

## Stitch Guide

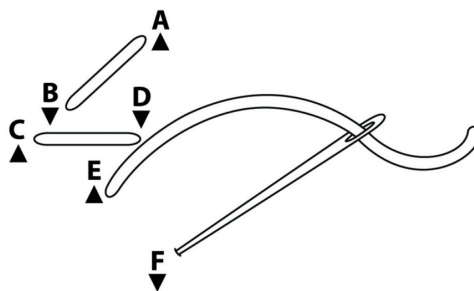
Below is a guide to help you with some of the most common embroidery stitches. If you need more assistance you can find video tutorials on our You tube channel [here](#).

Stick & stitch packs are intended to be DIY pattern packs where you choose the stitches & thread colors that you want to use. We do have curated thread bundle packs available on our website. Most stitches are completed using 2-3 strands of thread. You can use more or less depending on your preferred look.

Remember, practice makes perfect. If you are having trouble simply practice on a scrap piece of fabric until you feel comfortable. Use the lines on the pattern as a guide. We all start at the beginning and no one is good at something new right away. Give yourself grace & patience. You can totally do this!

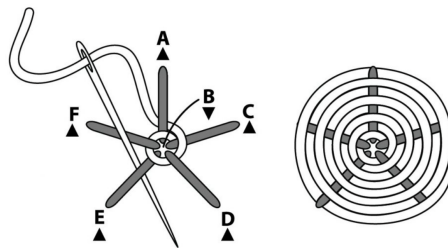
### Straight Stitch

1. Bring the needle up to the front at A. Insert the needle down at B; this is a single stitch. Continue.
2. The straight stitch is the most basic of all stitches but is the building block for other stitches. It may be used in a random pattern to fill areas. With more discipline, it may be used to make flowers, leaves or patterns. It may also be used to add contrasting stitching on top of satin stitches.
3. Keep the stitches from becoming too long or they may get snagged and pucker the work.



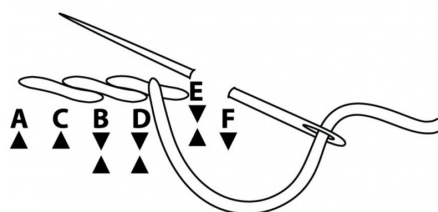
## Woven Wheel (or Rose) Stitch

1. Create the spokes first—work any number of straight stitches as radial lines, provided they are an odd number; 5 to 9 work best. Bring the needle up to the front at A. Insert the needle down at B and up at C. Insert down at B and up at C. Insert down at B and up at D. Continue. Keep stitches evenly spaced and the same length.
2. Using either the same thread or a contrasting color, bring the needle up near the center (B). Switch to a tapestry needle with a ballpoint (blunt) tip, which will prevent snagging as you weave. Going clockwise or counter-clockwise (your choice), begin weaving the needle over and under each radial spoke.
3. Continue weaving around the spokes until the circle is filled in and you can no longer see any spokes showing.
4. To get a thicker and more dimensional stitch, push the threads toward the center each time you complete a pass around. Or you can keep the weaving a little looser, resulting in a softer and flatter stitch.



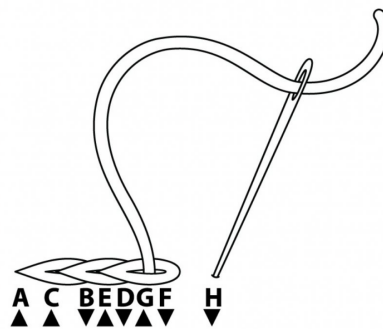
## Stem Stitch

1. Bring the needle up to the front at A. Insert the needle down at B and up at C. Insert down at D and up at B. Insert down at E and up at D. Insert down at F and up at E. Continue.
2. Keep the working thread below the needle but above the previous stitch as you follow your pattern's outline. It may help to hold the previous stitch down with your thumb as you work the next stitch.
3. Where possible, insert the needle in the hole created from a previous stitch, taking care not to snag or split threads.



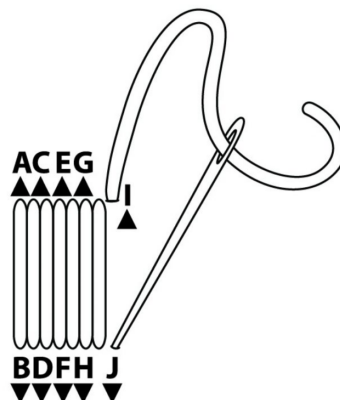
## Split Stitch

1. Bring the needle up to the front at A. Insert the needle down at B and back up at C, splitting the thread with the needle; pull the thread up through the stitch. Insert the needle down at D and back up at E, splitting the thread from the previous stitch. Insert the needle down at F and back up at G, again splitting the stitch. Continue.
2. Use a sharp needle to split thread evenly on the up stroke, taking care not to snag thread as you pull needle and thread up and through.



