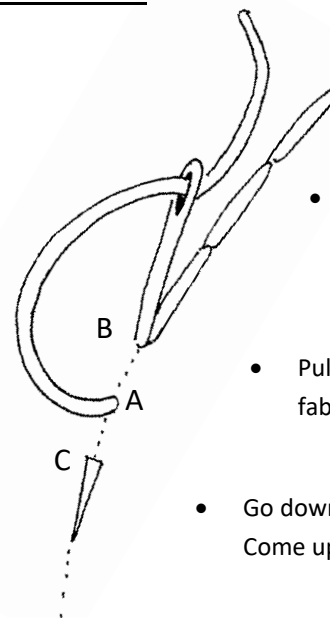




**Crabapple Hill Studio**

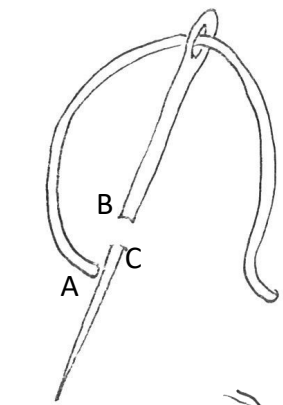
## Embroidery Stitch Guidebook

### Backstitch :

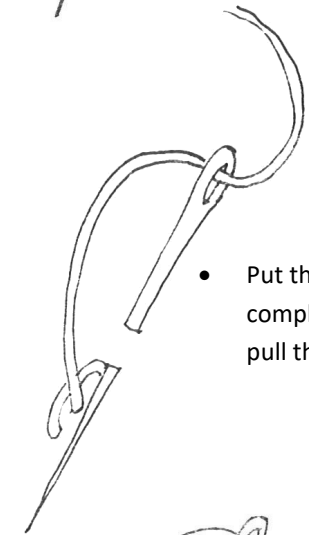


- Come up at A. When starting, this will be about 1/8" from the beginning of the stitching line.
- Pull floss all the way through to the front of the fabric.
- Go down at B (the beginning of the line of stitching)  
Come up at C 1/8" from A.
- Pull floss all the way through to the front of the fabric.
- Go down at A in the same hole.
- Come up 1/8" from C and repeat the stitch.
- The length of the stitches can range from about 1/16th" in tight spots to over 1/8" in the "straightaways".
- The back of your work will look like a messy stem stitch.

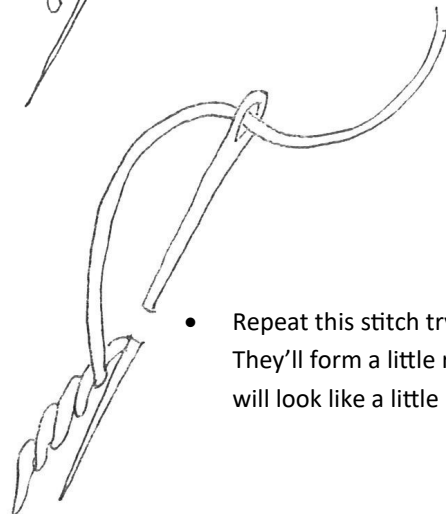
## Stem Stitch :



- The most important things to remember when using a stem stitch are “Little Stitches” and “Even Stitches”. If not, it will look messy!
- Come up at A at the bottom end of the stitched line.
- Go down at B (a little longer than 1/8”) and come back up at C (halfway between A and B). Pull the thread through.



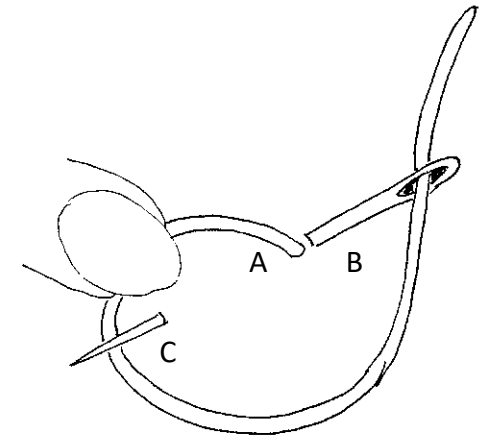
- Put the needle back in at about half the length of the first completed stitch. Come back up in the same hole as B and pull thread through.



