

I'm certain you are all enjoying your summer wherever you are.

Sunshine and flowers make me think to curl up in a patio chair with my stitching and listen to birds singing.

Flowers are one of my favourite things to stitch and I have done lots in different many different techniques. To learn some of the stitches before trying it on my "good" embroidery, I often use a doodle cloth or sometimes go a bit fancier and organize my practice stitching into a sampler.

This newsletter is mostly about samplers and includes the supplies to make a simple line and fillings sampler. To work it, you will need your stitch book, either the one that came in your welcome pack or one you may have at home.

Samplers can take many forms so I've included some photos of some interesting ones completed by friends of mine. Even the shape art at the top of the page is a form of sampler because I used "shapes" from my computer program and played with colours and shapes to make a rebus. Can you guess what it says?

After completing the sampler, try using some of the stitches to make a picture of your own.

Happy summer  
Elizabeth

## Sampler Embroidery

5 letters remaining: \_\_\_\_\_

R	S	T	H	R	E	A	D	G	Y
E	P	E	W	O	R	R	A	N	R
L	A	B	C	D	P	F	O	O	E
P	M	A	O	E	A	I	R	L	D
M	O	H	P	S	T	T	E	I	I
A	D	P	Y	I	T	O	C	N	O
S	N	L	D	G	E	M	O	E	R
P	A	A	V	N	R	E	R	N	B
O	R	R	B	A	N	D	D	S	M
T	E	R	E	L	P	M	A	X	E

ALPHABET	MOTIF
BAND	NARROW
COPY	PATTERN
DESIGN	RANDOM
EMBROIDERY	RECORD
EXAMPLER	SAMPLER
LINEN	SPOT
LONG	THREAD
MAPS	TRADITION



**Congratulations to Emmajane of Starfish Stitchers on completing the Hardanger Correspondence course.**

**Emmajane, you did a great job on the design. I hope you enjoy the stitching supplies I've sent.**

If you or want to try a correspondence course yourself, check out the information in the newsletter or at [www.eac-acb.ca/youth](http://www.eac-acb.ca/youth)

WHAT DO YOU CALL THE EASTER BUNNY THE DAY AFTER EASTER?

EGGS-HAUSTED.

WHEN DOES A BUNNY THROW A TANTUM?

WHEN THEY GET HOPPING MAD!

WHAT KEEPS THE EASTER BUNNY'S FUR IN SHAPE?

HARE SPRAY!

#### ANSWERS TO LAST MONTH'S PUZZLES AND RIDDLES

ANSWER TO "LAST BURST OF SPRING" PUZZLE IS HOLLAND.

HOW CAN YOU SPEED UP BUYING EASTER DINNER GROCERIES?

USE THE EGGS-PRESS LANE!

HOW DO YOU SEND AN EASTER LETTER?

BY HARE MAIL!

WHERE SHOULD YOU LOOK FOR TREASURE ON EASTER?

WHEREVER EGGS MARKS THE SPOT!



# SCHOOL SAMPLERS

*By*

*Sheila Horsman*

Around the mid 1600's it was common for children to be taught needlework skills in school. Their stitching samplers included many embroidery techniques and stitches, along with alphabets, and needlework patterns, with their name or initials at the bottom. Since the fabric was often home-made or expensive to purchase, the designs were closely arranged in rows, and spot motifs were placed to use every available space. Samplers were stitched for practice and for reference, in preparation for marking household linens and decorating clothing. These children's samplers provide amazing examples of the ability of young children to perfect a wide variety of needlework skills.

Unfortunately, during the 1700's, the skills previously seen were beginning to disappear, as samplers became more ornamental than utilitarian. The variety of techniques and stitches decreased. As stitching materials were more readily available, brighter colors were used, samplers became wider with well designed spaces between the nature motifs popular at that time, and borders were added for decoration. Rows of alphabets and numerals were accompanied by moralistic verses to inspire the young stitchers. Often samplers were used to teach geography, science and mathematics, with the accomplishment of needlework skills having less significance. School samplers became decorative items in the home, which parents proudly displayed to show the achievement of their children.

