



## *Simple Stitches in Time*

Revised 2/15/2017

Inspired by our dear friend, Nicole Anderson,  
Simple Stitches in Time is a project  
in three colors based on Nicole's 5 Stitch and  
Herringbone Wrap Bracelet Projects created in 2011.

Before you begin, please be sure to watch two of Nicole's videos:  
[5 Stitch](#) and  
[Herringbone Wrap](#).

Please *watch* the videos and absorb her amazing style of detailing  
techniques *and then*  
come back to the handout, which will take you through the sections in the  
modified version.

We have scaled the learning and the kits for beaders of all skill levels.  
If you would like to make the more advanced version (as seen in the video)  
please see:

5 Stitch Samples by Nicole Anderson, Brittany Ketcham and Beckie Ten Eyck.  
Thank you so much and we hope you enjoy!

## Welcome to Simple Stitches in Time

Before embarking on this fun beading journey, watch Nicole's videos, [5 Stitch](#) and [Herringbone Wrap Bracelet](#). Nicole, who we believe created the concept of transitioning a wrap bracelet from one stitch to another in 2011, goes into detail on how to do the different stitches as well as, manage cords and beads.

After watching the videos, please read this handout *before* beading, while the videos are fresh in your mind.

Simple Stitches in Time is a scaled-down version of Nicole's masterpieces. We hope we have stayed true to Nicole's creative style and at the same time made the project easy for beaders of all levels.



The ingredients have been chosen to coordinate with the palettes in Nicole's Pinterest boards\*. There are 3 colors of C-Lon, one spool of KO thread, some beads, leather and a button.

This is a project that is mainly about stitches and cord. When you have completed your bracelet, you may be surprised at how much of it is really an ode to fiber. Let's get started!



String your button to the center of your leather. 3 yards of leather is more than enough for a 6 wrap bracelet with some leftover, just in case.



String both tails of leather through 8 Pony Express beads or your choice of 8 beads with large holes.



Secure your project to a board. Leave a few of the Pony Express beads on the front near the bottom of the board.

\* Special thanks to Brittany Ketcham for creating such amazing collages of Nicole's Pinterest Boards (Page 18). Each one reflects so well Nicole's exquisite taste and sense of style. Thank you, Britt!

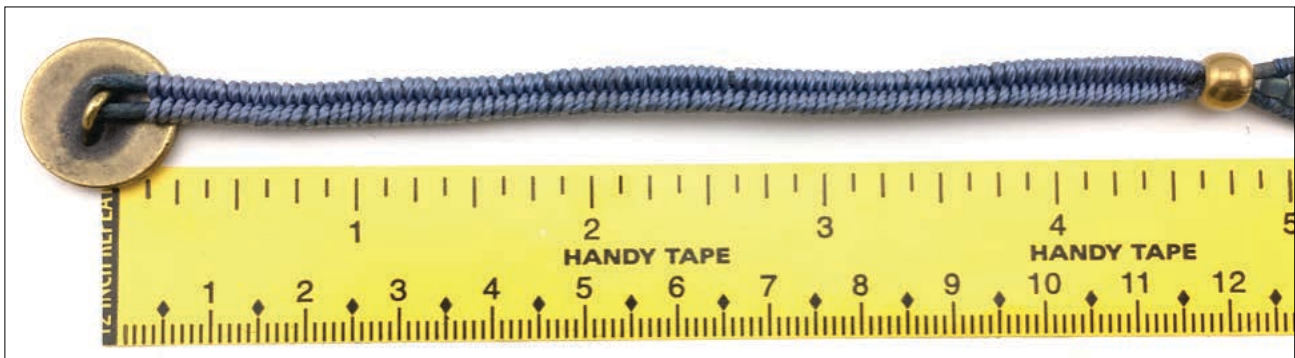


The back of your board\* will look something like this. Using the scrap cord, secure your leather, along with the remaining Pony Express beads to the back.

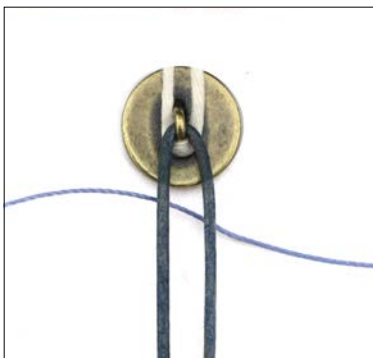
When you need to remove the project from the board, just untie the scrap cord. Please use caution adhering tape or binder clips to your leather. It's possible for tape to lift color off the leather.

\*This board can be a [Macramé Board](#), [Ultimate Design Board](#) (used in 5 Stitch Video) or the simple [Design Tray](#) with a [White Velvet Insert](#).

