting out with bead weaving - beginning with a ladder-stitch and herringbone tab using just 8/0 seed beads makes it easy to start the Superduo pattern, and gives a nice finish when you're done. We use one beautiful button and a two-inch macramé loop to close this soft, supple cuff.

The materials listed for this project will make two bracelets measuring 7" to 7-1/2" long, to fit wrists 6-1/2" to 7". The length is easily adjustable by stitching fewer or extra rows as needed. You'll find more information about sizing as well as color way variations at the end of this tutorial.

I hope you will enjoy making this bracelet as much as I have. I adore Superduos and find it very soothing and relaxing to bead with them - because of their size, they are easy to handle and they fit perfectly with 8/0 seed beads. It's almost like playing with building blocks, and couldn't be more fun!

Thanks and Happy Beading,

Linnea

Materials



Superduos in two colors (Shown: Main color Crystal Bronze Fire Red and border color Lemon Travertine Dark)

8/0 seed beads in one color (Shown: Picasso Olivine Transparent)

Beading thread (Shown: KO Apricot)

Macramé thread (Shown: C-Lon Sage)

1 or 2 Buttons (one button per bracelet)

Beading needle (Beadsmith size 12)

Collapsible eye needle

1 extra seed bead in a contrasting color (for stop bead). A size 6/0 was used in this project.

Skill Builders used in this project:

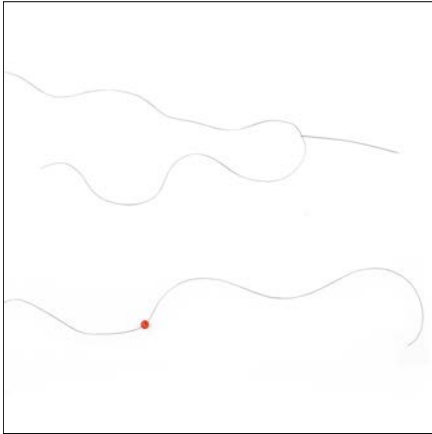
How to Macramé

How to Singe Cord Using a Thread Zap II

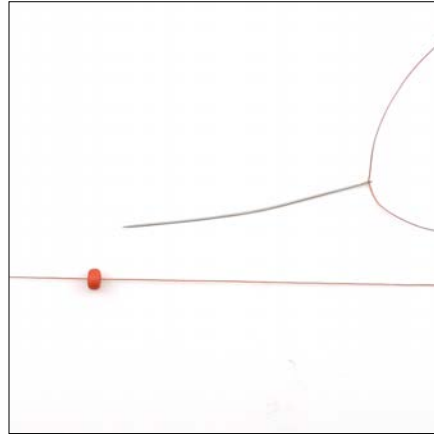
How to End and Add New Thread

Steps

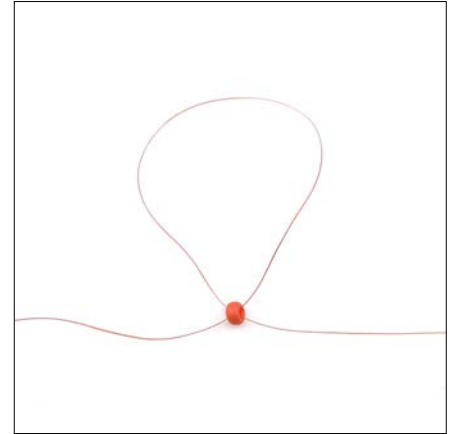
Begin by cutting a length of KO beading thread about 2 yards long. Thread your Size 12 beading needle with the freshly cut end of your thread (you may dampen the thread and then flatten with your fingertips slightly to help get it into the eye). Leave a tail of about 4-6 inches.



Thread the stop bead onto your needle and slide it down to the end of your thread. Leave a 4-6 inch tail.

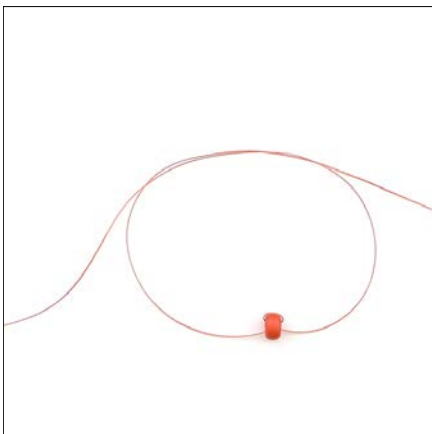


Take another stitch through the stop bead, in the same direction that the needle went through previously.

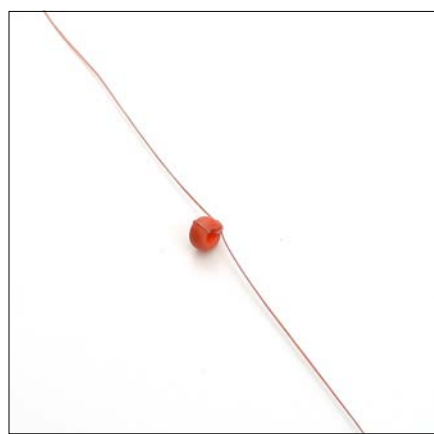


Pull the loop around the bead snugly, leaving your 4-6 inch tail.

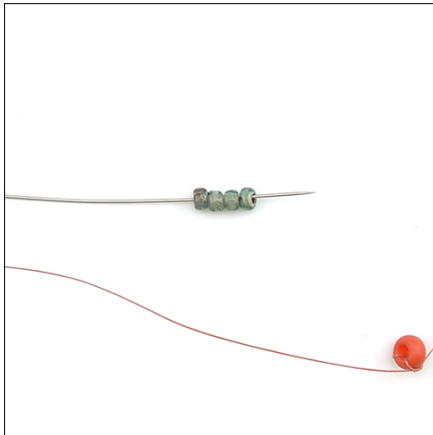
It can be helpful to pinch the bead between your fingers or hold it in place against a flat surface while you pull the thread through.



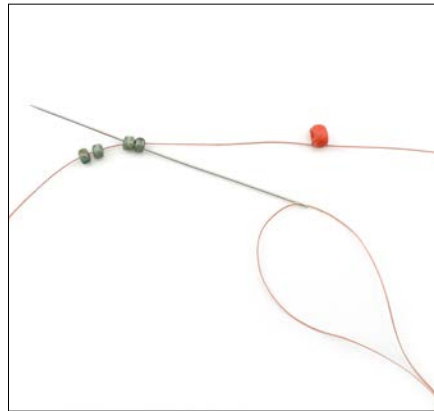
Now make a simple overhand knot with the tail thread and the working thread. Pull this knot snug but not tight.



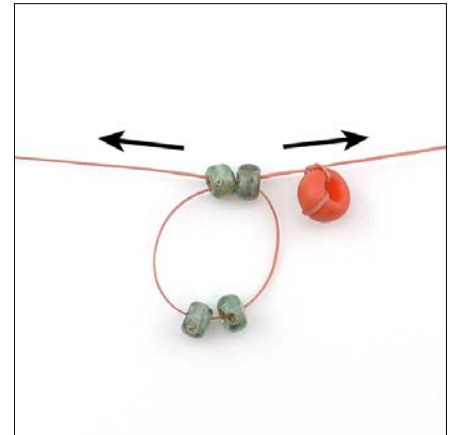
The stop bead should remain in place at the end of your thread, yet be easy to remove when your project is complete.



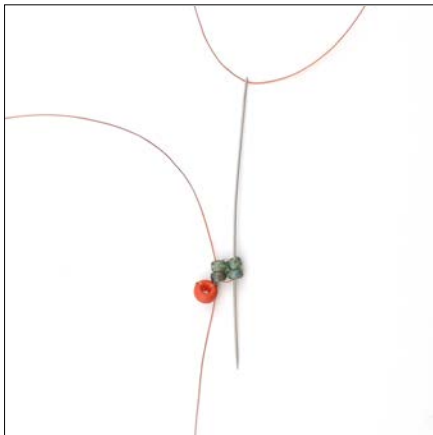
Pick up four 8/0 seed beads and slide them down the thread until they are close to the stop bead.



Pass your needle through just the first two seed beads again.



Pull the thread snugly and the beads will stack into two "columns" of two beads each.



Orient your work so that your stop bead is on the lower left. Your thread should be exiting the top bead of the first column. Take your needle down through the second column of two beads.



Pick up two new seed beads and stitch back down through the second column again going in the same direction.



Take your needle up through the two seed beads just added.



Pick up another two seed beads and stitch back up through the same column that your thread is exiting.

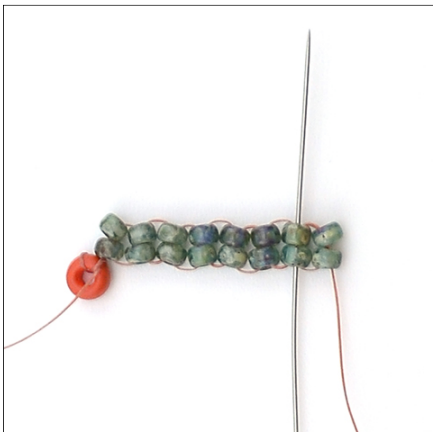


Stitch back down through the two beads just added. Pick up two seed beads and stitch back down through the same two added in the last step.

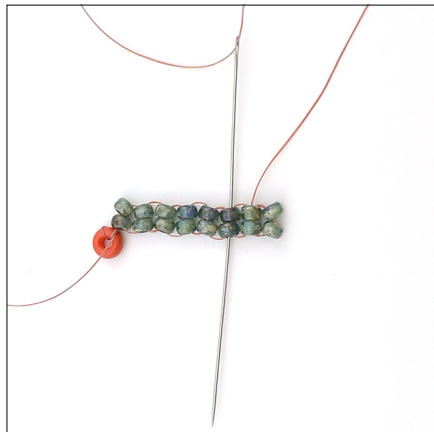


Repeat these steps until you have a stack of columns, 2 beads tall by 8 beads wide.

