

Choose Happiness



Choose Happiness:

Trace:

- Cut a piece of stitchery background fabric at least 12" x 12". Cut a piece of white, prewashed, well pressed muslin to the same size.
- Press the stitchery background fabric well. Place your pattern under the fabric and center it.
- Pin the fabric to the pattern in several places. Using a light box and a brown or light grey 01 or 005 Pigma pen, trace your pattern onto the fabric.
- Remove pins and pattern when tracing is complete.
- Dry press the traced stitchery.

Tint Using Prismacolor Premier Colored Pencils:

- *Use the color image for help in placing your colors.*
- *"Tint" means an all-over light color. You can leave some areas un-tinted and let the fabric be a "highlight"!*
- *"Shade" means adding pools of darker color to show shape, curvature, or shade where one element overlaps another.*
- *Dark shading makes an area recede. Light makes an area come forward.*

Removing Colored Pencil Tinting Mistakes:

- If you make any mistakes in coloring, now is the time to fix them! After they're coated with the fixative and heat set it's too late.
- Remove color by dabbing with removable mounting putty such as Loctite Fun-Tak (the stuff you use to put posters on a wall temporarily). This works GREAT! If it stops picking up the color, pull and knead it for a minute.

Blending and Smoothing Colors:

- Use pressed paper blending stumps to blend the colors and smooth them.
- If you need to clean off one of your blending stumps, just file it with an emery board (nail file) using a whittling motion. This will clean and sharpen it.

- To blend, rub the colored areas with a sharp, clean blending stump. Do one color at a time because the color will transfer from one area to another. I have several blending stumps of various sizes so my colors don't accidentally overlap. You'll notice that the colors will look more vibrant when you've blended them.

Tint:

- Shade the cup lightly with #1080 Beige Sienna. Blend.
- Shade the banner with #914 Cream. Shade a bit with #928 Blush Pink. Blend.
- Tint the large leaves #1005 Limepeel and shade with #1096 Kelly Green. Blend.
- Shade the rose petals lightly with #928 Blush Pink and a bit more here and there on the tips (see color photo) with #929 Pink. Blend.

Set the Colored Pencils:

- Pin your fabric to the shiny side of a piece of freezer paper. This will protect your work surface from any fixative that seeps through the fabric (It sometimes carries a tiny bit of color with it.)
- Use a soft bristled artist's paintbrush to brush a thin coat of Jacquard Textile Colorless Extender over all colored areas. I know there are other brands out there, but this is what I've used and tested.
- Some colors will pull into other areas with the brush. If you use too much fixative, the color can seep outside the lines with it. You just need to wet the fabric...not soak it. No fixative should be left white on the surface of the fabric.
- Remove the freezer paper and hang the fabric up to dry. Dry thoroughly... (overnight is good!)
- Clean the freezer paper with water and a paper towel. You can re-use it for future projects.
- Wash your paintbrush well with clear water.

Heat Set:

- You will need to heat set all of the treated and dried pencil tinting you've done. Just press the dry stitchery with a hot, dry iron for several seconds.
- After the fixative is added and heat set, the colored pencil will be washable. I would still use cold water and a gentle detergent just to be on the safe side, though I have used a stain remover and didn't have any trouble.

Baste:

- Hand baste the muslin and stitchery fabric together close around the edges of the image and through the center of the piece in open spaces. You will embroider through both layers.

Stitch:

Use 2 strands of Cosmo Embroidery Floss and a backstitch throughout unless otherwise directed

For stitch instructions, please either visit my website www.crabapplehillstudio.com to link to my video tutorials at... [Youtube.com/c/crabapplehillstudio](https://www.youtube.com/c/crabapplehillstudio) or ask for help.



#367



#893

Use only 1 strand of floss. Dot is a 2 wrap French knot.

#365

Use 3 strands of floss

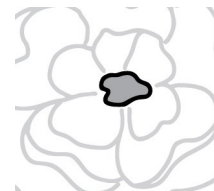


#8006

Large dots are 2 wrap French knots and small dots are 1 wrap French knots.

#5014

Strawberry leaves are lazy daisies worked AFTER the strawberries have been stitched.



#701

Fill the rose center with 2 wrap French knots.



#684

Fly stitch filled leaves.



#5013

2 wrap French knot dots at the top of the bouquet.

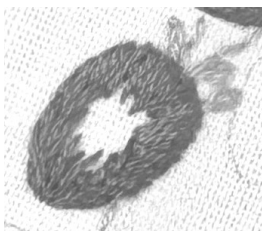
Strawberries:

For all strawberries that are only red...

#5005 backstitch around the outlines of the strawberries.

#5005 fill the edges with a long and short stitch as shown.

#5004 fill the inner area that remains with long and short stitches also.



#365 use 1 strand of floss to make randomly placed tiny lazy daisy stitches for "seeds"

For strawberries that have more pink or green on them...

#5005, #5004, or #5013

backstitch around the outlines of the strawberries using the color of floss that will fill that area.

