

## 8 Hand Embroidery Stitches to Teach Your Girls

Our tutorial on embroidery stitches includes an audio to follow along with. This was a webinar, so you'll hear references in regard to questions, but please email me if you need any help at all. We hope you enjoy it.

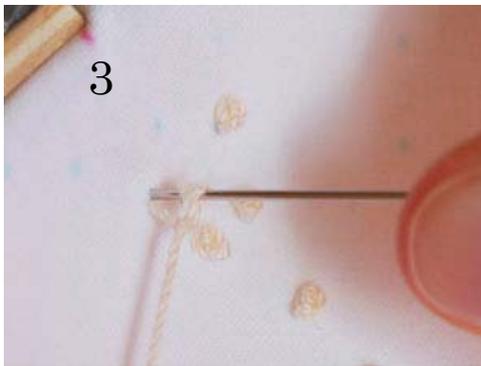
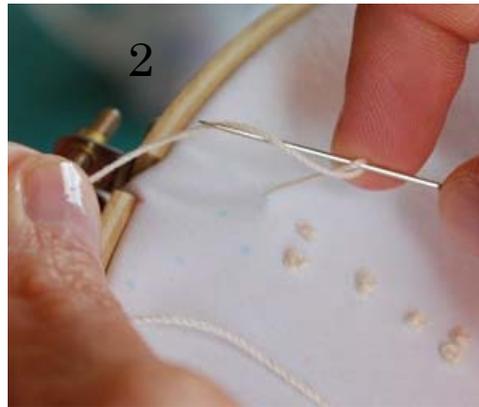
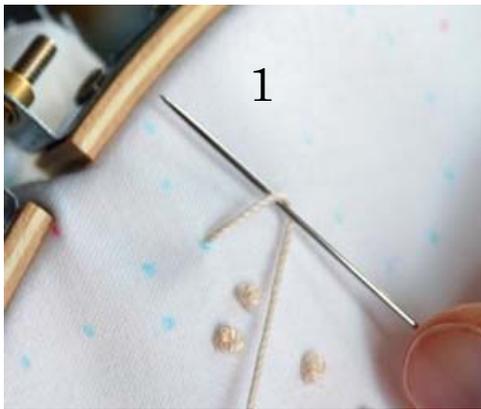
**COPY the PDF LINK, OPEN IN NEW WINDOW**

**NOW OPEN THIS AUDIO**

## THE COLONIAL KNOT

Easy for most girls, be sure to teach them the proper way to hold the needle.

