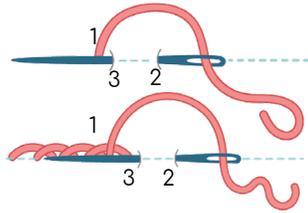


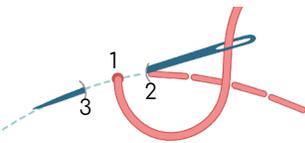
There are multiple ways to outline with embroidery. The **OUTLINE** stitch yields the thickest line, and the **BACK** stitch is a great choice for thinner lines. The **WHIPPED BACK**

stitch gives a flowy and clean line, while the **SPLIT** stitch is great for tight and curvy detail lines.

**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.)

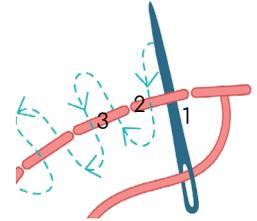


**Back Stitch.** Bring needle and thread up through fabric at 1. Insert needle back into fabric a stitch-width to the right (2) and then come back up a stitch-width to the left (3) of the thread. (NOTE: You'll start at the **RIGHT** end of line to be stitched.)

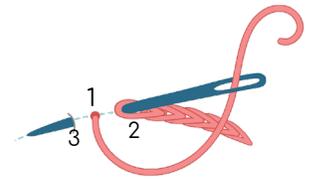


-3-

**Whipped Back Stitch.** Stitch the design completely with Back Stitch. Then pass needle under 1st stitch (1). Come back over that stitch (2), and then go under the next stitch (3). Do this again and again so that all of stitches are wrapped.



**Split Stitch.** Do this like the Back Stitch EXCEPT, enter right through the middle of the previous stitch rather than to the left of it. This is great for tight detailed curvy lines.



-4-

## get started



**Cut your floss 16" to 18" long.** (For me that's fingertips-to-above-elbow.)

**Separate strands of your thread for stitching.** Embroidery floss comes in skeins of 6-strand thread. You'll stitch with just 2 or 3 of those strands depending on the design you're working. At about 2" from the end of piece you've cut, tease the strands apart to find 2 (or 3) that naturally come together and gently pull them apart.



**Thread your needle with these separated 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.

**Start stitching.** When you stitch, take it slow and learn and enjoy as you stitch.

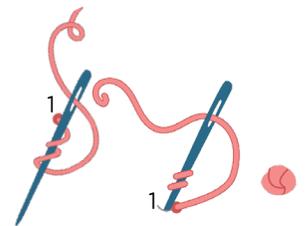


When your thread gets short, **end by weaving it into the stitching on the back** rather than knotting it.

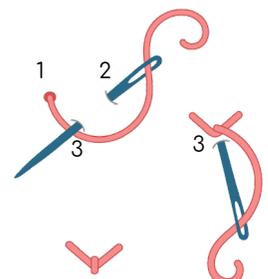
**Enjoy the process** of working with color and thread. Watch how the motifs and patterns emerge into a textured finished piece.

-1-

**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.

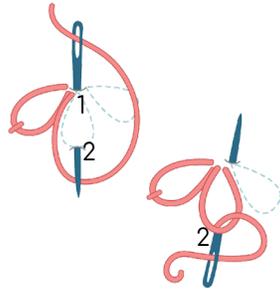


**Fly Stitch.** Bring needle and thread up at 1. Insert to the side at 2 and back up at 3. As you do this, loop working thread under needle at 3. Pull the thread all the way through and pull snugly to create a "V". Insert needle back down very close to 3 to secure. Taut, deep stitches will look like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

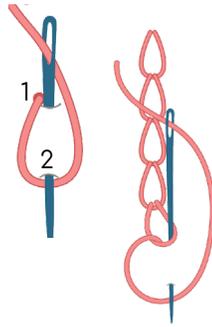


-6-

**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.

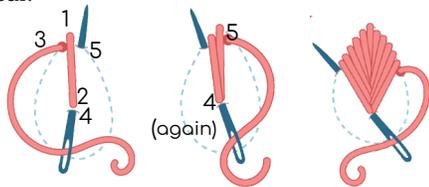


**Chain Stitch.** Bring needle and thread up at 1. Insert at the same spot and up at 2. As you do this, loop working thread under the needle at 2. Pull thread all the way through to create a snug loop under the thread. Repeat by inserting needle at 2 and coming up a stitch ahead--again with the working thread looping under the needle.

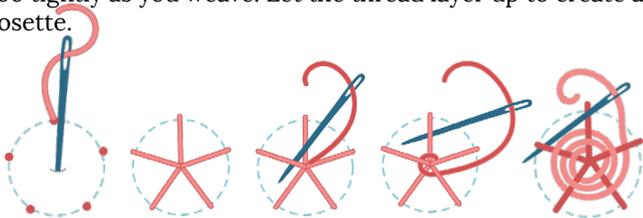


The CHAIN stitch is a series of LAZY DAISY stitches that can be used to outline OR fill an area.

**Leaf Stitch.** Bring thread up at top center of leaf (1) and insert about halfway down the leaf (2). Come up a bit to the left of top center (3) and insert below bottom of last stitch (4). Come up a bit to the right of top center (5) and insert again at 4. Continue working side to side along top and filling to bottom of leaf.



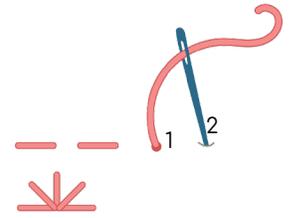
**Wagon Wheel.** Add 5 straight stitches that go from outer edge of circle into center. Come up next to center. Weave needle and thread over and under the "spokes" of wheel, going around until wheel is full. At end insert needle at wheel edge, hidden just under the last round. Don't pull too tightly as you weave. Let the thread layer up to create a rosette.



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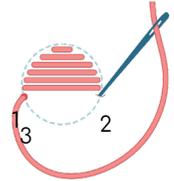
## embroidery stitches

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



The SATIN stitch is a series of STRAIGHT stitches filling an area. For more precise edges on SATIN stitched shape, outline with BACK stitches first.

**Satin Stitch.** Bring needle and thread up at edge of shape you're filling (1). Insert at the other side of shape (2). Come back up a little below 1 (3).



-2-



## HAND EMBROIDERY *packet* stitching guide



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