Fill the edges of the areas outlined with the color of floss used on the outline.

Continue filling the center areas with that color also.

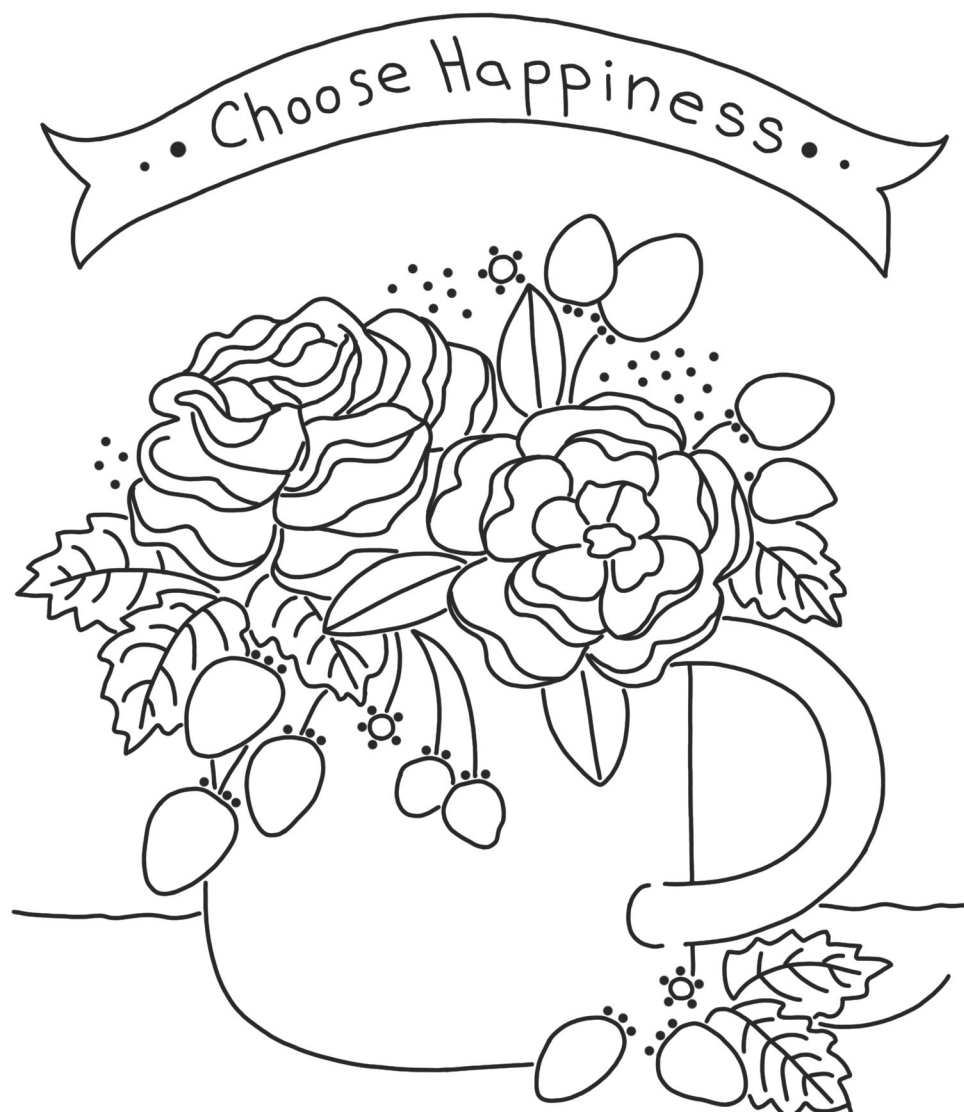
Inner edges should be left jagged so the next color can overlap a bit and blend the two areas.

Strawberry Blossoms:

#365 Use 2 strands of floss to make Cast-on stitch petals from one dot to the next. Each petal will have 14 knots.



#701 flower centers are filled with 3 wrap French knots.



Prismacolor Premier Pencils:

#1080 Beige Sienna

#914 Cream

#928 Blush Pink

#929 Pink

#1005 Limepeel

#1096 Kelly Green

Cosmo Embroidery Floss:

#365

#367

#684

#701

#893

#5004

#5005

#5013

#5014

#8006

.. Choose Kindness ..



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Tint:

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- Shade the banner with #914 Cream. Shade a bit with #1080 Beige Sienna. Blend.
- Tint the large leaves #1005 Limepeel and shade with #1096 Kelly Green. Blend.
- Tint the middle ring of the flower centers with #1005 Limepeel.
- Tint the sunflower petals #916 Canary Yellow and shade them with #917 Sunburst Yellow and #1034 Goldenrod. Blend.

