

ALEX

Super Embroidery Kit



WELCOME TO THE WONDERFUL WORLD OF EMBROIDERY!

**Embroidery is a very relaxing and soothing hobby.
Once you start, you'll be hooked!**

**Keep in mind the whole picture as you embroider. While every stitch
might not be perfect, you are sure to love the end result!**

**We recommend that you practice the stitches in the order that they
appear in this book. The stitches are arranged from easy to more
difficult. Included in this kit are iron-on designs of every stitch for
you to try.**

Don't forget to look at the quick and easy project ideas in the back!

ENJOY!



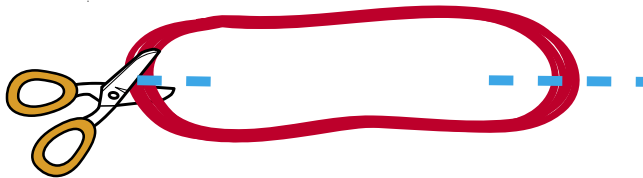
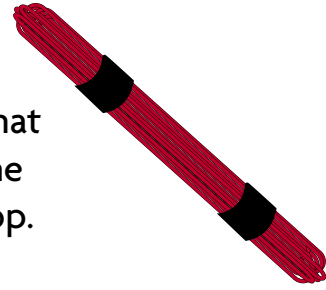
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GETTING STARTED

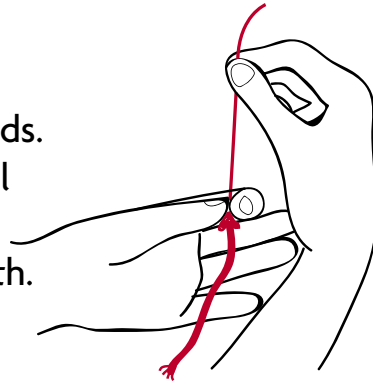
THE FLOSS

The bundles of string are officially called “skeins of floss”. Each skein is actually one big loop of string that is coiled together. To work with the floss, slip off the paper wrappers, find the big knot and uncoil the loop.



Now cut open the loop on both ends. This will give you the perfect length to embroider with! You don't want to work with floss that is too long or it will easily tangle.

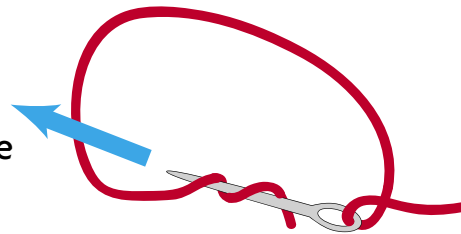
Each length of floss is made up of 6 thinner strands. If you want to make a skinnier stitch, you can pull apart the strands to make a skinnier floss. This is helpful if you want to embroider on delicate cloth.



THREADING TIPS

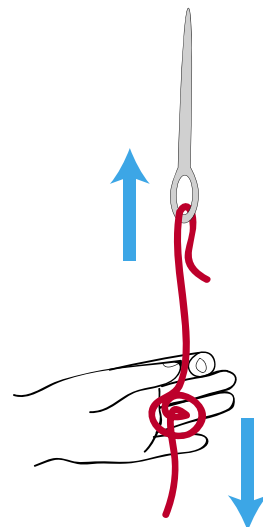
Snip the end of your floss to make the tips even. Moisten the end and poke it through the eye of the needle.

Once your floss is on the needle, knot the end by wrapping the floss around the needle 2 or 3 times.



Pull the needle through the loop you created.

Now pull the loose knot all the way down to the end of the strand and then pull it tight. This will give you a big knot that won't pull through your material! **You can also double knot the floss to get a big knot.**



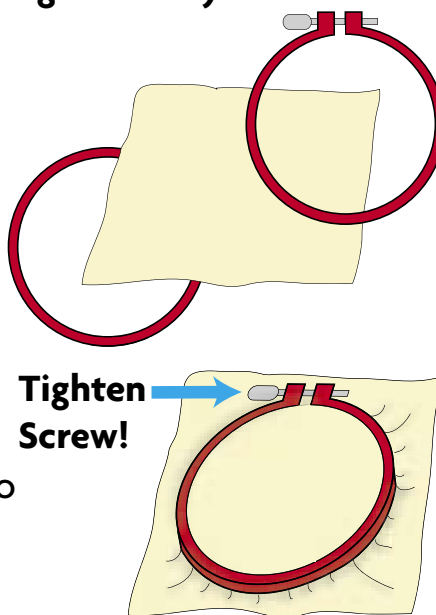
SETTING UP YOUR HOOP

The hoop keeps your material flat and straight while you stitch!

Separate the two rings and place the solid ring UNDER your material.

Place the ring with the screw ON TOP of your material.

Press the top ring down over the bottom ring to sandwich your material. Pull the edges of your fabric away from the hoop to get it smooth. Now tighten the screw to secure it all in place!



TIPS:

- For heavier materials, like denim or canvas, you do not need to use the hoop.
- Take your hoop off of your material when you are not working on it. This will prevent your material from getting distorted!

