

Pick & Stitch

Floral background
instruction booklet





Instagram
[@pick.and.stitch](#)

Youtube
youtube.com/@pickandstitch

Website
pickandstitchco.etsy.com

Well hello there...

I'm so excited to share my floral background embroidery pattern with you. The following pages will guide you through everything you need to know to complete this beautiful project. You will also find tutorials for all of the stitches you will need, as well as other embroidery tips and tricks. Enjoy!
Jacqueline xxx



Stitch guide

This design works best with chunky stitching, so there's no need to split your thread for this pattern. Use 6 strands for all of your work. You can even use 12 strands for the roses if you like!

Leaf stitch

(You could also use satin leaf or fishbone stitch if you prefer)



Rose stitch

(also known as woven wheel or wagon wheel)



Satin stitch

Use satin stitch for both the petals and the centre of the flower. You could also use french knots to fill the center of any of the flowers.



Satin stitch

Use satin stitch for both the petals and the center of the flower.

Remember to follow me on instagram @pick.and.stitch and on Youtube for video tutorials on all stitches.



French knot

Satin stitch

Leaf stitch

Rose stitch

Colour ideas...

These are some of my favourite colour combinations that I use for these floral patterns. Please remember that the pattern will vary slightly for every letter or number. Use these colour guides to help you place your colours when stitching.



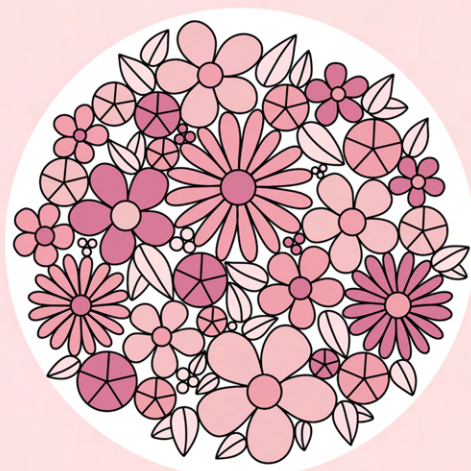
DMC 152, 224, 522, 437



DMC 927, 926, 522, 437



DMC 407, 3864, 524, 437



DMC 3733, 3354, 605, 818

Materials...

If you have a pick and stitch kit- you already have everything you need to complete your floral embroidery. Just grab a pair of sharp scissors.

If you have the pattern only- here's what you'll need...

- **An embroidery hoop**

(I like to use a 5 inch hoop for this pattern)

- **Some fabric**

(I use calico cotton or kona cotton but most cotton or linen/cotton blend fabrics will work)

- **Some stranded cotton**

(this pattern works best with four different colours)

- **Pattern**

(you'll need your chosen pattern and a way to transfer it)

- **Some sharp scissors**

- **Backing felt or card**



Pattern how to

Here are some of my top tips for completing this pattern...

Prep your hoop

Prep your embroidery hoop with either the fabric in your kit, or with any fabric of your choice (see separate page in this booklet for full instructions on how to do this). This pattern also works great on clothing. If you are using the fabric from your kit- use both pieces of fabric one on top of the other.



Transfer the pattern

If you have the kit- peel the backing off of your sticky backed pattern and stick it to the surface you want to embroider. Be sure to line it up and stick it as level as possible. See other pages in this booklet for alternative ways to transfer your pattern.



Starting to stitch

Now look carefully at your pattern. The most important thing to remember is that you avoid any of your stitches overlapping your chosen design, so stop all of your stitches at the edge of your chosen letter/symbol/number.



Stitch all the flowers

Use satin stitch, leaf stitch and rose stitch to complete your pattern, remembering to avoid your chosen letter, number or symbol. Refer to the stitch tutorial pages in this booklet, and the stitch and colour guide to help you.

