

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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BLOOM

A LEVEL 3 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 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!

A top-down view of various sewing supplies arranged on a dark, textured wooden surface. At the top, four wooden clothespins are used as spools for thread in shades of tan, yellow, red, and green. To the left, a pair of black-handled scissors is partially visible. To the right, a pair of ornate metal scissors and a wooden embroidery hoop are shown. At the bottom, a piece of white fabric is laid out with a white fabric marker and a wooden embroidery hoop resting on it.

Supplies
for your
Project

- 5" Embroidery Hoop, the PDF pattern included will print in a size to fit a 5" embroidery hoop.

- Cotton embroidery floss, we prefer to use DMC 6-strand 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. Unless otherwise noted, all the stitches shown are using three of the six strands in the thread.

- 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.

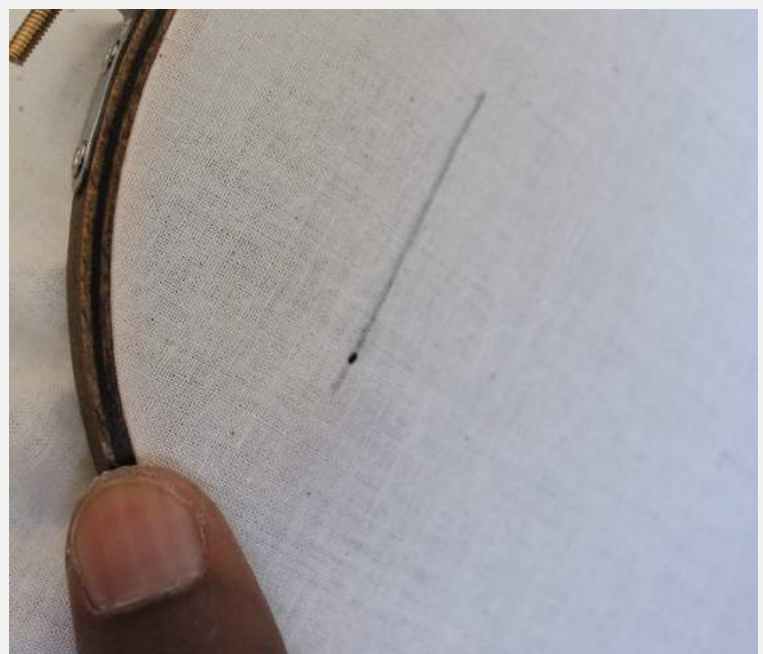
- Stain, this is completely optional, but we use stain on all of our wooden embroidery hoops to give them a more finished look. You can also use paint if you want to give it a pop of color!



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 last page of this guide. It is only necessary to print that page.

