

Embroidery Stitches Sampler

Use 1/8" gingham (cotton if possible) and bleached muslin for the fabric. The gingham gives you a grid for making even stitches without fooling with marking a grid.

Cut the fabric 8 1/2 x 11". Stitch the 2 pieces together using the sewing machine 5mm stitch and rows 1 1/4" apart. Set the sampler to a landscape or portrait orientation, your choice. When your sampler is done store it in a plastic sleeve so you may make a folder for your collection of stitches.

The order of your stitches is: running, and straight. Blanket, Cretan, fly, feather, chain, detached chain (lazy daisy), feather, and stem are the loop stitches. French knot and herringbone have their own unique forms. There are a few more stitches too that you will learn when working on a project.

Since I need to keep this hand-out sheet simple, I recommend the following books for diagrams of the stitches and inspiration for customizing stitches for your projects.

"Hand Embroidery Dictionary" by Christen Brown;

"The Magic of Crazy Quilting, 2nd Edition by J. Marsha Michler;

"The Visual Guide to Crazy Quilting" and "Creative Stitches for Contemporary Embroidery" by Sharon Boggan;

"Creative Stitches, 2nd Edition" by Susan Spargo.

Christen has a blog, Christen's Creations. And Sharon's blog is pintangle.com.

Keep a stitch journal.

Waste Canvas

10-point waste canvas is wonderful for adding cross stitch letters to a project. Diagrams can be patterned out on 10-to-the inch grid paper. When transferring the spaces on the grid paper, they become the intersections on the waste canvas.

Cut the canvas to fit the segment of a block and stitch it in place using the long stitch on the sewing machine. Use contrasting thread on top and in the bobbin so you can easily remove the bastings and pull out the canvas threads.

Following a cross-stitch letter pattern, stitch the letters using a stab type stitch going through the canvas and fabric. When done, remove the basting stitches, clip the canvas in strategic spots, and pull out the canvas threads with tweezers.

Add the letter patch to your project.

This is also the way to add letters to a sweatshirt or other pieces of clothing.