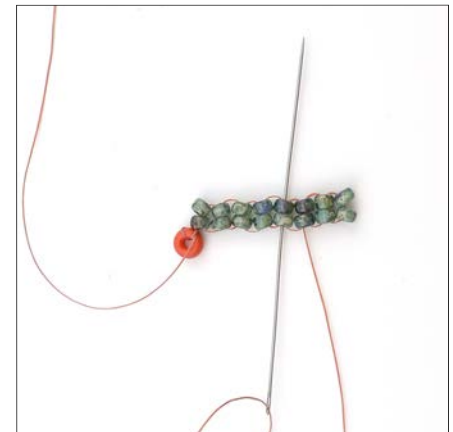
Finish with your thread exiting the bottom bead of the final column.



Now we will reinforce each column once before beginning our herringbone. Bring your needle up through the previous column of beads.

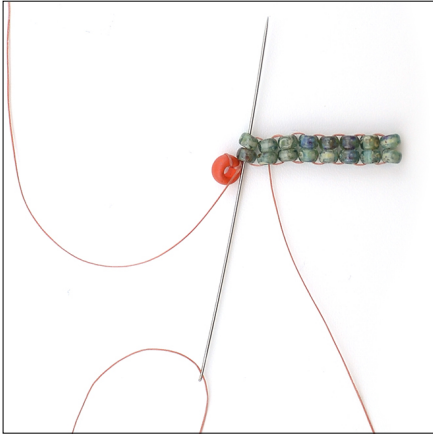


Stitch down through the previous column.



Continue stitching up and down through the columns until you have reached the stop bead.

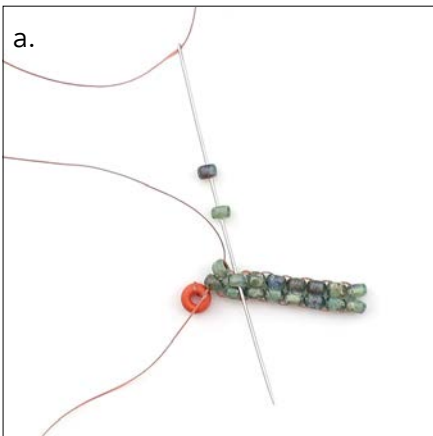
Note: Don't worry if your thread seems a little loose, as these reinforcing stitches will help tighten up the work and create the stability you need.



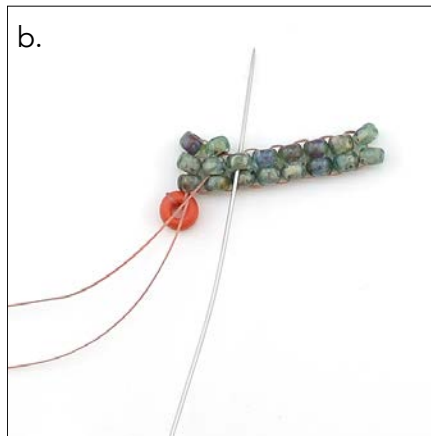
End with your needle coming up through the first column of beads.



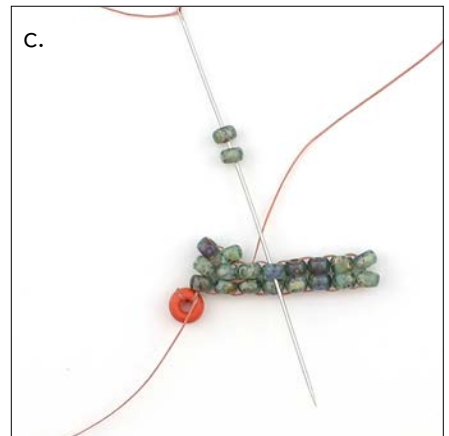
Congratulations! You are ready to begin the herringbone pattern. The columns will now be referred to as rows.



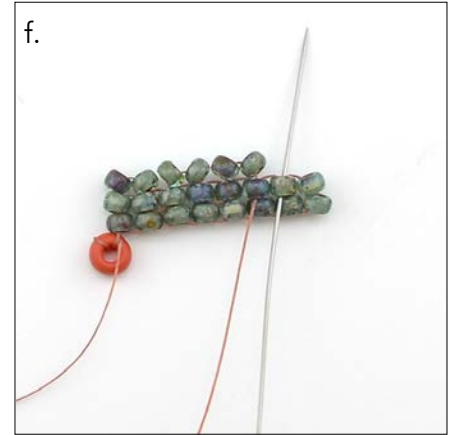
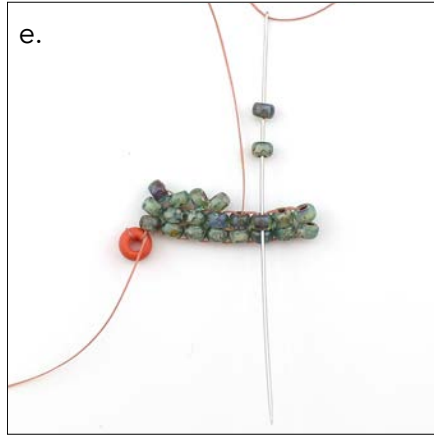
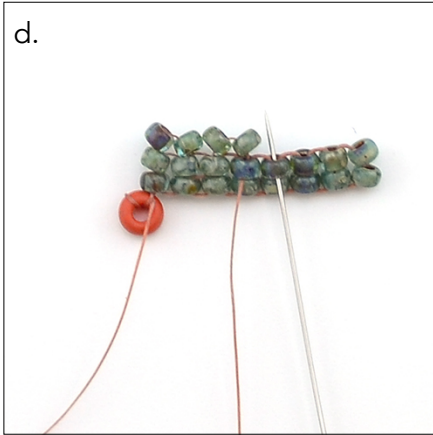
Pick up two new seed beads and stitch down through the second bead on the top row, taking care to catch only that bead and not the one below it.



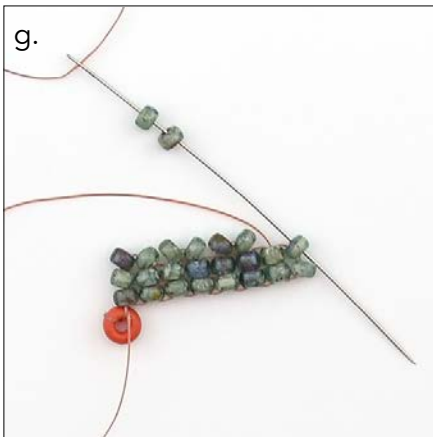
Stitch back up through the next (third) bead on the top row.



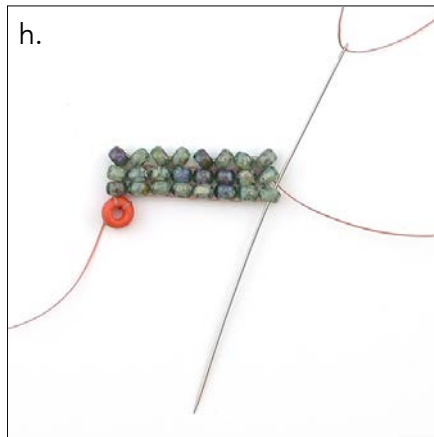
Pick up two seed beads and stitch down through the next bead on the top row.



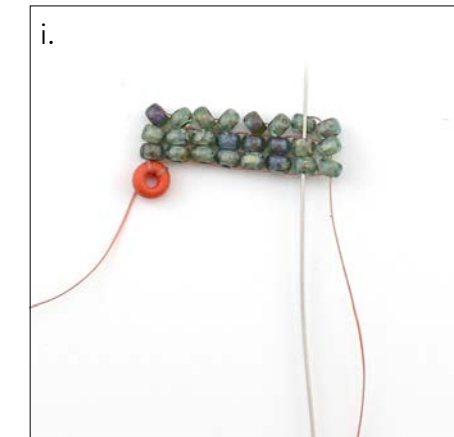
Stitch up again through the next bead, then add two more sets of two beads in the same manner.



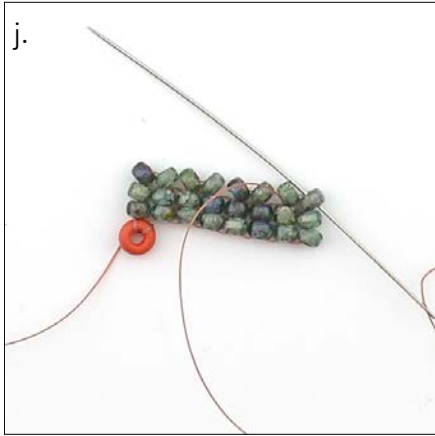
The final two beads on this row will be added by stitching down through the last bead of the second row.



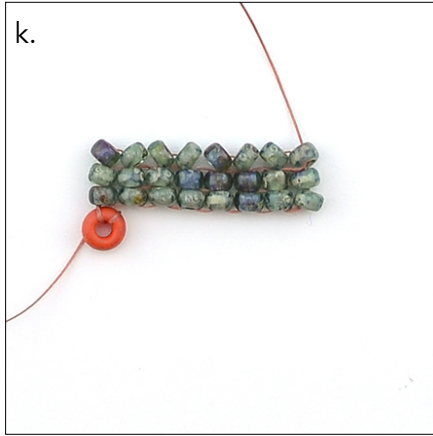
Now we will complete an "invisible turn-around".
Thread your needle down through the bead on the bottom right, at the end of the first row.