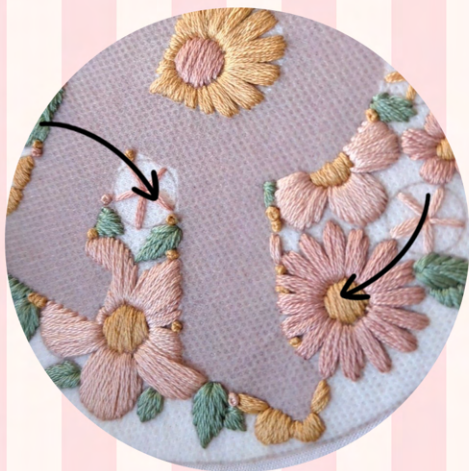


Rose stitch

For the roses- you can choose whether to stitch them before or after erasing your pattern. The benefit of stitching them last is that they stay nice and fluffy. If you choose to do them last- make sure you stitch the 5 spokes on each rose before erasing the pattern as shown in the image.

French knots

Once your stitching is complete, look around the edge of your initial, number or symbol. If there are any gaps, simply add a few french knots as shown. You only need to do this around the edge of your letter or number- the rest of your embroidery will have some gaps and that's fine. Now simply erase your pattern by running it under some warm water. It's best to dry your embroidery quickly so I like to use a hairdryer. Then all you need to do is back your hoop. Refer to the 'backing your hoop' page for full instructions on how to do this.



Prepping your hoop

To ensure that completing your embroidery is as easy and enjoyable as possible, you need to make sure your hoop is perfectly prepped ready for stitching.

Step 1



Unscrew your embroidery hoop to separate the two parts. Lay the inner hoop (the one without the clasp on it) down onto a flat surface.

Step 2



Lay your fabric over the top of the inner hoop and then lay the outer hoop over the top to sandwich the fabric. Tighten the screw slightly to hold the fabric in place.

Step 3



Moving your way around the hoop, start to stretch the fabric in all directions and continue to tighten the clasp. Repeat these steps until the fabric is stretched.

Step 4



Once the fabric is nice and tight (you should be able to tap it like a drum) screw the hoop up firmly. Then you're ready to stitch!

Transferring your pattern

If you have a kit- you just need to peel the backing off of your printed pattern and stick it to the fabric you want to embroider (i.e the hoop you have prepped or an item of clothing). Now you're ready to start stitching!

If you have the digital download only- here are some ways to transfer your pattern.

- Dissolveable paper

Search for 'sulky sticky fabri solvy' and print your pattern onto it using any home printer. Make sure you practice printing on plain paper first to get it to the correct size.

- Trace

On plain paper or card, print your pattern to the correct size, cut it out and place inside your prepped hoop. Tape in place and trace the design. Hold it up to a light source (i.e. a window) or shine the torch from your phone through the back of the hoop to make tracing easier. I like to use a Pilot Frixion pen as this will erase with heat.



Starting to stitch

You're almost ready to start stitching. There are just a few more things you need to know...

Preparing your thread

With stranded cotton, you can separate the strands to make it finer. For all of my patterns and kits I will specify if you need to do this. Stranded cotton usually has 6 strands and you can use as many or few as you like. Using less will make your embroidery more delicate- but it will also take a bit longer!



Tying a knot

There are lots of fancy ways to tie a knot at the end of your thread, but I think just a simple straightforward knot is best because it ensures you don't waste too much cotton. Simply make a loop and pull the end through. If you have split your thread, you may need to do 2 or 3 knots to make sure it doesn't pull through your fabric. Make your knot as close as possible to the end of your thread so that the tail doesn't get in the way when you're stitching. Then simply thread your needle on the other end.



Tying off your thread

When you come to the end of a piece of thread you need to tie a knot on the back of your work to ensure your embroidery stays in place. Again, there are different ways you can do this but a simple knot close to the fabric will do the trick. Alternatively, you can thread your needle under one of the stitches on the back of your work and loop through it to form a knot.



Ok - you're ready to start stitching! The next pages will teach you all of the stitches you will need for this pattern. Have fun!





Straight stitch

You're going to use a straight stitch to create the straight lines which will be hidden underneath the roses. On the pattern they look like this



Straight stitch

Straight stitch is the perfect place to start because it's the basis for so many other beautiful stitches.

Step 1



Step 2



Come up through the back of the fabric at the start of one of the little lines.

Then thread your needle back down at the other end of the line.

Step 3



Step 4



Pull your stranded cotton through to form your stitch.

Use the blunt end of your needle to un-twist the cotton if needed.

Leaf stitch

For the leaves on this pattern you are going to use what I call leaf stitch. It's my favourite way to stitch leaves. On the pattern they look like this



Leaf stitch

This is my favourite way to stitch leaves, and it's also the easiest! It creates nice chunky leaves which add great texture to your embroidery.

