

Embroidery Stitch Guide & Instructions

GETTING STARTED

Fabric

You can embroidery the motif designs onto a wide variety of fabrics and items. Have fun with tote bags, clothes and more.

Transfer Pencil

Use the enclosed instructions and pencil to transfer the motifs to your own fabric.

DMC Stranded Cotton (or embroidery floss)

The embroidery floss is made up of 6 strands. Before starting, cut the floss into a workable length. About 50cm is perfect. Next you will need to gently split the floss in half so that you are using 3 strands at a time (the amount of floss included in the kit is based on using 3 strands.) Set one length aside.

Embroidery Needle

We recommend using a size 9 embroidery needle. Once you've cut your floss to size and separated the strands, thread the needle with the 3 strands, leaving a 10-15cm tail on one end. Tie a double knot at the other end.

Embroidery Hoop

If working with flat fabric it's best to use an embroidery hoop. It can be difficult to use one with some clothing and bags and you may need to work without a hoop. Hoops come in a wide variety of sizes from 3" - 12". Loosen the screw and separate the two hoops. Place the inner hoop on a flat surface then place the fabric on top of it, design side up and central to the hoop. Place the outer hoop over the top, sandwiching the fabric in between. Push the outer hoop down over the fabric and inner hoop. Gently pull the fabric taut taking care not to distort the design and once taut, tighten the screw to hold it in place. Whilst stitching, make sure the fabric is staying taut and that the screw hasn't loosened.

Stitch Guide

If you're new to embroidery, or looking for a little helpful guidance, use the stitch guide to help you with all the main stitches.

HINTS AND TIPS

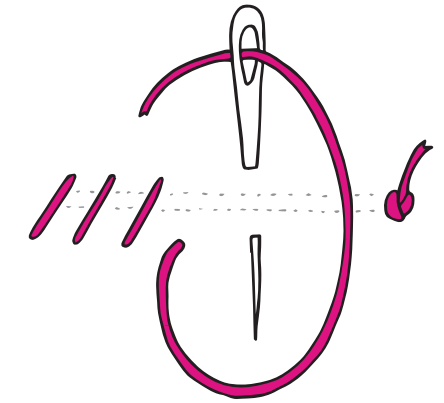
- If your thread is getting twisted, make sure you let the twist out so that you don't get knots. Simply let the needle drop and let the thread untwist.
- Avoid taking the thread across the back of your piece to get to a new area. Instead, finish that section and start again in the other area so that you don't have visible threads showing through the fabric.
- Use the 'stab' technique when stitching - stab up and down vertically through the fabric rather than at an angle.
- Aim to keep an even tension for every stitch - not too tight so that the fabric puckers, and not too loose.
- If you're struggling to make a stitch, place the hoop down and use both hands. This is particularly needed for blanket stitch, fly stitch and French knots.
- Don't worry if you make a mistake! Carefully unpick the stitches and start again. If you don't notice the mistake until it is difficult to unpick then carefully cut the stitches out with the tip of your scissors and gently pull the threads out with some tweezers.

STARTING A STITCH

Try not to start with a knot on the back of your design. It can get very messy and tangled! We recommend using a technique known as a waste knot or the run-in method.

Waste Knots

This works well when stitching a line. With a knot at the end of your thread, stitch through from the front to the back about 2-3cm away from where you will start your stitch in the direction that you will be stitching. Start your stitch and work towards the waste knot, ensuring each stitch secures the thread on the back. When you reach it, snip off the knot and carry on stitching.



Run-in Method

When you have existing stitches to work with, this is a great method and very quick. Make a knot at the end of your thread. On the back of the design, run or weave the thread under previous stitches for 2-3cm up to the starting spot for your next stitch. Take the needle through to the right side and work a few stitches. Now simply snip off the knot on the back.

FINISHING A STITCH

To finish a stitch, or if you've come to the end of the thread, weave the thread in on the back of the design before snipping off any excess. Make sure you weave it through a few stitches to make it secure.

USING YOUR HOOP FOR DISPLAY

There are many options of what you could do with your motifs. If you've made your own design in a hoop, follow the below instructions on how to frame it.