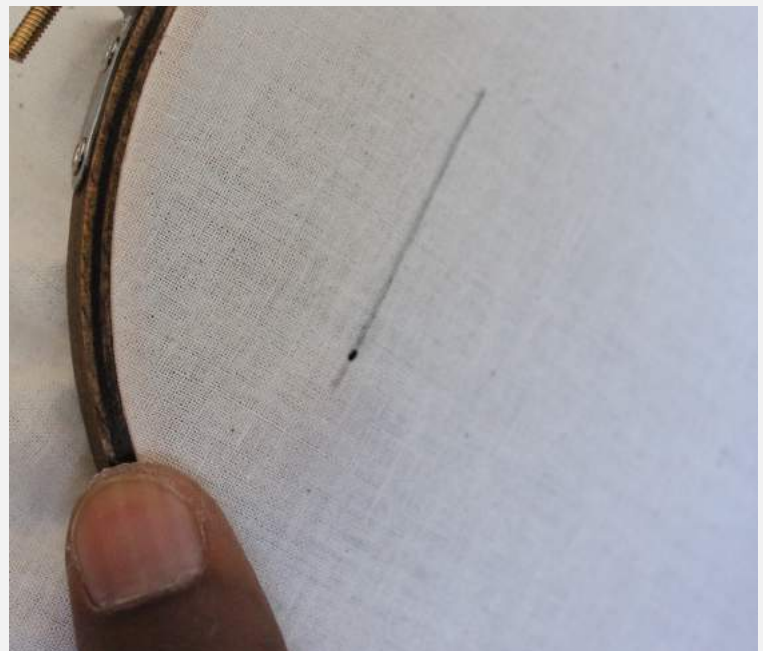


A close-up photograph of an embroidery hoop. The hoop is made of dark wood and has a metal clasp with a gold-colored knob. The fabric inside is a light-colored, textured material. On the left side, a portion of a daisy is embroidered. The center of the daisy is a dark, textured black circle. The petals are made of bright yellow thread, and the stem and leaves are made of green thread. In the upper left, there are some blue thread loops. The text 'Stitch Guide' is centered in a white serif font within a black rectangular frame that has a white border.

Stitch Guide

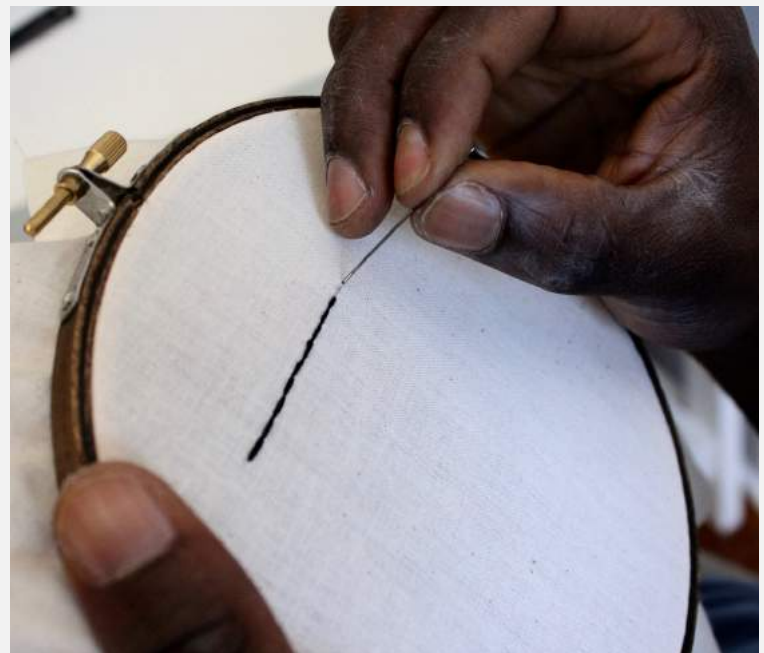
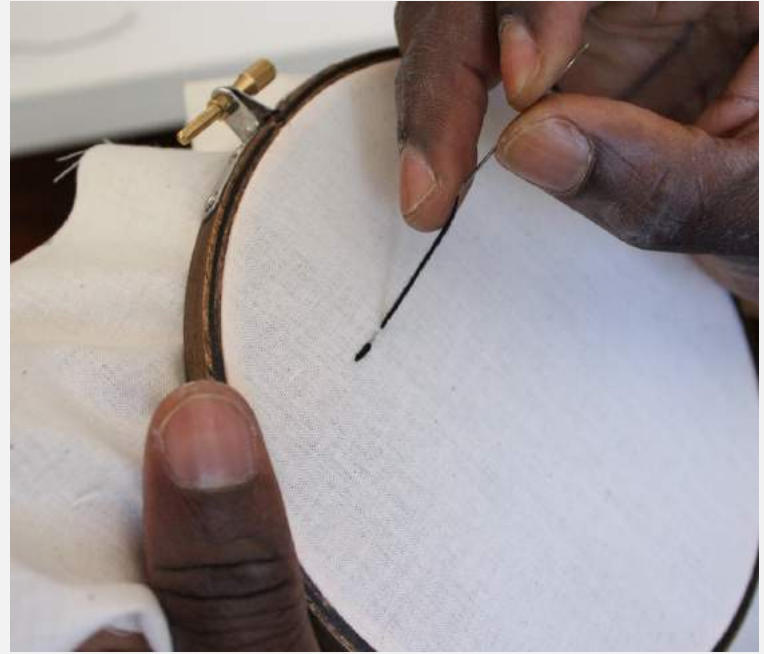
Anchoring Your Thread

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.