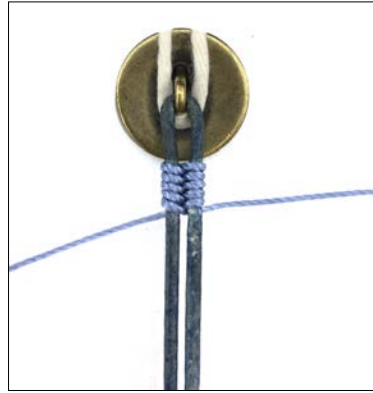
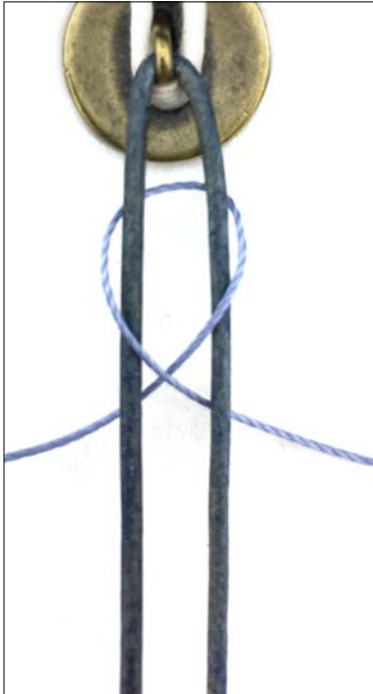
## Section 1: Herringbone Stitch



Section 1 (and Section 9) use Herringbone Stitch with C-Lon. It is demonstrated clearly in Nicole's [Herringbone Wrap Bracelet Video](#). Unlike the video, we are not adding any KO at this point. All you will be doing is Herringbone Stitch with C-Lon. KO comes after this section is complete. You can also do the Herringbone Stitch in Chinese Knotting Cord (CKC). Size .5mm CKC will give you a stitch about the same size as Regular C-Lon.



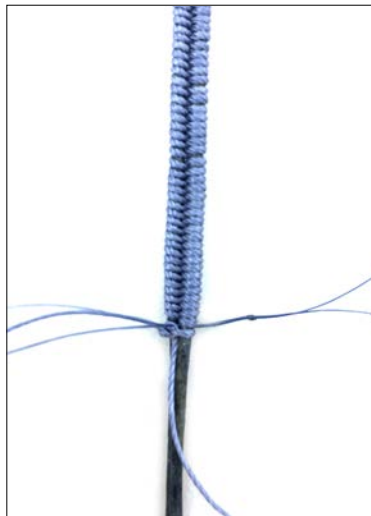
1. Cut your first piece of C-Lon 2 yards in length\*. Find the center of the C-lon and place it under the leather close to the button. Follow the method Nicole uses in her Herringbone Wrap Video. See the Project Maps on Pages 15-17 to identify the colors of cord used in each sample.



2. Continue to Herringbone Stitch for 4-5 inches and tie an square knot at the end. Do not cut the tails of the C-Lon away yet.



3. Cut 3 yards of KO and thread your Size 12 Beading Needle.\* Tie a safety overhand knot about 3 inches from the tails.



4. Secure the KO around the leather by making a square knot very close to the C-Lon knot.

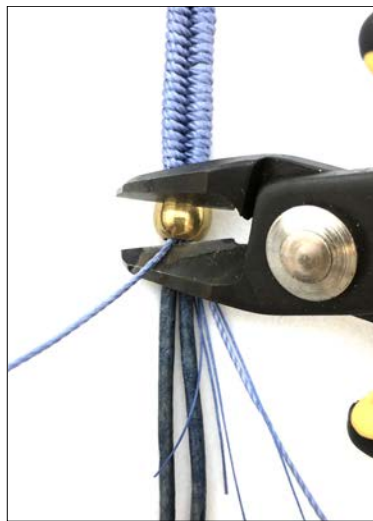


5. Dab a small amount of glue onto the knots.

- \* A Size 10 English Beading Needle will also work in this project. However, if you're revising this project to include fine gemstones or faceted gem cubes we see in Nicole's Herringbone samples,
- \* then a Size 12 needle is more adaptable.



6. String all your threads through the bead. If threading the C-Lon through the bead is a challenge, the option is to use a flexible eye needle to help. Slide the Pony Express bead over the knot.



7. Use flush cutters to carefully cut away the excess cord and KO tails. You will be left with your KO and needle and you're ready to ladder.



8. Choose the beads you want to use. See the Project Maps (Pages 15-17) for specifics on bead order.

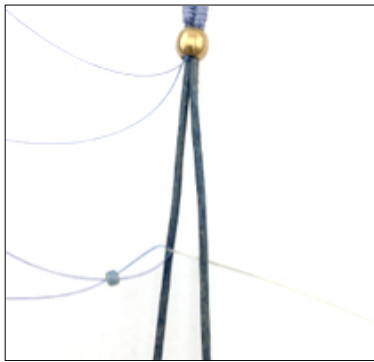
## Section 2: Laddering with Infinity Stitch (The Ladder Stitch)



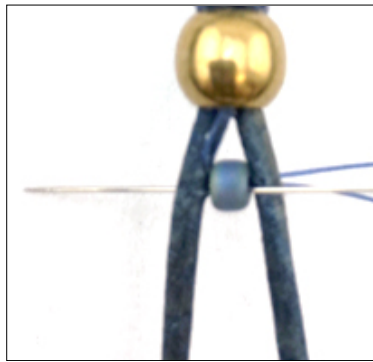
Section 2 (and Section 5) use a form of laddering that has been developed since the airing of Nicole's videos in 2011 when she used The Ladder Stitch. We call this newer style of laddering "The Infinity Stitch" as it mirrors the endless figure 8 pattern. We believe it's an easier stitch to master. We think Nicole would have loved it. If you are new to laddering, please review our Facebook Live Video where Kate and Janice go through this stitch in depth.

