



Pastel
ATELIER

Embroidery Guide

STEP BY STEP

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Handwork combined with creativity; Embroidery

For many people, embroidery is more than just a hobby, because in these frenzied times it is incredibly easy to switch off with this activity. Whether on the train, in the cafe or on the sofa, you can live it out anywhere. Depending on your imagination, you can create flowers, plants, landscapes and even portraits according to your wishes and present them on tablecloths, pillows, or simply as an embroidery picture in an embroidery frame. Did you get embroidered too? Then bring the materials and off you go!

You will need these materials:

- ☐ **Screwed Wooden Embroidery Hoop:** The quality of the hoops play a major role in embroidery. Beech wood hoops are optimal in terms of processing.
- ☐ **Fabric:** Whether cotton, linen or canvas, you can work with any fabric. But please make sure that the fabric is firm and not stretchy / elastic. The thickness of the material also plays a big role. Note: the thicker the more difficult, the thinner the more transparent.
- ☐ **Scissors:** You need it for fabric and thread
- ☐ **Needle:** There are different sizes of embroidery needles that you can choose according to the fabric and thread thickness. For this, I recommend the number 24 and number 3-9 from DMC.
- ☐ **Thread:** Mouline threads are very useful for embroidery. They consist of 6 threads that can be adjusted depending on the fineness of the embroidery.
- ☐ **Heat Erasable Pen:** This is what you will need to transfer the pattern. This ink disappears when exposed to heat (steam, iron, etc.) I use the Frixion pen from Pilot.
- ☐ **Felt:** You will use it to cover the back of your hoop to hide the messy view of the stitches.
- ☐ **Glue or Sewing Thread:** You need that to glue or sew the back of the hoop.

How to Use an Embroidery Hoop

Loosen the screw a little and separate the inner and outer rings. Now place the fabric on the inner ring and secure it with the outer ring. As you tighten the screw again, pull the fabric tighter at the same time. If everything is well tensioned, you should be able to drum on it. If the screw is difficult to turn, you can use a screwdriver.

How to Transfer an Embroidery Pattern

It is best to print out the template, it should fit directly into the stretched embroidery hoop. Make sure that the pattern is correctly placed in the frame. You can use the screw as a guide for this. You can now transfer the pattern with the heat erasable pen. Pay attention to a bright environment - it is very easy to work in front of a window or a table lamp, for example.

To understand this step better, you can also watch the video on my Instagram profile:
https://www.instagram.com/p/Bl8NrbpjcdR/?utm_source=ig_web_copy_link

Alternative:

If you can't or don't want to print the template, you could also transfer it from a monitor or tablet. To do this, open the file and place the hoop so that the inner, hollow area is facing you and the stretched fabric lies directly on the surface (monitor / tablet). Now transfer the pattern to the fabric slowly and without pressure.

With this technique, you will need to turn the fabric over and hoop it again (after transferring or embroidering). Because the motif lies in the inner circle of the embroidery hoop and not, as usual, on the outside.

While Embroidering - Tips and Mistakes

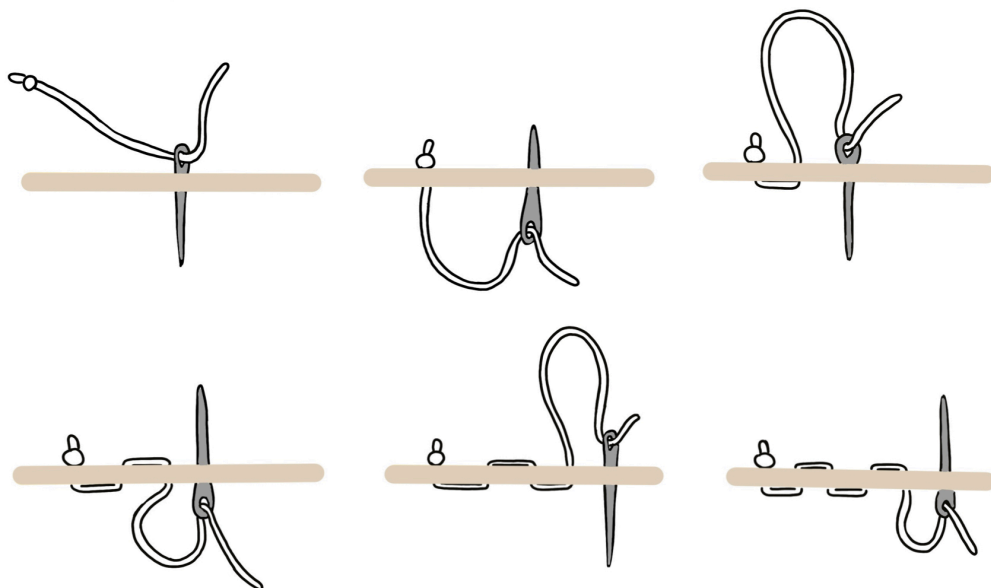
Keep these basics in mind while embroidering:

- You should avoid twisting the thread. As soon as the thread begins to twist in, let the needle loose for a moment so that the thread can twist out.
- Do not choose the thread too short but also not too long, an arm length thread would be optimal. This saves you having to knot and twist the yarn.
- Stitch order is one of the most important points in embroidery. The embroidery sequence should be smooth and the setting of your hand should always be the same. This includes sticking the needle in the same direction all the time. If you pull the thread too tight, the fabric may shrink, and if you leave it too loose, the clear lines on the hoop may disappear.

Most Common Embroidery Stitches

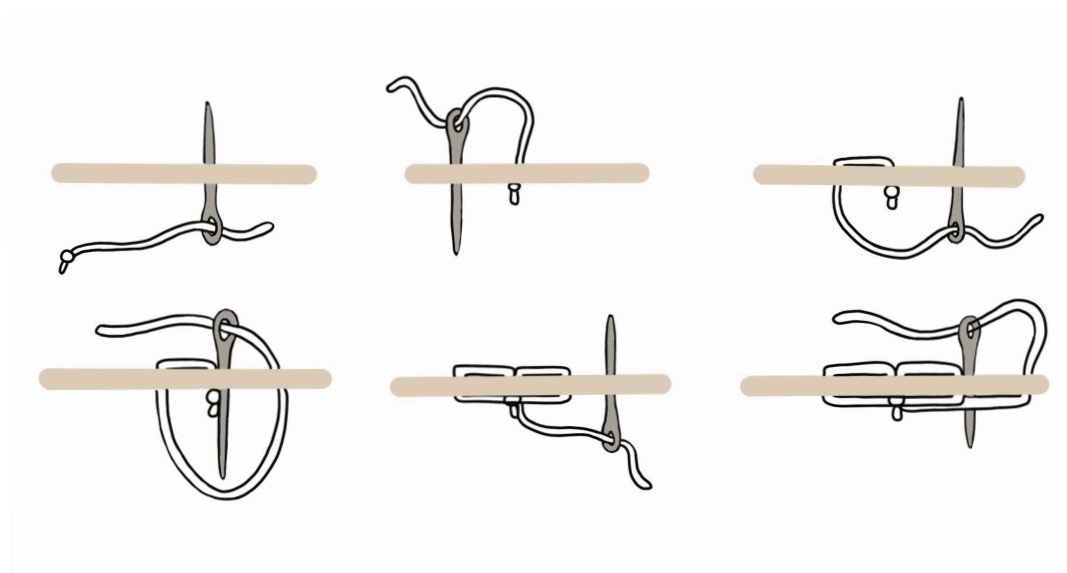
Running Stitch

The Running Stitch is the simplest type of stitch. Insert the needle into the fabric from below and leave a stitch length. Insert it again from top to bottom. After another stitch length, stick the needle out and in again from below.



