

Panel 1 – Lavender

Start with the lavender plant. Use one strand of the green silk thread on the size 8 or 9 embroidery needle. Make a knot at the long end and use a long narrow stem or outline stitch, one stitch forward, a little bit back, to the right or left of the previous stitch. Angle the needle under the stitch for a neater line. Remember to add the green stem on top of the blue flowers, even though you cannot see them on the painting. The blue ribbon stitches are added on top later. This allows for a more realistic flower.

If the needle comes up through the thread of the previous stitch, this is quite acceptable as split stitch is a good stitch for stems. Add French knots at the tip in the same thread. One or two wraps around the needle. Whip the stems with the same thread by inserting the needle under the stitch each time. See stem stitch – whipped in the stitch gallery. Make the blue flowers, alternating with ribbon and straight stitch. Use the blue 2mm ribbon in a size 20 Chenille needle. Work from the bottom up inserting the needle just above or in between the previous stitch. Keep a gentle tension throughout. Note how I push the ribbon up before pricking it for loose, puffed petals.

Add more blue petals if you like to form a fuller head of lavender. Use a lighter section on the variegated ribbon and add two or three ribbon stitches on top for high lights. Keep a gentle tension. If the raw edge of the ribbon at the back comes through to the top, simply cut with a sharp embroidery scissors.

The lavender leaves are made in the green 2mm ribbon on the size 20 Chenille needle. Make loose, puffed ribbon stitches and folded straight stitch. Anchor the stitch so it is hidden in the fold. Twist the ribbon for some of the leaves for an interesting effect. The short grass is made in the same green thread, in straight or stab stitch. Use the green silk thread and tiny stab stitches as the base of the leaves to secure in place. Complete the picture by adding the grass detail on the right of the lavender.

Panel 1 – Hydrangeas

The hydrangea leaves are made first. Use the 4mm silk ribbon on a size 20 Chenille needle. Keep the stitches loose and puffed, push the ribbon up before inserting the needle to the back. The blue hydrangea flowers are made separately, then attached to the background fabric. Trace the shapes supplied inside the cover of this DVD.

I drew the leaves for panel 2 at the same time, as these will be used later.

Insert the fabric inside the 8” hoop, tighten it, roll up the corners and pin out of the way.

Thread up with one strand of blue thread, add a knot at the long end. Form French knots close together, 2 or 3 wraps around the needle. The variegated thread will do the work for you as it changes colour when it fills the shape. End off the thread at the back.

Make small running stitches around the shape, do not end off the thread at this stage.

Cut out the shape with sharp embroidery scissors, being careful not to cut the thread.

Pull the thread until the shape gathers into a ball. Attach this ball to the design as shown. Keep a gentle tension, reshaping the ball with your fingers if necessary. Add another ball, overlapping the previous one for an interesting effect. Add 7, 8 or 9 hydrangea balls, as you like. I used 7 and added a few French knots directly on the fabric to fill up the empty spaces. Add more leaves in between for texture.

Panel 1 - Little Chickens

The grass is made the same way as in the lavender. Form the green daisy stems in one strand of green thread. Use straight or stab stitch. The pink flowers are made in Lazy Daisy in one strand of pink thread. Note how the lazy daisies are made stab stitch style, where the needle is taken to the back and brought out between the loop each time.

Outline the chicken in one strand of charcoal thread in stab, back, outline or stem stitch. Make the legs in tiny stab stitches. Fill in the black detail first in modern stem stitch. Angle the needle under the thread of the previous stitch so a narrow stem is formed. While the charcoal thread is still on the needle, attach the black beads with four or five anchoring stitches as shown.

Fill in the brown feathers in adapted long and short stitch, start at the tail and work downwards. For detailed photography, see long and short – adapted in the stitch gallery.

Keep filling up empty spaces in straight and stem stitch until the feathers are covered. Add the lighter bits with the light section of the variegated thread. The head is made in the lighter section of the brown thread too. Use satin stitch or stab stitch, made close together. Keep going back to fill up empty spaces and angle the needle under the previous stitch. Thread up with ruby red thread, only one strand is needed. Form French knots on the head. One wrap around the needle is sufficient.

The white hen is made in the same way. Outline first in 1 strand of charcoal thread and use stem, back or straight stitch. Start at the tail and work downwards. The legs are made in tiny stab stitches. Remember to fill in the dark lines on the body. The beads are attached in the same dark thread.

