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welcome!

When you see beautiful stitching online or on the high street, don't you think you'd love to be able to do that yourself? The goal is within reach, and with some basic materials, time and the know-how in this magazine, you'll soon be stitching stylish designs. And once you've got the hang of it, embroidery can be wonderfully calming.

In this guide we showcase over 40 stitches. Start with the basics, such as backstitch and satin stitch, then move onto knots – great for adding detail – and stitches such as fishbone and fly to add texture and embellishment. Try each stitch individually by trying one of the many simple workshops before progressing onto the multi-stitch makes starting on page 95. For even more stitches and ideas, go online to www.gathered.how, packed with free projects and inspiration. Happy stitching!

Vicki

Vicki Atkinson Editor

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Chicago-based Mollie has been designing for *Simply Sewing* and *Mollie Makes* magazines for many years. Her workshop series for *Simply Sewing* continued inspiring readers for five years and combined a gorgeous project with learning a new stitch each month. Try out many of her makes, starting on page 22, and meet Mollie in our interview with her on page 130. Follow Mollie at blog.molliejohanson.com.



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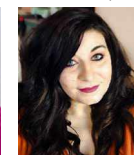
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ULTIMATE

STITCH GUIDE

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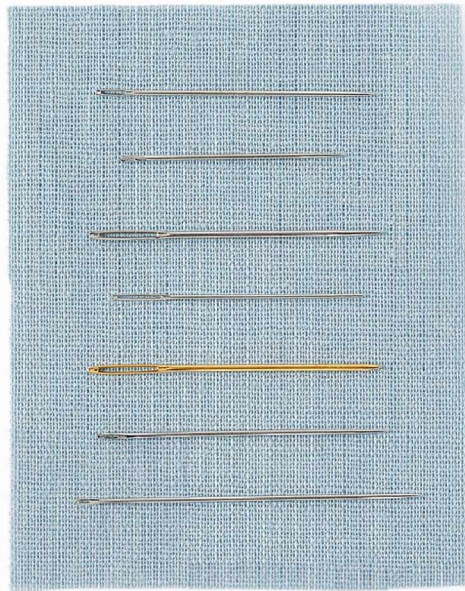
MATERIALS | TECHNIQUES | STITCH GUIDE

YOUR BASIC HAND STITCHING KIT

For the majority of the projects in this issue you will need the following items:

- Fabric
- Thread
- Needle
- Scissors
- Embroidery hoop
- Transfer pens/pencils

Other useful kit includes cotton tape (to bind the hoop when using delicate fabric), thimble, lights & magnifiers and thread conditioners/ beeswax (helps stop tangling, particularly metallic threads).





Fabric

When choosing fabric, consider its intended use, how much wear it will get and how often it will need to be washed.

Embroidery can be worked on a wide variety of fabrics or ready-made items. It's best to choose fabrics with a fairly smooth surface as heavily-textured surfaces will prevent the stitches from lying flat. For beginners, it's best to start with a 100% plain-weave cotton.

Fabric can be categorised by its weave and fibre content. Plain weave is the most common type and includes linen, calico and canvas. Satin weave is a really smooth fabric which is glossy on one side; it includes cotton sateen and satin. Twill weave is a strong fabric with diagonal ribs, such as denim and tweed. Evenweave has regularly spaced holes between the threads and

is used for counted thread embroidery. You can effectively embroider on top of surface pattern, gingham and ticking by following, or echoing, the print.

The most common fibre used is cotton, which is strong and washes well. Linen has a slightly uneven surface due to the natural slubs, which are part of its charm. Silk is luxurious and has a subtle sheen, but take care when stitching on it as it can pucker. Pure wool fabric has quite a tight weave, is easy to stitch on and adds a wonderful texture to embroidery.

Thread

Choose thread according to how your finished project will be used. Use hard-wearing thread, such as stranded cotton for items that will

be in regular use. For decorative pieces, use finer decorative threads. Consider also how well they'll cover the embroidery design, and experiment to get the thickness you desire.

STRANDED COTTON

This is a divisible, six-strand thread (or floss, in the US). It's available in a wide variety of more than 400 colours, in pure cotton, silk and rayon. One strand forms a very fine line, while six strands used together produce a bold, heavy line. Your project instructions will specify how many strands to use.

Once you've tried it a few times, it's easy to separate the strands. Start by cutting 50cm (19¾in) of thread and smooth it out. From one end, separate out the number of strands you need and gently pull apart to produce two lengths. Turn to 'starting stitching' on page 11 for more information.

COTON PERLE

Also known as 'pearl cotton', this twisted single-strand thread has a slight sheen and is available in weights from heavy to fine.

COTON À BRODER

Also known as 'special embroidery thread', this matte, single-strand thread is available in four weights. It can be used for surface embroidery, blackwork and drawn thread.

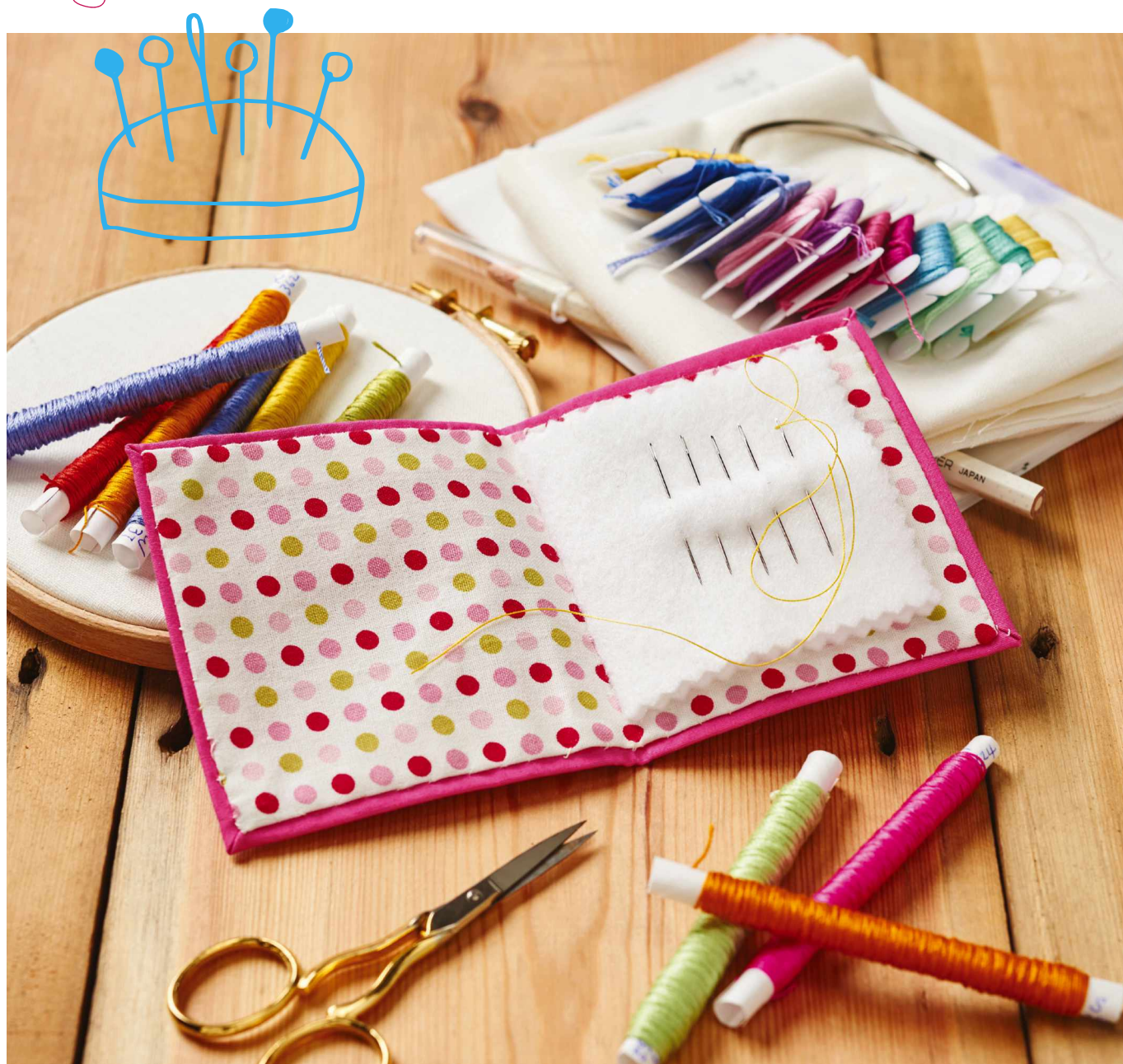
CREWEL WOOL

This single-strand woollen thread is available in many colours and used for fine embroidery and crewel work.

METALLIC

These threads are best reserved for special effects, as they're not very hard-wearing. Always work with shorter lengths of about 30cm (11¾in) and coat with a thread conditioner.





Needles

There are several different needles suitable for embroidery. Having the right needle for the job will vastly improve your stitching. When choosing consider which diameter, eye, length and point you need. Always buy good quality needles as they'll last longer.

CREWEL/EMBROIDERY

This is the most commonly used needle for embroidery. It's a medium-length, sharp-pointed needle with a long eye.

TAPESTRY

This blunt-ended, large-eyed needle is used for counted thread embroidery and working whipstitch.

CHENILLE

This sharp-pointed needle has a large oval eye

so that it can take thicker threads. It's also good for embroidering with ribbon.

MILLINERS/STRAW

This long needle has a round eye, so is perfect for working decorative stitches like bullion knot.

QUILTING/BETWEENS

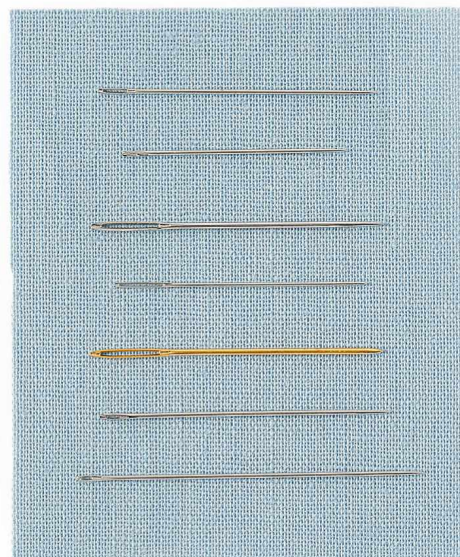
These needles are very short and fine with a round eye. The shorter length makes them ideal for fine needlework, such as shadow work.

BEADING

Shorter beading needles are fine with a long thin eye – ideal for sewing on beads.

SHARPS

These general purpose needles are medium length with round eyes, which makes them strong, and perfect for tightly woven fabrics.



Hoops & frames

Using a hoop or frame makes it easier to achieve a neat, even finish without the fabric distorting. Stands for hoops and frames, which leave your hands free to stitch, are available as floor-standing, table, lap or seat-mounted.

HOOPS

Hoops work by holding a section of the fabric taut between two rings. Wooden hoops have two rings with an adjustable metal screw. Spring-tension hoops have a plastic outer ring with a metal spring-loaded inner ring to keep the fabric taut.

FRAMES

Frames are designed for larger pieces to keep an entire piece of fabric taut. They can be floor standing so can make it much easier to work on a big, ambitious piece of embroidery.



Using a hoop

- 01 Place the inner ring of the hoop under the fabric directly below the area you wish to stitch. If you're using delicate fabric, begin by wrapping cotton tape around the inner ring to protect your fabric from being marked by the hoop.
- 02 Loosen the screw on the outer ring and place this over the fabric and inner ring.
- 03 Push down firmly and evenly, then tighten the screw and gently pull the edges of the fabric beyond the hoop so that it's 'drum tight'.
- 04 Regularly check the tension of your fabric as you stitch, and adjust accordingly.

TIP

Hoops also make a lovely frame for your finished make. Wooden ones can be painted or wrapped using fabric or ribbon



Transferring designs

There are several tools and materials that can be used for transferring designs from books, magazines or transfer sheets.

TRACING

Place light-coloured and fine fabrics over the design and trace over it. For thicker or dark-coloured fabrics a light source such as a window, lightbox or iPad makes this process much simpler.

USE TRANSFER PENS & PENCILS

Choose a colour that will show up on the fabric. Use a permanent marker if the stitching will cover the lines, or a removable marker if you need to erase the lines afterwards – test first on a scrap of fabric so you know it can be removed.

IRON-ON TRANSFERS

Press your fabric, then place your transfer sheet ink side down on top and press with a hot, dry iron (taking care with heat-sensitive fabrics). You can reuse the transfers three to four times depending on the type of fabric you use.

WATER-SOLUBLE STABILISER

This lightweight, slightly perforated paper stays on the fabric as you embroider. Once you've finished stitching, soak it with the fabric and it dissolves when rinsed.



TEAR-AWAY METHOD

This is used when stitching on textured fabrics, such as velvet and suede. Trace your design onto thin tracing or tissue paper, then tack it onto your fabric. Stitch through the fabric and paper, then carefully tear away the paper.

CARBON PAPER

Lay the carbon paper coloured side down onto your fabric, place your pattern on the top and trace over the design.

Using iron-on transfers



Step one Cut roughly around the design, taking care to leave a small allowance all around. Designs are printed in reverse so they transfer the right way round. Press the fabric you want to transfer the design onto, using a dry iron. Position the transfer ink-side-down on to the right sides of the fabric and pin or tack in place.



Step two Set the iron to a hot, dry setting, then press on top for a few seconds (the longer you leave it, the darker the transfer lines). To check if the design has transferred, hold the iron in place and lift the corner of the paper, making sure not to dislodge it. Press again until you're happy with the transfer.



Step three Lift off the paper and the design is ready to stitch. The markings are permanent so ensure they're covered with embroidery. They will fade over time, especially if washed or exposed to light. You can often reuse transfers two to four times depending on the type of fabric used and how much ink you transfer.



Photo: Nathana Rebouças, Unsplash

Starting stitching

CUTTING THE THREAD

With stranded cotton, from the end with the longer wrapper that has the shade number, find the cut end and gently pull. Cut no longer than 50cm (19¾in) (30cm (11¾in) for metallic threads). To separate strands, cut a length of thread, then hold the end gently between your thumb and forefinger. Take one strand and pull it gently upwards. If you want more than one strand, separate them individually then recombine them.

STARTING A THREAD

Loop start: If you're stitching with two strands, cut one strand twice the length you need. Fold it in half so the two cut ends meet and thread these through your needle, leaving a loop at the other end. Bring your needle up through the fabric, then back down, threading the needle through the loop. This neat method works with any even number of strands.

Waste knot: Tie a knot in the end of the thread and pull the needle and thread through the fabric, from the front to the back, near to where you'll be working. Work stitches over the end of the thread, then cut off the knot when you reach it.

Weaving in: Weave the end of the thread under the back of worked stitches.

FINISHING A THREAD

Weave the thread under the back of the stitches just worked. Start and finish all threads very

securely so they don't come undone, and cut off loose ends as you go so they don't get caught in stitching.

LEFT-HANDED STITCHERS

If you're left-handed, you may need to work some stitches differently. Please go to www.gathered.how/love-embroidery for information for left-handed stitchers.

Finishing off

Gently wash your work in lukewarm water and a little mild detergent. Rinse well, adding a drop of white vinegar to the final rinse to restore the

sheen of the thread. Roll the fabric in a clean towel to absorb excess water. Place a towel on an ironing board, put your embroidery face down on it with a cloth on top, and press until dry.

MOUNTING IN A HOOP

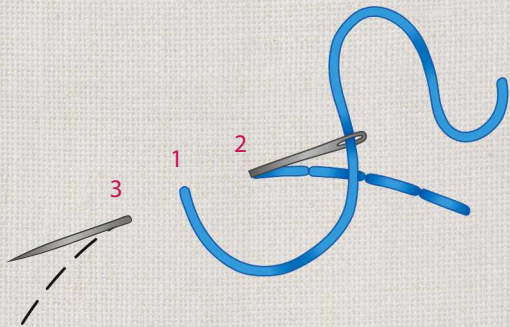
Cut the fabric 5cm (2in) bigger than the outer hoop. Cut a piece of felt the same size as the inner hoop. Mount the fabric into the hoop with the design central and the screw centre top. Work running stitch around the fabric edge and pull to gather it. Pin the felt over the gathered fabric and stitch into place. Add a loop of ribbon or thread to the top so you can hang your hoop.



If you're mounting your work in a frame, cover up any messy workings with felt or leftover fabric

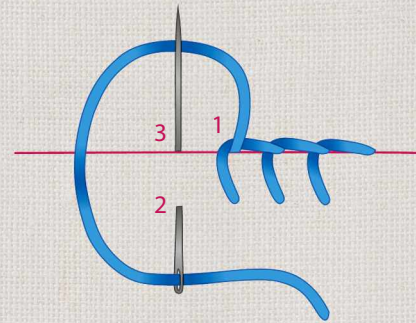
Stitch guide

Use these easy-to-follow stitch illustrations for many of the projects used in this collection



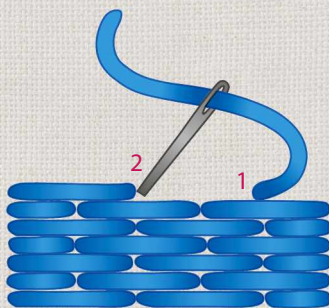
Backstitch

Backstitch forms a neat line which can be used alone or to outline other stitches. Backstitch should be worked so that all the stitches are the same length with no gaps between them. Bring the needle up at 1, down at 2, up at 3 and so on. Continue stitching in this way, always working back on yourself. **Project on page 20.**



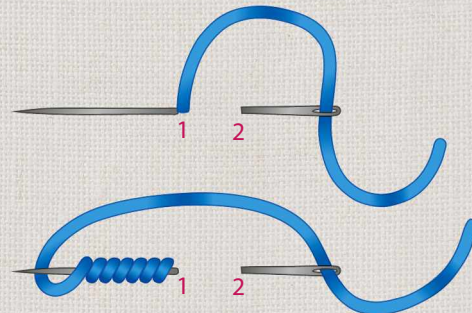
Blanket stitch

Bring the needle up at 1, down at 2 and up at 3 with the thread under the needle. Gently pull the needle through to form a neat loop. The vertical stitches should all be evenly spaced and of the same length. You may find it helps to draw a line on the fabric as a guide to keep the stitches even and regular. **Project on page 22.**



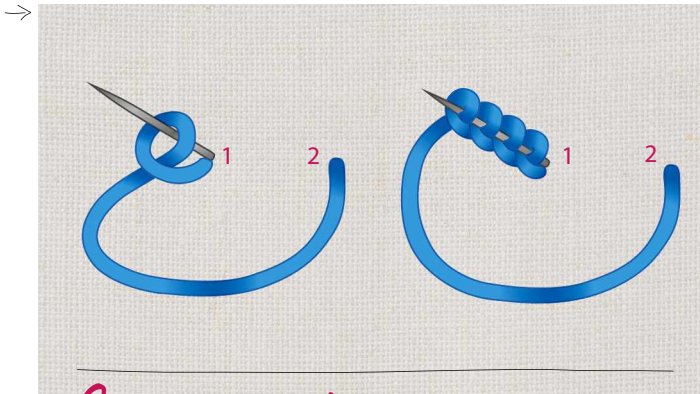
Brick stitch

Work a row of even-length backstitches along the area to be filled. Stitch your next row of backstitches below the first row, the same length as those above, but offsetting them. The stitches at the beginning and end of this row will be shorter than the others. Continue so you have a 'brick-filled' area. **Project on page 96, 104.**



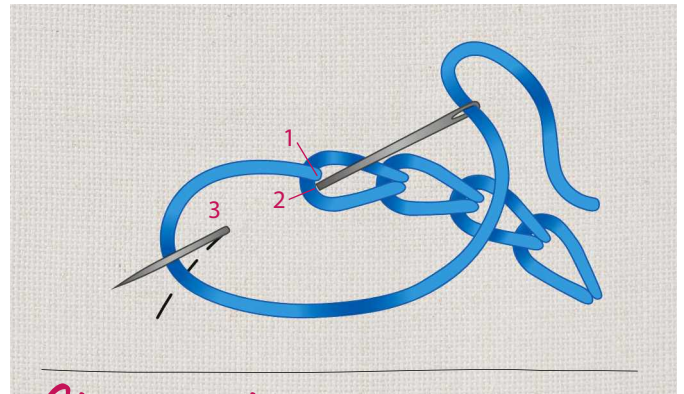
Bullion knot

Bring the needle up at 1 and down at 2. Bring it up again at 1 and wrap the thread around the needle as many times as the stitch length requires. Holding the twists firmly with your thumb, pull the needle through the coils. Pull back in the opposite direction so the coil lies flat, insert the needle back in at 2. **Project on page 26.**



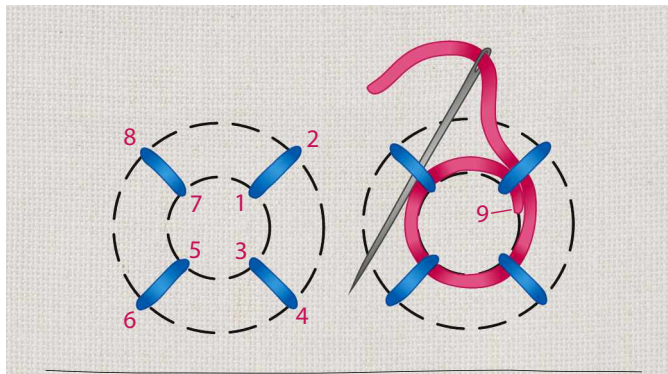
Cast-on stitch

Bring the needle up at 1 and down at 2 to set the length of the stitch. Bring the needle back up at 1 then loop the thread around your finger, slide the loop onto the needle and pull gently. Make as many loops as needed to fill the length of the stitch, then push the needle back into the fabric at 2 to anchor. **Project on page 30.**



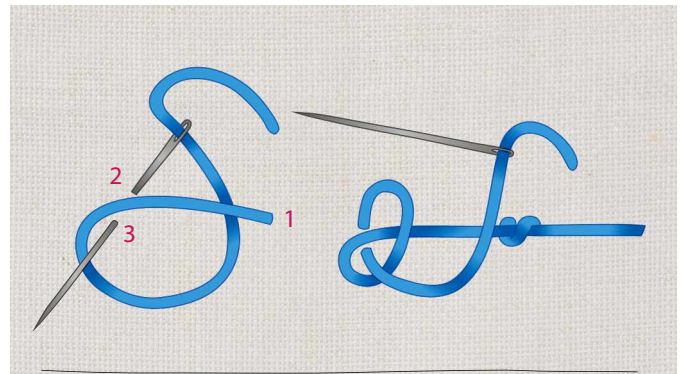
Chain stitch

Work from right to left bringing the needle up at 1, down at 2 and up at 3, making sure that the thread is under the needle. Pull the needle through slowly to form a neat loop – don't pull too tightly or the 'chain' effect will be lost. Point 3 becomes point 1 of the next stitch. **Project on page 32.**



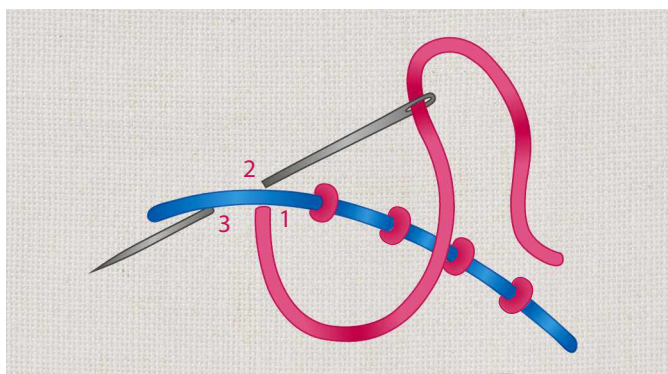
Circle stitch (woven circle)

Work four straight stitches spaced evenly around the circular donut shape. Bring the needle up at the bottom of one of the straight stitches at 9. Slide the needle under the nearest straight stitch, and then continue under each stitch, repeating as many times as needed to fill the donut outline. **Project on page 34.**



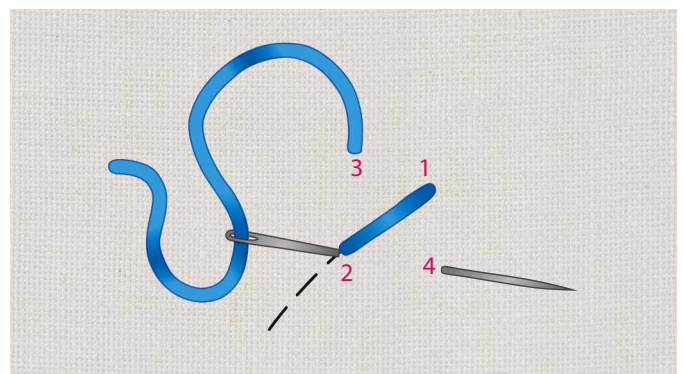
Coral stitch

Bring the needle up at 1, down at 2, a short distance to the left. Bring it up again at 3, slanting the needle without pulling through the fabric. Loop the thread over the needle from top to bottom and pull through the fabric slowly to form a knot. Pull the thread slowly and ease the knot down onto the fabric. **Project on page 38.**



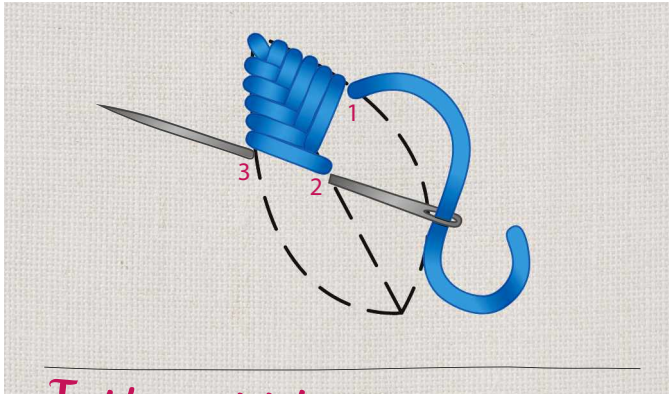
Couching stitch

Bring the laid thread up at the edge of the design line then the couching thread up just beyond this. Place the laid thread into position and work a small vertical 'couching' stitch over it. Each of these stitches should be the same width as the laid thread and worked at equal intervals along it. **Project on page 40.**



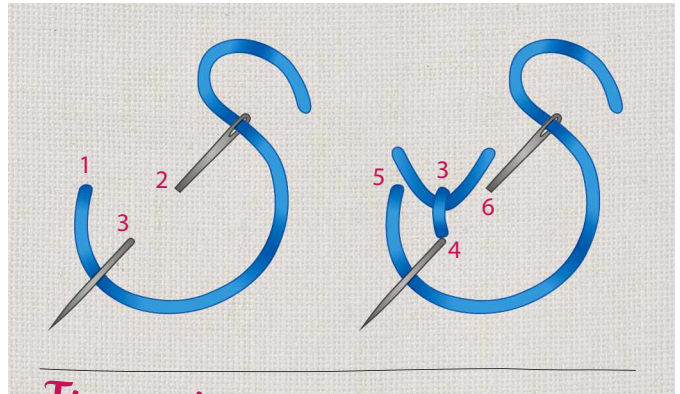
Fern stitch

Each fern stitch is made up of three small stitches. Bring the needle up at 1 then down at 2 (the centre point). Bring it up at 3 and down at 2 again. Bring it up at 4, then down at 2 again to finish the stitch. If working a row of stitches, each subsequent fern stitch should touch the centre stitch of the last. **Project on page 48.**



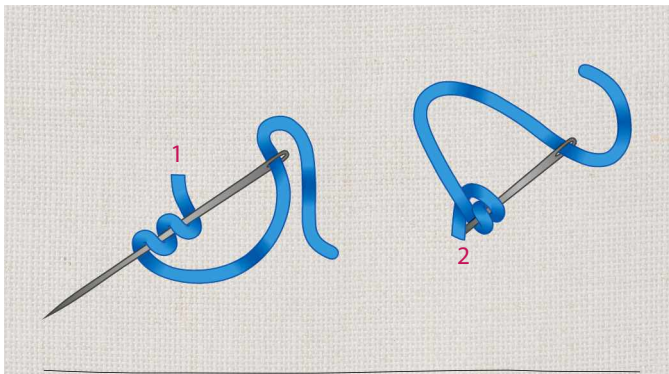
Fishbone stitch

Bring the needle out at the top of the shape and make a short vertical stitch. Bring the needle up at 1 slightly to the right following the shape outline. Take the needle diagonally down at 2 at the centre line below the first stitch. Bring it up at 3 on the left and alternate diagonal stitches from right to left. **Project on page 50.**



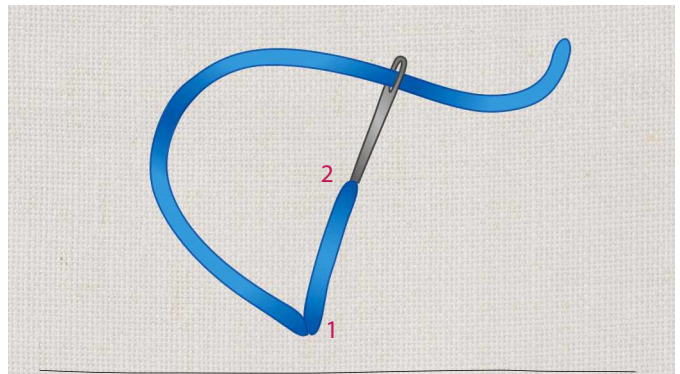
Fly stitch

Bring the needle up at 1 then down at 2 without pulling the needle through the fabric. Bring the needle up again at 3, over the thread of the first stitch and pull it through. Make a short stitch to secure the 'V' shape and create one fly stitch. If working in lines, place the stitches side by side or below each other. **Project on page 52.**



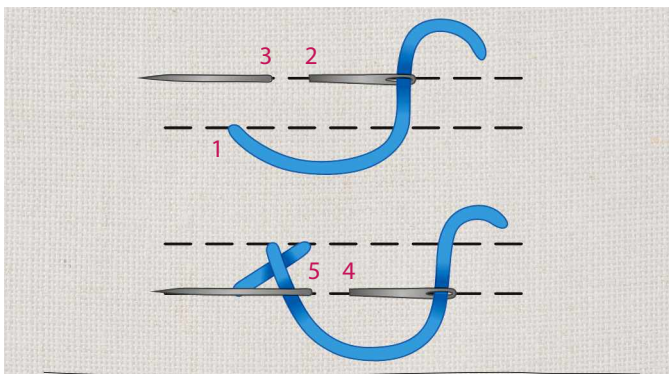
French knot

Bring the needle up at 1. Holding the thread with one hand, twist the needle around the thread twice. Insert the point of the needle into the fabric close to where the thread emerged, pull the thread to tighten the knot, then push the needle through the fabric. Increase the number of twists for a larger knot. **Project on page 54.**



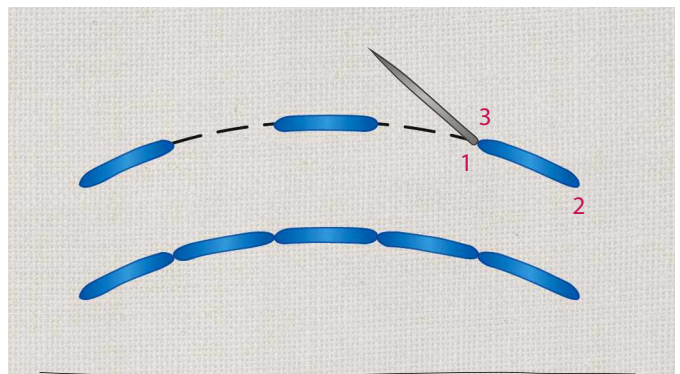
Granitos stitch

Bring the needle up at 1 and push back a short distance away at 2, to set the stitch length. Bring the needle back out at 1 and in again at 2, making sure this second stitch lies to the right of the first and not on top of it. Repeat to make a third stitch to the left of the first stitch to create the granitos stitch fullness. **Project on page 56.**



Herringbone stitch

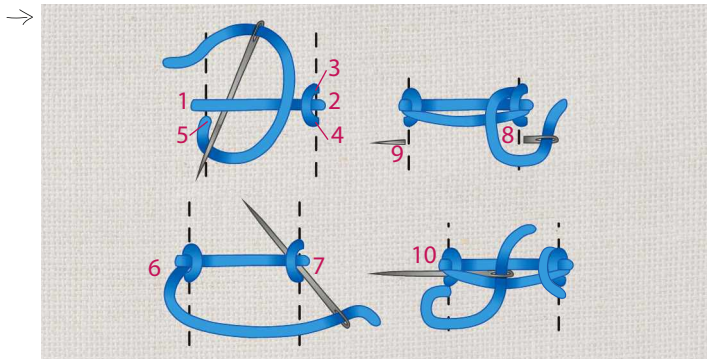
This decorative stitch can be worked in straight lines or rows to fill an area. Bring the needle up at 1 and down at 2. Make a short, horizontal stitch to the left bringing the needle up at 3. Take the needle down to make a diagonal stitch at 4, then up again at 5. Repeat this process to create the stitch. **Project on page 58.**



Holbein stitch

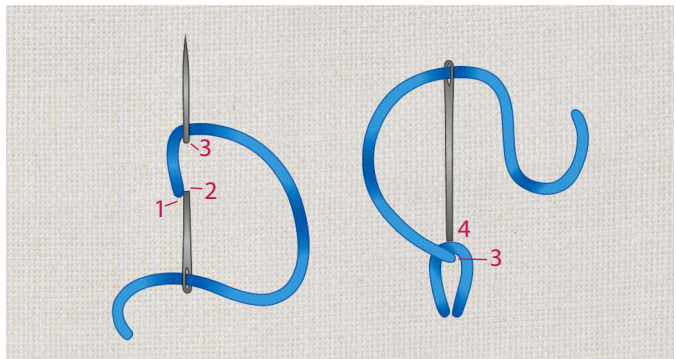
Holbein stitch, also known as double running stitch, creates the same effect as backstitch on the front of the work, but gives a neater appearance on the back. Work a line of running stitch by bringing the needle up at 1, down at 2, up at 3, down at 4 and so on. Work back along the line filling in the gaps. **Project on page 62.**





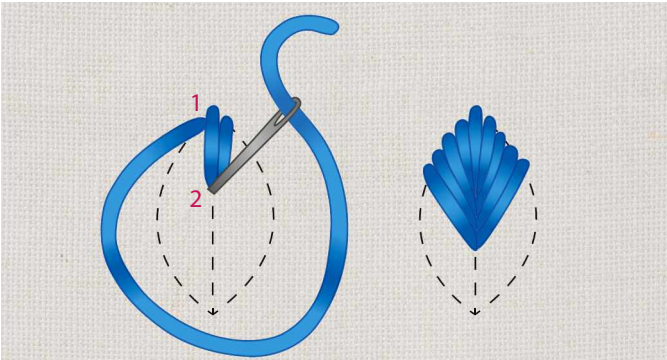
Ladder stitch

Come up at 1, down at 2, up at 3, down at 4 and up at 5. Go under the long stitch, with the working thread under the needle. Pull for a knot at 6, go under the first two stitches at 7, right to left. Go in at 8 and up at 9. Go between the two long stitches and under the left knot at 10. Repeat steps 8, 9 and 10, alternating the direction. **Project on page 64.**



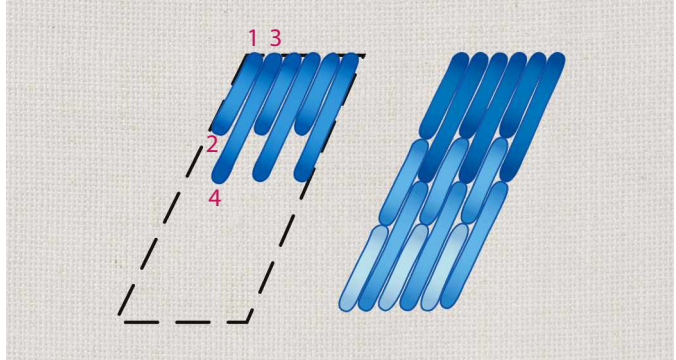
Lazy daisy stitch

Bring the needle up at 1 and down at 2, right next to where it first emerged, but without pulling the needle all the way through the fabric. Bring it up again at 3, with the thread under the needle. Pull the needle gently to form a loop. Secure the loop with a short stitch by pushing the needle through the fabric at 4. **Project on page 68.**



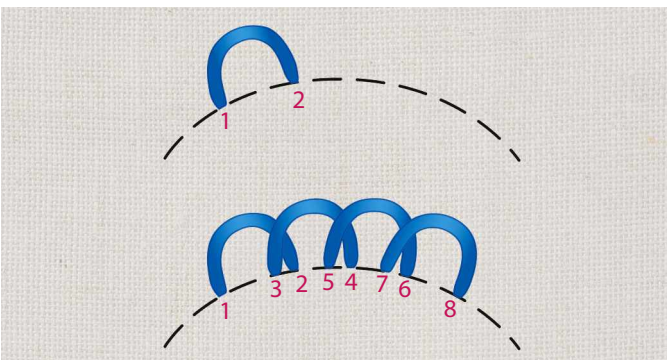
Leaf stitch

Bring the needle up at 1 at the top then down at 2. Bring up again next to the first stitch but a little lower down then repeat so you have three Straight Stitches. Fill the rest of the shape by working Satin Stitches down the shape always coming up on the edge and down in the centre until filled. Similar to fishbone stitch.