FINISHING A STITCH

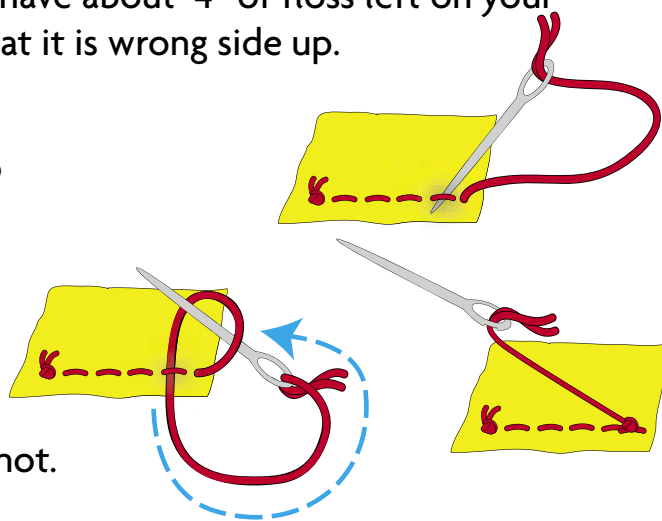
No matter what the stitch, they all end in the same way!

Finish off your stitch when you have about 4" of floss left on your needle. Flip your material so that it is wrong side up.

Thread your needle under your last stitch and through the loop that this creates.

Pull until the knot is tight. You may want to repeat this step to get a double knot.

Snip the floss off close to the knot.



MORE TIPS:

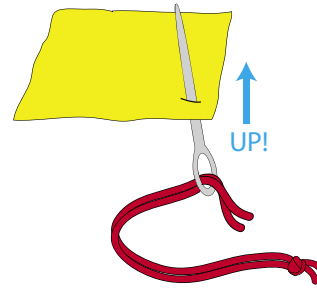
- Flip over your hoop from time to time to see if you are pulling your stitches all the way through.
- If you make a mistake, take your needle off the floss and pull out the stitch. Then rethread your needle and try again!

STRAIGHT STITCH

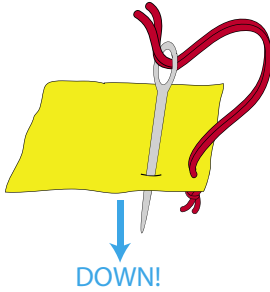
This is your basic sewing stitch.



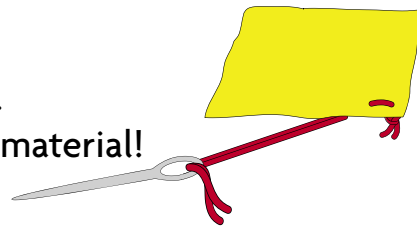
1 Poke your needle UP through the wrong side of your material.



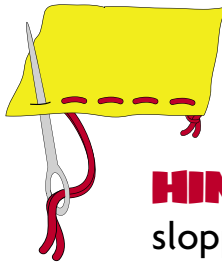
2 Pull the needle all the way out until you feel the knot.



3 Poke the needle DOWN through the material where you want the stitch to end.




4 Pull the needle until the stitch lies flat. Don't pull too hard or you will cinch your material!



5 Keep going up and down along your line!

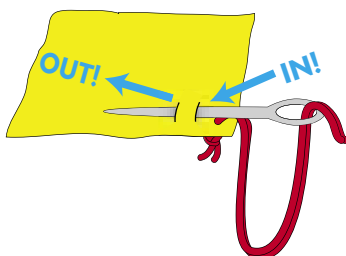
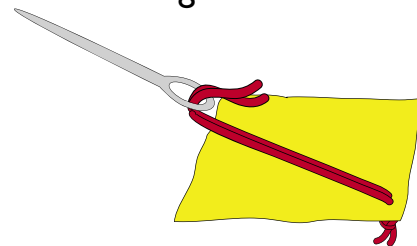
HINT: Don't make your stitches too long or they will look sloppy! Don't make them too short or else it will take you a looong time to finish!

This is a good length: 

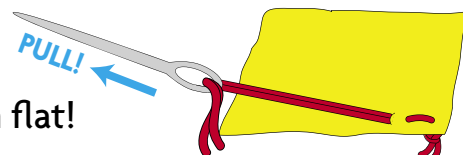
-QUICK TECHNIQUE-

You can speed things up by making one stitch with a single movement!