Use one strand of gray thread and adapted long and short stitch for the gray feathers and the white thread for the white bits. Add ruby red French knots as before on the side of the head

Panel 1 – Little Birdies

The little birds on the wall are outlined. Use one strand of charcoal thread and form the twig in it's beak with open fly stitch or couching. Outline the little body in small stab stitches, starting at the beak. The eye is made with a very small stab stitch. Fill In the tail with the same stab stitch and along the edge of the body. It is not necessary to make a solid line, a stab stitch with gaps in between is ideal. Fill in the dark lines on the body to form the wings. Use tiny stab stitches for this.

Use the same thread and varying lengths of stab / straight stitches to outline the wall. Fill in the seeds with seeding stitch. Complete the second bird in the same way. The border around each panel is made in one strand of charcoal thread. Make a long stitch from side to side and couch in place with the same thread. The needle is inserted under the thread, over and back in the same hole again. This way the couching is almost invisible. Space the couching stitches about 1 or 2 cm apart. Add the red highlights on the birds in stab stitch as before but use red or burnt orange metallic thread.

Panel 2 – Bee

Start with the bee's body first. Thread up with one strand of charcoal thread and start with the bee's head. Make one wrap around the needle for some and two or three wraps for others. Embroider the first black stripe of the body in satin stitch. See satin stitch in the stitch gallery.

The legs are made in open fly stitch or couching. Add another stitch at the tip. Angle the needle under thread for a neat finish. Proceed to the second black segment and outline in back stitch. Start under the wing as the wings are added on top later. Use a padded satin stitch to fill. Make stitches close together, working over the back stitch. Fill in empty spaces to neaten.

The back legs are made in open Fly stitch or couching as before. Angle the needle and insert back in the same hole each time.

The yellow stripe on the head is made in one strand of egg yolk yellow and French knots. One or two wraps will do

The second yellow stripe is made in Satin stitch. The stitches are made close together and insert the needle in between along the edge of the black stitches.

The last two yellow stripes are made the same way.

The bee's wings are made separately and attached to the fabric later. Trace the wings of the bee from the page supplied with this DVD. Trace in the center of the organza fabric block. Use a sharp 2B pencil. Trace all the detail as neatly as possible. Turn the organza block right side down on the ironing board. Set the iron on silk or a medium setting. Place the appliqué paper block, paper side up, on top of the organza block. Iron to set.

Tear the appliqué paper off from the organza and insert in the 4" hoop. Cut away the excess so the corners won't hinder you as you work.

Take the 30 gauge wire and if coated with plastic, strip with the blunt edge of the scissors as shown. This way the wire is thinner for the bee's wings. Bend the wire into a shape of a wing. Make a hole in the wing on the organza fabric with the sharp point of your embroidery scissors or use a number 18 Chenille needle to make the hole. Insert the wire into the hole and cut off excess length with an old pair of scissors. Tape in place with masking tape. Use a tweezer or your fingers to reshape the wire for

a rounded wing shape. Use one strand of gray thread and thread conditioner if you have.

Start with a waste knot on the top of the fabric a short distance away. Make a few overcast stitches to secure close to where the wire emerges. The waste knot is cut away when the wing is cut out. Cover the wire in the same thread. See Buttonhole stitch – Covering wire in the stitch gallery for more details.

When covering the wire, angle the needle under the wire so the buttonhole fits snugly and a neat edge is made. End off at the back by inserting the needle into the previous stitches. Thread up with one strand variegated metallic thread and use an open buttonhole stitch to add the veins on the wings. See buttonhole – open stitch in the stitches gallery. Use an Anti-fray agent and pour along the edge of the wired shapes. Remove the tape and allow to dry. Use a sharp pair of embroidery scissors and cut out shapes roughly, be careful not to cut the wire. Cut neatly along the edge, angling the bottom blade of the scissors under the wing for a neat finish. Remove excess threads with a tweezer or use your fingers to coax the edge downwards to hide any untidy edge. Make a hole in the fabric with a large needle or the sharp point of your embroidery scissors. Insert the wire into the fabric, bend the wire at the back and attach to the background with overcast stitches and cut off excess wire so the threads do not catch on the raw ends. Use tiny stab stitches at the tips to secure the wing in place. They must be quite secure, so the wings don't move around too much.