By the beginning of the 1800's cross stitch was the main stitch used in school samplers. Some samplers illustrated houses, trees or simple motifs arranged in a symmetrical, well-balanced manner which was less decorative than in the previous century. Children of poorer homes were taught on "charity samplers" the stitches needed to provide them with future employment as servants. These were stitched on coarse woven materials with only one or two colors of wool. Alphabets and religious verses were often included along with a variety of darning stitches, seams, and a simple border. Practical sewing skills were taught without decoration or fancy stitches. Needlework skills were an important part of any young girl's training. School samplers were often used by girls of marriageable age to show that they would make a good wife.

With sewing machines becoming more common in the 1900's, embroidery skills were no longer a necessity. Today, samplers are no longer used as an educational tool, but have been revived as a needlework hobby. The needlework skills learned by children long ago are now being passed along to EAC Youth Embroiderers. This leaves us with the hope that these embroidery techniques will be carried into the next century. School samplers from previous centuries are considered to be valuable antiques, which are collected and cherished by those who have an appreciation for the fine workmanship of yesterday's youth.



Baste center lines  
on the fabric.

Pattern center lines  
are marked with  
arrows.

Use cross-stitch for  
the border, alphabet,  
heart, and flower  
designs.

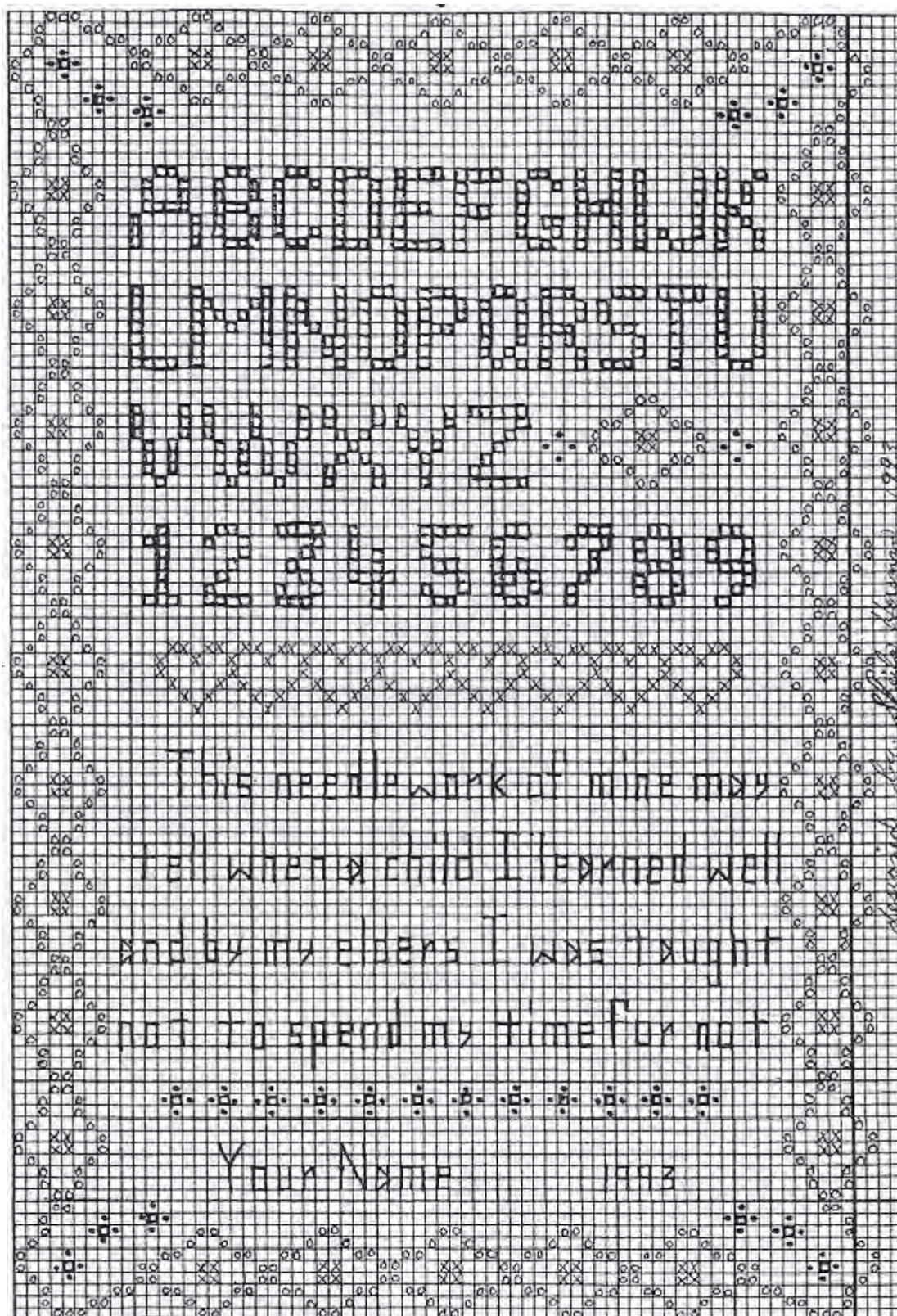
Use backstitch for  
the verse and your  
name and date.

