



Let's get stitchy

AN EMBROIDERY PROJECT GUIDE
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Supplies

- Scissors
- Six-strand embroidery floss
- Embroidery needle
- Embroidery hoop
- Pencil or water soluble pen
- Cotton or linen fabric (any woven will do)
- Printed pattern
- Hot glue gun + glue sticks (craft glue may also work)
- Felt (optional)

I usually buy my supplies from craft stores such as Michael's here in the US. Embroidery hoops are inexpensive and easy to find at a craft store, though it can be fun to buy colorful or vintage wooden hoops at online or at antique stores. (Like these or these)

The embroidery floss I recommend is by the brand DMC. This is the most commonly found embroidery floss and it comes in every color you could imagine. The pattern may specify recommended colors, but feel free to customize your palette however you wish!

I don't get too picky about the fabric I use for embroidery: typically I use a scrap of something I have leftover from a sewing project. My only recommendation is to use a fabric that isn't too sheer, otherwise your stitches and knots on the backside will be visible from the front.

Getting Started

- Print the pattern out, making sure the scale is set to 100% (unless you're resizing in order to fit a different sized hoop)
- Make sure your fabric is at least 2" larger than the size hoop you've chosen.
- Separate your hoop into two rings. Lay your fabric over the smaller (inner) hoop, and place the larger hoop on top. Pull the edges of the fabric taught while tightening the screw at the top; alternate between pulling and tightening until the fabric is in and the hoops are secure. (Video [here](#))
- To trace your pattern, flip your hoop upside down and place it on top of the pattern. (You may find it easier to see if you do this on top of a light box or against a window) Use a pencil or water soluble pen to trace the pattern onto the fabric. Once you're done you can loosen the screw, remove the fabric, and flip it over so that the pattern is facing you on the top just like in the previous step. You may need to re-tighten the fabric onto the hoop as you work through the project.
- I like to split my 6-strand floss so that I use 3 strands together at a time. Just take 3 strands in each hand and slowly pull them apart, trying to avoid tangles. (video [here](#))
- Thread your needle with a 3-stranded section of floss (about 24-30" long - whatever feels comfortable for you) and tie a knot at the very end.
- Keep the stitch and color guide handy while you start your project!

Stitching Resources

My patterns are suitable for beginners, however you may want to utilize additional stitches to add some complexity to your pattern.

If you're a total beginner, I recommend stitching the outline of the pattern using a simple backstitch. You can learn how to do that right [here](#).

There are loads of resources online that walk you through various stitching techniques; some of which I'll list below.

[Beginners Embroidery Tutorial \(video\)](#)

[15 Stitches Every Embroiderer Should Know](#)

[Guide to 30 Hand Embroidery Stitches](#)

[13 Hand Embroidery Stitches for Beginners \(video\)](#).

Completing the project

- Make sure the fabric is tight and centered properly in the hoop before moving on.
- Trim the fabric so that there's just enough left to wrap around the hoop toward the backside.
- Working in small sections apply hot glue to the inner edge of the inner hoop. Wrap the fabric around toward the back and (carefully!) press it onto the glue until it sets. Continue around the entire hoop so the fabric is secured on the backside.
- Sometimes I leave the back of my hoops raw (because nobody will see them), but they can also be fully finished if you choose. Cut out a circle of felt (or other sturdy fabric) the same circumference of the hoop. Add hot glue along the back edge of the hoops and press the felt on. Trim any excess felt away so that it's completely hidden from the front view.

OMG you did it!



Now what?

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Website: www.thealiciabruce.com

Blog: www.thealiciabruce.com/blog

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Share your work

If you're open to sharing your embroidery with others, please be sure to tag me in your post or use the hashtag #thesunshineclub - I'd love to see what you're creating!

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