

## Script for DVD volume 2

Welcome back!

I do hope you enjoyed volume 1 of this series.

In this volume you will learn the techniques and stitches for the next 5 panels - panels 3, 5, 7, 9 and 11.

I will show you some very interesting techniques; some of them have never been done before!

This volume is suitable for the complete beginner but the more advanced embroiderers will also learn some new and interesting tricks along the way.

There are 21 new stitches in the stitch gallery.

You will need to refer to some of the stitches in volume 1 as I have not repeated them again. I have rather used the opportunity to show you new stitches in this DVD

Many of the techniques shown here are similar to the ones used in my books: Ribbon embroidery and stumpwork, Dreamscapes and Perfect World. So this DVD is an ideal working tool for you to refresh or learn the techniques in the comfort of your own home

I will show you how to make the Delphinium and Iris from the ribbon embroidery and stumpwork book.

You will learn how to do the cast - on stitch, so popular in Brazilian embroidery. This stitch is shown for the Hollyhock in panel 5

I will also show you how to make the Cosmos, and how to use dried twigs in a design. You will learn how to make the Erica, wood poppy and butterfly from the Perfect World book.

Quite a few stitches from the dreamscapes book are shown here too

You will learn how to use long and short stitch for the bunny and the bird. The bird uses an interesting barbola technique you are sure to use in other projects

I will tell you about every thread, ribbon, or any other item you need to embroider the design, and you will be guided every step along the way.

The items you need for the panels are readily available from needlecraft stores worldwide. If you are having trouble locating any item, please feel free to contact us on [www.dicraft.co.za](http://www.dicraft.co.za) or at our head office or shops in Cape Town. We ship all over the world and we are always willing to help.

The needles are mentioned as you listen to the DVD; the stitches are shown step by step. Pause or rewind whenever necessary and soon you will realise just how easy ribbon embroidery and stumpwork really are.

The threads I have used are from the Chameleon thread range. The ribbons are from my own range of ribbons. I paint the ribbons myself and match them to nature's plants. This is what makes the flowers and leaves look so real.

Try to use the hand painted, variegated ribbons and threads if possible. They make life so much easier as you will not have to do any shading. They do the work for you! These are available from stockists worldwide. Feel free to contact us for the list

Hints are included with each panel and these will help solve any snags along the way. I have also included new ideas for insect wings and flowers, along with other short cuts that will save you a great deal time and effort

I do hope you enjoy this DVD. Have fun embroidering your design and remember we are always willing to help with any queries you may have. Note that the third and the last volume in this series will be available towards the last quarter of 2007.

Enjoy yourself!

#### Stitches

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### Arrowhead stitch

Arrow head is a lovely filling stitch for grass and small leaves

A good substitute for fly stitch

Make 2 straight stitches at right angles to each other

These can be made vertically as shown here, or horizontally to form lines of stitches.

Come up and pull the thread through.

Insert the needle back into the fabric again.

Take the thread to the back of the work.

I am using the stab stitch method for most of the stitches in this design.

As the fabric is stretched taut in the hoop, it is much easier to make the stitches in 2 separate movements.

Insert the needle to the front. Pull the thread through.

Make the stitch and insert the needle to the back again

The stab method does not distort or loosen the fabric in the hoop and it is easier to ensure the stitch is positioned correctly.

### Blanket/ buttonhole- Detached

A detached blanket or buttonhole stitch is a lovely stitch for stems and branches.

Form a foundation row of straight stitches.

Make one or several stitches close together, depending on how thick you want the stem or branch to be.

Pull the thread taut for every stitch

Form a row of buttonhole stitch close together.

Work from the left to the right, or right to left, see what works for you.

Insert the needle under the foundation stitches each time.

Make a loop. Ensure the thread is under the needle

Pull the thread to form the buttonhole stitch

Work under the foundation stitches and only take the needle to the back at the end of the row

Hold the thread quite taut as you work so the stitches fit snugly around the straight stitches

If you find the thread is twisting badly, hold your work upside down and allow the needle and thread to unwind, before continuing with the stitch

Take the needle to the back and end off.

To make a twisted detached buttonhole stitch, make the stitch as usual. As you reach the end of the row, insert the needle under the stitch.  
pull the thread upwards to twist the stitch.  
Insert the needle to the back to end off

#### Blanket/buttonhole stitch wheel

To make a full circle, the buttonhole/blanket stitches, are formed by inserting the needle back into the centre each time.

Draw two concentric circles  
Come up on the outer line of the circle  
Hold the thread and insert the needle back on the line of the inner circle  
Hold the thread to form a loop  
Bring needle back on the outer line again  
Ensure the needle is inside the loop or that the thread is under the needle pull thread taut to form a neat edge  
Insert needle on the inner line  
And come up on the outer line  
With the needle inside the loop, pull the thread taut  
Continue fanning the stitches outwards to form the wheel

To make a semi circle only half a wheel is made

Take the needle to the back, re-shape the stitches with your finger and end off

#### Cast - on stitch

Come up from the back  
Make a small back stitch and insert the needle close to where the thread emerged  
Don't pull the needle through-allow the needle to lie on the fabric  
Insert the thread under the needle to start

Hold the thread with your left hand, and lift the tip of the needle up with your right hand  
Rotate your thumb and finger to form a loop  
Cast this loop onto the needle  
Gently, pull the thread downwards towards the fabric, to tighten the stitch  
Use an even tension being careful not to pull the thread too tight

As you work, pull the stitches down on the needle by gently pulling the working thread downwards towards the fabric.

cast on stitch is a good substitute for looped bullion knots and is a popular stitch in Brazilian Embroidery.

As a guideline for how many stitches to cast onto your needle, have a look at how much fabric is caught on the needle

The length of the stitches on the needle should be twice as long as the length of fabric, if you want to make a nice curved stitch

The best needle to use for this stitch is the straw or milliners needle

If a loop forms at the base, gently pull the thread or knot at the back, and the loop will disappear

Pull the needle through the fabric and push the stitches downwards with your finger and hold in place

Take the needle to the back, close to where the thread emerged.  
Pull quite taut and end off at the back

#### Chain stitch

Bring the needle to the front and insert it back into the same hole again

Pull the thread to form a loop

Come up a short distance away

Make sure the needle is inside the loop

Pull the thread to form a chain

To make the second stitch, insert the needle inside the chain.

take the thread to the back to form another stitch.

come up a short distance away.

ensure the needle is inside the loop.

pull the thread to form a chain.

chain stitch is a good stitch for curved stems or branches.

to form a thinner, raised line, see chain stitch –whipped in this stitch gallery.

Try to keep the stitches an even size for a neat finish

To complete the row, anchor the chain in place by inserting the needle to the back of the work

#### Chain stitch –Whipped

Come up alongside the row of chain stitch  
Insert the needle under the first chain, over and under the next chain  
Pull the thread gently to neaten the stitch  
Take the needle to the back

#### Covering a bead with ribbon 1

Thread up with a 2 or 4mm silk ribbon on a size 5 crewel needle  
Don't make a knot at the long end.  
Insert the needle into the bead  
Pull the ribbon through and leave a 5cm (2 inch) tail  
Hold the tail and bead with your free hand.  
Untwist the ribbon for a neat finish  
Prick the working ribbon and insert the needle back into the hole

Remember to hold the tail and bead as you work  
pull the needle through.  
Prick the ribbon and insert the needle back into the hole

Allow the ribbon to overlap the previous layer by 1 or 2mm  
By pricking the ribbon it fits more snugly against the bead  
If you are using a finer 2mm ribbon and smaller bead, this step may not always be necessary

Remember to hold the tail as you pull the ribbon through  
This tightens the ribbon around the bead  
Flatten the ribbon with your finger as you work  
Towards the end, the hole may become too small.  
Use a small pair of pliers and grip the needle before pulling it through the bead. Be careful to use a gentle tension so you don't hurt yourself.

Or use a needle gripper.  
A needle gripper is a small piece of rubber that grips the needle firmly as you pull it through

Once the bead is covered, prick the tail with your needle  
Pull to tighten the last stitch around the bead  
Neaten the layers with your finger  
Pull the tails to tighten  
Cut a tail of 5 cm (2 inches) so they are an equal length

Insert in a size 18 chenille needle  
Take the needle and tails to the back of the work  
Use the blunt end of a needle or a small pair of embroidery scissors and gently pull the tails through the fabric  
Hold the needle as you work  
Remove the needle and make two or three knots with the tails.  
Pull them quite taut so the bead fits snugly against the design

Cut off the excess ribbon

Covering a bead with ribbon 2

Attach a bead to the design first

Bring the 2mm ribbon from the back and insert it in the hole of the bead

Use size 5 crewel needle. A chenille needle is too thick for this stitch

Pull the ribbon through and insert the needle back into the hole again

Try not to twist the ribbon as you stitch

Pull the ribbon through allow the stitch to overlap the previous one by 1 or 2 mm

Hold the ribbon as you work

Pull quite taut for a snug fit

Cover the bead and remember to overlap the previous stitch each time

Go back to close any gaps until the bead is neatly covered with ribbon

Take the needle to the back and end off

To secure the bead firmly against the fabric, come up again and use tiny stab stitches at the mouth of the bead for an interesting effect

Take the needle to the back again and continue with the next bead.

Dot stitch

Dot stitch is a useful filling stitch

A good substitute for seeding stitch

Closely packed back stitches are made in pairs to create a powdered texture.

Bring needle from the back

Make a small back stitch

Come up again close to the previous stitch

Make a second back stitch to complete the stitch

For fabric with larger holes, make a back stitch and come up in the same hole again

Make the stitch and insert the needle into the same hole to take it to the back

This creates a raised, bead-like stitch

Leave a gap between the stitches

Scatter them in all directions to fill in shadows, background leaves grass

### Feather stitch

Come up from the back and insert the needle on the right of the stitch a short distance away

Make a loop and bring needle up inside the loop

Pull thread taut to create a v shaped loop

Insert the needle to the back on the left and make another loop

Work from left to right alternating the stitches

Remember to bring the needle up inside the loop

Also known as a single coral stitch, Feather stitch is a useful stitch for filling shapes, and forming stems with fine, pointed leaves

It can be worked in straight or curved lines and is used in crazy patchwork and smocking.

Remember to work the loops alternatively from left to right each time.

Take the thread to the back as shown and end off

### Feather stitch single

Come up from the back and insert the needle on the right

Hold the thread to form a loop.

Bring needle out inside the loop a short distance away

Insert the needle to the right and take the thread to the back

Hold the thread to form a loop. Hold it taut in your free hand

Come up inside the loop, in line with the previous stitch

Note how similar this stitch is to blanket stitch- only the arms of this stitch are slanted

It is a useful stitch for borders and branches

Is often used in Crazy patchwork and smocking

Take the needle to the back to end off

### Fern stitch

Come up from the back and work 3 stitches of equal length

Make a back stitch to form the centre line

Come up on the left and insert the needle back into the same hole again

Come up on the right, and insert the needle back into the same hole again

Make sure the stitches are an equal length

Make a back stitch and insert into the same hole again

Continue as before, working into the same base hole each time.