Step 1



Come up through the back of the fabric at the pointed end of the leaf shape.

Step 2



Go back down at the bottom of the leaf in the center, creating a straight stitch down the middle of your leaf.

Step 3



Next, come up at the top of the leaf slightly to one side and downwards of your first stitch (following the outline of the leaf).

Step 4



Now go back down at the bottom of the leaf in the same place as the previous stitch (in the center).

Step 5



Now repeat the process, coming up on the other side of your first stitch and going back down in the center.

Step 6

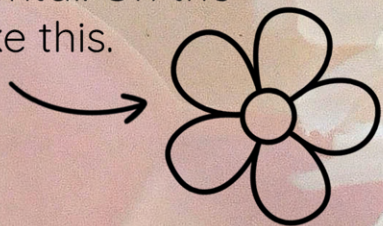


Repeat these steps coming up on the left and then the right of your previous stitch and going back down at the bottom until the leaf is full.



Satin stitch

You're going to use satin stitch to stitch the flowers with the larger petals. I usually stick to vertical stitches rather than horizontal. On the pattern they look like this.



Satin stitch

I like to think of satin stitch as colouring in with thread. You are looking to fill in any shape with stitches that lay closely next to each other and as flat as possible.

Step 1



Step 2



Come up through the back of the fabric at the edge of your shape then back down at the bottom of the shape to create a straight stitch.

Continue laying stitches next to each other as closely as possible so that there aren't any gaps.

Step 3



To help keep your stitches straight, it's helpful to add in some stitches to divide up the shape.

Step 4



Continue with straight stitches until your shape is filled. Go back and fill in any gaps if needed.

Rose stitch

You're going to use a woven rose stitch to stitch all of the roses. You can either do this before or after erasing your water soluble pattern. Erasing your pattern first means that the roses will stay nice and fluffy and they won't get squashed whilst you complete the rest of your embroidery.

If you decide to erase the pattern first- make sure you have stitched the 5 spokes with a straight stitch first. On the pattern the roses look like this



Rose stitch

One of my all time favourite stitches. These roses add fantastic height to your embroidery. This stitch is also known as a woven rose or wagon wheel.

Step 1



Use 6 strands of cotton to stitch the 5 straight lines on the pattern. Tie your cotton off at the back.

Step 2



Double over a metre and a half of cotton and come up through the fabric in the center of the circle next to any of the 5 spokes.

Step 3



Use the blunt end of your needle to thread over the top of the first spoke, and then thread under the next one.

Step 4



Pull through gently and repeat the process, going over the top of one spoke, and under the next.

Step 5

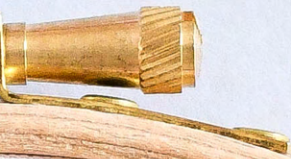


Continue weaving to build up your beautiful rose, stopping when the circle shape is filled up.

Step 6



Once you are happy with the shape of the rose, thread your needle back down through the fabric and tie off at the back.



Stitching the daisies

You're going to use a satin stitch to stitch the petals and the center of the daisies. See opposite page for a trick I use to keep them nice and symmetrical.



Stitching the daisies

Having stitched this pattern many many times, I have found that this is the best way to embroider these flowers. It helps to keep them nice and symmetrical.

Step 1



Create a straight stitch down the centre of each petal.

Step 2



Then work your way around, making another straight stitch down one side of your first stitch.

Step 3



Then repeat the same thing on the other side. The stitches can cross over at the bottom if needed.

Step 4



Add a few more stitches to fill in the petals if needed, then use satin stitch to fill the centre.

French knots

You're going to use french knots to fill in any little gaps around your chosen design. On the pattern they look like this



French knot

French knots create great texture in your embroidery. It can be quite tricky to do a perfect french knot every time, so don't worry if they take a bit of practice.

Step 1



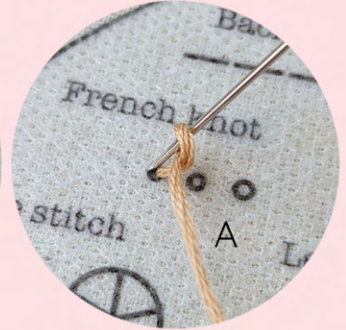
Come up through the back of the fabric in the place you want your french knot.