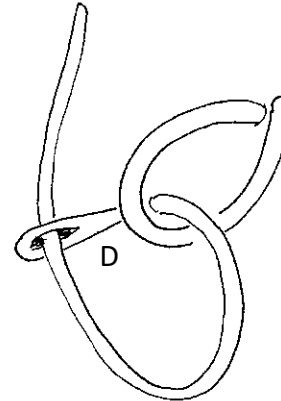
- Repeat this stitch trying to keep the stitches evenly spaced. They'll form a little rope-like stitch. The back of your work will look like a little running stitch.

## Lazy Daisy :

- Come up at A. Pull floss all the way through to the front of the fabric & make a loop in the direction you'd like the leaf or petal to point.



- Go down at B. (I like to go down behind or in front of A rather than in the same hole.)
- Come up at C, catching the loop.
- Slowly pull the floss, parallel to the fabric, all the way through leaving a “loopy” loop. If you pull too tightly the stitch won't look rounded & pretty.



- Go down at D to tack down your loop.



- To make a double or triple lazy daisy, start by making the largest one.
- Simply make another inside, a little bit shorter, for the double.
- Make a third, small lazy daisy inside the first two to make a triple.

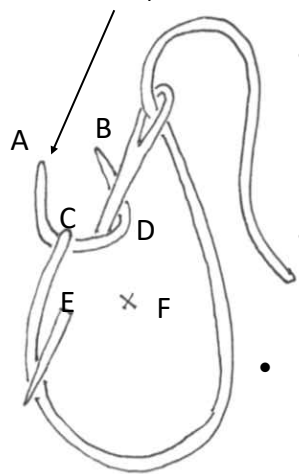
## Chain Stitch :

- A chain stitch is simply one lazy daisy after another. Instead of anchoring the loop of the first lazy daisy, you will just make another loop .... over & over again until the last loop, which will then be anchored as you would a single lazy daisy stitch. The smaller they are, the better they'll look.

## Open Chain Fill Stitch :

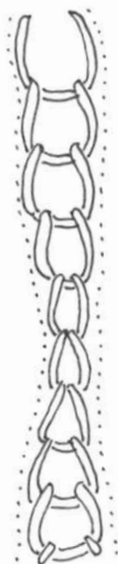
*The open chain stitch is worked in the same way as the regular chain stitch with a couple of small differences....*

- You will begin by working the edges of the area in a backstitch (shown by dotted line).
- Begin by starting at the top of the area to be filled & bring your needle up at A.



- Make a loop with your floss & go down at B with your needle coming up at C inside the edge of the outlined area.
- Pull the floss through making sure that the loop is not pulled too tight to fill the area well.
- Push the right side of the loop into place with the tip of your needle so that the loop will fill the width of the area well and then go down at D and up at E ready to catch the next loop.

- The loops will be made wider or thinner depending on the width of the area to be filled.
- When you come to the last loop, you will have to carefully anchor both bottom sides of the loop with tiny stitches.

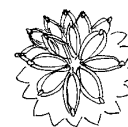
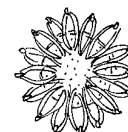
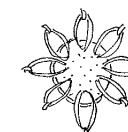
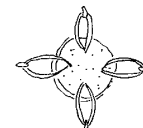


## English Daisies:

- Cut a circle of felted wool using this diagram as your guide for size. They don't have to be perfect as they will be entirely covered with petals but try not to cut them any larger than shown here.

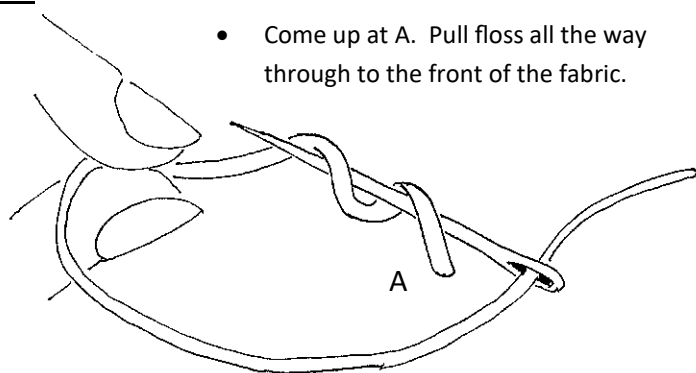


- Center the wool circle over the "X" on your fabric & stitch as follows :
- Using a darker floss make 4 lazy daisy stitches as shown to hold the felt in place. The stitches should extend about 1/4" beyond the felt circle so that the widest part of the petal will fall along the edge of the circle.
- Make 4 more lazy daisy stitches—one between each of the previous stitches.
- Make 8 more lazy daisy petals—one between each of the previous stitches. 16 petals in all.
- Using lighter floss, make a ring of lazy daisy petals that start farther in toward the center of the flower, they should only extend to the edge of the felt circle. You will make 8 to 16 petals in the same manner as the first layer.



