

Embroidery essentials





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Well hello there...



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

The following pages will guide through...

- What materials you need
- How to prepare your hoop
- How to transfer your pattern
- How to prepare your cotton
- Stitch tutorials
- Finishing your hoop



So let's get started...

Materials...

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

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

- **An embroidery hoop**

(Check which size you need for your chosen pattern)

- **Some fabric**

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

- **Some stranded cotton**

(Check your stitch guide for the colours I use for your chosen pattern)

- **Pattern**

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

- **Some sharp scissors**

- **Backing felt or card**



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 chosen 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 your chosen pattern. Have fun!

Straight stitch

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

Step 1



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

Step 2



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

Step 3



Pull your stranded cotton through to form your stitch.

Step 4



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

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.

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



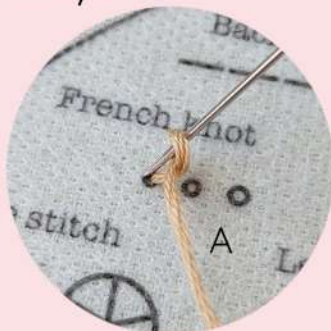
Come up through the back of the fabric in the place you want your french knot.

Step 2



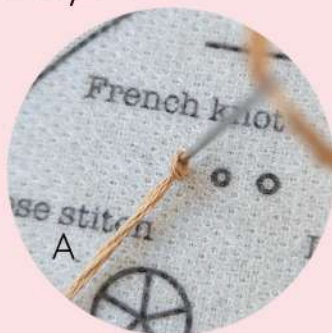
Wrap the cotton around your needle once.

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 try wrapping the cotton twice or 3 times around the needle to make the knots bigger.

Lazy daisy

The lazy daisy is a must have stitch in your stitch tool kit. It's great for stitching petals and leaves.

Step 1



Come up through the back of your fabric at the pointed end of the leaf shape. Then angle your needle back down in the same place that you came up.

Step 2



Pull your needle through, but leave a loop.

Step 3



Next, come back up through the fabric at the rounded end of the leaf shape.

Step 4



Now pull your needle through, and it will tighten the loop to form your leaf or petal shape.

Step 5



Then go back down through the fabric on the other side of your loop. This will keep it in place.

Step 6



When you have finished, you can use the blunt end of your needle to open up the leaf shapes if needed.

Pistil stitch

The pistil stitch is very similar to the french knot.
Here's how it's done...

Step 1



Come up through the back of the fabric at the bottom of the line.

Step 2



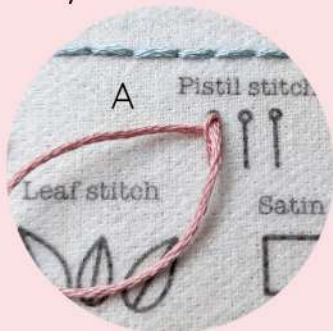
Wrap the cotton around your needle once, the same as you do with a french knot.

Step 3



Next, angle the needle downwards in the little circle at the top of the line. 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 until there is just a small loop left.

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 three times around the needle.

Loop stitch

The loop stitch is a lovely way to add some texture to your embroidery.

Step 1



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

Step 2



Then angle your needle back down through the fabric at the other end of the line.

Step 3



Pull the needle through, but leave a small loop of cotton on the top of your fabric.

Step 4



If you pull the cotton through too far, use the blunt end of your needle to lift it back up.

Step 5



Repeat the process for each stitch, being very careful not to pull the cotton through too far.

Step 6



Tie off at the back, being careful not to pull your last stitch flat to the fabric. Then use the back of the needle to lift up the stitches if needed.

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.

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

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



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.

Step 2



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.

Stem stitch

Stem stitch is another great way to create a continuous line of embroidery. Here's what you need to do...

Step 1



Start your stem stitch by creating one straight stitch, but leaving a loop.

Step 2



Come up through the fabric in the centre of your first stitch.

Step 3



Pull through to close the loop.

Step 4



Carry on this process making a stitch and leaving a loop. However, you can now come up in the same place that your previous stitch ended.

Step 5



Pull the loop through each time.

Step 6



Continue this until you've reached the end of the line. Then just thread back down through the fabric and tie off.

Fly stitch

Fly stitches are really simple and a great one to try. Once you've mastered it, you can build them up to create other shapes- such as a heart.

Step 1



Come up at the top of your V shape and go back down on the other side of the V. Leave a loop.

Step 2



Next, come up at the bottom of the V shape, making sure you have threaded through your loop.

Step 3



Pull your needle through to close the loop.

Step 4



Now go back down on the other side of your loop to tack it in place.

Step 5



To make a heart- lay your fly stitches one underneath the other as shown above.

Step 6



Build up as many as you need to fill up your heart shape.

Split stitch

The split stitch is quite similar to the back stitch- so you might want to give that one a practice first if you haven't already. Here's how you do it...

Step 1



First, make one straight stitch, then come up one stitch length ahead of that first stitch.

Step 2



Next, you're going to work backwards and go back down in the centre of your first stitch- splitting it in half.

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 centre of your previous stitch. Carry on until you've reached the end of the line.

Basket weave

The basket weave is one of my favourite stitches. It's so versatile and can be used to add fun texture to almost any shape.

Step 1



Stitch all of the vertical lines using straight stitches.

Step 2



Next, come up at the end of one of your horizontal lines. You can use a different colour if you like.

Step 3



Now you're going to weave under and over your vertical stitches. Make sure you go over one and under the next.

Step 4



Pull the needle through to tighten the cotton. Then thread your needle back through the fabric at the end of that row.

Step 5



Start a new horizontal line. However, you now need to do the opposite of the line above, going under the first stitch and over the next.

Step 6



Fill up your shape with more horizontal rows, always remembering to do the opposite of the row above.

Whipped stitch

This is one of my all time favourite stitches. You can do it with one colour, but I love the effect it gives when you use two colours. This is a great stitch to use for lettering.

Step 1



First, complete a back stitch in your chosen colour.

Step 2



Next, come up at the end of the line (it doesn't matter which end you come up). Use a different colour if you like.

Step 3



Now thread your needle (I like to use the blunt end) underneath the first stitch of your back stitch.

Step 4



Gently pull through so that the cotton wraps around the back stitch.

Step 5



Continue this process threading underneath each stitch of your back stitch and gently pulling through.

Step 6



Make sure you are threading the same way each time (i.e going from the bottom and coming upwards).

Rhodes stitch

I absolutely love using rhodes stitch. This will work on lots of different symmetrical shapes- I'll show you how to do it on a heart.

Step 1



Using 6 strands of cotton, create a straight stitch down the centre of your heart. Start at the top of the heart and go down at the bottom.

Step 2



Next, come back up at the top, slightly to the right of your first stitch.

Step 3



Then cross over your first stitch and go back down at the bottom on the left of the first stitch. Pull firmly.

Step 4



Continue this process coming up at the top on the right of your previous stitch and then going back down at the bottom on the left.

top tips...

This stitch will use a lot of cotton, so you can cut longer pieces than you usually would. When you run out, simply tie off and get a new piece as usual. If you get to the quarter or half way point (see images for step 5 and step 6) and you feel like you are way off- you may need to start again. If you do need to start again- make sure you reuse your cotton because you don't want to run out.

Step 5



It's important that your shape is filling out evenly. So at quarter of the way through it should look similar to this.

Step 6



Once you reach the half way point your stitch should be roughly horizontal.

Step 7



Keep going to watch your shape fill up beautifully.

Step 8



Your last stitch should be almost back to vertical again.

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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