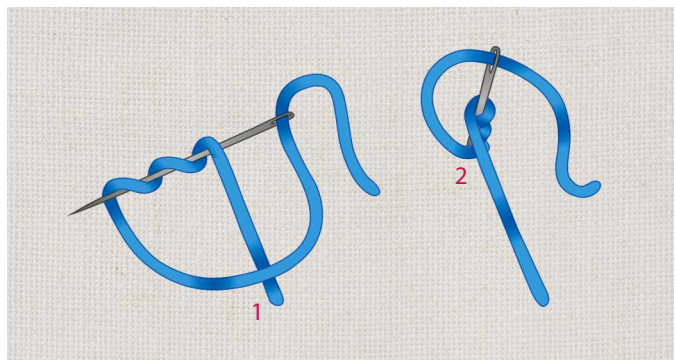
Long and short stitch

Work alternate long and short stitches for the first row – the short stitches should be half the length of the long stitches. Bring the needle up at 1, down at 2, up at 3, down at 4 and so on. Subsequent rows are worked with the stitches all the same length, equal to the long stitches in the first row. **Project on page 96.**



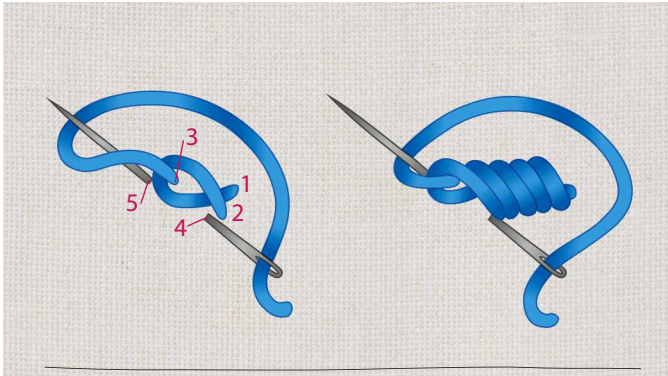
Loop stitch

Bring your needle up at 1 on the design line then down at 2, pulling the thread so it leaves a loop on the surface. Next bring the needle up at 3 and down at 4, again leaving a loop, then continue in this way following the numbers. Make sure your loops are all the same size and that you place the stitches the same distance apart.



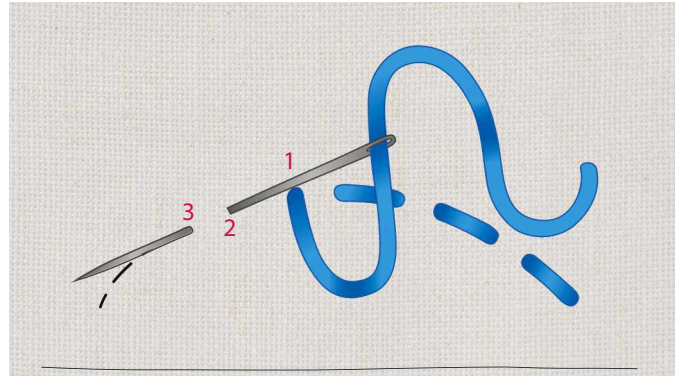
Pistil stitch

A French knot which has a tail. Bring the needle up at 1. Holding the thread with one hand, twist the needle around the thread twice. Insert the point of the needle into the fabric at 2, where you want the knot positioned, pull the thread to tighten the knot, then push the needle slowly through the fabric. **Project on page 70.**



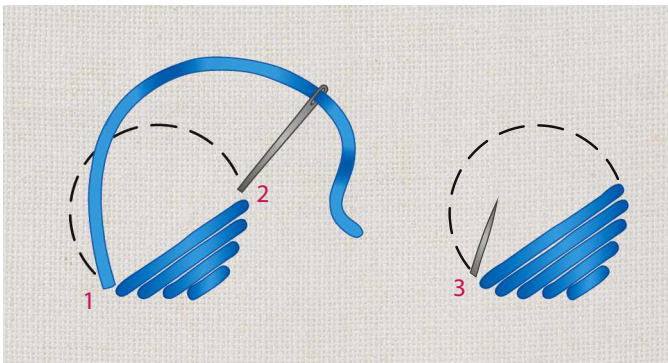
Rope stitch

Work a single twisted chain stitch, bringing the needle up at 3. Insert at 4, just above point 2. Bring the tip of the needle back up through the fabric at 5. Wrap the working thread clockwise, behind the needle. Continue adding stitches, butting each one up next to the one before it to create a solid block. **Project on page 72.**



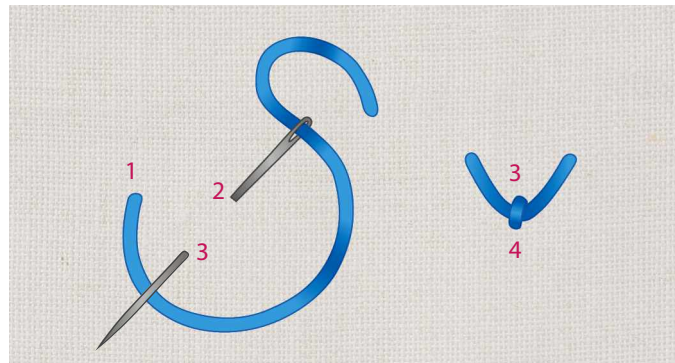
Running stitch

This is a very versatile outline stitch which can also be used beneath other stitches to add a layer of padding. Running stitches should all be of the same length. Bring the needle up at 1, down at 2, up at 3 and so on. The spaces between the stitches are usually the same length as the stitches themselves, but you can vary this.



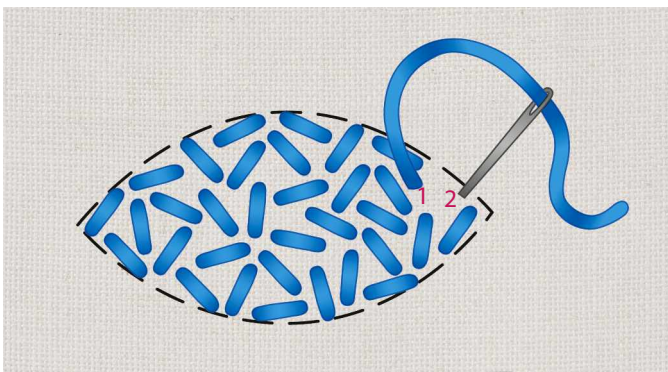
Gatin stitch

Bring the needle up at 1, down at 2 and up at 3, working stitches close together. Keep stitching in this way, under and over, so that the back of the work looks the same as the front. To maintain an even tension, take the needle out at the back, then back in at the front in two steps rather than in one motion. **Project on page 74.**



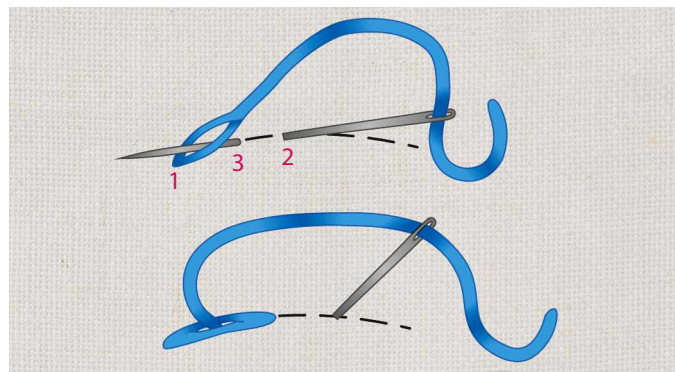
Scallop stitch

Bring the needle up at 1 and then down at 2 without pulling through the fabric. Bring the needle up at 3, over the first stitch and pull through. Make a very small stitch at 4 to secure the 'V' shape. This is similar to fly stitch, but the final stitch should be very small to create a scallop shape. **Project on page 78.**



Seed stitch

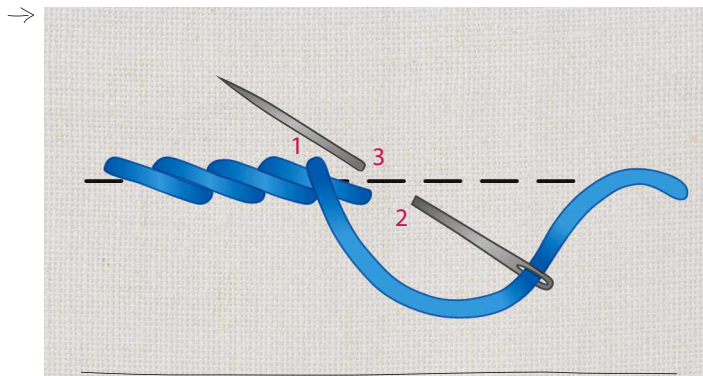
Seed stitch is an individual stitch, but when worked together in groups is called seeding. This is simply short straight stitches worked randomly in different directions. There is no particular pattern to follow, but the stitches should all be of the same length, evenly spaced and scattered across the fabric. **Project on page 80.**



Split stitch

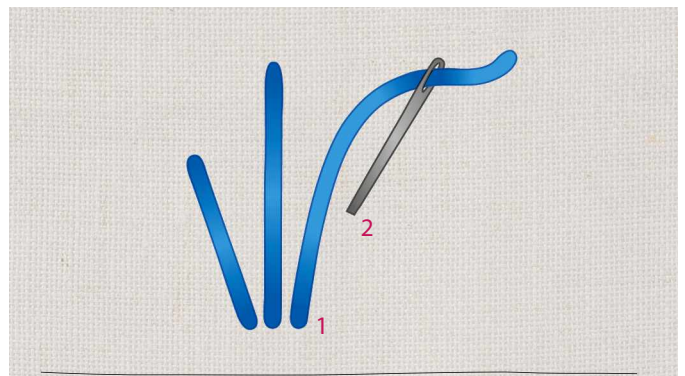
Bring the needle up at 1, down at 2 and up at 3, but don't pull all the way through. Pull the needle up through the centre of the thread to split it, then carry on pulling it up through the fabric and the thread. Work the whole outline in this way, making sure you always split the thread in the centre to form even stitches. **Project on page 82.**





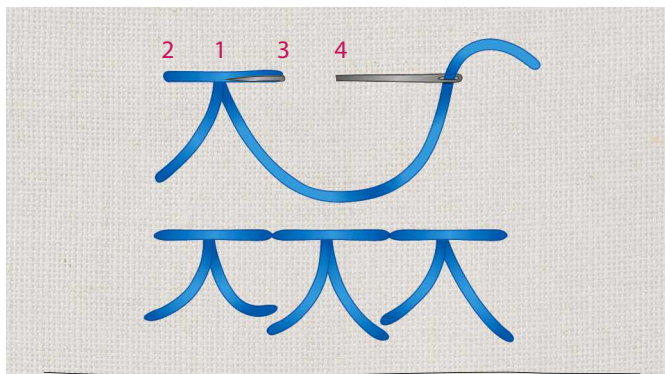
Stem stitch

Stem Stitch forms a solid, raised line with a textured appearance. It can be used to follow any shape and is good for working curved lines. Bring the needle up just above the design line at 1, down at 2 below the line, and back up at 3 above the line. Continue in this way, always working back on yourself. **Project on page 84.**



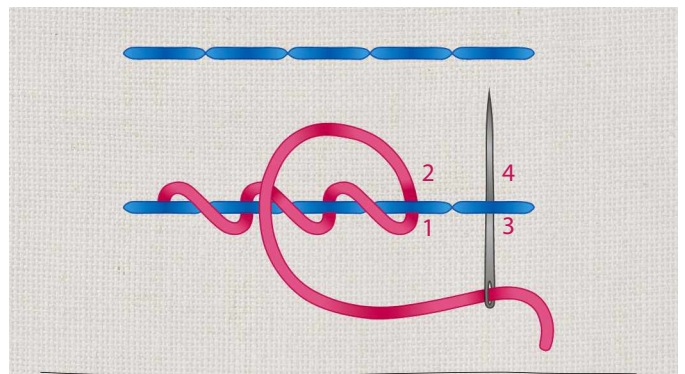
Straight stitch

Straight stitch is very versatile as it can be worked to any length and in any direction. It is particularly useful in pictorial work for adding details and it can also be used to outline other areas of stitching, providing that the edges are straight. Bring the needle up at 1, then down at 2 to create the required stitch length.



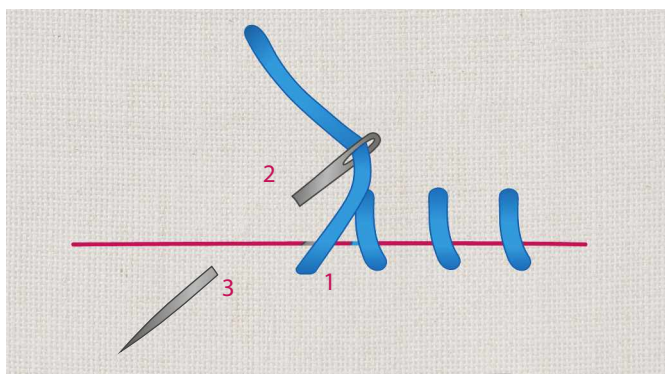
Turkey stitch

Leave 5cm of thread on top of the fabric. Take the needle in at 1, out at 2, in at 3 and out at 1. Push the needle back in at 4 and out at 3. Don't pull the thread all the way; leave a loop on the front. Continue along the line, leaving a loop of thread each time. When done, cut the loops to desired fringe length. **Project on page 88.**



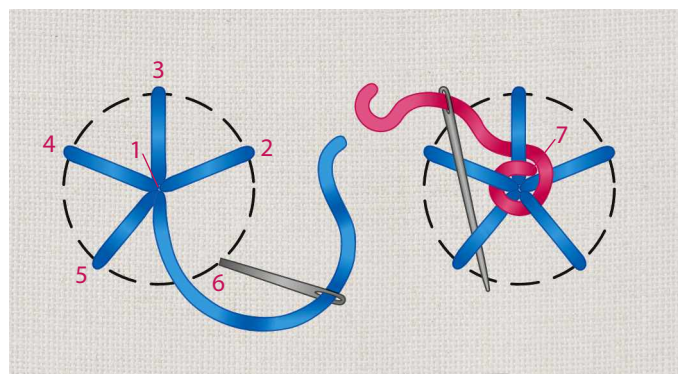
Whipped backstitch

First work a line of backstitch. Next, thread a blunt tapestry needle and bring it up from beneath the centre of the first backstitch. Bring the needle out under the stitch and thread it under the next stitch from bottom to top. Continue whipping the backstitches this way without piercing the fabric or thread. **Project on page 90.**



Whipstitch

Used for seams and joins. Bring the needle out at 1 on the first layer of fabric, near the edge. Then, insert needle back in at 2 on the second layer of fabric, angling it so that it pierces both layers and comes out at 3 on the first layer where the next stitch will begin. Continue working from points 2 to 3, until your pieces are joined.



Woven wheel

Work spokes by coming out of the centre at 1 then in at 2 on the edge of the circle. Come out again at the centre and in at 3 and so on. Using a blunt needle, bring the thread out under one of the spokes at 7 then weave the thread under and over each spoke without piercing the spokes or fabric. **Project on page 92.**

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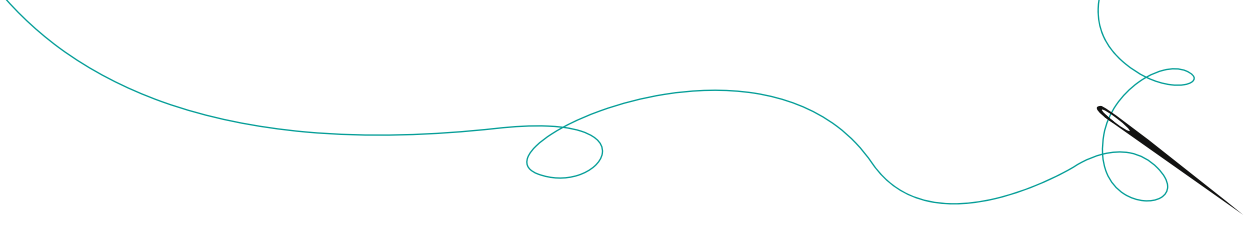
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Stitch library

This comprehensive selection of stitch projects will give you the opportunity to try each one while making something beautiful!



BACK

Stitch

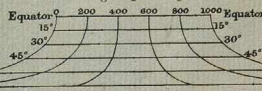
Get to grips with backstitch with this easy-sew passport cover – a great gift for globetrotters



STANFORD'S
GENERAL MAP
OF
THE WORLD

ON MERCATOR'S PROJECTION

Equatorial Scale of Nautical Miles
and along respective parallels.



Territory administered under Mandate of the League of Nations is hatched in colour on the mainland. In the case of Islands the word MANIATE is printed.
Principal Shipping Routes and Chief Railway Lines shown in Red.

Midnight when
Noon at Greenwich

XI P.M.

XII

I A.M.

II

III

IV A.M.

V

VI

VII

VIII

A.M.

165° East of Greenwich 180° West of Greenwich 165°

150°

135°

120°

105°

90°

75°

60°



01

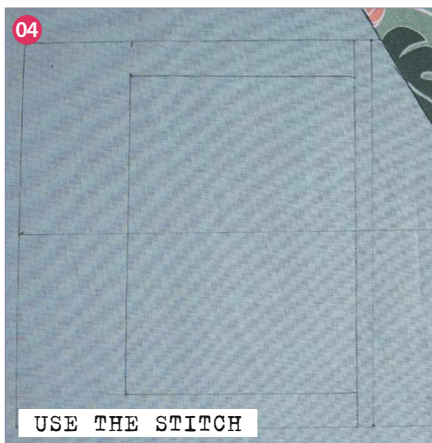
LEARN THE STITCH



02



03

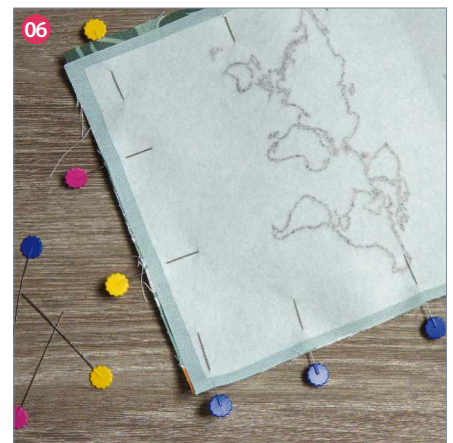


04

USE THE STITCH



05



06

YOU WILL NEED

- Main cotton fabric: 34x21cm (13x8in)
- Lining cotton fabric: 28x15.5cm (11x6in)
- Medium-weight iron-on interfacing: 27x14.5cm (10½x5½in)
- Embroidery hoop: 15cm (6in) diameter
- Stranded cotton in black
- Standard sewing machine and machine thread
- Basic stitching kit, page 6

NOTES

- Use a 1cm (¾in) seam allowance
- Designed and stitched by Alysha Dahlgren, www.awildflowersews.co.uk
- Find the template for this project on page 115

WORKING BACKSTITCH

Step one Practise the technique using two strands of embroidery thread. Bring the needle up through the fabric to the starting point, with the knot at the back. Make the first stitch by inserting the needle into the fabric, about 3-4mm (¼in) away, following the design line. Pull the thread through the fabric so the stitch sits on the fabric's surface, but not too tight. **01**

Step two Bring the needle back up through the fabric to the front, about 3-4mm (¼in) from the end of your first stitch (keep this distance consistent so that each stitch is even in length). Pull the thread all the way through the fabric. **02**

Step three To finish, insert the needle into the fabric at the same point as the end of your first stitch and pull the thread through. Repeat steps 3 and 4 for more stitches. To finish off, turn the fabric over and pass needle under the reverse of the stitches until the thread is secure. **03**

MAKING THE PASSPORT COVER

Step one On your main fabric, draw a 28x15.5cm (11x6in) rectangle in the centre. Use an erasable pen to draw a guide box on the front of your fabric – this is to ensure the design is centred on the front. Start by marking the centre spine. Do this by lining your ruler up at one short end of the rectangle and then mark the 14cm (5½in) point top and bottom on the long sides and draw a line to connect them. Next, draw a line

parallel on the right side of the spine, 5mm (¼in) away from it. Place the edge of your passport on that line, make sure it's centred nicely, then draw around it to create a box on your fabric.

Step two Next, transfer the design from the template into the box using your preferred method. Mount the design into your hoop, ensuring it's taut like the surface of a drum. Then, work the outline of the map in backstitch using one strand of black.

Step three Trim your main fabric using the main 28x15.5cm (11x6in) outline and press to get rid of any creases. Then, apply the interfacing centrally to the reverse of your stitching.

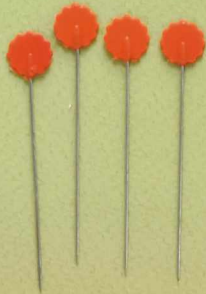
Step four Pin together the main and lining fabrics with right sides together. Sew together leaving a 5mm (¼in) seam allowance, making sure to leave a 5cm (2in) opening at the top. Snip excess fabric from the corners, turn through and press. On the gap, tuck the open edges under and pin in place.

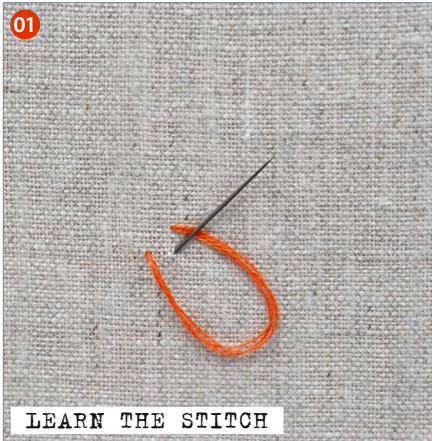
Step five Topstitch around the perimeter, leaving a 5mm (¼in) border. You can use a matching or contrasting thread for this.

Step six Lastly, with the inside facing you, fold the short side edges in by 3cm (1¼in) and pin in place. Secure the folds by stitching along the top and bottom edges on both ends of the cover. Fold it in half, press and insert your passport. As you travel, fill each country with satin stitch in your chosen colour or by marking the spot with a French knot.

BLANKET *Stitch*

Add a slice (or three!) of citrus to your sewing list and make this surface blanket stitch fruit-motif tray





YOU WILL NEED

- Linen fabric: 25x25cm (10x10in)
- Lining fabric: 25x25cm (10x10in)
- Medium-weight iron-on interfacing: 25x50cm (10x20in)
- Stranded cotton in light and dark shades of yellow, orange and lime green
- Matching thread
- Basic stitching kit, page 6

NOTES

- Use a 5mm (¼in) seam allowance.
- Designed and stitched by Mollie Johanson
- Find the template for this project on page 115

WORKING SURFACE BLANKET STITCH

Blanket stitch is often used for pretty edging on small projects or appliqué, but it can also be used as a decorative surface stitch.

Step one Work this stitch along a straight or curved line, working from left to right. Come up from the back on the stitching line.

Step two Go back down a short distance above and to the right of the first point, leaving a loop of fabric on the surface.

Step three Bring the needle back up on the stitching line directly below the second point, catching the loop with the needle. ⁰¹

Step four Gently pull the first stitch taut, forming a backwards loop. Go back down a short distance above and to the right of this point, once again leaving a loop of fabric on the surface and catching it with the needle. ⁰²

Step five Repeat this step along the entire line.

Step six To finish, go down through the fabric a short distance to the right of the last stitch.

EMBROIDERING THE DESIGN

Step one Place the linen centrally on top of the template and trace over it in pencil or erasable pen.

Step three Press the interfacing to the wrong side (WS) of the linen fabric.

Step four Embroider the citrus motif on the linen using three strands of stranded cotton throughout. Use surface blanket stitch around

the outside of the citrus slices and backstitch for the centre.

JOINING THE FABRICS

Step one Press the interfacing onto the wrong side (WS) of the lining fabric.

Step two Trim both the embroidered linen and the lining fabric to 20.5x20.5cm (8½x8½in). ⁰³

Step three Pin the two fabric squares right sides (RS) together.

Step four Sew together around all the edges, leaving a 7cm (2¾in) turning gap in the centre of one side.

Step five Clip the corners to reduce bulk then turn RS out.

Step six Fold the edges of the turning gap to the inside and press. ⁰⁴

Step seven Slip stitch the turning gap closed with matching sewing thread.

Step eight Work a running stitch around the square using three strands of stranded cotton positioned 5mm (¼in) from the edge. ⁰⁵

ASSEMBLING THE BOX CORNERS

Step one Fold and pin two sides with the linen RS together at the corner to form a 45° angle.

Step two Measure 3cm (1¼in) from the corner and mark a line perpendicular to the sewn edge.

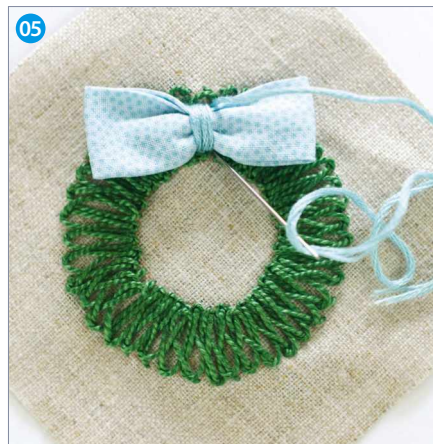
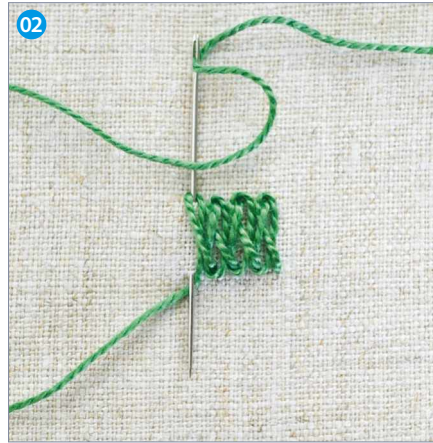
Step three Sew along the marked line and backstitch at the beginning and end. ⁰⁶

Step four Repeat this at each corner to finish.

BRAID *Stitch*

Deck the halls with stitching this winter when you make this pretty wreath ornament from braid stitch





YOU WILL NEED

- Main linen fabric: 20x20cm (8x8in)
- Contrast fabric: 16x12cm (7x5in)
- 2oz wadding: 12x12cm (4¾x4¾in)
- Perle cotton in size 8, for the wreath
- Stranded cotton, for the bow and running stitch
- Basic stitching kit, page 6

NOTES

- Designed and stitched by Mollie Johanson
- Find the template for this project on page 115

WORKING BRAID STITCH

Step one Work from right to left along two drawn parallel lines. Bring the needle up through the fabric on the bottom line.

Step two Make a loop with the working thread, so the thread that just came through the fabric is on top.

Step three Insert the needle through the loop then in through the top line, and back out on the bottom line. **01**

Step four Pull the working thread taut on the needle and slide it under the point of the needle. Gently pull the needle through to complete the stitch. Work subsequent stitches in the same way. To end a thread, tack the lower loop down and start a new one coming up through the last stitch. **02**

STITCHING THE WREATH

Step one Place the linen fabric right side (RS) up centrally over the template and trace over the inner and outer circle.

Step two Using Perle cotton, work braid stitch around the wreath. The outer circle is the bottom line and the inner circle is the top line so you're stitching from the outside in.

Step three Work the braid stitch so it's slightly fanned, with tighter spacing on the inside and looser on the outside.

MAKING THE ORNAMENT

Step one Trim the linen to 12x12cm (4¾x4¾in) with the wreath placed centrally. **03**

Step two Cut the contrast fabric as follows: Backing: 12x12cm (4¾x4¾in). Bow: 4x10cm (1½x4in).

Step three Fold and press the two long edges of the bow over to the wrong side (WS) so they overlap by 5mm (¼in). Fold the short ends to the WS so they overlap by 1cm (¾in). **04**

Step four Hold the folded cotton bow in place at the top of the wreath and satin stitch it into place using stranded cotton. Make the stitches narrower than the bow to pull in the middle. **05**

Step five Place the embroidered fabric and backing fabric RS together with the wadding beneath and pin together.

Step six Stitch together around the sides using a 1cm (¾in) seam allowance, leaving a 7cm (2¾in) turning gap in the centre of one side.

Step seven Trim the corners and turn the ornament RS out carefully, as the stitches are quite delicate.

FINISHING OFF

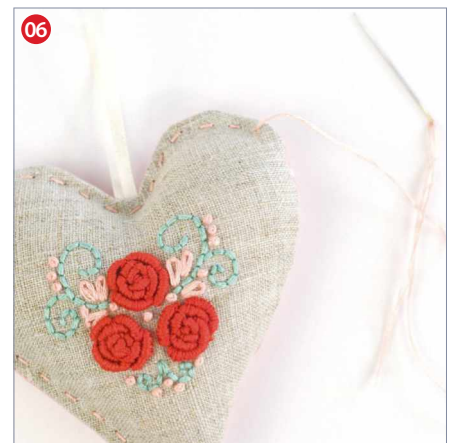
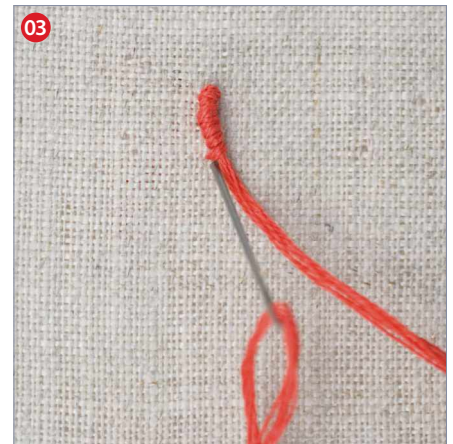
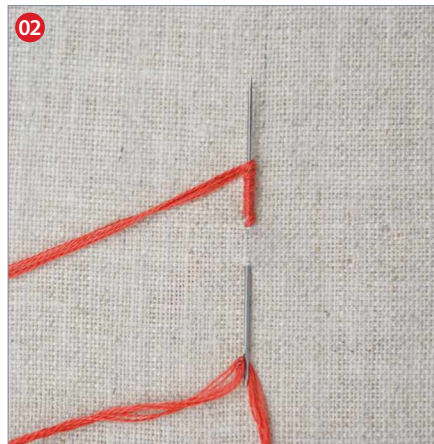
Step one Slip stitch the opening closed.

Step two Work a running stitch around the edge using stranded cotton and add a loop of Perle cotton to the back for hanging. **06**

BULLION *Knots*

Pretty up your space with this hanging decoration stitched with bullion knot roses





YOU WILL NEED

- Main fabric: 20x20cm (8x8in), heart front
- Backing fabric: 20x20cm (8x8in), heart back
- Stranded cotton in dark coral, green and pink
- Narrow ribbon: 20cm (8in)
- Polyester fibrefill
- Matching thread
- Basic stitching kit, page 6

NOTES

- Use a 1cm (3/8in) seam allowance
- Designed and stitched by Mollie Johanson
- Find the template for this project on page 116

WORKING A BULLION KNOT

Step one Bring the needle up through the fabric where you want the knot to start.

Step two Take the needle down through the fabric a short distance away, then bring it back up again near the point where the thread first emerged, leaving the needle in place. **01**

Step three Wrap the working thread around the needle as many times as it takes to make a wrapped coil that is as long as the knot you are forming, keeping the thread as smooth as possible. If you want to make a bullion knot with a curve, the wrapping should be a little longer than the stitch gap. **02**

Step four Hold the wrapped thread and carefully pull the needle and thread through. If the wrapping is too tight to pull the needle through then twist it a little to loosen it. As you pull the thread, the wrapped knot will come back and lie on the fabric. **03**

Step five Bring the needle back through the fabric to complete the bullion knot.

MAKING THE HEART ORNAMENT

Step one Place your main fabric right side (RS) up on top with the template centrally beneath, then trace over the motif and the heart outline.

Step two Use six strands of stranded cotton for all the stitching.

Step three Start by stitching the roses as bullion knots in dark coral. Make a tiny bullion knot for

the centre, then add more knots to fill in the circle, making them longer as you go.

Step four Work the swirls in green backstitch.

Step five Use pink stranded cotton to work the small dots in French knots and the petal shapes, which are worked as detached chain stitches.

MAKING THE HEART

Step one Cut out the drawn heart shape, then use this as a template to cut out a heart shape from the backing fabric. **04**

Step two Tie the ends of the ribbon together.

Step three Pin the heart front and back right sides (RS) together with the loop of ribbon between the layers. The knot should stick out of the top centre of the heart.

Step four Sew the heart front and back together, leaving a turning gap on one side.

Step five Clip the points and curves. **05**

FINISHING OFF

Step one Turn the heart RS out, fold the edges of the turning gap to the inside and press.

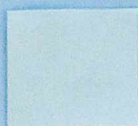
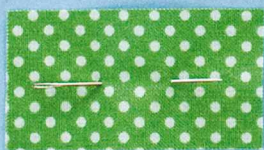
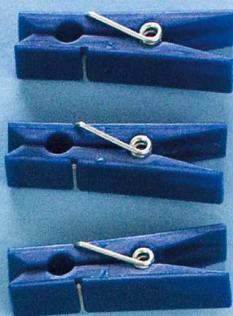
Step two Stuff lightly then slip stitch the turning gap closed.