This stitch is useful for delicate leaves and veins

It can also be used for feathery, fern-like borders

It is a good stitch for crazy patchwork and a useful alternative to Fly stitch

### Fishbone stitch

Fish bone stitch is a useful stitch for filling in leaves and petals

Come up from the back and make a small central stitch at the tip of the leaf

Bring needle up on the left outline

Insert it back just to the right of the central line, at the base of the first stitch

Bring needle out on the right outline

Insert it back to the left of the centre line at the base of the previous stitch

The stitches must cross over in the centre

They take turns to cross over each other at the centre line

This is achieved by inserting the needle just on the other side of the central line each time, so they overlap each other

Make the stitches close together for a smooth finish

Use an even, gentle tension for this stitch

Note how an interesting central vein is formed

### Gathered flower-made separately

This stitch is useful for cup like flowers and roses

Use a ruler about 3cm (just over an inch) wide.

Cut a short length of 7mm silk ribbon. You will need a piece about 9 or 10cm (about 4 inches) long.

Thread up with a matching thread. Use a size 9 crewel needle

Make a knot at the long end.

Wrap the length of ribbon around the ruler.

Hold the raw ends with your free hand.

Insert the needle at the edge of the ruler, and make a few overcast stitches to secure the ribbon in place.

Stitch along the short edge at the edge of the ruler.

Make a few back or stab stitches.

Leave the needle and thread hanging and cut off the tails, leaving a small 3mm (1/8<sup>th</sup> of an inch) seam

Stitch down the same side again to form another row of stab stitches.

Continue with a row of running stitch along the bottom edge of the loop.

Move the ribbon over the ruler as you stitch, until you reach the seam again.

Leave the needle and thread hanging, and slip the loop off the ruler.

Pull the thread gently to gather the flower.

At this stage, the flower is not very attractive, and will be re-shaped as you attach it to the design.

Place the flower on the blue circle at the base of the Delphinium.

Insert the needle to the back to secure it in place.

Bring the needle up between the folds, and make several stab stitches to fasten the flower on the design. Tuck the seam under the folds with small stab stitches until you are pleased with the shape of the flower.

End off at the back.

Thread up with 1 strand of white thread on a size 8 or 9 crewel needle.

Make a knot at the long end.

Bring needle up from the back, in the centre of the flower.

Make a French knot –wrap thread 3 times around the needle.

Take needle to the back

Repeat the stitch to add more colour.

End off at the back

Honeycomb stitch

Also known as Trellis couching or couched filling stitch

This is a useful decorative filling stitch that can be used to make interesting flower centres

Work long vertical straight stitches

Space these as evenly as possible

Work a horizontal row of straight stitches over the foundation stitches

Space these evenly as before

Secure the stitches in place at every intersection with a cross stitch

Half a cross stitch is also quite acceptable

For an interesting effect, add a small glass bead or French knot inside each square

Iris stitch 1, 2 and 3

There are several ways to embroider an Iris

I will show you 3 different variations

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Use 7 mm silk ribbon for the best results

Come up in the centre and make a detached chain stitch

Anchor the chain to face to the left, centre or to the right.

Use a gentle tension for a soft, open stitch

Take needle to the back

Come up on the right a short distance away.

Flatten the ribbon and insert the needle under the chain

Use a gentle tension to pull the ribbon through

Insert the needle to the back as shown

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In the second example, come up in the centre as before.

Make a detached chain stitch

Bring needle up through the loop

Insert it to the back to anchor the chain

Come up in the centre again

Make a detached chain underneath the first one

Anchor the chain by taking the needle to the back

Come up in the centre

Make a loose, puffed ribbon stitch on the right

Come up in the centre  
Make a ribbon stitch on the left

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In the third example make a detached chain stitch  
Take the needle to the back  
Come up in the centre again  
Hold the stitch as you take the needle through  
Make a smaller detached chain beneath the first  
Come up to the right of the first chain  
Insert the needle under the bottom chain and back into the fabric on the left of the top chain  
Use a gentle tension  
Come up in the centre again, just to the right of the bottom chain  
Make a loose, puffed ribbon stitch

Come up to the right of the bottom chain  
Make a loose, puffed ribbon stitch  
Insert the needle on the edge of the ribbon to complete the stitch

loop stitch with French knot centre  
This stitch makes very attractive small, raised flowers  
Come up from the back and ensure the ribbon is flat. Form a loop over a large tapestry needle or small kebab stick  
Insert the needle to the back a short distance away  
Use a very gentle tension to form a raised loop

Leave the needle inside the loop and come up to start the next stitch  
Flatten the ribbon with the blunt edge of the needle  
Insert the needle and ribbon to the back a short distance away  
Hold both loops with the large needle or kebab stick so they don't pull through by mistake  
Use 1 or 2 strands of thread  
Make a 2 or 3 wrap French knot in the centre of the loop  
Pull thread gently to flatten the centre  
Do the same for the second flower  
Hold the stitch as you bring the thread from the back  
Form a French knot as before

Pekinese stitch  
Also known as Chinese stitch or forbidden stitch –this is an attractive filling stitch used often in gold work and Chinese embroidery  
A foundation row of back stitch is worked horizontally and a lace like stitch is worked on top  
Come up on the right and work a row of back stitch  
Space the stitches as evenly as possible  
Come up again just beneath the last back stitch  
Slide the needle up to and under the second back stitch

Slide the needle down and under the first back stitch  
Ensure the thread is under the needle each time  
Use a gentle tension for this stitch  
Slide needle upwards and under the third stitch and down towards the second  
The thread is under the needle as the loop is formed  
keep on working forwards then backwards to form the loops  
use a gentle tension throughout  
Take the needle to the back  
Neaten the stitches with the blunt end of the needle

#### Single knotted stitch

Make a loop over a large tapestry needle or use the sharp point of small embroidery scissors  
Take the needle to the back close to where the thread emerged  
Pull the loop upwards with the needle or scissors and hold it taut as you make the next stitch  
Come up to the left or right of the loop  
Make a small stab stitch and insert the needle to the back on the opposite side  
Pull the thread taut to anchor the loop securely for a neat finish  
Make stitches of varying lengths for an interesting texture

Pull the loop upwards and hold it taut before cutting it. This ensures an upright stitch with a grass- like texture  
Fluff the thread of some loops with the sharp point of a needle or embroidery scissors  
Loops that are not fluffed, add a grass-like texture in the design.  
Don't cut all the loops- the looped stitch has an interesting texture too

#### Wheat-ear stitch

Come up on the left  
Make a slanted stitch to the right.  
Make another slanted stitch, in the opposite direction, working from right to left  
2 diagonal stitches form the V at the top

The stitches are joined with a detached chain  
Come up a short distance away on the centre line  
Insert needle under the 2 stitches to form the chain  
Take the needle to the back  
Repeat the step.  
Make two diagonal stitches and join them with a detached chain  
Insert the needle under the v shaped stitches each time

Work from left to right, right to left and join them with a chain

This is a decorative stitch, useful for crazy patchwork and for stems with feathery, pointed leaves

See wheat-ear detached for an interesting variation

Wheat-ear stitch detached

Come up and form a looped stitch similar to the fly stitch  
Make a detached chain stitch to divide the loop

This stitch is a lovely filling stitch and is useful for forming dark shadows, fine grass and small leaves

## PANEL 7

### Charcoal border

The borders of the panels are all made the same way

I showed you how, in panel 1 of the first volume, and have shown it again in panel 11 of this DVD

For the all panels in this design, I suggest you embroider the charcoal borders first. Embroider the flowers and leaves on top of this border in later steps.

### IRIS STEM-MADE IN RIBBON

Use the 2mm silk ribbon number 25. Insert in a size 24 chenille needle.

Make a knot at the long end and cut off the tail.

Bring the needle out at the base of the iris and twist the ribbon.

Start with the iris on the right

Make a long a long, loose straight stitch ending on top of the Iris petal as shown. The iris will be made on top later.

Keeping the stem quite loose, end off at the back. Use a needle and thread to attach the tail at the back of your work.

Make a knot at the long end again, and repeat the process for the middle iris. Keep a loose tension throughout.

Repeat for the Iris on the left. If you still have enough ribbon on your needle, Use the same ribbon and bring needle out at the base of the leaf. If your ribbon is too short, this leaf can be made when you embroider the leaves a little later.

Make a detached chain anchoring the chain with a long stitch.

The remaining leaves are made after the stems have been couched in place.

#### Iris stems-thread

Thread up with one strand of number 33 Forest shade green thread.

Bring needle up alongside the first Iris stem- a short distance from the base.

Make a tiny stab stitch to anchor the stem in place.

Do the same along the entire stem, staggering the stitches every 2 centimetres (or just less than an inch) apart.

Pull the stem into place and use stab or overcast stitch to couch the stem in place. End off at the back.

Start with the stem of the middle Iris and repeat the process. Use stab stitch or overcast stitch to coax the stem into place. Repeat for the Iris on the left.

#### Iris stems –close up

Neaten stems that are too loose with the same thread and overcast stitch. Use a loose tension to avoid flattening the ribbon.

#### Iris leaves –ribbon

Use the 4mm silk ribbon number 19 and a size 22 chenille needle.

Start with the iris on the right.

Make a long detached chain and use a long anchoring stitch. Keep a loose tension so a long, open leaf is formed.

Do the same for the leaf at the top. End off at the back.

#### Iris leaves- close up THREAD

Use 1 strand of green thread and a grab stitch to form a neater base on this leaf. Use stab stitch along the edge if necessary, to re-shape and to anchor the edges of the leaf in place.

#### Iris leaves-ribbon 2

Change to the 7mm, number 23 silk ribbon and form the larger leaf in a long detached chain. End off at the back.

#### Iris leaves-close up thread.

Use one strand of the green thread, and a size 8 or 9 crewel needle.

Bring the needle up at the base of the large leaf and use an overcast stitch or grab stitch to re- shape the leaf so a narrow base is formed.

#### Iris close up of the leaf.

~~No talking~~

#### Iris leaves- middle

Use the same 7mm ribbon and do the same for the large leaves on the middle Iris. Keep a loose tension as you work.

If you are finding it difficult to take the needle to the back of your work, use a size 18 chenille needle, and make a hole in the fabric before the stitch is made.

#### Iris leaf -bottom left

Repeat for the bottom leaf on the left.

Use one strand of the same green thread and a grab or overcast stitch to form a tapered base on the leaf. This neatens the shape and makes the leaf look more realistic.

Use tiny stab stitches along the edge of the leaf, if necessary, to coax the leaf into an attractive shape.

#### Iris-small leaves at the bottom

The small leaves at the base of the Irises are made in one strand of the green thread and long detached chain stitches. This adds an interesting texture to the design.

#### Iris flower left (ribbon)

Thread up with the 7mm silk ribbon number 87. Use a size 18 or 20 chenille needle. Make a detached chain stitch the same way as the leaves. Keep a loose tension for this flower.

Insert the needle just beneath the first chain and make another detached chain, to form the lower section of the iris.

Keep a loose tension, so a fat, rounded stitch is formed. Work over the green stem.

