Needlebook

A study of knotted stitches

Taught by Wendy Lynn Designed by Jill Nedeau

Supplies

Fabric:

Fashion fabric: Sea Colored fabric 7" x 14"

Backing fabric: Muslin or Organza

Lining Fabric: Sand Colored fabric 7" x 14"

Batting 6" x 12"

Felt 2 4"x9"

Doodle cloth

Needles:

Millner size 9

Crewel size 9

Beading size 9

Beads: Mill Hill Petite 40123

Fibers:

DMC color variations

4075, 4110, 4200, 4240

DMC:

550, 552, 973, 822, 3706

Sewing thread to baste

Other Supplies:

4" hoop does not need to be wood or wrapped

Clamp 8"

Scissors, Needle threader

Wash away or Frixion (heat away) pen

Ruler 12" a 6" ruler can work, a 12" ruler is so much better for this project

A rotary cutter and cutting board would make great edges to sew when sewing the project. Do not cut until all embroidery is done and measuring has been checked.

Getting started:

The design of this needlebook is to highlight stitches that include knots and are knots. For the French knot, it is a one wrap knot to fit most judging recommendations, if you prefer fatter knots use two strands (or more) if thread. The colonial knot is considered an easier knot than the French knot. The bullion knots here are to challenge you, patience is key. The coral knot creates a little shelf for the French knot. The Palestrina stitch is also called the Palestrina knot stitch, in the sample in ends up hiding behind the Turkey knot, but does not have too, just cut the stitches a little shorter.

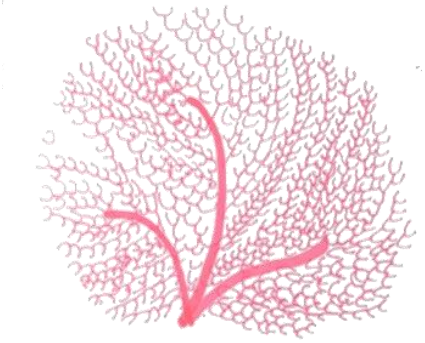
On the last page is a drawing of how to center your letters and coral. The block including the coral and sea urchin are 3.5" long and 1" tall at the coral of the left. You can use the washaway or Frixion pen to make the letters, they do not have all the stitches on them so that you can adjust to what you like.

Directions:

Take the aqua fabric and fold it half, so it is now 7" long instead of 14" place the fold on the left side. Starting in the Center mark down 4.5" and then on either side of the center about 1.5', mark another 4.5". Connect all three points, the Sea Fan starts at the first point, the second E is around the second point and Sea Urchin is the last point. I was able to trace the drawing on a window. The placement does not need to be exact.

First on a doodle cloth practice wrapping and manipulating the Bullion knots without putting the fabric in a hoop in the clamp. Try the straight ones first, then the E and then the S. The wrap count does not need to be exact, however do not pull the wrapped thread so tight that the needle cannot slip free. While the thread is on the needle, you can just put the cloth of the table if you have not put in a hoop and clamped it in place.

The components are described from left to right. The stitching order is a little bit different. The long bullions can be done in or out of the hoop. (I usually do them out of the hoop).



Sea Fan:
1 bullion knot 100 wraps
2 bullion knots 30→40 wraps
**The feather stitch is larger on the actual embroidery.*

(DMC#) Needle

(3706) Millner

The sea fan is created with bullion knots and feather stitch. Using the guide for placement of the main thread. Bullion knot. Up at A down at B, back up beside A wrap clockwise at least 80 for the middle branch and 30 to 40 for the branches. The feather stitch is started above the bullion and worked into the bullions. The feather stitch: Come up at A go down at B, do not pull as the needle is going to come up at C, catching the thread between A and B, making a triangle. Go down at D (which can be on either side of C) and come up at E. the stitch is ended with coming up at C and going down a D. Multiple rows are stitched, until the area is covered.