Step three Stitch around the edge of the heart with running stitch and three strands of pink stranded cotton to decorate. **06**

CABLE CHAIN

Stitch

Learn how to sew cable chain stitch and make an embroidered mug rug in time for tea





LEARN THE STITCH



USE THE STITCH



YOU WILL NEED

- Linen fabric: 25x35cm (10x14in)
- Cotton backing fabric: 16x21cm (6 $\frac{3}{8}$ x8 $\frac{1}{4}$ in)
- 2oz wadding: 16x21cm (6 $\frac{3}{8}$ x8 $\frac{1}{4}$ in)
- Stranded cotton
- Basic stitching kit, page 6

NOTES

- Use a 1cm ($\frac{3}{8}$ in) seam allowance.
- Designed and stitched by Mollie Johanson
- Find the template for this project on page 117

TIP

Use a mixture of tonal colours to work the concentric circles on your mug rug and alternate stitch styles.

WORKING A CABLE CHAIN STITCH

Step one Bring the needle up through the fabric and wrap the working thread over and under the needle. **01**

Step two Insert the needle a short distance from where the thread came up, then bring it back up through the fabric a stitch distance away. Pull the working thread taut and then hold it under the needle. **02**

Step three Pull the needle through the fabric, making sure that the working thread is inside the loop of thread that forms. **03**

MAKING THE MUG RUG

Step one Place the linen fabric centrally on top of the template and trace over it lightly in pencil or erasable pen.

Step two Embroider the concentric circle design on linen, following the traced lines and the stitch guide above. Use three strands of stranded cotton to work cable chain stitch, as well as running stitch and backstitch.

Step three Trim the linen to 16x21cm (6 $\frac{3}{8}$ x8 $\frac{1}{4}$ in), with the design central. **04**

Step four Place the linen and backing fabric right sides (RS) together with the wadding between them.

Step five Pin and then sew together all the way around but leaving a 6cm (2 $\frac{3}{8}$ in) turning gap in the centre of one side.

Step six Trim the corners and turn RS out. **05**

Step seven Fold the turning gap to the inside.

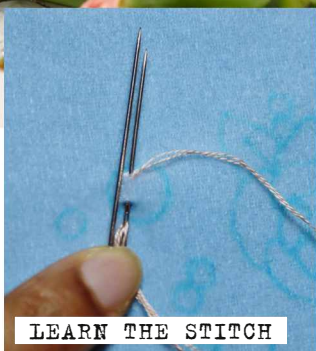
Step eight Work a running stitch around the edge using three strands of stranded cotton. **06**



CAST-ON

Stitch

Also known as ring picot stitch, use cast-on stitch to beautifully embellish accessories and clothes



LEARN THE STITCH



Make a stitch from one point to another. The distance between these points will determine the length of the stitch. Bring the needle up through the fabric at the first point and back down through the second point, but don't pull it all the way through the fabric. You can do this stitch with one needle or lay a second alongside the needle in the fabric to create larger loops.

Hold the needles in one hand and create the loops with the other. Cross the thread over and loop it around your finger, then slide the loop onto the needles and pull it gently so the loops sit snugly around the needles. Continue in this way, adding as many loops as you need to fill the length of the stitch. When you've added all the loops, remove the additional needle.

Next, pull the main needle forwards through all of the loops and out of the fabric. The loops should now be gathered on the strand of thread. Keep pulling until all the thread is out and the loops are close to the fabric. Position the ring of loops so they lie flat and all the knots of each loop are on the outer edge. Place the needle back down into the fabric at the end of the stitch.

To form a cast-on stitch rose, imagine there's a small triangle inside the marked outline of the circle. Bring the needle up at point one and down at point two and work the cast-on stitch. Repeat, starting at the end of the previous stitch and down at the next point of the triangle. Once you've completed the inner triangle, add more stitches behind to fill the circle.



USE THE STITCH



YOU WILL NEED

- Main fabric: stretch velvet
- Stranded cotton in coral, green, orange, soft pink and yellow
- Padded headband (which measures 4cm (1½in) at its widest point)
- Ribbed ribbon: 1cm (¼in) wide
- Strong, clear craft glue
- Sewing machine (optional)
- Basic stitching kit, page 6

NOTES

- Designed and stitched by Shikira Alleyne, www.kreativepursuit.com
- Find the template for this project on page 116

STITCHING THE HEADBAND

Step one Copy and cut out the template. Fold the stretch velvet in half. Place the long straight edge of the template against the fold of the fabric and pin in place. Cut around the three other sides of the template, through both layers of fabric. Remove the template and unfold so you have one complete piece that's double the size. Transfer the design from the template onto both ends using your preferred method. **01**

Step two Make roses inside the larger circles in the pattern. Work each rose using cast-on stitch in two strands of soft pink, following the instructions in step 4 on the opposite page. Work eight or nine loops per cast-on stitch petal. **02**

Step three Next, cover the outlines of the small circles with bullion knot (page 12) using two strands of coral. To work this stitch, pretend there's an imaginary square inside the circle. Bring your needle up through the fabric of the first point of your square and back down into the next point, then back up into the first point, keeping the needle on top of the fabric. Coil the thread around the needle eight or nine times. Pull the needle through the loops, keeping the coils wrapped and pulling them close to the fabric, then insert the needle back down into the fabric. Repeat three more times, going around until the square is complete. **03**

Step four Using two strands of yellow, fill each of the bullion knot squares with three or four

French knots (page 14). Add French knots for the dots on the pattern in four strands of yellow and one in the centre of each cast-on stitch rose using four strands of coral. **04**

Step five Fill in the large flower with satin stitch (page 16) using two strands of orange, stitching each petal separately. Next, fill the flower centre with loop stitches (page 15) in two strands of yellow. Then, stitch the leaves in fishbone stitch (page 14) using two strands of green. **05**

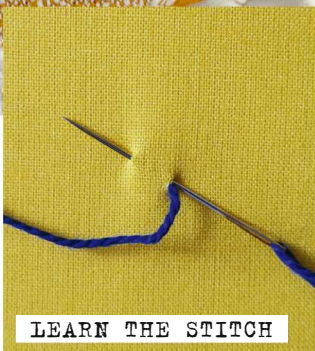
ASSEMBLING THE HAIRBAND

Step one With the RS together, pin the seams of the fabric lengthways and sew a line of straight stitch 5mm (¼in) from the seam, leaving an opening about 6-7cm (2¼-2½in) wide to allow the headband to fit inside. You can use a sewing machine if you have one or work this part by hand. Turn the fabric through so the embroidery is RS out. Push one end of the fabric onto the headband until it gets to the corner and pull the other end on. With the fabric covering the headband, push the two sides of the fabric together and close it with blanket stitch.

Step two Finish off by gluing the ribbed ribbon to the fabric, on the underside of the headband, to hide the stitched seam. Allow this to dry completely before wearing.

CHAIN *Stitch*

Brilliant for creating outlines and sketched effects, the versatile chain stitch is both decorative and practical



LEARN THE STITCH



Bring the needle up where you want the first stitch to start, pulling the thread all the way through the fabric. Push the needle back in the same hole or beside where the thread emerged. In the same movement, bring the point of the needle back up again at short distance away. This sets the length of your chain stitch so you can make it as long or as short as you want.

Now lay the thread flat on the fabric so that it's underneath the point of the needle and hold it in place with your finger. Slowly pull the needle and thread through the fabric and you will have created your first loop, or chain stitch. Make sure you pull the thread gently so that the loop just sits neatly on the fabric and isn't too tight to pucker it or too loose so it hangs off it.

For the next chain stitch, push the needle back into the fabric where the thread emerged. Repeat the process to bring the point of the needle back up again to set the length of the stitch, then pull the needle through, making sure the thread is under the needle. Continue working the chain stitch in this way. To finish, make a small stitch over the last loop to hold it in place.

You can further embellish your chain stitch by working whipped chain stitch. This creates a more raised line than ordinary chain stitch. First work a line of chain stitches then use another thread, usually in a different colour, to work through the stitches without piercing the fabric. Work the whipping stitches from top to bottom to give an even appearance.



USE THE STITCH



YOU WILL NEED

- Blanket or throw
- Perle No.3 thread to coordinate with the blanket
- Chenille needle
- Water-soluble stabiliser: A4 sheet
- Basic stitching kit, page 6

NOTES

- Designed and stitched by Rebecca Reid
- Find the template for this project on page 117. You may prefer to enlarge, depending on the size of the blanket/throw

MAKING THE BLANKET

Step one You can work this design on any type of blanket or throw – we've used a woven cotton picnic blanket. You need to experiment a little to see which type of thread will work with your blanket. We've used Perle No. 3 for ours as this is the thickest one. It has a slight sheen, which makes your stitching stand out. Threads such as stranded cotton (using all six strands), soft cotton and tapestry wool will all work well to make chunkier stitches. Blankets often have a textured finish, or are thick, so can be tricky to transfer a design on to. We used a water-soluble stabiliser for ours and traced the design on it but you could also try freehand with a pen. **01**

Step two Stick or tack the stabiliser to the blanket in your chosen position – we placed ours in one corner – and move it around until you are happy with the positioning. **02**

Step three One of the advantages of using a water-soluble stabiliser is that it also provides a little structure and weight while you're stitching and stops the stitches from 'disappearing' into the fabric and being pulled through to the back as you work them. Start by stitching the straight lines outside the writing. As the back of your stitching will be visible and your embroidery will get a lot of wear it's important to start and finish your stitching securely. Use the waste knot method to start off all your stitching. **03**

Step four Now work chain stitch all along the straight line. Make sure you keep your stitches the same size for an even finish. As this is quite chunky embroidery you can make the stitches a little bigger than you would for normal surface embroidery, but make sure they don't sag across the fabric. **04**

Step five As the blanket will have a lot of wear don't carry thread from one area to another or these long threads on the back of your blanket will sag and could easily get caught, snagged and broken. Always finish a new thread each time by running the thread through the stitches already worked on the back of the blanket two or three times. **05**

Step six When you're working the lettering, in order to achieve the tight curves, you'll need to make your stitches a little smaller. Work the dots on the 'i' and '!' as cross stitches by simply working one straight stitch crossed over another straight stitch. **06**

Step seven When all the stitching is finished, place your blanket in warm water and swish it around until all the stabiliser has dissolved. Then rinse it out thoroughly, but gently, to make sure it's all removed.

CIRCLE *Stitch*

Pretty circle stitch is perfect for welcoming a new arrival! Try it with this sweet embroidered baby bib design





LEARN THE STITCH



USE THE STITCH



YOU WILL NEED

- Linen fabric: 25x25cm (10x10in)
- Quilting cotton: 22x8cm (9x3in)
- Batting: 22x8cm (9x3in)
- Stranded cotton in floral colours (see notes)
- Embroidery needle
- Press fastener
- Basic stitching kit, page 6

NOTES

- Use a 1cm (3/8in) seam allowance
- We used DMC stranded cotton in the following shades: Deep coral: 351. Yellow-orange: 722. Yellow: 744. Dark blue-green: 3849. Light blue-green: 598
- Designed and stitched by Mollie Johanson
- Find the template for this project on page 118



Use stranded cotton to match the accent colours in your cotton contrast fabric for a bright, coordinated finish

WORKING CIRCLE STITCH

Step one Make four small angled straight stitches, working them as if coming in from the corners of a square. **01**

Step two Bring the needle up through the fabric next to one of the angled stitches. Slide the needle under the next angled stitch, and then continue sliding the needle under each of the four stitches. Repeat this process, working under the stitches and going around at least three times, or as many times as needed to form the circle size you desire. **02**

MAKING THE BABY BIB

Step one Transfer the template onto your fabric. Embroider the floral design onto your linen approx 3cm (1 1/4in) from the bottom. Stitch the stems and leaves in two shades of blue-green, with back stitch for the stems and lazy daisy stitches for the leaves. Stitch the smaller woven circle flowers with deep coral and the larger flowers with yellow and yellow-orange. Use three strands of stranded cotton for all the stitches. **03**

Step two Cut a 22x8cm (9x3in) rectangle of quilting cotton and sew it to the bottom of the embroidered linen so the flowers are near the seam. Cut out the bib template from the sewn front, as well as from quilting cotton and batting. **Step three** Sew the front, back and batting with right sides (RS) together. Leave an 8cm (3in)

opening for turning. Cut notches into all the curves. Turn the bib RS out. **04**

Step four Hand-sew the opening closed. Stitch around the entire bib with three strands of stranded cotton and running stitch. **05**

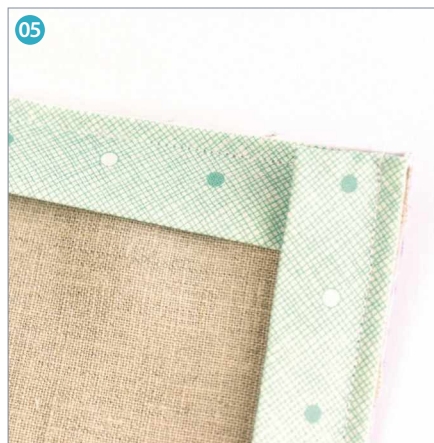
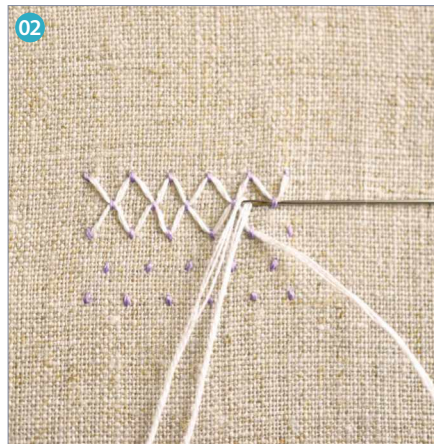
Step five Install a press fastener on the tabs of the bib. You could also use hook and loop tape or a button and buttonhole as a closure. **06**



CLOUD Stitch

Go up, up and away when you use cloud stitch to make a stylish embroidered placemat





YOU WILL NEED

- Linen fabric: 40x95cm (16x38in)
- Iron-on heavyweight interfacing: 32x44cm (12½x17¾in)
- Binding fabric: 20x52cm (8x21in)
- Stranded cotton in lavender and white
- Matching thread
- Basic stitching kit, page 6

NOTES

- Use a 5mm (¼in) seam allowance
- Designed and stitched by Mollie Johanson
- Find the template for this project on page 117

WORKING CLOUD STITCH

Step one Work several rows of evenly spaced vertical straight stitches, staggering each row.

Step two Using different coloured thread, bring your needle up from the back near the area you are stitching. Slide your needle from right to left through the first straight stitch, then through the first straight stitch in the next row.

Step three Repeat this, alternating between the rows, then take your needle back down. **01**

Step four Come up again and slide your needle from left to right through the first straight stitch of the third row, then through the first straight stitch in the row above. **02**

Step five Repeat this, alternating between the rows. When you're filling an area, you may need to form partial rows at the edges.

MAKING THE PLACEMAT CUTTING OUT

Step one Cut the linen fabric as follows:

Placemat front: 40x50cm (16x20in).

Placemat back: 32x44cm (12½x17¾in).

Step two Cut the binding fabric into four strips, 5x52cm (2x21in) each.

TRANSFERRING THE DESIGN

Step one Place the template underneath the front fabric, positioning it 10cm (4in) from the raw edges at the top left corner of the linen.

Step two Trace around the clouds outline using an erasable pen.

EMBROIDERING THE CLOUDS

Step one Using three strands of stranded cotton throughout, fill the clouds with cloud stitch.

Work the vertical straight stitches using lavender thread and the weaving in white.

Step two Outline the edges of the clouds in backstitch using lavender thread.

ASSEMBLING THE PLACEMAT

Step one Trim the embroidered front fabric to 32x44cm (12½x17¾in), with the outer edges of the clouds 3cm (1¼in) from the top and left. **03**

Step two Press the interfacing on the wrong side (WS) of the placemat back fabric. Pin the front and back of the placemat WS together.

BINDING THE EDGES

Step one Join the binding strips right sides (RS) together at the short ends to make a long strip.

Step two Fold the strip in half lengthways with WS together and press, then turn one short end under by 1cm (¾in) to the WS.

Step three Pin the binding to the front of the lower edge of the placemat. **04**

Step four Sew the binding in place, mitring the corners as you go. **05**

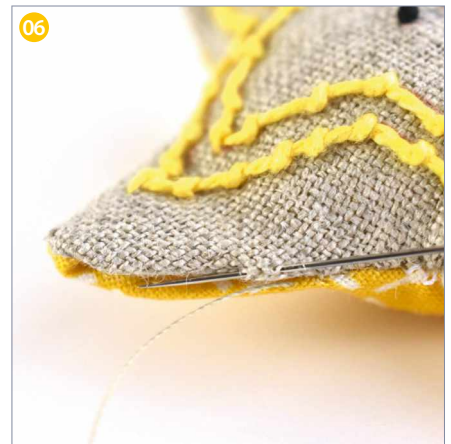
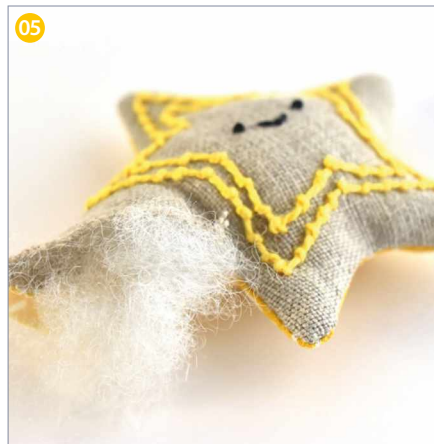
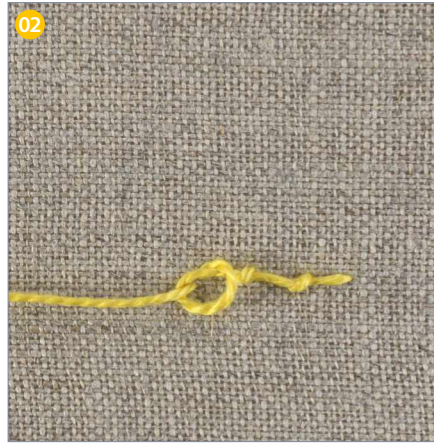
Step five Work a running stitch just inside the edge of the binding to decorate. **06**

CORAL

Stitch

Sew a cute and comforting pocket pal for a little one to carry with them using this coral stitch project





YOU WILL NEED

- Linen fabric: 30x30cm
- Quilting cotton: 30x30cm
- Perle cotton in yellow
- Stranded cotton in black
- Toy stuffing
- Small embroidery hoop (optional)
- Matching thread
- Basic stitching kit, page 6

NOTES

- Seam allowance is 6mm (1/4in) unless otherwise stated
- Designed and stitched by Mollie Johanson
- Find the template for this project on page 119

WORKING CORAL STITCH

Step one Come up through the fabric. Start the first coral stitch (or knot) a short distance from the starting point. Take a tiny stitch down and up through the fabric and on the line you are embroidering, leaving the needle in place. Wrap the working thread over the needle and then under it. **01**

Step two Tighten the working thread around the needle and then pull the needle through the fabric. Slowly pull the thread through and tighten the knot that forms on the fabric surface. Repeat the steps to make additional knots. Go back down through the fabric to end. **02**

MAKING THE STAR POCKET PAL

Step one Mark the pattern on the linen fabric. Embroider the two inside star lines with yellow Perle cotton and coral stitch. Embroider the face with three strands of black stranded cotton, using French knots for the eyes and a scallop stitch for the mouth.

Step two Cut out the linen star and a matching star from yellow quilting cotton. **03**

Step three Pin the star pieces right sides (RS) together and sew around the points with a 6mm (1/4in) seam allowance. Leave one side of one point open for turning and be sure to backstitch at the beginning and end. Clip into the corners and indents to reduce bulk. **04**

Step four Turn the star RS out and poke the corners into shape. Fill the star with stuffing, working it into the five points first, then the middle. To add a more tactile experience to this pocket pal, and if you're giving this to a child over five years old, fill the star with poly pellets or small beans instead of stuffing. **05**

Step five Fold the seam allowance in on the opening, then stitch it closed with ladder stitch. **06**

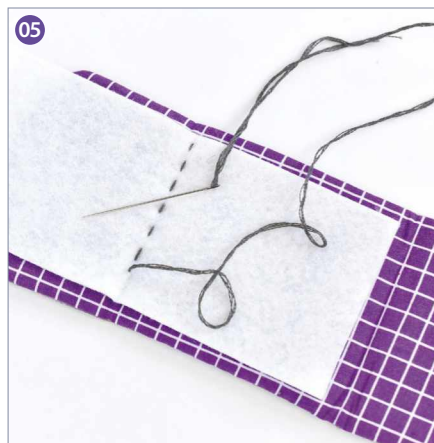
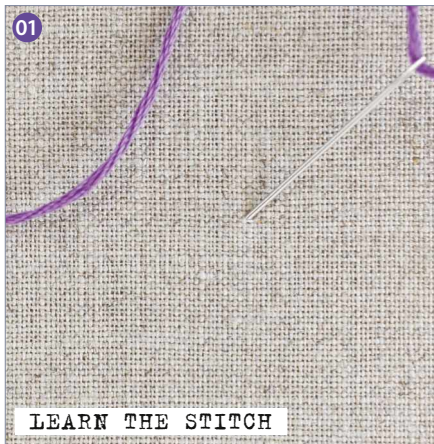


COUCHING

Stitch

Where would we be without our needles?
Learn couching stitch with this tutorial
and sew a cute case for them





YOU WILL NEED

- Linen fabric: 20x20cm (8x8in)
- Quilting cotton 20x20cm (8x8in)
- Wool felt: 10x15cm (4x6in)
- Wadding
- Embroidery hoop
- Stranded cotton in dark grey and purple
- Press fastener
- Matching thread
- Basic stitching kit, page 6

NOTES

- Use a 1cm (3/8in) seam allowance.
- More linen will be required if you are using a large embroidery hoop
- Designed and stitched by Mollie Johanson
- Find the template for this project on page 119

WORKING COUCHING STITCH

Step one Couching stitch uses two working threads. With the first thread, which will go along the line of your pattern, come up at one end of the line and down at the other end. If you are forming a complete shape, go down at the starting point. Keep this thread loose so you can shape it along the line as you add stitches in the next step. You do not need to secure the end yet. **01**

Step two Bring the second working thread up next to the line of the first thread. Go back down through the fabric, tacking the working thread in place. When you reach the end, secure both working threads. You can vary the spacing, but for best results keep it even. **02**

MAKING THE NEEDLE BOOK

Step one Use couching stitch with six strands of stranded cotton to embroider the circles, working with two shades of purple thread onto the linen. Use backstitch with two strands of dark grey thread for 'needles'.

Step two Cut out the embroidered piece with the template, with the design centred and the curved end at the top. Cut a matching piece from quilting cotton and wadding. **03**

Step three Sew the fabric layers and wadding together with the fabric pieces right side (RS) together. Trim the corners to reduce bulk and turn the piece RS out. Sew the opening closed with ladder stitch. **04**

Step four Cut a 6x12cm (2 3/8x4 3/4in) piece of wool felt. Fold and press the felt in half. Fold the ends of the outer needle book to the centre and then overlap the curved edge slightly. Hand-stitch the crease of the felt to the top crease of the folded needle book. Use four strands of grey stranded cotton and a running stitch. **05**

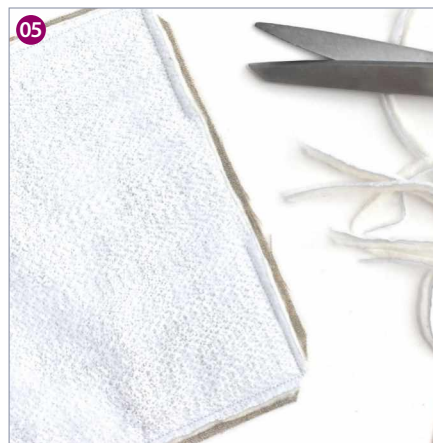
Step five Attach a press fastener to the overlapping ends of the needle book to finish, aligning the fastener pieces. **06**



CRETAN *Stitch*

Cretan stitch creates wonderful shapes and textures. Master it here and make this decorative pot holder





YOU WILL NEED

- Linen fabric: 20x20cm (8x8in), for the outer
- Quilting cotton fabric: 20x25cm (8x10in), for the lining and hanger
- Stranded cotton in coordinating shades
- Thin cotton wadding: 20x20cm (8x8in)
- Insulated wadding: 20x20cm (8x8in)
- Matching thread
- Basic stitching kit, page 6

NOTES

- To work Cretan stitch, it helps to have the leaf outline with two contoured guide lines inside the leaf as well
- It's important to use insulated wadding for pot holders as this will prevent surfaces (and your hands!) from heat
- Designed and stitched by Mollie Johanson
- Find the template for this project on page 120

WORKING CRETAN STITCH

Step one To start the stitch, come up on the left side of the leaf and go back down at the top point of the leaf, leaving a loop of thread on the surface. Bring the needle up on the right inside line, catching the loop of thread. Pull the loop taut. Go back down on the right outside line, leaving a loop of thread on the surface. **01**

Step two Bring the needle up on the right inside line again, catching the loop of thread. Pull the loop taut. Go down on the left outside line, leaving a loop, and then come up on the left inside line, catching the loop. Work back and forth in this manner. You should always come up on an inside line and then go down on the opposite outside line. To end the stitch, go down at the base of the leaf. **02**

CUTTING OUT

Step one From the quilting cotton cut:

Pot holder lining: 20x20cm (8x8in).

Hanger: 5x15cm (2x6in).

Step two From the thin wadding cut:

Pot holder wadding: 20x20cm (8x8in).

Step three From the insulated wadding cut:

Insulated wadding: 20x20cm (8x8in).

EMBROIDERING THE DESIGN

Step one Transfer the template onto the linen. Embroider the row of four leaves diagonally on the outer linen square. Stitch the Cretan stitch

leaves in shades of orange and pink, working with six strands. **03**

Step two Sew the hanger into a long tube and turn it right side (RS) out. Press the tube flat and fold it to make a loop.

Step three Layer the pot holder wadding and insulated wadding, then the embroidered square and the pot holder lining piece with RS of the fabric together. Place the hanger loop piece between the fabric layers with the raw ends in the corner. Pin and sew around the square with a 1cm (3/8in) seam allowance. You'll need to leave a 5cm (2in) gap for turning. **04**

Step four Clip the corners and trim some of the seam allowance from the layers of wadding to reduce bulk. Turn the pot holder RS out and poke the corners into shape. Press the pot holder, making sure the seams are even and the seam allowance on the opening is pressed under. **05**

Step five Sew the opening closed with ladder stitch. Use six strands of stranded cotton to stitch around the edges with running stitch. **06**

TIP

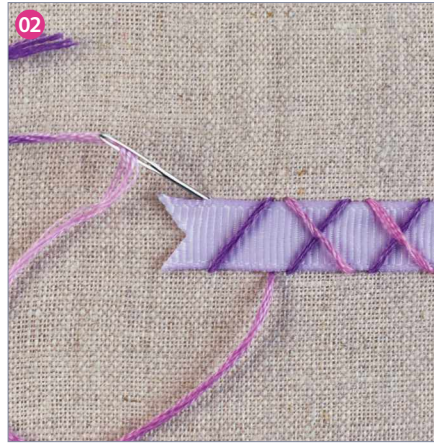
Customise the leaf colours depending on the season!

CROSS

Stitch

Go big with your cross stitches to transform fabric scraps and a jar into a handy storage pot for your pens or sewing tools





YOU WILL NEED

- Linen fabric: 20x10cm (8x4in)
- Fabric A quilting cotton: 10x15cm (4x6in)
- Fabric B quilting cotton: 10x6cm (4x2¼in)
- Backing fabric (we used fabric B): 10x27cm (4x10½in)
- Wadding: 10x27cm (4x10½in)
- Stranded cotton in coordinating shades
- Ribbon shade 1: 60x1cm (23½x¾in)
- Ribbon shade 2: 60x1cm (23½x¾in)
- Matching thread
- Fabric glue (optional)
- Basic stitching kit, page 6

NOTES

- Seam allowance is 1cm (¾in) throughout.
- Designed and stitched by Mollie Johanson

WORKING CROSS STITCH

Step one Lay a piece of ribbon on the surface of your fabric. To keep it in place as you stitch, it may be helpful to stick it down with a dab of fabric glue. Thread a needle with stranded cotton and come up through the fabric next to the ribbon. Go back down on the other side of the ribbon, making an angled stitch or half of an X. Repeat along the length of ribbon. **01**

Step two Complete the row of Xs by forming angled stitches going in the opposite direction. Always come up on one side of the ribbon and back down on the other side. **02**

MAKING THE JAR WRAP

Step one Cut five pieces of ribbon, each 6cm (2¼in) long, trimming the ends with points. Use six strands of stranded cotton and couched ribbon cross stitch to stitch them down onto the piece of linen. **03**

Step two Sew the small fabric A and B cotton pieces to each end of the stitched linen. Use a large coin such as a two pence or US quarter to round the corners of the pieced front, as well as the wadding and back piece. **04**

Step three Cut four 20cm (8in) pieces of ribbon. Layer the front and back fabric pieces with right sides (RS) together and with the wadding underneath. Place two ribbon pieces at each end between the fabric layers and pin all the layers. Sew around the shape with a 1cm (¾in) seam

allowance, leaving an opening for turning. **05**

Step four Trim the wadding close to the seam at the corners. Turn the piece RS out and press. Sew the opening closed. Topstitch around the jar wrap with three strands of stranded cotton and running stitch. Tie the wrap around a small glass jar and add your pens and pencils. **06**



EYELET *Stitch*

Stash your sewing kit, jewellery
or toiletries in this pretty eyelet
stitch motif drawstring pouch





01

LEARN THE STITCH



02



03

USE THE STITCH



04



05



06

YOU WILL NEED

- Linen, for the bag outer (see notes)
- Lining fabric, for the bag lining
- Stranded cotton in pale pink and white
- Wooden bead
- Matching thread
- Basic stitching kit, page 6

NOTES

- Use a 7mm (¼in) seam allowance
- Designed and stitched by Mollie Johanson
- Find the template for this project on page 116

TIP

Instead of hand stitching the drawstring eyelets, you can make buttonholes on your machine or install metal eyelets or grommets

WORKING DECORATIVE EYELET STITCH

Step one Come up at the outside of the pattern or shape. Go back down near the centre.

Step two Continue making straight stitches, working from the outside to the centre with each stitch. You can work eyelet stitch with even or varying-length stitches. **01**

WORKING FUNCTIONAL EYELET STITCH

Step one Stitch a ring of back stitch a little larger than hole of the eyelet should be. Carefully cut out the centre with small scissors.

Step two Work eyelet stitch closer than the decorative version and working from the outside in to the centre hole. **02**

CUTTING OUT THE DRAWSTRING BAG

Step one From the linen cut:

Bag outer strip: one 15x50cm (6x19¾in).

Bag side: two 10x20cm (4x7¾in).

Step two From the lining fabric cut:

Bag outer strip: Cut one 15x50cm (6x19¾in).

Bag side: two 10x20cm (4x7¾in).

Tie closure: one 4x50cm (1½x19¾in).

EMBROIDERING THE BAG

Step one Transfer the eyelet stitch pattern from the template onto your fabric.

Step two Using three strands of stranded cotton, embroider the decorative eyelets on the right side (RS) of the linen 15cm (6in) from one short end.

ASSEMBLING THE BAG

Step one Mark the centre of the bag's outer strip long edges as well as the centres of the short edges of the bag side pieces.

Step two Using a 7mm (¼in) seam allowance, sew the bag side pieces to the bag outer strip with right sides (RS) together, matching the markings. Repeat with the lining fabric. **03**

Step three Pin and sew the four sides of the linen RS together, forming a bag shape. Repeat with the lining bag pieces to create an identical piece.

Step four Place the lining in the outer bag with wrong sides (WS) facing. Pin and sew around the top of the bag, leaving a 6cm (2¾in) opening. Turn the bag RS out and push the lining into the bag. **04**

Step five Roll the top seam open with your fingers and press the seam allowances on the opening in. Stitch around the top edge by hand with three strands of stranded cotton and running stitch.

Step six Mark and stitch eight eyelets around the bag approx 4cm (1½in) from the top, using the functional eyelet template. **05**

MAKING THE TIE CLOSURE

Step one Sew the tie closure lining fabric into a tube with one end closed. Turn the tube RS out, tuck the raw edges inside and stitch to close.

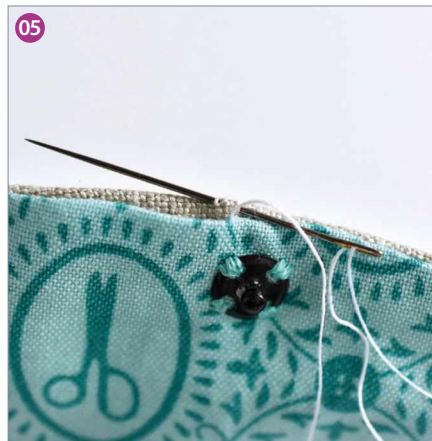
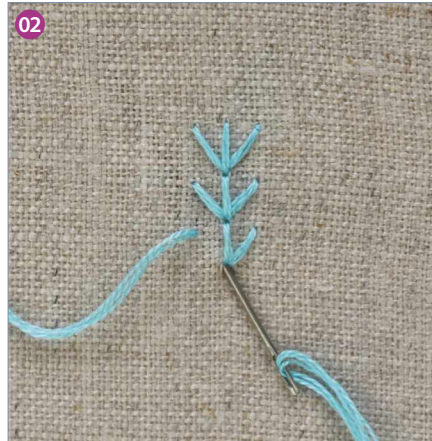
Step two Thread the drawstring tie through the eyelets, starting on the side of the bag.

Step three Thread a bead over the ends of the drawstring and then tie the two ends together. **06**

FERN *Stitch*

We show you how to use a rainbow of threads for this sweet scissor case embellished with delicate fern stitches





YOU WILL NEED

- Linen fabric: 25x45cm (10x18in)
- Lining fabric: 15x35cm (6x14in)
- Press fastener
- Stranded cotton in a selection of colours
- Embroidery hoop
- Matching thread
- Basic stitching kit, page 6

NOTES

- Use a 5mm (¼in) seam allowance
- 8-10cm (3-4in) embroidery scissors fit nicely within this case, but you can adjust the pattern size to fit different scissors
- Designed and stitched by Mollie Johanson
- Find the template for this project on page 119

WORKING FERN STITCH

Step one Work this stitch along a straight or curved line, working from top to bottom. Come up a short distance from the line and bring the needle down through the fabric on the line, forming an angled stitch. **01**

Step two Come up from the back on the line and then go back down on the line in the same hole as the end of the first stitch. **02**

Step three Come up a short distance on the other side of the line and bring the needle back down through the same ending hole of the first two stitches. **02**

Step four Repeat this cluster of three stitches.

CUTTING OUT THE SCISSOR CASE

Step one Cut the linen fabric as follows:
 Front: 20x25cm (8x10in).
 Back: 11x17cm (4¾x6¾in).

TRANSFERRING THE DESIGN

Step one Place the template centrally under the front piece. Trace the design lines and case outline.

EMBROIDERING THE FERNS

Step one Using three strands of stranded cotton throughout, embroider the fern stitch motif on the linen using different colours for each row.

Step two Use fern stitch at the tops of the lines and back stitch at the bases. Work the lines from the outside in to create the overlap.

MAKING THE FRONT AND BACK

Step one Press the embroidered fabric then cut out along the drawn scissor case outline.

