



# embroidery kit INSTRUCTIONS



## This kit includes:

- hoop
- needle
- thread
- fabric with original pattern
- step-by-step instructions

## What you'll need:

- scissors
- a sparkling beverage
- a few hours
- a little patience

### PREP YOUR CLOTH & HOOP



Before you start, iron the cloth with the steam set to **off** to remove wrinkles. It's okay to iron over the design.

Loosen the screw at the top of the wooden embroidery hoop and separate the two hoops. Lay the smaller hoop on a table, then lay the piece of fabric over the smaller hoop, making sure the design is in the center of the hoop. Lay the larger hoop over the fabric and small hoop, then push the larger hoop down, sandwiching the fabric between the two hoops. Tighten the screw and pull the fabric taut. Keep tightening the screw until it feels tight, but not too tight. If you tap on the fabric it should sound like a drum.

If your thread didn't come pre-cut, use an arm's length (hand to armpit) at a time.

Embroidery floss has multiple strands of thread. Using less strands gives you more detail. Your kit includes 6-strand embroidery floss, but you will only need 3 strands at a time for this project. Separate the floss so you end up with two 3-strand pieces. You'll have extra floss at the end of this project. Make something else with it!

Make a knot at one end of the floss and thread the needle with the other end. Moisten the end of the thread (with water, your mouth, or something like chap stick) to make it easier to thread the needle. After you have thread the needle, make sure the end **with the knot is long** and the **end without the knot is hanging** about 4 inches.

### PREP YOUR THREAD & NEEDLE



### STITCHING



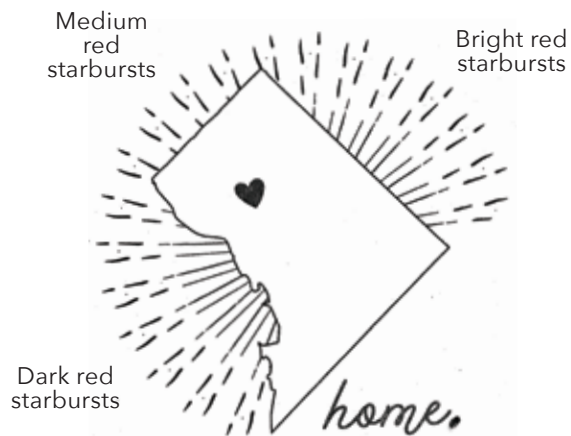
Always start your stitches from the **back of the fabric**, and pull the thread all the way through the fabric until you feel the knot act as an anchor.

When you are stitching and start to notice you only have about 5 or 6 inches of thread left on your needle, it's time to change your thread. First, knot or tie the thread you are currently using in the back of the fabric. If you don't, the embroidery will unravel. Then snip off any extra thread so it doesn't tangle. Then thread your needle with a new piece of thread.

## COLOR & STITCH GUIDE

The guide to the right shows what color thread to use and where and with which stitch. Feel free to get creative and mix up the colors however you like!

For the heart, you will need to hand draw your own heart in the part of DC that means the most to you before moving forward.



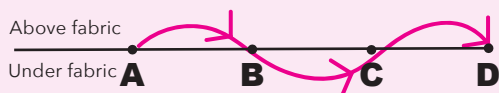
**Sunbursts**  
The Running Stitch  
Bright, medium, and dark red thread

**Heart in DC**  
The Satin Stitch  
Bright red thread

**The word "home."**  
The Backstitch  
Bright red thread

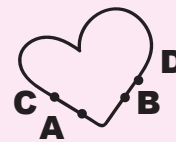
### THE RUNNING STITCH

The running stitch is one of the most used and easiest stitches in embroidery. It creates a dashed line. The needle goes up through A and down through B. Leaving a space between B and C, the needle goes up through C and down through D.



### SATIN STITCH

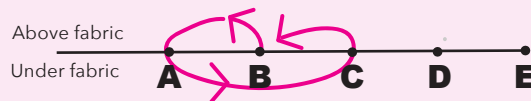
The heart over DC uses the satin stitch. The satin stitch is an easy way to "color in" a large area. With a pen, outline a heart in the part of DC that has **your** heart. Use the bright red thread and backstitch over your outline. Then begin to backstitch over your outline. The thread goes up through A and down through B, up through C and down through D. Keep going until the whole heart is filed in.



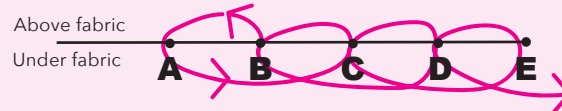
### THE BACK STITCH

The back stitch is one of the most common stitches in embroidery. From the back of the fabric, the needle goes up through B and down through A. Up through C and down through B. Up through E and down through D. Each stitch hops "back" one before moving forward. Hence the name "back stitch".

How it starts:



How the stitch continues:



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