Bring needle up at the tip of the left petal. Untwist the ribbon if necessary and insert the needle under the top chain stitch. End off at the tip of the right petal with a ribbon stitch. Flatten the ribbon before piercing it.

Pull the ribbon to the back using a gentle tension. End off at the back.

#### Iris flower left- (thread)

Thread up with one strand no 37 Goldrush thread and bring needle out in the centre of the Iris.

Make a small stab stitch to neatens the petal on the right.

Insert needle at tip of the top chain and use a straight stitch to add colour.

Do the same with the petal on the left. Use a tiny stab stitch to anchor the ribbon to the fabric.

This prevents the Iris from pulling out of shape as you work.

Use more overcast or stab stitches at the petal on the right to reshape and anchor it in place.

Bring the needle out on the base of the bottom petal and form a French knot. Wrap thread 3 times around the needle to form a medium size French knot. Add more colour on the bottom petal with one or two straight stitches.

Finally, add a few more French knots in the centre for an interesting effect. Wrap thread 2 or 3 times around the needle.

#### Iris flower right (ribbon)

Use the same number 87 silk ribbon. Form the top petal in ribbon stitch. Add another ribbon stitch on the right, overlapping the one just made.

Add a third ribbon stitch on the left, overlapping the first stitch.

Bring the needle out in the centre, just under the top petals. Make a detached chain stitch. Keep a loose tension and end off with a short anchoring stitch.

Bring the needle out at the tip of the petal on the right.

Insert needle under the top petals and complete with a ribbon stitch. Repeat the stitch to make a larger flower.

Use the blunt end of the needle to re-shape the petals, if necessary.

#### Iris flower right-thread

Thread up with one strand of the Goldrush thread and bring needle up in the centre of the flower.

Make a four wrap French knot to add an attractive texture.

Use tiny stab stitches to coax the petals on the left into a pleasing shape.

Do the same on the right.

These stitches prevent the ribbon petals from pulling out of shape as you work on the design.

Use two or three French knots in the centre again. Wrap thread three times around the needle.

Add a straight stitch on the edge of the top petals to anchor them in place.

Use a few more French knots to complete the centre. Wrap some knots three times around the needle, others four times for a slightly larger knot.

#### Iris stem- orange thread.

Use the same gold rush thread and whip the stem for an interesting play with colour.

Insert the needle under and over the stem and leaves.

Some embroiderers prefer using the blunt end of the needle for this stitch; others like to use the sharp tip. See what works for you.

#### Iris whipping stem and grass (orange thread)

Proceed down and then up the stem again. Insert the needle under and over the stem and leaves each time.

Keep a loose tension and take the needle to the back just beneath the leaf. Insert to the front again and whip as before.

Make a few French knots (three or four wraps) along the base of the iris to add more colour.

Proceed up the stem of the iris on the right. Remember to work with a loose tension. Take the needle to the back and end off.

Add more colour in tiny straight stitches. Golden yellow always looks good in-between the green grass

Add French knots for more texture. Wrap the thread three or four times around the needle.

Alternate with stab stitch and French knots. The green thread will be added later

#### Iris grass-close-up

For an attractive result, wrap the thread loosely around the needle. Insert the needle to the back without tightening the thread. Pull gently to the back and note how a loose, looped French knot is formed.

#### Tracing Iris flowers

Cut two 15 x 15cm (6 x 6 inch) squares of water-soluble fabric. This fabric is available from machine embroidery and quilt shops or from our website. You will need two layers of this fabric to prevent tearing.

Use a fine black Pigma micron pen to trace the iris. The pigma pen is found at pen and art shops, is waterproof and ideal for drawing very fine lines. You can also use a very fine black permanent laundry marker if you like.

Trace the Iris from the pattern in the centre of one of the water-soluble squares. Ensure the tracing is slightly smaller than the pattern as the iris becomes quite large once stitched.

Place the plain square of water -soluble square on top of the inner ring of a 10cm (4 inch) embroidery hoop.

Place the traced iris on top of this layer. Insert in the hoop and tighten the screws. Cut off excess fabric along the edges.

Use the 7mm number 87 silk ribbon in a size 18 or 20 chenille needle.

Insert the needle from the back, leaving a tail about 2 to 3 centimetres (about an inch) in length.

Make a detached chain stitch, taking care not to catch the tail as you work.

Catch the tail as you make the bottom chain stitch and keep a loose tension throughout,

Untwist the ribbon before making the third chain to form the petal on the right. Pull gently to form a tighter detached chain.

Repeat for the petal on the left.

Turn the hoop to the back and cut off the excess ribbon, leaving a short tail.

Use one strand of the gold rush thread with a small knot at the long end.

Prick the tail at the back, and bring the needle to the front in the centre of the iris.

Catch each chain with small stab stitches so they are attached to each other. This prevents the Iris from falling apart once the water-soluble fabric is dissolved in the next step.

Repeat the stab stitches adding a three wrap French knot for an attractive finish.

Turn the hoop to the back and neaten the shape. Catch the tails with tiny stab stitches. End off by making 2 or 3 stab stitches in the centre.

Cut out the shape, leaving an edge of 2 or 3 centimetres (about an inch or so.) This edge helps stiffen the iris once it has dried.

Insert the iris into a small glass of tap water. Allow the water-soluble fabric to dissolve for about a minute or so.

Remove iris from the water, and place on a towel or dishcloth to dry. Reshape the iris slightly with the blunt end of the needle, if necessary.

Allow to dry until just damp, not wet.

Use one strand of gold rush thread with a knot at the long end.

Attach the iris with tiny stab stitches in the centre.

Keep a gentle tension so the flower does not become too flat.

Reshape the petals by catching the edges with tiny stab stitches until you are happy with the shape. Use a gentle tension throughout.

Catch the bottom petal to anchor it to the design. Do the same with the petals on the right and left. End off at the back.

### Hollyhock flowers

Use 2 strands of Peach Blossom number 59 thread and a size 5 straw needle. The long straw needle is essential for this stitch.

Insert the needle on the left of the bottom flower.

Make a back stitch and bring the tip of the needle out where the thread emerged.

Rotate the hoop and insert the thread under the needle, before starting.

Lift the needle with your right hand and cast on with your left. Rotate your left thumb and finger to form the loop before casting on to your needle.

Cast on 19 to 20 stitches, allowing the stitch to lie neatly alongside the previous one. Don't pull too tight and keep an even tension.

Neaten the stitches every now and then by gently pushing them down on the needle. Pull the thread downwards or use your finger to push the stitches closer to each other.

Hold the thread with your left hand, and gently pull the needle and thread through the stitches. Hold the stitches in place as you pull the needle through.

Neaten the stitch with your needle or finger, gently pushing them into a curved shape.

Insert the needle to the back close to where the thread emerged.  
Pull the thread to the back, tugging gently on the thread to neaten the stitch.

Form the second loop. Start with a new thread, two strands as before. Make a knot at the long end. Insert the needle along the outer edge of the second flower. Make a back stitch

Insert the needle back, close to where the thread emerged.  
Be careful not to split the threads. If this does happen, remove the needle and re insert a short distance away.

Cast on 18 to 22 stitches as before.

Use an even tension, and pack the stitches neatly against each other. When starting this stitch, always ensure the length of thread is sufficient to make the stitch with ease. Too short a thread is really difficult to work with and tends to pull out of the eye of the needle.

Re-thread, if necessary, for every stitch. I find that I am able to make two stitches with one length of thread, but this does depend on how many stitches you cast on for a specific project.

Make a third stitch. Insert the needle from the back along the outer edge of the second stitch.

Make a back stitch, and insert the needle on the outer or inner edge of the first stitch.

Insert the thread under the needle, and cast on 21 to 23 stitches.

Use a loose, even tension.

Pull the thread through the stitches, pushing the stitches downwards at the same time. Form the curved stitch and take the needle to the back by inserting it close to where the thread emerged.

Thread an orange bead on the same straw needle. I used the Mill Hill Frosted Glass Beads codes 62044, but please feel free to use any similar glass seed bead you may have in stock.

Attach the bead with three or four anchoring stitches.

Complete the Hollyhock by proceeding up the stem. Use one loop for the smaller flowers, two or three loops for the larger ones. The adjoining flowers will need fewer loops than the single flowers that will need two or three loops.

Attach a bead or two in the centre as you work.  
Stitch over the green stem and remember to change threads often.

At the tip of the Hollyhock, make French knots with the same thread. Wrap thread once or twice around the needle.

### Leaves

The three large leaves at the base are made in ribbon stitch or padded chain stitch  
Thread up with 7mm silk ribbon number 35 or 36.

Form three puffed ribbon stitches. Push the ribbon up slightly just before you pierce it with the needle.

Keep a gentle tension so large puffed leaves are formed.

To form an even larger leaf, use the same ribbon and make a detached chain on top of the ribbon stitch

You may wish to form only the middle leaf this way, or you can add a detached chain on top of each leaf.

End off at the back.

### Pennywort

#### Pennywort stem

Use 1 strand of silk Forest green number 32 thread and a size 8 or 9 crewel needle.

Make a knot at the long end.

Form a row of chain stitch. See chain stitch in the stitch gallery.

Keep the stitches quite small for a fine stem.

As each chain is formed, insert the needle back into the previous chain each time.

End off on top of the purple petal of the Pennywort. The petal will be made on top later. Take the needle to the back and come up alongside the last chain.

Insert the blunt end of the needle under the stitch, over and under the next stitch again.  
This whipped chain stitch forms a neater stem that is raised off the design.

Pull the thread gently to tighten the stitch and keep an even tension throughout.

#### Pennywort leaves

The leaves are made in buttonhole stitch with the same thread.

Start at the tip of the leaf, and proceed down the left side. Slant the stitches down towards the rounded base.

At the rounded base, work over the stem as you stitch the right side of the leaf. Remember to pull the thread taut as each stitch is made, so a neat, raised edge is formed.

End off at the tip.

Do the same for all the rounded leaves.

The two small pointed leaves are made in detached chain in the same thread. One chain is sufficient for each leaf.

### Green Grass

Use the same green thread and form the grass in straight/stab stitch.

Work between the gold stitches.

End off at the back.

### Pennywort flowers

Thread up with 7mm silk ribbon number 72 on a size 18 or 20 chenille needle. Form the petal on the left in ribbon stitch

The second, slightly larger petal is made in detached chain.

The third leaf in ribbon stitch

The petal on the far right in detached chain

The bottom petal is formed in padded ribbon stitch

### Ants

Embroider the ants as you did in volume 1 of the DVD. Use the same thread, beads and stitches.

### Panel 3

#### Bunny

Start with the bunny first.

Use one strand of Rajmahal thread number 25 or 29 and a size 9 or 10 crewel needle.

Outline the bunny first.

Use small stab stitches along the edge of the head.

Embroider the left side in slanted stab stitches. Leave small spaces between the stitches so the outline is not too heavy.

Outline the eye in stab stitch. Keep the stitches small and neat.

Make a 2 wrap French knot to form the round eye.

Make a stab stitch just above the eye.