Step two Trace the scissor case outline onto the linen back fabric and twice onto the lining fabric then cut along the drawn lines. Mark the small dot onto the lining fabric pieces. **03**

Step three Sew the front and back of a press fastener to the lining pieces at the marked dots.

Step four Place the embroidered linen front RS facing with one lining piece and sew together, leaving a small turning gap in the top.

Step five Repeat this with the linen back and other lining piece.

Step six Clip the corners and turn RS out. **04**

Step seven Fold the turning gap of each piece to the inside then press.

Step eight Slip stitch the turning gap closed. **05**

Step nine Work a running stitch across the top edge of both the front and back pieces.

ASSEMBLING THE SCISSOR CASE

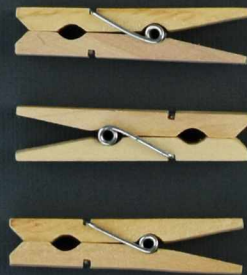
Step one Pin the front and back pieces together.

Step two Stitch together down the sides with running stitch. **06**

Step three Place your scissors in the case and snap it closed to finish.

FISHBONE *Stitch*

Learn fishbone stitch to embroider
a botanical bookmark as a thoughtful
gift for an avid reader





01

LEARN THE STITCH



02



03

USE THE STITCH



04



05



06

YOU WILL NEED

- Linen fabric: 25x15cm (6x10in), bookmark front
- Cotton fabric: 18x6.5cm (7½x2½in), bookmark back
- Stranded cotton in light green, dark green and grey
- Ribbon or selvedge: 1x8cm (¾x3in)
- Matching thread
- Basic stitching kit, page 6

NOTES

- Use a 5mm (¼in) seam allowance
- Designed and stitched by Mollie Johanson
- Find the template for this project on page 120

WORKING FISHBONE STITCH

Step one Working on one leaf shape at a time, make a short vertical straight stitch. Bring the needle up on the right side of the shape and go back down just to the left of the centre line. **01**

Step two Bring the needle up on the left side of the shape and then go back down just to the right of the centre line. **02**

Step three Repeat this process to fill in the shape. You can make the stitches close together for a solid look, or spread them apart a little for a more open design.

TRACING THE LEAF DESIGN

Step one Place the main fabric right side (RS) up on top of the template. The design should be positioned centrally beneath the fabric.

Step two Trace over the outlines lightly in pencil or with an erasable pen.

WORKING THE LEAF EMBROIDERY

Step one Use three strands of stranded cotton for all the stitching as this will fill the design area well. If you want to use a different thread then practise a few stitches first on spare fabric.

Step two Embroider each leaf in fishbone stitch using two shades of green. The leaves on the right are worked in dark green and the leaves on the left in light green.

Step three To stitch the top leaf with both shades, work with both colours at the same

time using two needles, alternating between the two sides.

Step four Stitch the centre line in chain stitch using grey stranded cotton.

MAKING THE BOOKMARK

Step one Trim the embroidered linen to 18x6.5cm (7½x2½in), making sure that the design is placed centrally. **03**

Step two Pin the front and back of the bookmark with RS together.

Step three Fold the ribbon in half and pin it at the centre of the top of the fabrics between the layers with the raw ends matching up with the fabric edge. **04**

Step four Sew the fabrics together using a 5mm (¼in) seam allowance, trapping the ribbon loop in place as you go, and leaving an opening in the centre of one long side for turning. **05**

Step five Trim the corners to reduce bulk. **05**

Step six Turn the bookmark RS out then fold the edges of the turning gap to the inside.

FINISHING OFF

Step one Stitch around the edge of the bookmark with running stitch using three strands of grey stranded cotton.

Step two Keep your stitches close to the edge to decorate and hold the turning gap closed. **06**

FLY *Stitch*

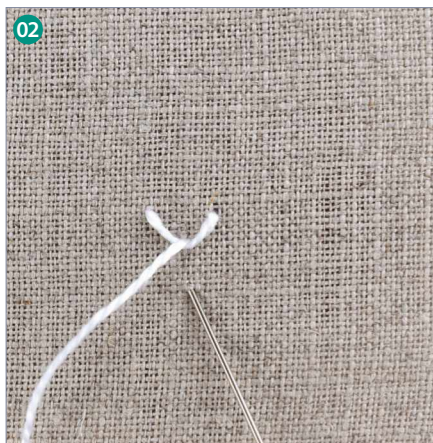
Learn fly stitch and embroider this snowflake tag – each one will be unique, just like the real thing!





01

LEARN THE STITCH



02



03

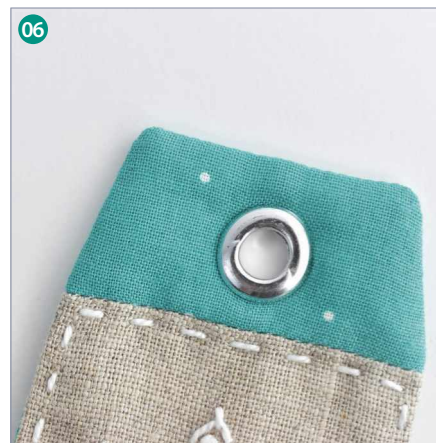
USE THE STITCH



04



05



06

YOU WILL NEED

To make one tag

- Linen fabric: 12x12cm (5x5in)
- Quilting cotton: 7.5x5.5cm (3x2¼in)
- Embroidery hoop
- White Perle cotton thread
- Thin cotton wadding
- Eyelet and attachment tool
- Ribbon: 20cm (8in)
- Matching thread
- Basic stitching kit, page 6

NOTES

- Designed and stitched by Mollie Johanson
- Find the template for this project on page 120

WORKING FLY STITCH

Fly stitch makes a Y-shaped stitch, which can look different depending on the proportions.

Step one To begin, come up through the fabric on one side of the top of the Y. Go back down on the other side of the Y, leaving a loop of thread on the surface. Come up at the centre point of the Y, catching the loop of thread with your needle. **01**

Step two Pull the thread taut so the loop forms a V or U shape. Go down below where the needle came up, forming the vertical line of the Y. **02**

CUTTING OUT THE GIFT TAG

Step one From the cotton fabric cut:
Tag outer upper: cut one 7.5x5.5cm (3x2¼in).
Tag backing: cut one using the template.

Step two From the thin cotton wadding cut:
Tag wadding: cut one using the template.

ASSEMBLING THE TAG

Step one Embroider a snowflake design on the linen with white Perle cotton. Use fly stitch and French knots for the snowflakes (one pattern also uses straight stitch at the centre). Cut the linen down to a 7.5x7.5cm (3x3in) square. **03**

Step two With right sides (RS) together, sew the cotton tag outer upper to the top of the embroidered linen piece and press the seam open. Use the template to cut the tag shape from the pieced fabric.

Step three Layer the tag pieces with RS together and the wadding behind. Pin and sew around the sides, leaving a 4cm (1½in) gap for turning. Use a 7mm (¼in) seam allowance. **04**

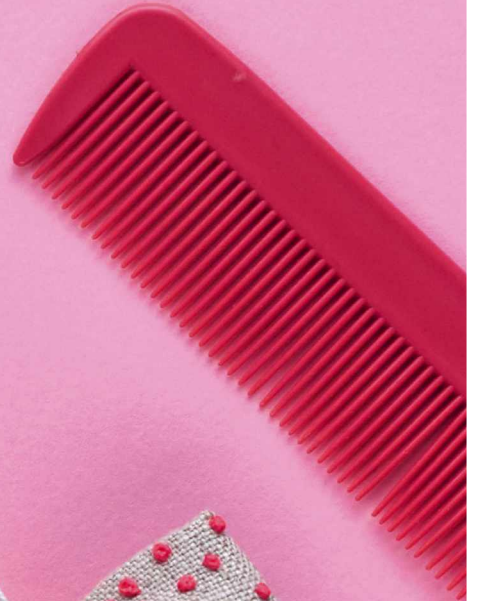
Step four Trim the corners to reduce bulk, then turn the tag RS out. Press the seams open and then press under the seam allowance along the turning gap. Sew the opening closed. Stitch around the linen section with running stitch and white Perle cotton. **05**

Step five Install a metal eyelet in the top section of the tag, following the manufacturer's instructions. Add a ribbon through the eyelet to attach your tag to a gift or hang it as a decoration. **06**



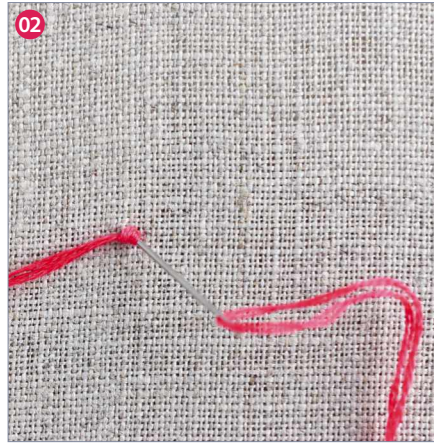
FRENCH *Knot*

Dotty about bows? Dress your hair with this eye-catching linen fabric bow, adorned with pretty pink French knots





LEARN THE STITCH



USE THE STITCH



YOU WILL NEED

- Linen fabric: 25x20cm (10x8in), for the bow
- Linen fabric: 10x10cm (4x4in), for the bow centre
- Stranded cotton in three shades of pink
- Hair elastic
- Matching thread
- Basic stitching kit, page 6

NOTES

- Designed and stitched by Mollie Johanson

TIP

Place the hair bow on a headband or use it to decorate a gift!

WORKING FRENCH KNOTS

Step one Come up through the fabric and wrap the working thread around the needle twice. **01**

Step two Pull the working thread taut as you insert the needle close to where the stitch started, but not in the same hole.

Step three Hold the working thread as you pull the needle through, forming the knot. **02**

CUTTING OUT

Step one From the linen fabric cut:

Bow: 24x18cm (9½x7¼in).

Bow centre: 9x6.5cm (3½x2½in).

Mark an 11x8cm (4¾x3¼in) rectangle in the centre of the larger piece.

MAKING THE HAIR BOW

Step one Working with three shades of pink, embroider a scattering of French knots in the rectangle. Start with the darkest shade at the ends and change to the lighter shades as you work toward the centre. Leave approx 2cm (¾in) unstitched at the centre. Remove any markings from the embroidery. **03**

Step two Sew each of the rectangles into a long tube. Use a 7mm (¼in) seam allowance. Turn the tubes right side (RS) out and press them so the seam is centred on the back. Stitch the two edges of the small tube with three strands of pink stranded cotton and running stitch. **04**

Step three Fold the ends of the large rectangle

to the back centre. Fold one end under, then hand sew it to the other side with ladder stitch. You should now have a tube that's stitched into a flattened ring. **05**

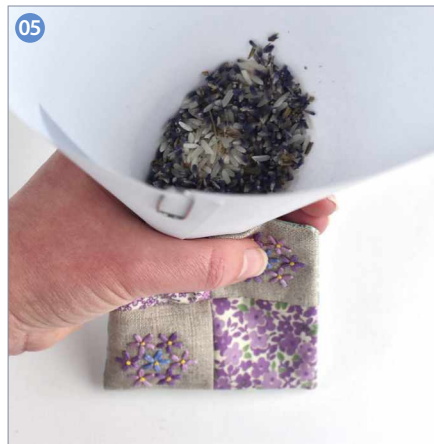
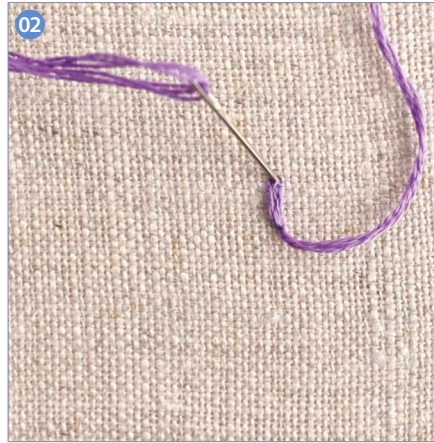
Step four Pinch the centre of the bow together and secure it with a few hand stitches through the centre. Place a hair elastic at the back of the bow. Wrap the small rectangle around the bow centre covering the hair elastic and then stitch the ends of the bow centre together as you did with the bow piece previously. **06**



GRANITOS *Stitch*

Discover granitos stitch, the perfect stitch for pretty petals, and sew this embellished scented sachet





YOU WILL NEED

- Linen fabric, fat quarter
- Quilting cotton, fat quarter
- Stranded cotton in coordinating floral shades
- Small embroidery hoop
- Rice and lavender for stuffing
- Matching thread
- Basic stitching kit, page 6

NOTES

- Fat quarter = 45x56cm (18x22in)
- Use a 7mm (¼in) seam allowance unless otherwise stated
- Designed and stitched by Mollie Johanson
- Find the template for this project on page 120

WORKING GRANITOS STITCH

Step one Come up and go back down to make a straight stitch. Bring the needle up again through the first hole at the bottom of the stitch. Go back down at the top of the stitch. As the needle passes through the fabric, hold the working thread to the left of the first stitch, guiding the thread to lay on the fabric to the left side. 01

Step two Bring the needle up again through the first hole at the bottom of the stitch. Go back down at the top of the stitch, this time guiding the thread to lay on the fabric to the right-hand side of the first stitch. You can stop here or add more stitches in the same way on the left-hand and then the right-hand sides, forming a larger granitos stitch. 02

EMBROIDERING THE SACHET

Step one Using the template, embroider two floral motifs on the linen fabric using a small embroidery hoop if desired. We used several shades of lavender stranded cotton, with yellow for the flower centres, working with three strands throughout. Embroider the petals with granitos stitch as detailed above and work the flower centres with small French knots. We wrapped the thread around the needle twice to create the French knots.

Step two Cut the embroidered linen into two 7cm (2¾in) squares with the designs in the centre. Cut two 7cm (2¾in) squares and one 11cm (4¾in) square of quilting cotton. 03

MAKING THE PATCHWORK TOP

Step one Pin the small squares of fabric together in an alternating pattern.

Step two Sew the squares together using a 7mm (¼in) seam allowance and removing the pins as you sew. Press the seams open.

ASSEMBLING THE SACHET

Step one Pin the pieced top to the quilting cotton square with right sides (RS) of the fabrics together.

Step two Sew around the edges, leaving a 5cm (2in) opening for turning. Trim the corners and turn the sachet RS out.

Step three Use a piece of paper to make a cone-shaped funnel and fill the sachet with approximately 30 grams (¼ cup) of a mixture of rice and lavender. Neatly sew the opening closed with ladder stitch. 05

Step four Sew a button into the centre of the sachet, stitching through all the layers. 06

TIP

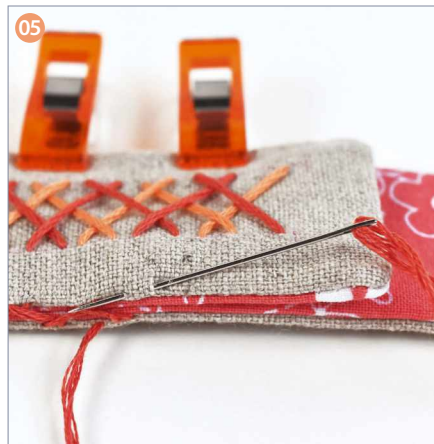
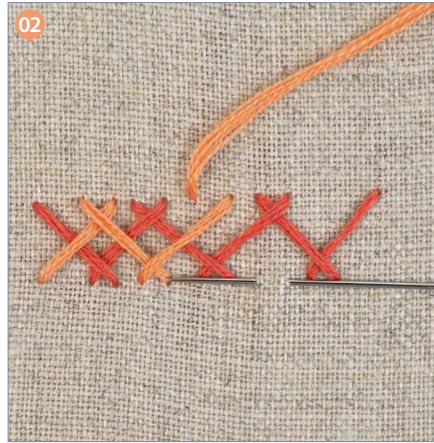
Instead of lavender, you can scent the rice with your favourite essential oils

DOUBLE HERRINGBONE

Stitch

Work a double herringbone stitch
to make a cute and practical
caddy for your lip balm





YOU WILL NEED

- Linen fabric: 15x20cm (6x7¾in)
- Quilting cotton: 5x18cm (2x7in)
- Lightweight iron-on interfacing: 15x20cm (6x7¾in)
- Stranded cotton in coordinating shades
- Metal eyelet
- Keyring or clip
- Matching thread
- Basic stitching kit, page 6

NOTES

- Use a 1cm (¾in) seam allowance
- Designed and stitched by Mollie Johanson

WORKING SINGLE & DOUBLE HERRINGBONE STITCH

Step one Work this stitch on two horizontal lines. Come up on the bottom line. On the top line, dip your needle down through the fabric and then back up, working from right to left. Next, do the same thing on the bottom line. Working from right to left causes the angled stitches to make a criss-cross design. Go back down through the fabric at the end of the line. This is a row of single herringbone stitch. **01**

Step two To form double herringbone stitch, repeat step one. This time, layer the row of stitches so that the criss-crossing stitches fit into the gaps from the first line of herringbone. **02**

MAKING THE LIP BALM CADDY

Step one Press lightweight interfacing to the back of the linen. Embroider a 5cm (2in) long row of double herringbone stitch down the centre, leave a 2cm (¾in) gap, then work another 5cm (2in) row of herringbone stitch. Use two colours for the stitch. Trim the linen down to 5x18cm (2x7in), with the embroidery centred and 2cm (¾in) from one end. **03**

Step two Take your matching piece of quilting cotton and pin then sew the fabric pieces right sides (RS) together, leaving one end open. Clip the corners on the sewn end and turn the piece RS out. Tuck the open end in and sew it closed with ladder stitch. **04**

Step three Fold the rectangle so that the ends of the embroidery are roughly lined up. Clip or pin the sides together. Use single herringbone stitch to sew the sides together. **05**

Step four At the top of the lip balm caddy, install a metal eyelet, following the manufacturer's instructions. Add a key ring or clip. **06**



TACKED HERRINGBONE

Stitch 

Time for tea? Bring out the mugs and the coasters, made with tacked herringbone stitch

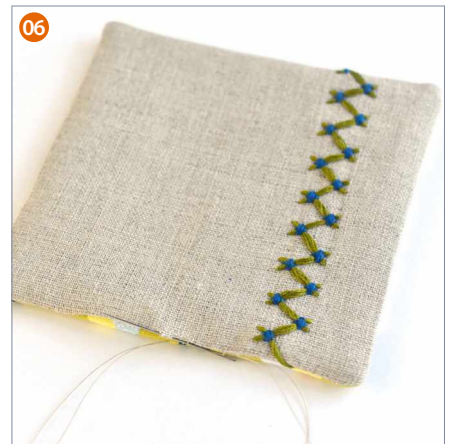




LEARN THE STITCH



USE THE STITCH



YOU WILL NEED

Per coaster:

- Linen fabric: 25x25cm (10x10in)
- Wool felt: 13x13cm (5¼x5¼in)
- Quilting cotton: 13x13cm (5¼x5¼in)
- Stranded cotton in coordinating shades
- Matching thread
- Basic stitching kit, page 6

NOTES

- Use a 7mm (¼in) seam allowance unless otherwise stated
- Designed and stitched by Mollie Johanson

WORKING TACKED HERRINGBONE STITCH

Step one Start with a row of herringbone stitch on two parallel lines. It often helps to make evenly spaced marks on the lines. Come up on the lower line. Go down to the right and on the top line, then come up to the left of the point where your needle went down. This makes a diagonal stitch across the gap of the horizontal lines. **01**

Step two Go down to the right and on the bottom line, then come up to the left of the point where your needle went down. This makes another diagonal stitch across the gap of the horizontal lines, this time crossing over the first. Repeat these two steps across the line. **02**

Step three With a contrasting colour, make the tacking stitches. Come up just above the first point where the herringbone stitches cross. Go back down just below the crossed point. Next, make a horizontal stitch across the vertical stitch. Repeat with each crisscross on the herringbone stitch. **03**

MAKING THE COASTER

Step one Mark a 13cm (5¼in) square on the linen. Embroider a row of tacked herringbone stitch 2.5cm (1in) from one edge, starting and stopping 5mm (¼in) from the edges. Use six strands of stranded cotton and as many colours as you like. Cut out the embroidered linen square and remove any markings from the embroidery. **04**

Step two Layer the square with right sides (RS)

together and the felt behind. Pin and sew around the sides, leaving a 4cm (1½in) opening for turning. Use a 7mm (¼in) seam allowance. Trim the corners to reduce bulk. **05**

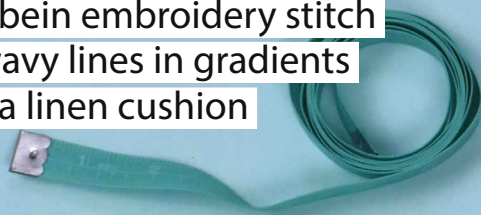
Step three Turn the coaster RS out and poke the corners into shape. Press the seams open and then press under the seam allowance on the opening. Sew the opening closed with ladder stitch. **06**

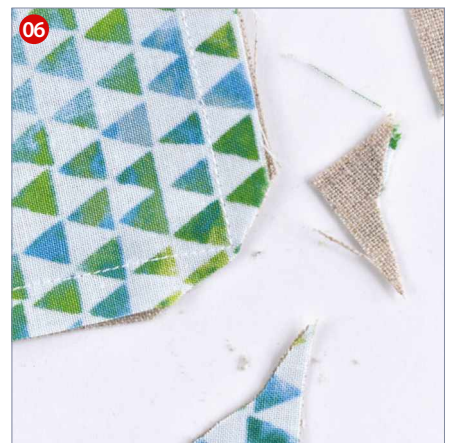


HOLBEIN

Stitch

Discover Holbein embroidery stitch
and create wavy lines in gradients
of colour on a linen cushion





YOU WILL NEED

- Linen fabric 50x50cm (20x20in)
- Quilting cotton 45x60cm (18x24in)
- Embroidery hoop
- Thick thread such as cotton retors or size 3 Perle cotton
- 40cm (16in) cushion pad
- Matching thread
- Basic stitching kit, page 6

NOTES

- Designed and stitched by Mollie Johanson

TIP

For a super simple afternoon make, embroider the design on a shop bought envelope back cushion

WORKING HOLBEIN STITCH

Step one Make a line of running stitch, coming up and going back down on the pattern line. **01**

Step two Using either the same or a contrasting colour, go back and fill in the gaps in running stitch. To do this, work running stitch going in the opposite direction from your first line, coming up and going down in the same holes as the first set of stitches. **02**

MAKING THE CUSHION

Step one Embroider the wavy lines pattern on linen using Holbein stitch and a thick thread. Use a gradient of colours, blending between the colours with two-colour lines of Holbein. Trim the linen down to a 41x41cm (16½x16½in) square, with the straight edge of embroidery approx 1cm (¾in) from one edge.

Step two Cut two 41x30cm (16½x11½in) pieces of quilting cotton for the cushion back. **03**

Step three Press then sew a double-fold hem on one long edge of each piece of quilting cotton. **04**

Step four Lay the two hemmed pieces on the embroidered cushion front with right sides (RS) together. Align all the raw edges, with the hemmed edges overlapping in the middle. Pin and sew around the four sides. **05**

Step five Clip all of the corners to reduce bulk and finish the seams if desired. Turn the cushion cover RS out and insert the cushion pad. **06**



LADDER *Stitch*

How do you make sure you don't forget your passport? Make this cute case with simple ladder stitch embroidery





YOU WILL NEED

- Quilting cotton: 20x25cm (8x10in)
- Contrasting quilting cotton: 30x20cm (12x8in)
- Linen fabric: 20x25cm (8x10in)
- Stranded cotton in complementary shades
- Embroidery hoop
- Matching thread
- Basic stitching kit, page 6

NOTES

- Use a 1cm (3/8in) seam allowance unless otherwise stated
- Ladder stitch takes some practice to keep the tension even, but it's okay if the stitches look a little wonky and sketchy-like
- Designed and stitched by Mollie Johanson

WORKING LADDER STITCH

Step one Work from top to bottom on two parallel lines. Come up on the left side and go down on the right, coming up just to the left of the right line. Go back down on the right line, just below the first stitch, and come up on the left line, just below the first stitch. **01**

Step two On the left side, slide your needle under the horizontal stitch, keeping the needle above the working thread. This and the previous step set up the stitch and you only need to do this at the beginning of your stitching. **02**

Step three On the right side (RS), slide your needle under the X. Pull the thread so it is almost taut. **03**

Step four Go back down on the right line just below the first stitch, and come up on the left line just below the first stitch. **04**

Step five On the left side, slide your needle between the lowest horizontal stitch and the one above it, then under the small angled stitch. Repeat steps three to five as you work along the line. End by going down after the last repeat at step three. **05**

MAKING THE PASSPORT CASE

Step one Embroider the sketchy waves just to the right of centre on the linen fabric. Stitch the wide lines with ladder stitch in two colours, following the waves.

Step two Stitch the two thin lines with running stitch. Use three strands of stranded cotton throughout your stitching. **06**

Step three From the quilting cotton cut: Case lining: 14.5x20.5cm.

Step four From the contrasting quilting cotton cut: Inner pockets, two: 14.5x7cm (5 3/4 x 2 3/4 in).

Step five Sew a 7mm (1/4 in) double-fold hem on one long edge of both inner pocket pieces.

Step six Lay the two small pieces on the large quilting cotton rectangle with RS up and the hemmed edges toward the centre. Trim the embroidered linen piece to 14.5x20.5cm (5 3/4 x 8 1/8 in) then place this on top RS down.

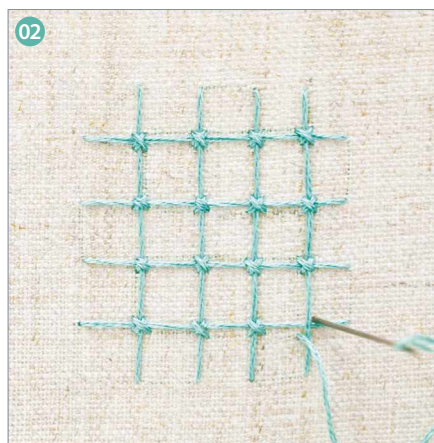
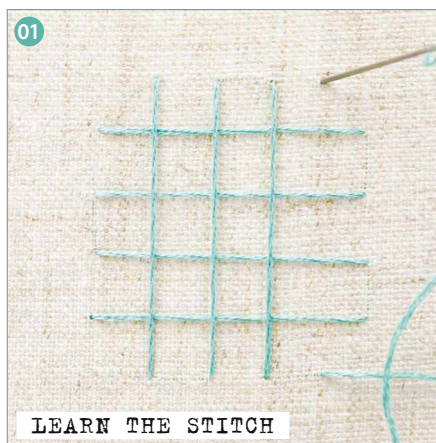
Step seven Pin and sew around the sides with a 7mm (1/4 in) seam allowance, leaving an opening for turning on the bottom edge near the middle. Trim the corners to reduce bulk. Turn the case RS out. Press seams open. Sew the opening closed.



Laid *Stitch*

Add a new tote bag to your collection that's stitched with intricate stars by following this laid stitch tutorial





YOU WILL NEED

- Linen fabric: 33x66cm (13x26in), bag front and back
- Cotton fabric: 50x70cm (20x28in), bag bottom and lining
- Cotton wadding: 40x70cm (16x28in)
- Stranded cotton in aqua and teal
- Bag handles: one pair approx 65cm (25in) in length
- Basic stitching kit, page 6

NOTES

- Use a 1cm (3/8in) seam allowance
- Designed and stitched by Mollie Johanson
- Find the template for this project on page 121

WORKING LAID STITCH

Step one Create a grid of long straight stitches. Work all the horizontal lines first then all the vertical lines across them. They can be positioned as close or as far apart as you like, and they can be straight or on the diagonal. **01**

Step two Make a small cross stitch at each point of the grid where the lines intersect. The cross can be large or small, or in a second colour if you prefer. Make sure that all of the cross stitches are worked in the same direction. **02**

CUTTING THE FABRIC

Step one Cut the linen fabric into two pieces, each measuring 33x33cm (13x13in).

Step two Cut the cotton fabric as follows:
Bag bottom, two pieces: 9x33cm (35/8x13in).
Bag lining, two pieces: 40x33cm (15¾x13in).

Step three Cut the wadding into two pieces, each measuring 40x33cm (15¾x13in).

STITCHING THE DESIGN

Step one Trace over the template then place the bag front right sides (RS) up on top so that the stars are positioned centrally across and 5cm (2in) up from the bottom edge.

Step two Fill the large stars with laid stitch using three strands of aqua stranded cotton.

Step three Work the outlines for the large stars and smaller stars in backstitch using three strands of teal stranded cotton.

MAKING THE BAG

Step one Place one bag bottom RS facing along the lower edge of the stitched front and stitch together then press the seams open.

Step two Repeat this to stitch the other bag bottom RS facing across the lower edge of the bag back. **03**

Step three Place one piece of lining fabric RS up on top of one piece of wadding and quilt together in vertical lines for a quilted lining.

Step four Repeat this with the other piece of lining fabric and wadding.

Step five Place one quilted lining RS together with the bag outer front then stitch together across the top edge. **04**

Step six Repeat this with the other quilted lining and bag back.

Step seven Pin the two bag outers RS together and the two linings RS together.

Step eight Stitch together all the way around but leaving a 10cm (4in) turning gap in the centre of the bottom edge of the lining. **05**

Step nine Trim the corners and turn the bag RS out. Slip stitch the opening closed then push the lining inside the bag.

FINISHING OFF

Step one Work a running stitch by hand around the top edge of the bag.

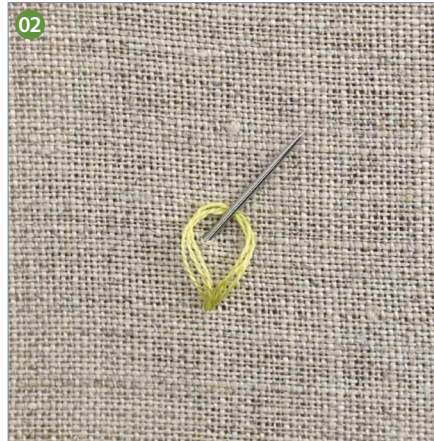
Step two Sew the handles onto the bag, spacing and aligning them evenly. **06**

LAZY DAISY

Stitch

If you're embracing
grow-your-own herbs,
use lazy daisy stitch to
embroider these plant picks





YOU WILL NEED

- Linen fabric: 20x25cm (8x10in)
- Felt: 20x25cm (8x10in)
- Card
- Stranded cotton in dark and light green
- Embroidery hoop (optional)
- Washable glue stick
- Bamboo skewers
- Matching thread
- Basic stitching kit, page 6

NOTES

- Designed and stitched by Mollie Johanson
- Find the template for this project on page 122

WORKING LAZY DAISY STITCH

Step one Come up through the fabric and go back down in the same location, leaving a loop on the surface of the fabric. Bring the needle up through the fabric a short distance from the loop. Catch the loop of thread with your needle. **01**

Step two Pull the thread to tighten the loop. Go back down through the fabric on the other side of the loop, tacking it in place. **02**

MAKING THE PLANT PICKS

Step one Transfer the template onto your linen. Use six strands of dark green stranded cotton and backstitch for the letters. Use three strands of light green embroidery thread to stitch detached chain and backstitch for the herbs.

Step two Trace the plant pick template onto card. Use a dab of washable glue to temporarily attach it to the back of your embroidery. Cut around the template, leaving 1cm (3/8in) of seam allowance. **03**

Step three Press the seam allowance to the back of the template, folding over each of the corners. Carefully remove the template and press the edges of the fabric again. **04**

Step four Place the embroidered linen piece on a rectangle of felt. Hand sew around the edges with running stitch, leaving a small opening at the bottom point. **05**

Step five Trim the felt so it's just a few millimetres larger than the linen. Slide a bamboo skewer into the opening by the point. **06**



PISTIL

Stitch

Embroider a pretty new addition to your sewing kit with this pincushion project





YOU WILL NEED

- Main fabric: linen, 15x15cm (6x6in)
- Backing fabric: quilting cotton, 11x11cm (4 $\frac{3}{8}$ x4 $\frac{3}{8}$ in)
- Perle cotton, size 8 in a selection of colours of your choice
- Polyester stuffing
- Crushed walnut shells (or your choice of pincushion filler)
- Basic stitching kit, page 6

NOTES

- Use a 1cm ($\frac{3}{8}$ in) seam allowance
- Designed and stitched by Mollie Johanson
- Find the template for this project on page 121

TIP

Crushed walnut shells make a great filler as they keep your pins sharp – you can find them in pet shops

WORKING PISTIL STITCH

Step one Bring the needle up through the fabric at one end of the stitch. Wrap the working thread around the needle twice, just as you would with a French knot. ⁰¹

Step two Insert the needle in the fabric at the other end of the stitch. Keep the needle part way through the fabric as you start to pull the working thread taut. ⁰²

Step three Hold the working thread with one hand as you pull the needle through the rest of the way.

Step four Continue pulling the thread through as the knot at the end of the pistil stitch tightens. ⁰³

TRACING THE DESIGN

Step one Place the main fabric centrally on top of your template and hold in place with masking tape.

Step two Trace over all the lines using a pencil or an erasable pen. If you can't see the design very well then simply tape the template and fabric onto a window so the light shines through.

WORKING THE EMBROIDERY

Step one Using one strand of the Perle cotton, start by working the pistil stitch stars following the pistil stitch instructions.

Step two Work the dots between the stars as French knots in a contrast colour.

Step three The small stars, which are between

the large pistil stitch stars, are worked as three straight stitches crossing over each other in the centre to form little star shapes.

MAKING THE PINCUSHION

Step one Trim the stitched fabric to 11x11cm (4 $\frac{3}{8}$ x4 $\frac{3}{8}$ in) with the design placed centrally. ⁰⁴

Step two Pin the stitched fabric and backing fabric right sides (RS) facing.

Step three Sew together, leaving a 2.5cm (1in) gap in the centre of one side for turning and backstitch at the start and finish to secure.

Step four Trim the corners and turn the pincushion RS out, poking the corners into shape.

Step five Fill the pincushion, alternating between polyester stuffing and crushed walnut shells or your choice of pincushion filler. ⁰⁵

Step six Slip stitch or ladder stitch the opening closed for an invisible seam.

TYING THE CORNERS

Step one Finish the corners by wrapping each one with Perle cotton and tying with a doubled knot on the underside. ⁰⁶

Step two Trim the excess thread to finish.

ROPE Stitch

This jolly anchor motif features a clever 3D element using the decorative effects of rope stitch



Draw a guideline onto your fabric to denote where your stitching will sit. Then, bring your needle up at the start of the line. Insert the needle back down slightly to the left, then up again around 5mm (1/4in) further along the line. Wrap the working thread loop around the end of the needle in a clockwise direction as you pull it through, to create a twisted chain stitch.



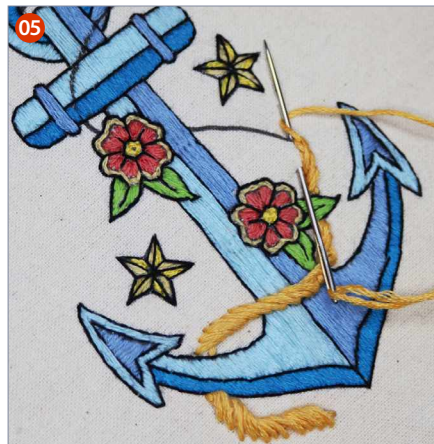
Bring your needle down through the fabric once more; however, instead of doing this further along from the last stitch as you normally would for twisted chain stitch, insert it just above the point at which you brought the needle down. Bring the tip of the needle back up through the fabric on the line you've drawn, again just next to the top edge of the first stitch.