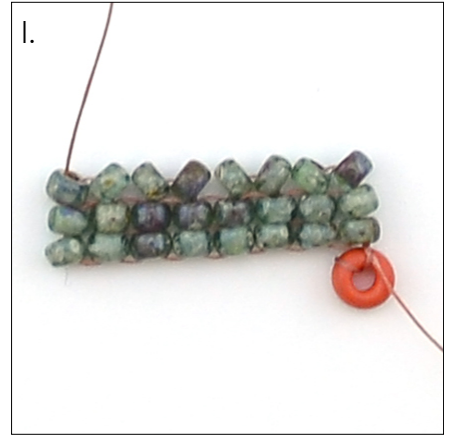
Take your needle back up through the bottom two beads of the adjacent column, skipping the top bead.



j. Position your needle to the right of your project, and stitch up through the last bead of the third row.



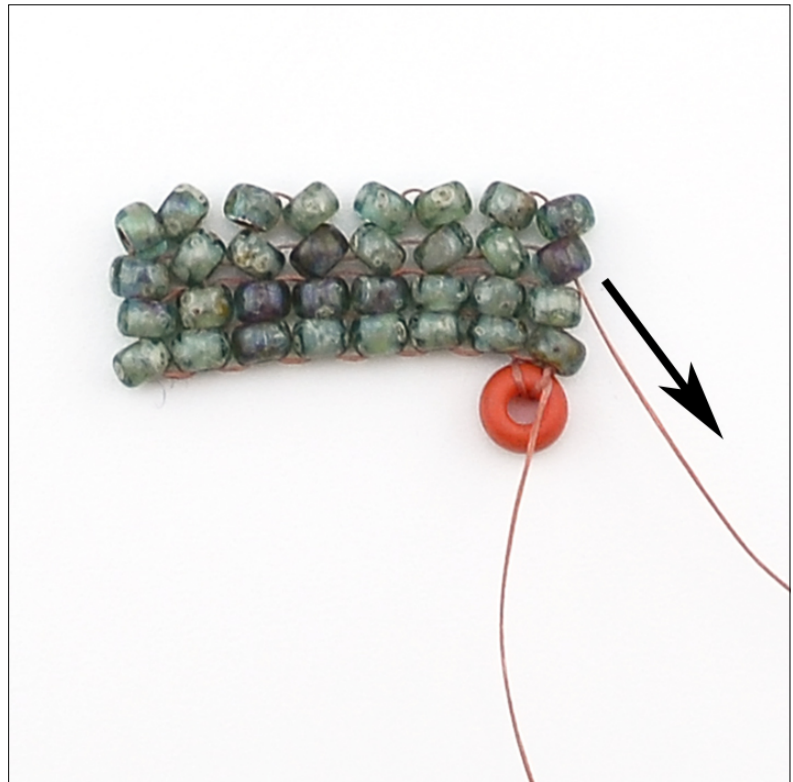
k. Pull your thread snug to hide the turn-around stitch.

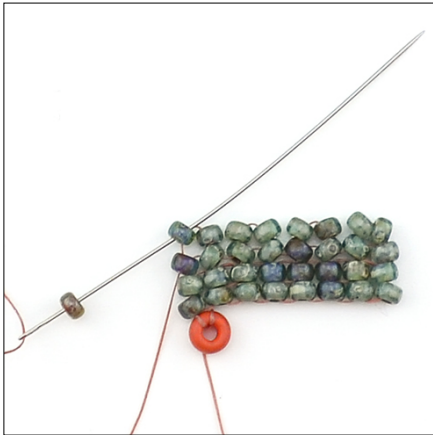


l. Flip your work so that the stop bead is on the bottom right and the working thread is exiting from the top left.

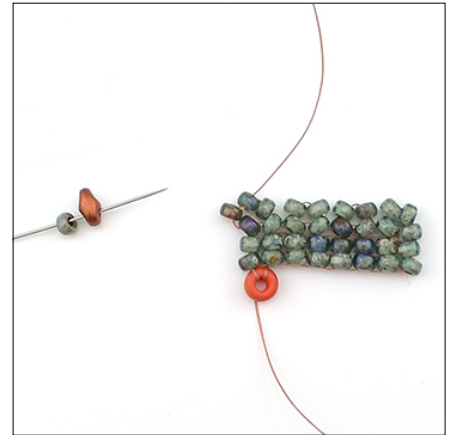
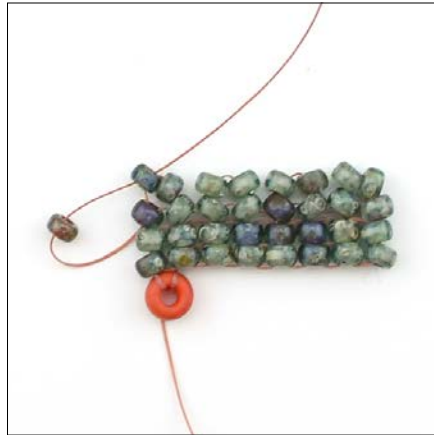
To complete another row of herringbone using the 8/0 seed beads, repeat steps a. through l.

When finished, your work should have two rows of ladder stitch and two rows of herringbone, with the thread exiting the last bead of the third row as shown.

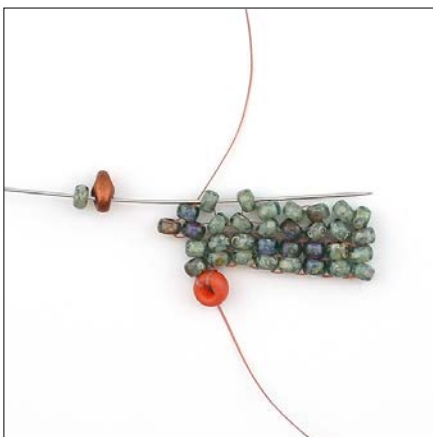




Flip the work so the stop bead is on the lower left. Pick up one 8/0 seed bead, which we will call the "turning bead", and pass your needle up through the 8/0 seed bead on the top left corner.



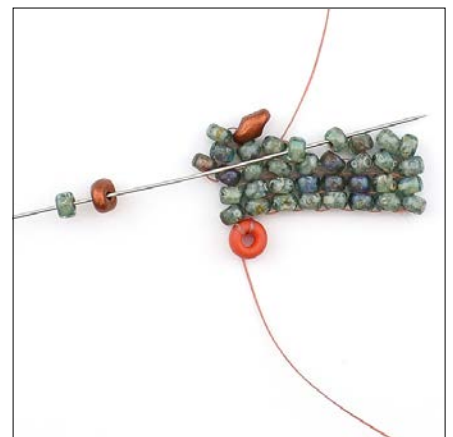
Pick up one seed bead and one Superduo in your main color.



Note that the top row of herringbone stitches cause the seed beads to line up in slanted pairs. Pass your needle down through the last bead of the first pair and up through the first bead of the next pair.



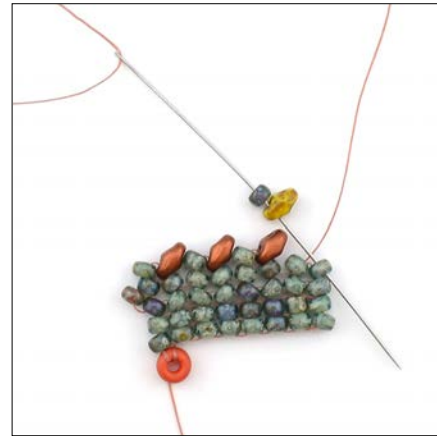
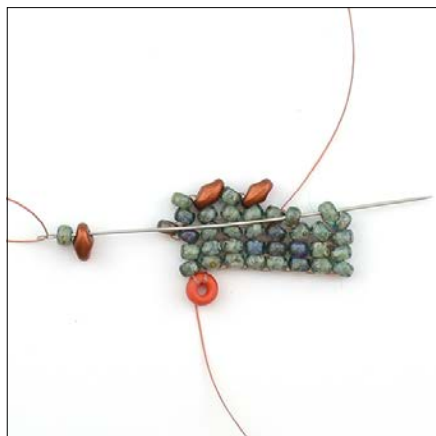
Your thread is now exiting the first bead of the second pair.



Pick up another 8/0 and another Superduo and pass your needle down through the last bead of the second pair and up through the first bead of the third pair.



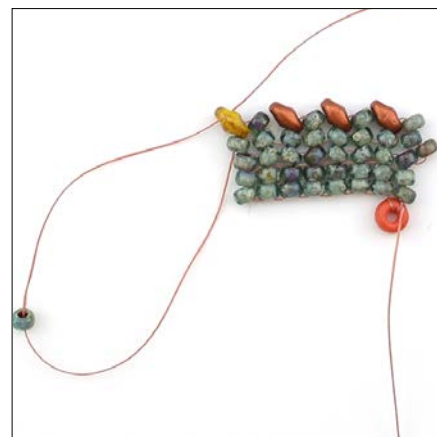
Repeat the stitch once more, picking up an 8/0 and a Superduo and stitching through the last bead of the third pair and the first bead of the fourth pair.



Now we will switch to the border color. Pick up one 8/0 and one Superduo in the border color. Stitch down through the last bead in the final pair.