- Fill the open center of the daisy with a few 3 wrap French knots in yellow floss or yellow seed beads.
- If you want a larger daisy, just cut a larger wool circle. You will need more stitches to fill in around a larger circle however. You can also add additional rows of petals if your flower is larger. Just keep moving in toward the center a little at a time until your flower is filled.

## French Knot :



- Come up at A. Pull floss all the way through to the front of the fabric.

- Hold the floss between your thumb & forefinger 2" or so away from where the floss is coming out of the fabric.
- With the needle pointing toward your fingers, twist the floss around the needle (the number of "wraps" will be determined by your pattern's directions).
- Keeping the wraps at about halfway up the needle, tip the needle's point down and poke it back down into the fabric a couple of threads away from the hole where the floss is coming up at A.
- \*HINT: Don't let go of the floss holding the wraps on the needle. Pin the floss down to the fabric or the edge of your hoop with your thumb and keep it taut (but not TOO tight) while the floss is pulled through the fabric. Don't let go until you absolutely have to.
- Pull the floss through the knot to the back of the fabric. If you pull slowly you'll also have time to untangle knots before they go through your wraps.
- If a French knot isn't worked correctly or has a tangle caught in it.... Just cut it off and start over. Trying to take it out and fix it will make you CRAZY!!!

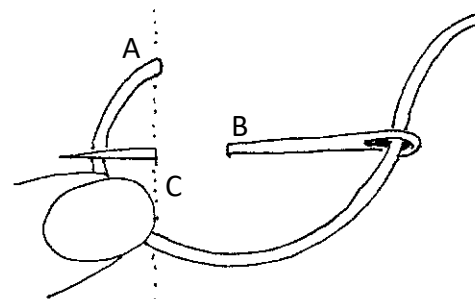


## Pistil Stitch:

- This is simply a French knot made with a long space between where the thread is coming out of the fabric, and where the needle with wraps goes back down.

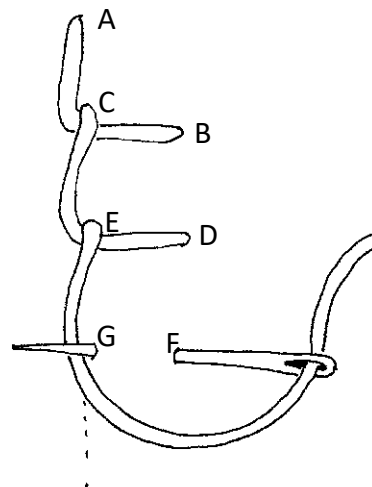
## Buttonhole Stitch :

- Come up at A. Pull floss all the way through to the front of the fabric. Make a loop with the floss.



- Go down at B and up at C. Pull the floss all the way through to the front of the fabric, catching the loop. Make a loop with the floss.

- Go down at D and up at E. Pull the floss all the way through to the front of the fabric, catching the loop. Make a loop with the floss.

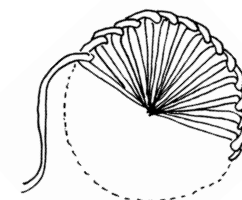


- Go down at F and up at G. Pull the floss all the way through to the front of the fabric, catching the loop. Make a loop with the floss etc....over & over.

- To end the stitch, go down just on the other side of the loop at the left of G, and knot off.

## Buttonhole Circles:

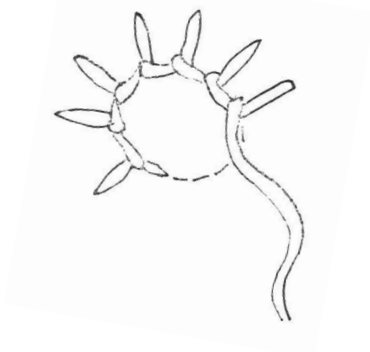
- Buttonhole Circles are made using a buttonhole stitch worked around a circle like a wheel, with all "spokes" meeting at the center.



- Go back around the circle when you're done, and tack down every few stitches if you'd like, so they don't roll over toward the center.

## Buttonhole Legs Pointing Out:

- This time, instead of the legs of the buttonhole stitch pointing IN as in the buttonhole circles, they'll point OUT.