Make sure the stitches are positioned closely against each other like this to ensure you create the solid 'rope' effect. Then, wrap the working thread around the needle in a clockwise direction, going over the needle then coming back with the thread behind, as you would for a regular twisted chain stitch. Now, pull the needle through to create your second rope stitch.



Continue adding stitches, positioning each one next to the one before it to create one solid block of rope stitch. This stitch can be altered to make the rope thicker or thinner by adjusting the distance you insert the needle down on the guideline. If you are working along curved lines, you will need to angle the stitches slightly to keep the solid rope effect.



YOU WILL NEED

- Cotton fabric: 25x25cm (10x10in), natural
- Medium-weight iron-on interfacing: 25x50cm (10x20in)
- Stranded cotton in black, powder blue, sky blue, green, bright mustard gold, rust red, turquoise, dark yellow and pale yellow
- Fabric clutch bag
- Embroidery hoop: 13cm (5in) diameter
- Pinking shears (optional)
- Basic stitching kit, page 6s

NOTES

- Use a 5mm (¼in) seam allowance
- Designed and stitched by Sophie Tarrant, www.seesophiestitch.com
- Find the template for this project on page 121

STITCHING THE DESIGN

Rope stitch is a textured stitch that's perfect for adding 3D flourishes to edges, borders and detailed areas in embroidered pieces. Layering twisted stitches on top of one another, this stitch is more raised than others. It uses twisted chain stitch as a basis, taking the same technique and tweaking it slightly to create a series of closely-fitted stitches that, once together, resemble a rope.

Step one Back the natural cotton fabric with interfacing, then transfer the anchor design from the template onto the fabric using your preferred method. Mount the design into a 13cm (5in) hoop, ensuring it's taut and central for ease of stitching. **01**

Step two Begin by filling in sections of the anchor with satin stitch (see page 16) in two strands of powder blue, using the main image as a guide for colour placement. Repeat with the sky blue and turquoise sections, until the entire anchor is filled with colour. **02**

Step three Use satin stitch in two strands of rust red to fill in the petals of both flowers. Use two strands of pale yellow to work backstitch (page 12) along the outer edge of each petal, filling in the small gap that sits there. Still using the pale yellow, fill in alternate sections of each nautical star with satin stitch, then swap to dark yellow and fill in the remaining parts of the star and the centre of each flower. Next, use two strands

of green to fill in the leaves with satin stitch, being sure to stitch around the centre line so it is still visible, ready for the next step.

Step four Now, using one strand of black, work backstitch over the lines until every part is outlined, except the curved line that coils around the anchor – this is where your rope stitch will sit. Work the backstitch in small stitches to make the curves really smooth and to ensure you don't lose any of the detail.

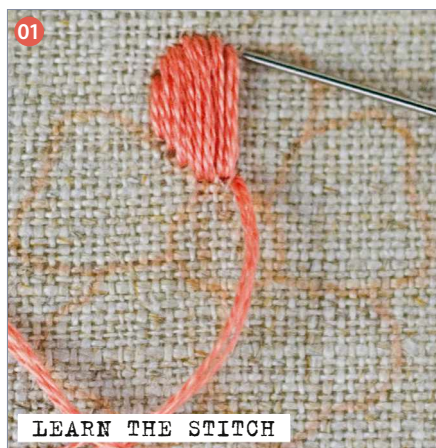
Step five Using the steps on the opposite page as a guide, work the length of rope stitch in six strands of bright mustard gold. Follow the line that curls around the anchor, passing your needle across the back of the work behind the anchor and leaf as needed. Tie the thread off on the reverse to finish. You may need to switch to a larger embroidery needle when working with this many strands of thread – this not only makes the needle easier to thread but also creates a larger hole in the fabric for the thread to feed through.

Step six Remove the fabric from the hoop. Carefully trim around the edge of the anchor with pinking shears, leaving a fabric border of about 5mm (¼in) all around. Display your finished patch however you wish – we pinned ours onto the front of a pale blue clutch bag then worked running stitch by hand to secure it in place.

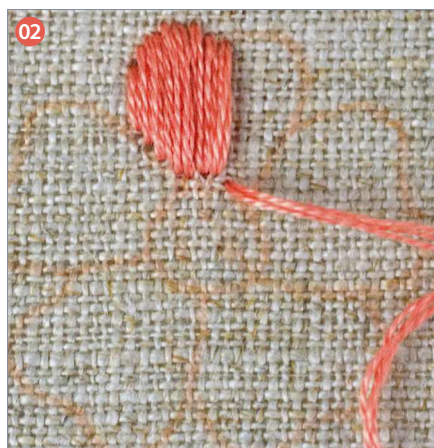
SATIN *Stitch*

Create a floral-motif patch pocket for a plain tee with satin stitch how-to

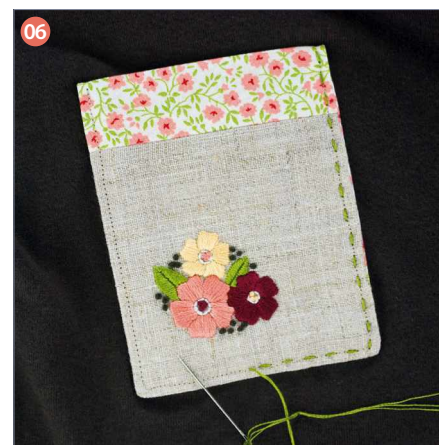




LEARN THE STITCH



USE THE STITCH



YOU WILL NEED

- T-shirt
- Main fabric: 25x25cm (10x10in)
- Lining fabric: 16x11cm (6³/₈x4³/₈in)
- Stranded cotton in a selection of colours
- Tapestry needle
- Matching thread
- Basic stitching kit, page 6

NOTES

- Use a 1cm (3/8in) seam allowance
- Designed and stitched by Mollie Johanson
- Find the template for this project on page 122

TIP

Floral motifs like this are perfect for prettying up shirt collars, denim jackets and old jeans

WORKING SATIN STITCH

Step one Bring the needle up through the fabric at one side of the area you're filling. Insert the needle back through the other side of the area. **01**

Step two Bring the needle back up on the first side of the area, then insert the needle on the other side. Repeat this to fill the area, always coming up on the first side and going down on the opposite side. **02**

TRANSFERRING THE DESIGN

Step one Mark a rectangle centrally on the main fabric measuring 11cm (4³/₈in) wide and 12cm (4³/₈in) deep.

Step two Trace the floral template from the pattern sheet.

Step three Place the main fabric on top so that the traced template lies within the marked outline. We've placed ours a little way in from the left bottom corner.

Step four Trace around the outlines of the floral template.

STITCHING THE DESIGN

Step one Embroider the floral design following the traced lines using three strands of stranded cotton throughout.

Step two Start by stitching the petals and leaves in satin stitch.

Step three When these are finished, work the

outlines of the flower centres in backstitch.

Step four Fill the flower centres with French knots then work a few more outside the flowers.

CREATING THE POCKET

Step one Press your stitched fabric then trim it along the marked rectangular outline.

Step two Place the main and lining fabrics right sides (RS) facing and sew together along the top edge. Open out and press. **03**

Step three Fold the sewn piece in half with RS facing, lining up the side and bottom edges.

Step four Sew together down the side and across the bottom but leaving a 5cm (2in) gap for turning. Trim the corners to reduce bulk. **04**

Step five Turn RS out, making sure the seam allowance is folded in at the opening, and press.

ATTACHING THE POCKET

Step one Pin the pocket to your T-shirt in your desired position – this is easier to do when you're wearing it. **05**

Step two Topstitch the pocket in place down the sides and across the bottom.

Step three Finish by working a line of running stitch on top of the topstitching using three strands of stranded cotton to decorate. **06**

SURFACE SATIN *Stitch*

Master surface satin stitch by
embroidering this pencils motif
onto a cute thread storage pouch





YOU WILL NEED

- Linen fabric: 30x30cm (12x12in)
- Quilting cotton: 30x30cm (12x12in)
- Lightweight interfacing: 30x30cm (12x12in)
- Ribbon or cotton cording: 80cm (32in)
- Stranded cotton in coordinating colours
- Embroidery hoop
- Matching thread
- Basic stitching kit, page 6

NOTES

- Designed and stitched by Mollie Johanson

WORKING SURFACE SATIN STITCH

Traditional satin stitch always comes up on one side and goes down on the other, essentially creating a solid area of stitching on the back too. Surface satin stitch works back and forth, which leaves the back of your work with only tiny stitches. This is helpful for when the back will show or if you want to save thread and give your embroidery a sketched appearance.

Step one Come up on one side of the area you are filling and go down on the opposite side. **01**

Step two Come back up on the same side where your needle went down. Try to keep your stitches close, while still catching the fabric. Go back down on the opposite side of the area you are filling. **02**

MAKING THE PENCIL BAG

Step one From the quilting cotton cut:
 Drawstring channel: two 12x5cm (4¾x2in) pieces.
 Pouch lining: two 12x21cm (4¾x8¼in) pieces.

Step two Cut the linen fabric in half. One of these pieces will be used for the embroidered outer and the other will be the back of the pouch.

Step three Cut the lightweight interfacing in half and then press it, glue side down, to the wrong side (WS) of two pieces of linen.

Step four Embroider the pencil design on one of the linen pieces. Use six strands of stranded cotton in your chosen colours for the pencils, working in surface satin stitch for everything except the point. For the pencil point, use regular satin stitch

so the stitches can come to a point without pulling through the fabric.

Step five Cut the linen pieces down to 12x22cm (4¾x8¾in), with the pencils centred on one of the pieces. **03**

Step six Hem the short ends of the drawstring channel pieces by pressing the fabric under 5mm (¼in), pressing it under again, and sewing across the hem. Fold the two pieces in half lengthwise and press.

Step seven Place the folded pieces between the linen outer and pouch lining pieces with right sides (RS) facing and with the top edges aligned. Pin and sew across the top with a 1cm (¾in) seam allowance. **04**

Step eight Pin the two pieces together with the outer and lining aligned and RS facing. Sew around the sides with a 1cm (¾in) seam allowance, leaving a 7cm (2¾in) opening in the lining. Trim the corners to reduce bulk. **05**

Step nine Turn the bag RS out and poke the corners into shape. Sew the opening closed and push the lining into the bag. Press.

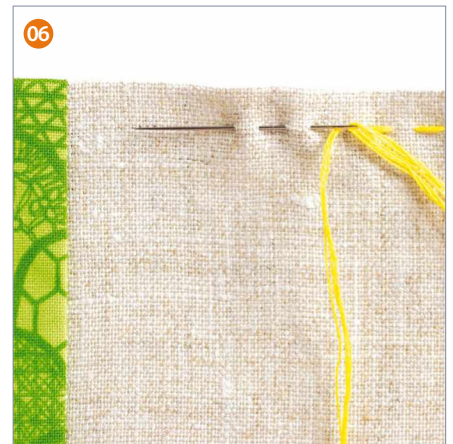
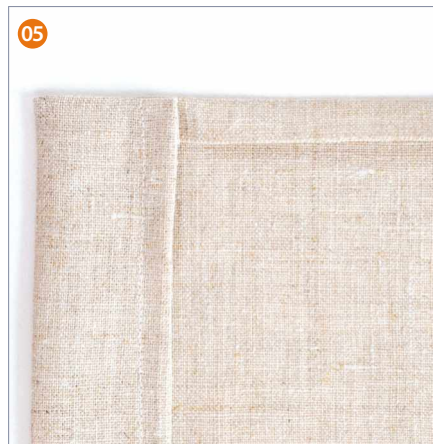
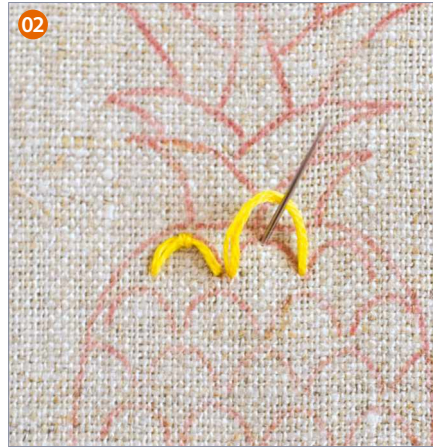
Step ten Cut two 36cm (14in) pieces of ribbon or cotton cording and thread them through the drawstring channels. Each piece of ribbon/cording should go through both channels but from opposite directions.

Step eleven Tie the ribbon ends together. **06**

SCALLOP *Stitch*

Sew up a journal cover and
embroider a zingy pineapple
motif with this scallop
stitch masterclass





YOU WILL NEED

- Cotton fabric: see instructions for details
- Stranded cotton in a selection of bright colours
- Matching sewing thread
- Basic stitching kit, page 6

NOTES

- Use a 1cm (3/8in) seam allowance
- Designed and stitched by Mollie Johanson
- Find the template for this project on page 122

TIP

Trim your fabric with pinking shears before you start stitching to prevent fraying and give a neater hemmed edge

WORKING SCALLOP STITCH

- Step one** Bring the needle up through the fabric on one side of the scallop. Go back down on the other side of the scallop, leaving a loop of thread on the surface. **01**
- Step two** Bring the needle up on the curve of the scallop, catching the loop of thread. If you are working a partial or angled scallop, the point where you bring the needle up will determine the shape and curve of the stitch. **02**
- Step three** Pull the loop of thread taut, but not too tight. Leaving it looser will make a more gentle curve, rather than a point. Go back down through the fabric, tacking the loop of thread in place. **03**

MAKING THE JOURNAL COVER

- Step one** The cover is made from a solid or pieced fabric rectangle. It should measure the height of your journal + 2.5cm (1in) x the width of your journal cover (x2) + spine thickness + 10cm (4in).
- Step two** Trace over the pineapple template then place your cut out journal fabric on top and trace over it as many times as you prefer.
- Step three** Stitch the pineapple in scallop stitch then the leaves and pineapple outline in back stitch in a mix of bright colours.
- Step four** Turn the short ends under by 1cm (3/8in) to the wrong side (WS) and stitch down to hem.
- Step five** Turn the hemmed short ends over by 4cm (1 1/2in) so they are right sides (RS) facing with the cover fabric. Check that your journal will fit and

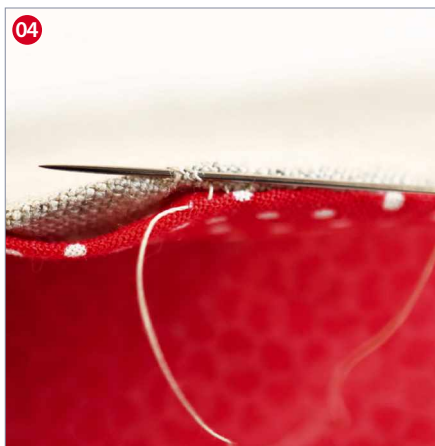
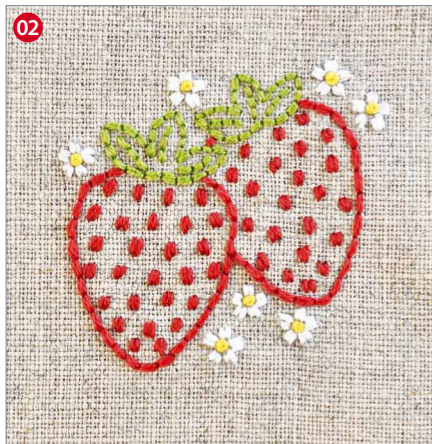
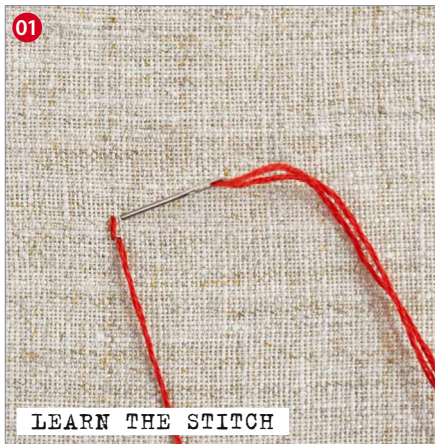
- adjust this turning if necessary. Sew the top and bottom of each turned-over pocket in place. **04**
- Step six** Turn the pockets RS out and press the top and bottom edge of the cover under by 1cm (3/8in) to match the seam allowance. **05**
- Step seven** Stitch the top and bottom hem in place by hand with stranded cotton and running stitch. Take care that you only stitch through one layer as you get to the ends where the pockets are. **06**
- Step eight** Slide the cover over the journal to finish.



SEED *Stitch*

Pretty up your breakfast table with this jam pot topper embellished with simple seed stitch strawberries





YOU WILL NEED

- Linen fabric: 30x30cm (12x12in)
- Contrast fabric: 25x60cm (10x24in)
- Stranded cotton in red, green, white and yellow
- Matching thread
- Basic stitching kit, page 6

NOTES

- Use a 5mm (1/4in) seam allowance
- Designed and stitched by Mollie Johanson
- Find the template for this project on page 122

WORKING SEED STITCH

Step one Each seed stitch is made from a pair of small straight stitches worked close together.

Step two Come up through the fabric where you want your stitch to start and take it back down a short distance away.

Step three Bring the needle back up, close to the start of the first stitch, but not in the same hole. Go back down close to the end of the first stitch, again not in the same hole. **01**

Step four Scatter these pairs of stitches to fill any area where you want a small stitch that is thicker than a single straight stitch. **02**

EMBROIDERING THE DESIGN

Step one Place the linen centrally on top of the template and trace over in pencil or erasable pen.

Step two Embroider the design on the linen using three strands of stranded cotton.

Step three Use backstitch for the outlines, seed stitch to fill in the strawberry and the blossom petals, and French knots for working the blossom centres.

MAKING THE JAM POT COVER

Step one Draw a 20cm (8in) diameter circle onto a piece of paper and cut it out. Place this centrally on top of the linen and cut out.

Step two Cut the contrast fabric using the circle template. **03**

Step three Pin the two circles right sides (RS) facing and sew together around the edge, leaving a 5cm (2in) turning gap.

Step four Turn the circle RS out then fold the edges of the turning gap to the inside, keeping the curve of the circle, and press.

Step five Slipstitch the opening closed with matching sewing thread. **04**

Step six To decorate the edges, work a running stitch all the way around the edge using three strands of red stranded cotton.

Step seven Work this 5mm (1/4in) from the edge and keep the stitches all the same length. **05**

MAKING THE TIE

Step one From the remainder of the contrast fabric cut a strip 2.5x60cm (1x24in) for the tie.

Step two Turn the short edges under by 5mm (1/4in) to the wrong side (WS) and press.

Step three Press the strip in half lengthwise and open out. Fold the long edges over to the WS so they meet at the centre crease and press.

Step four Fold in half lengthways again and press to enclose all the raw edges. **06**

Step five Sew together down the length to hold the strip closed and neaten.

Step six Place the embroidered cover on a jam jar and tie the strip around it into a bow.

SPLIT

Stitch

How cute is this locket jewellery pouch?
Learn how to split stitch and make
one as a gift for a friend





01

LEARN THE STITCH



02



03

USE THE STITCH



04



05



06

YOU WILL NEED

- Quilting cotton: 32x23cm (12½x9¼in)
- Lightweight iron-on interfacing: 32x23cm (12½x9¼in)
- Linen fabric: 50x50cm (20x20in)
- Stranded cotton in rose gold (non-metallic)
- Matching thread
- Press fasteners
- Basic stitching kit, page 6

NOTES

- Use a 1cm (¾in) seam allowance
- Designed and stitched by Mollie Johanson
- Find the template for this project on page 123

WORKING SPLIT STITCH

Step one Come up and go back down through the fabric to make a stitch. Next, bring the needle up through the first stitch, splitting the threads. When possible, try to split the thread instead of coming up between the strands. **01**

Step two Go down through the fabric a short distance from the first stitch, then repeat, coming up through this stitch. **02**

MAKING THE JEWELLERY POUCH

Step one Embroider the locket design on linen. Use three strands of rose-gold embroidery thread and split stitch to embroider the outline. Fill in the locket with satin stitch. Although metallic embroidery thread would look more jewellery-like, it's a lot more difficult to use for split stitch. **03**

Step two Press the interfacing to the wrong side (WS) of the quilting cotton. Trim the embroidered linen to match, with the embroidery near the bottom. Use a 5cm (2in) circle template (such as a cup base) to round the corners at the bottom of the linen piece and the top of the cotton piece.

Step three Align the two pieces, and then pin and sew them with right sides (RS) together, leaving a gap for turning. Clip the corners and curves to reduce bulk. Turn the pouch RS and press the seams open. Sew the opening closed by hand. **04**

Step four Fold the bottom edge up a little over one third to make the pouch pocket. Measure and use tailor's chalk to mark stitching lines 7cm (2¾in) in from each edge. Sew the two sides 5mm (¼in) from the edges, then sew along the marked lines. Remove any markings. **05**

Step five Attach two press fasteners to the flap and the inside layer of the pocket. Add a line of running stitch along the edge of the flap with three strands of stranded cotton. **06**



STEM *Stitch*

Add a personal touch to your table the next time you're hosting with these stem stitch cutlery pouches





YOU WILL NEED

- Linen fabric: 10x50cm (4x19½in)
- Quilting cotton: 10x50cm (4x19½in)
- Interfacing: 10x50cm (4x19½in)
- Stranded cotton in blue
- Matching thread
- Basic stitching kit, page 6

NOTES

- Seam allowance is 6mm (¼in) unless otherwise stated
- Designed and stitched by Mollie Johanson
- Find the template for this project on page 124

WORKING STEM STITCH

Step one Come up through the fabric and go back down to the right, leaving a small loop of thread on the fabric surface. Come up in the middle of the first stitch. Keep the thread loop below your line of stitching. ⁰¹

Step two You can now pull the first stitch all the way through so it lies flat on the fabric. Go back down to the right of the first stitch, once again leaving a loop of thread. Come up near the end of the first stitch, always keeping the thread loop below the line of stitches. ⁰²

Step three Repeat step two as you continue working stem stitch. For small curves, shorten your stitch length a little so it can follow the curves more closely.

MAKING THE CUTLERY POUCH

Step one Mark out a 10x42cm (4x16½in) rectangle on the linen. Use the template to mark the curve at one end, as well as the embroidery pattern.

Step two Embroider the 'bon appetit!' pattern using stem stitch and three strands of stranded cotton. Cut out the linen piece and a matching piece of quilting cotton. If you want to give your cutlery pouches more structure, consider pressing interfacing to the back of your fabric. If your cotton fabric has a directional print, make sure the design points toward to the curved end of the pouch. ⁰³

Step three Pin and sew the linen and cotton

pieces together with right sides (RS) facing. Use a 6mm (¼in) seam allowance, and leave an opening near the middle of one long edge. ⁰⁴

Step four Clip the curves and corners and turn the pouch RS out. Press the seams open.

Step five Fold the shape in half with the linen on the inside, then fold down the curved flap. Pin the sides up to the folded flap. Unfold the flap and topstitch down the sides where you pinned, sewing 3mm (⅛in) from the edge. ⁰⁵

Step six Fold the flap down again and use three strands of stranded cotton to stitch around the back and curved flap with running stitch. At the two sides, stitch through all the layers to tack the flap down. ⁰⁶



TULIP *Stitch*

Tulip stitch is such a pretty and effective stitch. Learn the technique and make a cute key fob with this tutorial





LEARN THE STITCH



USE THE STITCH



YOU WILL NEED

- Linen: 30x30cm (12x12in), see notes
- Quilting cotton: 4.5x30cm (1 7/8x12in)
- Stranded cotton in coordinating shades
- Medium-weight interfacing
- Fray Check (optional)
- 20cm (8in) embroidery hoop
- Matching thread
- Metal clasp set and pliers
- Basic stitching kit, page 6

NOTES

- Seam allowance is 1cm (3/8in) unless otherwise stated
- Actual amount of linen required is 4.5x30cm (1 7/8x12in). You will need more if you are using an embroidery hoop. 30x30cm (12x12in) will allow you to move the hoop around to embroider the entire length. You could embroider multiple key fobs on the piece of linen to make use of the excess.
- Designed and stitched by Mollie Johanson

WORKING TULIP STITCH

- Step one** Start tulip stitch like a lazy daisy/detached chain stitch. Come up and go back down through the same hole, leaving a loop of thread on the surface.
- Step two** Bring the needle up through the fabric and the loop. Go back down through the fabric, tacking the stitch in place. **01**
- Step three** Come up next to the first part of the stitch, slide the needle through the tacking stitch from step one, then go back down on the other side of the stitch. **02**
- Step four** This makes one basic tulip stitch, but you can repeat step two and add more colours for leaves or extra fullness to the tulip in this way. Repeat the steps for each tulip stitch. **03**

MAKING THE KEY FOB

- Step one** Press the iron-on interfacing to the wrong side (WS) of the linen and the quilting cotton.
- Step two** Embroider lines of tulip stitch on the linen using three strands of stranded cotton. To keep the tulips running in the same direction on both sides of the key fob, leave a gap in the centre of the length and work the stitches from the centre to the ends. This will also protect the embroidery from wear.
- Step three** Cut the linen down to 4.5x30cm (1 7/8x12in) – this is the same size as your strip of quilting cotton. **04**

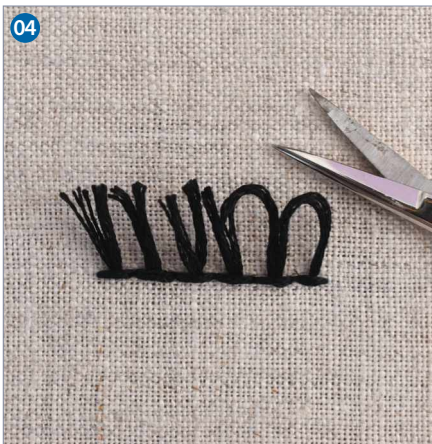
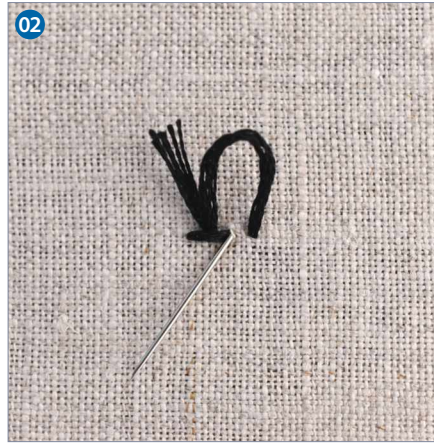
- Step four** Sew the two strips together with a 1cm (3/8in) seam allowance, leaving both ends open. Turn the tube right sides out. Topstitch the edges by hand with three strands of stranded cotton and running stitch. **05**
- Step five** Seal the fabric ends with Fray Check or another sealant. Wait for the sealant to dry fully.
- Step six** When the sealant has dried, fold the strip in half, bringing the quilting cotton together so it's on the inside, and use pliers to attach the key fob hardware. **06**



TURKEY *Stitch*

Discover turkey stitch and sew your own quirky linen sleep mask with fun, realistic eyelashes





YOU WILL NEED

- Linen fabric: one fat quarter
- Flannel fabric: one fat quarter
- Elastic: 36cm (14in)
- Stranded cotton in black
- Matching thread
- Basic stitching kit, page 6

NOTES

- Use a 7mm (1/2in) seam allowance unless otherwise stated
- Fat quarter = 45x56cm (18x22in)
- Designed and stitched by Mollie Johanson
- Find the template for this project on page 123

WORKING TURKEY STITCH

Step one Unlike most stitches, start on the front and go down through the fabric, leaving a short tail on the surface. Come back up just to the left of the starting point, then go down to the right of the starting point. This makes one fringe piece, plus a stitch to secure it. ⁰¹

Step two Come up through the same hole as the starting point where the fringe piece is. Go down to the right of the securing stitch, leaving a loop that's the same length as the fringe piece. Come back up at the end of the securing stitch. ⁰²

Step three Go down to the right of the end of the loop, securing the stitch.

Step four Repeat steps three and four along the length of the line, keeping the loops as close in size as possible. End with a securing stitch and then knot the thread on the back. To make a fuller fringe, add more lines of turkey stitch, staggering the placement of the stitches. ⁰³

Step five Snip the loops of the thread and trim them to even out the line of fringe. ⁰⁴

MAKING THE SLEEP MASK

Step one Transfer the template onto the fabric. Embroider the sleepy eyes pattern on linen using turkey stitch and six strands of black stranded cotton. Work with the design upside down so the fringe lies correctly as eyelashes. Cut out the pattern piece from linen, then cut a thin cotton

wadding piece and a flannel piece. ⁰⁵

Step two Layer the linen and flannel right sides (RS) together, with the elastic between them and the wadding on the bottom. The ends of the elastic should extend from the edges by approx 5mm (1/4in). Pin and sew around the edges with a 7mm (1/2in) seam allowance, leaving an opening at the top for turning.

Step three Clip the curves and turn the sleep mask RS out. Hand sew the opening closed. Add running stitch around the edge of the sleep mask with three strands of coordinating embroidery thread to finish. ⁰⁶



WHIPPED BACK *Stitch*

When the weather outside is frightful,
stay in and stitch a snowy sampler in
whipped (or wrapped) backstitch





YOU WILL NEED

- Linen: 25x25cm (10x10in)
- Stranded cotton in white, brown and pink
- 15cm (6in) embroidery hoop
- Ribbon: 20cm (8in), for hanging
- Bondaweb
- Water-soluble sticky-backed interfacing or tracing paper
- Basic stitching kit, page 6

NOTES

- Designed and stitched by Mollie Johanson
- Find the template for this project on page 124

WORKING WHIPPED BACKSTITCH

Step one Begin with a line of regular backstitch. Working in a second colour, come up from the back at the end of the first stitch. The new thread should come from behind the stitch without coming through the back stitch. Pass the thread over the back stitch and then slide the needle under the stitch. **01**

Step two Pass the thread over the line of stitching and slide the needle under the next stitch. Repeat along the entire line of stitching. Wrap the stitches in either direction, but be consistent. **02**

Step three When you reach the end of the line and complete the last wrap, go back down through the fabric with the end of the working thread under the last back stitch. **03**

EMBROIDERING THE DESIGN

Step one Trace the tree and ribbon templates onto Bondaweb and iron them onto the back of some fabric pieces. Cut out the shapes and peel off the paper backing.

Step two Arrange the shapes on the square of linen. They should line up with the embroidery template as close as possible. Iron the shapes to the fabric. **04**

Step three Print or trace the embroidery pattern onto water-soluble sticky-backed interfacing or tracing paper. Attach the pattern to the fabric so it lines up with the fused fabric. You may

need to cut the pattern apart to line it up properly.

Step four Working with three strands of stranded cotton, embroider the snowflakes with white, the trees with brown, and the ribbon with bright pink stranded cotton. Use straight stitch to embroider the snowflakes and use backstitch for all of the other shapes. **05**

Step five Soak or tear away the interfacing or tracing paper.

Step six Using three strands of white stranded cotton, whip the backstitched branches.

Step seven Place the finished embroidery in an embroidery hoop. Trim the excess fabric, leaving approx 2.5cm (1in) around the edge. Use a needle and thread to stitch around the edge of the fabric and gather it at the back. Secure the thread end.

Step eight Tie a loop of ribbon through the screw at the top of the hoop for hanging, then tie a bow around the hardware. **06**

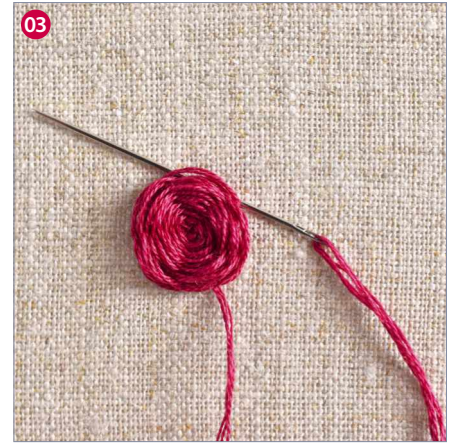


WOVEN WHEEL

Stitch

Embroider delicate summer blooms you can enjoy all year round with these woven wheel stitch brooches





YOU WILL NEED

For each brooch:

- Linen fabric: 25x25cm (10x10in)
- Stranded cotton in floral colours of your choice
- Thin card: 7x14cm (3x6in)
- Brooch pin
- Toy stuffing
- Matching thread
- Basic stitching kit, page 6

NOTES

- Use a 1cm (3/8in) seam allowance unless otherwise stated
- Designed and stitched by Mollie Johanson
- Find the template for this design on page 125

WORKING WOVEN WHEEL STITCH

Step one To start the woven wheel, bring the needle up at the centre of the wheel then work five straight stitches to act as spokes.

Step two Bring the needle up near the centre then take it over one spoke and under the next, without piercing the fabric. **01**

Step three Alternate passing the needle over one spoke and under the next around the circle. **02**

Step four Continue weaving the thread around the spokes until the entire circle is filled and the spokes no longer show.

Step five To create a fuller flower, push the threads in towards the centre and add more rounds. You can also fluff the thread to add character. **03**

CUTTING OUT THE DESIGN

Step one Choose your design, then trace around the outer shape and cut it out twice in thin card.

Step two Cut the linen fabric as follows:

Front: 15x15cm (6x6in).

Back: Cut 1cm (3/8in) bigger than the template all the way around.

EMBROIDERING THE DESIGN

Step one Place the front piece of linen fabric centrally over your chosen template then trace over the flowers, but not the outline.

Step two Embroider the flowers using three strands of stranded cotton. Start by working the small flowers using satin stitch for the leaves and

seed stitch and French knots for the small flowers.

Step three When the small flowers are finished, work the large flowers in woven wheel stitch.

MAKING THE FABRIC SHAPES

Step one Place the template centrally on the back of the embroidered linen and pin in place.

Step two Cut the fabric 1cm (3/8in) outside the edge of the template.

Step three For the square or hexagon brooches, fold the fabric over on top of the template and tack the edges in place with a few stitches at each corner. For the round brooch, work a running stitch around the edge of the fabric and gather it to make the circular shape then secure. **04**

Step four Press the edges of the fabric on the wrong side (WS) then remove the template.

Step five Repeat this with the back piece of linen to make the same shape as the front.

FINISHING THE BROOCH

Step one Hand-stitch the brooch pin to the centre of the back piece of linen. **05**

Step two Pin the front and back WS together.

Step three Sew the layers together using running stitch and three strands of stranded cotton, stopping to leave a small section unstitched.