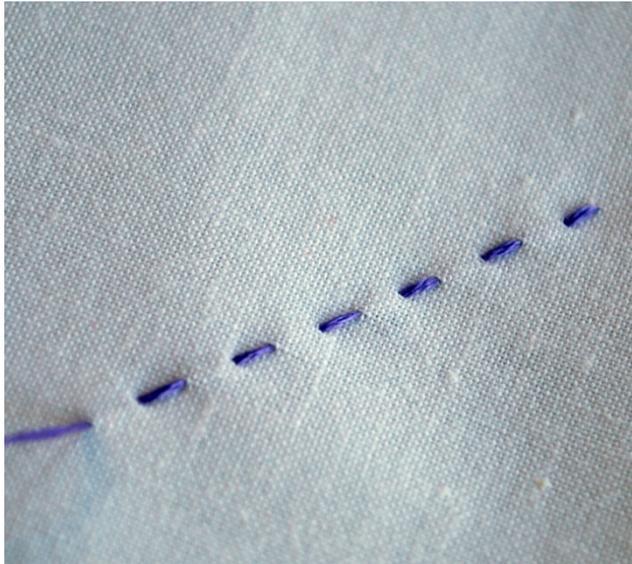
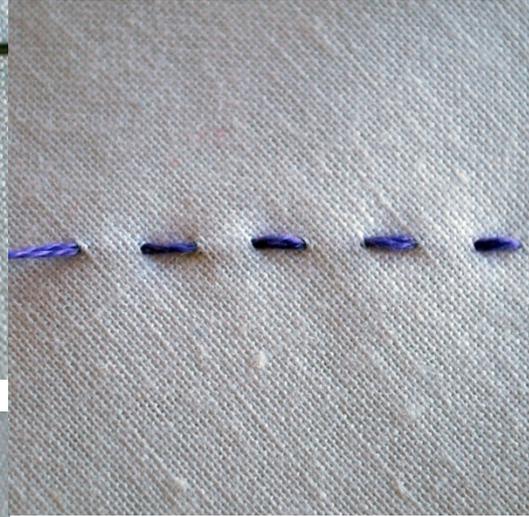
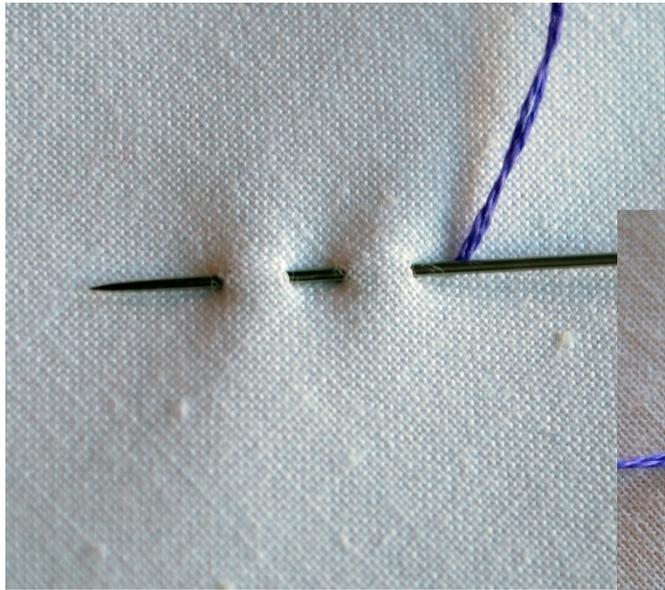
1. Come up from the back on your dot.
2. With the needle tip on top of the thread, take the needle UNDER.
3. Wrap the thread over the tip, and bring the point to the fabric.
4. Push the needle through, keeping the thread taut.



A plastic hoop works best. Remember to use an embroidery needle. We like size 5 or 7.

The Colonial Knot is used in techniques such as candlewicking. It is a nice alternative to the French Knot which is smaller.





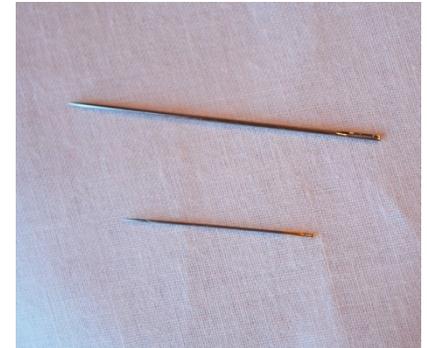
On a quilt

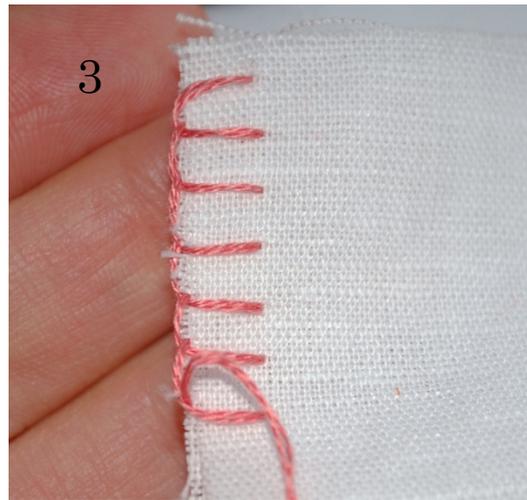
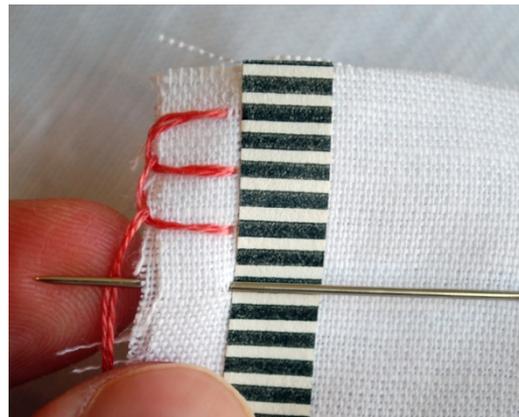
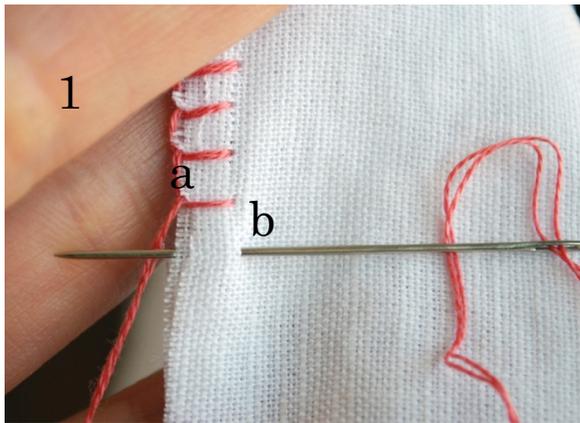