Panel 2 – Dog Roses

Start with the stems first. Lay the like silk on top of the fabric, thread up with one strand of green stranded cotton and couch the stem in place every one or two cm. Angle the needle under the thread and insert back into the same hole for a neat finish. Do the same for all the stems, stitching over the roses in places. The rose is made on top later. Start with the leaves and use one strand of green stranded cotton. Start at the tip of the leaf and make a long Lazy Daisy. Use buttonhole stitch, angling the stitches towards the base of the leaf each time. Pull the thread quite taught for a neat edge.

Insert the needle to the back at the rounded base of the leaf and start at the sharp tip again, fill in the remaining half of the leaf. Go back and fill in the empty spaces with straight or stab stitch, angling the stitches downwards towards the rounded base. Stitch over any skew stitches if necessary to tidy up the leaf.

Note how I insert the thick stem back into the fabric with a chenille needle. Trace the 12 leaves supplied on the page in this DVD. There is no wire along the edge of this leaf. The only wire is used along the central vein of the leaf. Use long and short buttonhole stitch as you did before. Form each of the leaves, filling in the spaces in between to neaten. Cut a short length of 28-gauge wire. There is no need to strip the plastic off the wire. Thread up with one strand of green stranded cotton and attach the wire along the central vein. Leave a 2 or 3 cm stem that will be inserted in the fabric on the main design. Use overcast stitch to cover the wire as shown.

To prevent the wire from being pulled out by mistake, insert the wire into the leaf, 2 or 3 mm from the tip, bend back on the wrong side and attach in place with overcast

stitches. Use an Anti-fray agent along the edge and wait for it to dry. Remove the tape.

Cut out the shape roughly, then cut along the edge. If necessary use a green fabric marker to colour in the edge. Use anti-fray agent again and your fingers to bend the leaf in shape.

Make a hole in the design at the base of the leaf. Insert wire to the back. Bend the wire backwards, holding it in place. Use one strand of green thread and tiny stab stitches to anchor the wire to the background. To prevent the leaf from moving around too much, use tiny stab stitches along the one edge.

Use the 13mm silk ribbon on the 16 chenille needle and a ribbon stitch to make each petal. Hold the stitch as the ribbon is pulled to the back. An extra stitch can be made to overlap the other for a fuller rose.

Thread up with the golden yellow thread and make tiny straight / stab stitches about 3mm in length on the inside edge of the ribbon petals. Work from the center out, these stitches anchor the ribbon to the background and prevent the stitches from pulling out of the shape.

Fill the center with French knots in one strand of the same golden thread. One or two wraps, so the knots are not too big.

The yellow center of any flower always adds the final touch and results in a life like flower. Be careful to use a golden yellow thread as few flowers have a very bright yellow center.

Finally, add the pink shadows on the tips of the petals.

Thread up with one strand of pink thread. Whenever you are making a petal of a flower that needs a more defined edge, use blanket/buttonhole stitch as shown, inserting the needle to the back once the petal is shaded.

Bring the needle up again for the adjoining petal. Keep a gentle tension throughout.

Note how only the extra petal that was made on top of the other is embroidered, leaving the bottom one to recede in the background.

Panel 4 – Ants

The little ants are easy to make and add a humorous detail to any project. Thread up with one strand of charcoal silk thread. Form the legs first in straight / stab stitch. Attach the bead, securing 3 or 4 times. Add the second and third bead. Note how the bead lies in the correct position only once the second stitch is made. The picture shown in the close up of the rose is so close, the ribbon looks rough. It is actually silky smooth.

Panel 4 – Aloe

Start with the aloe stem first. Thread up with one strand of green cotton in the crewel needle. Use a 50cm length with a knot at the long end. Cut three pieces of 24 gauge wire, 5 cm in length. Use an old pair of scissors, wire cutters or nail clippers.

Make a hole in the fabric on the orange flower, use your sharp embroidery scissors or an 18 chenille needle. Insert the wire to the back and leave a tail a half a cm in length. Anchor the tail at the back with overcast stitch. Bring the thread to the front of the work and start winding the thread around the wire. Keep a tight tension so the loops fit snugly around the wire.

End off by inserting the needle inside the loop and take the thread to the back, secure the wire on top of the leaves.

Picot stitch is used for the leaves. Use the doll's needle and insert in place. Thread up with a long 80cm length of Perle thread. The No.8 Perle thread is ideal for picot stitch. Note how I bring the needle up just to the right of the doll's needle. Wind it around the tip of the needle and insert back into the fabric on the left. Bring the needle up, just above or to the right of the doll's needle.