Step four Stuff the brooch lightly with stuffing then stitch the gap closed to finish. **06**

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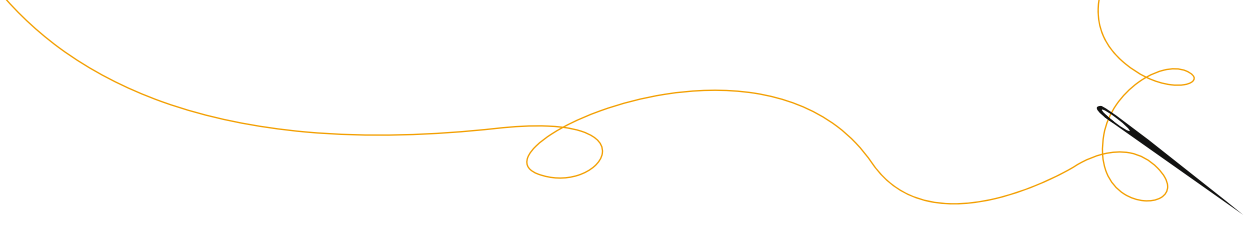
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multi-stitch projects

Give your new-found skills a workout with our pick of stylish projects that include a combination of the stitches you've learned so far

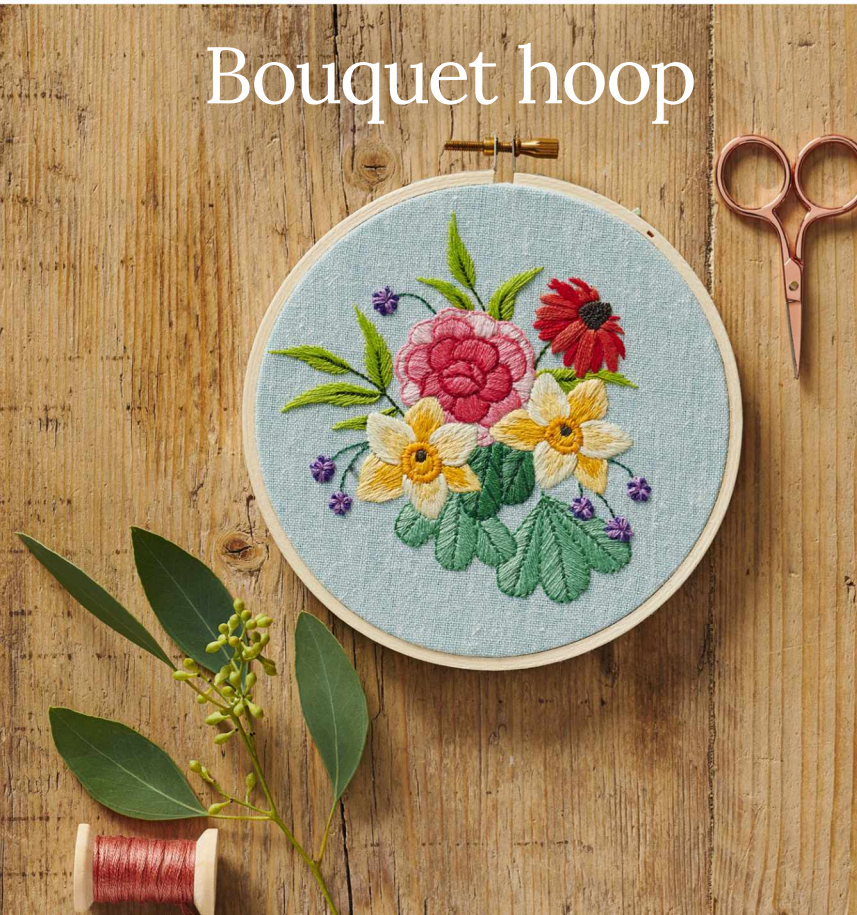




Flowers for all

Lift your spirits with these beautiful floral motifs to turn into hoop art, an upstyled tee and a stunning iPad case, combining up to 10 stitches

Bouquet hoop



YOU WILL NEED

- Linen blend fabric: 20x20cm (8x8in)
- Stranded cotton in coral, cream, green, bright green, forest green, light green, grey, lilac, pink, bright pink, dark pink, light pink, dark purple, light purple, red, yellow, dark yellow and light yellow
- Embroidery hoop: 12cm (4¾in) diameter
- Basic stitching kit, page 6

NOTES

- Designed and stitched by Jessica Long, www.jessicalongembroidery.com
- Find the template for this project on page 125

STITCHES USED

- Satin stitch, long and short stitch, French knot, lazy daisy stitch, backstitch, fly stitch, split stitch

Step one Unless otherwise stated, work in three strands of thread. Fill the daffodil centres with satin stitch and dark yellow or grey. Work the petals with long and short stitch in all the yellows and the cream.

Step two Work the camellia in satin stitch using six strands of bright pink, pink and light pink. Outline in a darker pink than the petals using split stitch.

Step three Fill the daisy centre with French knots using two strands of grey. Work the petals in satin stitch using coral and two strands of red.

Step four Create the skinny leaves with fly stitch, using two strands of bright green. Make the stem with backstitch in forest green.

Step five Fill the leaves with satin stitch in two strands of the greens. Outline with backstitch in two strands. Use lazy daisy stitch in two strands of dark purple for the blossoms. Stitch on top in the light purple. Work the stems in backstitch in two strands of green.

YOU WILL NEED

- Cotton T-shirt
- Lightweight interfacing or water-soluble stabiliser
- Stranded cotton in coral, cream, bright green, dark green, peach, turquoise, light turquoise and light yellow
- Embroidery hoop: 12cm (4¾in) diameter
- Basic stitching kit, page 6

NOTES

- Designed and stitched by Jessica Long, www.jessicalongembroidery.com
- Find the template for this project on page 125

STITCHES USED

- Backstitch, satin stitch, split stitch, straight stitch

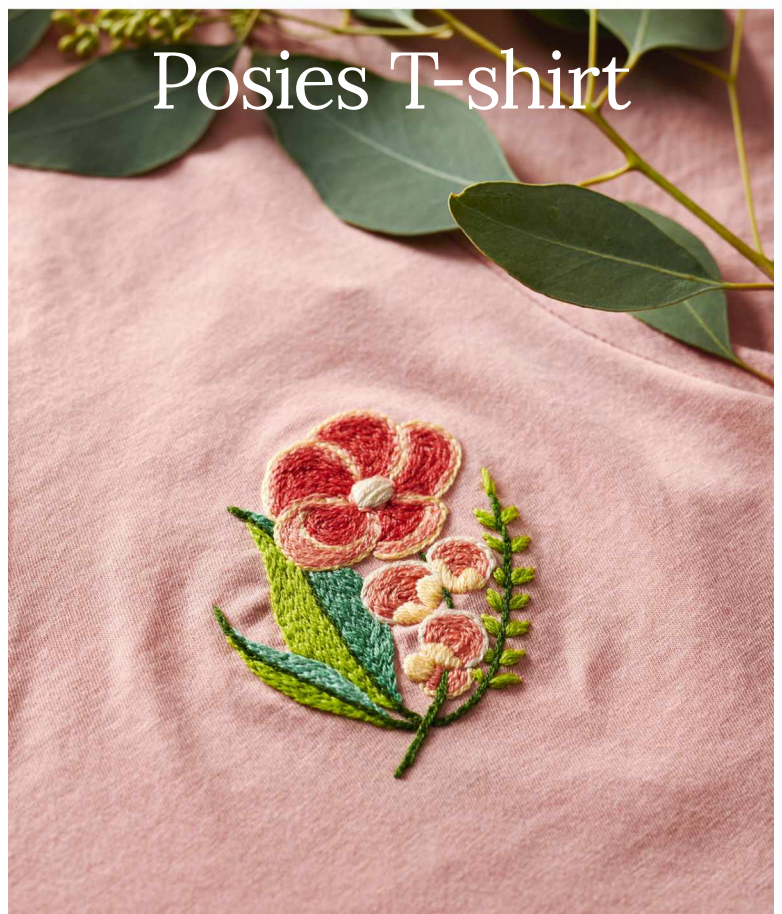
Step one Transfer the design using your preferred method. Attach a lightweight interfacing or stabiliser to the inside of your T-shirt, where you'll be stitching.

Step two Work the flower centre using satin stitch in three strands of cream. Create the yellow leaves on the flower buds in satin stitch using three strands of light yellow. Outline the flower and buds with backstitch in three strands of peach, cream or light yellow.

Step three Next, fill the flower buds, petals and leaves with split stitch using four strands of peach, coral, light yellow, bright green, light turquoise or turquoise. Refer to the image on the right for colour placement.

Step four Work the stem and small leaves using straight stitch in three strands of bright green or dark green.

Step five Trim your interfacing or gently remove the stabiliser using cool water and leave to dry. Cover the stitching with a cloth if you wish to iron the T-shirt.



Posies T-shirt



Floral iPad cover



YOU WILL NEED

- Shop-bought or handmade cotton iPad cover
- Stranded cotton in beige, coral, cream, green, dark green, forest green, light green, moss green, grey, mint, orange, pink, light pink and yellow
- Basic stitching kit, page 6

NOTES

- Designed and stitched by Jessica Long, www.jessicalongembroidery.com
- Find the template for this project on page 125

STITCHES USED

- Backstitch, chain stitch, satin stitch, straight stitch, fishbone stitch, French knots, lazy daisy stitch

Step one Transfer the template using your preferred method. To stitch onto a pre-made iPad case, don't pull your needle through to the back. Instead, work on top of the fabric. Do this by pushing your needle horizontally through to the entry point of your next stitch while finishing your previous one. Alternatively, visit www.gathered.how/love-embroidery to learn how to make your own iPad cover from scratch.

Step two Densely fill the round buds with French knots using two strands of pink. First, fill the area with French knots and then add more in the gaps to be sure you don't see any of the fabric between the stitches. This will also help you achieve a slightly raised dome effect.

Step three Fill the centres of the pink daisies with columns of chain stitch in three strands of grey, starting each row at the top of the flower centre and working down towards the petals. Fill the petals with satin stitch using three strands of either light pink or beige. Add a line of straight stitch in three strands of pink to the top of some of the petals, referring to the image for placement.

Step four Fill the centre of the yellow daisies using three strands of satin stitch in yellow. Then work the petals using satin stitch in three strands of either yellow or cream for the yellow daisies. Stitch a circle of chain stitch in three strands of yellow around the centre.

Step five Fill the thin leaves using three strands of mint in fishbone stitch, starting at the bottom of each leaf and working towards the tips. Use backstitch in two strands of dark green for the pink daisy stems and to add details to the thin leaves.

Step six Work the tear drop leaves in satin stitch using three strands of green or light green, starting from the central seam and working outwards. Then add the backstitch details to each of the leaves and stems using two strands of forest green.

Step seven For the sprigs, use backstitch for the stems and lazy daisy stitch for the leaves in three strands of moss green. Fill each lazy daisy stitch leaf with one straight stitch in three strands of mint.

Step eight Use six strands of beige or coral for the small straight stitch daisies. Work the French knot flower buds and accent clusters in six strands of beige. Add the backstitch stems and lazy daisy stitch leaves with two strands of green.

Step nine Use satin stitch for the tulips in six strands of cream or yellow. Add the backstitch stems and lazy daisy stitch leaves in two strands of moss green.

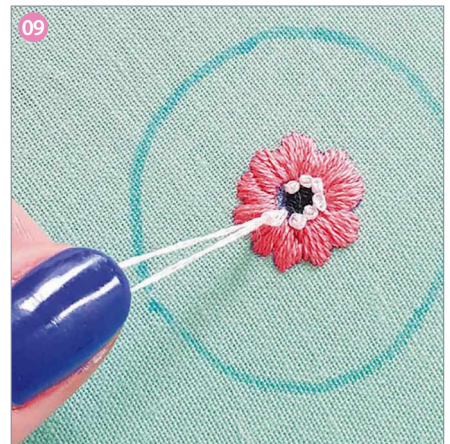
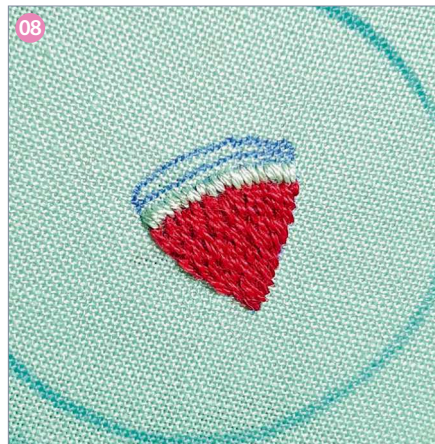
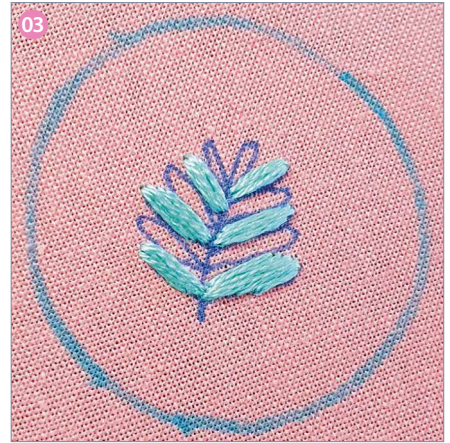




Cute as a...

Give your coats and cardigans a crafty update with this versatile project. These colourful and fruity buttons are quick and easy to make

MULTI-STITCH BUTTONS



YOU WILL NEED

- Cotton fabric: 30x30cm (11x11³/₄in) in light orange, mint, pale pink and peach
- Stranded cotton in black, green, dark green, light green, pink, purple, red, dark red, turquoise, bright turquoise, white, yellow and light yellow
- Self-cover buttons: 19mm (³/₄in)
- Embroidery hoop: 13cm (5¹/₂in) diameter
- Cover button tool (optional)
- Basic stitching kit, page 6

NOTES

- Designed and stitched by Georgie Emery, www.georgiekemery.etsy.com
- Find the template for this project on page 123

STITCHES USED

- Backstitch, brick stitch, fishbone stitch, French knots, long and short stitch, satin stitch, seed stitch, split stitch, stem stitch, straight stitch, whipped backstitch

Step one Mark out three 2cm (³/₄in) circles on each piece of your fabrics with a 3cm (1¹/₂in) gap in between. Then transfer your chosen patterns centrally within each circle using your preferred method. We used a water-erasable marker pen. Next, insert your fabric into your hoop. **01**

BANANA

Step two Work satin stitch along the edges in two strands of yellow. Fill the middle section in satin stitch using two strands of light yellow. Work straight stitches at the ends and in the centre of the banana, using one strand of green. See the main image on p99 for placement of these stitches. **02**

THREE-COLOUR LEAF

Step three Work the sections of the leaf in satin stitch, alternating between two strands of green and light green as you move from section to section – see the step photo above for colour placement. Work the stem in backstitch using two strands of dark green. **03**

MONSTERA LEAF

Step four Fill in the leaf shape with satin stitch using two strands of dark green. Work your stitches in an outwards direction, starting from the central line of the leaf, to create natural shaping. **04**

LEMON

Step five Working outwards from the centre, fill the circle with satin stitches using two strands of white. Then, work outlines of the segments in split stitch using two strands of light yellow. The pith of the lemon is filled with satin stitch using two strands of light yellow. Finally, the rind is stitched in satin stitch using two strands in yellow. **05**

PALM LEAF

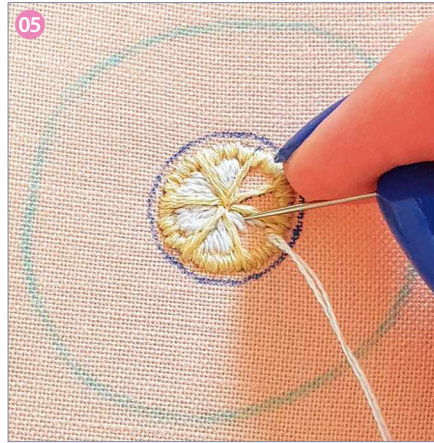
Step six With two strands of turquoise, fill in the leaves using satin stitch. The stem is stitched in the same colour using whipped backstitch. Finally, add three or four straight stitches to the tips of each leaf using two strands of light yellow. **06**

DAISY

Step seven Create the petals of the flower using straight stitch in two strands of white. Work outwards from the centre to create shaping. Fill the centre with French knots using two strands of yellow. **07**

WATERMELON SLICE

Step eight Begin by filling the centre of the watermelon with brick stitch using two strands of dark red. Then work the outer rind with satin stitch using two strands of turquoise and the inner rind using two strands of light green.



Lastly, make the pips with straight stitch using two strands of black – work over the top of your brick stitch. **08**

FLOWER

Step nine Stitch the petals in satin stitch using two strands of pink. Fill the centre with satin stitch in two strands of black. Then encircle the centre with French knots using two strands of white. **09**

STRAWBERRY

Step ten Using two strands of red, work long and short stitches two-thirds of the way up the strawberry. Fill the remainder of the shape with long and short stitch using two strands of dark red. Work the leaves with satin stitch using two strands of green. Lastly, make the seeds using seed stitch in one strand of light yellow. **10**

PURPLE SPINE LEAF

Step eleven Stitch all the sections of the leaf in fishbone stitch using two strands of bright turquoise. Use backstitch to add the spines and stems over the top using two strands of purple. **11**

MAKING UP THE BUTTONS

Step twelve Once you've finished all the embroidery for your buttons, cut your fabric to the correct size using the assembly guide

provided with the self-cover buttons. Place your embroidered fabric centrally over the face of the button shell and push into the holder tool. Tuck the rest of the fabric into the rear of the shell. Take the button back and, using the pusher part of the tool, snap it into place. If you don't have a tool, you can do this by working a row of running stitch around the fabric edge and then placing the button shell onto the back of your stitching. Gently pull on your thread to gather the fabric at the back and press it into the shell. Then, press the back of the button in place firmly until it clicks into position. These buttons are great for using up odd amounts of threads and spare scraps of fabric – try mixing up your colour choices. **12**

TIPS & TRICKS

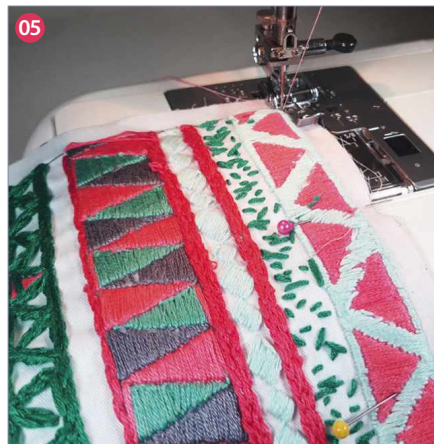
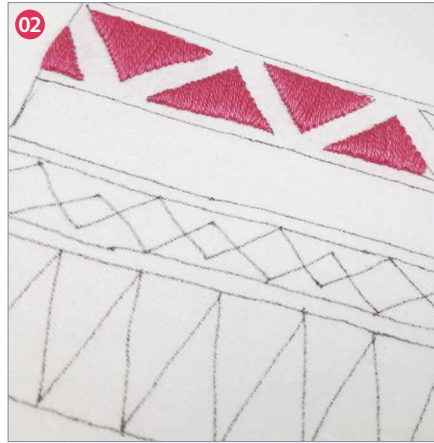
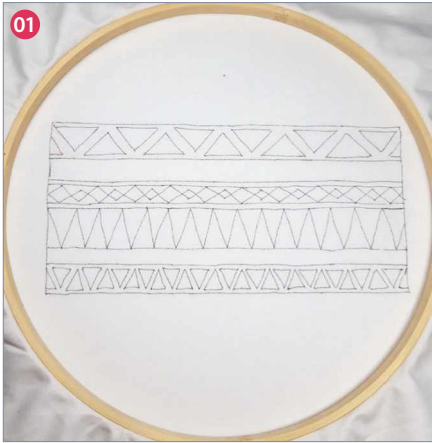
- Add a chain to the back of your button to make a simple pendant.
- Make sure you leave enough fabric around the edges of your design to cover the buttons.
- When putting your button together, make sure your design is central before you secure the back piece of the button in place.





Fresh vibes

Give your cosmetics bag a modern makeover with the geometric shapes and feel-good colours of this embroidered pouch



YOU WILL NEED

- Cotton fabric: 45x45cm, white; 12x22cm, pink (for the back); 12x22cm, patterned x2 (for the lining)
- Stranded cotton in grey, pink, dark pink, teal, dark teal and light teal
- Embroidery hoop: 25cm (10in) diameter
- Two-tone blue and pink zip: 20cm (8in)
- Basic stitching kit, page 6

NOTES

- You will need two skeins of pink thread for this project
- Designed and stitched by Heather Nugent, @heathers.handmade.hub
- Find the template for this project on page 126

STITCHES USED

- Backstitch, brick stitch, satin stitch, seed stitch

Step one Transfer the template onto the centre of the white cotton fabric using your preferred method. Mount the fabric into the hoop ready for stitching. **01**

Step two Fill row 1 with vertical satin stitch in four strands of pink and light teal. Work the diamonds on row 4 using diagonal satin stitch in four strands of light teal. Stitch row 6 using horizontal satin stitch in four strands of pink, teal and grey. Fill one of the triangles on row 8 with satin stitch in four strands of pink. See the main image on p102 for placement. **02**

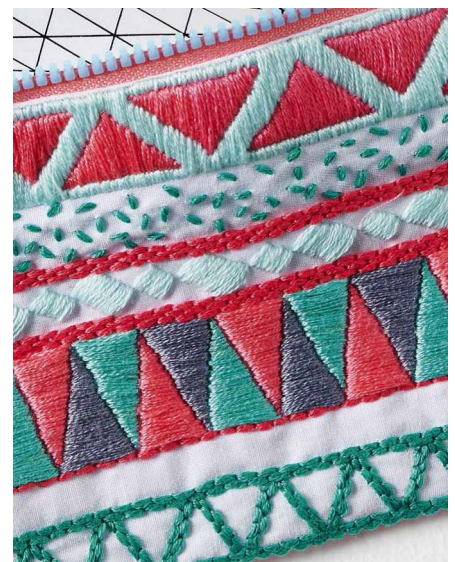
Step three Fill rows 3 and 5 with brick stitch using six strands of pink. Next, stitch a line of backstitch in six strands of pink along the bottom edge of row 6. Then, fill the outline of the triangles on row 8 with brick stitch using six strands of dark teal. **03**

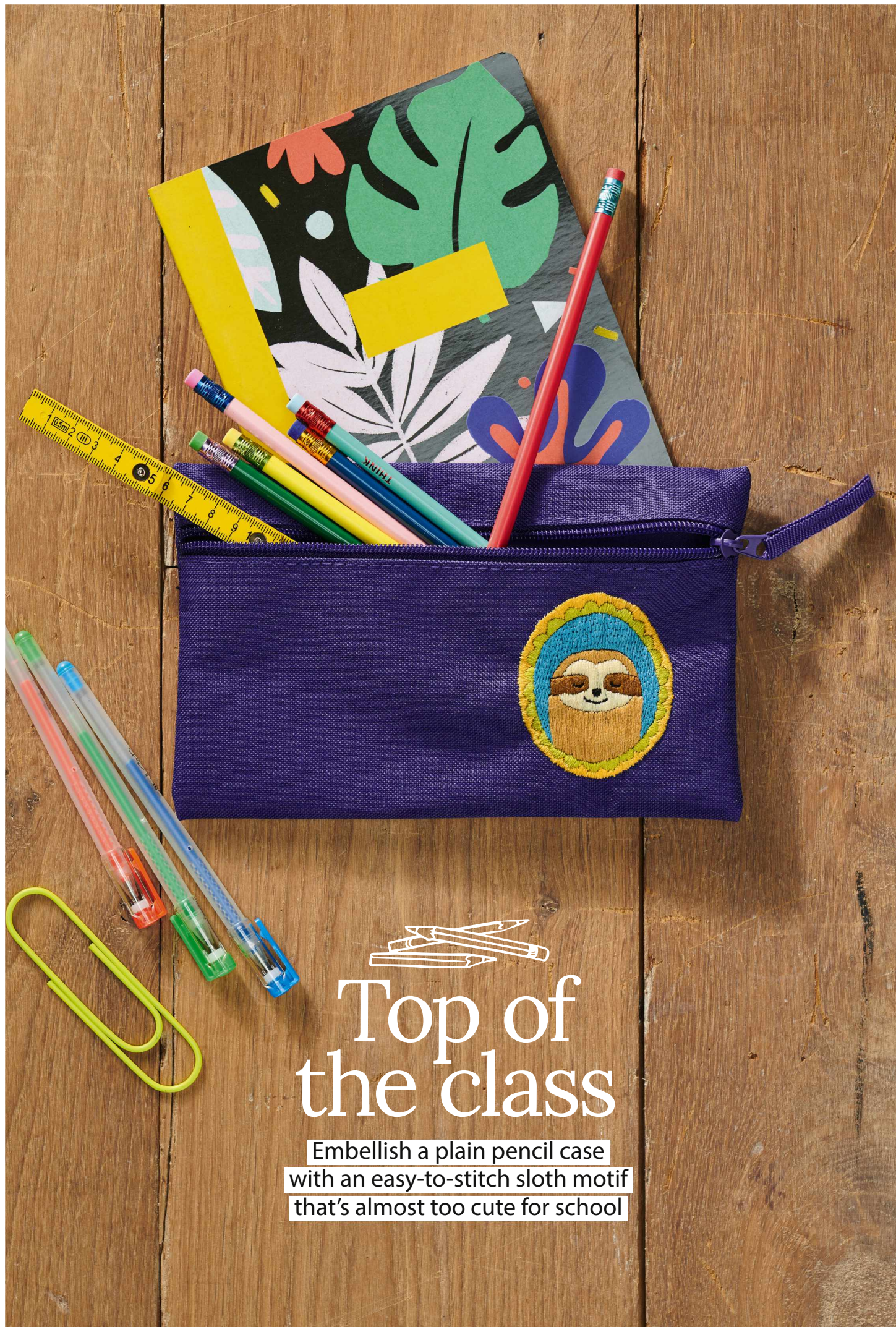
Step four Lastly, work row 2 in seed stitch using six strands of dark teal. We positioned the stitches quite sparsely; however, you can work them more densely if preferred – just be sure to keep the stitches evenly spaced. **04**

Step five Trim your stitched piece with a 1cm (3/8in) seam allowance – it should measure 12x22cm (4 3/4x8 1/2in). Cut one back piece and two lining pieces to the same size. Lay a piece of lining face up with the zip along the top edge. Place your stitching facing down on top of that. Pin and sew along the top edge using a zipper foot (or by hand if you don't have a machine).

Fold the edges backwards to reveal the zip and press. Repeat with the backing fabric and lining piece along the other side of the zip. Open out your pieces and press the seams. **05**

Step six Refold with the lining pieces on one side of the zip, and the stitching and back panel on the other. Make sure the zip is half open before stitching. Pin and sew a 1cm (3/8in) seam, leaving a 6cm (2 1/4in) opening for turning through. Turn through, slip stitch the gap closed and push the lining inside the bag. **06**





Top of the class

Embellish a plain pencil case with an easy-to-stitch sloth motif that's almost too cute for school



YOU WILL NEED

- Fabric pencil case: with a minimum stitchable area of 9x8cm (3½x3¼in)
- Stranded cotton in black, brown, light brown, cream, teal, yellow and green-yellow
- Adhesive soluble stabiliser
- Basic stitching kit, page 6

NOTES

- Use three strands of thread for the design
- Designed and stitched by Clare Albans, www.hellohooray.com
- Find the template for this project on page 124

STITCHES USED

- Backstitch, brick stitch, padded satin stitch, satin stitch

Step one Transfer the design from the template onto your adhesive soluble stabiliser using your preferred method. Trim the excess from around the edge, leaving a border of approximately 1cm (¾in) – this will help to make sure the full design area is securely stuck to the pencil case. Peel off the backing paper and attach it in your desired position. Alternatively, if your pencil case is difficult to stitch through, you can stitch the design onto fabric or felt first and then appliqué it onto the pencil case. **01**

Step two Start by stitching the eyes and mouth with small backstitches using black. Keep your stitches nice and short to help create smooth curves in the facial features. Add the nose with vertical satin stitch, also using black. Next, work the areas around the eyes using padded satin stitch in brown – do this by laying a foundation of small seed stitch before adding satin stitch over the top, but you can use your preferred padding stitch. **02**

Step three Stitch the rest of the face area using cream, carefully stitching vertical satin stitch around the facial features. To work the body, use the same vertical satin stitch technique but in light brown instead. **03**

Step four Next, stitch the background of the portrait using brick stitch in teal. Use vertical stitches for this, as it's easier to work them around the sloth in this direction. **04**

Step five Lastly, work the frame of the design

using satin stitch. Work the curved green-yellow areas by placing a single stitch in the centre of each curve, then working outwards to complete the shape. When the green-yellow area is complete, repeat with the yellow around the edge to finish the frame. **05**

Step six Fill a bowl with lukewarm water and carefully wash off the soluble stabiliser following the packet instructions. Leave the pencil case to dry fully before filling it with your favourite stationery! **06**





Indoor jungle

Stitch onto felt and surround yourself – and your plant pals – with foliage-themed pot covers



YOU WILL NEED

- Wool felt: 1mm thick, 12x46cm (4¾x18in), grey and magenta
- Stranded cotton in leaf green, dark green, black, light green, light moss green, medium green, pale light green, very dark green, pink and purple
- Tear-away or water-soluble stabiliser
- Fabric glue
- Basic stitching kit, page 6

NOTES

- You'll need two skeins of leaf green and dark green
- Designed and stitched by Louise McCarney
- Find the templates for this project on page 126

STITCHES USED

- Backstitch, satin stitch, stem stitch, straight stitch

Step one Transfer the design onto the stabiliser using your preferred method, repeating the pattern twice with the short edges lined up. Cut your grey felt into one strip measuring 11x34cm (3¾x13¼in) and one 12cm (4¾in) diameter circle. Repeat this with your magenta felt. Tack the stabiliser onto the centre of your grey felt, 1cm (¾in) up from the bottom. Work over these tacking stitches or snip them as you go. **01**

Step two Use four strands of thread throughout the design, unless stated otherwise. Fill the maranta leaves with satin stitch in very dark green for the outer sections and light green for the inner. Radiate the stitches outwards from a central line. Add veins using straight stitch in two strands of pink. Work the stems using stem stitch in two strands of light green. **02**

Step three Next, fill the orbifolia leaves with satin stitch in leaf green, radiating the stitches as before. Then, add stripes of pale light green to each leaf using straight stitches. Work the stems in stem stitch, using light moss green, and continue halfway up each leaf. Work the background leaves before the foreground. **03**

Step four Now, fill the front-facing rattlesnake leaves with satin stitch in medium green, again radiating your stitches out from a central line. Fill in each of the leaf markings using small straight stitches in dark green. Fill in the remaining rattlesnake leaves using satin stitch in purple, radiating your stitches from a central

line when possible. **04**

Step five Remove the stabiliser by tearing or washing it away. With the RS together, sew the shorter ends of felt together, lining up your design. Sew the bottom edge to the circle of felt, leaving a 1cm (¾in) seam – the final base should measure 10cm (4in) across. Repeat this process with your magenta felt pieces and trim all seams to around 2mm. **05**

Step six Turn the grey pot RS out and coat the inside top inch with fabric glue. Insert the magenta pot and press together. **06**





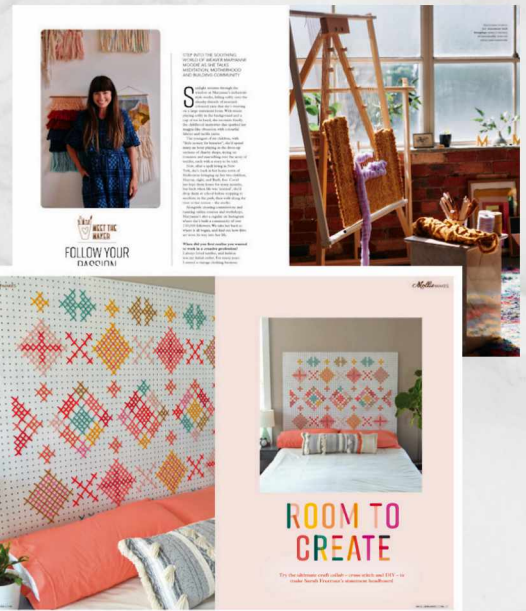
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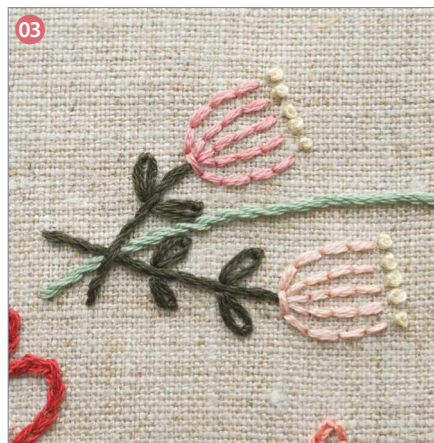
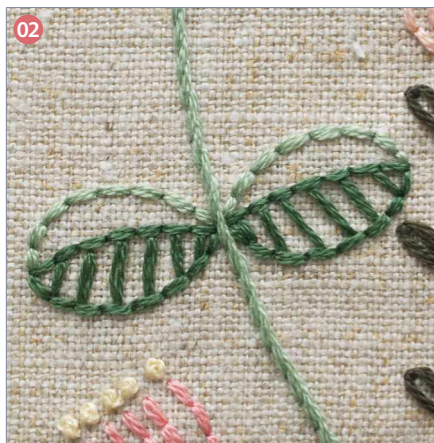
youtube.com/user/MollieMakes



Share the love

Spread positivity with this simply beautiful embroidered floral banner – perfect for gifting to a loved one

MULTI-STITCH BANNER



YOU WILL NEED

- Linen: 30x38cm (11 $\frac{7}{8}$ x 15in)
- Patterned cotton fabric: 26x31cm (10 $\frac{1}{4}$ x 12 $\frac{1}{4}$ in)
- Stranded thread in red, peach, light peach, dark green, light green, light yellow, pink and brown
- 24cm (9 $\frac{1}{4}$ in) thin dowel rod
- Brown acrylic paint
- Paint brush
- Basic stitching kit, page 6

NOTES

- Designed and stitched by Mollie Johanson
- Find the template for this project on page 127

EMBROIDERING THE DESIGN

Step one Transfer the template onto the linen and place the fabric in a hoop. Use three strands of embroidery thread throughout, unless stated otherwise. Starting with red thread and chain stitch, embroider the outside of the large flowers. Stitch the details with detached chain stitch and light peach thread. **01**

Step two Embroider the stems using stem stitch and light green thread for the long stems, and brown thread for the shorter stems. Add small leaves onto the shorter stems using lazy daisy stitch and brown thread. Work the large leaves using backstitch in light green thread at the top, and dark green thread at the bottom. Use straight stitch in dark green thread for the lines on the lower half of the leaves. **02**

Step three For the small flowers, use backstitch for the lines and French knots for the dots. Use pink thread for the flowers on the outside of the wreath, light peach for the flowers on the inside of the wreath, and light yellow for all the dots. **03**

Step four For the lettering, use backstitch in peach thread for the single lines, and a single row of chain stitch for the double lines. Work the heart using backstitch and peach thread. **04**

MAKING THE BANNER

Step one Remove any visible fabric marker and press the linen from the back. Cut a 24x30cm (9 $\frac{1}{2}$ x 11 $\frac{7}{8}$ in) rectangle, making sure the

embroidery is centred. Mark the two long edges 6.5cm (2 $\frac{5}{8}$ in) up from the bottom, and mark the bottom edge at the centre. Form a banner shape by trimming from the two side markings, down to the centre point. Cut a piece of the cotton fabric to the same size. **05**

Step two To create hanging tabs, cut two 5x8cm (2x3 $\frac{1}{8}$ in) rectangles from the linen. Fold in half along the length, then sew the short ends together to create a tube. Press the seams open and turn right side (RS) out. Press each tube so the seam is centred, then fold in half with the seam inside the fold. **06**

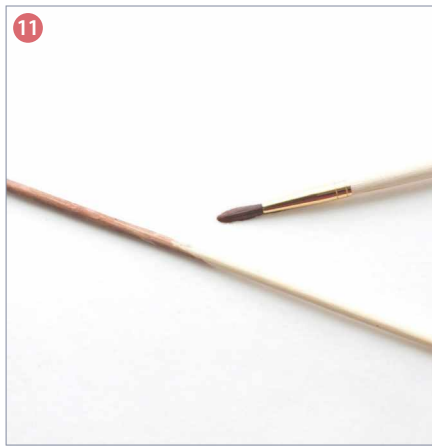
Step three Pin the front and back of the banner with RS together, then pin the tabs along the top edge, aligning the raw edges, and positioning them 5cm (2in) in from either long edge. **07**

FINISHING OFF

Step one Sew around the outside of the banner, leaving a 5cm (2in) opening for turning. Trim the corners to reduce any bulk. **08**

Step two Turn the banner RS out and neatly push out the corners. Roll the seams open with your fingers, then iron the banner from the back to avoid pressing the embroidery on the front. Sew the gap closed using ladder stitch. **09**

Step three Use brown embroidery thread and running stitch to stitch around the edges of the banner. **10**



Step four Thin down a small amount of brown acrylic paint with a few drops of water, then paint the dowel with one or two coats of paint. Some of the wood should still show through. **11**
Step five Slide the dowel through the tabs on the banner, then tie a 38cm (15in) length of embroidery thread to either end of the dowel to finish. **12**

TIP

As well as making a wall hanging, you could also use this design to make a stylish cushion





YOU WILL NEED

- Linen or other fabric
- Stranded cotton in various colours
- Sticky-back water-soluble stabiliser (or other transfer method)
- Embroidery hoop: 13cm (5in) diameter
- Basic stitching kit, page 6

NOTES

- Designed and stitched by Mollie Johanson
- Find the templates for this project on pages 128-129

STITCHES USED

- Backstitch, chain stitch, fern stitch, fishbone stitch, French knot, lazy daisy stitch, satin stitch, seed stitch, scallop stitch, stem stitch, straight stitch

One of the best ways to get to grips with stitching and finding the styles you like is to stitch teeny, fun motifs. This festive selection by Mollie Johanson is adorned with her trademark kawaii-style faces. Simply trace your chosen motifs onto a water-soluble stabiliser or use a transfer pen and get started (see page 10 for help). Embellish T-shirts, bags, hankerchiefs or even make re-usable fabric crackers! Use three strands of embroidery thread throughout.



