

# LEARN 6 FIRST EMBROIDERY STITCHES

## with a Mini Sampler



### start here

**1 Transfer your pattern.** On the last two pages of this guide are color and black-and-white printable patterns for transfer to your fabric (I recommend a light cotton muslin fabric).

There are many approaches for getting the pattern onto fabric. The easiest method as you're in this learning phase is to lay your fabric over the printed design and trace lightly with a pencil. A window or lightbox can help to make the image more clear through the fabric.

You can also purchase a water-soluble transfer pen from Joann Fabric or Michael's. OR you can purchase sticky-back water-soluble stabilizer fabric and print to it with your printer.

OR purchase designs already color-printed to your fabric like those in [Stitched Stories kits](#).

**2 Choose your thread colors.** You can match up the colors in your kit to the color key on the next page. I give you the codes for DMC floss, but you can also use what you have on hand or what you can easily purchase. Again--this is a draft. The goal is to get stitching and learning.

**3** Choose a color to start with and **cut a piece of thread 16" to 18" long.** For me that's fingertips-to-above-elbow.

**4 Separate 2 strands of your thread.** Embroidery floss comes in skeins of 6-strand thread. You'll stitch with just 2 of those strands. At about 2" from the end of piece you've cut, tease the strands apart to find 2 that naturally come together and gently pull them apart.

**5 Thread your needle with these 2 strands.** Get the thread through the eye of the needle and make a knot at ONE end. The other end is the "tail," which will slowly shorten as you stitch.

**6 Start stitching.** And now, take it slow and learn and enjoy as you stitch. The diagram on the next page tells you which stitches to use. The how-tos for each of those stitches are included below the diagram.

**Start with the straight stitches** of the grass, blue flowers and orange flowers. Then move on. Try each stitch until you get it. If it doesn't look right, pull it out and try again. You might need a bit of patience at the beginning, but before you know it, you'll be stitching without thinking.

**7** When your thread gets short, **end by weaving it into the stitching on the back** rather than knotting it.

**PS** It's easier to stitch with **your fabric in an embroidery hoop.** It keeps the fabric taut. We include an 8" bamboo hoop in [Stitched Stories kits](#) (along with floss & needles & a storage tin & printed design).