To start the picot stitch, wind the thread in a clockwise direction (from left to right)

The needle is inserted under and over the threads to weave the leaf.

Remove the needle and start with the next leaf. Move the embroidered leaves out of the way as you work.

Note how the woven thread is pushed up every now and then to tighten.

Anchor the leaves to the background, twisting or folding some for an interesting effect. One or two leaves can be left loose for more texture.

Use 2 size 13 tapestry needles when forming the loops. Thread up with the yellow ribbon on a size 20 chenille needle. Bring the needle up at the base of the aloe, form a loop over the thick tapestry needle. Form the first row as shown. Lift the thick needle up off the fabric if you would like to have longer loops.

Start the second row in the same ribbon, but use the second tapestry needle, keeping the first in place to ensure the loops are not pulled out of the shape.

The third row is made once the needle of the first row is removed and placed in position.

Change to the orange ribbon and complete the fourth row, proceed up the aloe, always keeping the previous row of loops stable with the tapestry needle. At the very tip, make one or two French knots, wrap once around the needle. Thread up with golden yellow thread and use a pistil stitch to complete the base of the aloe. 4 or 5 pistil stitches are sufficient.

Panel 6 – Poppies

Start with the leaves first.

Thread up with one strand of the like silk thread. This thread has a very interesting texture, if you like, use stranded cotton or silk. Form the two large leaves in fly stitch. Start at the sharp tip with lazy daisy, then fill with closely packed fly stitches. Insert the needle further away each time so a sharper V is formed.

Do the same for the next leaf. Start with a lazy daisy, then fill with rows of fly stitch. Fill up the empty spaces to neaten if necessary.

The next pair of leaves are made in 2 strands of silk thread, use a fly stitch as before. Leave the spaces open for a more textured leaf.

This leaf is made in padded satin stitch. Use two strands of green silk thread and outline in back stitch. This is so the leaf is padded once completed. Use the same thread and satin stitch. Insert the needle at an angle, stitching over the backstitch for a neat, raised edge. Do the same for the next leaf. Change to the like silk thread in a size 18 chenille needle, form the stems of the poppy. Bring the thread up on the corner as shown.

Lay the thread on top of your work, thread up with one strand of the same like silk thread and couch the stem in place. Insert the needle back in the same hole each time for a neat finish.

This green bud is filled in with French knots. Use one strand of thread, 2 wraps around the needle. At the tip of the bud, take the couched green thread to the back and end off.

The poppy flower is made in the red 7mm silk ribbon. Use a size 18 chenille needle and bring the ribbon from the back of the work.

Straighten the ribbon by running the needle up and down the creased section.

Insert the thread from the back again and use 6 or 7 running stitches along the edge. Shape the ribbon and take the thread to the back, pull thread to gather.

Bring thread up again and make 4 or 5 running stitches before taking it to the back again. Repeat the process until you are happy with the size. Tuck the ribbon in as you shape. Take the thread to the back, pull it taught to gather. Take the ribbon to the back and end off.

Complete the poppy by adding a black and golden center. Use the golden yellow thread to attach the black beads in the centre. Add a few yellow French knots for colour, wrap once or twice around the needle.

Panel 6 – Yellow and Red Roses

Use 2 strands of green thread with a knot at the long end. Form the stem of the roses first in stem or outline stitch. Stitch over the roses as the roses will be made on top later. The same thread is used to whip the stem.

Thread up with one strand of golden yellow thread and make 5 foundation spokes to form the base of the spider web rose. This rose is the spider web rose with a French knot center. End off at the back.

Thread up with darker golden yellow ribbon No.99 in chenille needle. Form a French knot in the center, two wraps or three, keep a loose tension.

Change to the lighter yellow ribbon No.55 and make a spider web rose around the French knot. Work in a clockwise or anti clockwise direction, keep a loose tension throughout. The buds are formed in single French knots, 3 wraps around the needle.

Use 1 strand of Ruby red silk and form the 5 spokes for the spider web rose.

See Rose – Spider web in the stitch gallery.

Work over the green stem. Form the spider web rose by weaving the needle over and under the spokes. Keep a gentle tension throughout. Once the spokes are no longer visible, take the needle to the back and end off.

Add yellow beads in the center for an interesting effect or use golden yellow thread and French knots, 2 or 3 wraps.