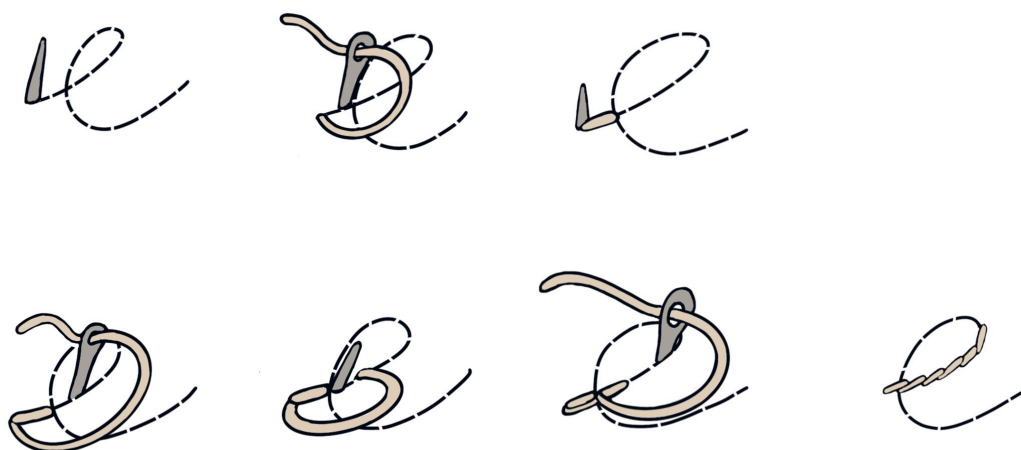
Backstitch

This technique is very popular for the outline. Keep a stitch length from the beginning of the line to be embroidered and insert the needle from below. Now lead the thread to the beginning and insert the needle there again. Now come out with the needle two stitch lengths further and repeat the whole thing.



Stem Stitch

Here you should work from left to right. Pierce the thread from below and insert it again after one stitch length. Return the needle to the beginning. You can now pierce after two stitch lengths. Always make sure that the thread is always on the same side. Always throw the thread to the right or left of the needle.