Also, in Nicole's videos, she starts her KO thread up by the button, wraps the open lengths of KO around the leather until she's ready to ladder. We hope we've simplified that process by adding our KO into the design just when we need it and securely dropping it when we don't.

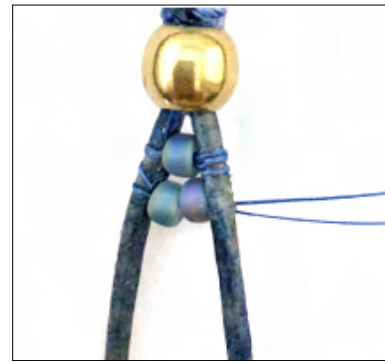
Please Note: In some of the project samples for 5 Stitch, Tuff Cord was the thread used for laddering. If you have beads with holes that are large *and* consistent, than Tuff Cord #1 can be used with the Flexible Eye Needle in place of the KO and Size 12 Needle.



9. Thread on a bead from the left and go under the leather on the right. Pull in the excess KO thread as you go.



10. Bring the needle over the right leather, back through the bead in the opposite direction and under the left leather. Reinforce the first bead by repeating the Infinity Stitch twice before adding your next row of beads from the left side.



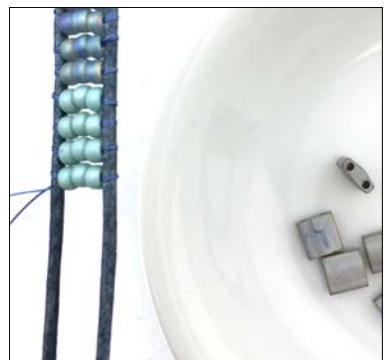
11. Add two beads for your second row going from left to right.



12. Bring the needle over the right leather, back through the beads in the opposite direction and under the left leather.



13a. Repeat adding beads and laddering left to right cinching the KO as you go. Thread tension is important... not too tight but not loose!

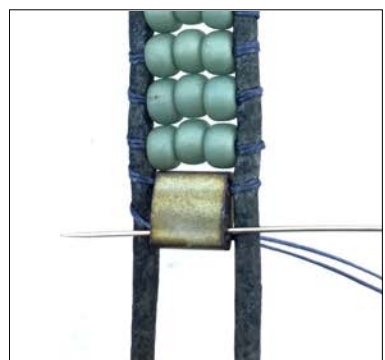
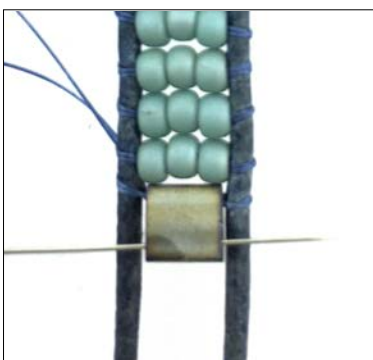


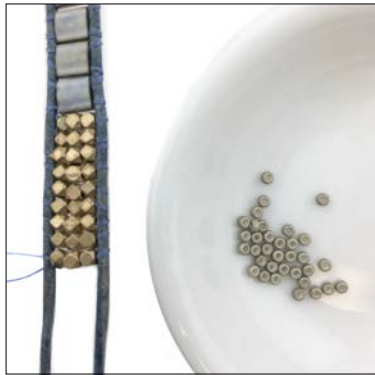
13b. Switch beads to follow pattern.



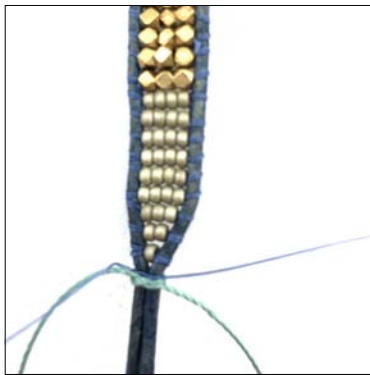
14. For the portion that uses the 2-hole Tila beads, be mindful the second hole should be treated like a new bead hole. It's fairly easy to forget to string back through the first hole first and then start the second hole from the left. Each bead requires you go through the second hole; first from left to right and then back from right to left.

Note: Although Nicole didn't use Tilas in 5 Stitch or Herringbone, she loved Tilas and used them in her jewelry.

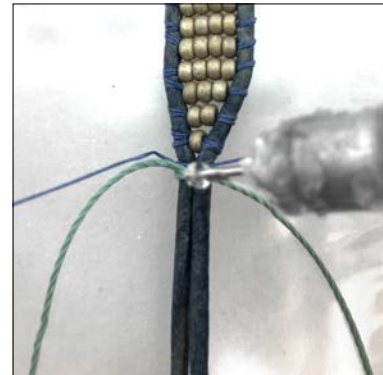




15. Continue laddering the pattern, adding beads from the left and going back through the right.



16. At the end of the laddering portion, cut away your needle and tie the KO in a square knot around the leather. Cut a new piece of C-Lon 2 yards long. Find the middle of it and secure it to the leather with an square knot.



