

The Amazing

Stitching

HANDBOOK for Kids

17 Embroidery
Stitches

15 Fun & Easy
Projects



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A child is shown from the back, wearing a light blue t-shirt and a backpack. The backpack is light-colored with a colorful, abstract pattern. A yellow tag with the name 'ALEX' written on it is attached to the backpack. The background is a soft-focus outdoor setting with green and yellow foliage.

Backpack Tags

At school, it can be so confusing to find your backpack—especially if yours is the same color as another friend's pack. Stitch your very own backpack tag so yours will be easy to spot. Backpack tags can also be used for luggage, and they make nice gifts.

Stitches:

backstitch

(page 42)

running stitch

(page 40)

Supplies:

Makes 1 tag.

- • • Wool felt in 2 colors
- • • Embroidery floss in 2 colors
- • • Erasable marking pen
- • • Ruler
- • • Paper and pencil
- • • Pins
- • • Fabric scissors
- • • Embroidery scissors
- • • Size 20 chenille needle
- • • Spray bottle with water
- • • $\frac{1}{4}$ yard of $\frac{3}{8}$ "-wide grosgrain ribbon

Make It



1 Use your ruler to draw a rectangle $2\frac{1}{2}$ " \times 3" on 2 pieces of felt. Cut out the rectangles using fabric scissors.

2 Using the erasable marking pen, write your initials or your name in the center of 1 of the rectangles, leaving about 1" empty around the letters.

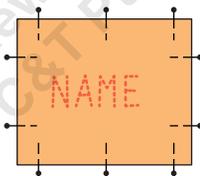
Note: You could also write your initials on 1 rectangle and your name on the other.

Stitch It

1 Cut 20" of embroidery floss from the skein. Thread a needle with the floss, and tie a double knot in the end.

2 Sew the letters in **backstitch**. Try to make each stitch about $\frac{1}{8}$ " long.

3 Pin the 2 rectangles together with wrong sides together. Your knots will be on the inside, between the layers.



4 Sew the pieces together around the outside with a **running stitch**. Your stitches should be approximately $\frac{1}{4}$ " long. Press with an iron. (**Get an adult to help.**)

5 Follow the manufacturer's directions to remove the erasable marks.

Finish It

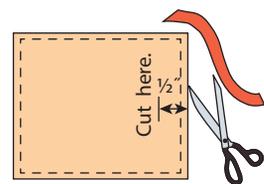
You may want to ask an adult for help with this step.

1 At 1 end of the backpack tag, mark the center point using the erasable marker. The point should be approximately $\frac{1}{2}$ " in from the edge.

2 Using the sharp point of your embroidery scissors, poke through both layers of felt to make a small hole. Using your embroidery scissors, cut a small slit through both layers of felt. The slit should be a little wider than your ribbon.

3 Trim each end of the ribbon at an angle. Insert the ribbon in the slit.

4 To attach the tag, pull the ribbon through the zipper pull on your backpack, and then tie the ribbon tails together.



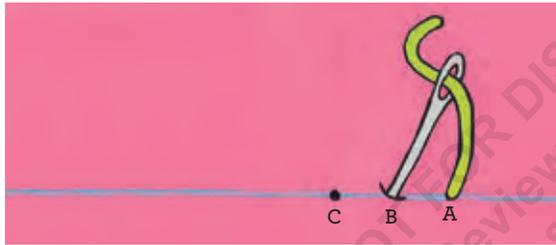
Running Stitch

A running stitch looks like the dashed line in the middle of a road. It is good for outlining shapes and for making decorative borders. It can also be used to sew together pieces of fabric.

Draw a straight or curvy line on a scrap of fabric. Your stitches will follow this line. Running stitches can be long or short—it's up to you—but they will look better if they are all about the same size.

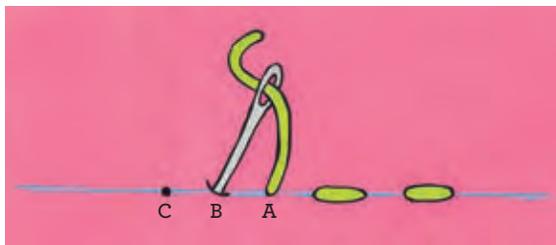
Two-Step Method

1 Secure your thread on the back of the fabric with a double knot (page 34), and bring your needle to the front at A. Pull all the thread through to the front of the fabric. Insert your needle at B, and pull your thread all the way through to the back of the project.