## THE RUNNING STITCH

Normally a quilting stitch, beautiful when done with the smallest possible needle.

1. Bring the up from the back.
2. In even intervals, weave the needle down, then up, and down; and pull through.
3. The smaller the needle, the smaller the stitch. For quilting, I use a size 10 quilting between.





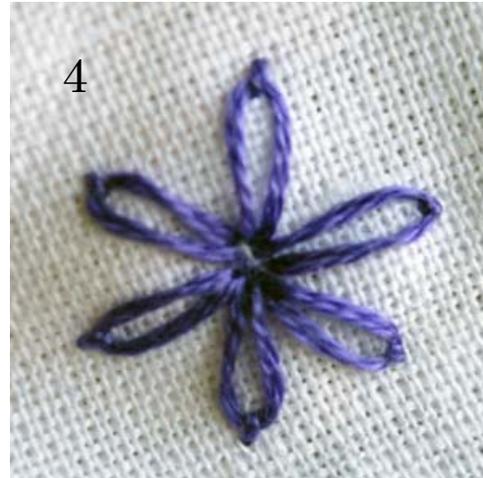
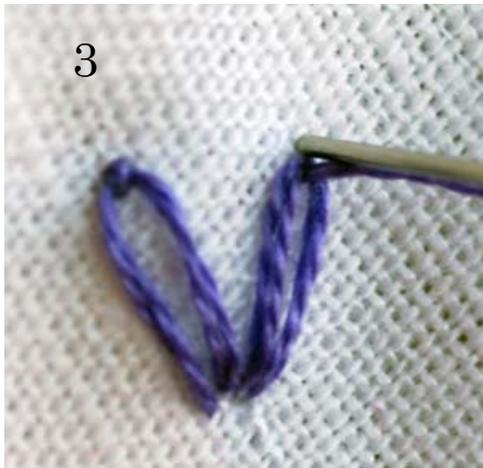
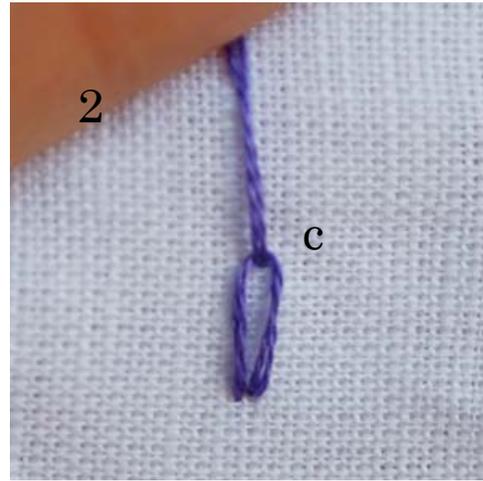
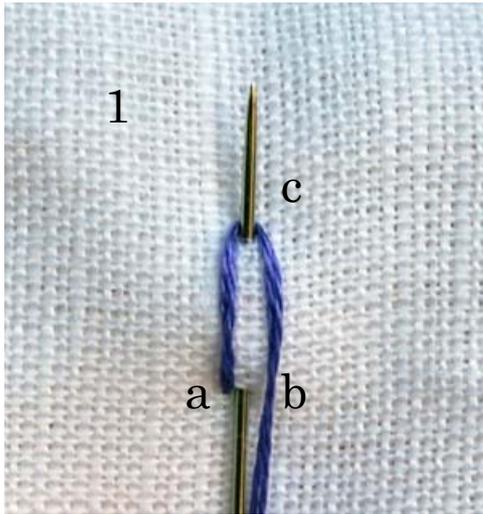
## THE BUTTON-HOLE STITCH

