

# SCHWALM HEARTS – EAC/ACB-OWNED PROJECT

## BEGINNER/INTERMEDIATE - SCHWALM WHITEWORK

by Janice Routley

Embroiderers' Association of Canada, Inc./Association canadienne de broderie, Inc.

Celebrate the timeless artistry of Schwalm whitework through a petite pillow design that's as functional as it is exquisite. Rooted in the traditions of the Schwalm River Valley in North-Central Germany, this project guides you through signature stitches and intricate fillings, offering a graceful introduction to one of embroidery's most beloved regional styles.

### Project Details

**Techniques:** Whitework Schwalm

**Stitches:** coral knot, buttonhole stitch, chain stitch, Marburg stitch, waffle stitch, and rose stitch.

**Kit:** none

#### Supplies Needed:

- 10cm (4") wrapped hoop
- 2 pieces 15cm × 30cm (6"×12") of 28 or 32 count linen
- #16 white coton à broder (can be replaced by #8 white pearl cotton)
- #25 white coton à broder (can be replaced by #12 white pearl cotton)
- #10 sharp needle
- #24 tapestry needle
- light-coloured sewing thread
- embroidery scissors
- water-soluble pen
- magnifier (optional)

For finishing:

- fabric for lining × 2
- fibre-fill
- ribbon for the bow
- #5 pearl cotton for the twisted cord

**Member pricing:** digital file \$15  
printed document \$40+ shipping

**Non-member pricing:** digital file \$25  
printed document \$50+ shipping



*An elegant introduction to the timeless beauty of Schwalm whitework.*

### About the Artist

**Janice Routley**, an embroidery designer and teacher from Regina, Saskatchewan, has been captivated by needle and thread since her teens, when a family trip to Europe introduced her to the delicate art of Petit Point. A devoted member of the Regina Stitchery Guild, she brings both talent and passion to her work, mastering a wide range of techniques, including goldwork, whitework and counted thread embroidery.