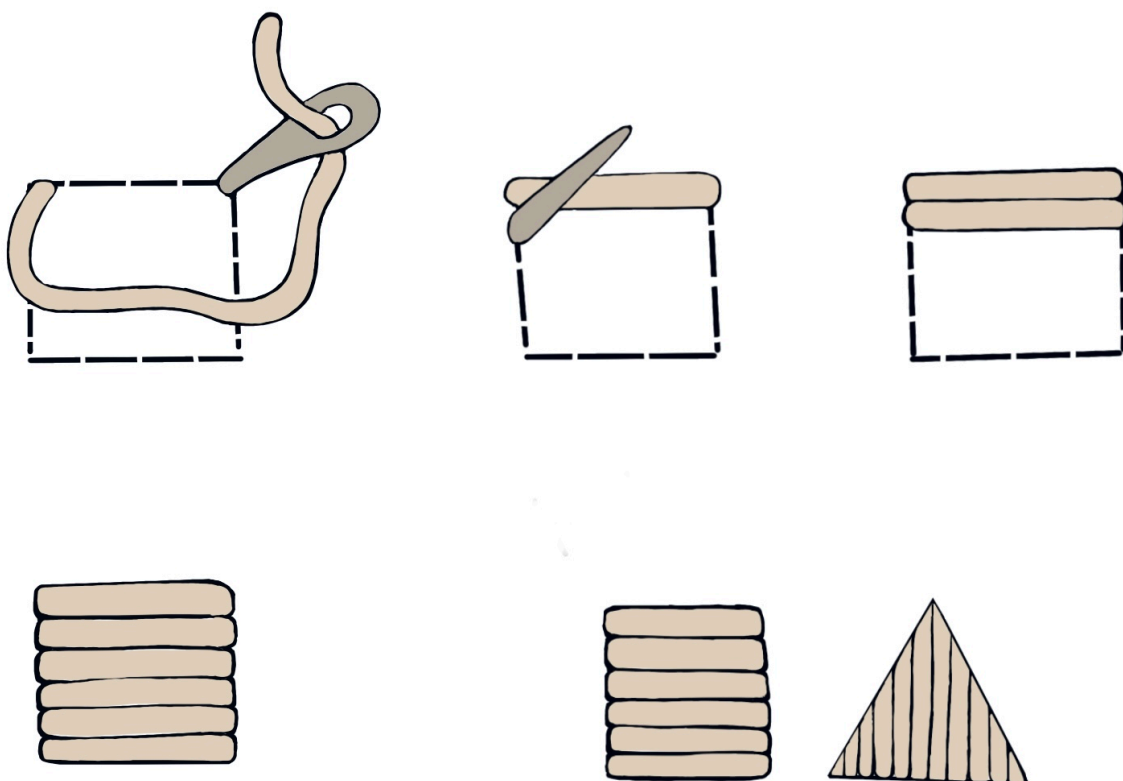


Satin Stitch

This stitch technique is ideal for filling shapes, letters and anything that can be filled. When embroidering, always make sure to have even tensile strength. To prevent the motif from slipping, the fabric in the embroidery frame should always be well stretched. You shouldn't pull the needle too hard or let it loose too much, otherwise the fabric may contract or the stitch would look unclear.

The outline of the shape is used here for orientation. Pierce from below at the top point and pierce horizontally / vertically again at the other end. Continue embroidering at equal intervals until the shape is filled. You decide the embroidery direction yourself depending on the shape.

I would advise against using this embroidery technique on shapes that are too large. Due to the size it would lose tension and in the end it would no longer look flat. In such cases it is better to use the stitch type "needle painting"