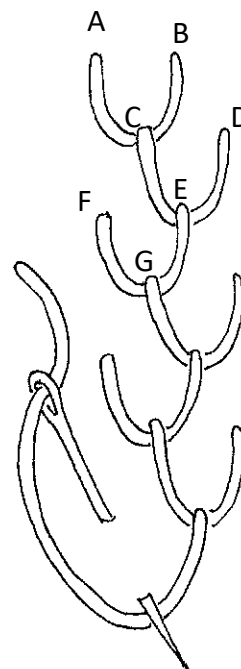
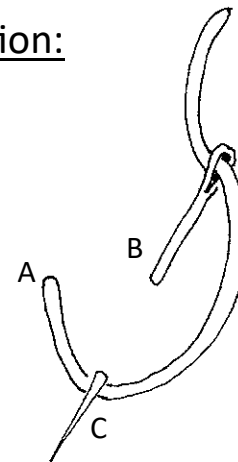
## XXX Fill :

Simple, simple, simple.... Just X's used to fill areas (usually areas have already been backstitch outlined). The X's can go every which way. The main thing is to just keep them relatively the same size and to fill the area evenly.



## Feather Stitch & Zigzag Feather Variation:

- Come up at A. Make a loop with your floss and then go down at B, level with the A stitch.
- Come back up at C, catching the loop. Pull your floss all the way through.

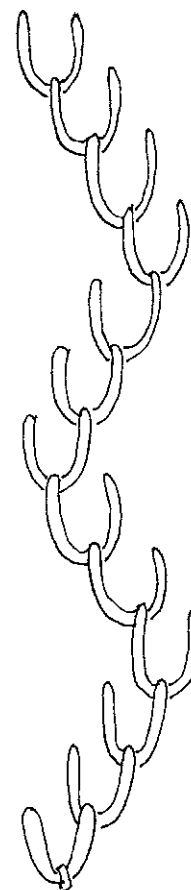


- Now, work a stitch to the right – go down at D, make a loop with your floss as before. Come up with the needle at E, catching the loop. Pull floss all the way through.

- Now, work a stitch to the left. Go down at F, loop floss, come up at G catching the loop.

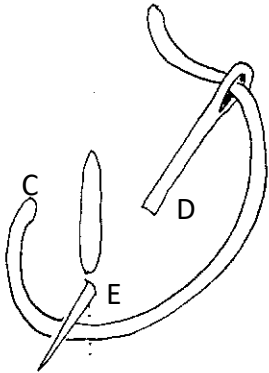
- Keep working left, right, left, right.

- *For the zigzag feather stitch just go to the right a few times, then turn around & go to the left the same number of stitches. Then go to the right again the same number of stitches, etc...*

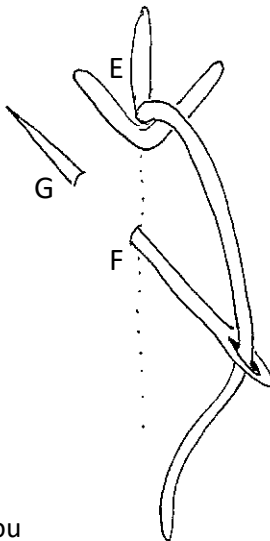


## Fly Stitch:

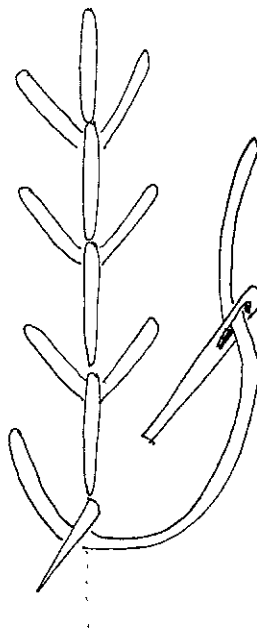
- Come up at A. Go down at B and emerge at C. Pull the floss all the way through the fabric.



- Make a loop with the floss and then go down at D and emerge at E (actually in the same hole) with the needle tip over the floss loop. Pull the floss all the way through the fabric, catching the loop.

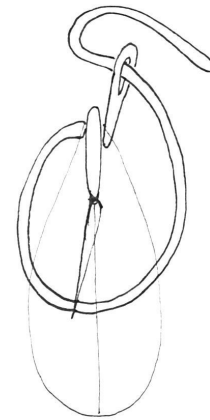


- Go down at F (this will secure the loop) and emerge at G. Pull the floss all the way through the fabric.