## Satin Stitch

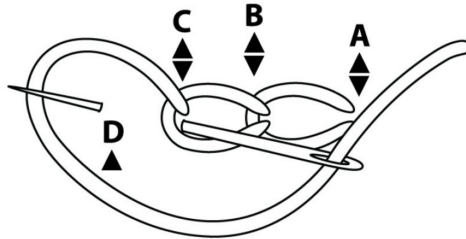
1. Bring the needle up to the front at A. Insert the needle down at B and up at C. Insert down at D and up at E. Continue.
2. On the down strokes, pass the needle under the fabric to the next point and emerge. Pull the needle and thread through, forming a complete stitch. The stitches should be laying side by side; do not go through holes from the previous stitch.
3. Depending on the space to fill, the width of stitches can be uniform or staggered. Stitches should be about  $\frac{3}{8}$  to  $\frac{1}{2}$  inch long.



## Chain Stitch

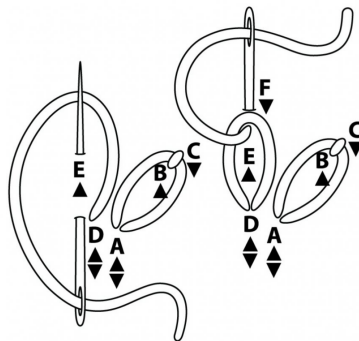
1. Bring the needle up to the front at A and form thread into a loop. Insert the needle down at A, in the same hole if possible, and emerge at B. Pause and tuck the working loop under the needle and hold in place with thumb. Continue pulling the needle and thread through. Form the next loop, insert the needle down at B and emerge at C, continuing as before.

Keep loops even in length and do not pull them too tightly or they will lose the desired rounded shape.



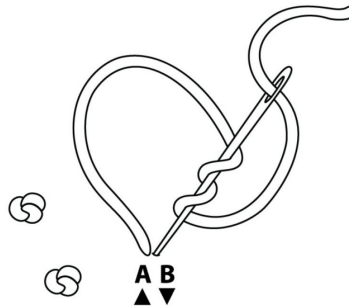
## Lazy Daisy Stitch

1. Similar to the Chain Stitch. Bring the needle up to the front at A and form thread into a loop. Insert the needle down at A, in the same hole if possible, and emerge at B. Pause and tuck the working loop under the needle and hold in place with thumb. Continue pulling the needle and thread through. Insert the needle down at C, just the other side of the loop; this is the first petal. Bring the needle up at D, near the base of the first petal, and continue shaping a petal stitch as above.
2. Symmetry is key with this stitch to create the desired effect. Add French knots to the center of the petals to create a daisy.



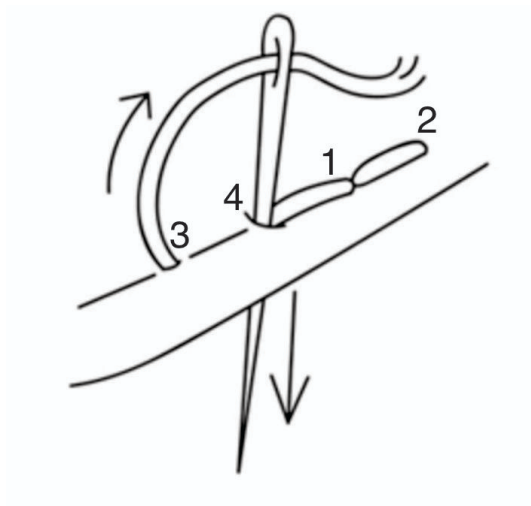
## French Knot

Bring the needle up to the front at A. Hold the needle at an angle with your dominant hand. With your nondominant hand, grasp the thread firmly with your thumb and index finger and make two clockwise wraps around the needle. Keeping the thread taut, point the needle down to B. Do not use the same hole as you came up in (A); you want to be about two fabric threads away. Push the needle partway through the fabric and slide the thread wraps down the needle onto the fabric, holding them in place under your finger or thumb. Finish pulling the needle and thread through to the backside and secure.



## Back Stitch

1. Bring the needle up at 1 and back down at 2.
2. Move left and bring the needle up at 3, then back down at 1. Continue stitching.
3. Make shorter stitches for curved lines and shapes.