## color key



Lt Copper  
DMC 922



Dk Salmon  
DMC 347

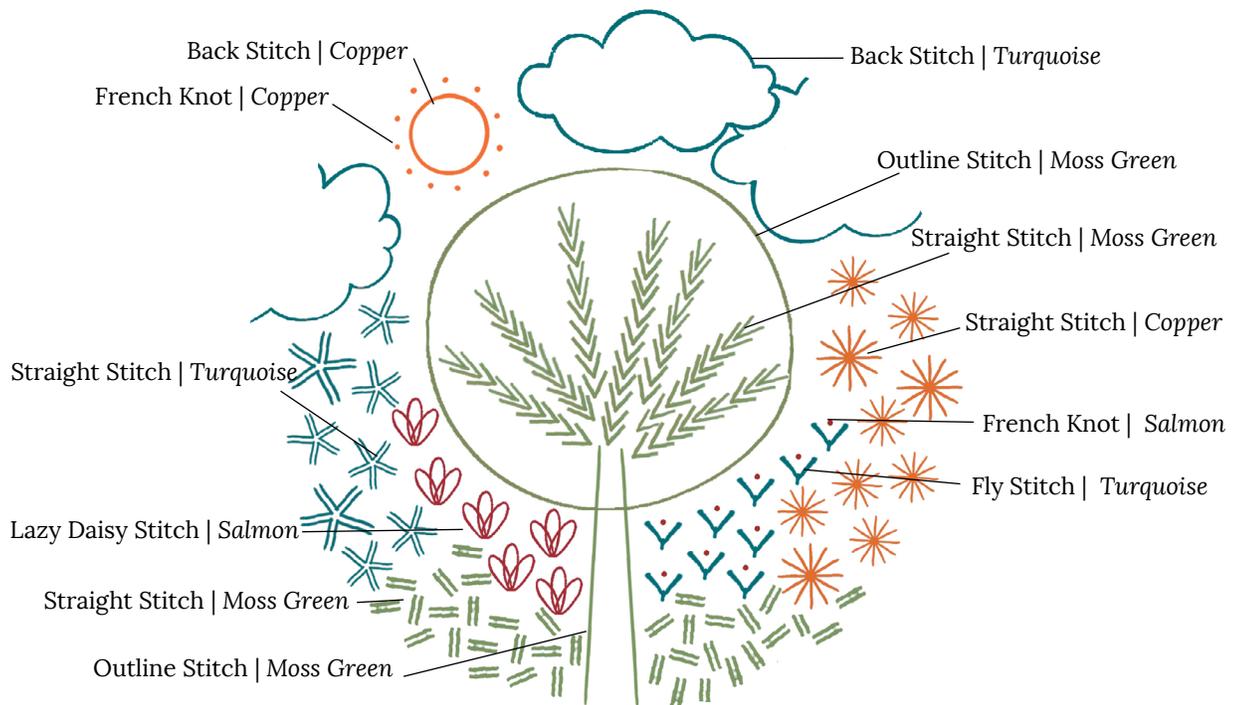


Dk Turquoise  
DMC 3809



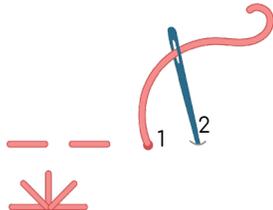
Moss Green  
DMC 581

## stitching guide

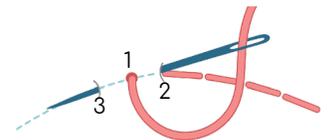


## embroidery stitches

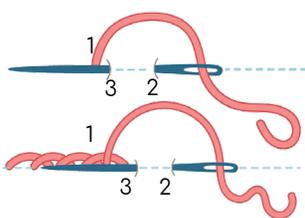
**Straight Stitch.** Bring needle and thread up through fabric at 1. Insert the needle back in at 2, and make a straight line.



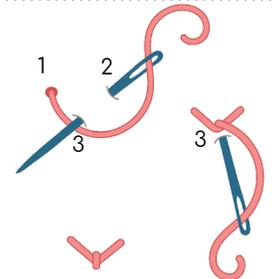
**Back Stitch.** Bring needle and thread up through fabric at 1. Insert needle back into fabric a stitch-width to the right (2) and then come back up a stitch-width to the left (3) of the thread. (NOTE: You'll start at the RIGHT end of line to be stitched.)



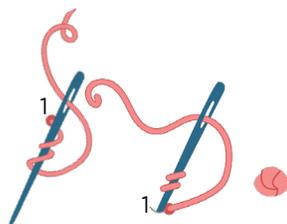
**Outline Stitch.** Bring needle and thread up through fabric at 1. Insert needle back into fabric a stitch-width to the right (2) and then come back up just before the previous stitch (3). The result is overlapping stitches. (NOTE: you'll start at the LEFT end of line to be stitched.)



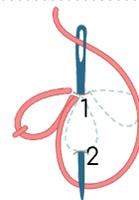
**Fly Stitch.** Bring needle and thread up at 1. Insert to the side at 2 and back up at 3. As you do this, loop working thread under needle at 3. Pull the thread all the way through and pull snugly to create a "V". Insert needle back down very close to 3 to secure. Taut, deep stitches will look like a "V" and looser, shorter stitches like scallops.



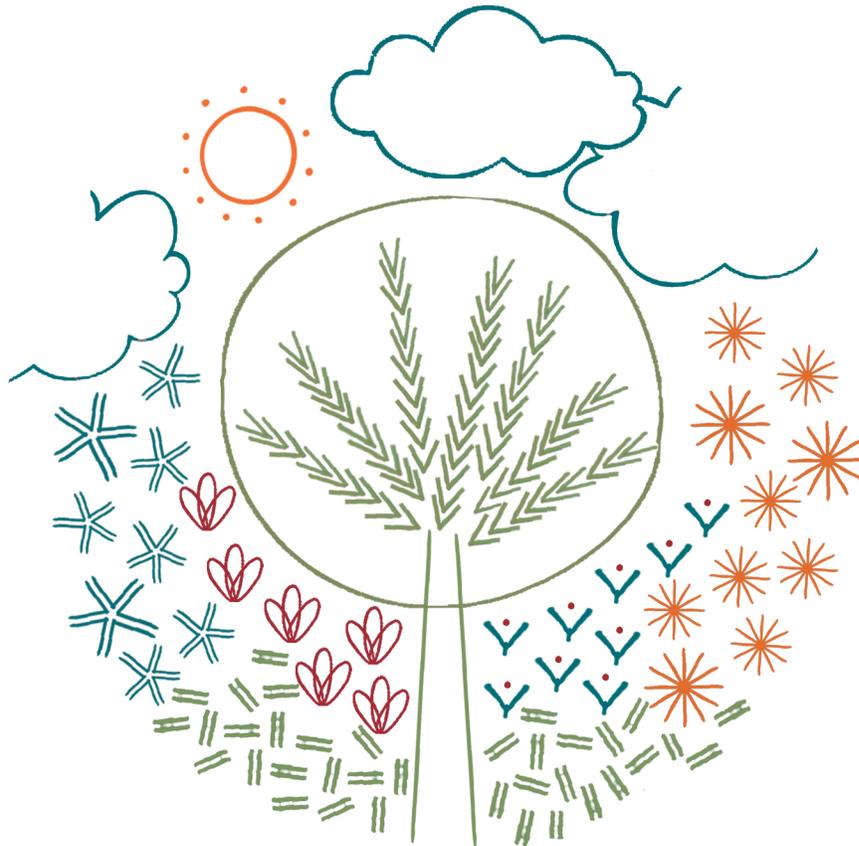
**French Knot.** Bring needle and thread up through fabric at 1. Wrap thread twice around needle (front to back). Hold thread taut and insert needle back very very close to 1. Continue keeping thread taut. Slide wrapped thread down to fabric and pull needle all the way through to the back--which creates the French Knot on top of the fabric.