Use backstitch for the candle and fishbone stitch for the flame



Make the Christmas trees using fern stitch



The berries are French knots with seed stitches on top of the turkey



Add cute smiles with scallop stitch



The wreath uses chain stitch, with lazy daisy and straight stitches for the bow



Make the bottle with satin stitch and backstitch

**YOU CAN ALSO
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TEMPLATES

Here are all the templates you need to make the projects in this collection. Turn to page 10 for advice on transferring.
All actual size at 100%.

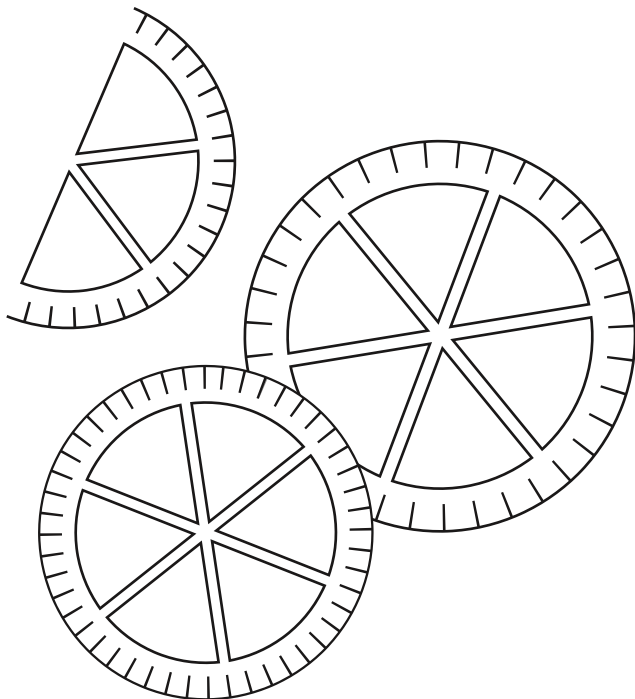
PASSPORT COVER

Backstitch, page 20



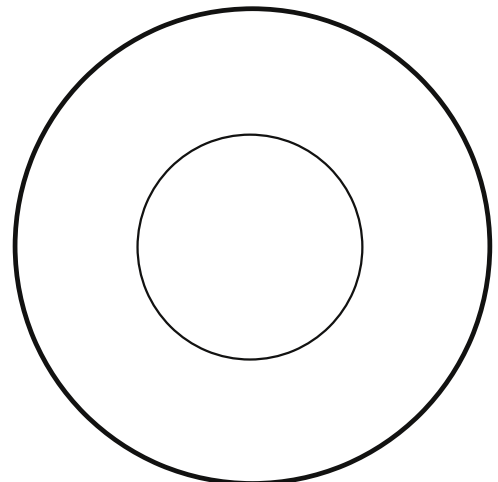
FRUIT TRAY

Blanket stitch, page 22



FESTIVE WREATH

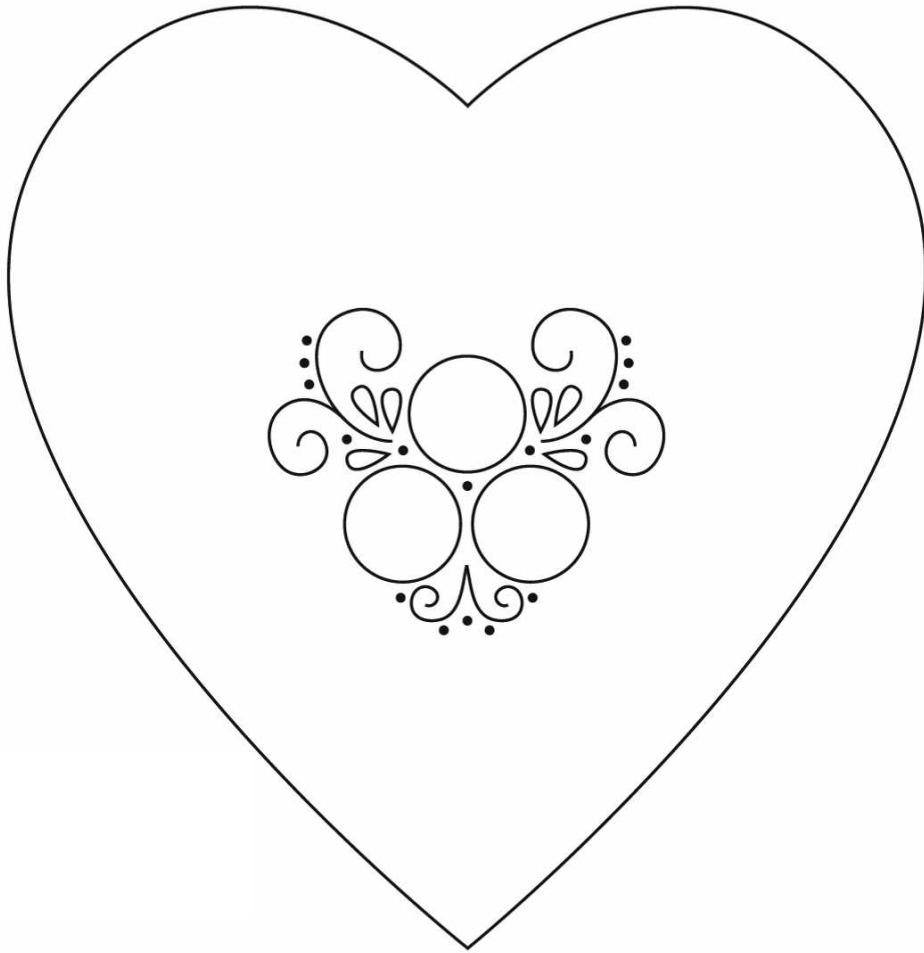
Braid stitch, page 24



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HEART DECORATION

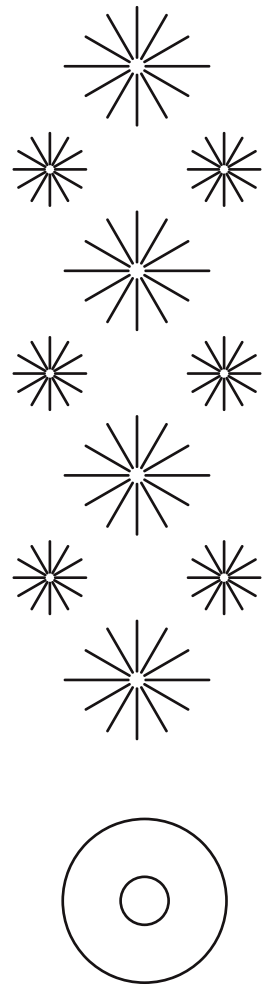
Bullion knot, page 26



MINI POUCH

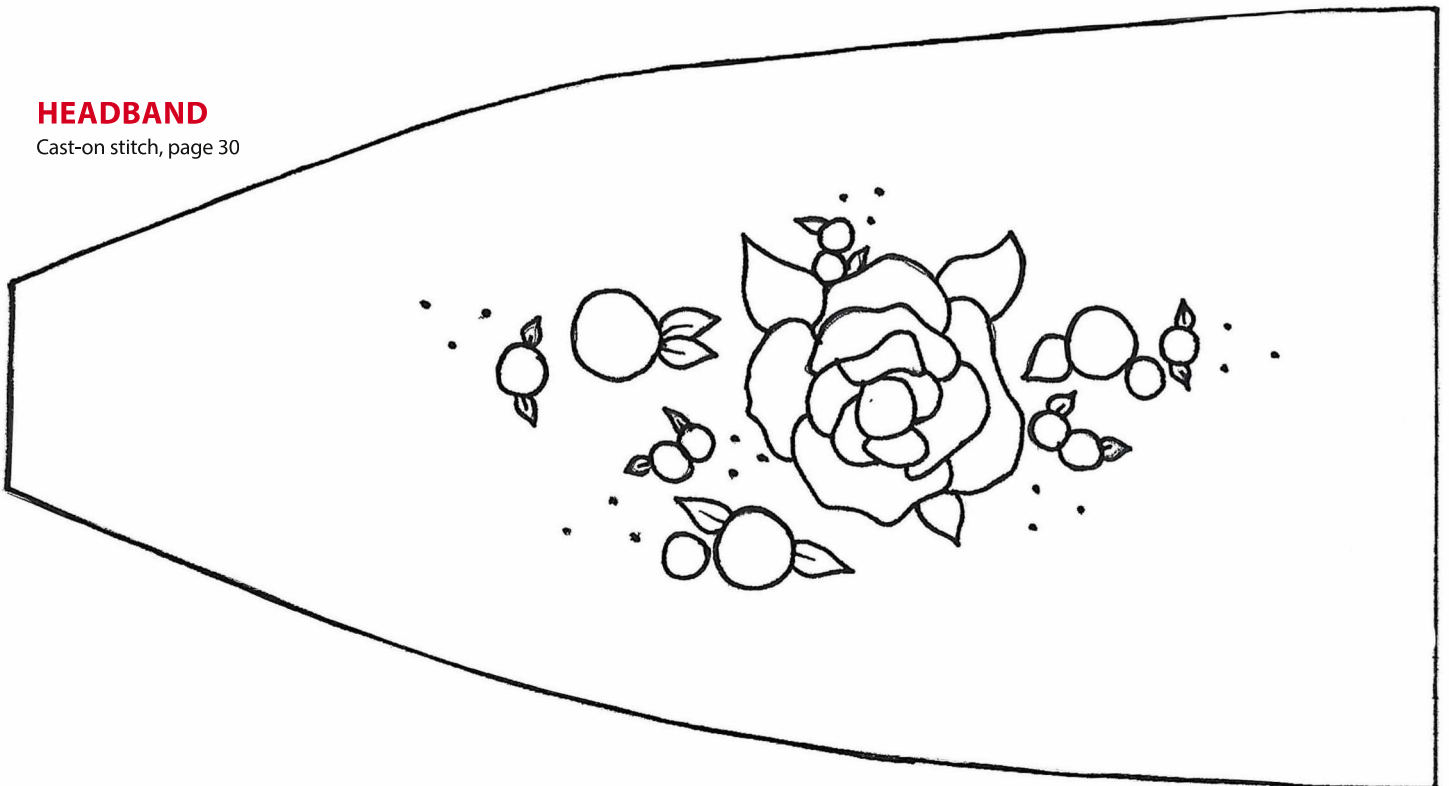
Eyelet stitch, page 46

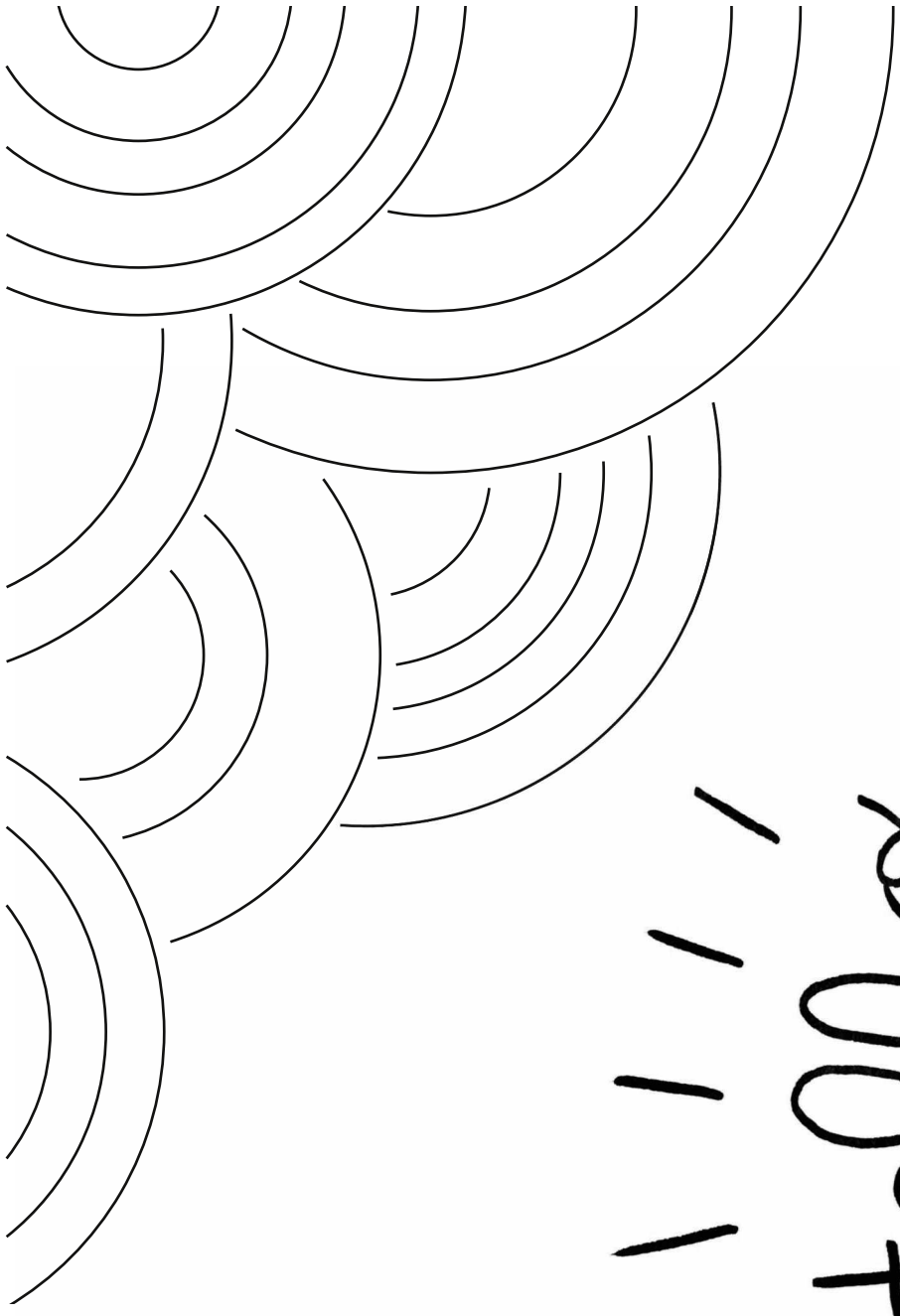
Decorative stitch above, functional stitch below



HEADBAND

Cast-on stitch, page 30





MUG RUG

Cable chain stitch, page 28

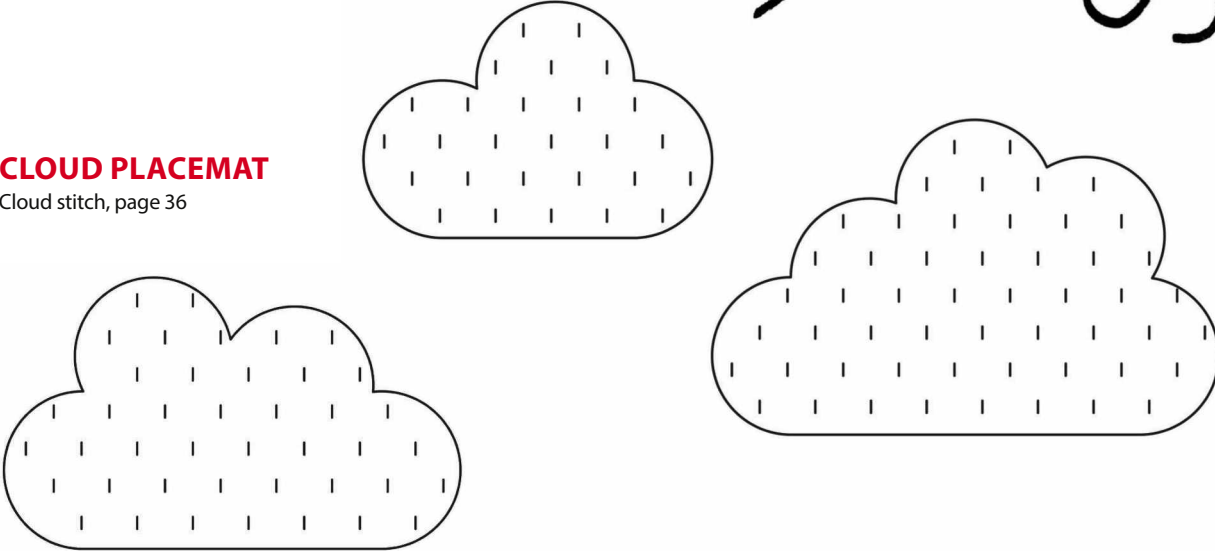
SUNSHINE BLANKET

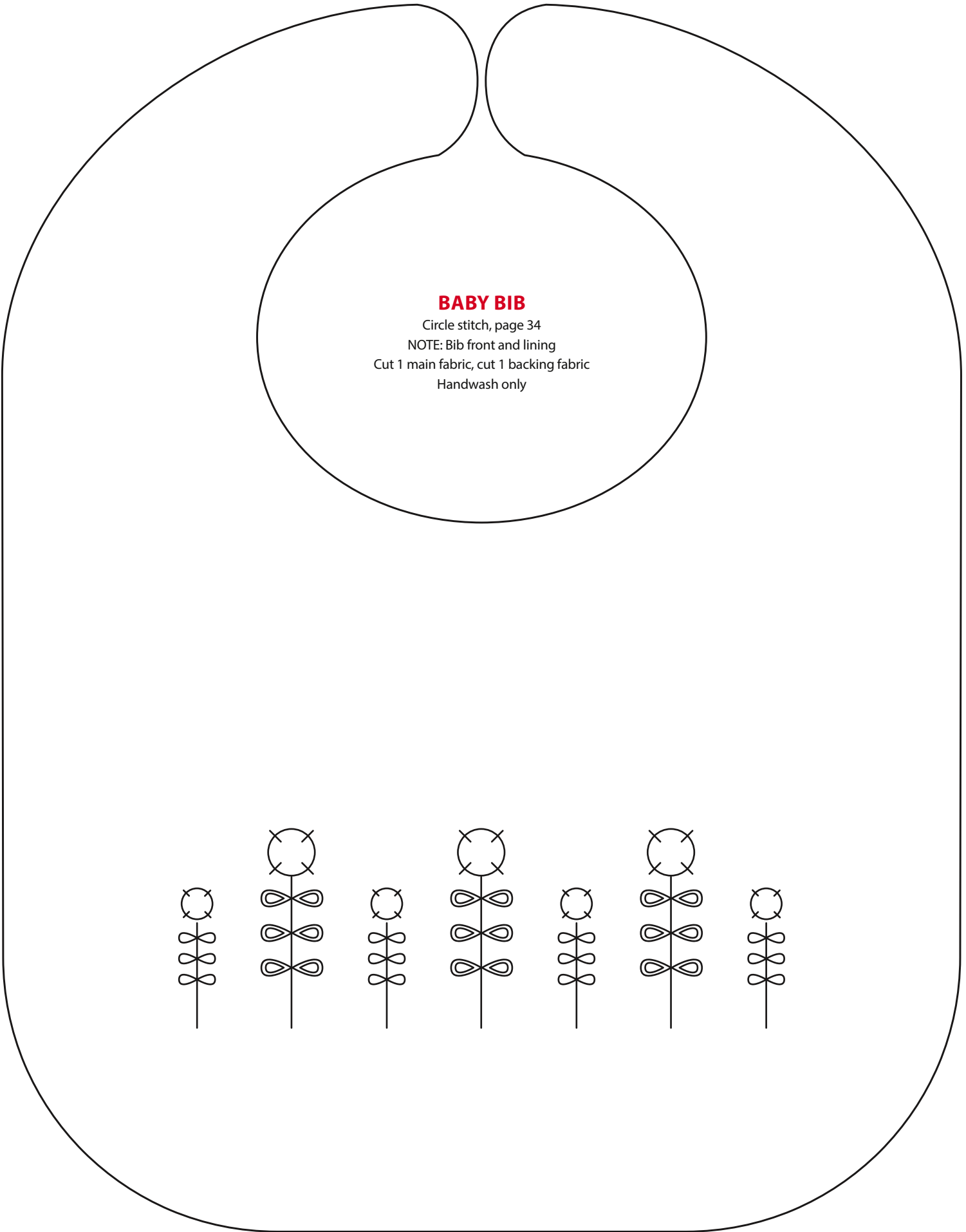
Chain stitch, page 32



CLOUD PLACEMAT

Cloud stitch, page 36





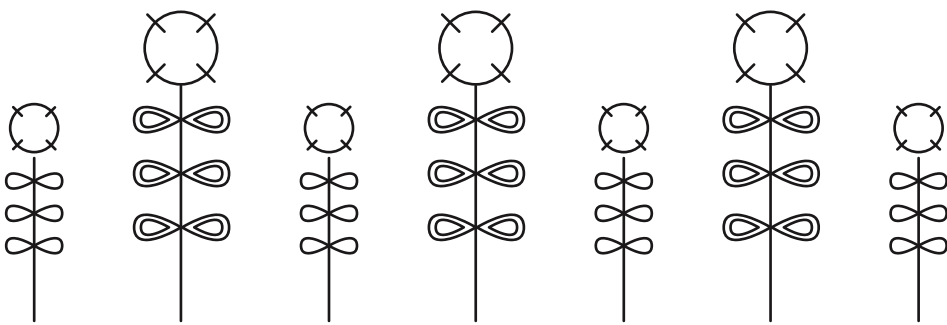
BABY BIB

Circle stitch, page 34

NOTE: Bib front and lining

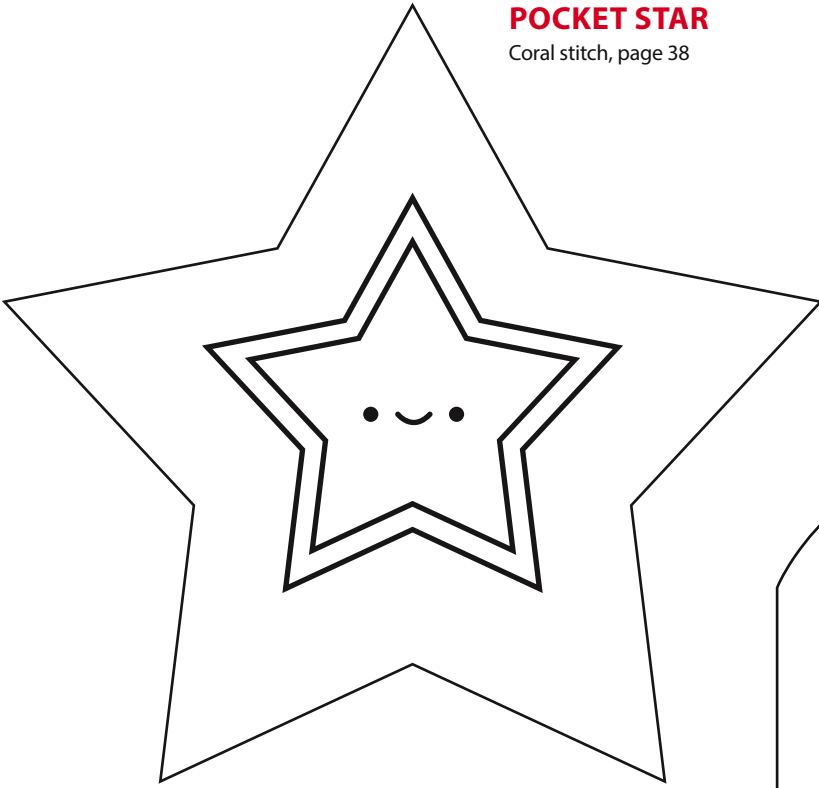
Cut 1 main fabric, cut 1 backing fabric

Handwash only



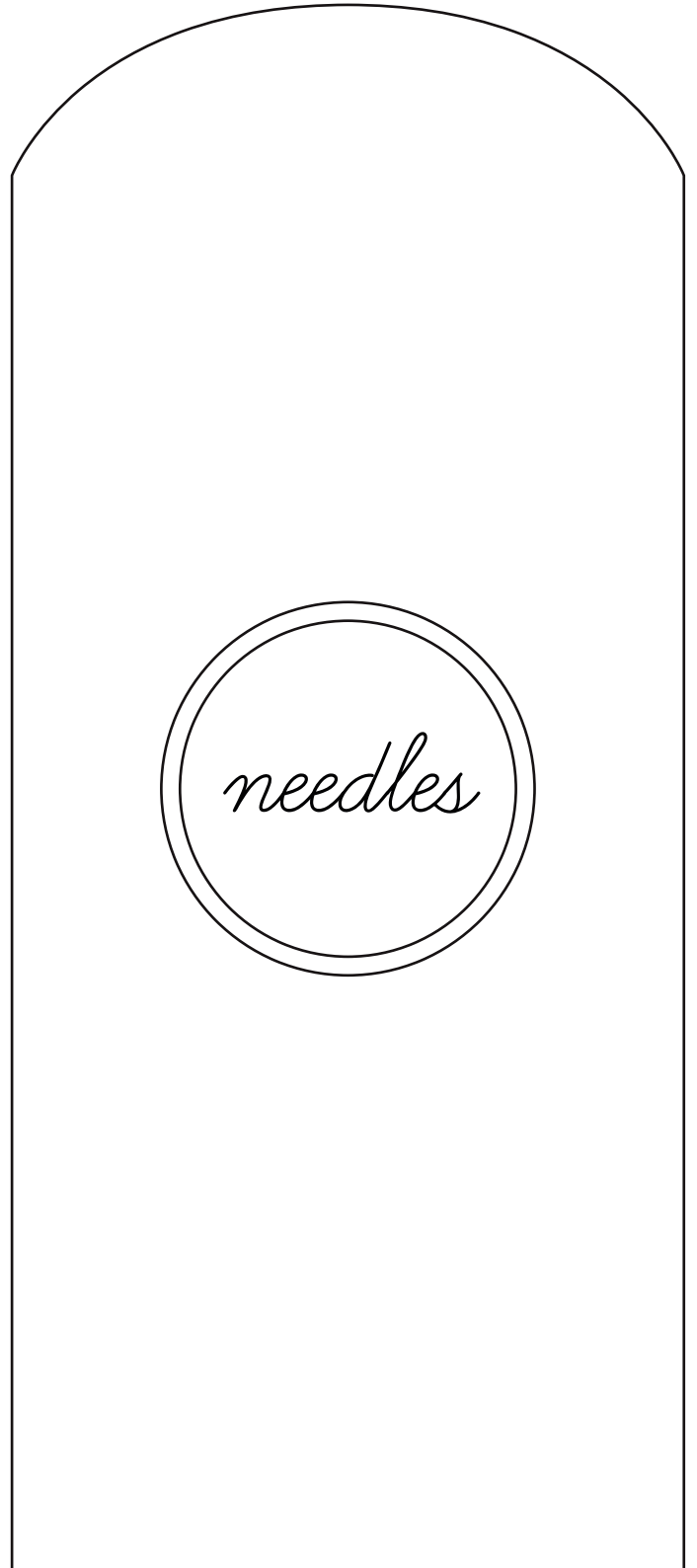
POCKET STAR

Coral stitch, page 38



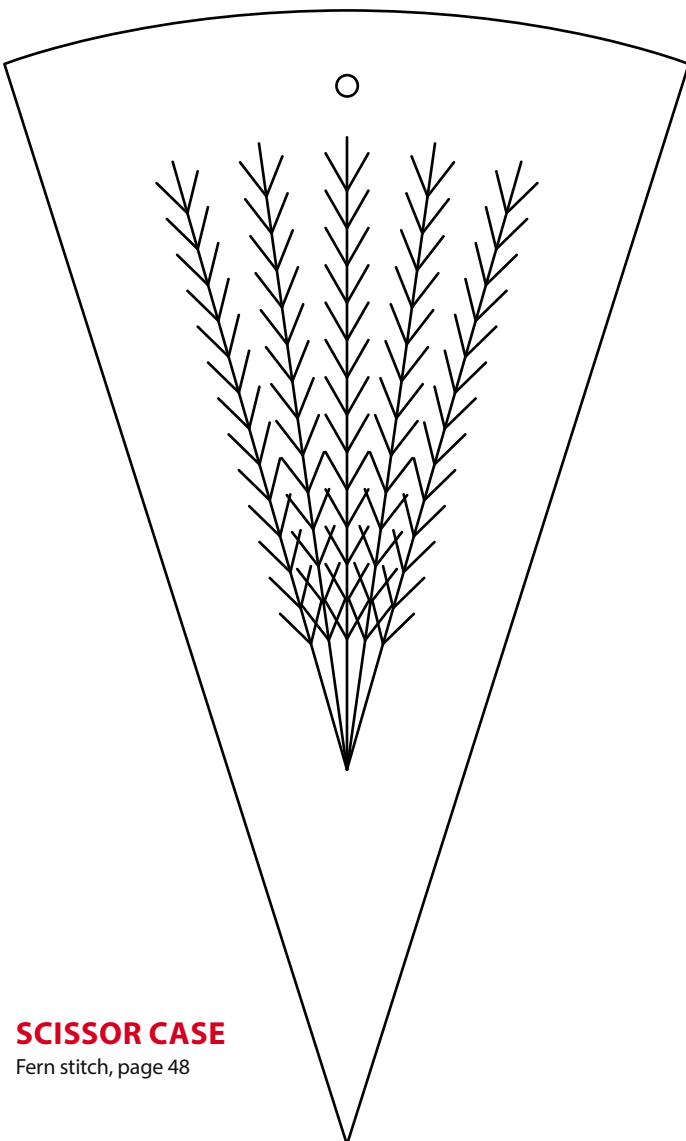
NEEDLE BOOK

Couching stitch, page 40



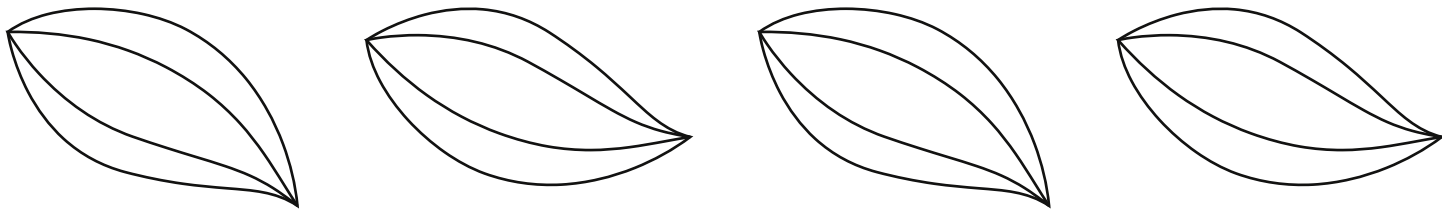
SCISSOR CASE

Fern stitch, page 48



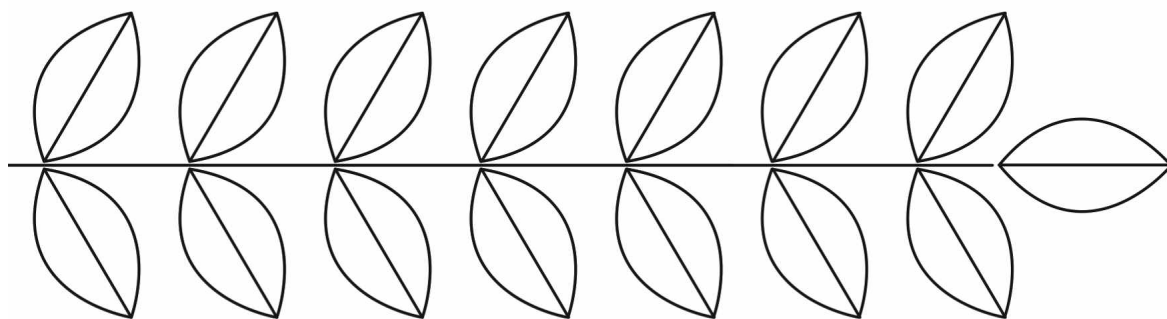
POT HOLDER

Cretan stitch, page 42



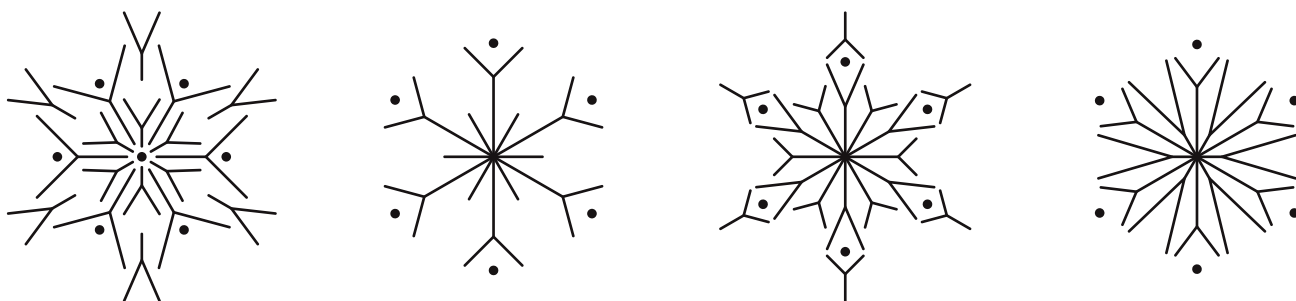
BOOKMARK

Fishbone stitch, page 50



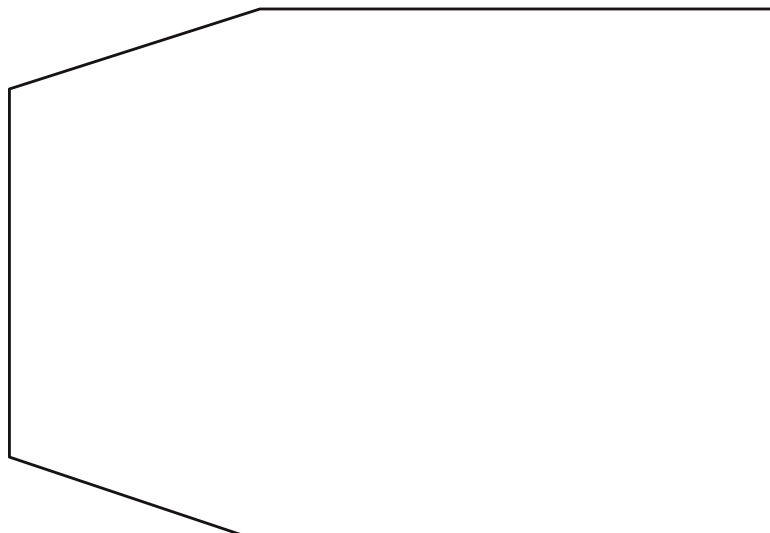
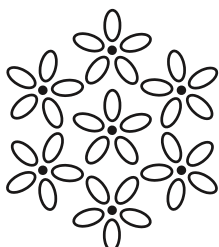
SNOWFLAKE TAG