You may stitch it  
in your choice of  
colors or use  
those listed.



DMC colors:

- o 320
- x 3779
- 744
- ◻ 3777
- 930





Samplers come in many shapes, colours and textures. They can be lines, circles, patterns or even pictures. They can be made of thread, wool or fabric. The thing they have in common is illustrating what a stitch looks like when made in a particular thread or what a thread looks like made into a specific stitch. You can make an entire sampler using one thread (Hapsburg Lace below) or all on one stitch (cross-stitch spot sampler) or of many threads and many stitches (Knot Garden).

Because it's correct and very polite to give credit to the designers and embroiderers, I've included it below.

Knot Garden (canvas with many stitches and threads):  
designed/stitched by Elizabeth Fewer

Bargello: designer

Hapsburg Lace (pink): designer  
Tanja Berlin

Wool dots sampler: designer  
Sue Spargo; stitched by Gillian Noonan

More examples on page 12





Congratulations to Olive Eve, Starfish Stitchers, on finishing the Hardanger correspondence course. It's a challenge to do all that counting. You made both sides look great.



Are you sending someone a photo of your embroidery, maybe even the newsletter so we can tell everyone about your wonderful work?? Here's some tips to make it look its best.

Put it on a plain colour background – white or black works best.

Smooth out any wrinkles and check for dust or stray threads

Turn on a nice bright light or use a table outside on a nice day.

Take some pictures from different angles just in case you are standing in the light or maybe it just looks better from the left instead of from the top.

Turn the flash on your camera on if you need to.

Take your time because you worked hard to make you embroidery look good on the fabric so do your best to make it look good to show it off in a photograph.



Gingerbread Girl

Needlework Designs by Kathryn Drummond

## Make a twisted cord – two colour

### Materials:

- Two different fibers for cording (perle cotton, embroidery floss, metallic braid, etc.)
- Tape measure
- Weight (a fishing weight works well and so does a set of keys on a split ring)
- Scotch tape
- Pencil
- Scissors

### Instructions

Please read all of the instructions before beginning to make cord. It is also a good idea to review the instructions for One Color Cording in the How-To section before making a two color cord. There are some good tips in there that will apply here as well.

1. Measure the length of cording that you will need. Multiply this number by 3 and write that number down. Cut a piece of each fiber to this length. Fold one of the fibers in half and tie the ends in a knot. Loop the other fiber through the first and then tie the ends in a knot.
2. Put your weight into a pocket or otherwise keep it handy. Tape the knotted end of one fiber securely to a table. Place the pencil into the loop of the other fiber and pull it taut (not too taut – you don't want to pull the fiber right out of the tape!). Try to keep the knot right at the pencil.
3. Hold the fiber close to the pencil in one hand while twirling the pencil with the other end. The fibers will begin to twist together. It is important to keep the fibers taut at all times while twisting them.



