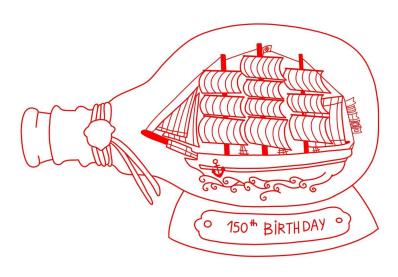
EMBROIDERY STITCH GUIDE

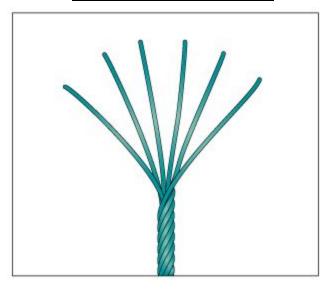
@PINK & HANCOCK

WHAT DO YOU NEED?

- 1. SOME SCISSORS (ASK A PARENT/GUARDIAN FOR HELP)
- 2. A PLASTIC OR SEWING NEEDLE
- 3. A PIECE OF FABRIC (NON-STRETCH WORKS BEST!)
- 4. WHATEVER COLOURS OF THREAD YOU LIKE! THIS CAN BE EMBROIDERY THREAD OR SPOOLS OF THREAD!
- 5. IF YOU HAVE AN EMBROIDERY HOOP USE ONE BUT THIS ISN'T AN ESSENTIAL IF YOU ARE USING A NON-STRETCH FABRIC!



HOW TO SPLIT SKEINS



Embroidery threads are made up of 6 strings.

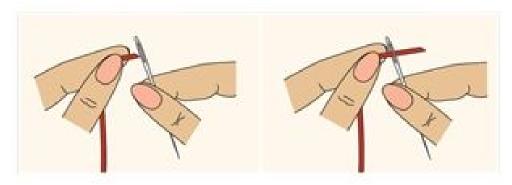
Usually, you won't stitch with all 6 strands at once, and so you will need to separate the strands before stitching.

To separate the thread into individual strands, pull one strand up and out slowly until it is completely separated from the remaining strands. Continue to pull out the number of strands you need to stitch with, we normally recommend two/three depending on how thick you want your stitches to be!

Be careful not to tangle your threads! If you are using a spool of thread, double/triple your individual strand till happy!

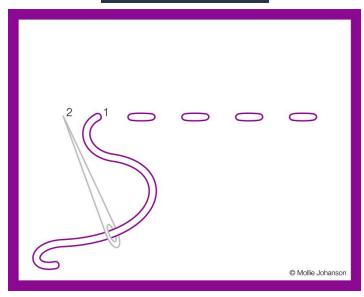


HOW TO THREAD A NEEDLE



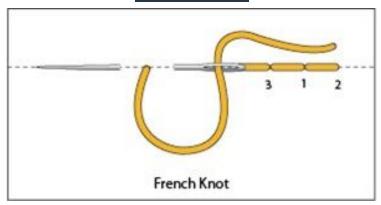
- 1. Cut a clean end of thread
- 2. Pinch with your thumb and finger
- 3. Hold the needle in your other hand
- 4. Gently poke the thread through the eye of the needle
 - 5. Pull the thread though

RUNNING STITCH



- Bring the needle up at 1 and back down at 2.
 - Continue for as long as you please!

BACK STITCH

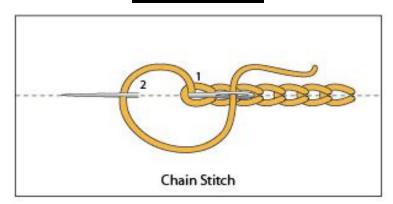


- Work from right to left.
- Bring the needle up at 1 and back down at 2.
- Move left and bring the needle up at 3, then back down at 1. Continue stitching.

Tips:

- Make shorter stitches for curved lines and shapes.

CHAIN STITCH

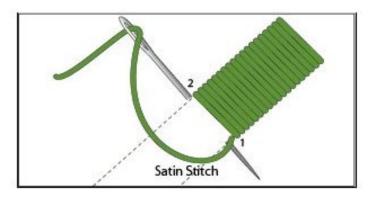


Uses: Outlining, straight and curved lines, filling if rows are stitched closely together.

- Work from top to bottom
- Bring needle up at 1 and then reinsert needle in the same hole, making a loop
- Bring needle up at 2 and pull thread to tighten your loop until desired shape is achieved
 - Repeat multiple stitches to create a chain
 - To end the row make a small stitch over the last loop to hold it in place.

knot to secure thread on back

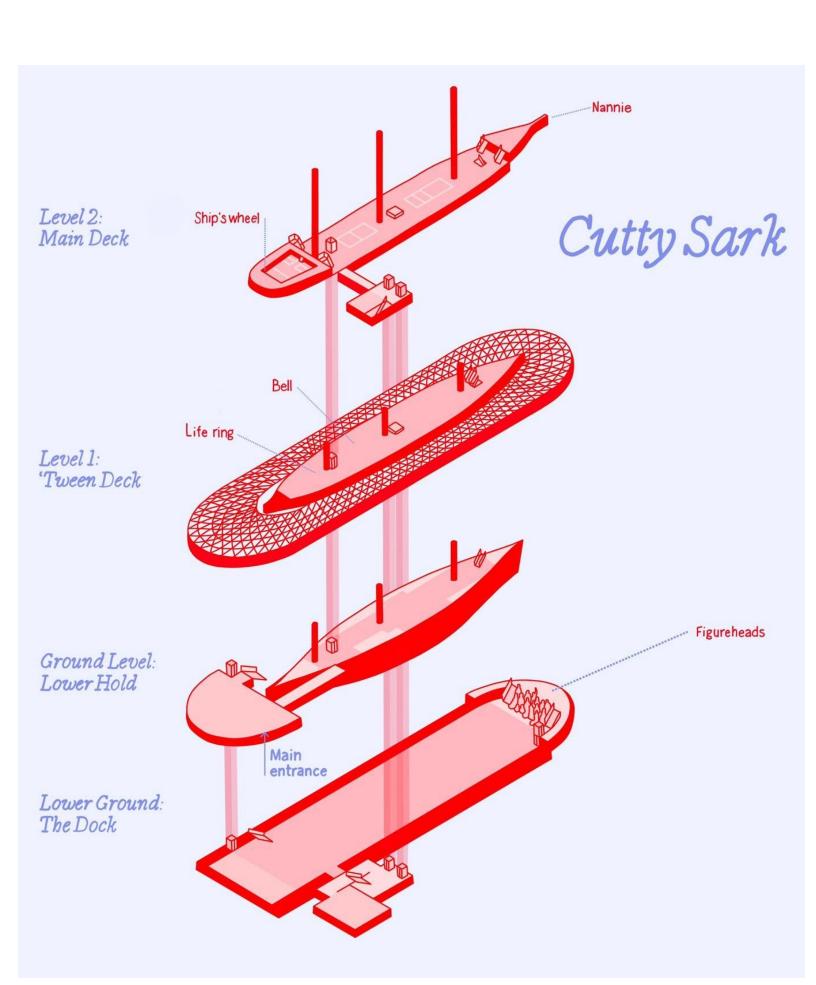
SATIN STITCH



Uses: Solid filling for shapes, great for monograms.

- Bring needle up at 1, down at 2, then back up right next to 1 and down right next to 2
 Place stitched closely together to fill in area
 - Be sure the thread lays flat and without any twisting to produce a smooth look





NEXT TIME YOU VISIT THE CUTTY SARK, CAN YOU FIND YOUR EMBROIDERY DESIGN ON THE SHIP?