Outline the ear in the same way, leaving gaps between the stitches. The sharp point of the ear is made in back stitch.

Add a few more stab stitches at the base of the ear to form the shadows.

Repeat for the other ear, outlining in tiny stab stitches.

Use 2 back stitches to form the sharp point as before.

Embroider the shadows at the base in tiny stab stitches.

Change to 1 strand of Chameleon Spilt Milk silk number 77. Make a knot at the long end.

Start at the tip of the nose with long and short stitch.

Make one short stitch and a longer one next to it. Note the direction of my stitches.

Work along the edge; angle the stitches towards the forehead.

Work with an even, gentle tension. Don't tug the thread when taking it to the back.

Pull gently for soft uniform stitches.

Start at the nose again. Work the remaining half the same way.

Use an even, gentle tension-not too loose, not too tight.

One long stitch followed by a shorter one.

Note how the stitches are angled towards the forehead each time.

Some black stitches may be covered with the white. These will be added again later.

Add a long straight stitch to form the tiny part of the body between the tufts of grass.

Do change your thread as soon as it becomes too fluffy or worn. This way your long and short stitch will be much neater. End off just beneath the ear.

Start the second row of stitches at the nose again. Make a long stitch. Stitch between the previous stitches and make stitches more or less the same length.

Angle the stitches towards the forehead each time.

Keep going back between the preceding stitches filling in the gaps.

This bunny is extremely close up for ease of viewing. The stitches are actually neater on the completed sample.

Remember to keep an even, loose tension.

Work beneath the eye with the same stitch. Note the angle of the stitches. Insert needle between the stitches each time for a neat finish.

End off and re-thread if necessary.

Work above the eye, angling the stitches towards the ear.

Go back to fill in any gaps.

Every now and then, pull your fabric taut in the hoop. Tighten the screw again. This way, the background does not pucker as you stitch.

Start with the ear. Bring the needle up in the centre between the black stitches.

Make a long straight stitch  
Make a second, longer stitch alongside.  
Make a third slightly shorter stitch.  
Start at the centre again with one long stitch.  
Angle it towards the tip of the ear.  
Proceed to the left, angling the stitches towards the tip each time.  
Go back to fill in any gaps.  
End off at the back.

Start with a fresh thread with a knot at the long end.  
Start with the ear on the left.  
Embroider as before angling the stitches towards the tip of the ear.  
Go back to fill in any gaps, if necessary.  
End off at the back.  
Use the black Rajmahal thread again; add a few black stab stitches along the edge to create a shadow.

#### Ladybird

Use 2 strands of Rajmahal number 25 or 29 on a size 8 or 9 crewel needle. Make knot at the long end.  
Outline the edge of the ladybird in back stitch or split stitch.  
It is always a good idea to outline the shapes beforehand for a neater edge.

Use a back stitch along the top edge. Embroider the spinneret or mouth the same way.  
Outline the head in stab or back stitch  
Complete the bottom edge the same way.  
Fill in the black lines in stab stitch  
Make two or three stitches close together for the thicker lines.  
Stitch the central line between the wings in split stitch or back stitch  
Embroider the legs and feet in back stitch  
Form the antennae in the same back stitch

Change to one strand of Chameleon ruby red number 65 thread on a size 8 or 9 crewel needle

Fill in the red detail with satin stitch. Make several stab stitches close together. Use quite a loose and even tension.  
To form raised sections, another layer of satin stitch (in the opposite direction) on top of the bottom layer of stitches.

#### Red grass

While you have the red thread on your needle, add a touch of colour amongst the green grass. Use straight stitch and French knots wrapped once, or twice around the needle.

#### Erica stems and leaves.

The woody Erica stems are formed with a green wool. Look for any green wool with a slightly uneven texture. There is no need to thread the wool in a needle. It is simply couched in place with a matching thread.  
Start at the base and work towards the right

Use 1 strand of autumn leaves no. 6 or Forest shade number 33 on a size 8 crewel needle. Make a knot at the long end.

Couch the wool in position, placing stitches every centimetre or two (or ¼ to ½ an inch) apart.

Bring the needle up close to the edge of the wool, over and back into the same hole again. Keep a gentle tension so the wool is not pushed too flat.

Cut off the excess wool.

Make the leaves in the same green thread and detached chain/lazy daisy or straight stitch

The fine stem of the Erica flower is made the same way.

Add another branch by inserting the wool under the couched piece.

Couch in place as before.

Pull the wool gently to straighten.

Cut the wool and form the leaves in detached chain as before.

Catch the branch as you work to secure in place.

Repeat for the third branch.

Cut off excess wool.

Form the fourth branch the same way. Neaten the branches as you work by adding extra stitches to reshape if necessary. Cut off the excess wool.

Make the fine stems of the Erica flowers in stem stitch or split stitch or detached chain

Form the leaves at the tip in detached chain Use the same green thread.

Add the wool on top as before.

End off the thread at the back and cut off the excess wool.

#### Erica flowers

Erica flowers are made with beads to form the rounded, cup-like shapes. Use a wooden, glass or plastic bead about 3 to 4mm is a good size.

Make a knot at the long end.

Anchor the bead in place, ensuring the opening faces the stem of the flower.

Anchor with 2 or 3 stitches.

Attach one bead on every rounded pink flower. There are 8 beaded flowers in this panel.

Ensure the opening of the bead faces the stem each time.

End off at the back before attaching a new bead. This way all the beads won't unravel if one bead comes loose for any reason.

Thread up with 2 mm silk ribbon number 45. Use a size 5 crewel needle –the normal size 24 chenille needle is too large for this stitch.

Make a knot at the long end. Bring needle up at the mouth of the bead. Insert needle through the bead, over and back into the same hole again.

Repeat the process, and pull the ribbon snugly against the bead each time for a neater finish.

Hold the ribbon in place as you gently pull the ribbon taut.

Overlap the previous stitch slightly, going back to fill in the gaps.

Towards the end, you may have to use a small pair of pliers or needle gripper to pull the needle through. Be careful not to prick yourself!

Don't be concerned about the section under the bead, as this will not be visible on the design.

Every now and then, untwist and flatten the ribbon with your needle to neatly cover the bead.

Take the ribbon to the back and bring it up on the outer mouth of the bead. Make a stab stitch to form the anthers.

Adjust the position of the bead as you work and use another tiny stab stitch or two to anchor the bead at the same time.

Cover every bead the same way. Remember to re-thread with a fresh ribbon as soon as it becomes too worn and use short lengths for a smooth finish.

#### Erica leaves

Thread up with the 2mm silk ribbon number 30 on a size 24 chenille needle

Form the leaves at the tip of the branch in straight stitch or ribbon stitch

Bring needle up at the base of the bead.

Insert needle into the pink ribbon on the bead and back into the cloth again.

This way, a looped leaf will be formed

The second leaf is made in looped ribbon stitch. Push the ribbon up to form a loop before piercing it. Use a gentle tension. If the loop of the ribbon does pull through and is too flat, make another looped stitch on top of it.

Form a third leaf in the same way as the first.

Bring needle out on the adjoining bead and form the leaves in looped ribbon stitch.

Insert the needle through the covered bead so the leaves are anchored on top of the bead.

Make the stem of the third Erica in twisted straight stitch

Insert the needle to the back, close to the base of the bead.

Form the leaves in looped ribbon stitch, pushing the ribbon up to form a loop before piercing it.

Don't take the ribbon all the way to the back- this way a second loop will form.

End off at the back.

#### Erica buds

Form the buds with the same pink number 45 ribbon. Use a detached chain. Fix untidy leaves with tiny stab stitches.

Complete the larger pink bud in detached chain

#### Erica leaves with thread.

Use 2 strands of the green thread on a size 8 or 9 crewel needle.

Make a detached chain to form the large green leaf.

Form part of the stem in straight stitch

Make a fly stitch around the pink bud. Use a long anchoring stitch Complete the stem in straight stitch

Use another straight stitch to form the green stem.

### Grass

Thread up with the 2 mm silk ribbon number 23 or 28, left over from the panels in volume 1. Use a size 24 chenille or size 5 crewel needle.

Start at the base and make a long, twisted straight stitch

Work over the Erica branches and stems.

Make another stitch alongside.

Repeat for all the thicker blades of grass.

Work up then down to save on ribbon at the back of your work.

Use a gentle tension.

End off at the back.

Re-thread when necessary, and use your finger tip to adjust the curved grass.

Work over the bunny so it appears to be behind the grass. The finer grass will be made with thread at a later stage.

Twist some stitches, more than others for an interesting effect.

While you still have the green ribbon on your needle, add horizontal stab stitches on the lawn for more texture.

End off at the back.

Thread up with the perlé olive branch number 57 thread. Use a size 3 or 5 straw needle. This needle is ideal for number 8 perlé threads as it threads easily, and does not make too large a hole in the fabric. Make a knot at the long end.

Form the long, loose tufts of grass in single knotted stitch

Bring the needle up at the base of the grass.

Use a small pair of embroidery scissors or kebab stick to hold the loop in place

Insert the needle to the back, close to where the tread emerged.

Use a tiny, horizontal stab stitch to anchor the loop in place

Pull the thread taut at the back, so the stitch fits snugly against the loop.

Make several loops, in different lengths, for an interesting effect.

End off at the back.

Cut the loops with a small pair of embroidery scissors.

Pull the loop up towards the Erica flowers before cutting it.

This ensures the grass stands up straight

Use the same thread and small, horizontal stab stitches to add more texture on the lawn.

Work over the ribbon stitches

Add one, or more single knotted stitches to the left of the bunny

Note when this stitch is not cut an interesting looped texture is formed.

Complete the grass by adding vertical stab stitches under the blue delphinium.

Change to 2 strands of number 97 green olives or 33 forest shade stranded thread.

Make a knot at the long end.

Add vertical blades of grass between the long ribbon stitches.

Use horizontal stab stitches in-between.

Work under the bunny, inserting the needle into the white section so the bunny appears to be behind the grass.

Complete the grass on the left in the same manner.

Use straight stitch and add a two or three wrap French knot every now and then.

To form a loose, looped French knot, don't tighten the thread around the needle as you the thread to the back of the work

The loose French knot is perfect when you need to add a fluffy texture in your design.

### Delphinium

Thread up with perlé number 57 Olive Branch thread, on a size 3 or 5 straw needle.

Make a knot at the long end.

Bring the needle up at the base of the Delphinium. Make a long straight stitch, and insert the needle to the back just beneath the green leaves at the very tip.

Pull the thread taut so the stitch fits snugly on the design.

Insert the needle back a short distance away on the tip.

Make a three wrap French knot at the tip to form the leaf. Add a small stab stitch.

Couch the loose stem in place with the same thread.

Add another 3 wrap French knot above the blue buds.

Make 2 more French knot to form the leaves further down the stem

Wrap the thread 3 times around the needle

Thread up with the green 7mm silk ribbon number 23. Use a size 18 or 20 Chenille needle

Make a loose, puffed ribbon stitch

Repeat for the leaf on the right

The third leaf is made with the same stitch

### Delphinium

The Delphinium flowers are made with a gathered ribbon technique. This stitch is useful for cup like flowers and roses

Use a ruler about 3cm (just over an inch) in width.