The rose bud is formed in ribbon stitch or detached chain. Add a fly stitch around the red bud. See rosebuds in the stitch gallery for more ideas for rose buds.

The leaves are made in small detached chains / lazy daisy.

Use yellow thread to add a few straight stitches on top of the buds to add more colour.

Panel 6 – Yellow Roses

Use a blue water erasable fabric pen and draw circles to form larger roses.

Form the 5 foundation spokes as. See the spider web rose in the stitch gallery. Weave the ribbon over and under the spokes as shown. Alternate between No.99 for some of the roses and No.55 for the others.

Notice how the hand painted ribbons form a beautiful rose with a darker center. This is why our ribbons are so popular. It is impossible to create this effect with the plain ribbons. Add 1 or 2 pink beads in the center of the rose.

For interesting rose variations, see the stitch gallery for Rose – a Combination of stitches.

The buds are made in yellow ribbon stitch, keep a loose tension throughout.

The green leaves are made in green silk ribbon. Use a straight stitch for some, and detached chain for others.

Finally, thread up with one strand of the green thread, add tiny stab stitches along the stem to create the thorns.

Stitches

Attaching a bead

To attach a bead, bring the needle and thread from the back of the work. Pick up the bead and insert the needle back into the fabric again. Note how the bead fits snugly against the fabric once the second stitch is made. Make four or five stitches to secure the bead to the fabric.

Attaching a bead sideways

To attach a bead on its side, use 2, 3 or 4 stitches as shown.

Back Stitch

Back stitch is useful for outlining leaves and small shapes, also used for padded satin or fly stitch. Use small, even stitches. Working forwards, then backwards with an even tension.

Back Stitch Whipped

Whipped back stitch is useful for raised lines like flower stems. Form a row of back stitches and whip with the same thread. Insert the needle under the stitch each time.

Blanket / Buttonhole Long and Short

Long and short buttonhole stitch is ideal for stumpwork leaves as a smooth raised edge is formed, that allows the shape to be cut quite safely. Fill in the empty spaces with long and short stitch.

Blanket / Buttonhole Stitch

The only difference between blanket and buttonhole stitch is that blanket stitch is worked with larger gaps between the stitches. For buttonhole the stitches are tightly packed close together and this you will do when covering the wire of the bee's wings. Bring the needle and thread out on the outline of the shape, make a short stitch with thread under the needle, pull through and form a loop.

Buttonhole Stitch- Covering Wire

To cover wire of stumpwork shapes like leaves and wings. First couch the wire in place as shown in couching in the stitch gallery. Then cover with buttonhole stitch. Start on the outside of the wired shape and form tightly packed buttonhole stitches, taking the needle to the back each time. Angle the needle under the wire to form a neat line.

Buttonhole – Open

Open buttonhole stitch is worked on a foundation line of back, chain or stem stitch and in the case of the bee's wings the wired edge serves as a foundation line. It is an

ideal stitch for lacy fillings. Work the first row of loose buttonhole loops over the foundation and keep a loose tension throughout. Insert the needle to the back and start the next row as shown. Insert the needle into the loops of the previous row.

Couching

Couching is an ideal technique for wires or thread that are to think to be worked in the normal way. Wire or thread is laid down on the embroidery and stitched to the background with another thread. Angle the needle under the wire for a neat edge. Note how the needle is inserted back into the same hole each time.

Detached Chain

A single chain is made to form interesting leaves and flowers and rosebuds. Each chain is anchored by taking the needle to the back of the work every time. For an interesting variation, anchor the chain to the center, left or right to change the shape of the leaf or flower.

Fly Stitch

Fly stitch is worked the same way as chain stitch, but insert the needle a short distance away. Anchor the stitch by taking the needle to the back of the work each time. Longer anchoring stitches can be made in varying lengths for an interesting effect. Fly stitch made closer together fills leaves and forms an interesting vein down the center.

Fly Stitch Padded

To form a raised leave or stem in fly stitch, outline the shape in back, split or stem stitch. Cover with fly stitches made close together, inserting the needle on the outside of the outline stitch.

French Knot

French knots are ideal filling stitches. For smaller knots threads once or twice around the needle. For larger knots, wrap three or four times. Point the needle upwards and wrap the thread around the needle pulling the thread gently so the wraps fit snugly against the needle. Insert the needle back into the fabric, close where the thread emerged.