1 Pull your needle up through the material until you feel the knot.



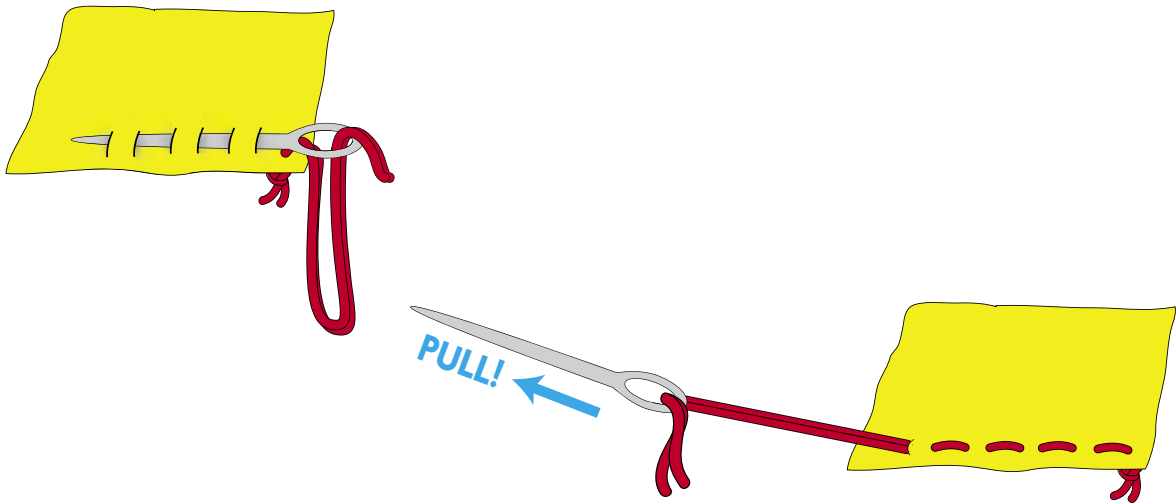
2 Keep your needle flat to the material and dip your needle in and back out of the cloth.



3 Pull the stitch flat!

6

You can also make 2, 3, or even 4 stitches at a time in the same way!



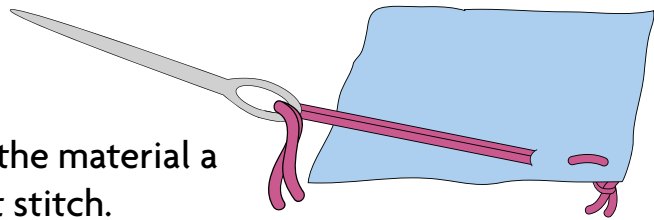
Try it and see which is the most comfortable for you!

BACK STITCH

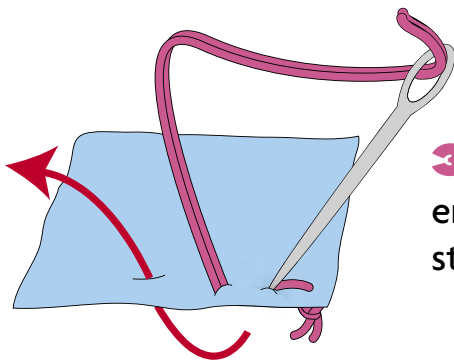
This makes thin solid lines.



1 Make a single straight stitch.

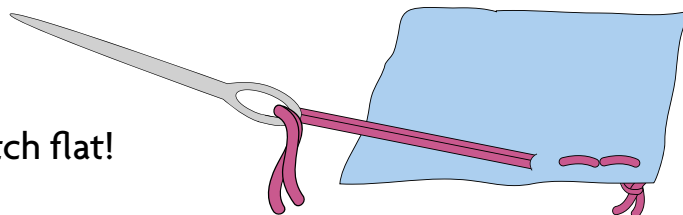


2 Poke your needle up through the material a stitch width apart from your last stitch.



3 Now poke your needle down through the end of your last stitch and back up another stitch width apart.

4 Pull the stitch flat!

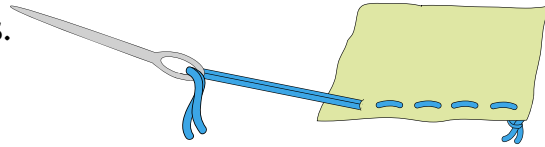
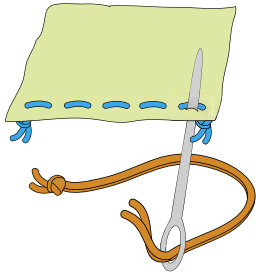


This is an easy way to use lots of color!

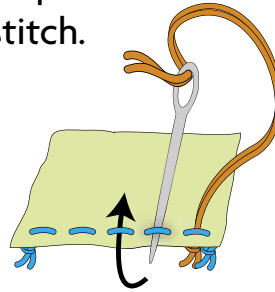
WHIP STITCH



1 Make a row of straight stitches.

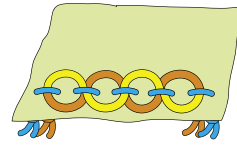
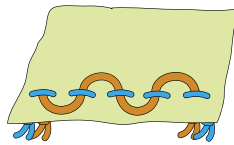
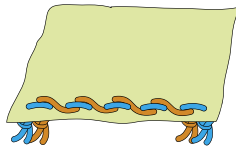