Cut a short length of 7mm silk ribbon number 66 or 68. You will need a piece about 9 or 10cm (about 4 inches) in length.

Thread up with Chameleon antique jewels number 3 thread (this is the thread you used for the hydrangeas in volume 1)

Use a size 9 crewel needle

Make a knot at the long end.

Wrap the length of ribbon around the ruler.

Hold the raw ends with your free hand.

Insert the needle at the edge of the ruler, and make a few overcast stitches to secure the ribbon in place.

Stitch along the short edge at the edge of the ruler.

Make a few back or stab stitches.

Leave the needle and thread hanging and cut off the tails, leaving a small 3mm (1/8<sup>th</sup> of an inch) seam

Stitch down the same side again to form another row of stab stitches.

Continue with a row of running stitch along the bottom edge of the loop.

Move the ribbon over the ruler as you stitch, until you reach the seam again.

Leave the needle and thread hanging, and slip the loop off the ruler.

Pull the thread gently to gather the flower.

At this stage, the flower is not very attractive, and will be re-shaped as you attach it to the design.

Place the flower on the blue circle at the base of the Delphinium.

Insert the needle to the back to secure it in place.

Bring the needle up between the folds, and make several stab stitches to fasten the flower on the design. Tuck the seam under the folds with small stab stitches until you are pleased with the shape of the flower.

End off at the back.

Thread up with 1 strand of Chameleon no 77 white thread on a size 8 or 9 crewel needle.

Make a knot at the long end.

Bring needle up from the back, in the centre of the flower.

Make a French knot –wrap thread 3 times around the needle.

Take needle to the back

Repeat the stitch to add more colour.

End off at the back

Repeat the same method for the second flower. Remember to cut off the excess ribbon.

Place on the design, and take the needle to the back of the work.

Use tiny stab stitches to secure in place, as before.

Add 2 or 3 French knot knots in the centre to complete the flower.

Use the same blue ribbon and a size 18 or 20 Chenille needle. Make a knot at the long end.

Form a loop stitch. Work over a large needle or small kebab stick.

Make a loose, puffed ribbon stitch alongside the loop stitch.

Just above the green leaves, make another loop stitch.

Hold the loop in place with the needle or kebab stick.

Leave the needle in place and thread up with 1 strand of white thread.

Make a French knot on each loop to secure in place.

Wrap the knot 2 or 3 times around the needle

For the smaller flowers, use a French knot Wrap twice around the needle use a gentle tension so a soft, rounded stitch is formed.

Repeat the French knot, wrapping twice around the needle for larger knots, and once around the needle for smaller knots at the top of the Delphinium.

The tiny buds are made in straight stitch

Use a gentle tension so the stitches are not too flat.

End off at the back.

### Panel 9

#### Wisteria

Start with the wisteria stems

Thread up with 2 strands of Chameleon green olives number 97

Use a size 8 or 9 crewel needle

Make a knot at the long end.

Use a whipped stem stitch

Start at the thicker section of the stem and use a stem stitch to form the foundation row

One stitch forward, a little bit back, angling the needle under the previous stitch for a thinner line

As you reach the curve, make shorter stitches to accommodate the curve.

Bring the needle out on the widest or outer edge of the curve.

If you do come out between the threads, this is quite OK- split stitch is just as good a stitch to use

Take the needle to the back at the end of the stem

Come up alongside the stem again

Insert the blunt end of the needle under, over and under the next stitch again

Every now and then, pull the thread taut to neaten the stem

Work all the way to the tip

In this example, I have not done so, but I will whip the stem at a later stage.

Change to 1 strand of thread for the fine leaves and stems

Start at the tip of the leaf, make a straight stitch

Proceed down the stem with fly stitch to form the pointed leaves

Anchor the last fly stitch and end off at the back.

Use 1 strand of

on a size 9 or 10 crewel needle Form the wisteria flowers

Make a 3 wrap French knot to start

Leave a small gap between the stitches as these will be filled with beads in the next step

At the tip, make smaller French knots by wrapping the thread twice around the needle

Work upwards and fill in the remaining half

Wrap thread 3 times around the needle

If the knot pulls through by mistake, (this happens if you insert the needle too close to the thread) simply make another knot. Wrap the thread around the needle and insert the needle to the back again

A double knot will form

This adds texture to the design

Use the same thread and needle to attach lavender blue beads.  
If the needle does not fit through the bead, change to a number  
10 crewel needle

I used the Mill Hill glass seed beads code 00168.

But feel free to use any small lavender or blue glass bead you may have in stock

Attach each bead with 1 strand anchoring stitch

Work downwards towards the tip.

On your return journey up the wisteria, insert the needle and thread through every bead again to secure in place

Fill in the gaps

Work beads so they overlap each other to form a raised flower.

Add a few more French knots if necessary

Do the same for all the wisteria flowers

### Bird

#### Branch

There are 2 ways of making the branch. If you don't wish to use the twig shown in the next step, use a variegated brown piece of wool. Couch in place with a matching thread

Refer to the Erica in panel 3

I will show you how to use a twig to add a lovely texture in the design

Tiny wooden stems are quick and easy to apply on the fabric using a matching thread and couching stitch.

Use a microwave oven to dry and preserve the small branches or twigs.

Break a few dried twigs off a shrub in your garden and check that they fit on the design. The twig needs to branch into two or three for this pattern.

Break off a few extra twigs to use for the finer branches.

Place the twigs on top of 2 or 3 layers of paper towel

Place these in the microwave oven.

Place another 2 layers of paper towel on top of the twigs. Set the oven on high for half to one minute.

Be careful to watch that they don't burn!

Allow them to dry for a day or two.

Seal the dried twigs with a clear acrylic spray, floral spray sealer or hair spray. Allow to dry

Place the branched twig on the design. The twig will be couched in place with a matching thread

Use 1 strand of rustic brick number 66, on a size 8 or 9 crewel needle. Make a knot at the long end.

Bring the thread from the back, and start couching the twig in place

Stitch close to the branch -angle the needle under the branch, so the stitch fits snugly against the wood. Insert the needle to the back and make another couching stitch about 2 or 3 mm (1 inch) away.

Work along the bottom branch

Coax the thinner twig in place and couch as before

Don't be concerned if the branch does not fit exactly-the painted lines underneath will serve as shadows or background detail

Couch the branch, as before, on your return journey

Use the needle and thread to tell basically tell the twig what to do. Use couching stitches to re-shape it on the design.

The thinner twigs are quite easy to manipulate with couching stitches. Bend into shape, gently, as you work.

Use a smaller twig and place on the design

Couch in place as before

Pull the stitches quite taut so the twig fits snugly on the design

Work more stitches on your return journey

### Leaves

The stumpwork leaves are made separately cut out, and attached to the design

It is always easier to work on top of a shape in full colour.

Pre-printed leaves and bird printed on fabric are available from our website

This saves much time and effort especially when you embroider the bird

If you prefer not to use the coloured shapes, trace the leaves in the centre of a 15 x 15 cm (6 inch) white fabric block. Use a fine cotton, polycotton or interfacing

Trace the three leaves in the centre of the block. Leave a gap of 2 cm (just less than an inch) between the shapes so they are easy to cut out later.

Use a size 8 or 9 crewel needle and thread up with 2 strands of Moss number 54 thread

Separate the threads into individual strands. This is known as “stripping the threads” Pull out one strand at a time, place them together before threading the needle

Stripping the threads unravels the strands and allows for a smoother finish

Make a knot at the long end.

Embroider the leaves in Long and Short Buttonhole stitch.

Start at the tip with a detached chain

Proceed down the left side in Buttonhole stitch-the stitch is about 5mm (1/4 inch) long

Make one long stitch angle the needle down towards the rounded base

Hold the thread taut with you fee hand so a neat edge is formed

Make a few long Buttonhole stitches, close together, to form the sharp point

As the leaf widens, make a shorter stitch alongside

Alternate between a long and a short Buttonhole stitch until you reach the rounded base

Make the stitches close together and pull the thread taut before making the next stitch. This ensures the edge is neat and tidy

Angle the needle down towards the base each time

Note the direction of the stitches

As you reach the rounded base,

Fan the stitches, going back into the same place each time

End off at the back

Start at the tip again

Proceed down the right side of the leaf

Untwist the thread every now and then. Hold your work upside down and allow the thread to unwind

Keep the thread taut as you make each stitch for a neat edge

Make a long and then a short Buttonhole stitch until you reach the rounded base

Note the direction of the stitches

At the rounded base, take the thread to the back and end off. Re-thread, if necessary.

Start at the sharp tip of the leaf again. Use a straight stitch to fill in the gaps. Watch the stitch direction. Angle the needle towards the rounded base.

Come up between the Buttonhole stitch and use a gentle tension for a smooth finish.

At the rounded base, Work over the buttonhole stitches so they are facing the right way.

Insert the needle on the inside edge of the Buttonhole stitch each time

Do the same for the opposite side of the leaf - slanting the stitches down towards the base.

Go back between the previous stitches for a smooth texture.

Work over the Buttonhole stitch at the base so the stitches slant downwards

Go back and fill any gaps-use a gentle tension. End off at the back

Re-thread with 2 strands of the same thread. Make a knot at the long end. Bring needle up a short distance from the tip

This way the knot will not be severed later when you cut out the leaf in the next step

Leave the needle and thread on top of your work

Use a 24 gauge wire with a white or green plastic coating, if possible

Measure 3 pieces of wire 6cm (1/4 inch) in length

Use a nail clipper or wire cutters to cut the wire. Be careful not to hurt your eyes. Cut gently so the wire does not fly up into your face

Use a size 18 Chenille needle to make a hole just beneath the emerging thread

Insert the wire (about 1cm or 1/4 inch) into the hole

Bend it at the back so it lies under the leaf

Use the thread to attach the wire at the back with tiny stab stitches. This way the wire will not come loose while you work

Bring the thread to the front, alongside the wire

Couch the wire in place

Angle the needle under the wire, over, and back into the same hole again

Stagger the stitches every few millimetres and take the needle to the back at the base of the leaf.

Start at the sharp tip again

Overcast the wire with the same stitch

Make them close together to cover the wire. End off at the back

Start with a fresh thread-2 strands as before.

Make a knot at the long end. Come up a few mm away from the edge and make 1 strand stitch. This is so that the knot will not be cut later.

Bring the needle up at the rounded base. Leave the needle on the thread

Lift the wire up and start winding the thread around the wire

Every now and then, push the threads down towards the base to neaten the loops

Use an even, gentle tension to fit the loops snugly against the wire

Keep neatening the loops and hold the working thread quite taut as you wind

About 1 cm (½ inch) away from the edge, form a loop

Insert the needle into the loop to make a knot. Repeat 3 or 4 times to secure

Allow the needle and thread to hang

Apply a clear anti-fray liquid around the edge of the leaf Pour some on the stitches.  
Allow to dry until just damp

Cut the leaf out roughly with a small, sharp pair of embroidery scissors

Once you are holding the leaf in your hand, cut out neatly. Angle the bottom blade of your scissors under the leaf. Be careful not to cut the stitches or the working thread.