17. Add a dab of glue to the knots.

Note:  
 Nicole loved to use jump rings for her transitions from one section to another.  
 In 2011, we didn't carry a bead like Pony Express, so jump rings were a clever way to make the seamless switch from one stitch to another.  
Silk Wrapping is another option used in some of her designs.

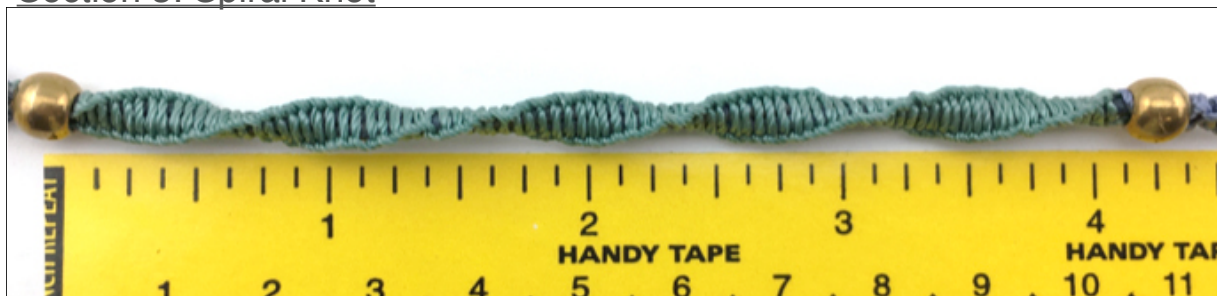


18. As you did in Steps 5-7, slide up your next Pony Express bead and cut away KO threads.

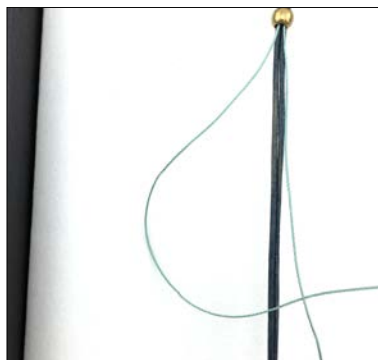


19. You are now ready for a very fun stitch Spiral Knot!

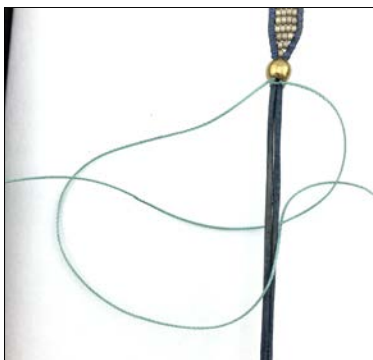
### Section 3: Spiral Knot



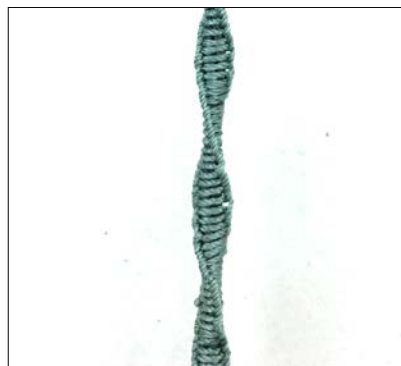
Section 3 (and Section 6) use a fun macramé stitch known as the Spiral Knot. It is a macramé stitch where you make a “Q” loop on one side. In the 5 Stitch Video, Nicole demonstrates beautifully how to do this stitch with multiple cords. We only need to do it with one cord at a time! We found it helpful to unclip the bottom tails away from the board, so your knots move around the leather in a natural spiral.



20. Your cord is always a “Q” forming on the left side. As this repeats, it begins to curve around the leather.



21. The right cord goes:  
A. Over the Left Cord  
B. Under the leather  
C. Over the Left Cord  
D. Gently pull in both cords.



22. As the C-Lon spirals, it forms a twist around the leather.  
When you complete the section, you can add more twists to it by moving it with your hands.

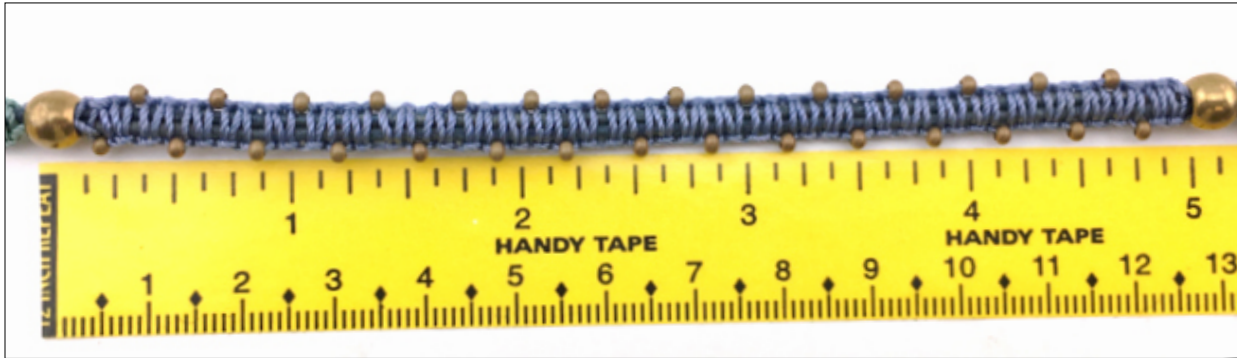


23. When you reach the desired length of knots, tie the ends of C-Lon into an square knot. Cut a new length of C-Lon 2 yards long and secure it around the leather as you did in Steps 16-18.