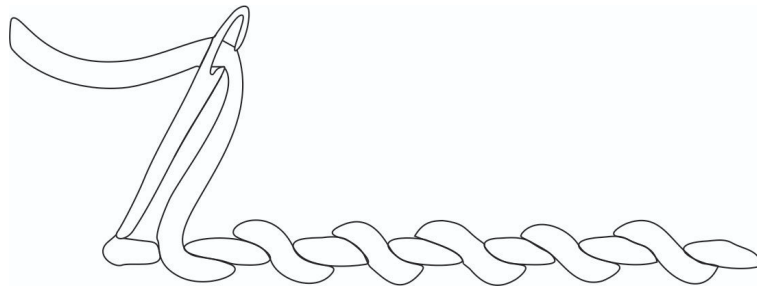


## Whipped Backstitch

The whipped back stitch is an outline stitch that creates a smooth and slightly raised line; it is very neat and precise, but not bulky. This stitch is a great choice for stitching lettering and tightly curved lines

1. Making a row of back stitches. Now you're ready to whip it
2. Bring your needle up at the same point where you started your row of back stitches, and slide the needle under the stitch (do not go through the fabric), then repeat for each stitch, all the way down the row. end by taking your needle down through the fabric at the same point where your foundation row ends.

Basically, you're wrapping your row of back stitch in a spiral of floss. Be sure to keep all of your whipping going in the same direction.



## Couching Stitch

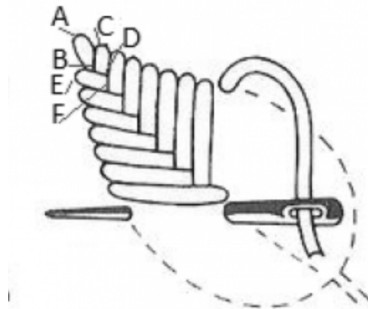
When working this stitch, you will have two pieces of thread going at once. They can be the same or a variety of colors, and use a different number of strands.

1. To work couching, bring a needle with the main thread up at the beginning of the line you are working (point 1). Take the needle back down at the end of the line (point 2).
2. If the line you are working is curved, keep the thread loose enough that you can move the thread along the line. You can adjust it as you work.
3. Tack down the main thread with a second piece of floss. Come up on one side of the main thread (point 3) and down on the other side (point 4).
4. Repeat the tacking stitches along the line of thread to secure it to the fabric.



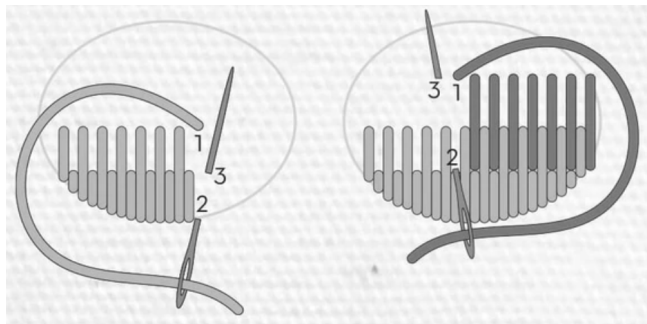
## Fishbone stitch

1. Start at the very tip of the leaf and make a small stitch down the center from A to B.
  2. Come up directly from the top of the stitch you just made at C and make a stitch, crossing over the centerline at D.
  3. Come back up directly to the left of the first stitch at E and cross over the opposite way at F.
  4. Continue alternating these stitches all the way down the shape of the leaf.
- Your stitches should cross over one another in the center, but they should lay parallel to each other otherwise. Try to avoid overlapping the stitches on each “side” of the leaf.
  - Pay close attention that each of the stitches you make start directly on the outline you made for the shape of the leaf. This will ensure that the edges stay neat.
  - Once you get to the very bottom of the leaf shape, your last one or two stitches may not overlap in the center, and that is fine. Focus on making small stitches that completely fill in the bottom of the leaf!



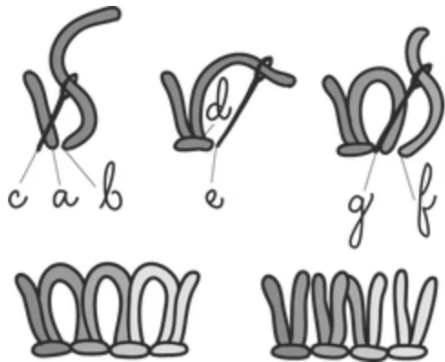
## Long and short stitch

1. This is a variation on the satin stitch where you do long and short stitches beside each other to break up the area so you don't have super long satin stitches that can get snagged.
2. With this method, keep stitching and overlapping with different lengths of stitches until you fill in the entire area.



## Turkey work

Turkey work is a fun stitch as you begin on top of your fabric and make your first stitch down at A, being sure to hold that tail and not pull it through. Then come up and anchor that tail with a back stitch (B-C). Next, come up at D, right next to A under that back stitch. Go down at E, along your guideline a stitch length away (shorten this length to concentrate more knots per inch), leaving a loop. Stitch an anchor back stitch over that insertion point to secure. And repeat!



Here is a great tutorial on Turkey work!

<https://www.needlenthread.com/2011/05/embroidery-fluff-how-to-make-it-fluffy.html>

## Seed Stitch

The seed stitch is a series of straight stitches and is generally used as a fill stitch. Seed stitches are stitched in all different directions, making a random pattern. Seed stitches can be spaced far apart or close together depending on the look you want.