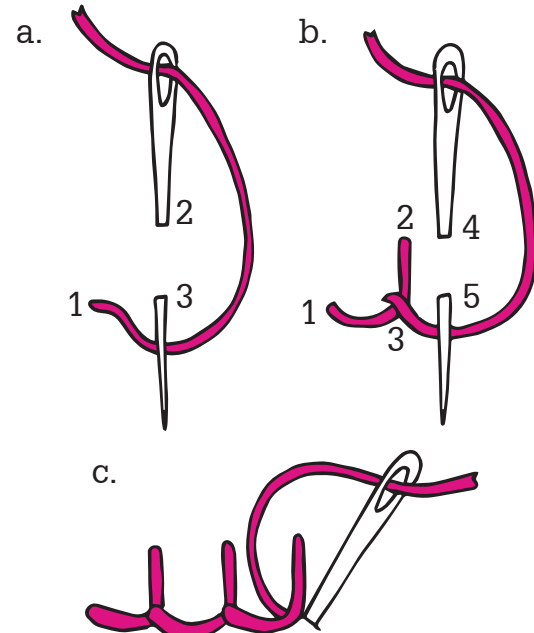
- Make sure the fabric is in the hoop with the screw at the very top.
- Pull the fabric as taut as you can, tightening the screw as you go with a screwdriver.
- Trim the fabric to about 4cm away from the edge all the way around.
- You will now need some thread- either left over floss or some strong sewing thread. Measure it to twice the circumference of the hoop. Thread your needle leaving a long tail. Tie a double knot at the end.
- With the hoop pattern side down, sew a running stitch around the middle of the loose fabric, halfway between the hoop and the fabric edge.
- Once you get back to the start, take both ends and pull them tight, gathering the fabric in. Knot the threads tightly to secure and snip off any excess thread.

BACK STITCH



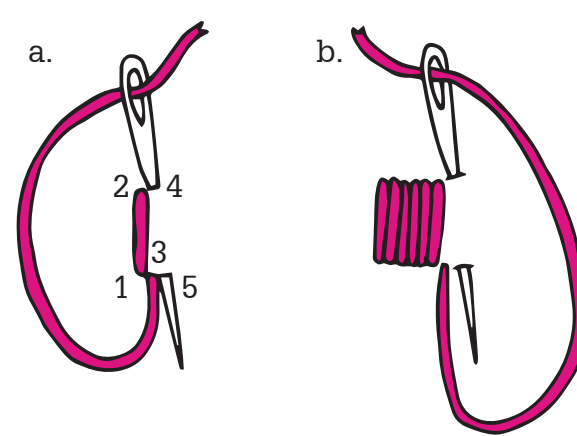
- a. Bring needle up at 1 and back down at 2.
- b. Move along and bring the needle up at 3 then back down at 1. Repeat for a continuous line of stitches

BLANKET STITCH



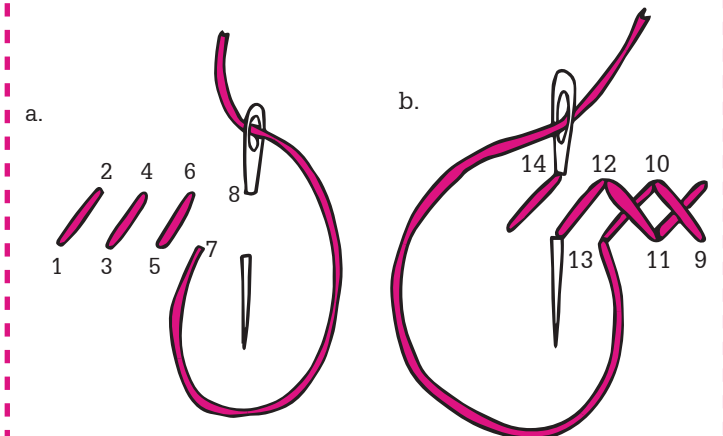
- a. Bring the needle up at 1 and pull through. Insert the needle in at 2 and bring the needle out at 3. Make sure the thread is looped under the needle. Pull through catching the looped thread.
- b. Take the thread down and to the right. Insert the needle at 4 and out at 5. Make sure the looped thread is behind the needle. Pull through catching the looped thread.
- c. Fasten the last loop by making a small stitch on the lower line.