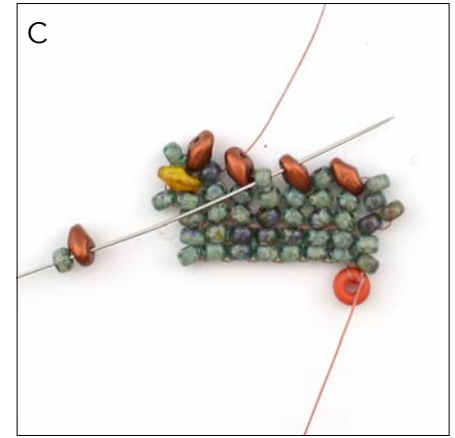
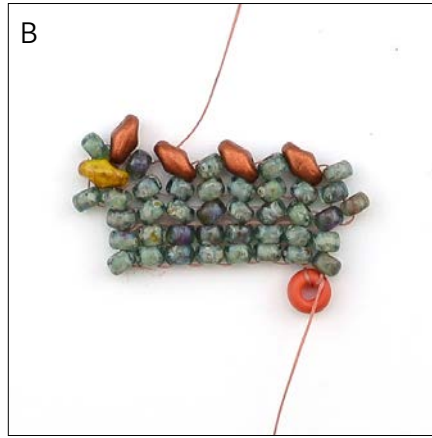
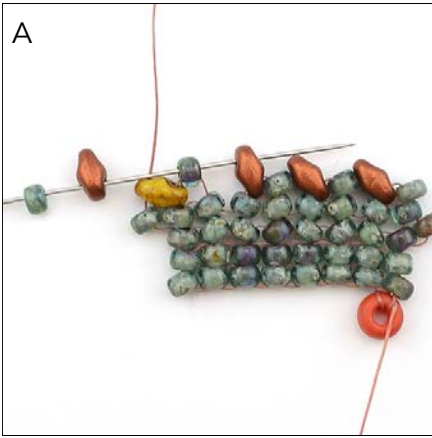
Flip the work over so that your stop bead is at the lower right.



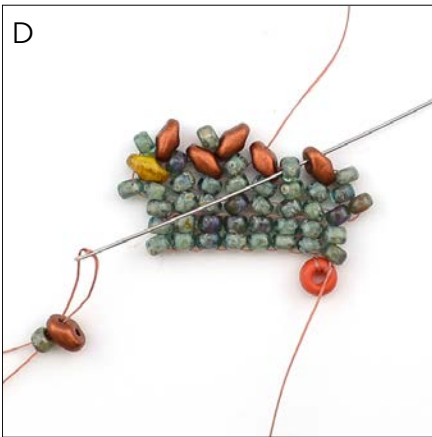
Pick up one 8/0 seed bead and stitch up through the second hole of the Superduo you just added. This is our "turning bead" and gets us ready to start the next row of Superduo herringbone.

Tip:

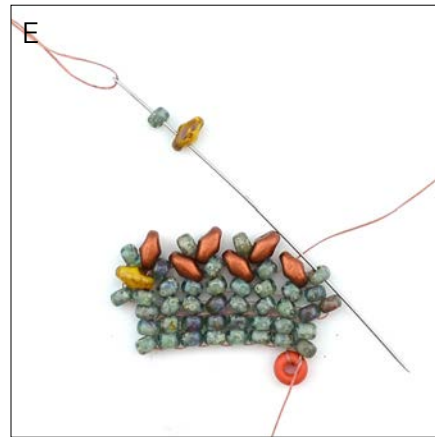
A small percentage of Superduos will have one hole that isn't fully drilled or has been clogged during the coating process. You may spot these while culling your beads before beginning to stitch, but more often you find one after it's already been stitched into the work. In herringbone, it's pretty easy to undo your stitches to remove the offending Superduo; first try poking through the hole with a sewing (not beading) needle or pin. You can almost always open up the blockage and continue stitching. If not, you can remove beads by pinching each



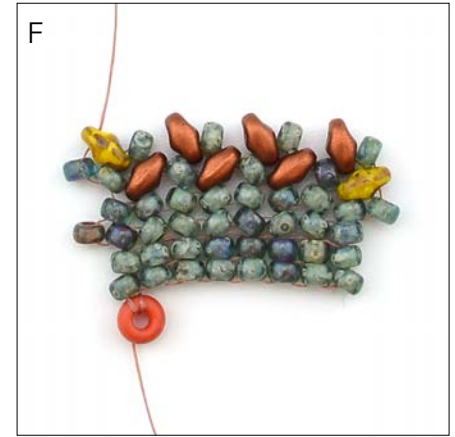
Pick up one seed bead and one Superduo in the main color. Stitch down through the next 8/0, then up through the second hole of the next Superduo. Repeat this stitch across the row.



Continue across the row until you have added 3 pairs of seed beads/Superduos in the main color.

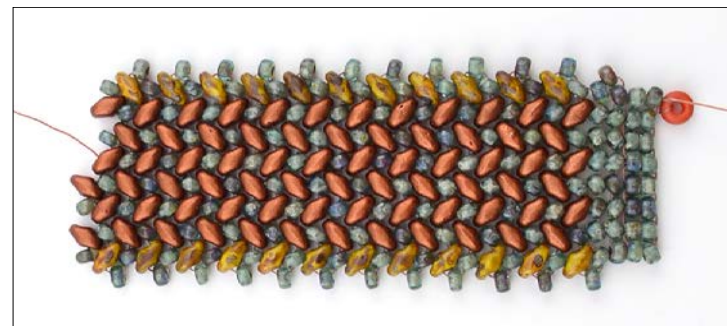


Pick up one 8/0 seed bead and one Superduo in the border color and stitch down through the final 8/0 seed bead of the row.



Pick up one seed bead as the "turning bead" and stitch up through the second hole of the border color Superduo you just added.

Continue to stitch each row in the seed bead/Superduo herringbone pattern by repeating steps A through F. Remember to change to the border color for the final Superduo of each row, and use one 8/0 seed bead as the "turning bead" when ending one row and beginning the next row.

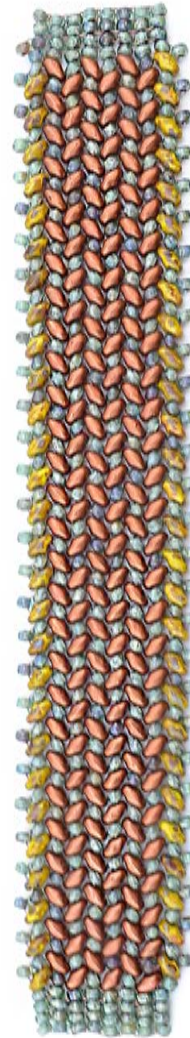


As you get near the desired length, be sure to try it on to determine how many more rows you need to do.

To make a bracelet measuring 7" long to fit a 6-1/2" wrist, continue stitching for approximately 55 rows of Superduos.

To make a bracelet measuring 7-1/2" long to fit a 7" wrist, continue stitching for approximately 60 rows of Superduos.

The length is easily adjustable by adding or subtracting rows as needed. The final seed bead rows will add approximately 3/8" to the total measurement.

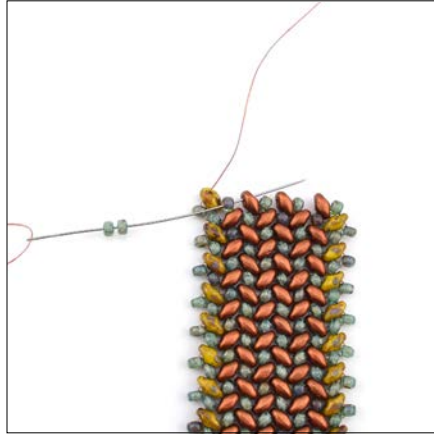


While stitching, you will find that your working thread is getting short and you need to add in new thread to complete the project. Be sure to do this before your working thread is too short! We have illustrated this process in our Skill Builder handout, ["How to End and Add In Thread"](#). Please [download the PDF](#) from our website and follow the step-by-step instructions.

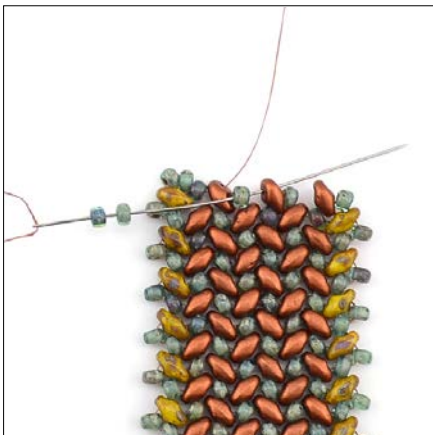
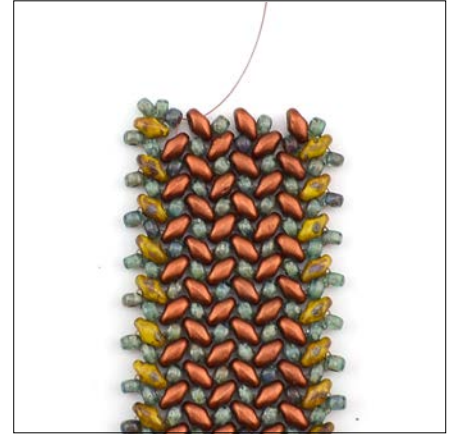
When your bracelet is the correct length, it's time to begin the finishing tab. We will switch back to 8/0 seed beads and continue in herringbone stitch for two rows.



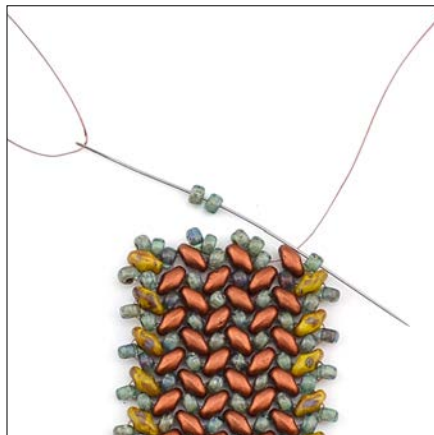
Your thread should be exiting the upper left side, top hole of the border color Superduo.



