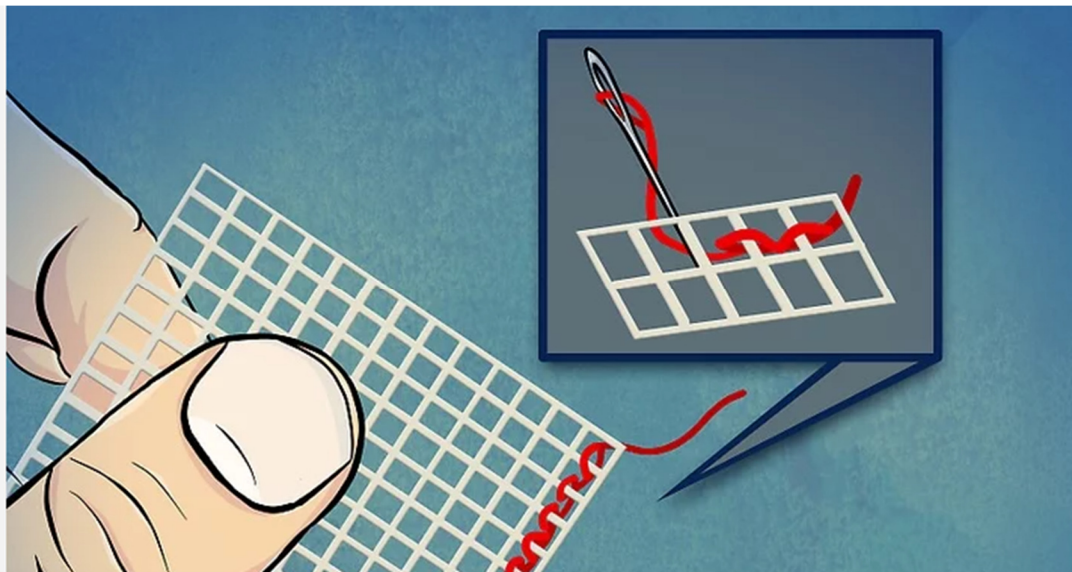


Plastic Canvas Craft Project

1. Execute Backstitches

- Backstitches are created by inserting your needle up through the canvas at even-numbered holes and down through the canvas at odd-numbered holes. This stitch may be any length you desire and go in any direction. On patterns, this stitch appears as “backstitch” or “backst.”
- Pull the needle up through the back of the canvas at hole 2.
- Push the needle down through the top of the canvas at hole 1.
- Pull the needle up through the back of the canvas at hole 4.
- Push the needle down through the top of the canvas at hole 3.
- Repeat.[\[1\]](#)