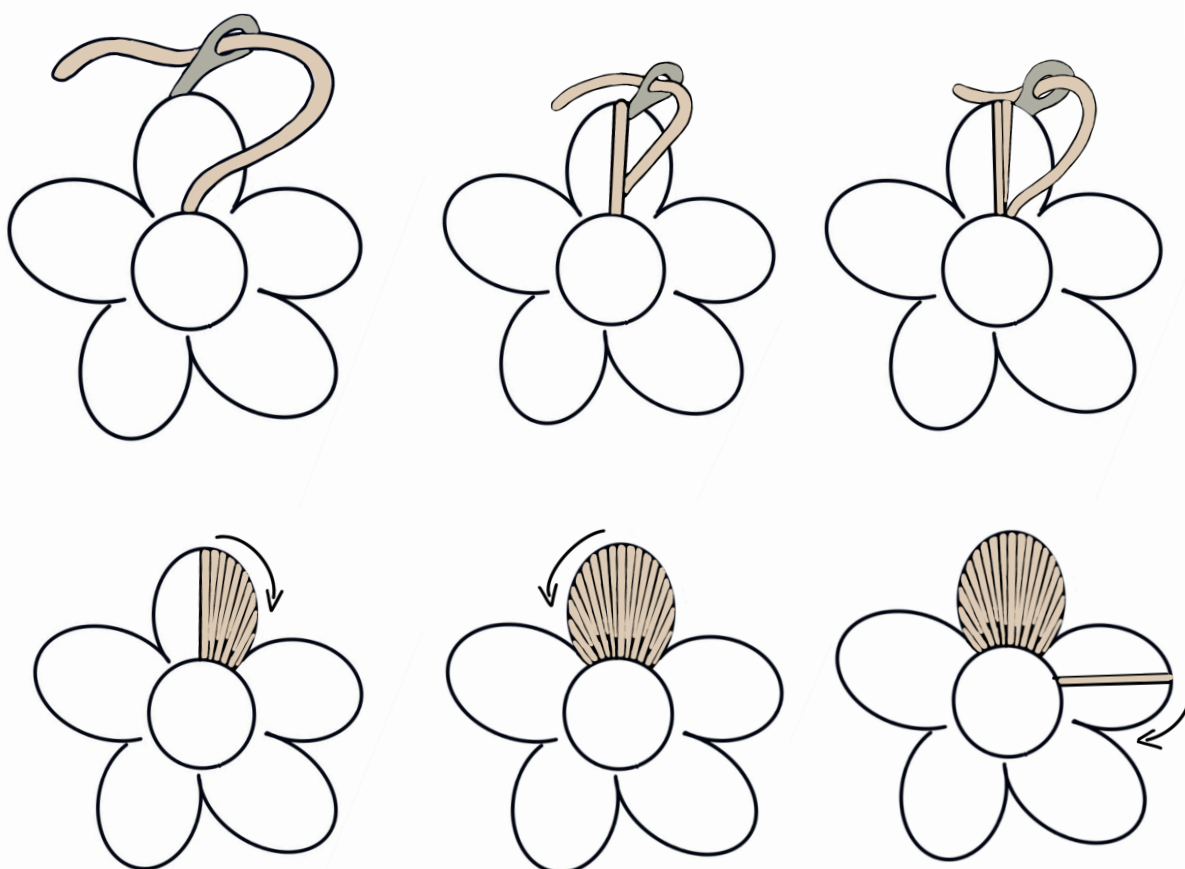


Satin Stitch for Special Shapes

Flowers and leaves are a big part of the embroidery art, so you will see these floral designs everywhere. If you want to use these shapes, make sure to stitch it as faithfully as possible. If you take a closer look at a leaf or a flower, you can quickly see the clearly visible course of the veins in the light. We keep this existing fan shape and use it as a guideline.

Flower:

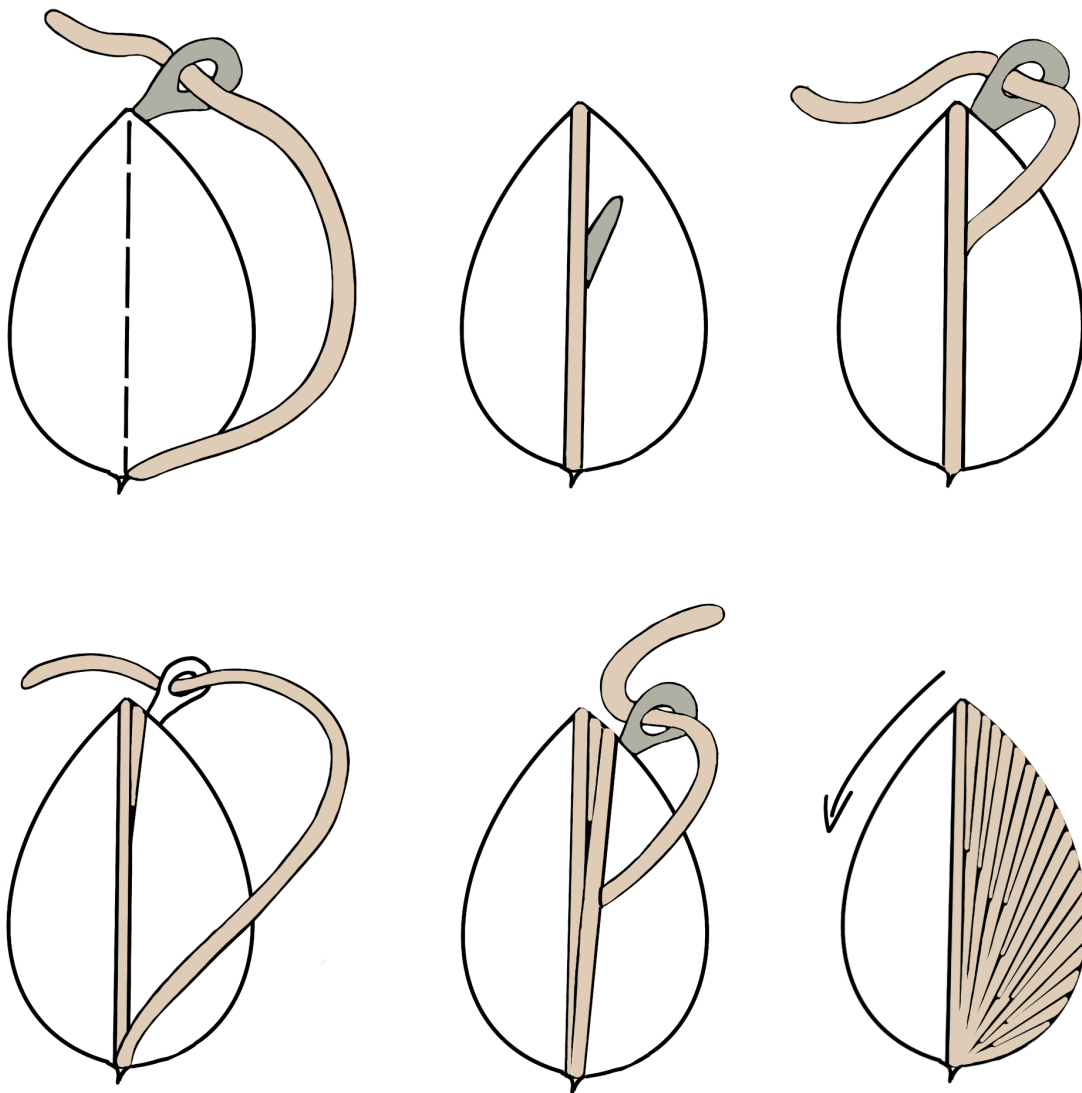
The flower is worked leaf by leaf. Pierce the needle from the bottom in the center of the base of a petal and reinsert it at the edge of the leaf. Now insert the needle by sliding it to the right a little while passing it from the bottom again, bring the needle back to the front of the fabric and then pass the needle through to the back of the fabric using the hole from the tip of the flower petal. First half of the petal is embroidered, then the other half. When one petal is ready, jump to the next and repeat.