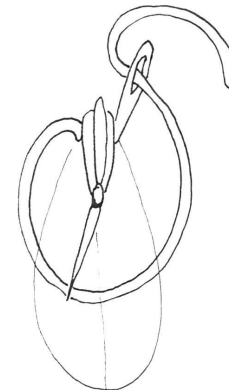


- Make a loop with the floss and proceed as you did for the first stitch..
- End the stitch by going down just on the other side of the loop to secure it, or at the bottom of the next long stitch.

## Fly Stitch Filled Leaf:



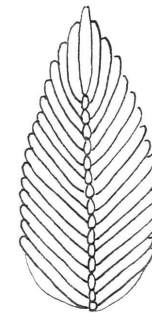
- Start at the tip of the leaf and take a long stitch down the center. Rock your needle back up to the left side of the leaf tip, just one thread's width down the traced line from the tip. (\*Hint... always stitch just barely outside the traced line to hide it.) Pull the thread all the way through and make a loop toward the right.



- Go down on the right side of the top of the long stitch, one thread's width down the traced line, and rock your needle back up through the same hole as the bottom of the long center stitch. Pull your thread all the way through, catching the loop.

- Go down right on the other side of the loop to secure it, and rock the needle back up on the left side of the last stitch, one thread's width farther down the left edge's traced line. Pull the thread all the way out and make a loop to the right.

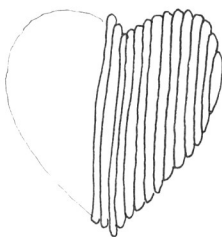
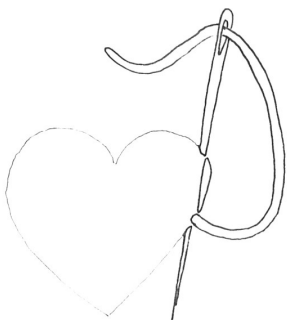
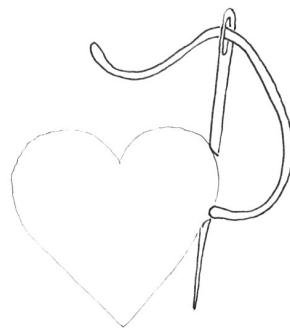
- go down on the right side again, rocking up into the hole at the bottom of the last little center stitch, catching the loop.



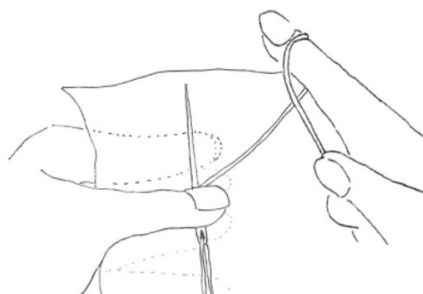
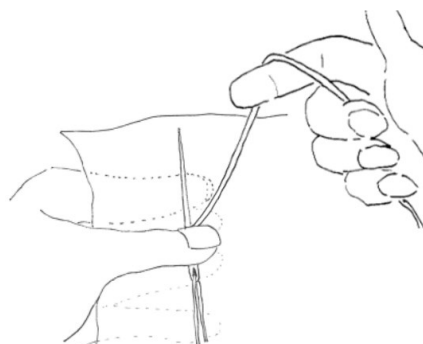
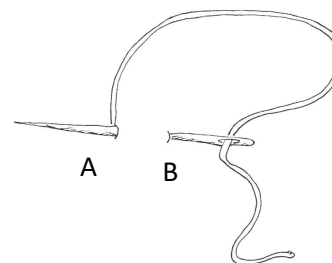
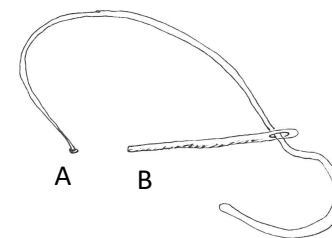
- Repeat the steps until your center line stitches meet the bottom of the leaf. If you have any leaf bottom still showing, fill the areas in with satin stitches.

## Satin Stitch:

- \*Hint... if you have traced with a permanent pen, always place your stitches just *barely* outside the marked line so they'll be completely covered. Use either 2 strands or 1 strand of floss to get smooth, even coverage.
- For this example we'll use with a heart shape.
- Begin by bringing your needle up on the left side of the heart's edge. You'll be making vertical stitches that are very close together. I find it easiest to start at the bottom of the stitch.
- Make a short stitch that will cover the edge of the heart. Go down with the needle and rock the needle right back up just below the bottom of the first stitch, just barely outside the marked line.
- Pull the floss through. Go down again next to the top of the last stitch but a tiny bit farther up the marked line. Rock the needle right back up next to and below the bottom of the last stitch. Pull the thread through.
- Keep doing this over and over again until the shape is filled.
- \*Hint... if you're using variegated floss you'll notice that the color will change as you move across the filled shape. If you have a gap between your stitches, go back and fill it in immediately before the color changes on your floss. If you do a cover-up stitch with the wrong color/shade, it may show up much worse than if you'd just left the gap.