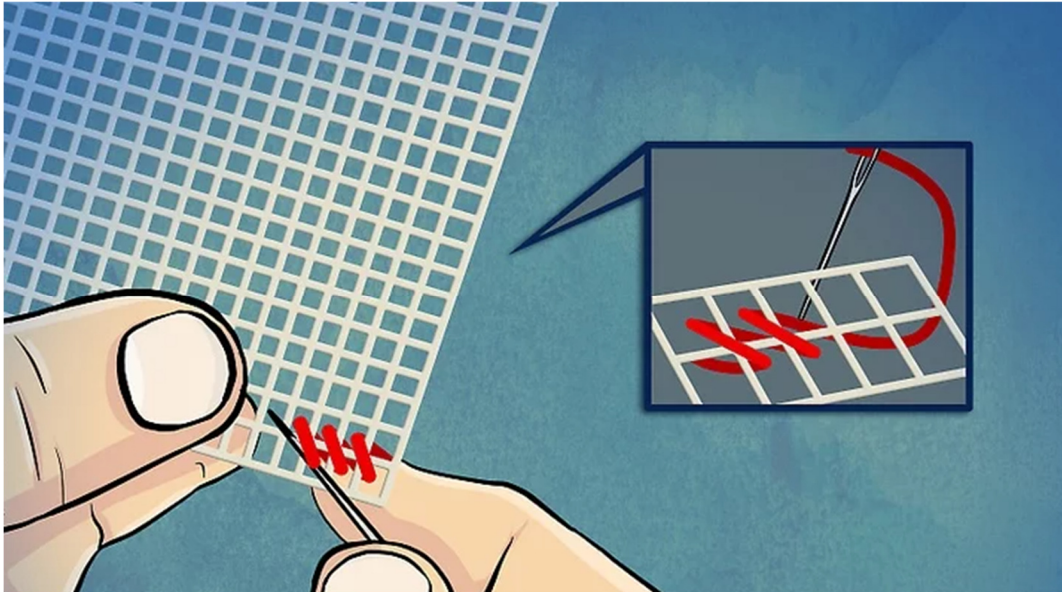


2. Continental Stich

The continental stitch is used to create horizontal rows of angled stitches. On patterns, this stitch appears as “continental.”

- Pull the needle up through the back of the canvas at row 1, hole 2.
- Insert the needle down through the top of the canvas at row 2, hole 1.
- Pull the needle up through the back of the canvas at row 1, hole 3.
- Insert the needle down through the top of the canvas at row 2, hole 2.
- Pull the needle up through the back of the canvas at row 1, hole 4.
- Insert the needle down through the top of the canvas at row 2, hole 3.

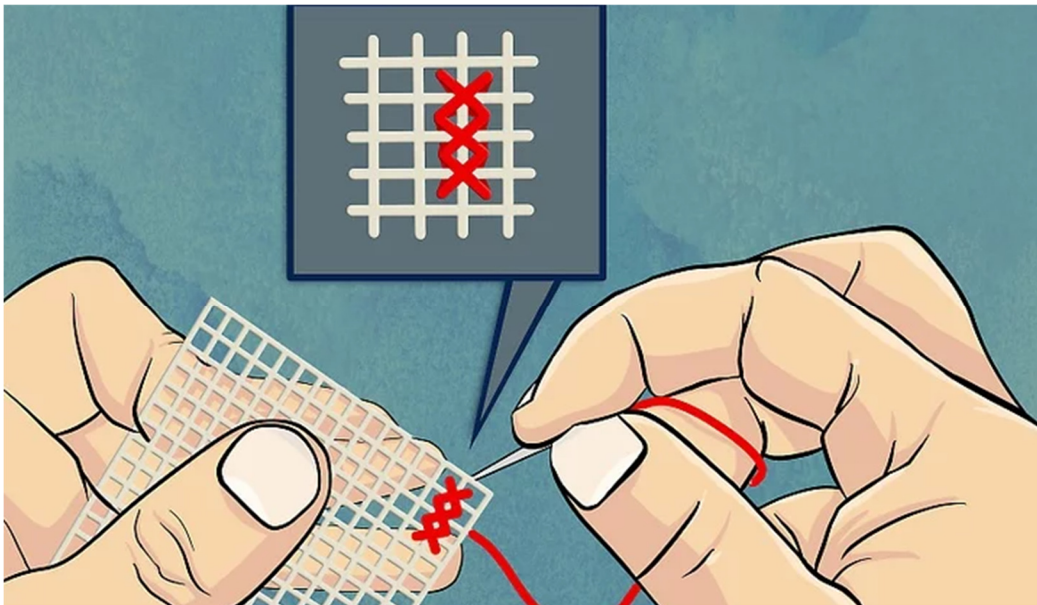
- Repeat. [2]



3. Cross Stich

A cross stitch looks like an "X." It is created by making two intersecting diagonally stitches. On patterns it appears as "cross stitch" or "xs."