Chances are you’ve had to reposition your project on your board to give you the room to start the next section. It’s always a good idea to “try it on” when you reposition it to see how the lengths are going. It’s also pretty exciting to see how your creativity is just on fire!



## Section 4: The Beaded Square (In place of the Beaded Flat Knot)



Section 4 (and Section 6) are all about adding beads in a staggered pattern to a macramé square knot. This simplified technique replaces the Beaded Flat Knot that Nicole demonstrates in her video for 5 Stitch. We also have a [Skill Builder: How to Macramé a Square Knot](#) or watch Brittany demonstrate it in her [Bollywood Video](#).



24. String on 24-30 beads on one tail of C-Lon. Tie an over knot at the end. If you're having trouble threading the beads on, use a [flexible eye needle](#).



25. Tie one complete macramé knot and then bring one bead up to capture it in the next row you make.



26. Make 1-1/2 complete knots and when the cord with beads is on the opposite side, capture it in the knot.



27. Continue to macramé and stagger your beads from one side to another. Our samples have 24-29 beads in this section. You can choose how much you want to do.

Refer to the Project Maps on Pages 15-17 for your sample if you want to match closely.

When the macramé is complete, secure the C-Lon with an square knot.

Repeat Steps 4-7 by adding another 3 yard length of KO on a needle. After you slide up your Express Pony Bead, you're ready to ladder your next section of beads.

## Section 5: Laddering with Infinity Stitch (The Ladder Stitch)



Section 5 is a replica of Section 2. It's all about laddering again. Repeat Steps 9-19 and end the laddering by securing a new, 2 yard length of C-Lon. If you haven't already done so, now is a good time to take your project off the board and try it on.

The 3 yard length of leather is more than enough for a 6 wrap bracelet, even if you are making it for a 9 inch wrist. However, if your beads are limited, you can extend the C-Lon sections (like Spiral Knot) with more knots. Consult the Project Maps to indicate the length each section was made. Remember, you can add or subtract length to customize your bracelet.

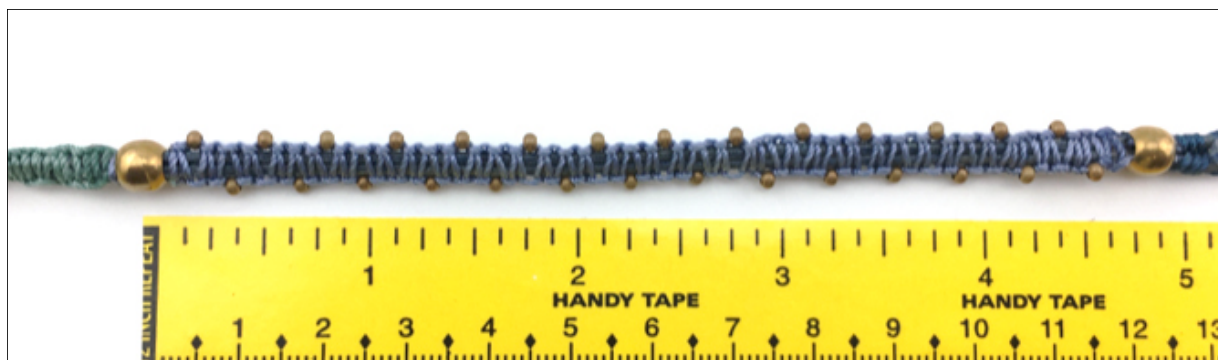
## Section 6: The Spiral Knot



Section 6 (like Section 3) uses a fun macramé stitch known as the Spiral Knot. It is a macramé stitch where you make a "Q" loop on one side.

Repeat Steps 20-23. In this section and sample (Kindness), the Spiral Knot is about an inch shorter than in Section Three. See each Project Map Notes at the end for sample specifics. Your sections can vary in length, if you want. The Project Maps are a guide, but you're the boss!

## Section 7: The Beaded Square (In place of the Beaded Flat Knot)



Section 7 (like Section 4) is about adding beads in a staggered pattern to a macramé square knot. Repeat Steps 24-27.

Right before you tie off your C-Lon and start a new section, cut 1 yard of KO and thread your seed bead needle.

Cut 2 Yards of C-Lon and Repeat Steps 4-7 and then you're ready for Modified Herringbone Ladder.

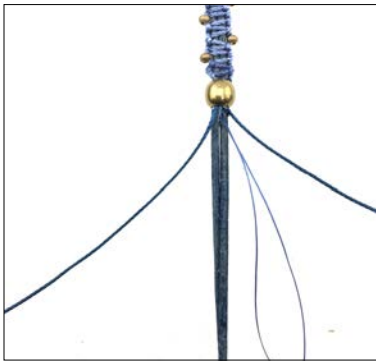
## Section 8: Herringbone With Beads the Beginner's Way



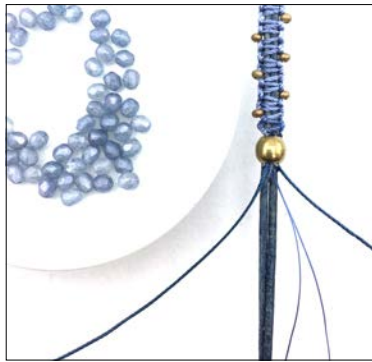
Section 8 is not a repeat of anything so far; It does use herringbone stitch, which we did in Section 1, but the difference is that we have added beads but we're not laddering, as Nicole did in the 5 Stitch Video.