2 Bring your needle up again at C, and pull the thread all the way through to the front side.

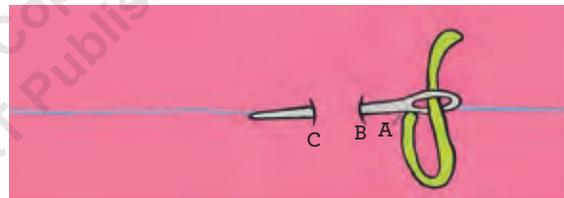
3 Repeat until you have stitched the entire practice line.



Scoop Method

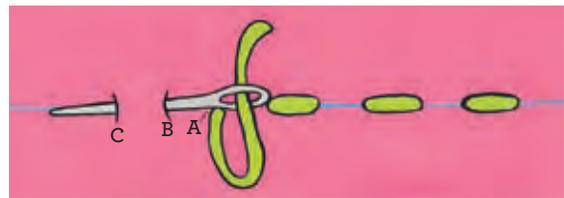
1 Secure your thread on the back of the fabric with a double knot, and come up at A. Pull the thread through to the front.

2 Insert your needle at B, then scoop the fabric with the tip of your needle, and come up at C in 1 motion. Pull the needle until the thread tightens.



Note: If the fabric puckers, you are pulling too tightly. Slip the point of your needle under the thread, and loosen the stitch you just made so it lies flat.

3 Continue to stitch, following your practice line. Eventually, you will be able to take several stitches at a time before pulling the thread through.



Finish

For either method, when you finish stitching, secure the thread on the back and weave it under the stitches (see Starting and Stopping, page 34).

Seed Stitch

The seed stitch is a group of tiny stitches randomly placed close together to create an interesting texture. It can be used to fill shapes or to create a spotted surface.

Secure your thread on the back of the fabric with a double knot (page 34). Bring the needle and thread to the front (A). Pull the thread through.

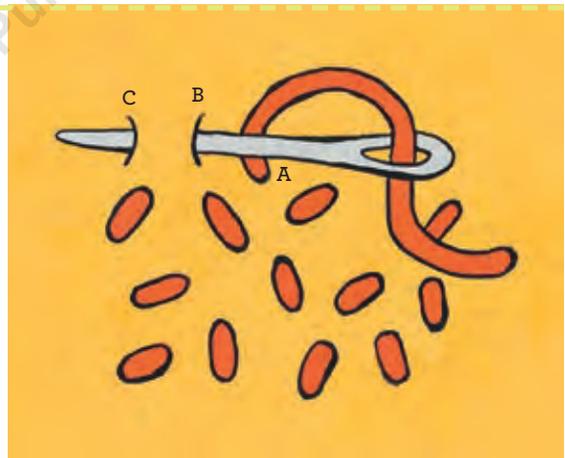
Two-Step Method

Insert your needle in the fabric (B), and pull your thread all the way through to the back of the work. Bring your needle up again (C), and pull the thread all the way through to the front side.

Scoop Method

Once you've practiced a little, you can sew seed stitches in 1 step. After you have pushed the needle down (B), scoop the fabric with the tip of your needle, and come up (C) in 1 motion. Pull the needle until the thread tightens. Continue making the stitches at random, changing the direction of the stitches to look like scattered seeds.

Finish by taking the thread to the back and weaving it under the stitches.



Backstitch

Backstitch is best sewn using the scoop method. It is like a dance where you go one step back, then two steps forward. Backstitch makes a nice outline for curvy shapes and for stitching letters and words. It can also be used to sew together two pieces of fabric because it is very strong.

To practice, draw a circle on a scrap of cloth.

- 1** Secure your thread on the back of the fabric with a double knot (page 34). Bring the needle and thread to the front (A).
- 2** Insert your needle into the fabric (B) behind the point where your thread comes out of the fabric, then scoop the needle back to the front of the fabric (C) ahead of your starting point with a single scooping motion. Pull the thread through.

- 3** Insert the needle (A) and scoop it to the front (D). Continue around the circle.
- 4** On the last stitch that closes the circle, finish by taking the thread to the back and weaving it under the stitches (see Starting and Stopping, page 34).