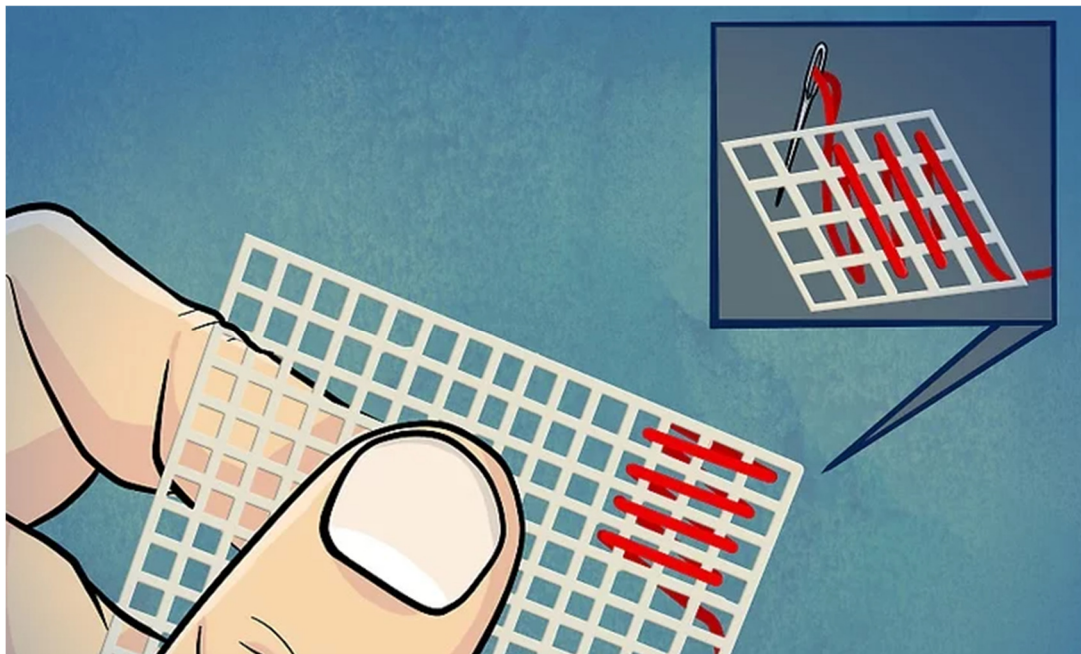
- Pull the needle up through the back of the canvas at row 2, hole 2.
- Insert the needle down through the top of the canvas at row 1, hole 1.
- Pull the needle up through the back of the canvas at row 2, hole 1.
- Insert the needle down through the top of the canvas at row 1, hole 2



4. Long Stitch

A long stitch is a series of parallel straight stitches. While each stitch may be a different length, it must cover at least two bars (two grid lines). On patterns this stitch appears as "long stitch."