Bend the wire and working thread out of the way, as you cut

Coax the white fabric edge towards the back of the leaf with your fingers. Use a black, permanent laundry marker to darken the white edge

Cut a small piece off the end of the wire to neaten.

Make a hole in the fabric, just above the branch. Use a size 18 Chenille needle

Insert the white tip of the wire in the hole just formed

Bend it at the back to lie under the branch

Use the same needle and thread to anchor the wire in place. Use tiny stab stitches to start. Then wind the thread around the wire as before.

Use overcast stitches to fill in any gaps take the thread to the back of the work

Re-shape the wired stem and leaf and position in place

Couch the wire every few millimetres to secure in place

Use a gentle tension so sections of the wire are slightly raised off the fabric.

Attach the rounded base of the leaf with tiny stab stitches.

This way, the leaf will not flop around too much.

Do the same with the tip of the leaf.

Make a longer straight stitch to form the sharp point

Form the serrated edge with slanting straight stitches

Use stab stitches to fix the base of the leaf

If too much green is showing along the edge, use the same slanted straight stitches on the main design to form a green shadow.

## Bird

This bird is made separately and attached later. There 2 methods to choose from when making the bird.

A pre-printed bird in full colour is available from our website and shops. The bird is printed on the same panel as the leaves. It is so much easier to work on a painted bird as you are able to see where to change colour and the direction of your stitches.

Alternatively, trace the bird from the pattern. Use a fine black Pigma micron pen to trace the shape. The pigma pen is found at pen and art shops, is waterproof and ideal for drawing very fine lines. You can also use a very fine black permanent laundry marker if you like.

Trace as much detail and as neatly as possible, to ensure a good finish

Insert the bird in a 4 inch (10cm) hoop. Pull the fabric taut and tighten the screw.

Roll up the 4 corners and pin out of the way so they don't hinder you as you work

In this example, I will work on the pre-printed bird.

Use a size 8 or 9 crewel needle Thread up with 1 strand of Chameleon charcoal silk number 15

Make a knot at the long end.

Start at the tail, a short distance from the edge. Make a back stitch to reach the edge of the shape

Outline the tail in back stitch. Or use split or stem stitch

Use an even tension throughout

Proceed along the top edge with the same stitch It is always a good idea to outline a shape first

This ensures it has a neat, straight edge.

Do the same for the head

I am using a back stitch here

End off at the back as soon as the thread is too short or worn

Make a knot at the long end.

And insert the needle a short distance away from the edge of the beak so the knot is out of the way

Make a short stab stitch and start along the edge again

Embroider the central line on the beak and work towards the tip

Outline the bottom edge of the head and body in the same stitch end off and start with a fresh thread, if necessary

Outline the tip of the wing

Outline the bottom edge of the tail to complete this step

Another way to end off is to make a few stab stitches on the bird shape. Cut excess thread. The stab stitches will be covered later. Ensure the stab stitches are facing the right direction so they don't confuse you when you stitch the section in the next step

Embroider the beak in the same thread. Make long straight stitches to fill in the tip.

Go back between the stitches to fill any gaps

Form the line in front and under the eye. Use tiny back stitch to form the rounded section above the eye

Proceed down towards the wing. Make a longer straight stitch

Highlight the dark lines on the neck in straight stitch

These are important shadow lines that will guide you as you work

Add more lines working towards the eye and beak

Use a stem stitch to add another row on the top edge of the head

Work one stitch forward, a little bit back, before going forward again

Fill in the gaps in stab stitch

Work towards the wings

Outline the dark lines on the wing in stem stitch and outline stitch

The stitches are quite long

Leave small gaps between the stitches to avoid a harsh line

Embroider the dark lines on the wing in straight stitch

These will be the direction lines later

If your thread starts to twist, turn your work upside down and allow the thread to unwind itself

Work at the base of the wing in straight stitch

Use a stem stitch to outline the bottom edge of the wing end off as soon as your thread is too short or fluffy

Stem stitch filling is used for the tail of the bird

Start a short distance away because of the knot. Work towards the tip

Use 2 straight stitches and another one between the 2

Keep filling up until the tip is filled

Come up between the stitches and work a row of stem stitch towards the pink feathers

Make stitches of equal length working between the stitches each time

Bring needle out to form the next row

Make a row of stem stitch inserting the needle between the stitches at the tip of the tail

Take needle to the back and start the next row close to where the thread emerged

Form a third row of stem stitch Work one stitch forward, a little bit back, and forward again

Do the same for the 4<sup>th</sup> row. Work back and forth. Go back to fill in the gaps in straight stitch

Work on the dark tip of the wing

Use the same stem stitch filling and work back and forth in rows to fill in the dark detail

Embroider the pink section above the wing

Make a few straight stitches to highlight add another row beneath the outline

Use stem and back stitch

Add more highlights in stab stitch

Change to the pink thread Use 1 strand of Chameleon Garnet Lustre number 106. This beautiful thread is a gorgeous pink with brown and grey in-between. It will do all the work for you- you will not have to worry about the shading at all.

Start at the birds head. Come up a short distance inside the edge because of the knot. Make a straight stitch towards the beak

Insert the needle between the black stitches. Make a stab stitch Repeat the stitch going back into the black stitches each time

Keep going back to fill the gaps

Make a row of stem stitch under the head and wing

Use stem stitch filling and make the rows close together to fill the shape

Work back towards the tail or up to the section beneath the wing as I have done. I stopped beneath the wing and started at the beak again for you to be able to see this section close up on the camera.

I will show the other half in the next few steps

Make the stitches quite long (about 5mm or ¼ inch) in length for a smooth finish

Come up between the stitches each time

Start at the head with long and short stitch Make one long stitch and a shorter stitch next to it.

Start the second row with stitches of equal length

Insert the needle between the stitches each time

Go back to fill any gaps with the same stitch Note the stitch direction. Follow the black stitches as a guide

Complete this section working towards the tail

Go back and fill in the gaps

This bird is extremely close up and the stitches are actually much smaller and neater on the design

Complete the bottom pink section

Work rows of stem stitch as before

For a curved shape, make shorter stitches and bring the needle out on the outside or widest part of the curve. This ensures a smooth, curved line

Work a second row of stem stitch from the tail towards the beak

Work a third row on your return journey towards the tail

Complete the entire section by working row after row of closely packed stem stitch

Stem stitch filling is a wonderful alternative to long and short stitch it is a quicker method of filling in shapes with very little effort

Thread up with 1 strand of rustic brick thread number 66.

Start at the head again

Make short, radiating straight stitches between the pink ones

Keep going back into the previous stitches to fill the shape with the brown thread

Note the stitch direction these are angled up then downwards towards the pink feathers

Work between the pink stitches for a smooth finish

Go back to fill any gaps.

Ensure the stitch is made in the same direction as the others

Use the same brown thread for the wing

Make row after row of stem stitch as before

Use the black stitches as a guide for stitch direction

Insert the needle between the previous stitches each time

Go back to fill in the gaps with stem or straight stitch

Complete the eye of the bird. Use any white translucent metallic thread I used Kreinik blending filament number 32

Make a 2 wrap French knot to form the eye and another 3 wrap French knot alongside

Use a tiny stab stitch to re-shape the knot, if necessary

Add another short straight stitch alongside

Move to the head and add interesting highlights with the same thread.

Make several straight stitches between the pink and brown feathers

Do the same on the pink section above the wing

Use an even, quite loose tension so the stitches don't disappear between the pink ones

Make a row of stem stitches above the black outline of the wing

Add a few more straight stitches on the upper section above the wing

Do the same for the tail

These stitches are quite long

Repeat for the tip of the wing

Use a clear anti-fray agent and apply it along the edge of the bird. Cover the stitches with the same liquid

Allow to dry until damp (not wet)

Cut out the shape roughly with small sharp embroidery scissors. Once you are holding it in your hand, cut it out neatly

Be careful not to cut the stitches. The white edges that are showing will be coloured in with a black pen in the next step

Use a black permanent laundry marker.

Colour in to darken the white edge

Coax the raw edges to the back with your fingers to neaten the edge

Wet the bird again Curve it into a pleasing shape with your fingers

Allow to dry slightly

Place the bird on the design and thread up with 1 strand of charcoal thread. Make a knot at the long end.

Bring the needle from the back along the edge of the bird. Use tiny stab stitches every 5mm or ¼ inch to secure the bird in place

Use a gentle tension, curving the body into shape as you work

Allow the bottom section to lie on top of the branch

Stitch along the beak and head

Leave a gap open to fill with polyester toy filling or quilting wool.

Insert the wadding inside the bird, be careful not to overstuff

If it is too full, pull the wadding out, cut in half and fill the shape

Use the blunt end of the nail clippers or nail file to fill the bird

Close the gap with the same stitch

Push the wadding inside so it is not too visible

Attach the bottom section carefully so the bird sits nicely on the branch

Use a gentle tension so the edges are not pulled behind the branch

If a pink shadow is visible along the edge of the design, Use the same black thread and a row of stem stitch on the design, close to the edge of the bird, to create a dark shadow

Embroider the feet with the same black thread Come up along the edge of the bird

Take the thread over the branch and angle needle under the branch before taking the thread to the back

Come up under the branch again, and make a fly stitch to complete the claw

Take the needle to the back of the work

Come up beneath the black stitch and make another stitch come up above the branch and make a third stitch The needle can be inserted in the wood if it is soft enough, or stitch just under the branch if the wood is too hard

Make the second foot the same way

Bring needle from the back, over and back under the branch again

Make a second stitch to complete this section

Form the twig in the bird's mouth. Use 1 strand of rustic brick no 66 thread and a size 8 or 9 crewel needle

Make a knot at the long end

Form a row of chain stitch, going back into the previous chain each time

Work a third stitch so it lies under the beak

Add two more to complete the row

Take the thread to the back and come up close to the first chain stitch

Insert the blunt end of the needle and whip the chain. See chain stitch –whipped in the stitches gallery

Insert thread under and over the stitch each time

Pull quit taut so a finer, raised twig is formed

Re-shape the twig, if necessary, with tiny stab stitches and end off at the back

### Seedpods

The seed pods are made separately and then attached to the design. Use 6 or 7mm round wooden, glass or plastic beads, with a large hole.

The 2mm silk ribbon no 60 is looped around the bead. Please note, in this example I have used 7mm silk ribbon for you to see clearly, but the 2mm ribbon does look much neater.

Thread on a size 5 crewel needle-the number 24 chenille needle is too large for this purpose

Insert the needle into the hole and leave a tail about 5cm (1/2 inch) in length

Prick the tail as you insert the needle into the hole again

Hold the long tail and bead as you take the ribbon through the bead

Overlap the previous stitch by 1 or 2 mm

See covering a bead with ribbon 1 in the stitches gallery

Keep going until the bead is covered, holding the tail as you take the needle through the hole of the bead

Cover any unsightly gaps with more stitches, if necessary

If the hole becomes too small towards the end, use a small pair of pliers or needle gripper to gently pull the needle through. Be careful not to pull too hard as you may hurt yourself.