**Lazy Daisy.** Bring needle and thread up at 1. Insert back at same spot and up at 2. As you do this, loop working thread under needle at 2. Pull the thread all the way through and create a snug loop under the working thread. Insert needle back down very near 2 to secure. Loops can be combined to create a full flower.



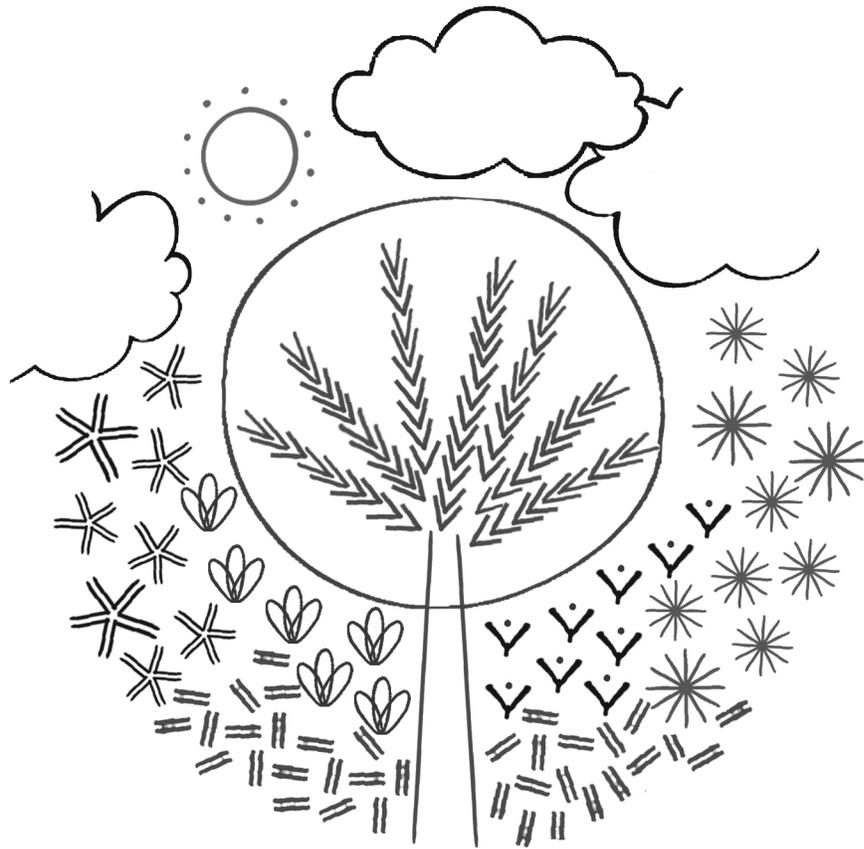
# PRINT FOR TRANSFER



*save 10% with code firstkit at*  
[STITCHEDSTORIES.COM](https://www.stitchedstories.com)

Save 10% on your first kit at [StitchedStories.com](https://www.stitchedstories.com) with coupon code firstkit . Kits include everything you need: design color-printed to cotton fabric, 8" bamboo hoop, full skeins of DMC floss, 2 needles and a needle minder. Designs feature a dozen classic embroidery stitches and complete stitch how-tos.

PRINT FOR TRANSFER



*save 10% with code firstkit at*  
[STITCHEDSTORIES.COM](https://www.stitchedstories.com)

Save 10% on your first kit at [StitchedStories.com](https://www.stitchedstories.com) with coupon code firstkit . Kits include everything you need: design color-printed to cotton fabric, 8" bamboo hoop, full skeins of DMC floss, 2 needles and a needle minder. Designs feature a dozen classic embroidery stitches and complete stitch how-tos.

STITCHED  
stories

EMBROIDERY KITS