Gathered Flower

The gathered flower is a lovely technique for making cup-like flowers or roses. Bring a length of ribbon, the 7 or 13 mm is ideal, to the front of the work and lay the needle and ribbon on top of the work. Bring another thread from the back to gather as shown. Take the thread to the back of the work each time to secure in place. Once the flower is the correct size, take the ribbon to the back. Use the same gathering thread to attach beads or make French knots in the center. A golden yellow colour is ideal for flowers and roses.

Lazy Daisy

A single chain is made each time to form flower petals. Every detached chain is anchored by taking the needle to the back of the work each time. For an interesting effect, the anchoring stitch can be made longer. To form a flower, make five or six detached chains and add a bead or French knot in the center. Golden yellow beads or knots are ideal for authentic flowers.

Long and short – adapted

This adapted long and short stitch is often used in leaf shapes and bird and fairy wings. In this section I will show you how to fill a shape that has a sharp point. This stitch can be used in many designs with long and short stitch for example a Victorian woman's dress. You will notice that once the darker direction lines have been embroidered, the folds of the dress form a sharp triangular shape. This adapted long and short, applies here too. To form the sharp tip, make three or five radiating stitches, go back into the spaces between them and fill in with the same stitch. Keep going back to fill in the spaces, changing the direction of the stitch according to the outline of the shape. At this stage many embroiderers are unhappy with the result and start to unpeck the stitches, this is not necessary at all. Go back and fill in the spaces and embroider on top of any stitches that are skew or untidy. By filling in and covering the stitches, neater shapes are formed. Always hold long and short at arm's length to get an idea of what the completed shape will look like. End at the sharp tip with radiating stitches as before. Tidy up the edges with stem stitch. Insert the needle under the stitch to coax it into shape. This example was made in 2mm ribbon. When using thread, it is always a good idea to use only one strand. Two strands tend to tangle and the completed shape looks untidy. In volume two, I will show you how to fill in the bird with long and short stitch and stem stitch filling.

Loop stitch

Loop stitch can be worked in thread and ribbon. Use a size 13 tapestry needle as the foundation needle. Form the loop over the needle, and only remove once the adjoining stitch is made. When starting the next row of loops in the Aloe for example, insert the needle into the first row, before starting. See panel four for details.

Outline Stitch

Outline stitch is very similar to stem stitch. The only difference is the thread is above the needle. With stem stitch, the thread is below the needle. Outline and stem stitch are often used together in one stem or leaf.

Overcast Stitch

This stitch is often used to cover wire or thread. Couch the wire in place and cover as shown. Remember to angle the needle under the wire so the overcast stitch fits snugly around the wire to form a neat edge. Insert the needle back into the same hole each time

Picot Stitch

Use an 80cm length of Perle no 8 cotton, so the entire leaf will be made with one thread. Insert a long doll's needle in the fabric as shown. Bring the needle up on the right of the doll's needle at the base of the leaf. Wrap thread around the needle and insert back into the fabric to the left of the doll's needle. Come up just above the doll's needle again. Wrap the thread clockwise around the top of the doll's needle and insert the needle under the middle thread. Pull the thread so it wraps firmly around the needle. Insert the needle from the left under the first thread, over the middle and under the third. Pull the thread to form the first weave. Insert the needle from the right over the third, under the middle and over the first thread. Start from the left again. Work under, over, under the threads. Push the stitches up with the working needle to neaten the leaf. To summarize, the weaves from the left are made under, over, under and those from the right are over, under, over the three threads. Weave until you reach the base of the leaf and insert the needle to the back again. Sometimes at the very end only two threads are visible, simply weave under and over the two, to complete the stitch. Remove the needle and use the same thread to anchor the stitch at the tip. Some leaves can be left loose for an interesting effect. Others can be twisted or folded before they are anchored to the fabric. Picot stitch is a perfect stitch for long, loose leaves.

Pistil Stitch

Pistil Stitch is an elongated or extended French knot, very useful for forming stamens or long grass. Make one, two or three wraps, as you would for a French knot, and instead of inserting the needle close to where the thread emerged, insert it a few millimeters away.

Ribbon Stitch

Ribbon stitch is probably the stitch used the most in ribbon embroidery. Keep the ribbon quite loose so the stitches are not too flat. When inserting the needle in the ribbon, there are three choices, insert the needle just to the right and the stitch curls to the right. To the left, and it curls to the left. By inserting the needle in the center of the ribbon, a symmetrical stitch is formed. To form loose leaves and petals, insert another 13 tapestry needle under the stitch before taking the needle to the back of the work.

