





Our Story

The Modern Crafter is an small independent between sisters Rachel and Siobhan.

Our passion is to design and create beginner friendly craft kits based on traditional crafts punch needle and embroidery. Using Siobhan's design experience and Rachel's needlework skills we have developed a range of scandi inspired modern designs. Both crafts are suitable for those with no craft experience and are a great way to be creative whilst enjoying the mindful relaxation benefits of crafting.

Our focus is on using sustainable materials and recently we launched our own brand of 100% British Wool for punch needle.

We have a shop in Saffron Walden as well as our online shop and we also run beginner friendly and private workshops for small groups.

Background on Punch Needle

Punch needle is a traditional craft for making rugs (rug hooking). We instantly fell in love with the textures you can create with a punch needle and love the creative freedom this technique gives, allowing you to feel like your drawing with wool. It's also a very easy technique to learn, and we hope you will agree it is also good for your mind to switch off and get into a state of flow.

A punch needle works by forming continuous loops which grip into the weave of the cloth. The loop keeps your project from unravelling. We don't tie the yarn with knots or use glue.

There are various sizes of punch needle tools available that work with different thickness of yarn. You can check out our website for more information on other tools and our own brand of British Wool that we stock

We're here to help, so any specific questions just get in touch. Thanks so much again for supporting us & happy punching!

Rachel & Siobhán xx





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Materials

You will need the following to make this project:

Punch Needle tool \sim we used the Lavor adjustable punch needle

Super chunky wool - we used our British Wool in summer green, forest green and snowdrop

Wooden gripper hoop to keep your fabric taut

Backing cloth Embroidery needle & thread Toy stuffing Ribbon

Flat & Loop Stitches Overview

We like to combine the right and wrong sides together to display the flat and loop stitches by punching on both sides of the hoop.

When you punch on the front of your hoop you will punch to display flat stitches, turn your hoop over and punch on the back of your hoop and you will punch to display loop stitches.



Punch Needle Technique

There are 3 steps to follow for punch needle, all punch needle tools follow the same technique:

- 1. When you punch the needle into the fabric, always make sure the handle of the needle touches the fabric. This creates a consistent loop length.
- 2. When you lift your needle up out of the fabric to make your next stitch, lift the needle up slowly. When you see the tip of the needle, 'skim' your needle forward over the fabric. Do not lift the needle up too high as this will release the yarn and create a loop on the front rather than on the back.
- Punch in the direction of the tip of the needle and always make sure you have plenty of slack so that the yarn can flow through the needle easily.

Stitch Size Guide

As a general rule, you should begin by outlining your shapes. Your outline stitch should be slightly smaller, which gives a nice crisp edge to your work. Aim for approx 6 stitches per inch.

When you begin to fill in your shapes, or large areas of background your stitches can be slightly longer. Aim for approx 4 stitches per inch.

Stagger your stitches like brickwork from one row to the next, this will help close up the gaps between rows particularly when displaying the loop stitches. Aim to do this most of the time.

Punch needle is very forgiving, so don't worry too much, just relax and have fun!



Lavor Adjustable Punch Needle

The Lavor Adjustable Punch Needle is made from recycled plastic. When you twist the handle of the needle it will release and you can slide the needle up and down to the different notches, setting 1 gives you the highest loop height whilst setting 7 being the smallest loop height. For your project, set the needle on the 4th notch so you will have 3 notches showing.

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1 Thread the loop end of the threader through the eye of the needle fold the end of the threader to secure it in place.



2 Create a loop and pick up the yarn, secure the yarn in place by tweezing the threader together. Pull the yarn through the needle.



Release the yarn from the threader and thread it through the eye of the needle



Pull the yarn back leaving half an inch of yarn tail through the eye of the needle. Your needle is now threaded





Prepare Your Frame & Transfer Design

 Loosen the screw on your gripper hoop to separate the two rings. Centre your cloth on top of the inner ring, then place the other ring on top.



2 Tighten the screw of the hoop while pulling your cloth taut.



3 Once the design is in place and the cloth is tight on the frame, fully tighten the screw on the embroidery hoop.



To transfer the design cut the design out, secure it to the back of your fabric, hold it up to a light source and draw the design on to the fabric using a sharpie pen or similar. The pen mark will be hidden by wool. Make sure you can see the pattern on the back of your frame too.





How to Punch Needle

Whether you are starting on the front or the back of your hoop, the technique is the same. The only small difference is that for the first stitch when you are punching on the front of your hoop, turn your hoop over and pull your yarn tail through. This keeps all the messy yarn tails on the back of your project.

Punch your threaded needle into the fabric, turn your frame over and pull the yarn tail through to the back as shown below. Turn your hoop back over and your ready to begin.

When you are punching on the back of your hoop just leave the yarn tail as is and move the needle forward, as shown in the bottom picture.