2 Use another color of string and poke your needle up next to your first straight stitch.



3 Weave your needle up and down through the straight stitches!

4 Try weaving through the stitches in different ways and with different colors!



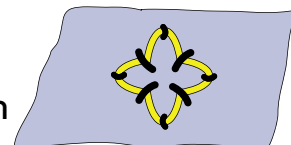
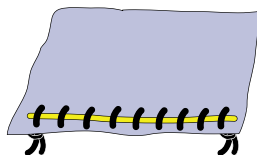
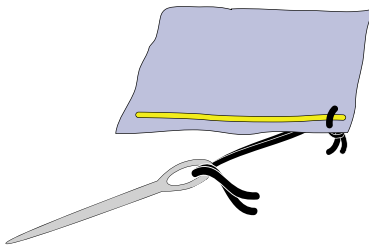
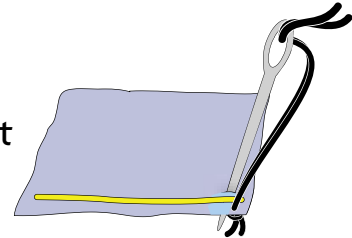
COUCHING STITCH

Here is another way to add color to your stitching!



1 Lay a piece of string on top of your material.

2 With a different colored string, secure the first string in place by stitching around it.



Try making different shapes! Your securing stitches can be long or short to give different looks.

CROSS STITCH

This old-fashioned stitch looks great on checkered fabric!

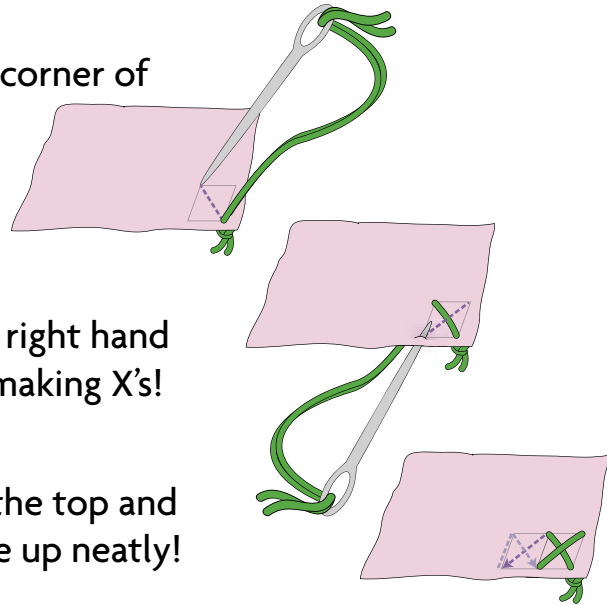


1 Make a diagonal stitch from one corner of an imaginary box to the other.

2 Now complete the X by making another diagonal stitch.

3 Poke your needle into the upper right hand corner of the next "box" and keep making X's!

HINT: Take your time to line up the top and bottom of your stitches so they line up neatly!

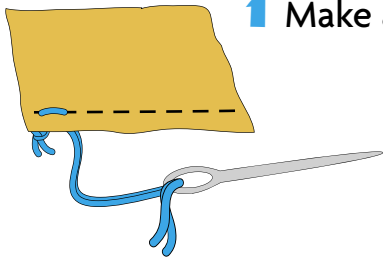


STEM STITCH

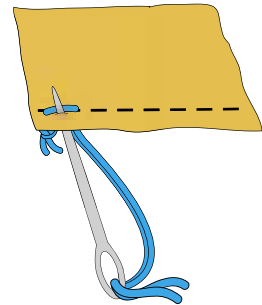
This twisty stitch makes thick straight or curvy lines.



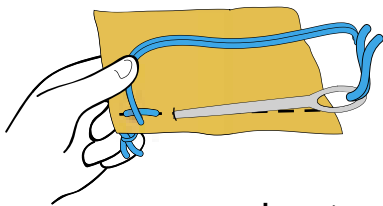
1 Make a straight stitch.



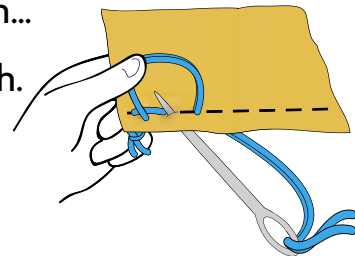
2 Now poke your needle up beside the middle of your last stitch.



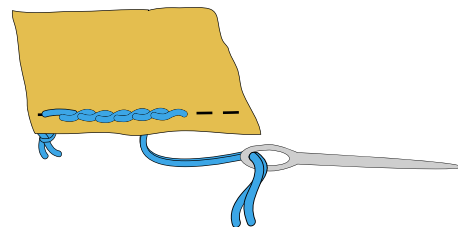
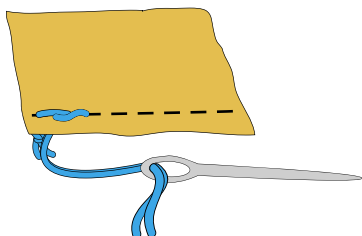
3 Hold aside the end of the floss with your thumb. Poke your needle down in front of your last stitch...