Ribbon Stitch – Folded

Folded ribbon stitch is ideal for bent stems or grass. The ribbon can be twisted or flat, insert the needle back where the fold needs to be, stitch over the ribbon and anchor in place. Alternatively, insert a needle with thread where the fold needs to be and anchor in place.

Ribbon Stitch – Padded

Padded Ribbon stitch is made by first forming a straight stitch. Form a soft rounded ribbon stitch on top.

Ribbon Stitch – Twisted

Twisted ribbon stitch is useful when the ribbon needs to be thinner than it is. Twist the ribbon before inserting the needle to the back

Rosebud – Detached chain & grab Stitch

For gorgeous rosebuds, form a detached chain in the pink or any other colour ribbon. See detached chain in the stitches gallery. To form the calyx and stem, use a grab stitch. Bring the needle out on the right, just beneath the tip of the bud. Insert the needle under the chain and back into the loop. Pull the ribbon to form a rounded calyx and twist it before inserting it to the back.

Rosebud – Detached chain and fly

Form the rosebud with a detached chain, see detach chain in the stitch gallery. For an interesting variation, make a long anchoring stitch. Form the green calyx in fly stitch with a long tail. See fly stitch in the stitch gallery.

Rosebud – Ribbon and fly

Form the rosebud in a loose, puffed ribbon stitch. Push the ribbon up as you insert the needle. See ribbon stitch in the stitches gallery. Form the green calyx in fly stitch, with a long tail. See fly stitch in the stitches gallery.

Rose – Combination

A gorgeous rose is formed as follows, make five spokes as shown. Form the center with two or three French knots. Make two or three wraps around the needle. Refer to French knots in the stitch gallery section. Form a spider web rose around the French knots. Refer to spider web rose in the stitch gallery. Complete the rose by surrounding the spider web rose with three or five stem stitches. Angle the needle under the previous stitch, to tuck the stem stitches in, forming a higher rose.

Rose – Folded Ribbon

Use 7, 13, 25 or 35 mm Silk Ribbon or organza ribbon for this beautiful rose. The hand painted ribbons are the best as the variation in colour makes a beautiful lifelike rose. Thread up with a matching cotton, with a knot at the long end. Hold the ribbon on your left and start rolling the raw end on the right. Roll 4, 5 or more times, depending on the size of the center you require. Pinch the top of the roll with your fingernails and use the needle and thread to secure the bottom of the roll with tiny stab stitches. Keep a loose tension so the roll is not flattened. Make sure the length of ribbon stays on your left all the time. Leave the thread and needle hanging and fold the tail of the ribbon towards you at a 45 degree angle. The long tail of the ribbon is now hanging vertically. Lift the folded section up and start rolling again. Ensure the folded part of the ribbon is flush with the top of the rolled center. This is achieved by lifting with your left hand and rolling with your right. The tail of the ribbon is now horizontal on your left. As soon as the fold disappears, stop rolling and pinch between the fingertips of your left hand. Use the needle and thread to anchor the rolls as before

but insert the needle higher up, so the lifted rolls will be stitched together. Always ensure the tail of the ribbon lays on your left, even when you are stitching the rolls together. To summarize. Roll, stitch, fold. Roll, stitch, fold. Roll until the fold disappears, then stitch the rolls together, keeping a loose tension. Towards the outside of the rose, don't make the folds so sharp, fold slightly so the rose opens up. Stitch in place every time the rose wants to unravel. To end, fold the raw edge towards the base of the rose and secure in place.

Rose – French knot with beads

For small roses, make a French knot with 2, 4 or 7mm ribbon. One, two or three wraps. See French knot in the stitches gallery. Attach one or more beads in the center.

Rose – Spider web

This technique is ideal for creating beautiful roses. Keep the tension quite loose, for a natural rose. Try to use the hand painted, variegated ribbons for this stitch. Form the five foundation spokes in one or two strands of matching thread. End off securely at the back. Use 2, 4 or 7mm or 13mm silk ribbon or 6mm organza ribbon and a chenille or tapestry needle. Bring the ribbon up in the center and give it a slight twist. Insert the needle under and over the spokes keeping a loose tension throughout. Once the spokes are no longer visible, insert the needle to the back. Any foundation stitches that are showing can be covered with green leaves later.