4. When the fibers are sufficiently twisted (it will take a little practice to know how tightly twisted you like your cording to be – I personally like mine to be pretty tightly twisted), put your weight onto the twisted fibers. If the weight is a set of keys, then slip the ring of the keys over the pencil and onto the twisted fiber. If it's a fishing weight you can just hook the weight onto the twisted fiber. Move the weight to the place where the two fibers are looped together, keeping them taut at all times. Hold the pencil in your right hand and the weight in your left hand. Still keeping the twisted fibers taut, carefully move the pencil to the taped end of the fiber. Pull the taped end off the table. Holding both ends of the fibers in your right hand, position the twisted fibers vertically (straight up and down) with the two ends at the top and the weight at the bottom.

5. Carefully let go of the weight and allow the twisted fibers to curl around each other into a two color cord.

6. When the cord has twisted itself, tie the two ends together in an overhand knot. Your cord is done! Note that if you cut the cord, the ends will start to unravel, so it's a good idea to tie two knots and cut between them.

Two color cording opens up a whole new dimension in trims. You can use two colors of the same type of fiber (for example pink and white perle cottons to trim a gift for a baby girl) or two different types of fibers for a contrast (one of my favorites is Rainbow Gallery Very Velvet and a metallic braid – just gorgeous on a luxurious Christmas ornament). You'll really enjoy exploring this as you make the perfect trim for your own works of needle art.