Nicole's way of doing Herringbone with Ladder uses advanced stitches plus the complexity of having to manage loose KO thread, beads and C-Lon. We tried multiple ways to mirror it in an All-Levels Project and came up empty-handed. We have modified it to make it doable for anyone.

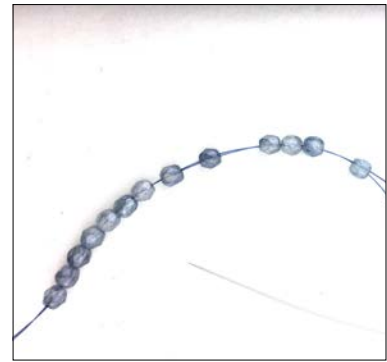
We hope we have stayed true to the design while making the techniques easier to do.



28. Begin with your two tails of C-Lon and your KO thread on Seed Bead Needle secured to your project.



29. Select beads about 3-4mm in size.



30. String 14-16 beads onto your KO thread.



31. Take a small bit of scotch tape and fold it over your needle. This will stop the beads from sliding off.



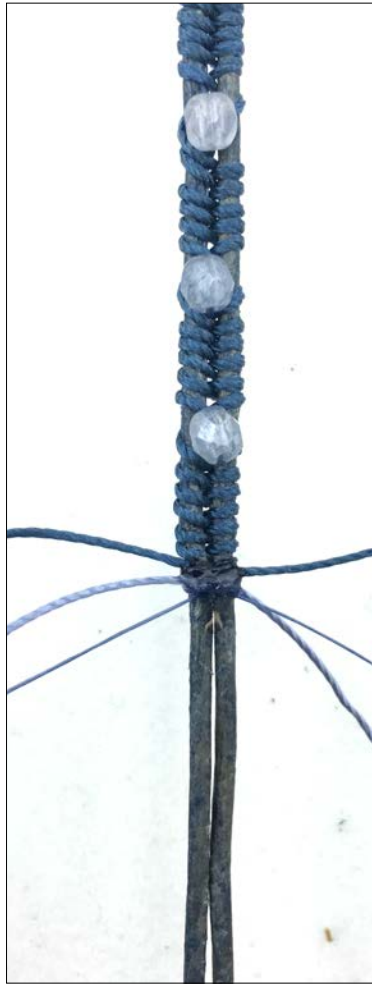
32. Make two complete Herringbone knots with the C-Lon and slide up your first bead.

33. Similar to the method Nicole uses when she wraps the KO tails around the leather, take the needle and KO and wrap it around one leg of leather about 4 times. Continue to do your next 2 Herringbone stitches. Be mindful to capture the KO in the C-Lon when you wrap around the leather.