Pick up two 8/0 seed beads and pass your needle through the next 8/0 and the top hole of the next Superduo.

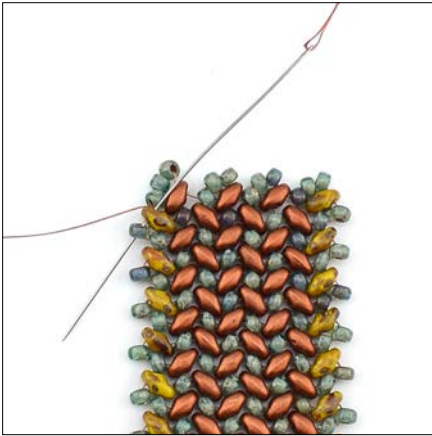


Continue across the row, picking up two 8/0 seed beads and stitching through the next seed bead and the next Superduo.

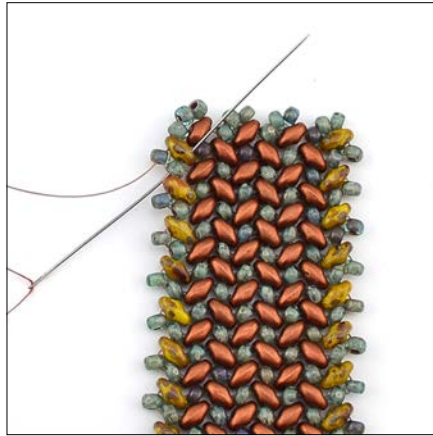


When you reach the final stitch of the row, pick up two seed beads and pass the needle through the last 8/0 seed bead of the row below.

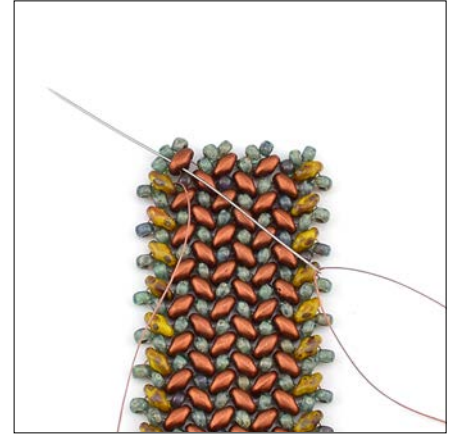
Flip your work and orient so that your working thread is on the top left.



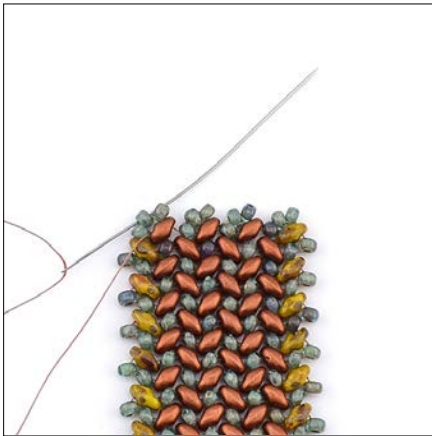
To make this "invisible turn around", stitch down through the Superduo and 8/0 located directly below the bead where your thread is exiting.



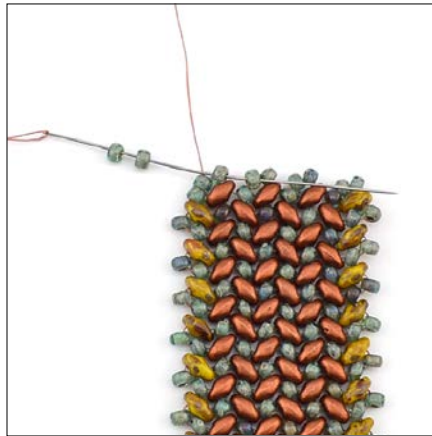
Pass your needle back up into the 8/0 below that Superduo, then through the bottom hole of the same Superduo.



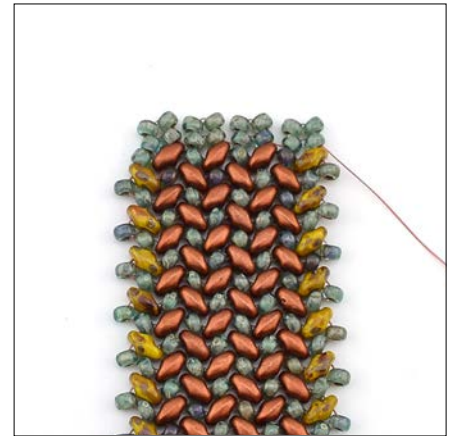
Turn your needle and stitch up through the bottom hole of the Superduo directly above.

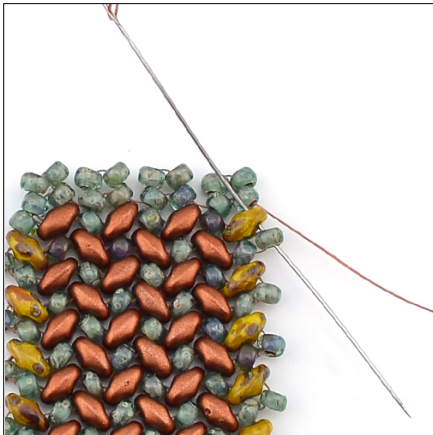


Bring your needle to the left side of your work and stitch up into the top seed bead of the first column.

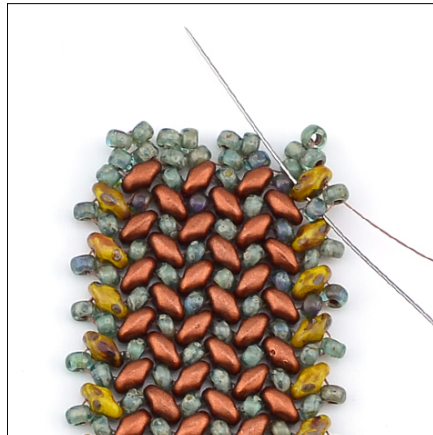


Continue stitching in herringbone across the row. Remember to pick up two 8/0 seed beads and go through two seed beads.

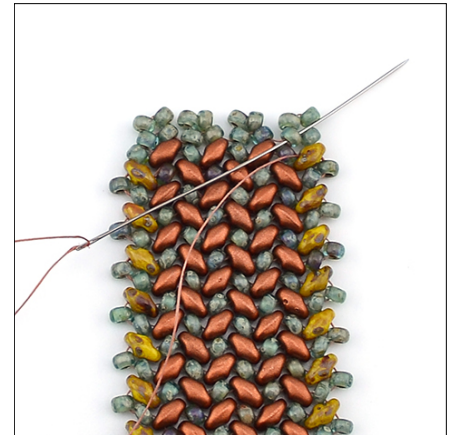




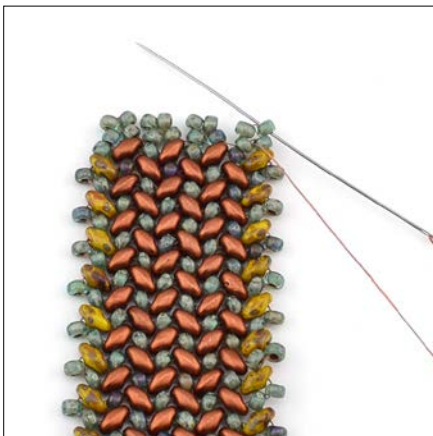
To begin our final "invisible turn-around", stitch down into the Superduo and the 8/0 directly below your working thread.



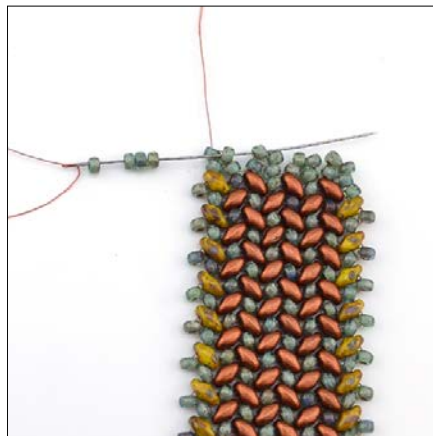
Pass your needle back up into the next 8/0 and lower hole of the Superduo as shown.



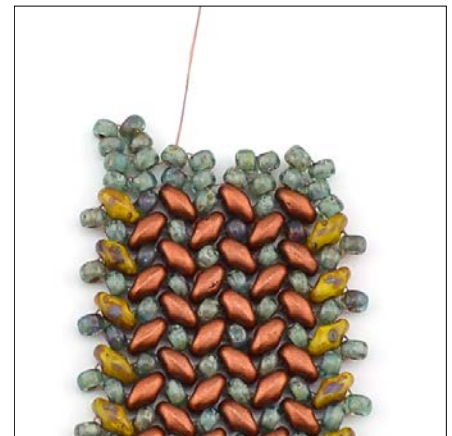
Stitch up through the next to last bead in the first row of 8/0 herringbone, as shown.



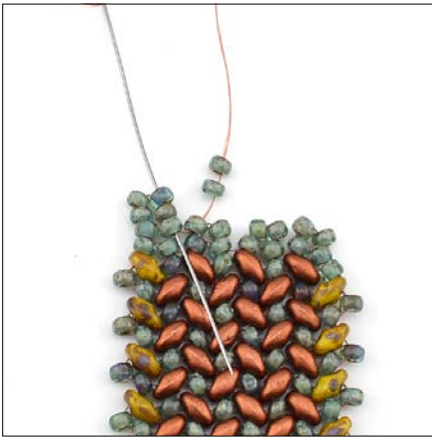
Stitch up through the corner bead. This brings your needle back into position to complete the bracelet.