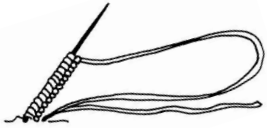


## Cast-On Stitch:



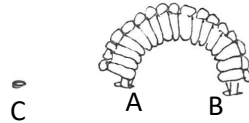
- Remove your fabric from the hoop.
- Bring needle up in dot (A).
- Take a backstitch to the dot to the right of the first dot (B). Bring the needle up in the same hole as the first (left / A) dot. Do not pull out the needle. Leave it with about 1/3 of the needle still in the fabric.
- Turn the fabric so your needle is pointed away from you. Place your left pointer finger beneath the fabric and press against the needle from behind to hold the knots in place as you make them.
- Working with the floss that is coming out of the fabric (not the end that is in the eye of the needle) .... Bring the floss up taut, looped across your finger.
- Now twist your finger away from you, and slip the X that forms at the bottom of your finger, over the needle. Pull the knot to gently tighten it. NEVER tug on the floss because you don't want the knots TOO tight

- The first cast-on knot should sit snug to the fabric at the bottom of the needle. Make 14 cast-ons in all, making sure that there aren't gaps between the knots and they're all stacked up evenly with all knots on the right side of the needle.



- Once all your cast-ons are on the needle, pinch the stitches between the pads of your thumb and forefinger, and slowly pull the needle through and out.

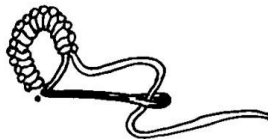
- Pull the floss until the cast-ons form a little loop. The knots should be on the outside of the loop.



- Insert the needle at B again, and pull through until the loop is formed and it's end is tight to the fabric.
- Bring the needle up for the next petal at C, the dot just to the left of the first petal. Make a backstitch into the A dot, coming back out at the C dot, leaving the needle 1/3 still in the fabric.

## Cast-On Stitch Petal:

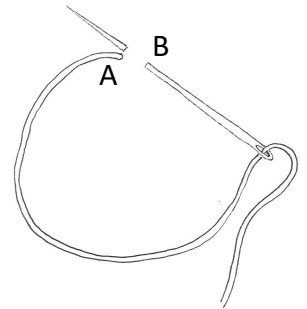
- For a little looped petal, such as for a Forget Me Not...



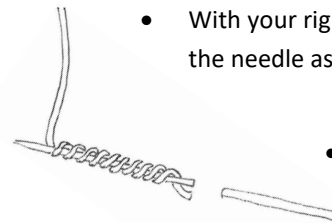
- The A-B stitch length will be VERY short so that the petal will make a very severe little loop.
- Keep grouping these petals around the flower center dot until you've completed the 4 or 5 petals called for in your pattern.

## Bullion stitch:

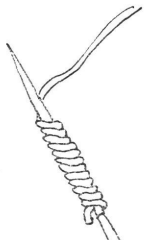
- The Bullion is a VERY, very easy stitch. Don't let it intimidate you!!
- Don't put your fabric in a hoop for this stitch. It will be in the way!
- The size of your bullion stitch will be determined by the size of the milliners/ straw needle you use, the thickness of thread, and the number of wraps around the needle. I suggest you use some sample fabric and play with it!
- I usually use a #1, #3, or #5 milliners/straw needle.
- Try using all 6 strands of floss, 3 strands, 2 strands and different numbers of wraps to gauge their outcome and what look you're trying to achieve.
- The length of backstitch and number of wraps will determine how "loopy" your bullion is. A shorter stitch with lots of wraps will be much loopy than a long stitch with the same number of wraps. Try a few different combinations!
- For this example stitch you'll need a #1 milliner's/straw needle and you will be using 3 strands of embroidery floss.
- Come up through the fabric at A. Take a backstitch about the length of a grain of rice (long grain rice!) by going down at B and back up right above A or in the same hole where the floss is coming out of the fabric. DO NOT PULL THE NEEDLE ALL THE WAY OUT... only about half way!