...and up into the end of your last stitch.

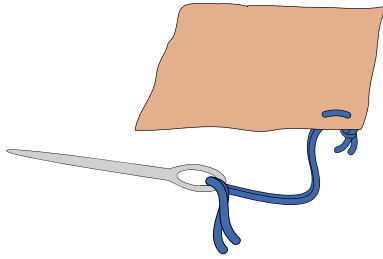


4 Pull the stitch straight. Continue making stitches repeating steps 2-4!



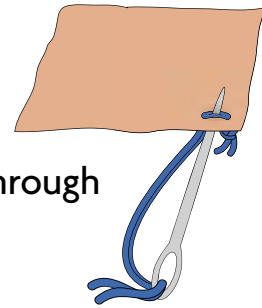
SPLIT STITCH

This is an easy way to make thick solid lines.

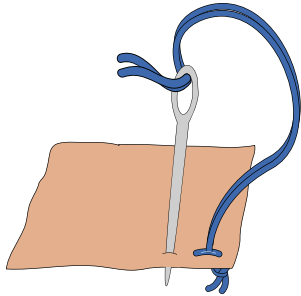


1 Make a single stitch.

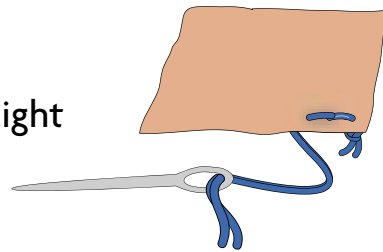
2 Now poke your needle up through the middle of your last stitch.



HINT: Keep poking the tip of your needle in a little bit until you get it right in the middle of the stitch before pulling it up all the way.

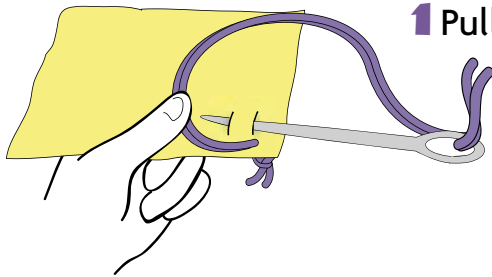


3 Make another straight stitch and continue!



CHAIN STITCH

Stitch up links to make a chain!

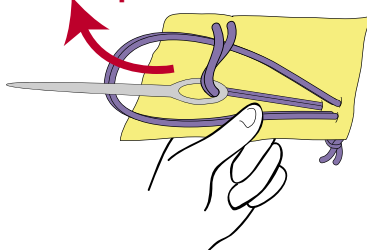


1 Pull your needle up through the material.

2 Hold the string with your thumb as you poke your needle right next to where the string is coming out.

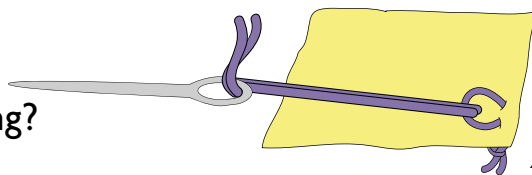
3 Now poke your needle out of the material in front of where you started.

Pull through the loop!

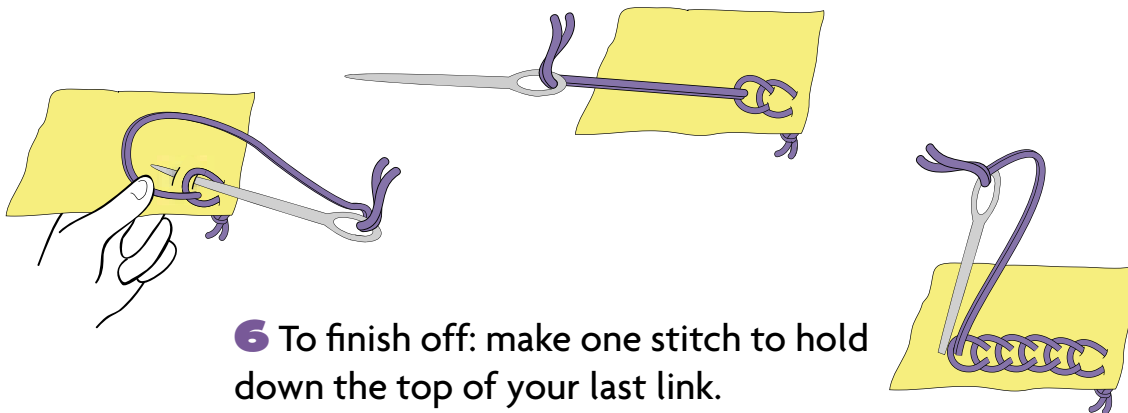


4 Let go and pull the stitch straight making sure your needle is on TOP of the loop of string.

See how you caught the loop of string?
You made your first link in the chain!