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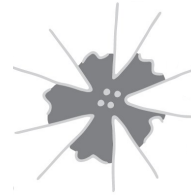
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- #365 use 3 strands of floss to backstitch the ground lines.
- #367 cup and banner outlines.
- #893 "Choose Happiness" is stitched with 1 strand of floss. The dot is a 2 wrap French knot. The large dots on the banner are 2 wrap French knots and small dots are 1 wrap French knots.
- #5014 sunflower stem is 2 lines of tiny chain stitched worked side by side. Large leaf outlines and veins.
- #684 fly stitch filled leaves and the one "pinks" flower stem. Tiny chain stitch rings around the flower centers and backstitched edges of the green middle ring on the left side sunflower.
- #5013 feathery leaves.
- #5004 buttonhole circle flowers are worked like a wheel with all "legs" meeting in the center.
- #8028 sunflower petals
- #367 Buttonhole stitch fill on the outer ring of the flower centers.
- #5013 2 wrap French knot fill at the very centers of the sunflower flower centers.

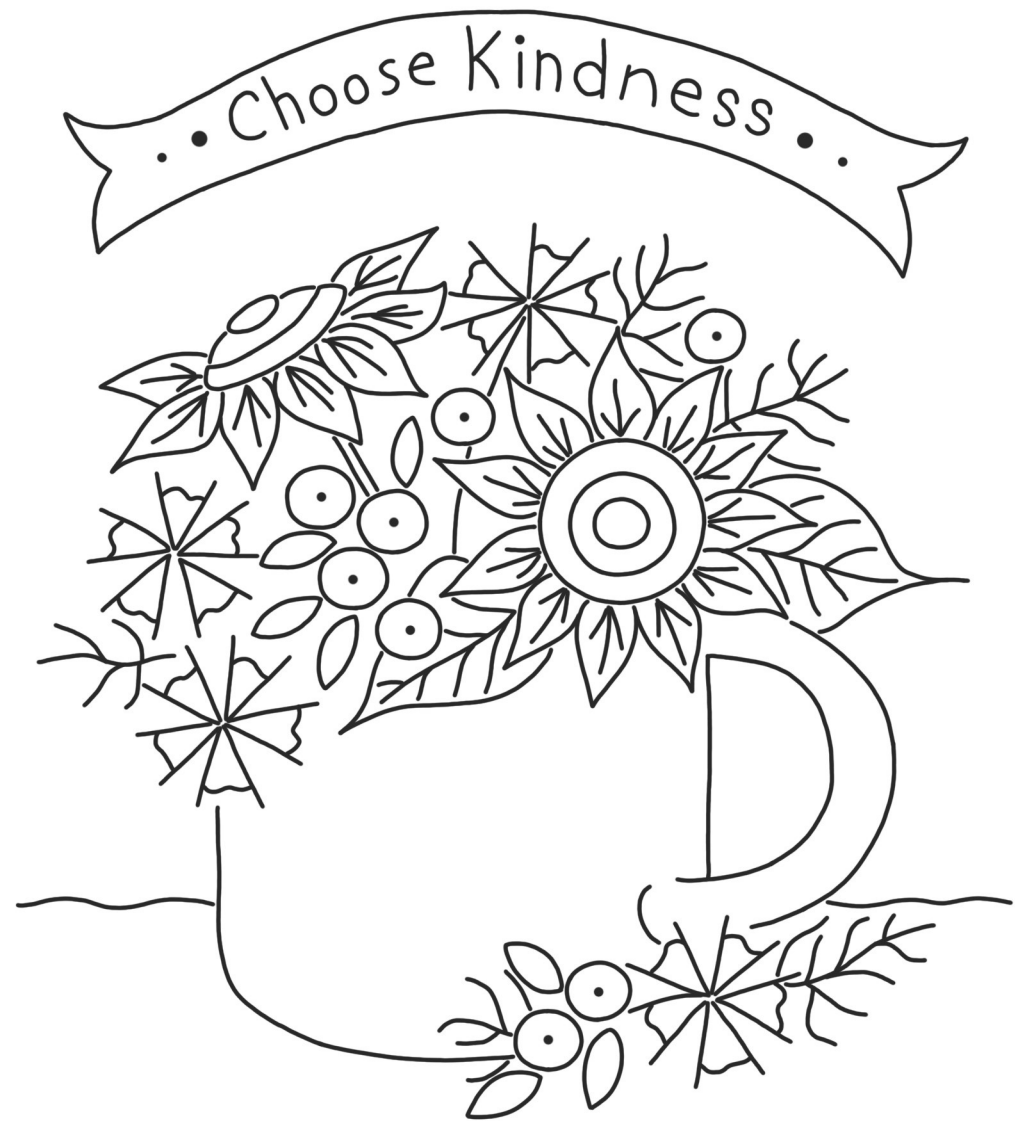


- #365 use 2 strands of floss to make the long line fill at the center of the "pinks" flower petals.



- #893 Use 2 strands of floss to stitch the outer portions of the "pinks" petals.

- #8028 make three 2 wrap French knots at the centers of the "pinks" flowers.



Crabapple Hill Studio 2024 © Meg Hawkey

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#914 Cream

#1005 Limepeel

#1096 Kelly Green

Cosmo Embroidery Floss:

#365

#367

#893

#5014

#5013

#684

#5004

#8028