

A photograph of a room with a wooden floor, a potted plant, and a chair. The text is overlaid on the image. The main title 'Thistle and Thread' is in a large, white, serif font, centered within a black rectangular frame. Below it, a white rectangular box contains the subtitle 'A CUSTOM GUIDE FOR CREATING YOUR NEW FIBER ART PROJECT' in a smaller, black, sans-serif font. At the bottom of the page, the website and email address are listed in a small, white, sans-serif font.

# Thistle and Thread

A CUSTOM GUIDE  
FOR CREATING  
YOUR  
NEW FIBER ART  
PROJECT

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# BETTER TOGETHER

—  
A LEVEL 1 EMBROIDERY PATTERN



Welcome to the start of your new fiber art project! This guide will provide you with all that you will need to complete this embroidery piece and hopefully inspire you to keep adding to your collection once you finish. The art of fibers is vast and full of freedom to experiment and grow. The stitches explained in this guide will assist you in creating the piece as you see pictured throughout the guide, but if you have other stitches that you would like to try out then go for it!


One of the best things about embroidery is the accessibility and affordability of the materials. Most, if not all, materials are easily found at your local craft shop or online. We have created a shopping list for embroidery supplies that can be found on Amazon. Go to [bit.ly/embroiderysupplylist](https://bit.ly/embroiderysupplylist) to see that list and buy your tools and materials needed for your project without even leaving your home! (These are affiliate links, but we use these brands ourselves and LOVE them!)

We are thrilled that you have chosen one of our patterns to either learn some new skills or to practice some you already have! Make sure to share your finished work on Instagram or Facebook and tag @thistleandthreaddesign in the photo. We love seeing how you use this pattern and make it your own!



Supplies  
for your  
Project

- 6" Embroidery Hoop, the PDF pattern included will print in a size to fit a 6" embroidery hoop.
- Cotton embroidery floss, we prefer to use DMC floss, but any cotton floss will work just fine. You can use the colors shown in the photo or you can adjust the colors to your preference.
- Embroidery needle, if you aren't experienced with threading a needle you can start with a size 22 Chenille needle which has a larger eye.
- Thread clippers, normal sewing scissors can work, but it is easier to get a precise cut on your thread and clip away those flyaway threads with embroidery thread clippers.
- Cotton fabric, like the thread, you can get creative with this as well. We recommend using white or another light color because it will be hard to trace the pattern with a dark fabric. Cotton is best to use because of its workability and low price tag.
- Tracing pen, there are some really great tracing pens available with disappearing ink, or you can use a pen or pencil and use care to make sure you don't make any mistakes while tracing.
  - Hot glue, this will be used to at the end to finish off your embroidery piece. You can use any kind of glue, but we prefer hot glue because it is quick drying.
- Fabric scissors, these will be used at the end of your project to cut off any excess fabric.
- Stain, this is completely optional, but we use stain on all of our wooden embroidery hoops to give them a more finished look. You can also use paint if you want to give it a pop of color!



Tracing  
Your  
Pattern

## Tracing Your Pattern

When you go to trace your pattern onto your fabric you want to make sure that you are laying it on a flat, clean surface. Stretch the fabric into the hoop and then place it fabric -side down onto the pattern. You should be able to see the pattern through the fabric in order to trace it. If it is hard for you to see the pattern then you can hold it against a window or some other light source. Carefully trace the pattern onto the fabric using either a disappearing in pen, pencil, or regular pen. After you have traced your pattern you can remove the fabric from the hoop and stretch it again with the fabric on the outside of the hoop. The pattern for this design is located on the past page of this guide, which is the only page necessary to print.



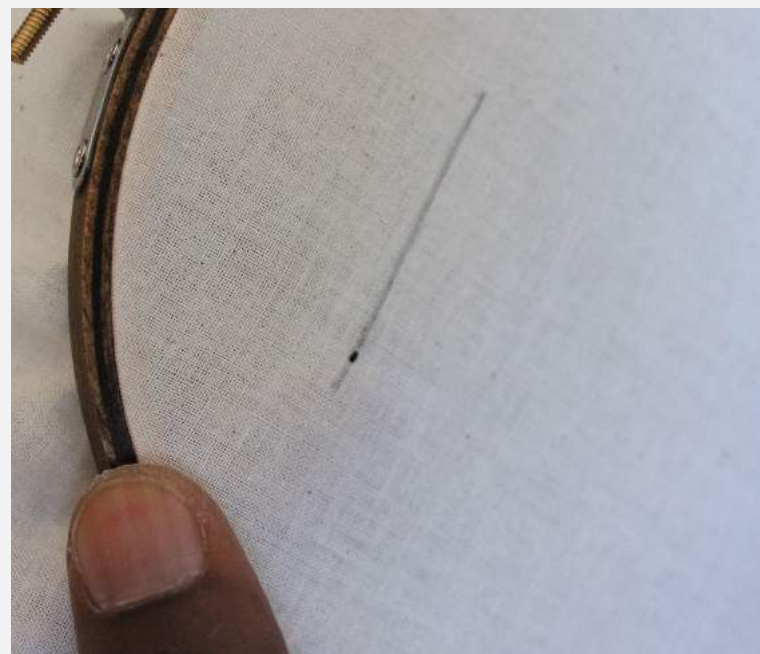
The background is a close-up of a piece of white fabric with blue embroidery. The word "BETTER" is visible at the top, and "FAKER" is visible at the bottom. A red thread forms a circular shape on the right side. A central black box with a white border contains the text "Stitch Guide".