Step 2



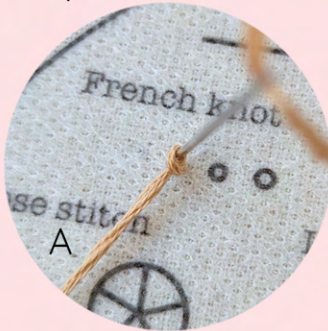
Wrap the cotton around your needle once.

Step 3



Angle the needle downwards and pull gently on the thread at point A so that it tightens around the needle.

Step 4



Now pull the needle through the fabric whilst holding on to the thread at point A.

Step 5



Keep hold of the thread until you only have a small loop left, then let go and pull through to create your knot.

Step 6



You can then practice a few more times by wrapping the cotton twice, and then 3 times around the needle.

Back stitch

If your pattern includes lettering- you're going to use a back stitch.

If you have a number pattern I usually use 2 strands of cotton. If you're doing a paw print I use 6 strands. Create a small back stitch with each stitch being about 1-2mm in length.



Back stitch

This is a really simple and satisfying stitch which creates a continuous line of embroidery.

Step 1



First, make one straight stitch on the first little line. Then come up one stitch length ahead of that first stitch.

Step 2



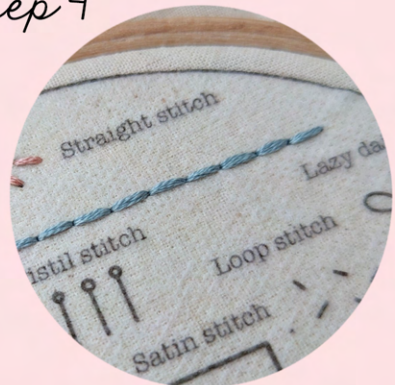
Next, go back down through the fabric in the same place that the previous stitch ended.

Step 3



Pull through. Then carry on this process by coming up one stitch length ahead of your last stitch...

Step 4



...and going back down in the same place that the previous stitch ends, until you reach the end of the line.

Erasing your pattern...

This is often one of the best parts of the whole process because it reveals your masterpiece!

Heat erasable

To remove the heat erasable pen, simply use a hairdryer to remove the pattern.

Water soluble

For the water soluble method- place your embroidery under some warm running water then use a hairdryer to dry your piece so that it doesn't stay wet for too long. I leave my embroidery in the hoop whilst I am rinsing off the pattern. The hoops I use don't have any dye or anything in, so it doesn't cause any problems. However, if you prefer, you can remove your embroidery from the hoop before rinsing. You can then dry your embroidery and re-stretch it onto the hoop to display.



Finishing your hoop

Your masterpiece is almost ready. The last thing you need to do is back your hoop.

Tidying up the back

I'm not going to lie- I'm not the neatest stitcher and the back of my hoops do tend to look a little messy. But not to worry- nobody is going to see it! However, it is important to keep your stitches in place, so be sure to tie off your ends and then cut off any long thread tails. This ensures that they don't get in the way when you're finishing your hoop.



Trimming your Fabric

Next, trim the fabric around the edge leaving about 2cm all the way around your hoop. Then place a circle of felt over the back of your work. If you have a kit you will have a circle of felt already cut to size. This may or may not have a sticky back. If you need to cut your own felt, you can make it the perfect size by laying the inner part of your embroidery hoop on top of your felt and drawing around the inside of the hoop.

Securing the fabric

The final step is to secure the fabric at the back of the hoop. You can do this by either gluing or sewing the fabric. To glue the fabric in place, simply use a clear drying glue (I like to use Uhu textile glue) and place a line of it all the way around the wooden hoop, then simply fold the fabric over to glue in place. To sew your fabric, take your needle and some leftover thread and do a running stitch (weaving in and out of the fabric) all the way around the hoop. Then simply pull on the thread and it will gather the fabric around the back of your hoop. Knot to secure.



Hooray, you did it!

I really hope you enjoyed the process.
Well done and I hope you choose another
pick and stitch project very soon.





Thank you so much
for choosing pick
and stitch.

I hope to see you
for another
embroidery project
very soon.



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