5 Now poke your needle in beside where you last came out and keep adding links in the same way!

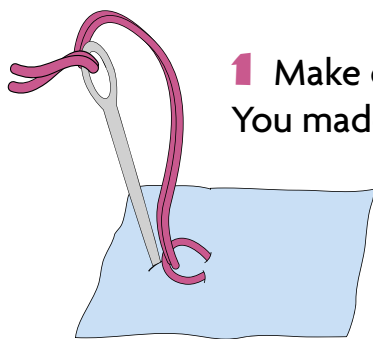
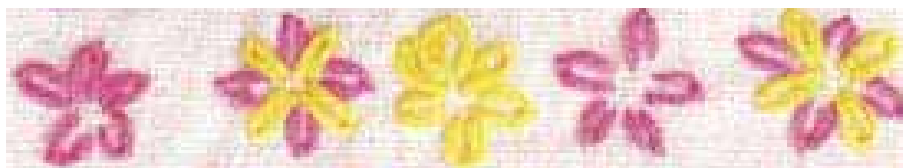


6 To finish off: make one stitch to hold down the top of your last link.

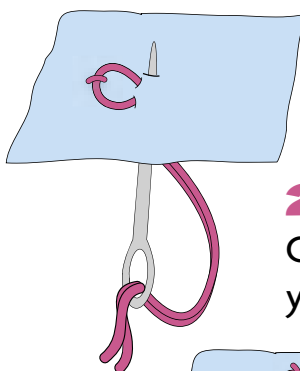
You can make your chain as thick or thin as you like!

Use the chain stitch to make pretty flowers!

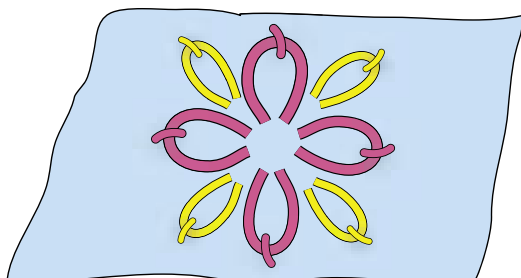
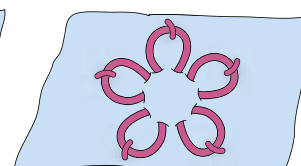
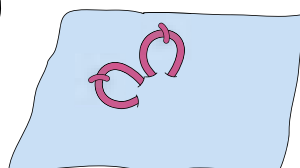
LAZY DAISY



1 Make one chain link and finish it off.
You made one petal!



2 Now make more petals!
Go around in a circle until
your flower is complete!



HINT: Try making daisies with
3, 4, 5, or 6 petals.

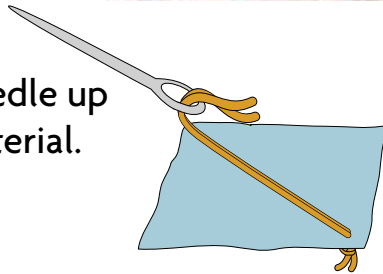
Use different colors for the petals!

FRENCH KNOT

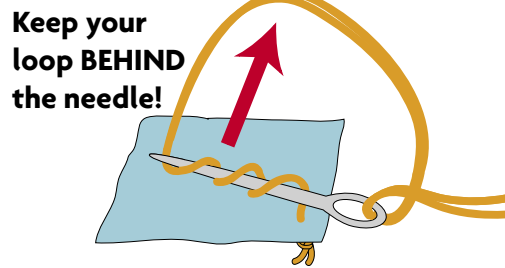
Make little dots! Great for eyes and flower centers.



1 Poke your needle up through the material.

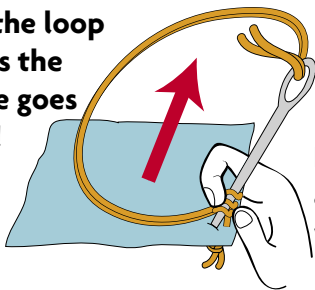


2 Twist the string around your needle 2 or 3 times.



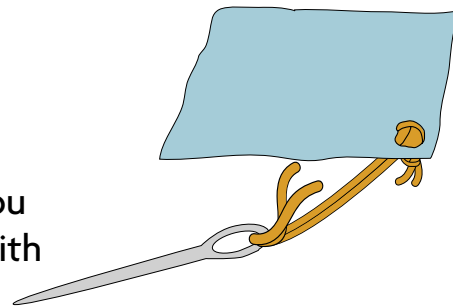
3 Now poke your needle down into the material close to where you came out.

Hold the loop taut as the needle goes down!



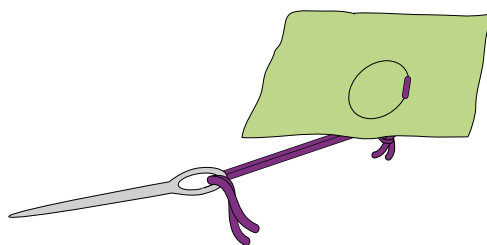
Hold the string against the needle with your finger.

4 Pull the needle down all the way until you see your knot! Hold the loose string taut with your other hand as the needle goes down.