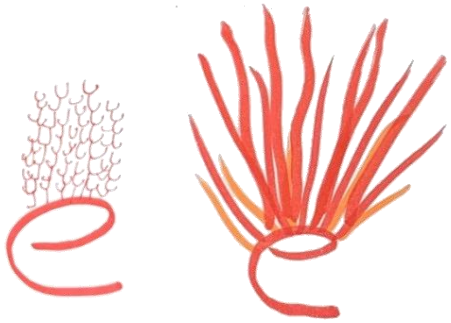
N:
"N" legs coral knots, French knots sit on coral knots
One wrap around French knots, coral colored

(4075) Crewel

The 'N' is created using a coral knot stitch using one strand of floss. The stitch starts at the top of each leg of the letter. Come up at E go to F, holding the thread down with a thumb, go underneath that thread and at the same time on an angle take a bite of fabric so the needle has created a knot

(3706) crewel

A French knot sits on the coral knots. At the top of the letters I have wrapped the knots. For the French knot the needle comes out at A, wrapped once and down beside A. having the fabric in the clamped hoop helps here, as one can keep the tension as the thread creates the knot.



e:
1 bullion knot, 80 wraps, feather stitch

(4200) Millner

The first 'E' is created by an 80 wrap bullion. The feather stitch is then done. Same instructions as for the sea fan only one or two rows.

(4200) Millner

The second "E" is created with another 80 wrap Bullion. Then several straight stitches are added at the end.

dl:
1st Palestrina stitch, straight stitch fan between Palestrina stitch
Half circle straight stitch

(4100) Crewel

For the "D" the leg of the D, as well as the "L" are Palestrina stitch.. Come up at F go down at G, come up at H. Slide needle under FG and loop around so that approaching the stitch from the right at an angle go under FG again going over the thread and pull, repeat.

The round part of the "D" is straight stitches

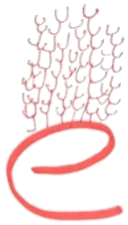
(4030)) Crewel

First, is the fan which is a few straight stitches between the stitched letters.

Ghiordes or Turkey knot. This stitch has short and long loops, the short loops are tightened to lock the long loops in place. Come up at A and down at B about 2 mm in length, about the same height as the straight stitches, make 2 more loops. For the second row stitch a thread width above and the left of A go down in between A and B, pull tight, but not enough to distress fabric. Add 3 more locking stitches.

(4100) Crewel

For the "L" repeat the Palestrina stitch leaving room for the Ghiordes knot.

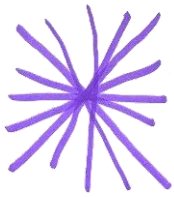


(4200) Millner

For the "E" 80 wrap Bullion, with Straight stitches.

(4110)) Millner

For the "S" 100 wrap Bullion, lots of wrestling to get the shape but worth it. It can be broken into smaller Bullions.



(550) Crewel

For the Sea urchin a circle of straight stitches. The stitches do not need to be perfectly even.

(552) Crewel

For the Starfish, French knot: the needle comes out at A and is then it is wrapped once and is returned down at A.

(822) Crewel

For the Sand, Colonial and French knots are mixed with Beads. The colonial knot: Come up at A place the needle abour .5 inch to the left, not touching the fabric. Wrap the needle around the thread, the wrap in the other direction (it looks like a figure 8, A to Z has the best explanation). Place needle in fabric.

(822) Beading

There are about 20 beads stitched on the sand, after each stitch on the back I placed a knot.

Order of Stitching

The Bullion knots are done first, either in or out of the hoop. The base of the Sea Fan, the 'Es," and the "S".

Next do the Palestina Stitch for D and L.

The N with the coral stitch comes next.

The Sea Fan is filled in with feather stitch and the French knots are done on the N.

The straight of feather stitch are done next for the "Es".

For the other sea fan behind the D and L you can work the straight stitches around the other parts of the letter.

The circular part of the "D" is worked in a half circle of straight stitch.

The Sea Urchin is also a spikey circle. I did start the urchin with a horizontal and a vertical stitch.