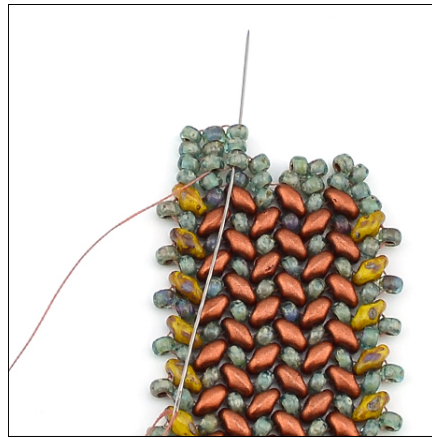
Flip your work so that your thread is exiting the top left bead. Pick up four 8/0 seed beads and stitch through the next two 8/0 seed beads.



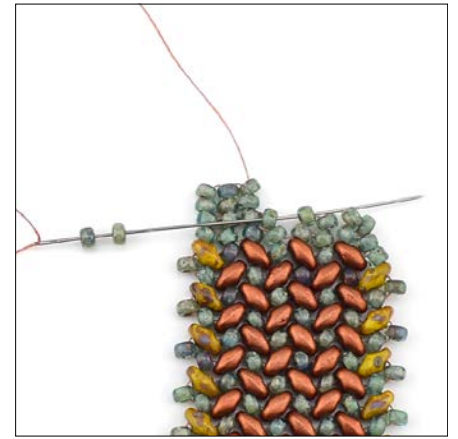
Pull your thread snug and the new beads should stack up on top of the beads you just passed through.



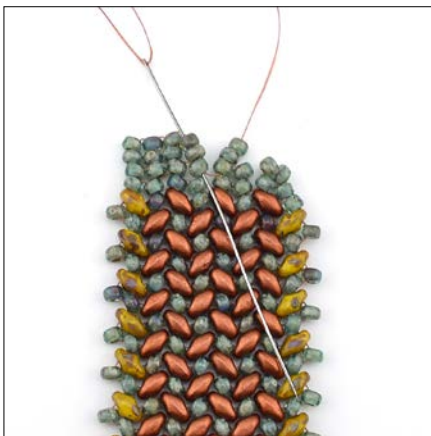
Pick up two 8/0 seed beads and stitch back down through the top three beads of the previous column.



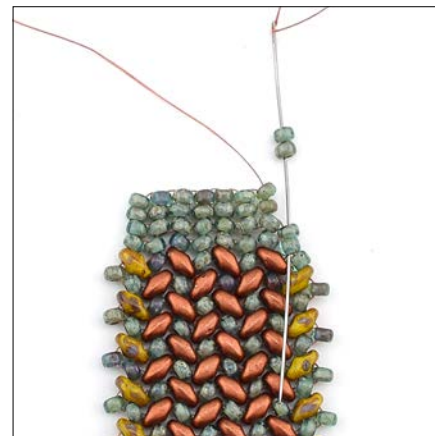
Pass your needle back up through the next 8/0 seed bead and the two you just added.



Pick up two 8/0 seed beads and stitch through the next two 8/0 seed beads.



Continue using ladder stitch, adding two beads to the top of each column and stitching back through the previous column.



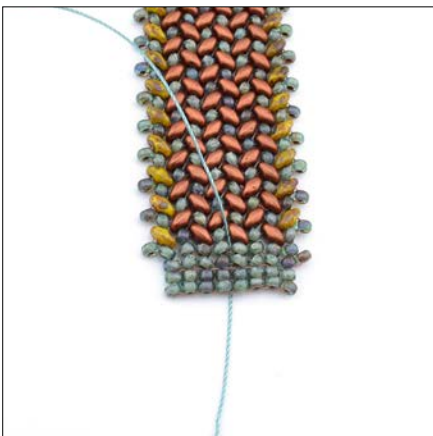
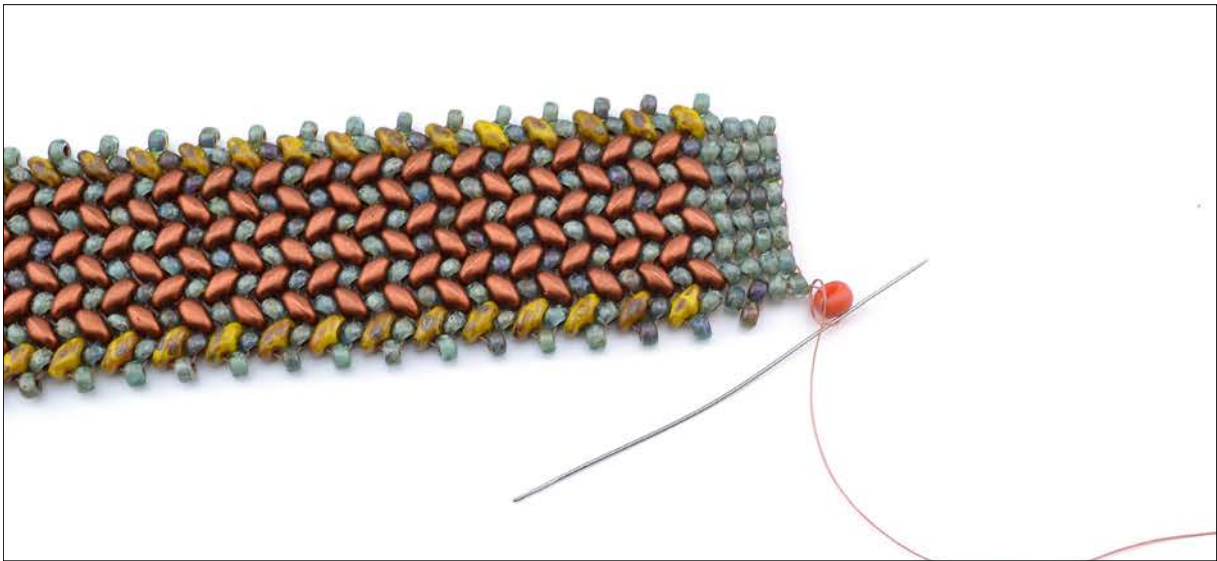
For the final column, pick up two beads and stitch all the way down through the bottom two beads of that column, down into the beadwork.

End your thread as shown in the skill builder, "[How to End and Add In Thread](#)".

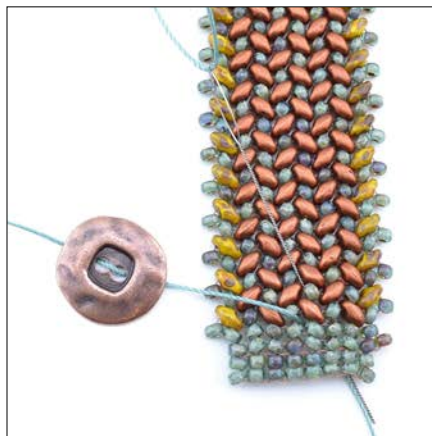
Finishing

Use the tip of your beading needle to loosen the loop around your stop bead. Remove the knot and slide your stop bead off the thread.

Thread the tail into your needle and stitch it back down into the beadwork, ending as shown in the skill builder, "How to End and Add In Thread".



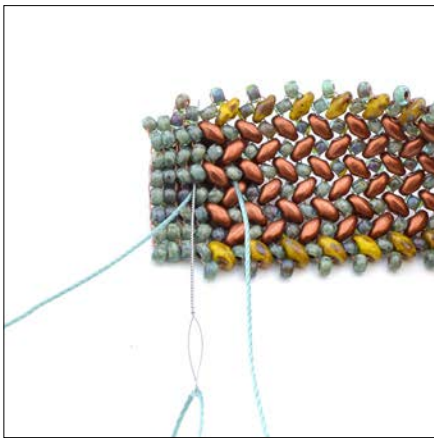
Cut a length of C-Lon approximately one yard (3 feet) long. Feed half of the C-Lon through your beadwork right below the tab.



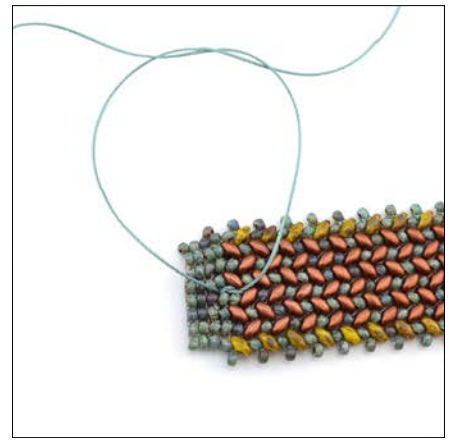
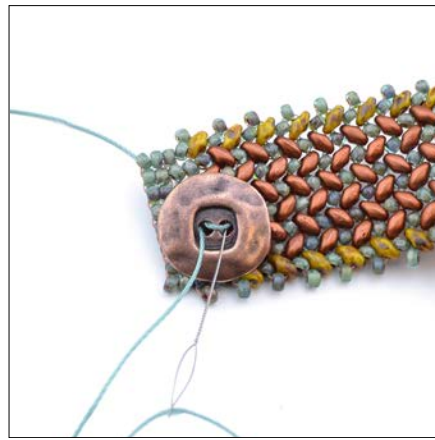
Thread your Collapsible Eye Needle and string the C-Lon through the button holes. Feed the needle back through the beads. See the photo for placement.