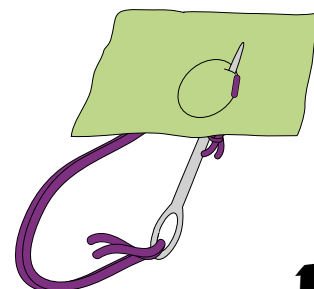
SATIN STITCH

Make solid shapes with embroidery!

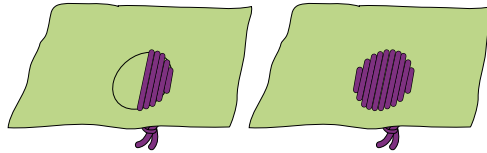


1 Make a straight stitch on the outside of your shape.

2 Start to fill in your shape by making another straight stitch right beside the first one. You shouldn't see any space between the stitches.



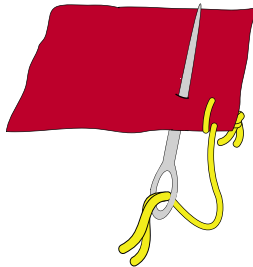
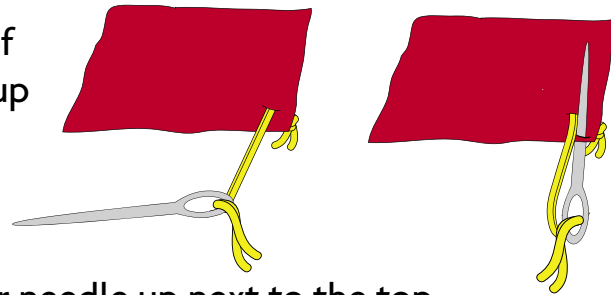
3 Keep filling in your shape with stitches that are neatly lined up!



HINT: You can start by making an outline for your shape with the back or chain stitch. Then you can satin stitch inside the outline. This will give your shape a nice clean edge.

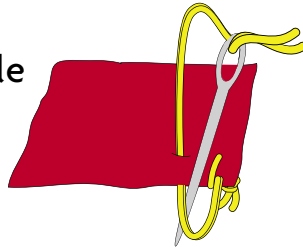
BLANKET STITCH Finish off edges or use it to sew 2 pieces of material together (like your embroidery bag!)

1 Make a stitch that falls off of your material and then pokes up right inside the edge.



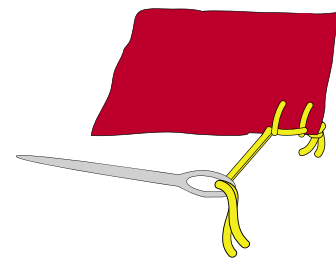
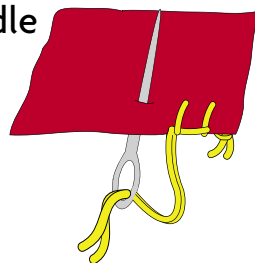
2 Poke your needle up next to the top of your last stitch.

3 Now pull your needle down through the loop you just made.



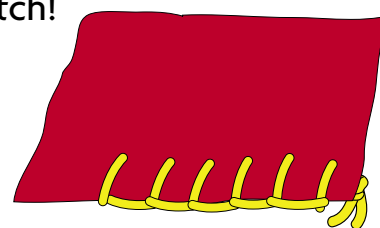
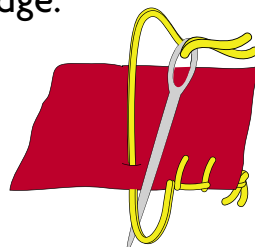
4 Pull the stitch snug. See how the string wraps around the edge of your material?

5 Now poke your needle up next to your last up-and-down stitch....



...and back down through the loop. Keep going along your edge.

6 Finish off with a straight stitch!



PROJECT IDEAS

You have tons of stuff to make some really cool designs!

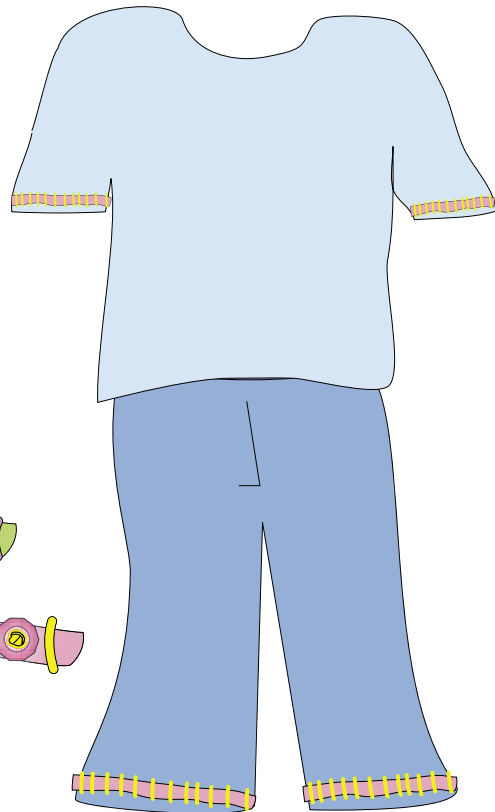
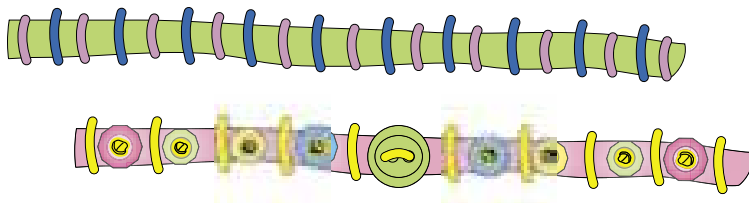
IRON-ON TRANSFERS