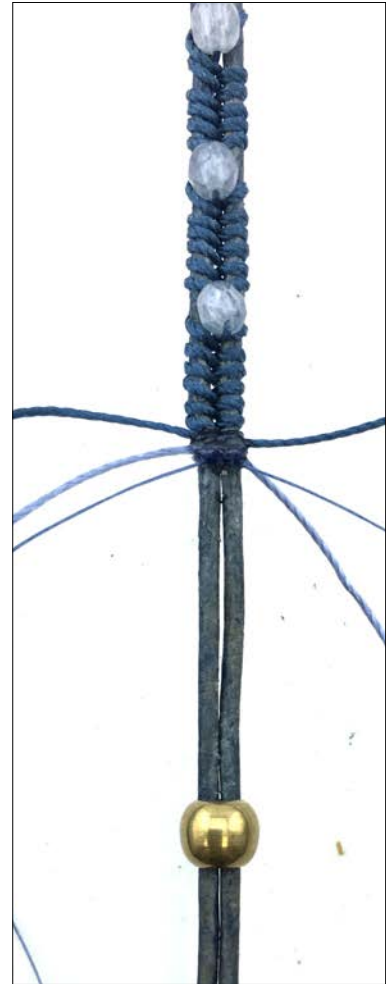




34. Continue to stitch around the leather and capturing the KO as you go. This sample has 5 stitches between each bead.



35. With this method, the beads tend to stand up on top of the Herringbone pattern. This can't be avoided.

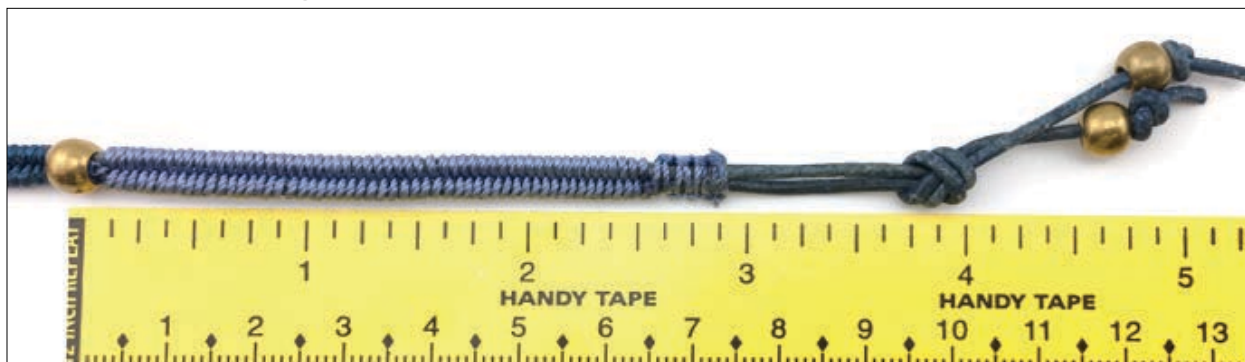


36. When you have your desired length, end your C-Lon with an square knot, secure your KO and add a new 2 yard length of C-Lon, as you've done previously.



37. Add glue to the knots and then slide up your last Pony Express bead. Cut away the excess cords below the bead, which will leave you with the remaining two tails of the new C-Lon.

## Section 9: Herringbone and Button Loop



Section 9 is the finishing of your masterpiece. Without a doubt, if you haven't checked the length, now it's essential! Remove your project from the board and see how it wraps. How long do you need to make this last section?

Be sure to include an inch for the button loop in your calculations.



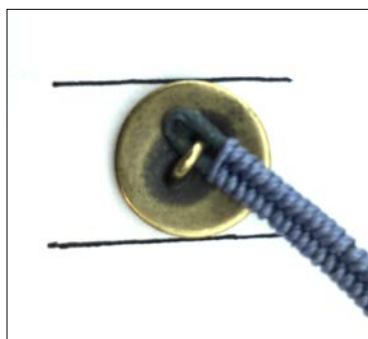
38. Once you know how long you need to herringbone, repeat Steps 2-5. Add a bit of glue along the leather before you go to Step 39.



39. Macramé four flat knots over the glue. Add an additional dab of glue on the tails and last knot on both sides.



40. After you cut the C-Lon short, add a drop of glue on the little bit of remaining tails.



41. Measure how large your button hole needs to be and make an overhand knot with both tails of leather. It's optional if you want to add a Pony Express bead on the tails. A simple overhand knot is all that's needed below the beads. If you find your completed length a bit short, you can add a second button loop. Then cut away any excess leather and enjoy!