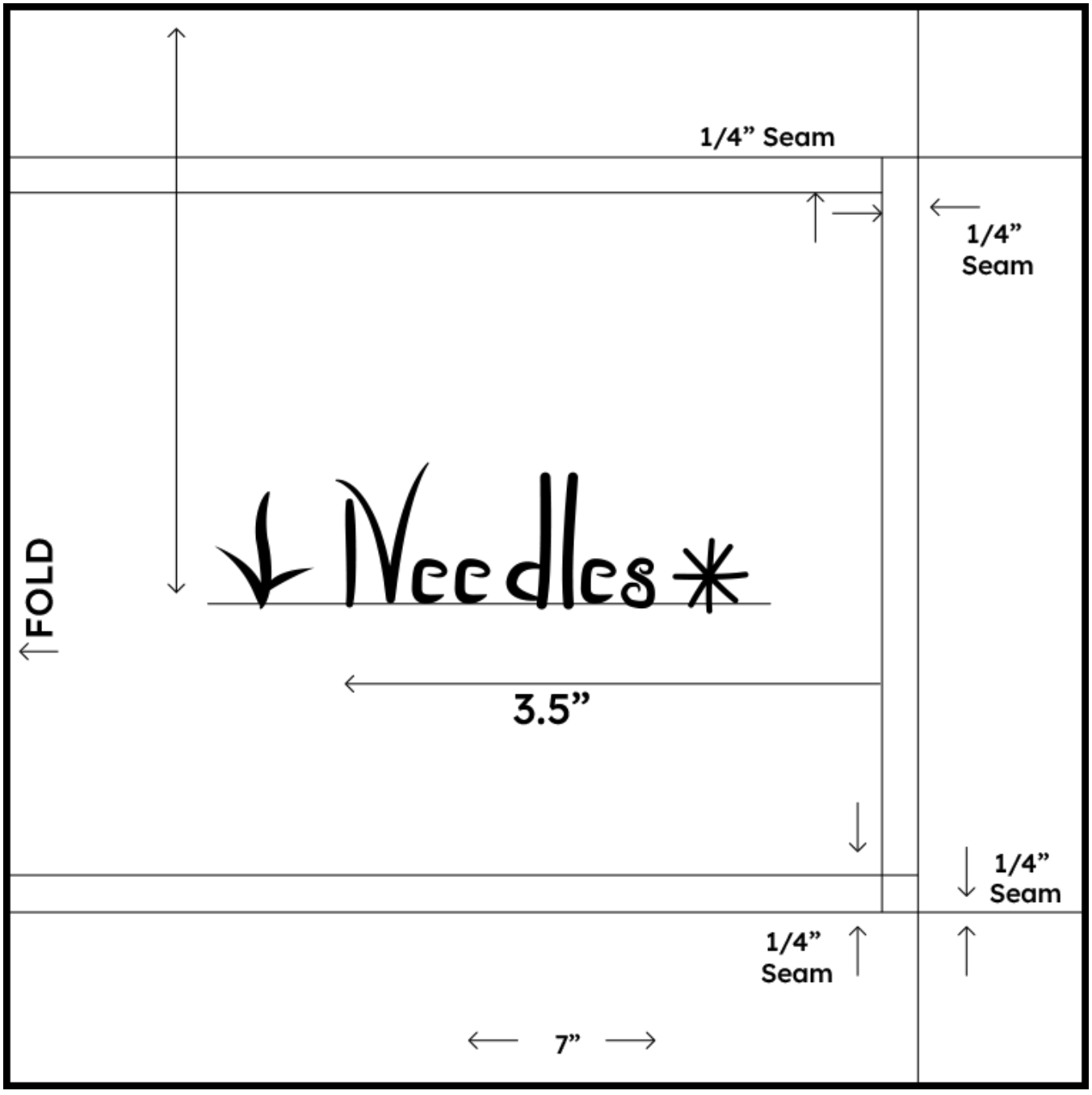
The Starfish is 2 or 3 French knots per leg.

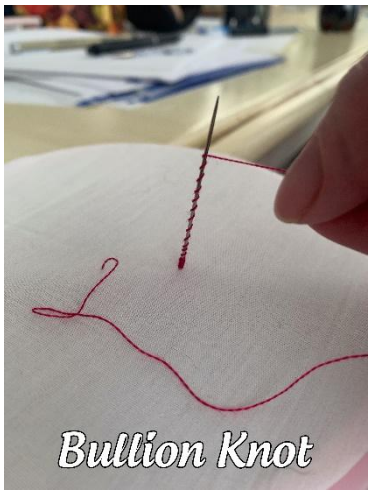
The Sand is a combination of Colonial and French knots. The example has 20 beads sewn randomly into the sand.

Finishing

The project is stitched on an oversized piece of cloth so that you can pit it in a hoop. I sewed the seam at 1 14" using a piece of tape on my machine, I left about a two inch opening on what I consider the back side. I trimmed the fabric. I tried to trim off as much batting as possible. Iron, turn inside right. Stitch opening closed. After stacking the felt, I centered the felt on the sand color fabric. I stitched two rows of stitching (up and back) just on the felt.

Sizing Square:
To ensure the pattern below is to-scale, this is a 1-inch square for adjusting purposes.




Bullion Knot

Colonial Knot

French Knot

Palestrina Stitch

Feather Stitch

Coral Stitch

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