Technique Tip

- ~Skim your needle forward over the fabric rather than lifting your needle up or this will release the yarn.
- ~To turn your needle turn it down in the fabric.
- ~Punch in the direction of the tip of the needle

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Pull the needle up gently just until you see the tip of the needle being careful not to lift the needle too high or this will release the loop making the wool unravel.

'Skim' the needle over the fabric and punch back in the fabric making sure that the handle of the needle always touches the fabric. This is important as by doing this the needle will punch the loop in a consistent size and it is the loop which grips into the cloth.

Continue to fill in the shape, stitching row by row, until there are no more gaps. It's important to stagger your stitches like brickwork from row to row. You might find it easier to punch in the fabric if the needle is at an angle towards you.





Technique Tip

~Keep your flat stitches as flat as possible by skimming the needle forward over the fabric and always punching the needle down until the handle touches the fabric.



Finishing

3 Ending Your Stitches

To end your stitch after creating flat stitches turn your hoop over, create a bit of slack on your yarn and snip off leaving half an inch of yarn tail and your needle still threaded. Gently pull your needle back through.



To end your stitches after creating loop stitches, hold on to the base of the yarn pull the needle up to create a bit of slack. Snip off the yarn leaving your needle still threaded and half an inch of yarn





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Tidying Yarn Tails

Once you have finished your punch needle creation, tidy the yarn tails by turning your hoop over to the back and snip away any yarn tails so they are hidden between your stitches.



Hints & Tips

- ~ If your yarn comes loose, pull it tight again by pulling your yarn back up through the top of the needle
- ~ The punch needle tool makes holes in the cloth however if you have pulled the yarn out you can punch back into the holes and the yarn will still be secured by the wool loop. Make sure you practice the technique first of all to avoid pulling out your yarn.
- ~ If your yarn won't stay in the cloth make sure nothing is restricting the yarn such as a knot in the wool.
- $^{\sim}$ If a stitch has come loose once you have finished your project, using an unthreaded punch needle you can prod the loose stitch back through.





Create

If you are using the Lavor adjustable needle make sure your needle is set on the **4th notch so you have 3 notches visible**.

 $\mbox{\bf Step 1}$ - Punch the pear stems on the front of your hoop



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Step 2 - Still working on the front of your frame, fill



Step 3 - Turn your hoop over

Step 4 - Punch on the back of the frame to fill in each side of the pear. Use your thumb to move the loop stitches out of the way as you punch.





Step 5 - Turn your hoop over and punch two final rows of flat stitches in white around the entire pear



Step 6 - Remove from the frame and cut around the pear to leave a 1" seam allowance. Place the pear on your backing cloth and cut around it to creating a matching size of backing. Pin your ribbon facing down to the backing cloth





Step 7 - Pin the 'right' side of your pear and leave a gap at the bottom



Step 8 - Using 6 strands of embroidery thread sew sew running stitch around the edges remembering to leave the bottom unsewn



Step 10 - Turn to the right side, stuff with stuffing and sew the gap using invisible/ladder stitch





We really hoped you enjoyed making our pattern and this will be the start of many more projects! We're here to help: So if there is anything at all that you need further help with, please get in touch!

We'd absolutely love to see your finished creations, so please tag them on instagram: @the_modern_crafter or facebook @moderncraftkits

We have some short 'how to' videos on our website: which you may find interesting www.themodern.crafter.co.uk

Learn More: There are so many great punch needle artists on instagram, here are a few of our favourites:

@bookhou

@rosepearlman

@studio.myome

@woola.la

@byadelinewang

@julie_weaves

Rachel & Siobhán xx The Modern Crafter

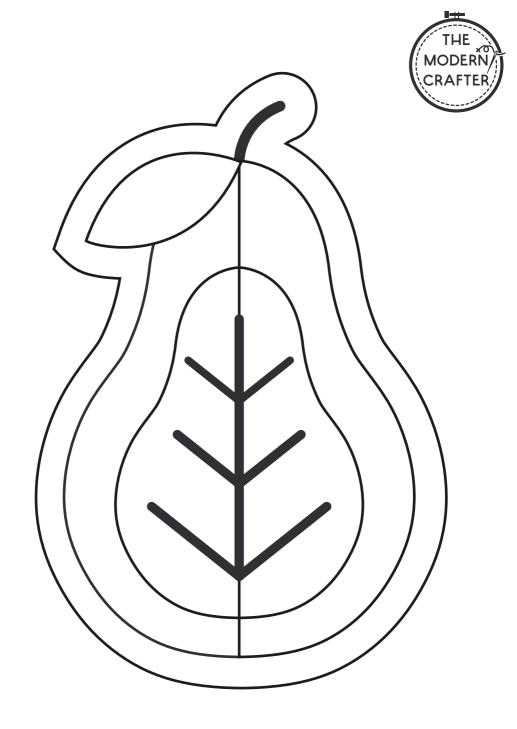


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