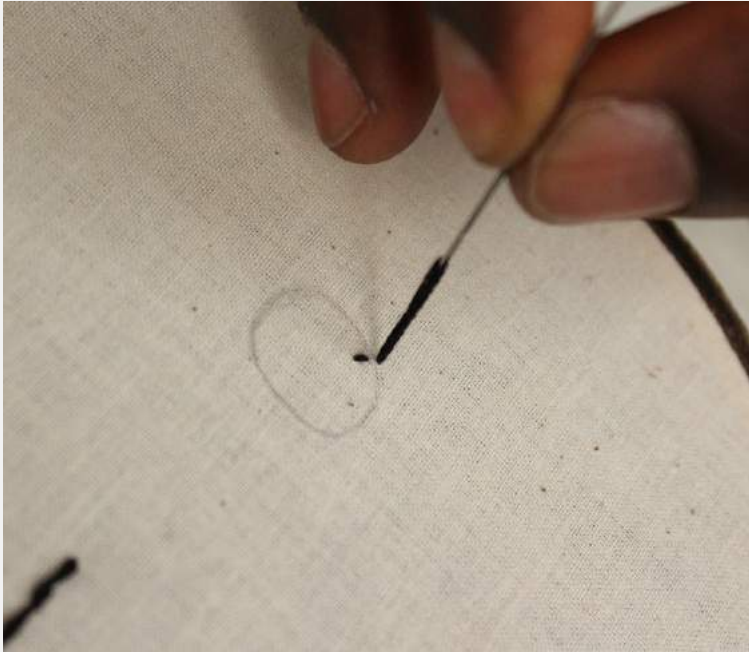
Backstitch

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.