## Project Map: Grace

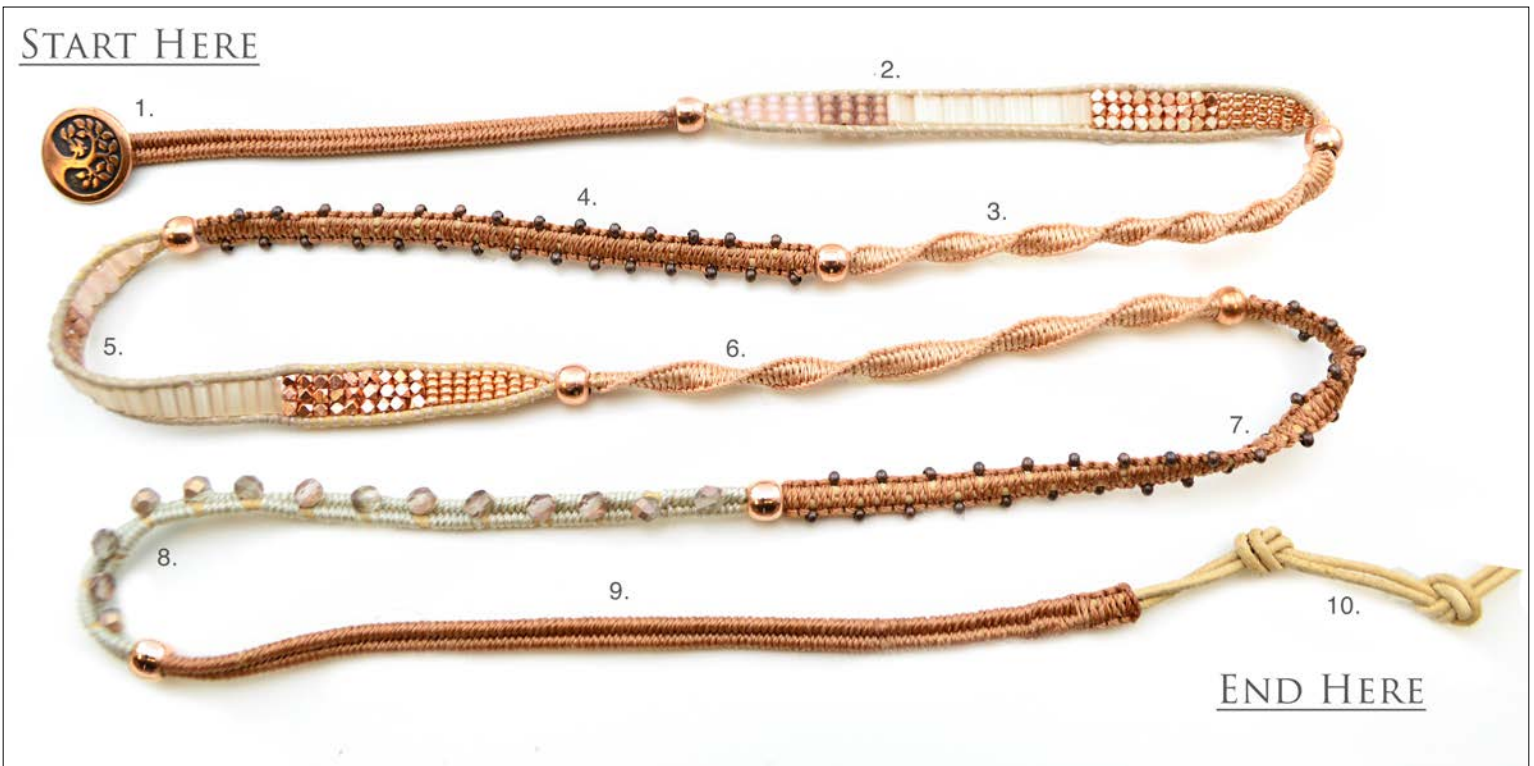


### Section:

1. C-Lon: French Lavender. Length: 4-3/4 inches, including Pony Bead at end
2. KO and Beads. Length: 4-1/2 inches, including Pony Bead at end
3. C-Lon: Azalea. Length: 3-5/8 inches, including Pony Bead at end
4. C-Lon: French Lavender and Beads. Length: 4-1/8 inches, including Pony Bead at end
5. KO and Beads. Length: 4-1/2 inches, including Pony Bead at end
6. C-Lon: Azalea. Length: 4 inches, including Pony Bead at end
7. C-Lon: French Lavender and Beads. Length: 5 inches, including Pony Bead at end
8. C-Lon: Pale Heather and Beads. Length: 6-3/4 inches, including Pony Bead at end
9. C-Lon: French Lavender. Length: 3-3/4 inches, not including the button loop
10. Optional: Cut the leather close to the button loop knot.

Note: Button and leather shown in Project Map above are not what is listed in the Ingredients List. Sorry for any confusion.

## Project Map: Beauty



Total Length is 42 inches from button shank to end of second button loop.

Section Construction:

1. C-Lon: Nutmeg. Length: 4 inches, including Pony Bead at end
2. KO and Beads. Length: 4-3/8 inches, including Pony Bead at end
3. C-Lon: Ginger. Length: 3-1/2 inches, including Pony Bead at end
4. C-Lon: Nutmeg and Beads. Length: 4-1/4 inches, including Pony Bead at end
5. KO and Beads. Length: 4-3/8 inches, including Pony Bead at end
6. C-Lon: Ginger Length: 4-1/8, including Pony Bead at end
7. C-Lon: Nutmeg and Beads. Length: 4-3/4, including Pony Bead at end
8. C-Lon: Beige and Beads. Length: 5 inches, including Pony Bead at end
9. C-Lon: Nutmeg Length: 5-3/4 inches, not including the button loop
10. Optional: Add a second button loop for additional length.



## Project Map: Kindness



Total Length is 41-1/2 inches from button shank to end of button loop. Leather tails not included.

### Section Construction:

1. C-Lon: Light Blue. Length: 4-1/4 inches, including Pony Bead at end
2. KO and Beads. Length: 4-1/2 inches, including Pony Bead at end
3. C-Lon: Sage Length: 4-1/8 inches, including Pony Bead at end
4. C-Lon: Light Blue and Beads. Length: 5 inches, including Pony Bead at end
5. KO and Beads. Length: 4-1/2 inches, including Pony Bead at end
6. C-Lon: Sage Length: 3-1/2 inches, including Pony Bead at end
7. C-Lon: Light Blue and Beads. Length: 4-3/4 inches, including Pony Bead at end
8. C-Lon: Peacock and Beads. Length: 6-1/8 inches, including Pony Bead at end
9. C-Lon: C-Lon. Length: 2-3/4, not including the button loop.
10. Optional: Add beads to the leather tails.

# Nicole E. Anderson



Grace



January 26, 1983-  
April 13, 2016



Beauty

Nicole was the epitome of grace, beauty and kindness. She was an avid collector... she loved stray puppies, birds, seashells and had boxes and jars of beads everywhere. She enjoyed pinning her favorite things on Pinterest and her tastes were varied.

Her love for animals, the ocean, jewelry and ephemeral colors was part of her distinctive style.

Nicole was a prolific jewelrymaker and the mark she has left on [beadshop.com](http://beadshop.com) can't be fully measured.



Kindness

Thanks to the efforts of her dear friend and our colleague, Brittany Ketcham, we are able to enjoy and find inspiration from collages made of Nicole's Pinterest Boards.

Each montage became a colorway for a bracelet in this project, Simple Stitches in Time.

To honor Nicole and remember the incredible impact she made on so many, for a limited time we are donating

\$10 for every kit sold to:  
[The Peninsula Humane Society of San Mateo County/SPCA Wildlife Fund](http://The Peninsula Humane Society of San Mateo County/SPCA Wildlife Fund)