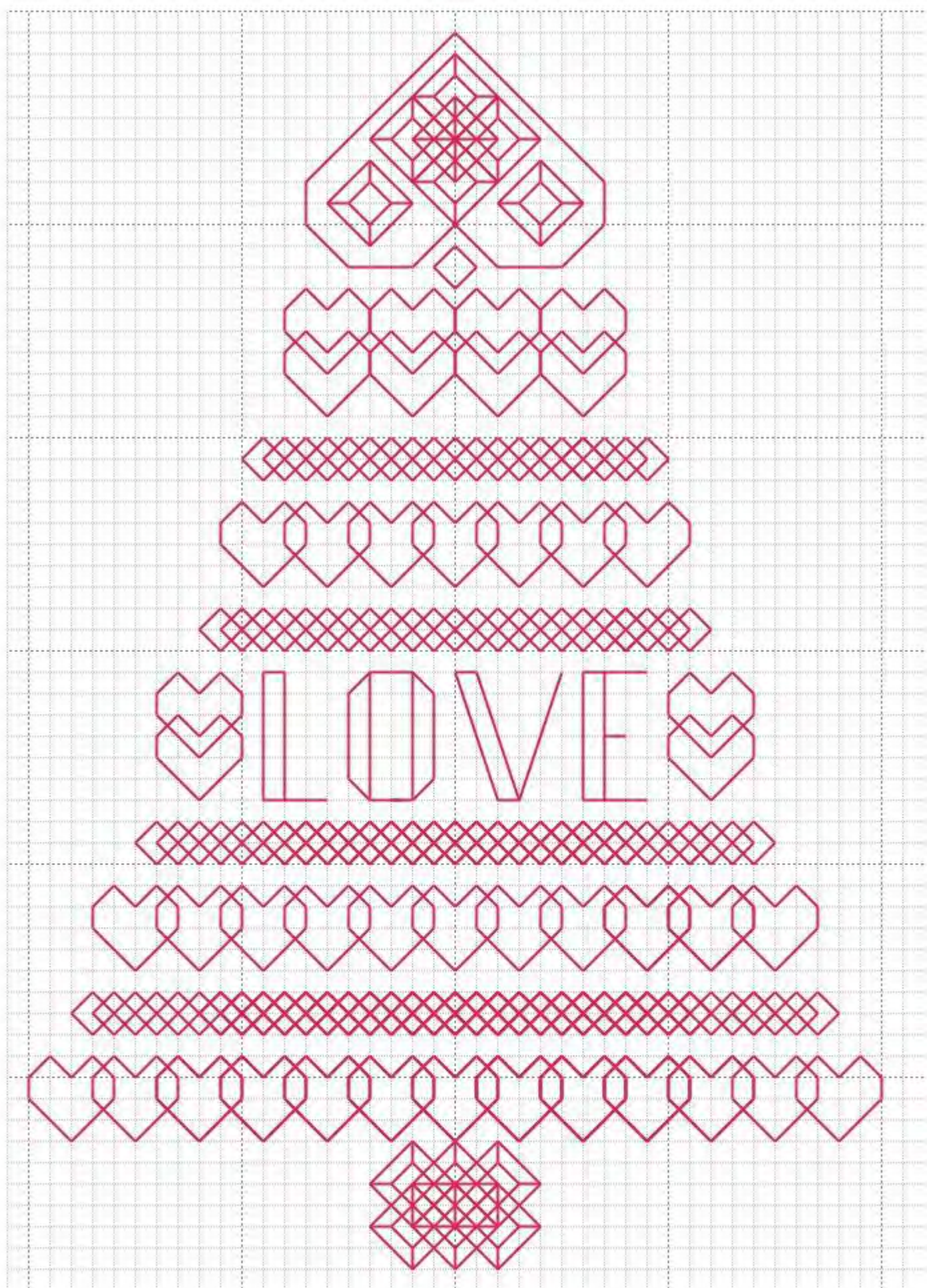
### What's New

- 
- [Casalguidi Cyber Class](#)
- [Casalguidi Cyber Class](#)
- [Join the Club!](#)
- [What is Punto Antico?](#)
- [Sign up for the Gingerbread Girl Designs newsletter](#)



**Featured Pattern**  
download it free, courtesy of  
Gingerbread Girl





Kell Smurthwaite, February 2014

Love Tree

Size: 40w x 58 h

This design is copyright to Kell Smurthwaite and Kincavel Krosses

You may not copy and/or share this design, but you may change it to your liking for your own use

You may not sell this design or use it to make up kits

You may sell the finished peice for charity, but you may not sell it commercially

<http://kincavelkrosses.wordpress.com/>



Ceilidh's been busy stitching again!!! She stitched both Sashiko designs from the Spring newsletter, the button sampler from the Fall EAC magazine (her mom helped finish it into a hanging) and a set of felt smalls (pincushion, scissors case and needlebook).

Ceilidh, you should make good use of this newsletter and stitching supplies.





1935 School sampler  
(alphabet, numbers &  
borders: stitched by 9  
year old Meta Forsey,  
Grand Bank, NL

Antique 1935 motto  
sampler: by a stitcher in  
Grand Bank, NL

Counted spot sampler: E.  
Fewer

Counted thread sampler:  
designer?? Stitched by  
Anne Rowlands

Hapsburg Lace  
(snowflakes): designer  
Tanja Berlin, stitched by  
E. Fewer

**Colourfast** means your threads or fabric don't "run" or "weep" when they get wet. You can test before you use them by taking a 3"-6" piece, wetting in and laying it on a piece of paper towel. If you don't see stains on the paper, it should be **colourfast**.

If it does run, wash it well with soap and water, then test it again. You might have to wash it several times but that's better than having it run after you finish your embroidery.





# Sampler in the Round

Stitch diagrams can be found in a variety of stitch books, magazines and other sources and are not included with this very basic instructions. You can look at the photo for ideas.

Using a wash-out pen and a good ruler, draw two sets of perpendicular lines about 15cm long and 5cm apart. Inside the squares mark circles and spirals as an outline for you to stitch.