Leaf:

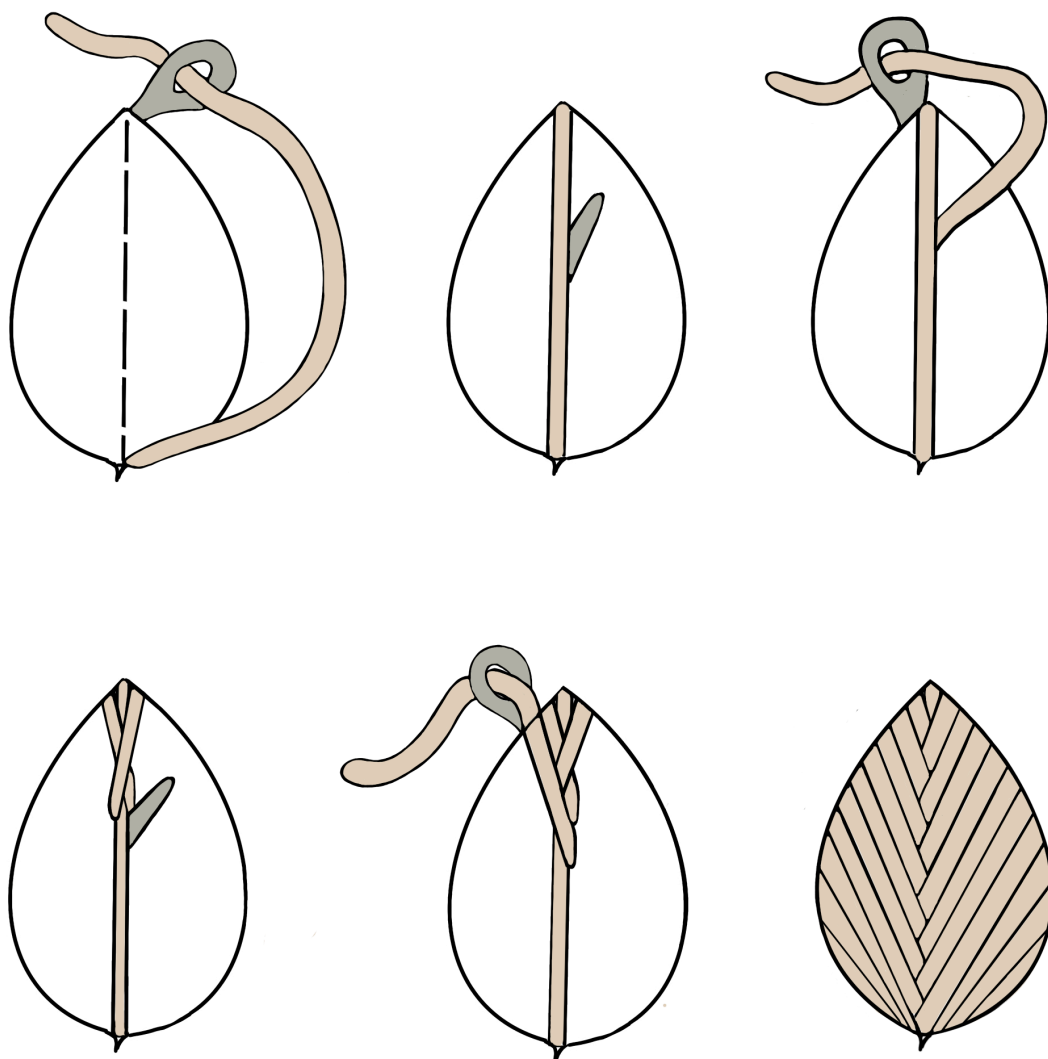
This shape is similar to the embroidery technique of a bone stitch. The difference between these embroidery stitches are that this stitch is not in the form of knitting like fishbone. Which one you want to use in the end is a matter of taste.