The Button-Hole Stitch is one of the easiest stitches for girls to embellish edges with. This is another stitch widely used in crazy-quilting.

1. Shown on an edge, but can be done on seams in any project. Come up at the edge and pull to the front. (a) Put the needle in at (b) and with thread underneath the needle tip, pull through.
2. Pull away from you then back, that will straighten the stitch.
3. Repeat.

Extremely pretty on edges; table runners, skirts, baby blankets and more. This is an easy stitch for a 7-yr-old.



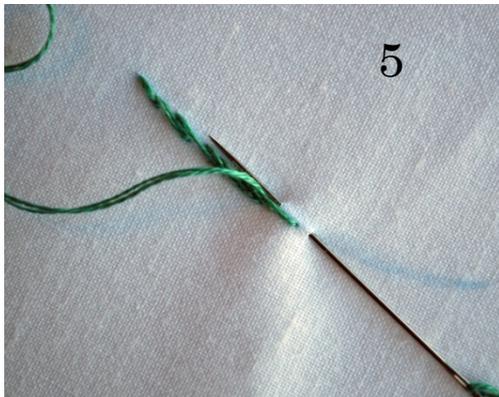
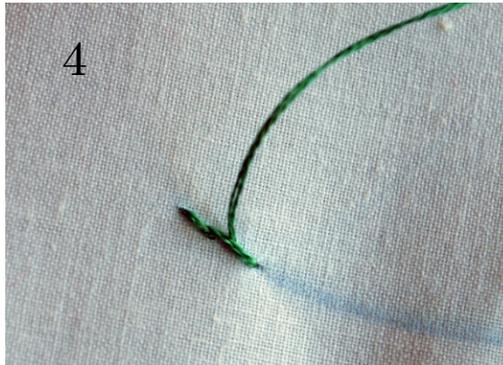
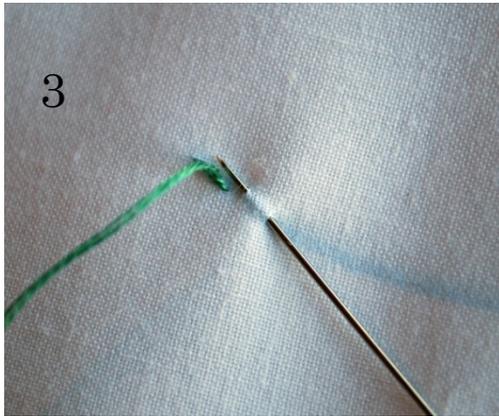
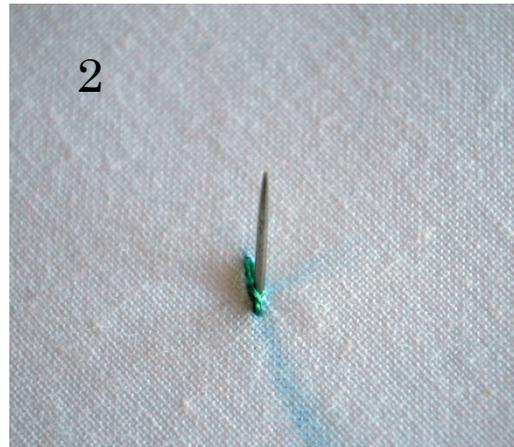
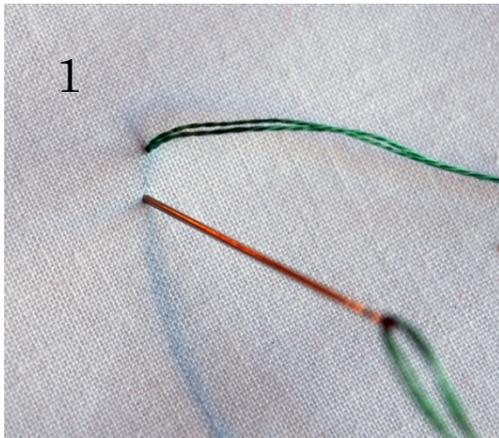


## THE CHAIN STITCH

The Chain Stitch is an easy petal or stem stitch. Girls' can get creative by varying the size.