Pull both tails gently to tighten the ribbon around the bead

Cut the tails so they are equal in length and insert the tails in a size 18 chenille needle

Make a hole in the design with another 18 chenille needle

Insert the threaded needle from front to back and gently pull the tails through to the back

Remove them from the needle

And make a few knots to secure the bead at the back

Thread up with 2 strands of the green thread. Make a knot at the long end.

Insert the needle into the hole of the bead and pull it through to the back. Don't pull the knot all the way into the bead; allow it to sit on the bead to form the core of the seedpod. End off at the back

Panel 7

### Border

Embroider the charcoal border first. Use 1 strand of charcoal number 15 silk as you did for panel 11

Couch in place

Remember to insert the needle into the same hole each time for a small, neat stitch

### Daisy panel 7

The daisy stem is made in fluffy green wool. Cut a length of the same wool used for the Erica in panel 3

Thread up with 1 strand of Chameleon number 33 Forest shade

Make a knot at the long end.

Come up alongside the base of the stem of the long daisy

Take the thread over the wool and insert the needle into the same hole again

Couch in place every 1 or 2 cm (1/4 to 1/2 inch) and use a gentle tension so the wool is not too flat

Couch the stem so it lies on top of the white petals. Use more stitches to secure the wool in the centre of the flower

The petals and daisy centre will be made on top of this wool later

Take the needle to the back and come up at the leaves on the stem

Cut off the excess wool

Make a detached chain the form the two leaves. Pull quite taut to form a thin leaf

Do the same for the leaves lower down on the stem

Repeat for the daisy on the right. Couch the wool in place as before, using a gentle tension throughout

Pull the wool quite taut so the stem is straightened out

Form the leaves with detached chain as you did before

As soon as the thread is too short or worn, end off at the back and re-thread

Use 1 strand of number 66 Rustic brick thread, on a size 9 crewel needle. Make a knot at the long end.

Embroider the grass –use a few horizontal straight stitches and French knots to add texture. Wrap the thread 2 or 3 times around the needle

Use 1 strand of green thread to form the green grass in the same way

Alternate between French knots and straight stitches. Make loose, looped French knots add a fluffy texture in the design

To form the loose knot, don't tighten the thread around the needle as you insert the needle to the back.

Thread up with 1 strand of number 37 gold rush silk. Make a knot at the long end. Add golden grass between the brown stitches Use a 2 wrap French knot and horizontal straight stitches to add colour

Add two more French knots-1 or 2 wraps will do

Bring needle up at the base of the stem

Whip the stem with the gold rush thread Insert the blunt end of the needle under and over the stem each time

Use a gentle tension for a looped effect

Work up the stem and take the thread to the back. Make a few straight stitches alongside the stem. Whip the stem on the return journey

Add a fly stitch between the leaf on the right and a straight stitch between the leaves on the left

Make a few 3 wrap French knots at the base

Add a few more straight stitches to complete this section

Start with the white daisy petals

Use a size 18 or 20 Chameleon needle and 7mm silk number 104.

This ribbon has subtle touches of grey that adds realistic shadows in the flower

Make a knot at the long end.

Come up from the back, in the lower section of the yellow centre

Make a loose/puffed ribbon stitch

Flatten the ribbon before piercing it

If you find a folded section of ribbon has come through to the front, make a straight stitch and add a ribbon stitch on top

Use a gentle tension, flattening the ribbon with the edge of the needle before making the stitch

Complete the first 6 or 8 petals, overlapping the previous stitches as you work

Hold the ribbon stitch with your finger as you take the ribbon to the back.

Use 1 strand of Chameleon number 86 Thatch silk on a size 9 crewel needle

Make a knot at the long end.

Come up from the back at the tip of the petal

Make a tiny stab stitch to anchor the petal in place

This prevents the stitches from pulling out of shape as you work

Do the same at the base of each petal in the centre of the daisy

1 or 2 stab stitches per petal will be good

Bring needle up alongside the base of the of the petal

Use a blanket stitch to add some grey shadows

Do this for every second or third petal and use a gentle tension to re-shape the petal as you work

Take the needle to the back. Leave the needle and thread at the top of the work, this prevents the thread and ribbon from tangling at the back. Re-thread with the white ribbon

Make a knot at the long end. Cut off the tail.

Form the petals on the other half of the daisy

Overlap the petals and twist the ribbon before piercing it. This way a curved petal is formed

Move the petals out of the way as you come up from the back

End off at the back

Use the same grey and tiny stab stitches to secure the tip of the petals and along the base

Re-shape the petals with tiny stab stitches along the edge of the petal, if necessary

Add more stab stitches at the base along the yellow centre

The centres are made separately on felt. Then they are cut out and attached to the daisy

Use a 15 x 15 cm (6 inch) block of water-soluble fabric.

Use a fine black Pigma micron pen to trace the circles in the centre of the water-soluble fabric.

This pigma pen is found at pen and art shops, is waterproof and ideal for drawing very fine lines.

You can also use a very fine black permanent laundry marker if you like.

Use a white, green or yellow block of felt-the same size as the water-soluble block.

Place the felt on the inner ring of the hoop.

Position the water-soluble square on top of the felt.

Place the outer ring of the hoop on top and tighten the screw

Cut off the excess layers so they don't hinder you as you work

Thread up with 2 strands of number 33 Forest Shade in a size 8 or 9 crewel needle

Make a knot at the long end.

Come up along the edge of the centre.

Outline in back stitch, working through both layers

Make French knot to form the centre

Wrap thread twice around the needle

Leave spaces in-between the stitches to fill later with yellow knots

End off at the back

Use 1 strand of Goldrush number 37 thread

Fill in the gaps with golden French knot Wrap thread 3 times around the needle

Fill up the centre until the background is no longer visible

End off at the back

Cut out the centre a with small pair of embroidery scissors

Don't worry too much about the edge- This will be covered with French knots in the next step

Place the centre in a glass of tap water –allow the water-soluble fabric to dissolve for about a minute

Remove from the glass and allow to dry on a towel or dishcloth

Use 1 strand of the grey thread

Make a knot at the long end.

Come up along the edge of the centre

Make a tiny stab stitch to secure it to the fabric

Space the stitches a few mm apart until the centre is secure on the fabric

Add grey French knot- 3 or 4 wraps, along the white edge

Use stab stitches to re-shape the centre

Fill in the white gaps with the same grey thread

Do the same for the daisy on the right

I added some pink flowers at the base of the daisies to compliment the pink cosmos in panel 11

Use the cosmos pink 7 mm silk ribbon number 108 on a size 18 or 20 chenille needle

Make a loop stitch over a large tapestry needle or small kebab stick

Hold the loop in place until you have come up to make the next stitch

Make 3 flowers for this panel

Leave the large needle in the loop of the last stitch until you are ready to make the French knots

Use 1 strand of gold rush number 37 thread in a size 9 crewel needle

Come up in the centre of the loop

Hold the loop with your finger as you bring the thread to the front

Make a 3 wrap French knot to form a gorgeous flower

Add another French knot alongside for more colour

See loop stitch with French knot centre in the stitch gallery

### Wood Poppy

The yellow wood poppy and two of the leaves are already made in this panel to guide you as you work

Thread up with 2 strands of green olive number 97 thread Use a size 8 or 9 crewel needle

Make a knot at the long end.

Form the curved stem in split stitch, stem or outline stitch and take the needle to the back.

Come up alongside the stem

Whip the stem with the same thread, inserting the needle under, over and under the next stitch each time

Take the needle to the back at yellow wood poppy

Pull the thread taut to neaten the stitch

Come up at the shorter stem of the second leaf

Make two stem or back stitches

Take the needle to the back.

Come up a short distance away from the tip of the leaf

Make a detached chain stitch

Take the needle to the back

Use closely packed fly stitch it is a good stitch for serrated leaves as the stitches can be staggered to form a jagged edge

Make a fly stitch just beneath the chain and continue down the leaf

Make a deep v shaped stitch every time to form a realistic leaf

Hold the loop with your free hand and come up a short distance away from the previous stitch any gaps are filled with straight stitch later

Pull the thread quite taut as you make the stitch for a smooth finish

A good alternative for Fly stitch is fishbone stitch –see fishbone stitch in the stitch gallery

Once the rounded base of the leaf is formed, complete the stem by inserting the blunt end of the needle under and over the stitches to form a rounded, raised stem

Take the needle to the back. And end off

Re-thread and make the top leaf in the same stitch

Start with a detached chain and use a long anchoring stitch to form a sharp tip

Remember to make the fly stitches a deep V- shape to form realistic veins on the leaf

Work over the stem and end off at the back

Thread up with the 7mm silk ribbon no 54 or 55. Use a size 18 or 20 chenille needle

Make a knot at the long end.

Come up in the centre of the yellow wood poppy

Make a straight stitch and come up in the centre again

Flatten the ribbon with the edge of your needle and make a loose, puffed ribbon stitch

Use a gentle tension

The second petal is made with a ribbon stitch add another ribbon stitch on top. This form a lovely raised shape

Flatten the ribbon before you make each stitch

Repeat for the third petal.

Make a slightly shorter ribbon stitch first and a longer one on top

The fourth petal is made with a straight stitch followed with a ribbon stitch

For padded ribbon stitch use either a straight or a ribbon stitch as a foundation stitch before add a ribbon stitch on top

Work over the leaf for the third poppy-hold the stitch with your finger as you take the needle to the back.

The black border will be covered with the third and fourth petals.

End off at the back, being careful not to pull the stitches out of shape

Use a size 8 or 9 crewel needle and thread up with 1 strand of no 66 Rustic Brick thread

Make a knot at the long end.

Come up in the centre of the yellow wood poppy

Make a tiny stab stitch at the base of each petal to secure in place

This way, the stitches are not pulled out of shape as you work

Do the same at the tip of each petal

Re-shape and anchor them with tiny stab stitches

A good tip is to use one or two stab stitches along the edge of some petals to coax them into a rounded shape

Come up in the centre again

Make a 3 wrap French knot

Repeat 3 or 4 times to form the brown centre

Do the same for all the yellow wood poppies

Secure the petals in place as before

Make 3 wrap French knots in the centre

Use 1 strand of golden yellow thread and come up between the brown French knots.

Make a 3 wrap French knot to add some colour

Tighten the thread around the needle for small neat knots

Some yellow knots overlap the brown ones, so a raised centre is formed. 4 knots are sufficient

Do the same for the other yellow wood poppies

### Butterfly

Thread up with 1 strand of Rajmahal number 25 or 29. Use a size 9 or 10 crewel needle

Make a knot at the long end. Start with the body first

Come up at the tip of the abdomen

Make a 3 wrap French knot

Use a fly stitch alongside, holding the thread quite taut as you work

Take the needle to the back.

Make another more open fly stitch leaving a gap between the stitches

Take the needle to the back.

Repeat a third time- the stitch is almost straight

Form the teardrops on the thorax in detached chain stitch

Use a gentle tension for this stitch

Make a 3 wrap French knot on the head and add another alongside

The third French knot completes this section

Use a tiny stab stitch, if necessary, to coax the knots into shape

Use 1 strand of number 86 thatch thread Make a knot at the long end.