- With your right hand, wrap the tip of the needle as shown, with 10 wraps.

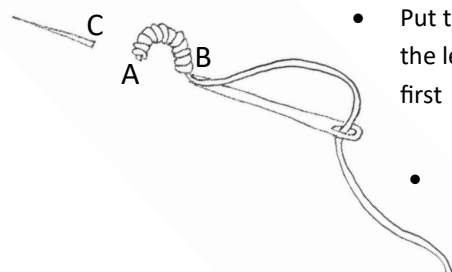


- Smooth the wraps so that they're all lightly snug on the needle (NOT TIGHT) and stacked right on top of each other next to the fabric where the floss is emerging.



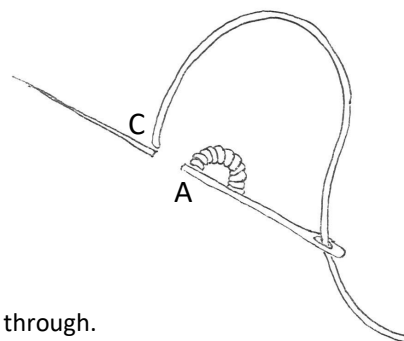


- Now pinch the wraps on your needle between your thumb and forefinger, and pull the needle through gently. Keep the wraps pinched until you've pulled all the thread through that you can.
- The bullion will automatically pull back toward B.







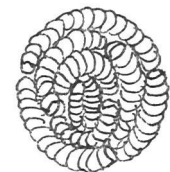
- Put the needle in at B and come out at C to the left of the bullion the same length as the first backstitch.
- Pull the needle all the way through to tighten up your first little bullion.

- Now take another backstitch, going down either right beside or in the same hole at A and come up at C. Don't pull the needle all the way through the fabric.

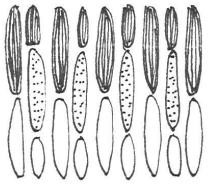


- Follow the steps again...Wrap, pinch, pull through.
- That's it! Isn't that easy? This stitch LOOKS so much more difficult than it actually is!

## Bullion Rose:

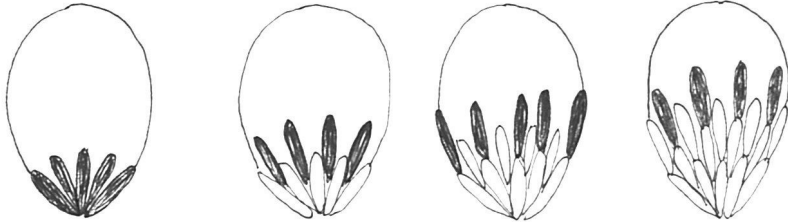
- Using the bullion stitch on page 7, you can make bullion roses! Play with them using more strands of floss, more or less wraps, more petals. Have fun, they're much easier than they look!!
- Make two bullions side by side using 3 strands of floss and 6 wraps. This will be the center of the rose. 
- Make your third bullion placed approximately as shown but using 14 wraps. You'll want to have the bullion right up against the center stitches. As the stitch is formed, it will curve around the center two stitches snugly. 
- Make the fourth bullion using 14 wraps, from the end of the third stitch to about 3/4 of the way around the rose center. 
- Make the fifth bullion using 14 wraps, from the end of the fourth stitch to about half way through the stitch along side it (you don't want their ends to ever be beside each other). 
- You can add as many overlapping petals as you'd like and can add more wraps if you'd like larger/longer petals.
- If you absolutely HAVE to tack a petal down, just try to do it as discreetly as possible ..... That doesn't mean don't let it show! That means stitch it in private so nobody else can see what you've done! Haha!!) 

## Long & Short Stitch:



- The diagram shows that you work long and short stitches along one edge of the design (top edge in this diagram) and then fill in the next row with long stitches ... and so on, until you fill the area. It's not very darn often you'll be stitching a rectangle...so this is just to illustrate the idea of the stitch.

- You'll usually be filling a rounded or irregularly shaped space. This is what I like to do...
- Start at the innermost/narrower edge. First stitch a series of long stitches from the narrow edge fanning out into the area.



- For the next "row", stitch long stitches between the first row's stitches, extending farther out into the area.
- Next, stitch long stitches extending from the ends of the first long stitches you made.
- As you can see, gaps will form between these stitches as they fan out. All you have to do is fill in between them with another long stitch. Just stagger where their tops end so they are irregular rows. If they aren't irregular, they'll look like satin stripes. What it boils down to is, if you can see the background fabric... make a long stitch over it.
- When you reach the top edge, some of your stitches will need to be shorter.
- If it's more comfortable for you, you can work from the wide edge and work your way toward the narrower, reducing stitches as you need to.