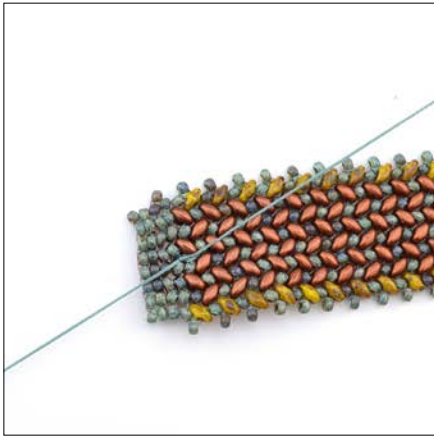
Pull the C-Lon snugly and check placement before continuing to stitch.



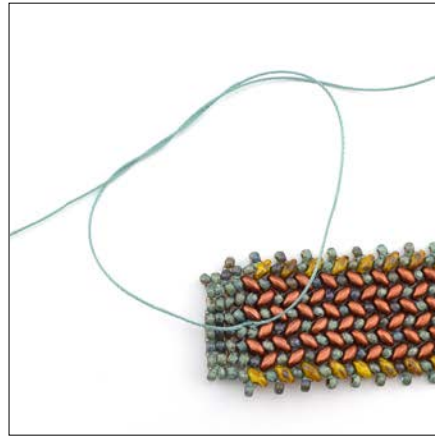
Take several more stitches through the band and button, making sure to follow your existing thread path.



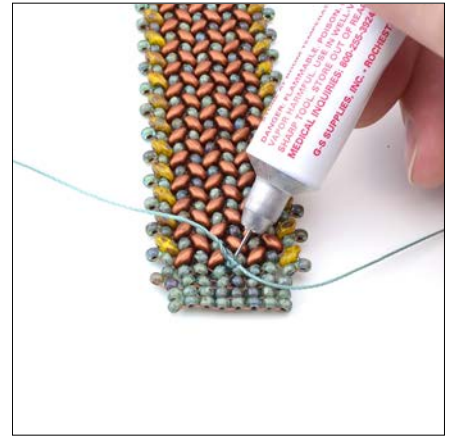
Remove the needle and tie a simple overhand knot on the back (Right thread over left thread).



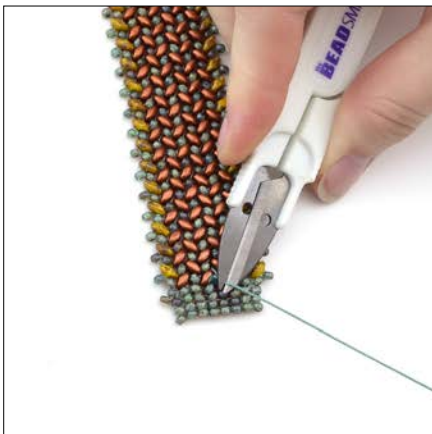
Pull this knot quite snug, and it will "sink" into the beadwork.



Tie a second overhand knot, (left thread over right), but before tightening, pass the left thread through the knot one additional time.



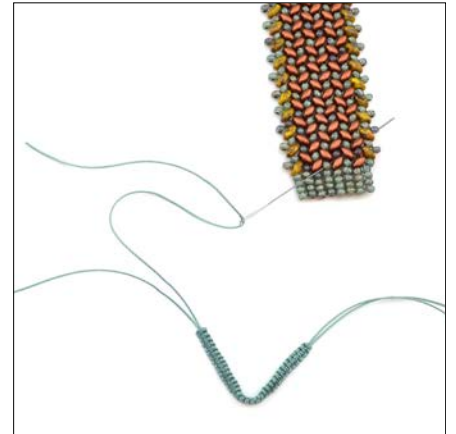
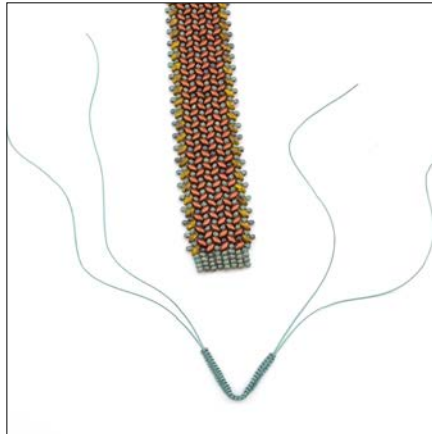
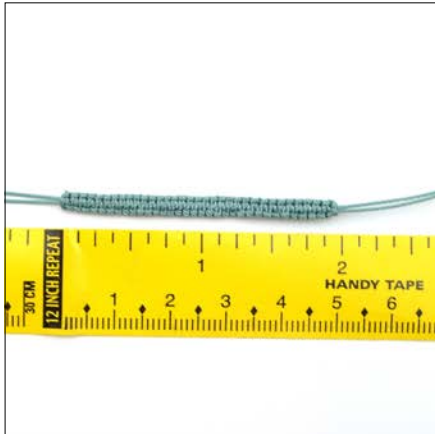
Place a small dab of GS Hypo Cement on the knot and allow to dry thoroughly.



Trim the thread ends and singe using the Ultra Thread Zap as shown in our Skill Builder, "How to Singe Cord".

Cut two pieces of C-Lon one yard in length and macramé a loop two-inches in long. If you are new to macramé, please refer to our Skill Builder: "How to Macramé a Square Knot". Note: If you are using a different button, your macramé length is based on the diameter of your button.

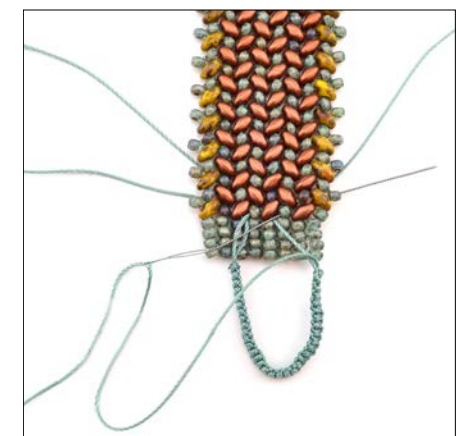
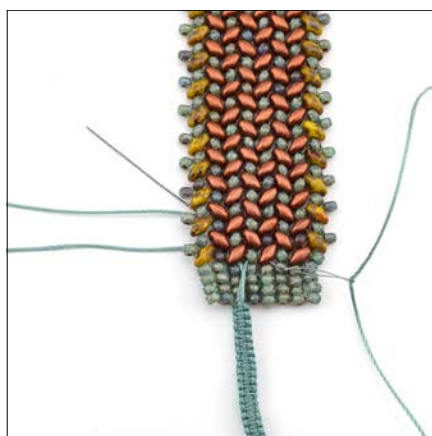
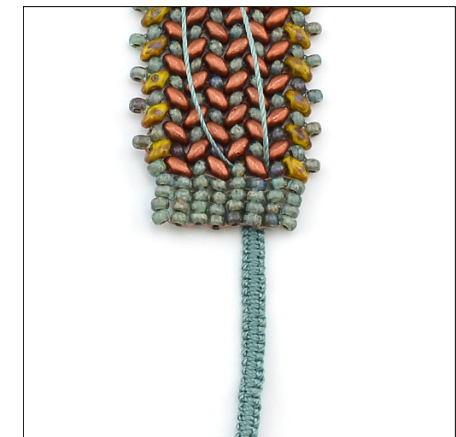
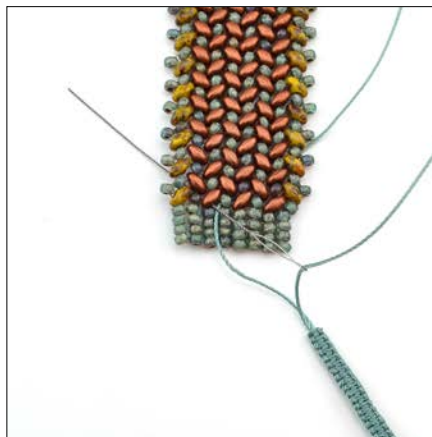
Finish the ends of the macramé with a dab of GS Hypo-tube Cement. Singe the excess tails with the Thread Zap as demonstrated in our Skill Builder: "How to Singe Cord". Do NOT cut the long C-Lon tails you need to secure the loop to your project.



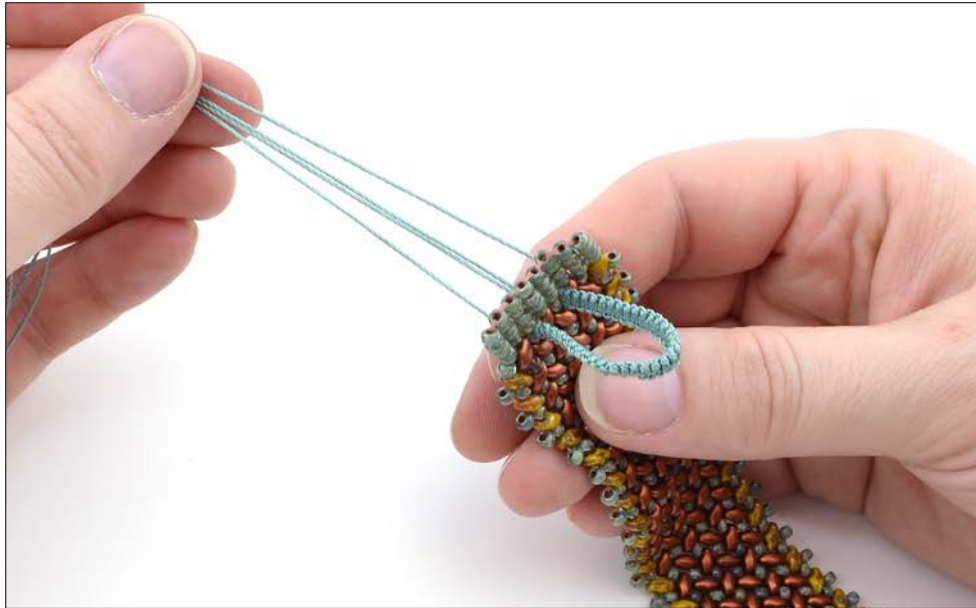
Working with one tail at a time, thread the tail into your big eye needle and stitch into the beads at the base of the cuff as indicated.