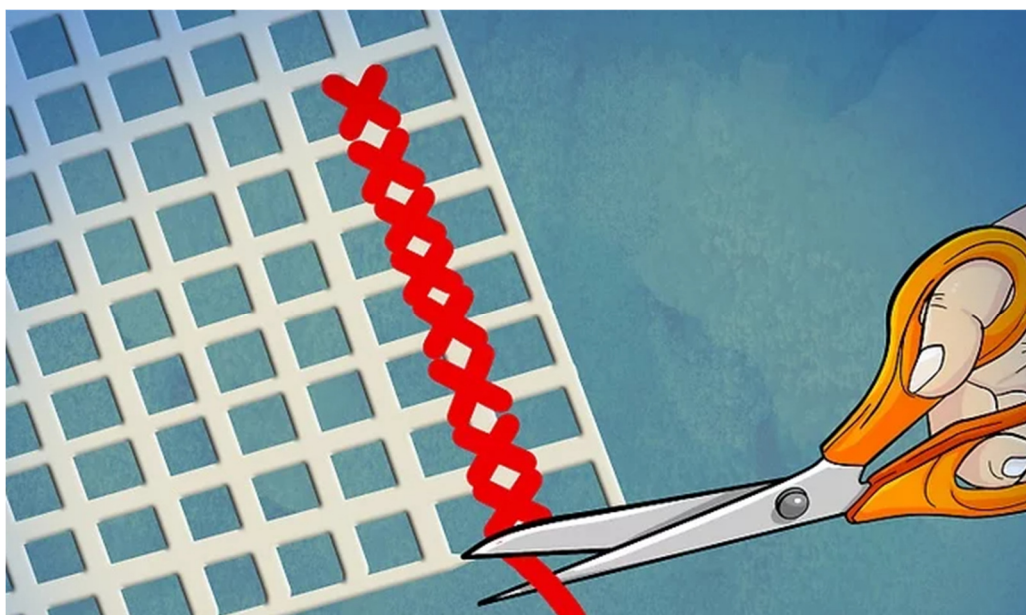
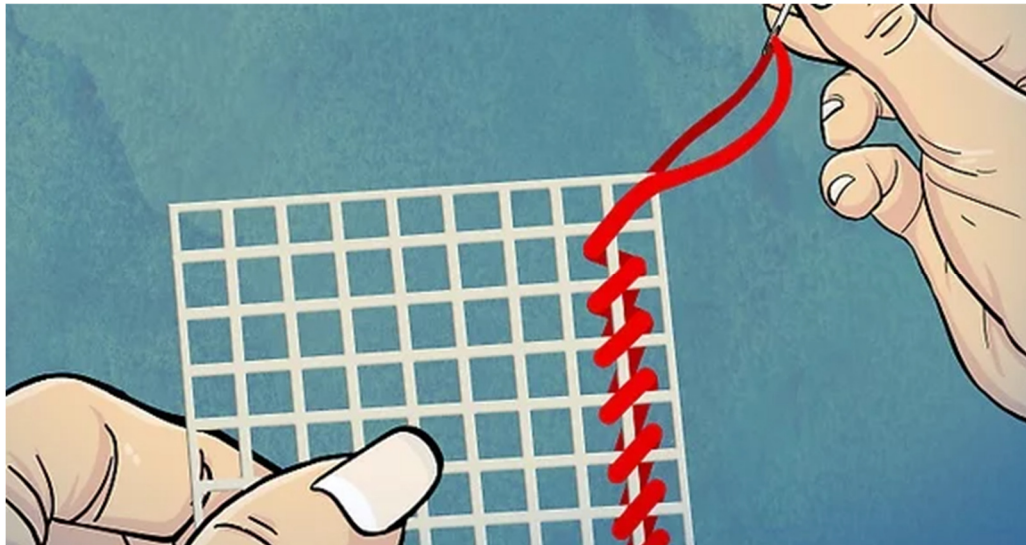
- Pull the needle up through the back of the canvas at row 1, hole 1.
- Insert the needle down through the top of the canvas at row 3, hole 1.
- Pull the needle up through the back of the canvas at row 1, hole 2.
- Insert the needle down through the top of the canvas at row 3, hole 1.
- Repeat.



5. Starting, Finishing, and Connecting Plastic Canvas

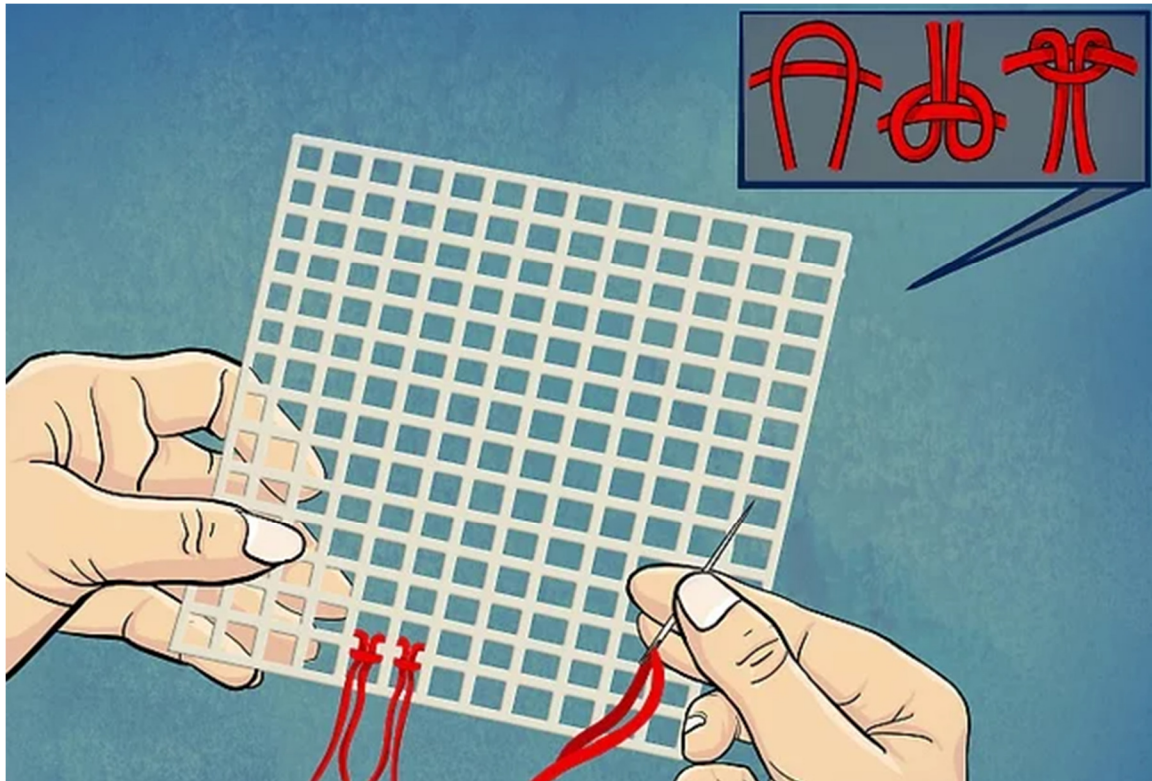
When you create a plastic canvas, you don't want any loose threads hanging from your masterpiece. To accomplish this, and secure your row of stitches in the process, you need to stitch over the tail.