The leaves are embroidered similar to the flower. Pierce the needle from the bottom in the middle of the base and reinsert it at the tip of the leaf. Pierce a little above the center of the leaf and pierce a little to the right of the tip at the top. You continue these steps until you are finished with the right half. Then repeat on the left side.



Fishbone Stitch

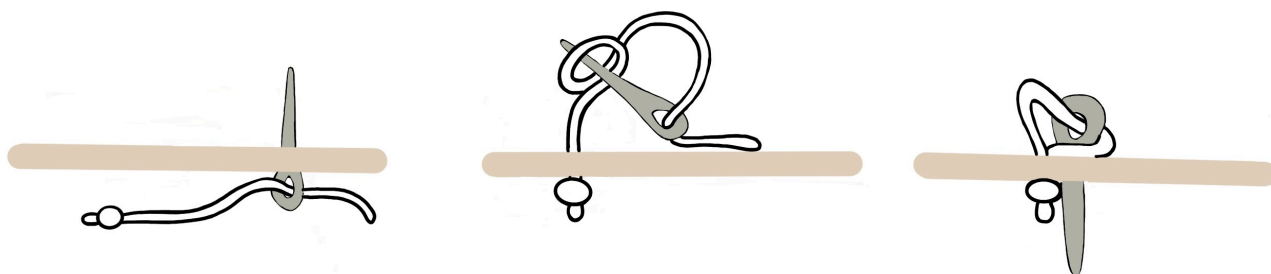
A nice alternative to satin stitch would be the bone stitch for the leaves. For orientation you need a help line in the middle again. Pierce the bottom center of the base and reinsert the needle at the tip of the leaf. Now pierce the top third of the sheet to the left of the middle and pierce the right of the tip again. This time pierce the left in the middle at the same height and bring the thread to the left to the tip. In the next step, jump down a little further and repeat the whole thing until you finally reach the base. If you have already reached the bottom center, but the sheet is still unembroidered on the lower sides, you can continue working from the bottom left and right next to it until the whole thing is embroidered.



French Knot Stitch

These knots give every embroidery art that certain something. The technique looks a bit complicated, but after a few exercises you will get the hang of it, too.