1. Come up from the back (a). Right next to where you emerged, bring the needle in (b).
2. Emerge at (c), which is how long you want the chain.
3. Go down at (c) to secure.
4. Simple! Continue around in a circle, off a stem stitch for a petal; get creative!



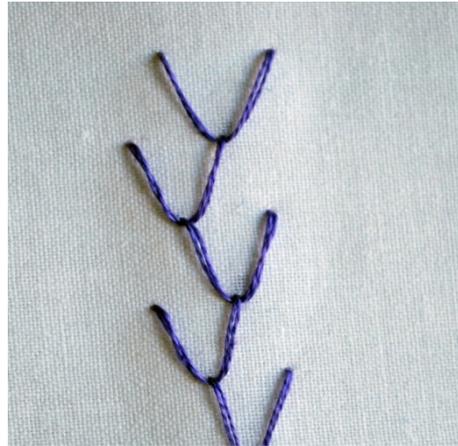
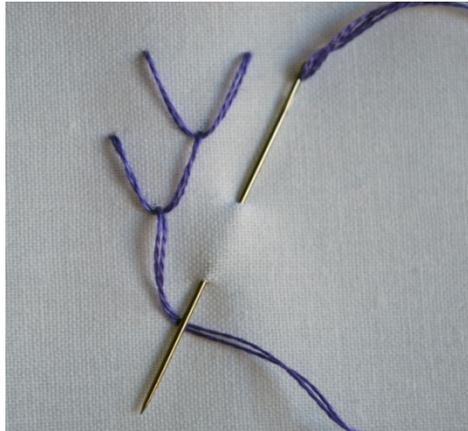
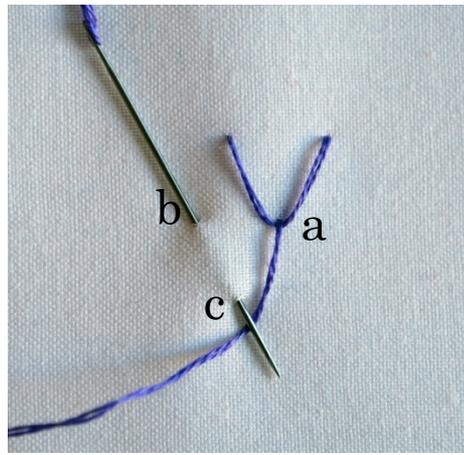
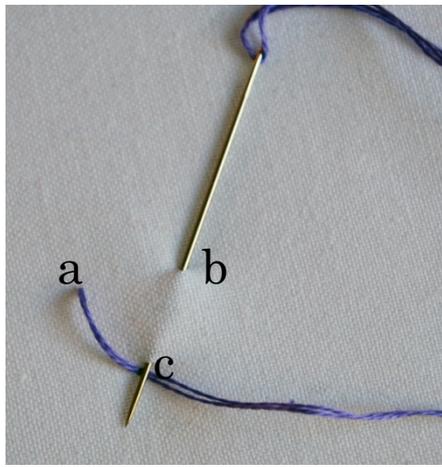


## THE STEM STITCH

Mostly used for flowers, but can be used as an outline stitch also.

1. Draw your stem with a washable cloth pencil. Come up and then take a straight stitch.
2. Come up slightly behind the end of the straight stitch.
3. In even intervals, take another stitch along your line with the needle at a slight angle.
4. Pull through.
5. Continue in this manner until you have completed your line.