- Thread your needle with approximately three feet of yarn or floss.
- Insert the needle through the backside of the canvas until you are left with a two-inch tail of yarn or floss.
- Hold the tail against the back of your canvas so that it runs along your stitch line.
- Execute your stitches over the tail until it is completely covered



When you complete a row or rows of stitches, you do not want to mar your creation with a bulky knot or a hanging tail. To create a clean, finish on the back of the canvas:

- Flip the canvas so that its back faces up.
- Insert your needle and yarn through several completed stitches.
- Pull the yarn or floss tight.
- Trim the yarn or floss as close to the canvas as possible.



Plastic Canvas Bookmark

Step-by-step tutorial

• Step 1

Gather your materials.



• Step 2

Using the plastic canvas sheet, cut out your bookmark shape.

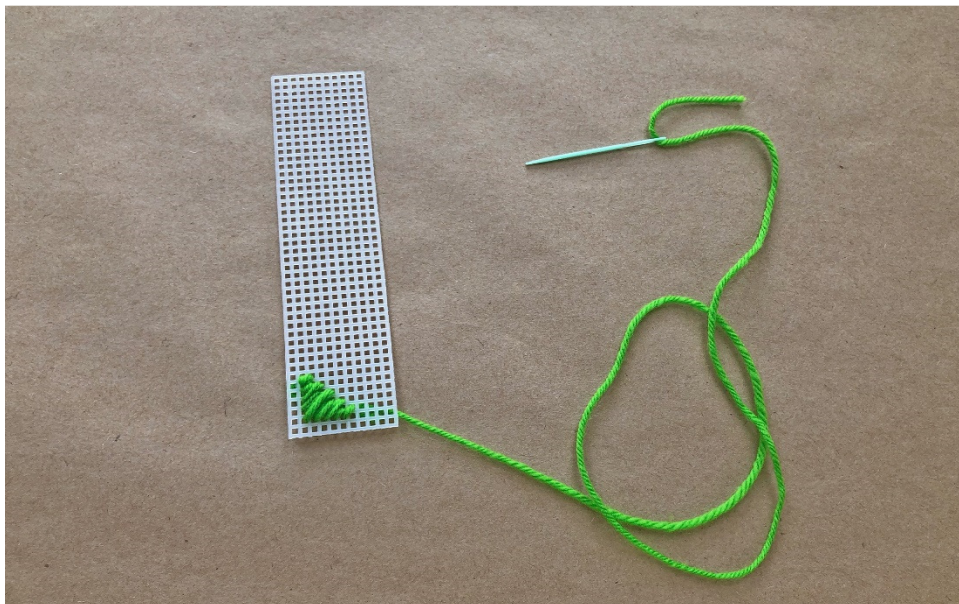


• Step 3

Plan your design!

- Step 4

Start stitching! When you finish, tie off or tuck any extra yarn to secure your stitches.



- Step 5

Add a tassel.



- Final result!