Stitch  
Guide



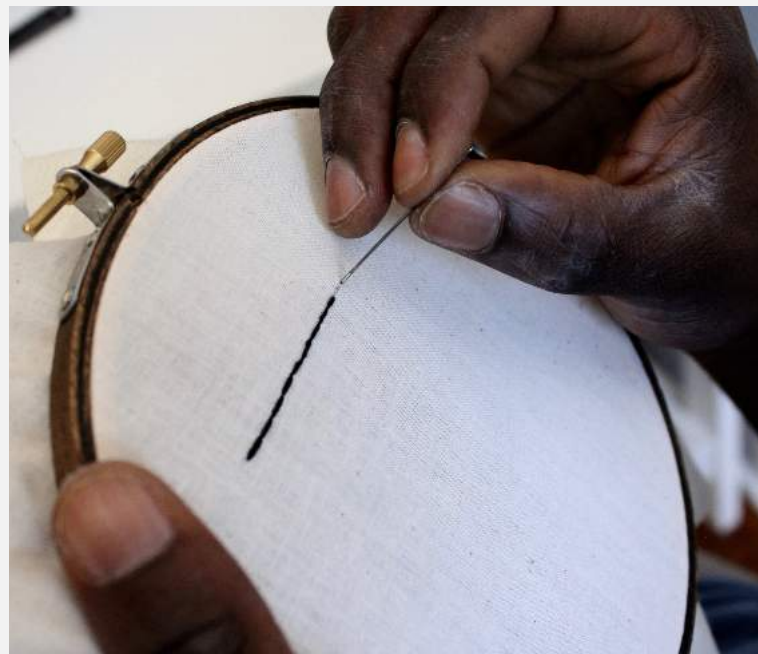
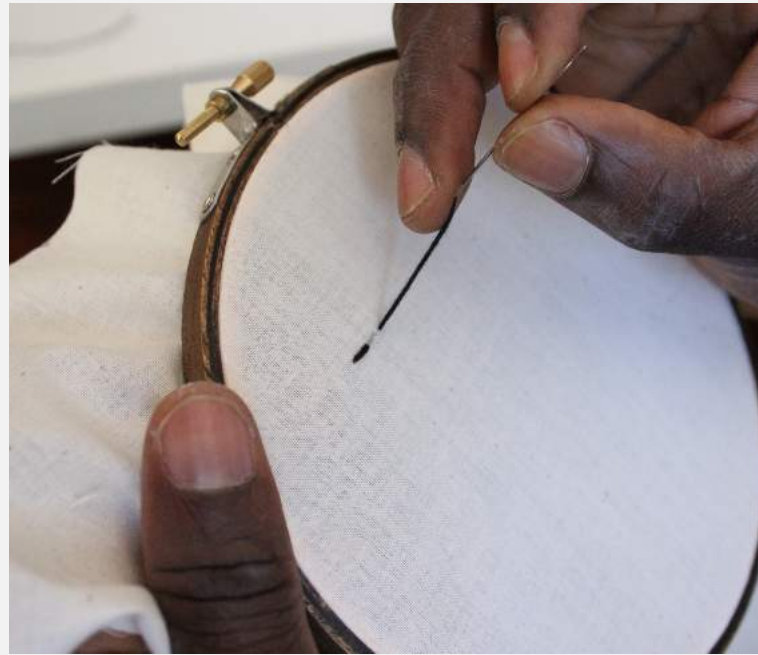
## Anchoring Your Thread

Before you start stitching you will want to anchor your thread to be sure that it doesn't slip out. You will start by pushing your needle through the back of your fabric at the point where you want your stitches to start. Pull your thread through leaving a 1 inch tail at the back of your fabric. This will be cut off after you complete your line of stitches. Once you have pulled your thread through, insert your needle back into the fabric just next to your original point without going through the same hole again. Pull your needle all the way through, holding the tail in the back to make sure that it doesn't come out. You will put your needle back through the original point to start your stitches.