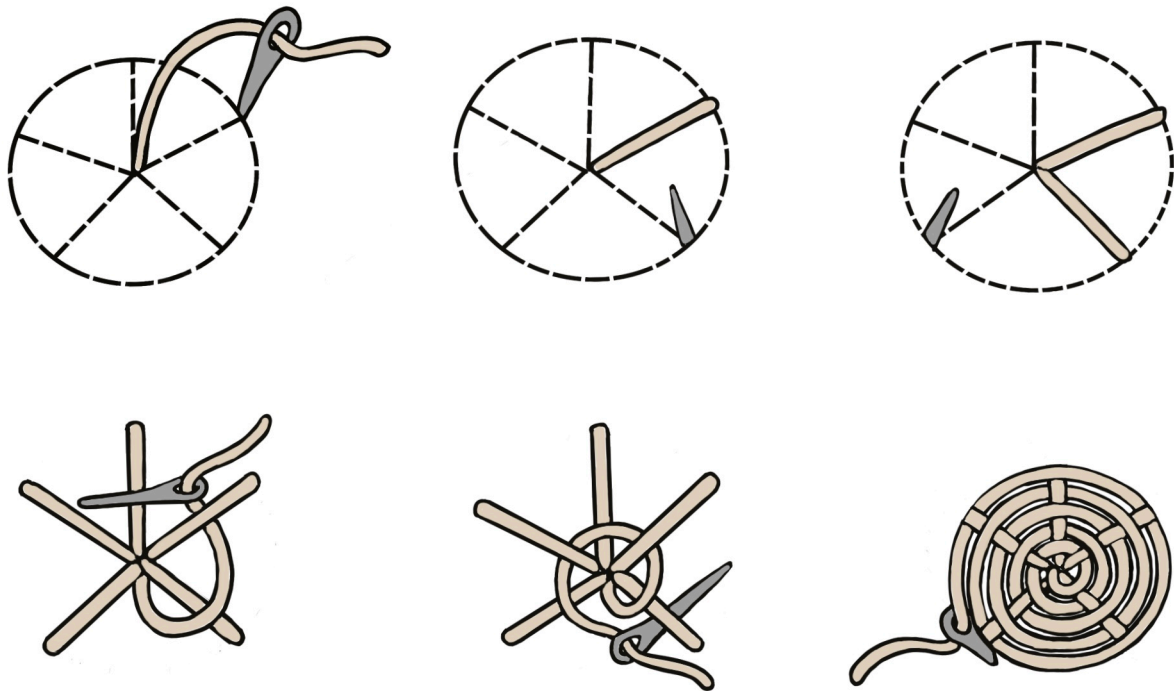
Stick out the needle from below. Now wrap the thread around the needle three times from left to right. Then pierce just next to the puncture site. Before and while you pull the thread through, always keep the winding compact with your fingers and push it close to the fabric until the needle is completely pulled through. And your first knot is done! To create smaller, finer knots, you can only wrap the thread around the needle once. You create larger, thicker knots by wrapping four times even five times.



Woven Stitch

With these beautiful, voluminous roses, your embroidery art will get more dimension. If you want to put stamens in the center of the flower, you should stitch the knots before you start weaving the rose.

Come out from the center of the drawn circle. To build the scaffolding, stitch 5 even stitches to create a star shape. Cut out close to the origin and use the 5 guidelines for weaving. Pull the thread over and under each stitch until the circle is filled and the lines are no longer visible. If you run out of thread while weaving, bring the needle back, secure the thread, and start a new piece of thread. Continue weaving as before. If you want the flower thicker, pull the thread tight as you weave. If you want a rather flatter, then you should pull it looser.



How to Change and End a Thread

Are you finished the pattern, a color change is pending or the thread currently used is running out? Then you should leave at least enough thread for two stitches. Pull the needle with the thread on the back through a number of adjacent stitches. Repeat this step one more time and, before you tighten the thread, guide the needle through the circle of thread you have created. Pull the thread tight so that the knot is formed and cut off the remaining thread at the end. Knotting is very important so that the thread does not appear on the embroidery art later.

How to Finish the Back of an Embroidery Hoop

After the threads have been sewn and the embroidery has been completed, it's time to back the hoop. I can recommend two techniques for this - glue or sew. For both types you need a piece of felt that has the diameter of the inner circle of the embroidery hoop. For gluing with the hot glue gun, first cut the fabric that protrudes from the hoop with a distance of 1 cm all around. Now glue the fabric piece by piece onto the inner ring. To hide the tangle of threads and to beautify the whole thing, glue the felt carefully and firmly to the inner frame. If you want to sew it up, cut the excess fabric around 3 cm apart. Sew the excess fabric to the inside of the back with a backstitch. Now use the mattress stitch and sew the back with felt.

These videos can help you:

https://www.instagram.com/tv/B4evdwWlw8h/?utm_source=ig_web_copy_link

https://www.instagram.com/p/BfyW4jZlTEj/?utm_source=ig_web_copy_link

Your Hoop Art is Ready!

I look forward to every picture of your process or your completed work on Instagram. You are welcome to use the hashtag #stickmunity and tag me @pastelatelier.

Please do not hesitate to contact me if you have any questions. I am happy to help you!

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