SATIN STITCH



- a. Use satin stitch to fill in areas. Bring the needle up at 1 and down at 2. Come back up at 3 immediately next to 1. Go back down at 4 immediately next to 2 and up again at 5.
- b. Repeat as required. Make longer or shorter stitches as needed.

CROSS STITCH

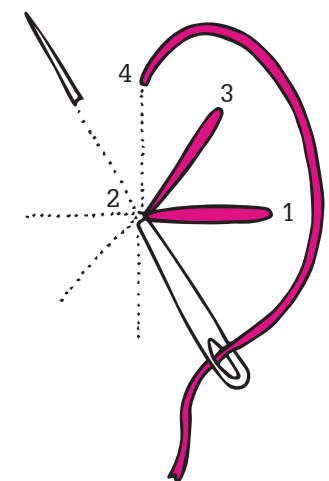


- a. Bring the needle up at 1 and down at 2, then up at 3 and down at 4. Continue making half stitches for the length of the line.
- b. At the end of the line, go in the other direction, crossing back over each stitch. Come up at 9 and down at 10 - continue until all the stitches have been crossed.

SINGLE CROSS STITCH

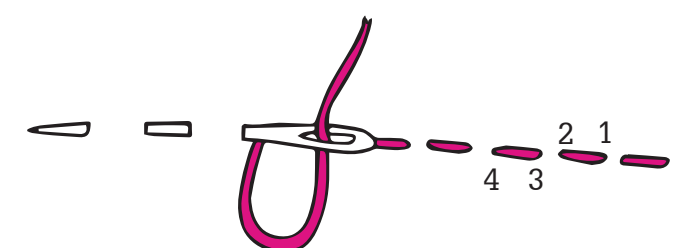
Work in the same way as above, simply crossing back over your first stitch immediately.

STAR STITCH



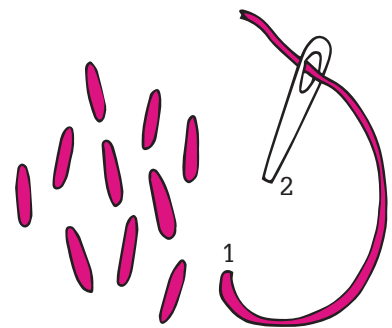
- a. Start at any of the outer points. Bring the needle up at 1 and down at 2.
- b. Bring the needle back up at 3 and down at 2, then back up at 4 and down again at 2.
- c. Repeat until you've completed the star, always taking the thread back down the same hole at 2.

RUNNING STITCH



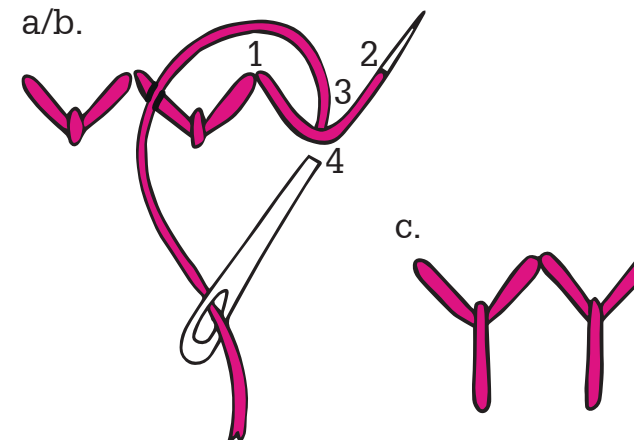
- a. Bring needle up at 1 and back down at 2 then up again at 3 and down at 4. Repeat as required.

STRAIGHT STITCH



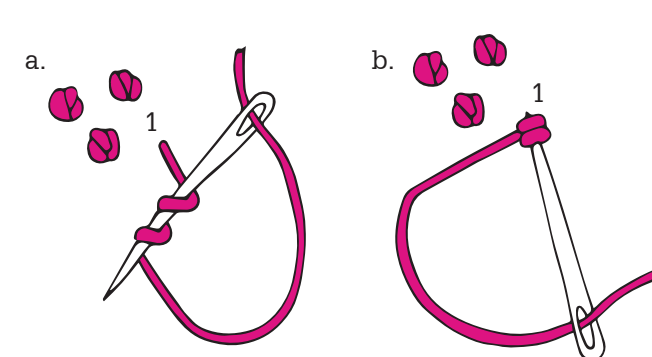
Bring needle up at 1 and insert again at 2. Repeat as required. Work groups of straight stitches in a similar direction eg. from left to right or top to bottom.