Rose – Spider web with French knot center

For an interesting variation on the spider web rose, form the five spokes as before. Refer to the spider web rose in the stitches gallery. Note how I'm ending the thread off by looping it through the previous one. Make a French knot in the center, 2, 3 or 4 wraps depending on the size of the rose. Two or three French knots can be made closer together. End off the ribbon, leaving a tail, thread up again. Prick the tail to attach it to the background and form the spider web rose. Keep the tension quite loose, so the French knot center is not covered. For an interesting variation, use a golden yellow center.

Rose – Twirled Ribbon

This stitch makes an exceptionally realistic rose. Use 4 or 7 mm silk ribbon. Once the ribbon has been twisted to form a cylindrical tube, hold it in place, about 5 cm away from where the ribbon emerges from the fabric. Bend and bring the two lengths together along the fabric background. Let go of the ribbon and allow it to twirl together. Insert the needle into the background about 1 or 2 mm away. Holding the twirled length, gently pull the ribbon to the back. Only let go once most of the ribbon is pulled through. Once the rose is made you will need to anchor it with tiny French knots or beads in the center to prevent from unraveling

Running Stitch

Use thread or ribbon and make the upper stitches equal in length, the stitches at the back are smaller, half the size. You may find it easier to take the needle to the back before inserting it to the front again.

Satin Stitch

Satin stitch is a good filling stitch. The stitches are made close together so that the background is covered. Keep an even, quite loose tension. Take care to have a neat edge.

Satin Stitch – Padded

A padded satin stitch is an easier stitch than satin stitch as the edges are neater this way. Outline the shape in back, stem or split stitch. Stitch over the outline with satin stitch, close together and angle the needle under the outline for a neat edge

Seeding

Seeding is one of the best stitches for creating shadows in a design. The stitches can be made in varying sizes, up to one cm in length. Use one or two strands of cotton and make straight stab stitches in any direction.

Split stitch in ribbon

Split stitch in ribbon is ideal for outlining shapes or for forming interesting borders. Bring the needle out by piercing the center of the previous stitch. Keep a loose tension for an interesting effect. A Ribbon stitch can be made instead of a straight stitch, then pull through to the back.

Split stitch in thread

Split stitch is ideal for outlining shapes. Use one or two strands of thread. Bring the needle out between the threads, or in the case of a single thread, the needle pierces the previous stitch.

Stem Stitch Filling

Stem stitch filling is an ideal stitch for filling in shapes. Use instead of long and short stitch. Outline stitch can be used too. Row upon row of closely packed stem stitches are made. Don't make the stitches too short, 1 or 2 cm in length for a smooth finish. Alternate each row as shown. Go back and fill in any empty spaces with straight stitch. This stitch is useful for filling in cottage roofs and larger shapes. Note how I have used ribbon in this first section and thread in the next.

Stem Stitch Modern

The modern stem stitch is a slight variation on the traditional stem stitch and it results in a fine narrow line that works well in this design. Instead of making slanted stitches,

insert the needle along the drawn line, making longer stitches than usual. The thread is always below the needle. In outline stitch, the thread is above the needle.

Stem Stitch Whipped

Used whipped stem stitch to make a raised line or stem. Whip the foundation line with stem stitch, insert the needle from the back and whip by inserting the needle under the stitch each time. Only take the needle to the back at the end of the line.

Straight Stitch Folded

Folded straight stitch is ideal for bent stems or grass. The ribbon can either be twisted or kept flat. Use one strand of thread on another needle. Insert the needle where the fold needs to be. Stitch over the ribbon as shown and anchor. This stitch needs to be quite loose.

Straight Stitch Loose/Puffed

To make a soft, rounded stitch, insert a kebab stick, a knitting needle or a large tapestry needle under the straight stitch as it is made. Keep a loose tension throughout.

Straight Stitch Padded

Form a shorter straight stitch first and make another slightly longer stitch on top of this one. This is a useful stitch for leaves and petals.

Straight Stitch Twisted

Twisted straight stitch works well with ribbon to form long leaves or grass. Twist the ribbon before inserting the needle to the back. Every now and then, allow the ribbon to untwist, by holding your work upside down. Re-twist for a softer look.

Straight/Stab Stitch

Work straight stab stitch in different lengths in thread or ribbon. This is an ideal stitch for grass or stems. Stitches should not be too loose and should be made on a hoop. Take the thread or ribbon to the back each time before inserting to the front again.