



Stick + Stitch INSTRUCTIONS

WHAT IS STICK + STITCH?

This sticky-backed, dissolvable, printable paper turns transferring patterns from a chore to a breeze! Known as embroidery paper or stick n' stitch, it feels like fabric but is actually sticker paper that adheres to your fabric, allowing for easy stitching.

The sticky stabilizer ensures your fabric stays in place and supports your stitches, simplifying the hand embroidery process. When you're done stitching, you just run the paper under water and watch it dissolve, leaving your fabulous hand-embroidery behind.

WHAT FABRIC SHOULD I USE?

You can use these on almost any fabric! But, the easiest fabrics to use are cotton, denim, linen, and linen-cotton blends.

It's perfect for projects like:

- Small motifs on clothing, even with over seams, pockets, and pleats.
- Tote bags made of fabric or canvas.
- Cushions.
- Quilted blankets.
- Regular embroidery projects using hoops.

INSTRUCTIONS

1

Wash and dry your fabric before embroidering to remove dirt, starch, or anything that would prevent the design from adhering.

2

Peel the backing off the design stick it to where you want your design to go. Press down the design, making sure to press the edges so they don't roll up.

3

Embroider over the pattern, using the lines on the Stick + Stitch as a guide. Use whatever stitch you'd like! For ideas, see the stitch guide on the next pages.

4

When you're finished stitching, knot the thread in the back of your fabric and wash the Stick n' Stitch design away under warm running water at an angle, so the ink flows away from the design.

Find tutorials, events, and more embroidery kits:



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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.

If you're using a hoop (you don't have to with stick + stitch), 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.

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 2 strands at a time for this project. Separate the floss so you end up with three 2-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.

FINISHING UP

Once you have finished the pattern you are done! If it's a pair of pants -- wear it! If it's in a hoop and you want to keep it in the hoop, turn the hoop over and cut off the extra fabric. If you want to use it for something else, remove it from the hoop and iron out the hoop creases (**do not iron over the embroidery thread**). Mount it on canvas, or create a wall hanging. Enjoy, and don't forget to share your finished product with me on Instagram!



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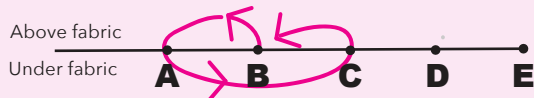
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STITCHING GUIDE

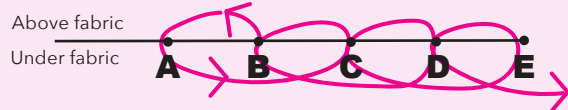
THE BACK STITCH

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 D and down through C. 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:



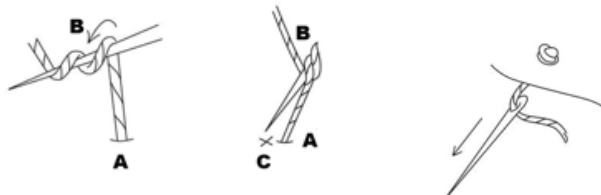
THE EASY CHAIN STITCH

From the back of the fabric, the needle goes up through A and down through B to create a very tiny straight stitch. The needle then goes up through C. **Do not put the needle back into the fabric.** The rest of this part of the stitch will be entirely above fabric. Slip the needle through the stitch created by A & B. Then put the needle back into the fabric through the same C hole. Then bring the needle up through D, then above the fabric, slip the needle under the loop created by C, and down through the same D hole. Keep going like this until you get to the end of the line in the pattern.



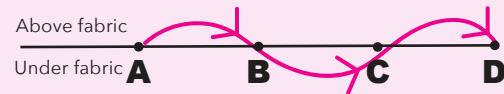
THE FRENCH KNOT

This creates a cute little raised knot. From the back of the fabric, the needle goes up through A (be sure to pull the thread all the way through first before moving on). Then wrap the thread around the needle 6 times (shown as B), then slip the needle back into the fabric at C, which is right next to A. **Slowly** pull the thread down all the way, looking out for and fixing tangles. Moving too fast will cause the thread to tangle.



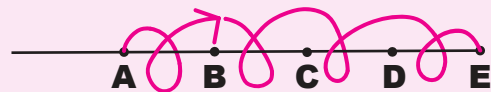
THE RUNNING STITCH

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.



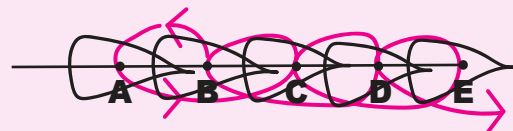
THE WHIPPED BACK STITCH

First, make a row of back stitches using the instructions above. Then pick out a new color and thread your needle (or use the same color if you want a monochromatic look). From the back of the fabric, bring the needle up through A. **Do not put the needle back into the fabric.** The rest of this stitch will be entirely above fabric until the end. Then slide the needle under the stitch made by A and B over the fabric. Then slide the needle under the stitch made by B and C. Then slide the needle under the stitch made by C and D. And so on. When you have reached the end of the back stitch put the needle back into the fabric and tie off the thread.



THE BACK STITCHED CHAIN STITCH

First, make a row of chain stitches using the instructions above. Then pick out a new color and thread your needle (or use the same color if you want a monochromatic look). From the back of the fabric, bring the needle up through B (which is in the middle of the second chain link) and down through A (which is in the middle of the first chain link). Then up through C (in the middle of the 3rd chain link) and down through B. Then up through D and down through C. Keep going until you've covered the entire chain stitch.



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