FLY STITCH



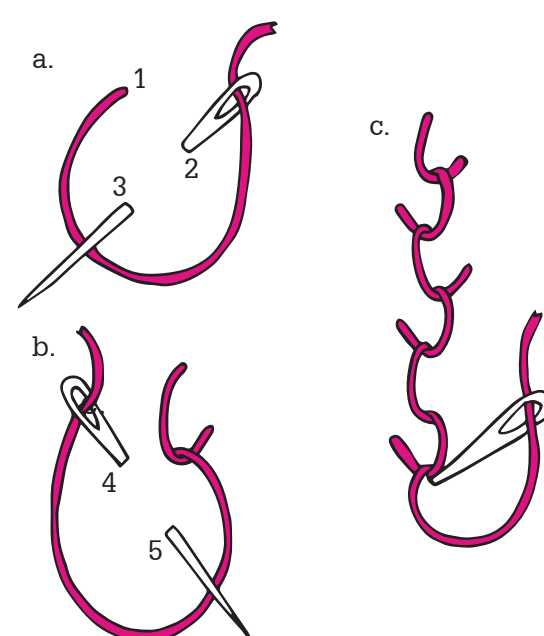
- a. Bring needle up at 1 and down at 2. Pull through leaving a loop of thread.
- b. Bring needle up at 3 inside the loop and down at 4, outside the loop, securing the loop with a small stitch.
- c. If you want a longer tail, move 4 further down below 3.

FRENCH KNOT



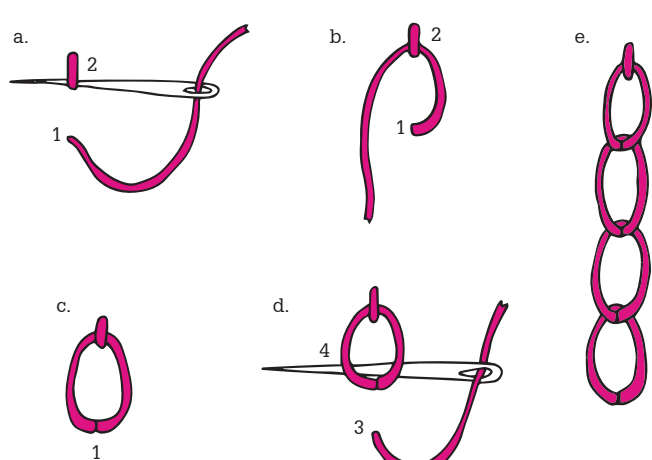
- a. Bring needle up at 1. Hold the thread taut and wind twice around the end of the needle. Gently pull to tighten the wrapped threads.
- b. While holding the thread taut, insert the needle next to 1.
- c. Pull the needle and thread through to the back of the fabric leaving the knot sitting securely on top of the fabric.

FEATHER STITCH



- a. Bring needle up at 1, down at 2 and back up at 3 with the thread underneath the needle. 1-2 and 2-3 should be equal distances. Pull through.
- b. Take needle down at 4 and up at 5 keeping the thread underneath the needle and pull through.
- c. Continue working stitches alternately left to right as required. Finish the last loop with a small stitch.

CHAIN STITCH



There are a number of ways to do chain stitch. This is our favourite and is also known as reverse chain stitch.

- a. Make a small stitch, taking care not to pull it too tight. Come up at 1, a small distance from the stitch. Pass the needle behind the first stitch 2.
- b. Pull all the way through.
- c. Reinsert the needle into the same hole where the thread came up at 1 and pull all the way through. You now have an isolated chain stitch.
- d. To continue your chain, come up again a small distance along at 3 and then pass the needle behind the last loop 4 and pull through. Reinsert again at 3 and pull through.
- e. Repeat until you have completed your line.