Make certain that the loop is entering from the top side of the cuff, i.e. the side you stitched the button to. Tails should come out on the underside.

Threading the C-Lon through the Superduo beads may be a tight fit. If you have trouble, try pinching the needle firmly just above the bead and wiggle it through. As a last resort, use chain nose pliers to grasp the needle just above the bead and work it through slowly.



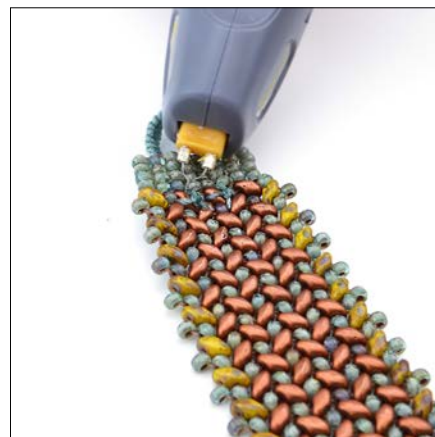
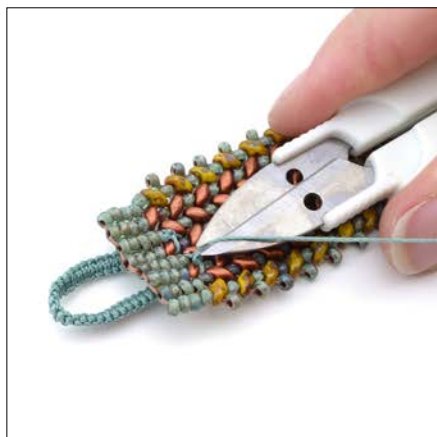
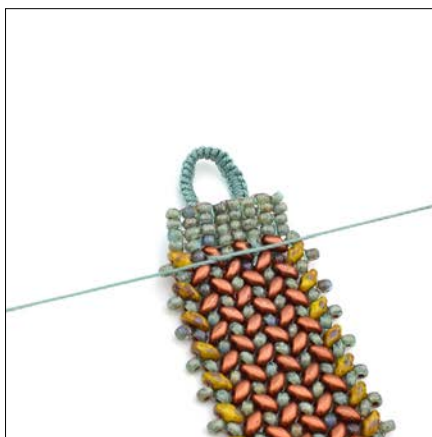
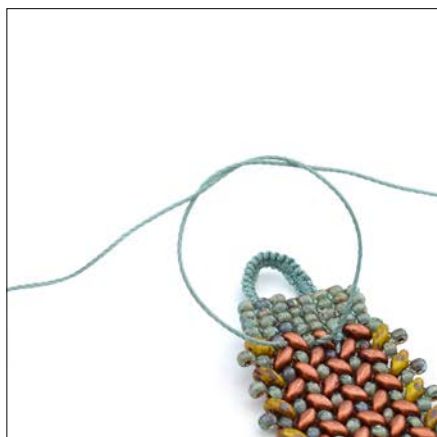
Your loop should be laying on the top surface of your cuff, on the same side as the button. Tails should be coming from the bottom surface of the cuff.



Take the two tails from the left side of the loop, and tie an overhand knot (right over left). Pull this knot snug but not tight.

Tie another overhand knot in the opposite direction (left over right), as you would with a square knot, but loop the left tail through one additional time. Pull tight. This forms a secure surgeon's knot.

Trim, glue and singe the cord ends.



You're done! Wear and enjoy your Pathways cuff!

I would love to hear from you. I hope you will share your results and even think about submitting your work to our Beader Showcase. Thank you so much and happy beading!

~Linnea

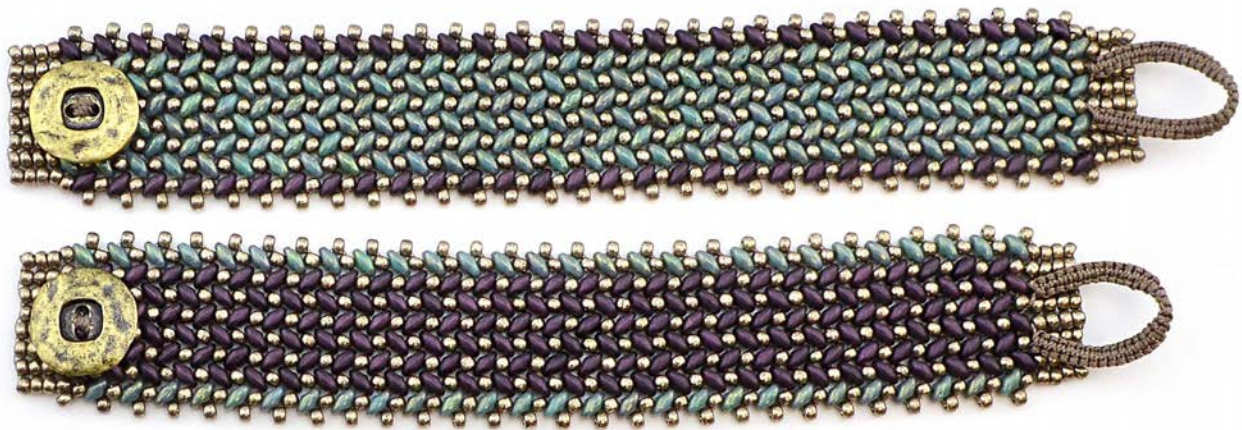
PS. I can be reached at linnea.beadshop@gmail.com

Colors and Patterns

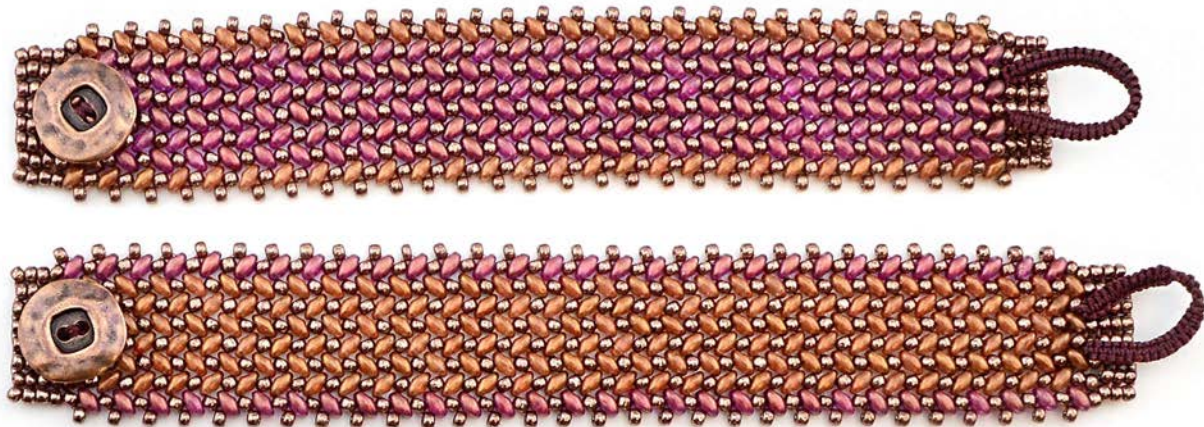
This design is a fun way to play with color and pattern! We have given you the instructions for making a solid-colored band with a contrasting color border. You can experiment with color patterns in other ways, including: Alternate colors every row, alternate every bead or every two beads, or even choose colors at random. The interplay of the Superduos and the 8/0 seed beads creates a complex color story and is a perfect vehicle for experimenting and Beading Creative!

Here are some color ways we recommend:

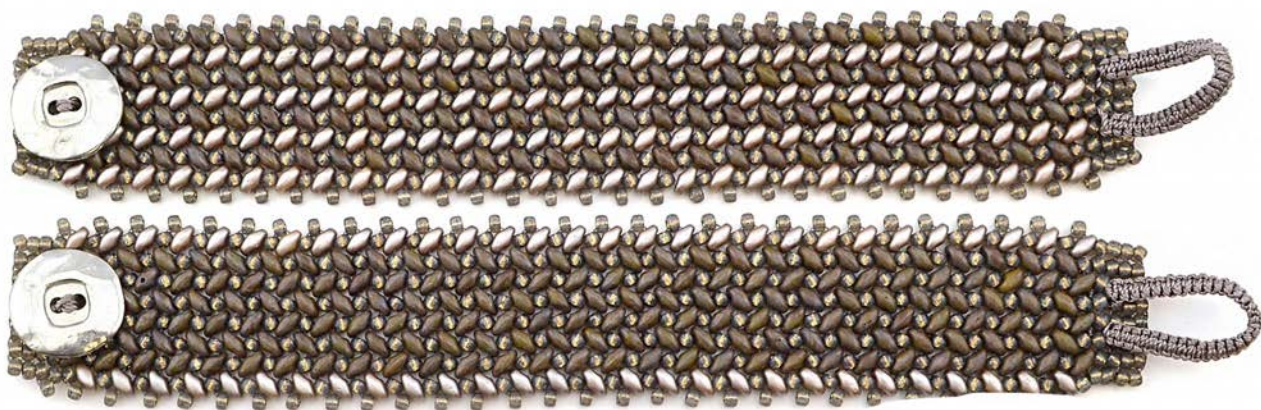
Walled Garden



Sunny Side



Cobblestone



Covered Bridge