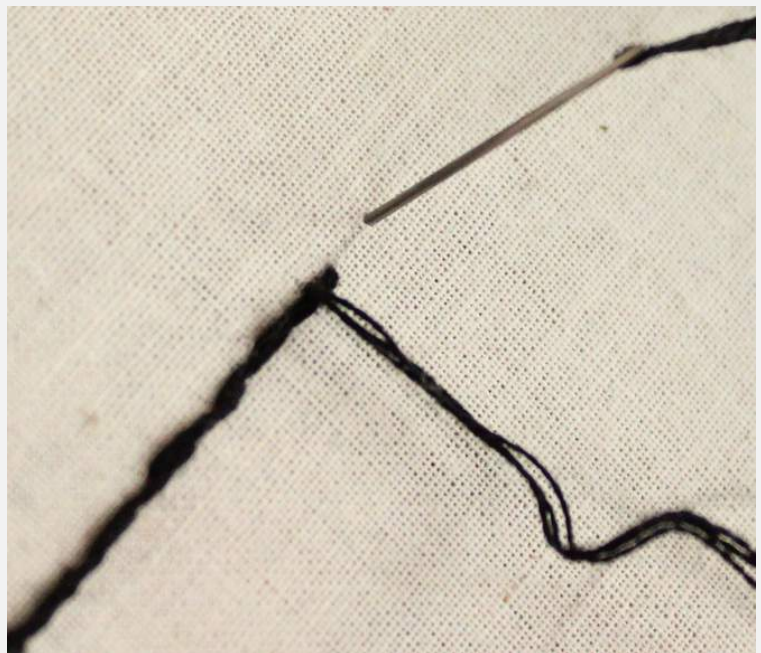
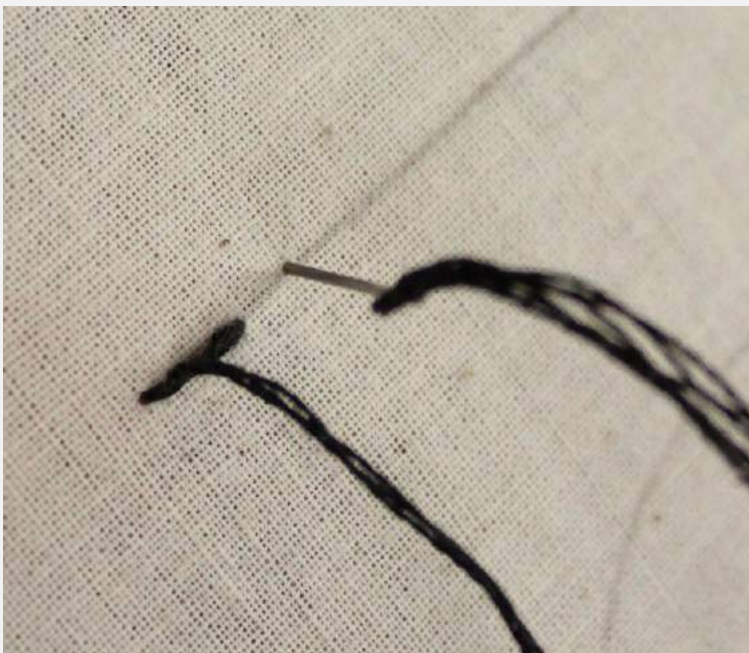
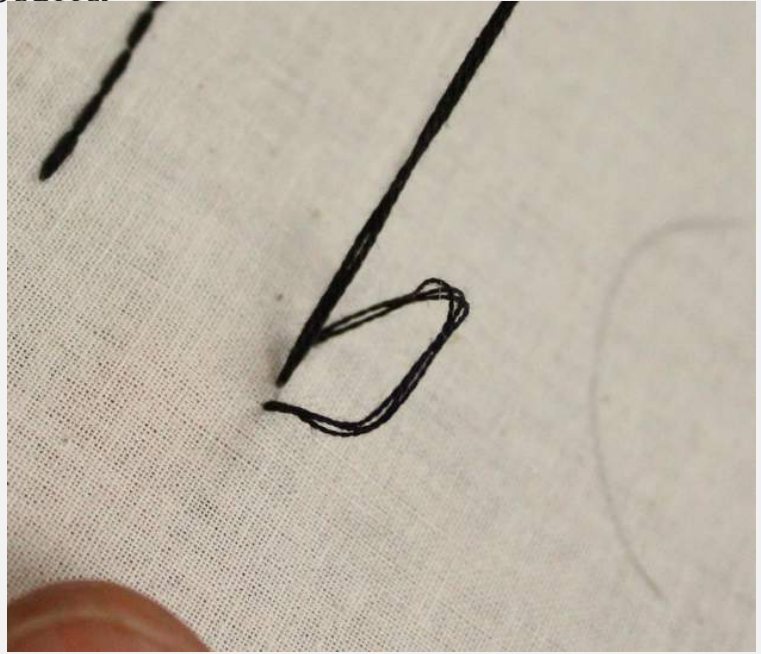
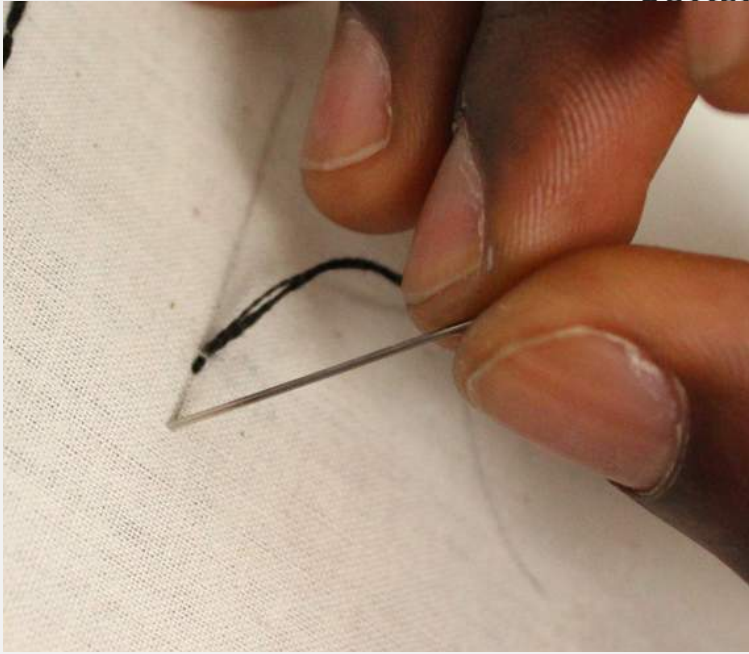
Satin Stitch