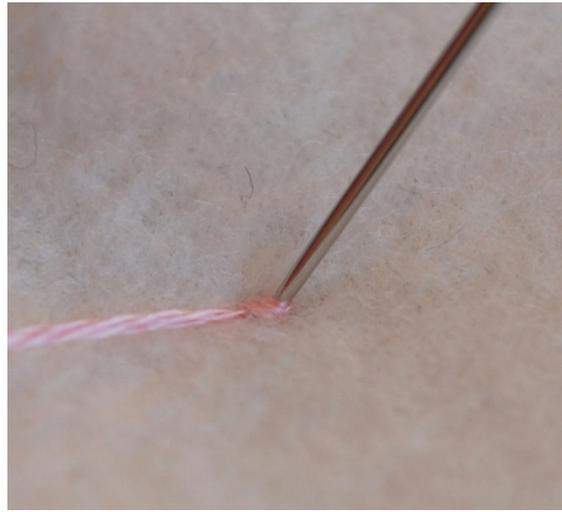
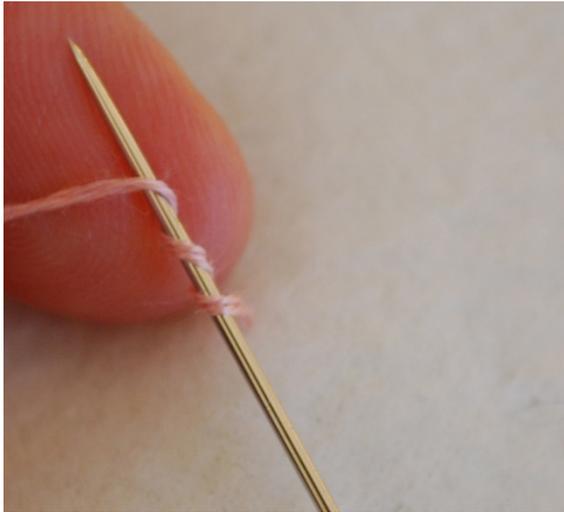
November  
2008 Quilt  
Block

## THE FEATHER STITCH

Work the Feather  
Stitch away from you.  
Very nice to embellish  
any seam.

1. Work the stitches  
away from you.  
Come up at (a), and  
take a stitch,  
parallel at (b),  
emerging at (c).
2. Alternate to the  
other side, and (c)  
now becomes (a),  
go down at (b)  
emerging at (c).
3. Alternate from side  
to side. Always  
make sure (a) and  
(b) are parallel.





## French Knots around a Fly Stitch

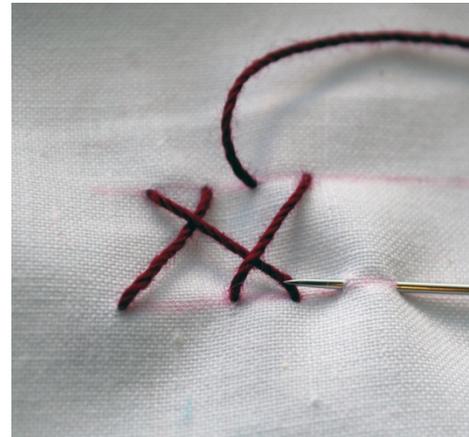
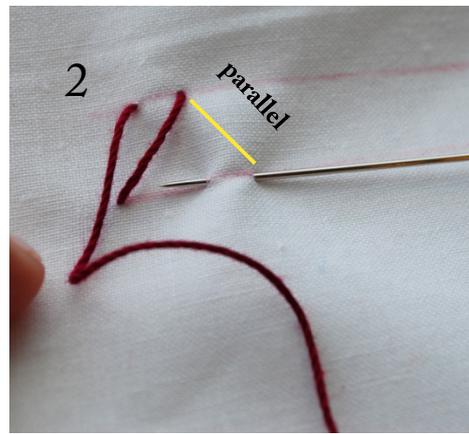
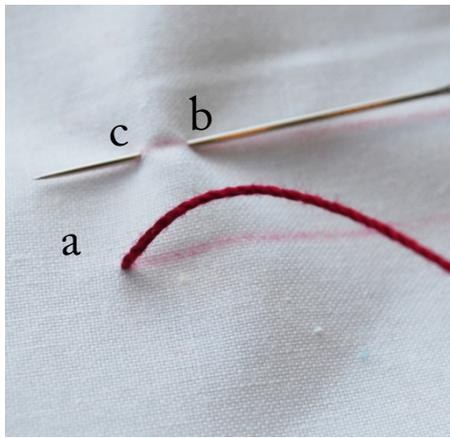


## THE FRENCH KNOT

The French Knot is very delicate and adds a lot of charm to simple flowers.