## Colored Pencil Tinting Tips:

### Tint Using Prismacolor Premier Colored Pencils:

- Use the color image for help in placing your colors.
- You'll color on the fabric (no white underneath with pencils!).
- "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....YIKES!!:

- 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 paper blending stumps to blend the colors and smooth them.
- Blending can be done as you finish coloring each area or after all are colored. Some areas will need to be blended before adding any additional surface designs.
- All you need to do is 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.
- If you need to clean off one of your blending stumps, just file it with an emery board (nail file). This will clean and sharpen it.

### 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 very 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 sometimes pull into other areas with the brush. Be especially careful with red, purple, and black areas. I like to paint over these areas carefully first, and then, by the time I paint the fixative on areas next to them, they're a little bit dried and don't move around. 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 show up 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. NEVER, **NEVER** scrub a paintbrush on a surface to clean it! Just dab it sideways under running water and squeeze it with your fingers. Smooth and blot the hairs with a paper towel and set upright with the brush facing upwards to dry completely.

### 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.

### Crayon Tinting Tips:

- Crayon tinting instructions are given in each pattern that uses this technique, including Crayola crayon colors used and where to place the colors.
- Use a permanent marker to trace your design. I use a .01 or .05 brown Pigma pen and dry heat set it before color tinting. I don't recommend using a black pen because it's too hard to hide the lines with your stitching.

If you use a pencil, it will smear when you color over it!

If you use a water erasable marker, it will be heat set and you'll never get it out!

If you use a pen that disappears with heat....it's GONE once you heat set and you can't see the lines to stitch!

- I use the colors in the basic 64 count box. No metallics, neons, or glitters are in this assortment. DO NOT use washable Crayola crayons.
- Start with the white crayon. This will be only on areas that are going to receive the colored crayon tinting. Color the areas solidly (meaning don't leave any background fabric showing through) but there's no need to color heavily.... Actually if you put the white on too heavily/thickly, it will be hard to color over it and can even roll up as you color. The color will also tend to lift off more during the heat setting process if there's too much white underneath.
- \*HINT...if you're coloring over a seam allowance, use a lot of white and it will prevent dark colored lines at the edges of the fabric underneath because more color will lift off during heat setting.
- I color in a little circular motion rather than side to side "scrubbing". This gives the color a more "watercolor" effect rather than having streaks and harsh lines.
- Remember that your fabric (with no color added) can be your lightest color....such as a highlight. Just leave it showing for added depth and sparkle.
- TINT is a light, overall/or almost overall, wash of color. This is usually made with the lightest color given.

- SHADE is color added to accentuate the curves and overlapping features in the design. A good rule of thumb is...If something is in front it should be lighter...If something is in back it should be darker. This will show depth and has an almost magical outcome. Just play with it and you'll see how helpful this can be to accenting things and adding realism.
- \*HINT... Give your shading and tinting uneven edges. I like to make uneven, asymmetrical triangular shapes around the edges of large areas to sort of "fuzz" out the shading into the area.
- \*HINT... Don't EVER just shade by following the lines in the design (such as leaf veins) The lines will be covered with stitching and will just cover that up! If you "pool" the shading around and over the lines you'll actually see it after you stitch and will be much happier with the outcome.
- You can remove most mistakes in coloring with a paste made of baking soda and water and a cotton swab. I don't think anything chemically happens...it's just that baking soda is abrasive and will rub the waxy crayon off the surface of the fabric. Some pigments are more stubborn than others though....so may not lift off entirely. RINSE the soda out of the fabric entirely!!! I like to pour bottled water through the fabric in that area.
- Heat set with a very hot, dry iron and white paper towels. Don't be afraid to hold the iron on the paper towel for a LONG TIME if need be. The fabric won't scorch as long as the iron is on the paper towel. Check the paper and if there is ANY color transferred to the towel, get a clean one and do it again. You can't heat set it too much so don't hurry this process.
- I can't promise that your color won't fade when washed. It will depend on how much color you used, how well it was heat set, and how it was washed among other things.....if you WANT to get crayon out of something, it will NEVER come out!!! If you want it to be permanent.... You just have to cross your fingers! It should stay in. Wash in cold water with a gentle soap (not stain fighting ANYthing!!!) and a gentle wash.