Choose two similar colours of 6-strand embroidery thread. Use one colour as your primary colour and the other as a secondary colour. Stitch all parts in the primary colour unless instructions specify. Or go colourful and use whichever colours you choose.

With your book of stitches nearby, you can stitch the parts of the design in the stitches listed or try other stitches you find interesting.

## **Grid lines: (outline stitches):**

*Backstitch*

*Wrapped backstitch:* Wrap with secondary colour

*Woven running stitch* – do running stitch in primary colour and weave using secondary or Perle

*Stem stitch*

## **Spirals (outline stitches):**

*Chain stitch*

*Feather stitch*

*Rope stitch,*

*Scroll stitch*

## **Circles (filling stitches):**

*Couching:* Cut 18" length of primary colour and couch with secondary colour

*Jacobean couching:* Cut 18" length of primary colour and couch with secondary colour

*French knots*

*Buttonhole stitch*

*Seed stitch*

Something extra: Over the **Intersections** try (flower-style stitches):

*Spider web filling stitch*

*Double lazy daisy*

*Ribbed wheel filling*

*Raised rose*

This sampler was inspired by samplers completed by members of Les Belles Brodeuses, EAC Seminar 2006 EAC Seminar.

Instructions by Elizabeth Fewer for Starfish Stitchers

### **Sampler in the round**

**Vertical lines: backstitch and whipped running stitch**

**Horizontal lines: running stitch and woven running stitch**

**Top row: French Knots, Split stitch; Button Hole**

**Middle Row: Chain stitch; Laid filling; Stem stitch**

**Bottom row; Couching (velvet thread); Feather stitch; Seed stitch**



**Your newsletter includes fabric and threads to stitch:**

**Love Tree blackwork sampler by KincavelKrosses ( I think it a great sampler for someone special) and she has shared others on her website**

**And Sampler in the Round (have fun)**



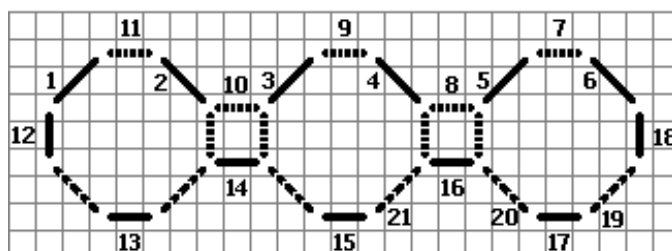
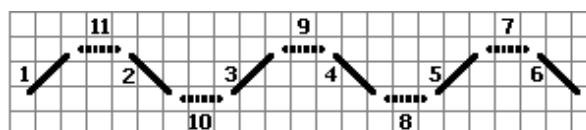
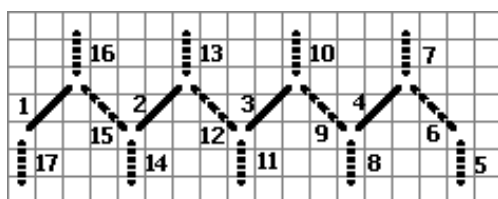
## TRY A NEW STITCH

### BLACKWORK

Here are 3 different blackwork patterns for you to try. Blackwork can be done using either backstitch or running stitch. Running stitch will make your piece reversible.

To do the running stitch, every second stitch is stitched first, and the missing stitches are completed on the way back. In the diagrams, come up in 1 and down in 2, up in 3 etc. This will complete the solid lines on the first trip, and the dashed lines on the return trip. If you are having difficulty, try highlighting every second stitch on the paper.

Use a waste knot (a knot away from your work) and afterwards weave the ends of your threads through the stitches on the back of your work. This will keep your work reversible.