1. Come up from the back.
2. Wrap the thread 2 or 3 times around the needle, keeping the wraps snug.
3. Carefully put the point into the fabric and pull the wraps taut to the bottom.
4. Pull the needle carefully through.





## THE HERRINGBONE STITCH

The Herringbone Stitch is wonderful for the bottoms of skirts or aprons. You can adjust the height just by narrowing the space between the lines.

1. Come up at (a) on the line. Move up to the top line and take a stitch at (b), emerging at (c).
2. Parallel to the top stitch, take another stitch of the same length again from right to left.
3. Continue this pattern, keeping the stitch bites even.





Ease up on thread..



Have the girls practice each stitch on a hoop first. Then start a notebook of sample stitches they can refer to.

## GUIDE

Guide as often as necessary. It was a little hard for Zoe to master putting the needle UNDER the thread for the Colonial Knot.

Easing up on the thread and having them put the needle through seemed easier but it will go a little slower.

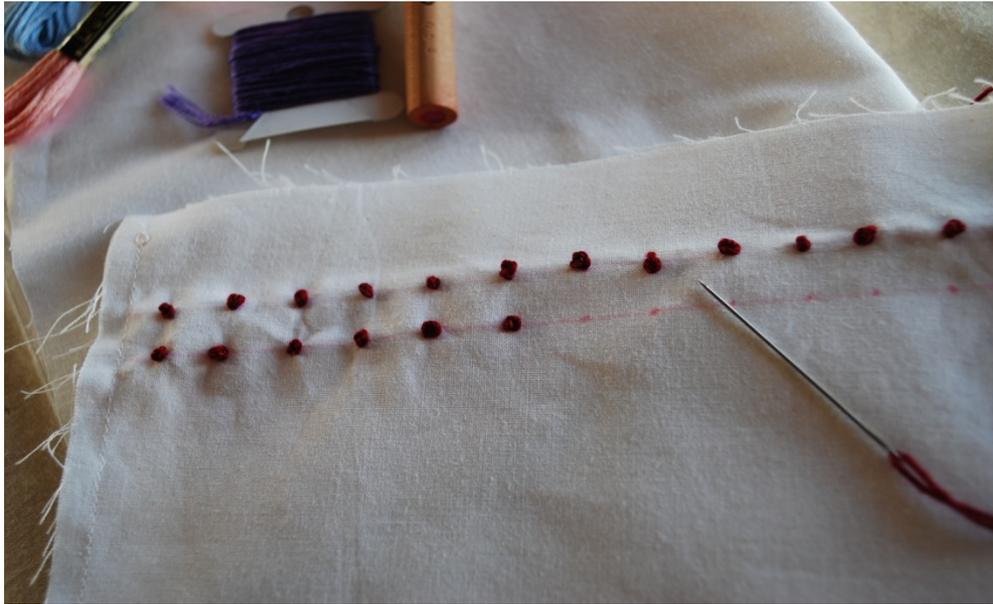




## THE NOTEBOOK

1. Cut a double piece of fabric 8 ½" by 11".
2. Sew the side edges with a ¼" seam.
3. Mark as many straight lines as desired for their sample.
4. Place dots where they need to place stitches.





## SAMPLER

Have them do the sampler pages when they have caught a good feel for the stitch.

Put in a sheet protector.

On tag board, make instructions for each stitch and place this in a sheet protector behind the sampler sheet.





IDEAS..

Some stitches on  
finished projects





## IDEAS

Scissor case from  
the Smocked  
Sewing Case ~  
Spring 09 Issue

Chain and French  
Knots





## IDEAS

Needle pouch ~  
Chain and French  
Knots





## IDEAS

Chain, stem and  
french knot



# Thank you!

Feel free to email us anytime.

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