Come up in the centre of the detached chain stitches on the thorax

Make a 2 wrap French knot to add the grey shading

Do the same on the left

Make a straight stitch beneath the black fly stitch on the abdomen

I went back to neaten the knot on the thorax with a tiny stab stitch

Take the needle to the back.

Make a second straight stitch on the abdomen between the black fly stitches

Add more grey straight stitches until you are happy with the shape

End off at the back

Use a brown or black stamen available from cake decorating shops

Bend the stamen in half

Make a hole in the fabric at the base of the painted stamen

Use a size 18 chenille needle

Thread up with 1 strand of the black Rajmahal thread

Make a knot at the long end.

Insert the folded stamen into this hole

Use your free hand to hold the stamen at the back

Re-shape and bring needle up at the base

Hold the folded section at the back as you work

Use a tiny stab stitch to secure it in place

Separate the stamens as you work, to position them correctly

Overcast the stamens at the base until you are happy with the shape

Attach the folded section at the back, with tiny stab stitches.

Ensure the stamens at the back won't be in your way when you place the wings. They should lie directly under the body of the butterfly

Cut off the excess strings.

Make sure the raw edges are covered well so they won't damage your threads in the next step.

A good tip is to use a small piece of masking tape to cover the raw edges of the stamens

Use 2 squares of water-soluble fabric; 15 x 15 cm (6 inch) is a good size as this will fit in a 10 cm or 4 inch hoop

Lay one square on top of the design and use a fine black Pigma micron pen to trace the wings in the centre of the block

Trace in all the detail as neatly as possible

Note the 1 cm (¼ inch) space I have left between the wings

Place the layer of water-soluble fabric with no tracing, on the inner circle of the hoop

Place a 6cm (2 and a half inch) length of silk ribbon on top of this square. The ribbon is 25mm silk number 89.

Lay the block with the traced wings on top

Insert in the hoop

Pull the layers taut gently and tighten the screw

Cut off the excess edges so they don't hinder you as you work

Thread up with 1 strand of Rajmahal number 25 or 29 thread.

Make a knot at the long end.

Form a waste knot a short distance away from the edge inserting the needle from the front to the back

Come up on the outer line of the wing

Use a Buttonhole stitch along the edge stitching through all the layers

The waste knot will be cut away as you cut the wings out

Make a stem stitch for the lines on the wing

Use a straight stitch for the shorter lines

Proceed down the edge of the wing in Buttonhole stitch, as before

This edge is necessary to prevent the ribbon from fraying once the wings have been cut out. It is a much easier and quicker method to use for insect wings as no wire is necessary along the edge. This saves a much time and the completed wings are a lot more realistic than the wired wings.

Take the needle to the back.

Make a few more straight stitches for the straight lines

End off at the back.

Insert the needle inside the loop for a stronger finish

Cut off the thread

Re-thread with the black thread make a waste knot a short distance away

Use straight stitch at the base of the wings to form the straight lines

Fill in the dark scales in chain stitch or single feather stitch

Use Buttonhole stitch to thicken the black line

Take the needle to the back.

Add stab stitches between the circular stitches for more shadows

Use a gentle tension throughout

Thread up with 1 strand of Egg Yolk yellow thread number 28

Make a knot at the long end.

Come up from the back a short distance inside the edge. This way the knot won't be cut later

Use a Buttonhole stitch to add the yellow scales. Hold and pull thread taut as you form each stitch for a neat edge

Take the needle to the back.

Come up beneath the Buttonhole stitches and make straight stitches to add more colour

Make a 2 wrap French knot

Take the needle to the back.

Come up again and form a second row of Buttonhole stitch

Form the third row with single feather stitch or chain stitch

Add some more French knot

End off with 2 Buttonhole stitch

There is no need to embroider any blue scales; the blue ribbon does all the work for you later

Cut out the wing, leaving a small seam. This seam will be cut out neatly once you are holding it in your hand

Cut out neatly; be careful not to cut the stitches

Any blue edge that is showing will be covered with a black pen later

Insert the wing in a glass of tap water

Allow the water-soluble fabric to dissolve for about a minute

Remove from the water and coax all the black threads to the back of the wing with your fingers

The threads will be secured by the water-soluble residue as it dries

Allow the wing to dry until just damp. This way you are still able to bend the wing into a pleasing shape as you stitch. Don't worry about the wings being slightly sticky, this disappears once it is dry.

The sticky residue is necessary for the wing to retain its shape once dry

Use 1 strand of black Rajmahal thread

Make a knot at the long end.

Come up alongside the body- place the wing on the design

Use tiny stab stitches through all the layers to secure the wing in place

Do the same for the second wing

Note how the wing showing on the design turns into a shadow

Use a few more stab stitches to secure the wing in place

The outer edge is loose and this is what makes the butterfly look so real

Add a few more French knots on the head, if necessary

Lift the wings and allow them to dry completely

Panel 11

Cosmos

Border

First embroider the border.

Note that the borders of all the panels in this DVD should be made before stitching the flowers and leaves

Use 1 strand of charcoal number 15 silk thread

Insert in a size 8 or 9 crewel needle

Make a knot at the long end.

Come up on the black line and make a long straight stitch

Pull the thread taut and hold it at the back as you work

Come up again about 1 cm (1/4inch) alongside the black straight stitch Take thread over this stitch and insert needle back in the same hole again

This way, the thread fits snugly around the foundation stitch

Couch in place every centimetre or 2 (1/4 to 1/2 inch) to secure in place

Remember to hold the thread taut as you work

Start with the cosmos stems

Use 2 stands of thread for the thicker stems and 1 strand for the finer stems and leaves

Thread up with 2 strands of number 97 Green Olives

Make a knot at the long end.

Come up at the base of the cosmos and use a stem, outline or back stitch

In this example I am using stem and outline stitch

As the stem curves, always try to bring the needle out on the wider part or outer edge of the curve for a smooth line

Use the same thread to whip the stem

Insert the blunt end of the needle under, over and under the next stitch each time

Pull the thread quite taut for a neat, raised line

Repeat for the second stem,

Work over the stem already made

The cosmos leaves are fine and pointed. Fly stitch is ideal for these leaves. Alternatively, use fern or arrow head stitch in the stitch gallery

In this example, I have used fly stitch

Use 1 strand of the same green thread

Form the leaves in fly stitch Pull the thread quite taut as you work.

Use a longer anchoring stitch to form the central line

Continue down the stem in stem stitch as before

It is not really necessary to whip the stem stitch for the finer leaves.

Work upwards again, and complete the short, curved stem in the same stem stitch

Use a straight stitch at the tip and continue with fly stitch as before

Repeat for all the leaves and stems

Thread up with the 7 mm silk ribbon number 108

Use a size 18 or 20 chenille needle

Make a knot at the long end and cut off the tail

Come up in the centre of the cosmos

Twist the ribbon before piercing it to form a ribbon stitch

Use a gentle tension

Miss the second petal and form the third.

Flatten the ribbon before piercing it

Repeat for the fourth petal, overlap the third

Make the second petal

Twist the ribbon before piercing it

Complete the remaining petals in loose, puffed ribbon stitch. Twist the ribbon for curved petals

Twist it once and insert the needle on the edge of the underside of the ribbon

Hold the petal as you pull the ribbon through to the back

Don't be too worried about the shape of the petals; these will be re-shaped in the next step

End off at the back

Use 1 strand of Peach blossom number 59 thread on a size 9 crewel needle

Make a knot at the long end.

Come up along the edge of the last petal

Use a tiny stab stitch at the tip and along the edge to shape the petal

These stitches also prevent the petals from pulling out of shape as you work

Form the green calyx of the cosmos on the left Use 1 strand of number 33 Forest shade

Come up along the base of the stem

Make a Buttonhole stitch pulling the thread quite taut for a neat edge

Continue with the Buttonhole stitch, and insert the needle back into the same place each time

Fan out the stitches on the top edge of the pink petals

This is a similar stitch to the Buttonhole wheel in the stitches gallery. Only a quarter of the wheel is made here

Neaten the edge on the right with a long detached chain stitch

Go back to fill in the gaps, if necessary, with a few straight stitches. Insert the needle on the inside of the Buttonhole edge

Complete the second cosmos the same way

Use loose, puffed ribbon stitches

Flatten the ribbon and push the ribbon up before piercing it. Any petals that are not behaving as they should, are coaxed into shape with thread and tiny stab stitches

Remember to hold the ribbon stitch as you take the needle to the back

If the ribbon scrunches up as you bring it through, make a straight stitch and then cover it with a ribbon stitch

End off at the back

Use the pink thread and stab stitches to re-shape the petals

The centre is made separately, cut out and attached on top of the petals. This allows for a lovely raised centre that compliments the ribbon beautifully

Use a 15 x 15 cm (6 inch) block of water-soluble fabric

Trace the 2 oval centres in the middle of the block

Here I am using a 4B pencil to show you how much better a fine black Pigma micron pen is when tracing the shapes. This pen is ideal for drawing very fine lines and is waterproof. See the white daisy centre in panel 7

You can also use a very fine black permanent laundry marker if you like.

Use a block of white, green or yellow felt the same size as the water-soluble fabric.

Place the traced shapes on top of the felt block

Slip the inner ring of the 10 cm-4 inch hoop under the felt block and centre it

Lay the outer ring on top

Tighten the screw halfway and gently pull the layers taut in the hoop

Tighten the screw again

Cut off the excess fabric so the corners won't hinder you as you work

Save the scraps of water-soluble fabric in an airtight Ziploc bag

Dissolve the scraps in a bottle of water when you need a liquid stabilizer. This liquid can be brushed or sprayed onto for use in other projects such as Barbola work

Use 2 strands of number 33 Forest shade thread

Pull out 1 strand at a time and place the threads together.

By separating or stripping the threads first, the threads are smooth and they don't tangle and knot as you work.

Insert in a size 8 or 9 crewel needle

Make a knot at the long end.

Come up along the edge of the centre.

Outline in back stitch, working through both layers

Make French knot to form the centre

Wrap thread twice around the needle

Leave spaces in-between the stitches to fill later with yellow knots

End off at the back

Use 1 strand of Goldrush number 37 thread

Fill in the gaps with golden French knots

Wrap thread 3 times around the needle

Fill up the centre until the background is no longer visible

End off at the back

Cut out the centre with a small pair of embroidery scissors

Don't worry too much about the edge- This will be covered with French knots in the next step

Place the centre in a glass of tap water –allow the water-soluble fabric to dissolve for about a minute

Remove from the glass and allow to dry on a towel or dishcloth

Use 1 strand of the grey thread

Make a knot at the long end.

Come up along the edge of the centre

Make a tiny stab stitch to secure it to the fabric

Space the stitches a few mm apart until the centre is secure on the fabric

Add grey French knot- 3 or 4 wraps, along the white edge

Use stab stitches to re-shape the centre

Fill in the white gaps with the same grey thread

Do the same for the cosmos on the right

\_\_\_\_\_The end\_\_\_\_\_