### *Eleanor Thomas Youth Bursary*

*Worth up to \$300 and available to a youth embroiderer interested in attending the annual EAC Seminar, taking a correspondence course in embroidery, purchasing an embroidery related book, or taking an embroidery workshop.*

*Apply by December 31st each year.  
Application forms can be obtained from the Youth Director ([youth@eac-acb.ca](mailto:youth@eac-acb.ca)) or on our website under the Youth link - [www.eac-acb.ca](http://www.eac-acb.ca)*

## Membership Renewal Form

\$15 in Canada (\$20 international)

**Note:** local chapters may have extra fees to cover supplies and related materials

Visit [www.eac-acb-ca/membership](http://www.eac-acb-ca/membership) to join/renew

Or

Make cheque out to "EAC" and send with this form to:

Elizabeth Fewer  
468 Newfoundland Drive  
St. John's, NL A1V 2C5

### EAC MEMBERSHIP EXPIRY DATES

If you would like to continue receiving the newsletter, goodies, access to affordable correspondence courses, EAC exhibitions, Eleanor Thomas Youth Bursary, prizes, PLUS much more—please don't let your membership expire.

#### Fees Received in:

June, July, August

September, October, November

December, January, February

March, April, May

#### Expiry Date:

August 1<sup>st</sup>

November 1<sup>st</sup>

February 1<sup>st</sup>

May 1<sup>st</sup>

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone (      ) \_\_\_\_\_

Birth date \_\_\_\_\_

(mm/dd/yyyy)

Chapter \_\_\_\_\_

YE \_\_\_\_\_

Number \_\_\_\_\_

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## Correspondence Courses Application Form

Date: \_\_\_\_\_

I wish to take a Youth Embroiderers'

Correspondence Course (check box). Visit

<https://eac-acb.ca/youth-courses/> to view

course descriptions

☐ SURFACE STITCHERY

☐ RIBBON EMBROIDERY

☐ COUNTED CROSS STITCH

☐ HARDANGER STUDY ONE

Send this form and fee (\$5 for each course)  
by cheque or money order payable to "EAC"  
or on-line at [www.eac-acb.ca/youth-courses/](http://www.eac-acb.ca/youth-courses/)

Mail to: Elizabeth Fewer  
468 Newfoundland Drive  
St. John's, NL A1V 2C5

My Name \_\_\_\_\_

Membership # \_\_\_\_\_

Address \_\_\_\_\_

Phone (      ) \_\_\_\_\_

I understand that I have **4 months** from the date  
of receipt of the course in which to complete it.

I agree to complete the course to the best of my  
ability.

My Signature \_\_\_\_\_

Chapter Leader or Parent's

Signature \_\_\_\_\_





## Youth Correspondence Courses

Each course costs \$5.00 and includes materials, patterns and written instructions. The student has 4 months to complete the course. The finished piece is sent to an EAC Counsellor for evaluation and a Certificate of Completion will be included when the piece and evaluation are returned to the student. If you are interested in any of the courses, complete and submit the Youth Correspondence Course Application Form which you can get from your local Youth Leader, EAC Youth Director or the EAC Website.



### Surface Stitchery designed by Dorita Grant

Learn the different stitches in Surface Stitchery. Student can choose to make a clown (pictured), an angel, a butterfly or a heart.

### Ribbon Embroidery designed by Barbara Gilbert

Learn this beautiful technique using silk ribbons. Student has a choice of making a heart or initial with stitched flowers.



### Counted Thread designed by Deanna Bertelsen

Stitch a bookmark with your initial using cross stitches, smyrna crosses and backstitches.

### Hardanger Study One Treasure Pocket I designed by Carolyn Mitchell

A treasure pocket is like a little purse and is perfect for wearing around your neck. You can put all kinds of treasures in it, for example, a key for your locket, money, notes, a stick of gum or even a neat stone.



## SCRAMBLED SAMPLERS

1						T					
2						R					
3						A					
4						D					
5						I					
6						T					
7						I					
8						O					
9						N					
10						A					
11						L					

1	TTICSH
2	RNTEPTA
3	AAELBTHP
4	RDRCOE
5	NIELN
6	HRAETD
7	MTIAEIT
8	FOTMI
9	NRAODM
10	RASPLEM
11	GLON

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