The satin stitch is a great stitch to use to fill in a space in your embroidery piece. When you start your satin stitch you will start on one side of the space and cross over to the other side. If you are not using a disappearing ink pen then make sure that you completely cover up the pen marks by putting your stitches outside of the marks instead of inside. It's important not to pull your stitches too tight, but instead to pull them tight enough that they can lie flat on the fabric. Each stitch will need to be side by side so that there is no space between each of the stitches.



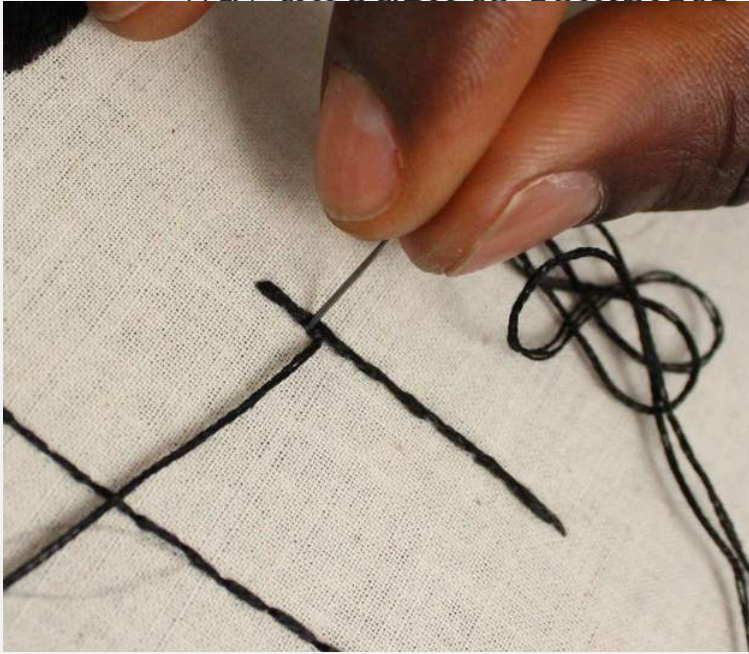
Stem Stitch

The stem stitch is very similar to the backstitch, but just a little more interesting. It looks like the thread is twisting around itself, which makes it a really great stitch for the stems of florals (hence the name). You start the stitch just like you would a backstitch, but when you come back up through the back of the fabric you are going to put your needle between the two entry points and then back into the fabric in front of the stitch you just completed. It's important to make sure that you are putting your stitch between the two entry points at the same place each time. You can put it in the dead middle or closer to one of the points, you just need to be consistent.



Detached Chain Stitch

The detached chain stitch is one of our favorites! It's so easy to do, but adds a lot of interest to the embroidery piece. You start by bringing your needle through the back at the bottom of the chain stitch. Pull the thread all the way through then insert your needle back through at that same point. Don't pull your thread all the way though, but instead leave a small loop. Push your needle up through the back at the point that you would like your chain length to be then pull the thread all the way through until the loop touches the thread you're pulling through. Then put your needle back through the fabric on the other side of the loop and pull the thread all the way through to complete your detached chain stitch.



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 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.



bloom