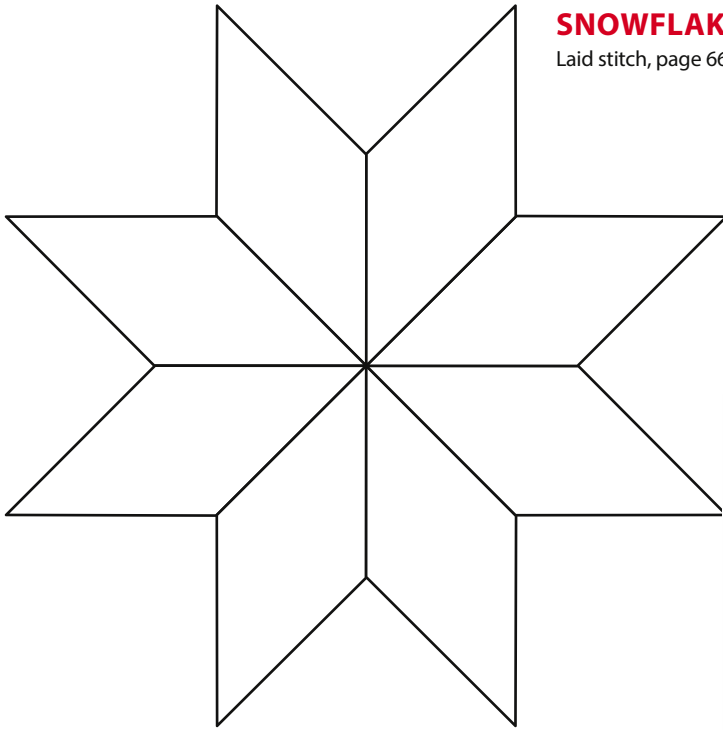
Fly stitch, page 52



SCENTED SACHET

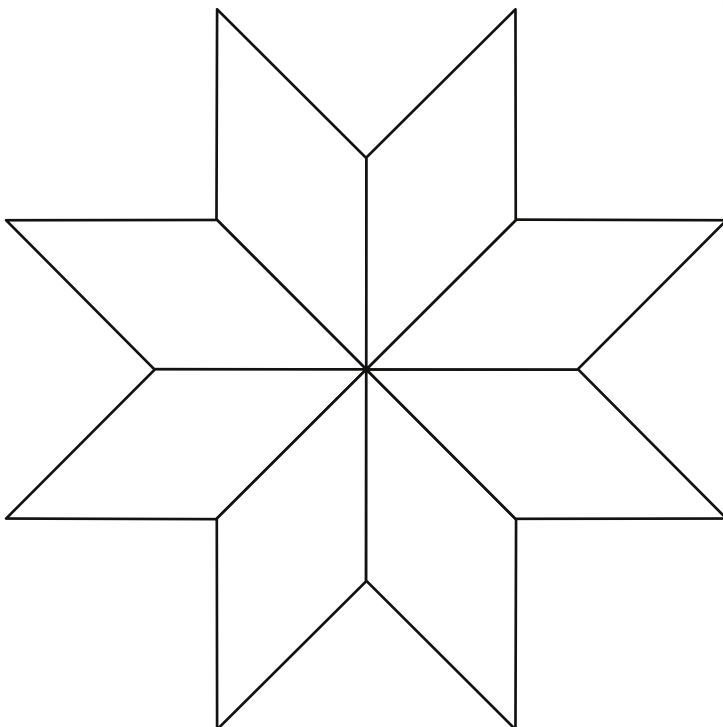
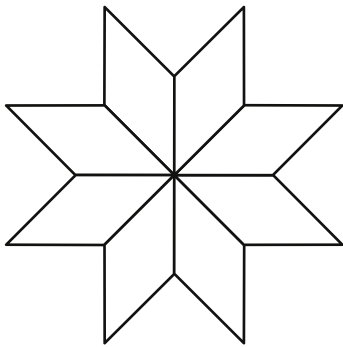
Granitos stitch, page 56





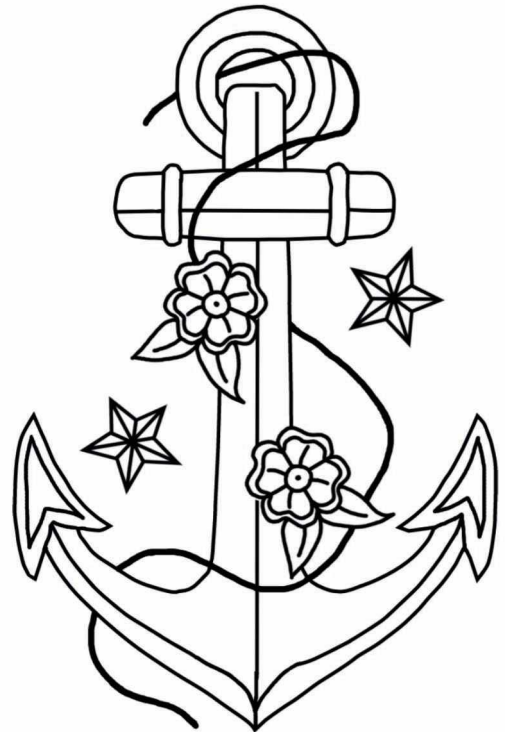
SNOWFLAKE TOTE BAG

Laid stitch, page 66



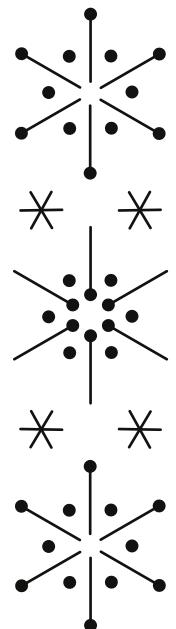
ANCHOR DESIGN

Rope stitch, page 72



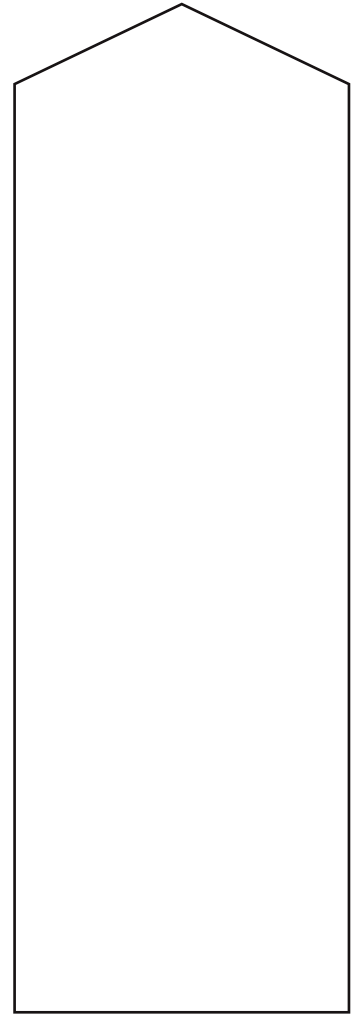
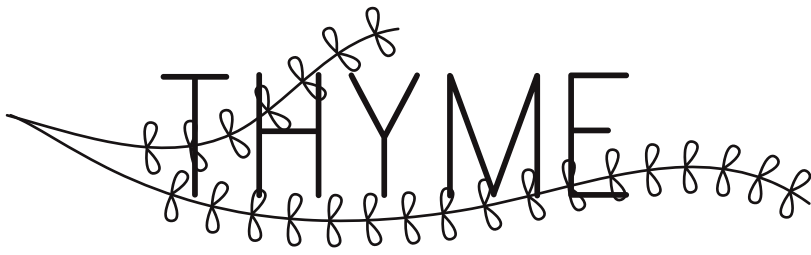
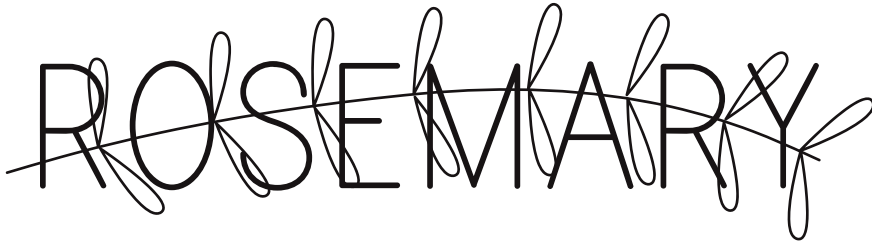
PIN CUSHION

Pistil stitch, page 70



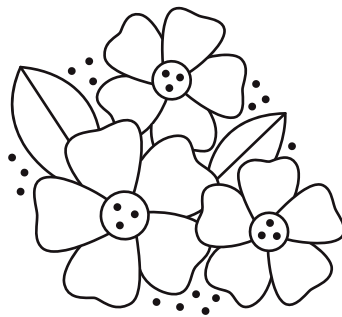
PLANT TAGS

Lazy daisy stitch, page 68



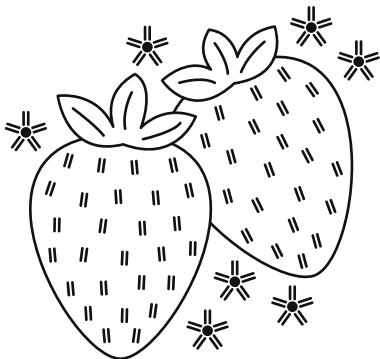
POCKET DETAIL

Satin stitch, page 74



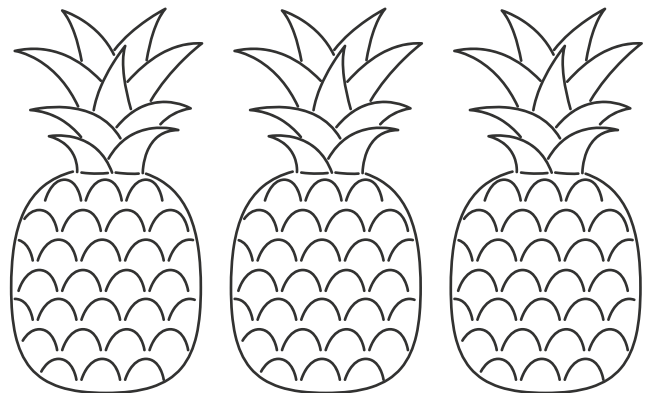
JAM POT COVER

Seed stitch, page 80



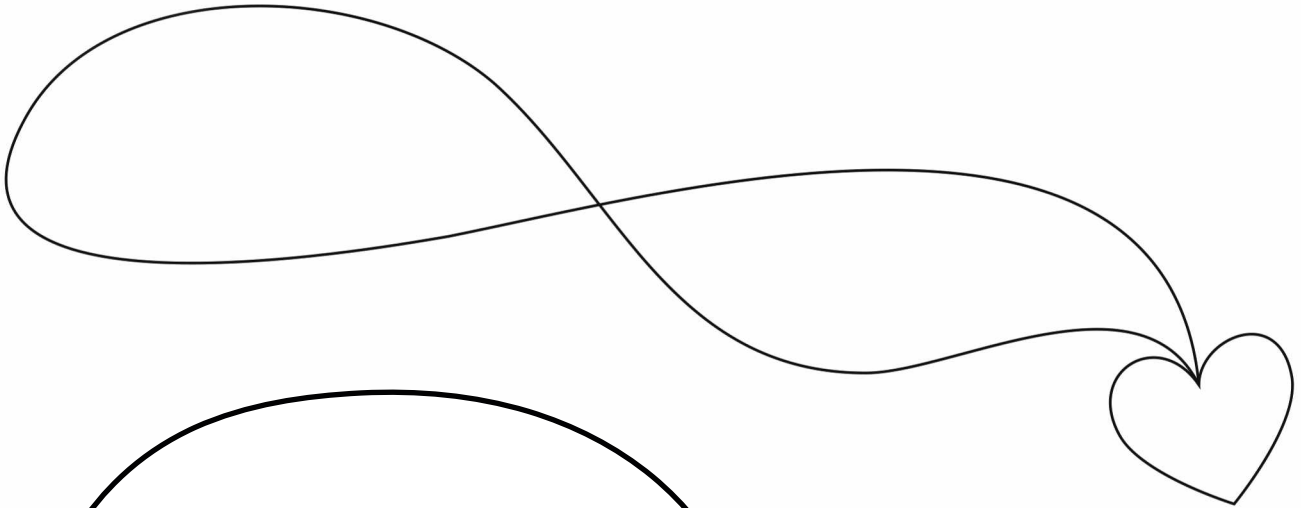
PINEAPPLE NOTEBOOK

Scallop stitch, page 78



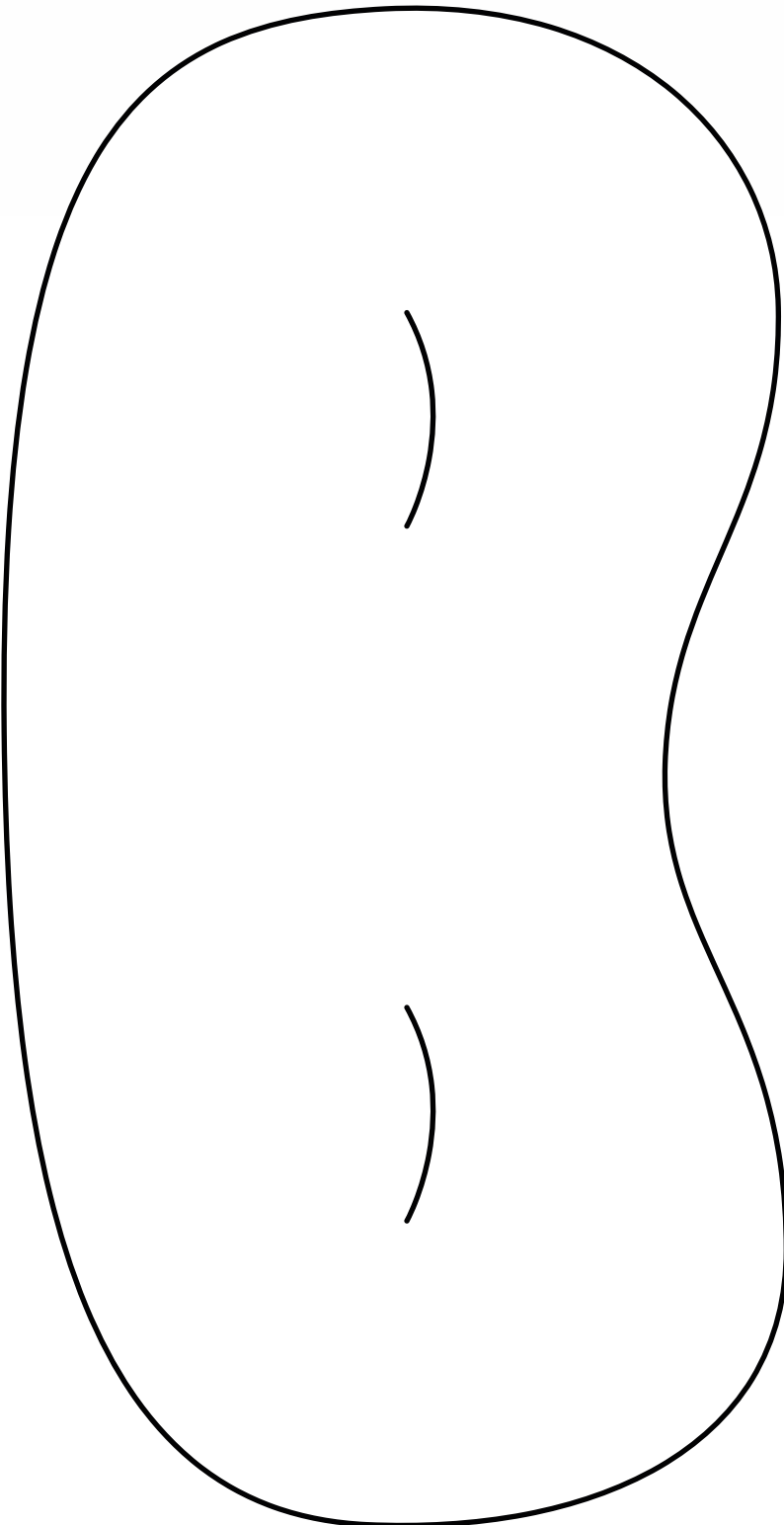
HEART MOTIF

Split stitch, page 82



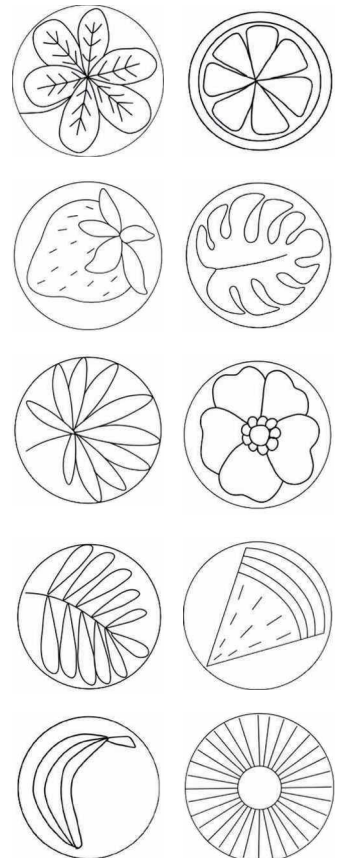
EYE MASK

Turkey stitch, page 88



MINI MOTIF BUTTONS

Multi-stitch, page 99



CUTLERY POUCH

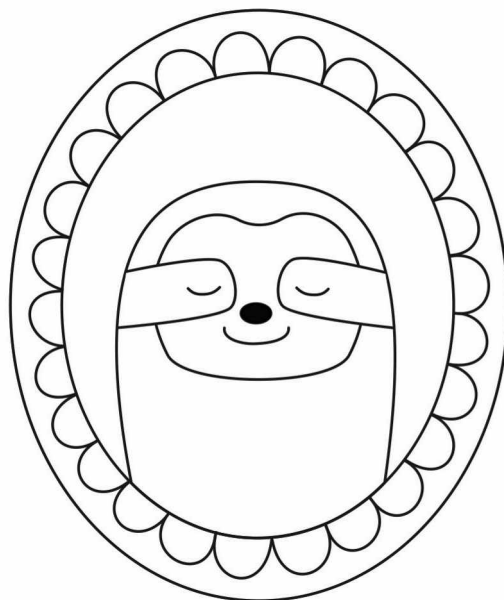
Stem stitch, page 84

Measure cutlery length for a good fit

*bon
appetit!*

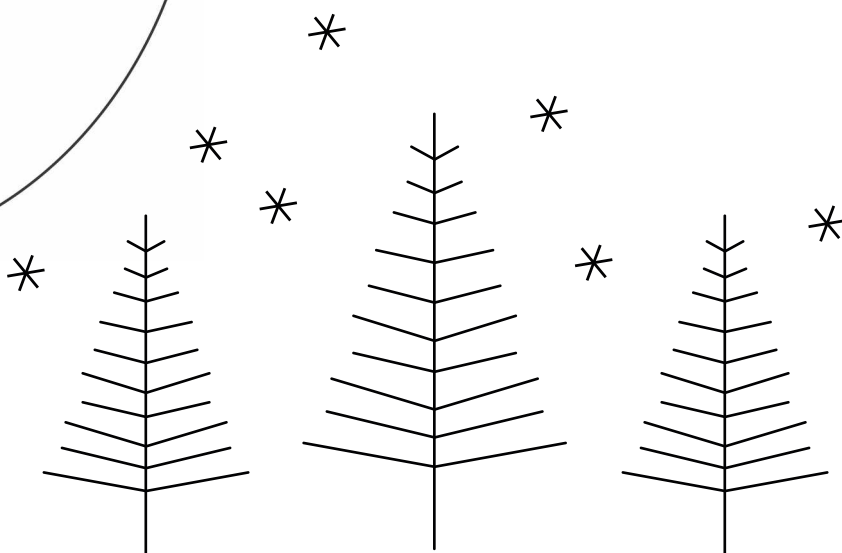
SLOTH PENCIL CASE

Multi-stitch, page 104



CHRISTMAS TREE HOOP

Whipped backstitch, page 90



let it snow

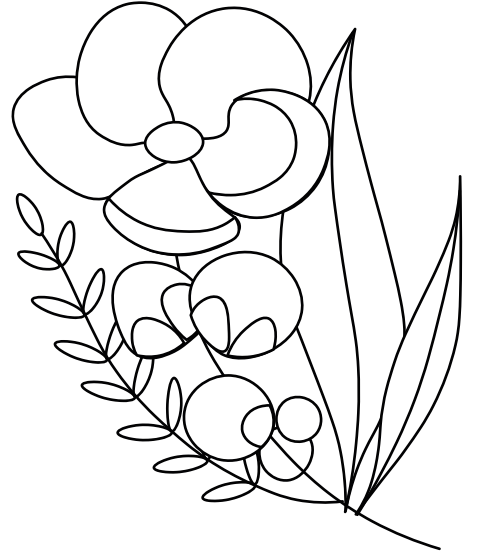
FLORAL HOOP

Multi-stitch, page 98



POSIES T-SHIRT

Multi-stitch, page 100



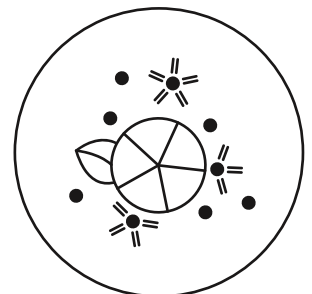
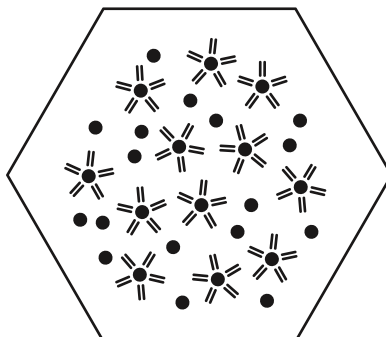
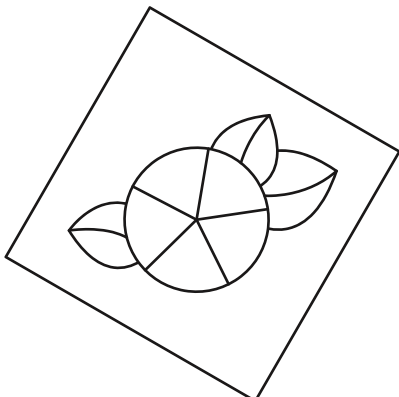
IPAD COVER

Multi-stitch, page 99



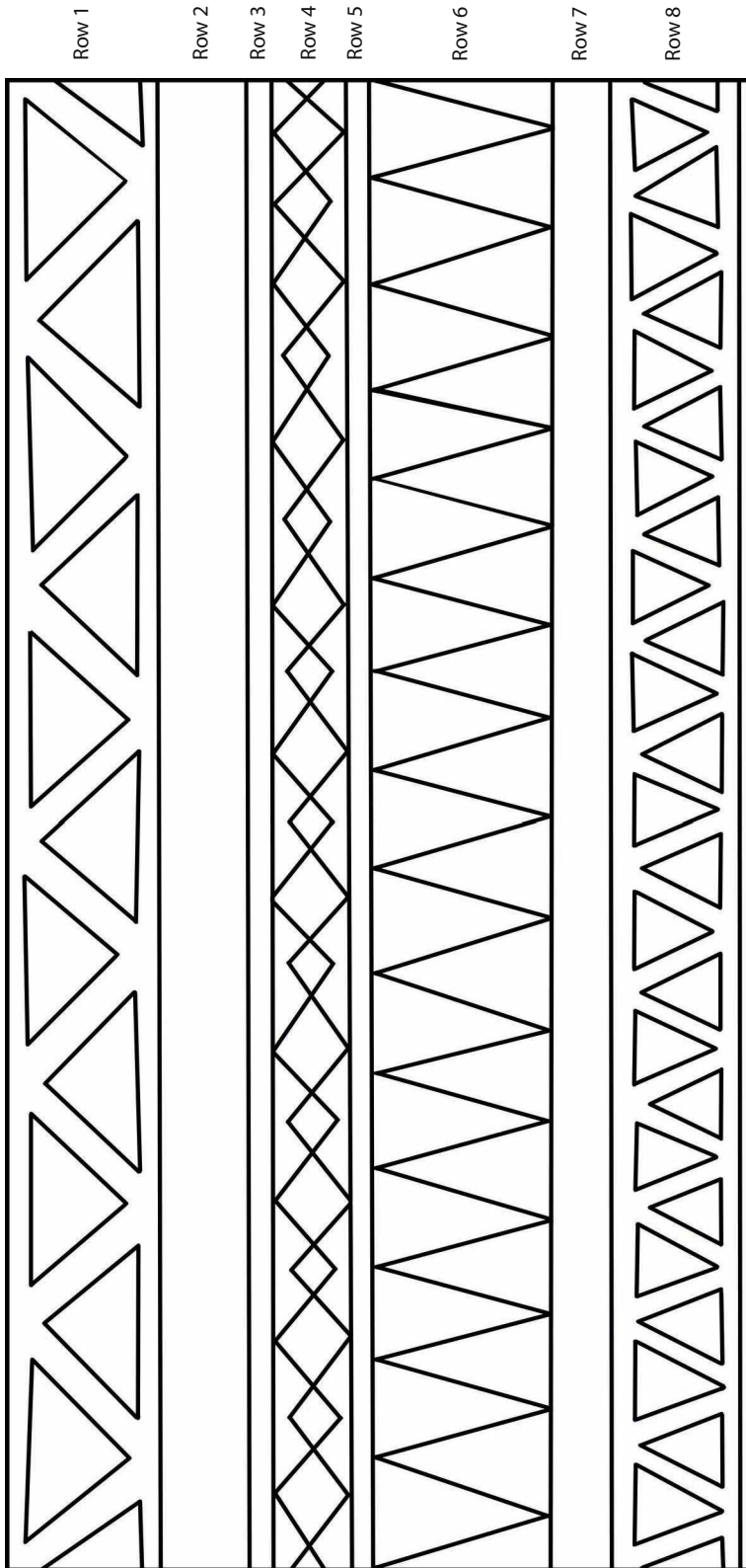
FLORAL BROOCHES

Woven wheel stitch, page 92



MAKE-UP POUCH

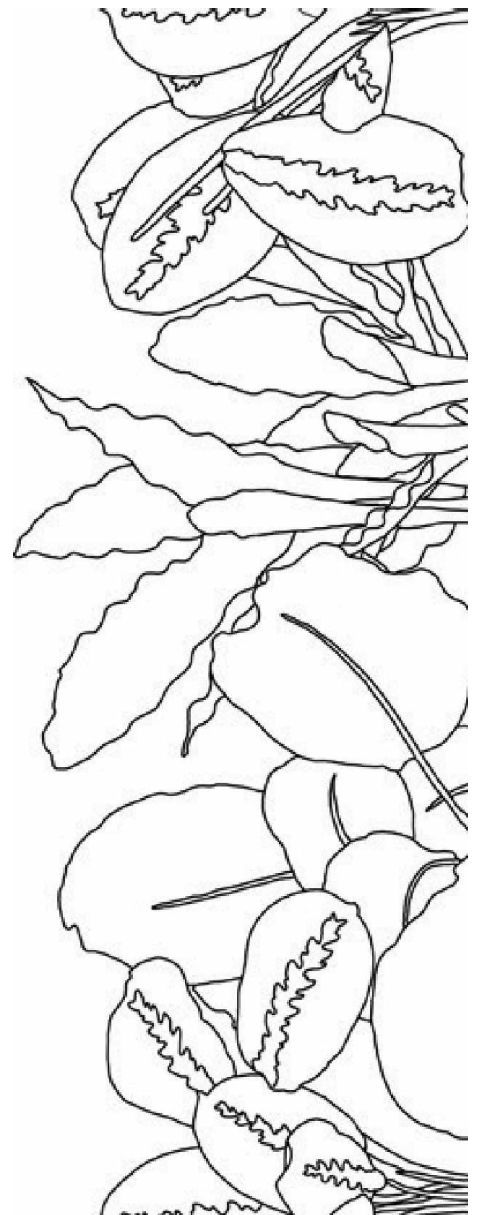
Multi-stitch, page 102



PLANT POT

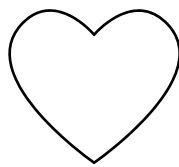
Multi-stitch, page 106

Repeat pattern and line up edges



LOVE BANNER

Multi-stitch, page 109



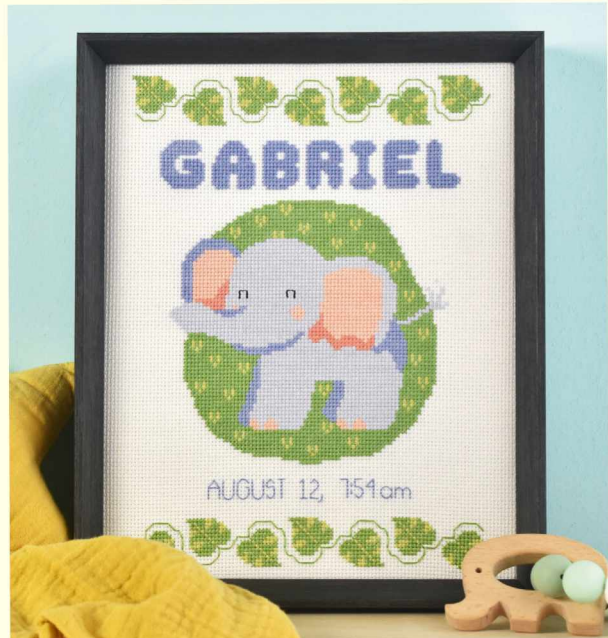
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FESTIVE FOOD

Multi-stitch, page 112

Designs have been flipped for transfer/stitching





Mollie Johanson

The talented designer behind many of the projects in this collection, Chicago-based Mollie talks inspiration, the importance of community and why the back of your work should look as good as the front

Mollie's signature cute style has featured in many leading craft magazines, including *Simply Sewing*, *The World of Cross Stitch* and *Mollie Makes*. With an incredible eye for designing accessible projects for stitchers of all levels, she has an international following. And with one book already under her belt, *Stitch Love* from 2015, she's working on a new launch for 2022, *Cross Stitch Celebrations: Bundle of Joy!*, packed with fun designs for little ones. Grab a cuppa and find out more...

HOW DID YOU BECOME A STITCHING DESIGNER?

My mom has been sewing almost all of her life, so watching her marks the start of my interest. As a child, I also spent a lot of time with my grandma, and she taught me how to use a sewing machine. She showed me quilts and other handmade items that relatives made, and gave me vintage supplies to work with. From there, it only took seeing what you can create with a bit

of stitching for me to be hooked! In my 20s I fell even more deeply in love with sewing, and created my blog. I love sharing what I make as it makes me happy, and I hope that makes others happy too.

HOW WOULD YOU DESCRIBE YOUR STYLE?

I love cute things. If I can make something that will prompt a person (myself included!) to say "aww... that's so cute!" then I'm happy. Finding ways to make that happen through fabric and thread and simple stitches is truly enjoyable.

WHERE DO YOU FIND INSPIRATION?

I'm a big fan of social media – it makes it easy to interact with people who follow me and whom I follow, which leads to more conversations. Inspiration often comes in unexpected ways! Discovering an artist, learning about other cultures or historical eras, visiting a museum or exploring a design style have all led me to make something new.

WHAT'S A TYPICAL DAY FOR YOU?

First, I check my email, just in case something really important pops up! Then coffee, stitching and repeat. Between 10am and 3pm I try to get the bulk of my step-by-step tutorial photos taken, which means making, pausing to take a picture, more making, and so on. When the light changes, I do photo editing and work on writing and drawing patterns. After dinner I usually sew or embroider some more!

TOP ADVICE FOR NEW STITCHERS?

My grandma told me that the back of your embroidery should be as pretty as the front, and I think that applies to all kinds of crafts. Don't just make something that looks good enough; instead, stitch something of quality that holds up to inspection – something you'll be proud of making.

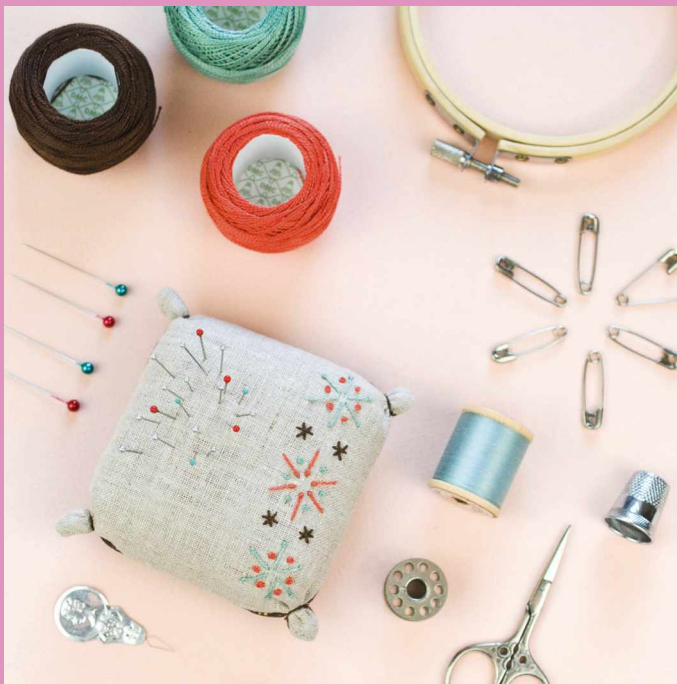
Cross Stitch Celebrations: Bundle of Joy! is published by Walter Foster and Quarto Creates. Find more of Mollie's work at blog.molliejohanson.com.



ULTIMATE

STITCH GUIDE

Step-by-step projects to help you get to grips with embroidery & hand sewing



Learn over 40 stitches with a collection of sweet & simple projects from *Simply Sewing & Love Embroidery* magazines