Cut out the design you want to use. Place it face down on your material where you want it. Heat your iron to a temperature that is right for your material. **Always get an adult to help you iron!** Now iron over the paper back and forth slowly for 5-10 seconds. Carefully lift a corner of the paper to see if the design is dark enough. If it isn't, run the iron over it a couple more times until it is!

RIBBON

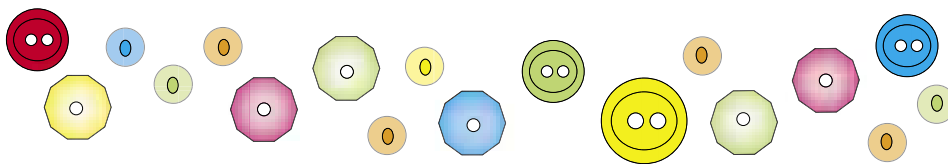
Stitch ribbon on the edge of your shirt sleeves, the cuff of your pants or to the top of a bag!

You can even add sequins, beads or buttons on the top for extra pizzazz! Be creative with your stitches to add shape and color!



SEQUINS, BEADS AND BUTTONS

Add these as the center of flowers, or as eyes of funny people or animals!

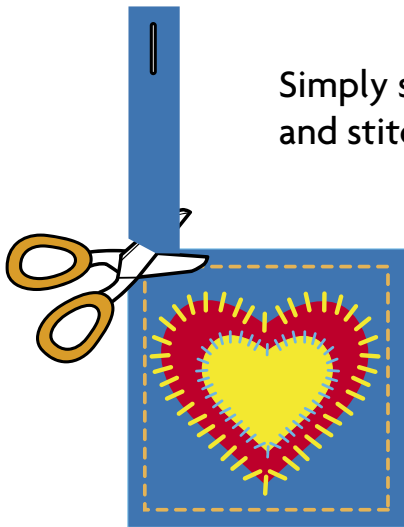


FELT ABC'S

Personalize your clothes by stitching on your initials, your name or a fun word!

PATCH

You have a cool heart patch that is all ready to go!

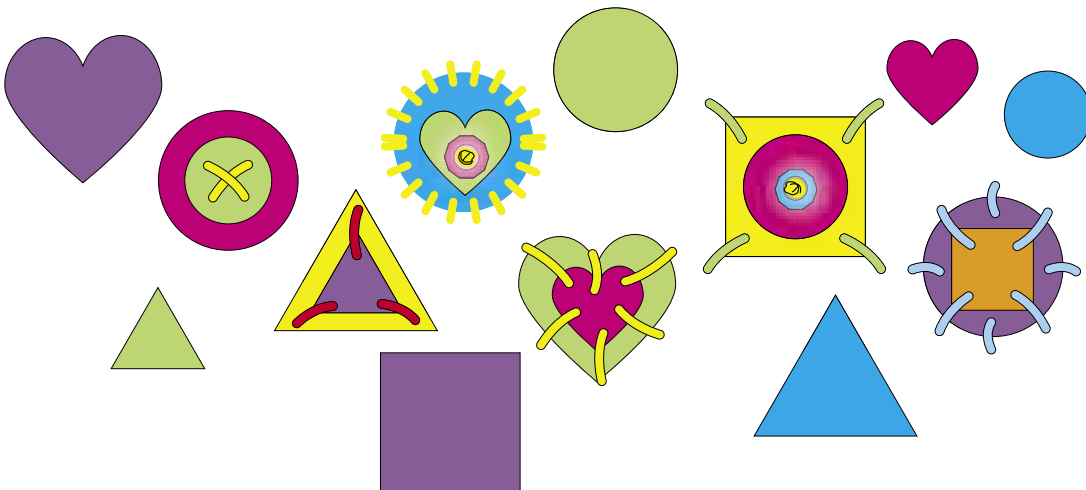


Simply snip the patch off of the loop and stitch it anywhere you like!

You can make it into a pocket by stitching around only 3 sides leaving the top edge open!



You can also use the felt shapes as small patches to cover up small stains or rips. Layer the shapes to make cool designs! You have squares of felt that you can cut into your own fun shapes to give you instant color!



MIX IT UP AND HAVE FUN!



**Hand wash your embroidered
items in cold water
and line dry!**

#183W
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