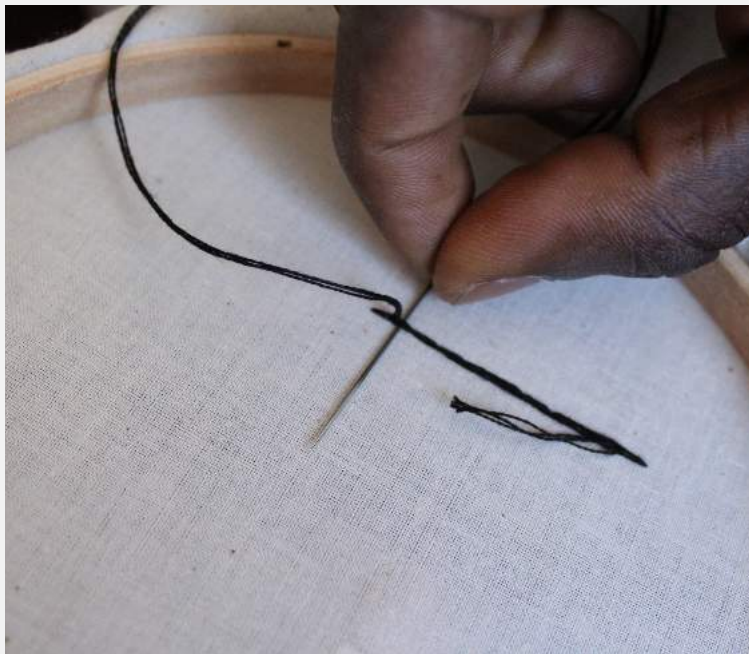
# Backstitch

The backstitch is one of the most common stitches in embroidery and you will find yourself using it over and over again. True to its name, the backstitch is completed by stitching each individual stitch "backwards". You will start your line of stitches not at the beginning of the line, but instead a little into the line. After you push your needle through the back of the fabric and pull it through completely, you will then go back to the beginning of the line to push the needle back through the fabric. You will continue this pattern until you reach the end the line of stitches. To have a more professional looking line of backstitches, it's important to try and keep all of your stitches the same length.



## Tying Off Your Stitches

After you finish your line of stitches you will want to tie them off in order to move on to the next line of stitches. To do this you will turn your hoop over to the back and run your needle under the last stitch that you made. Pull your thread through, but leave a small loop. Take your needle back through that loop and pull tight to make a knot. After you have secured your knot, clip the thread making sure not to cut the knot that you just made. Then you can go back and clip the tail that you left when you were anchoring your stitches at the beginning of your line.





# Finishing Your Project

Congratulations on completing your embroidery project! It's time now to assemble it and display it proudly in your home.

Remove your embroidery from the hoop and layer it on top of 1-2 additional pieces of blank cotton fabric. With the piece of fabric that has the stitching on top insert all three pieces of fabric into the embroidery hoop and tighten.

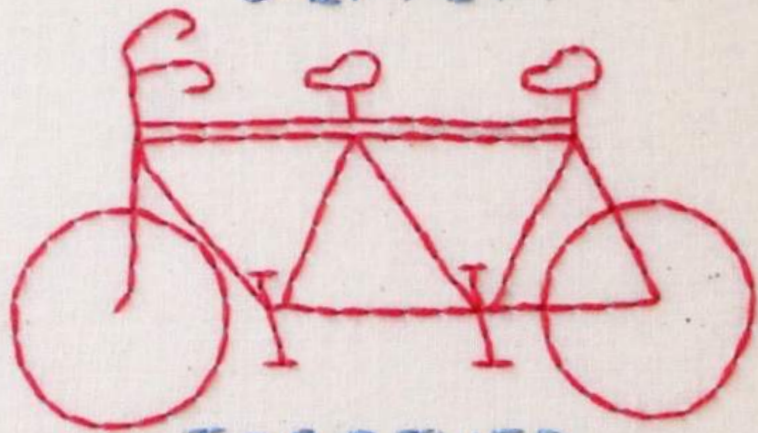
Cut the bottom 1-2 pieces of fabric so they are even with the embroidery hoop. You are not cutting the piece of fabric with the stitching, only the 1-2 pieces below it.

Cut the top piece of fabric with the stitching about an inch away from the hoop. This fabric will be folded over the back of the hoop and glued down so be sure that you are not cutting it too close so that it can't be glued down.

Use hot glue or another quick drying glue to bind down the excess fabric that you have just cut. If using hot glue, put down a short line of glue at a time and fold the fabric over then continue.



— BETTER —



— TOGETHER —

