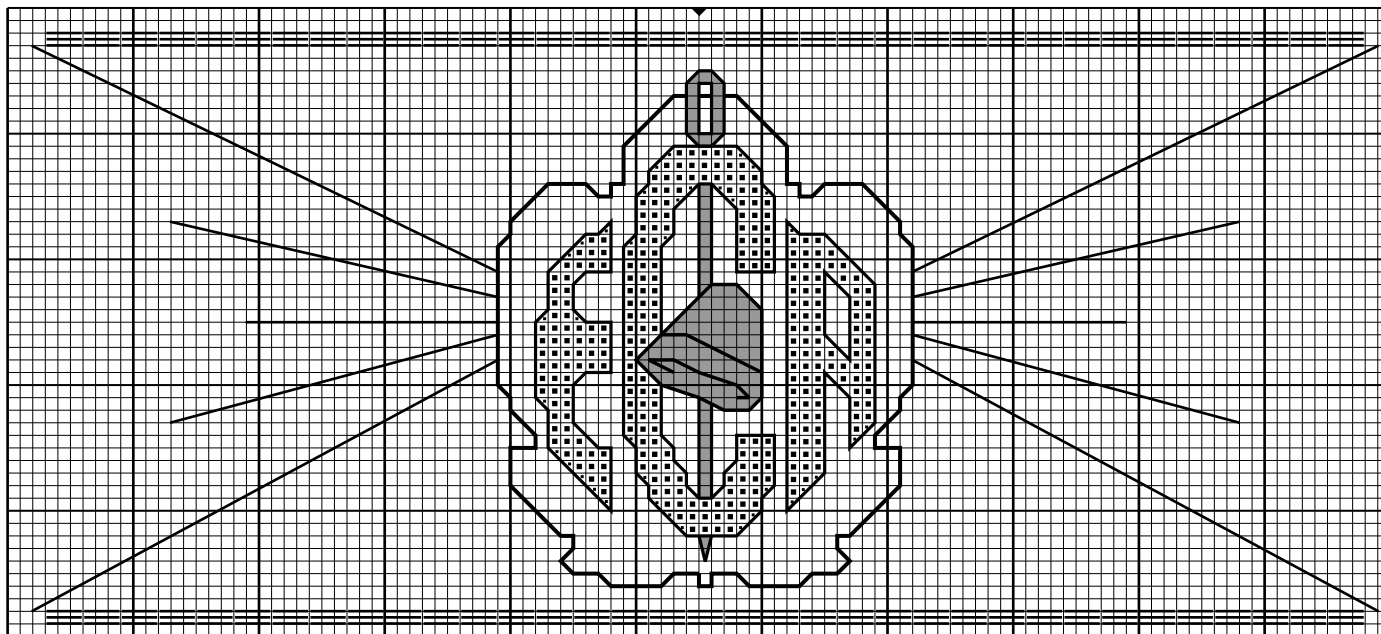


Meet the Board – Band Sampler



EAC LOGO - by Beryl Burnett, *President*

I chose to stitch the EAC logo with rays of sunlight on either side.



Graph: 110 squares wide: heavy lines mark every 10 squares.

Width: 110 stitches x Height: 45 stitches

Materials

Letters:	DMC floss, 311 (medium navy blue)
Thimble:	Kreinik Blending Filament, 001
Needle:	Kreinik #4 Braid, 101
Rays on either side:	Kreinik #4 Braid, 101
Logo Outline (top and bottom):	Kreinik #8 Braid, 033

Stitches

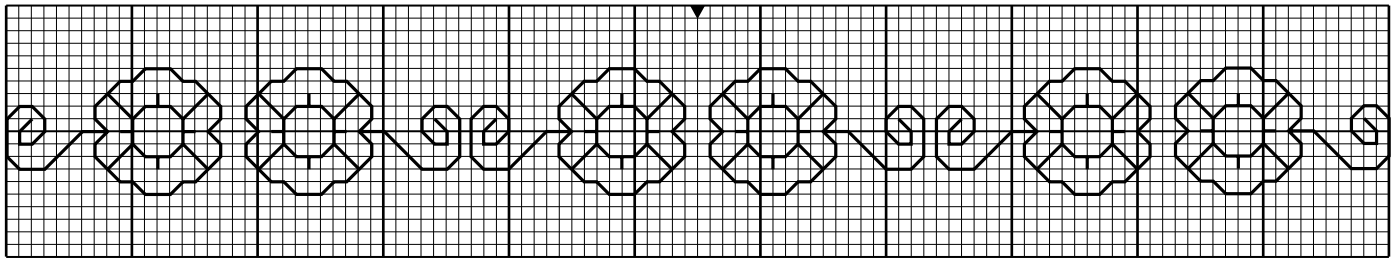
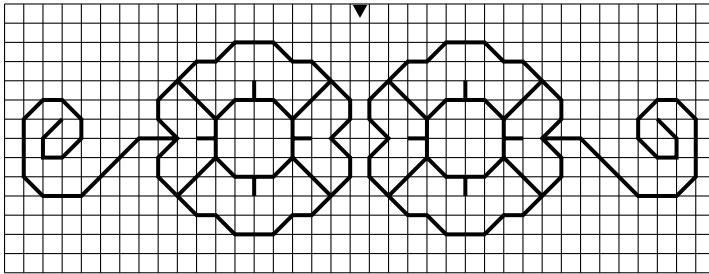
Letters:	Cross stitch; half cross stitch
Needle:	Couched braid
Top and bottom outline:	Straight stitch
Rays:	Couched braid
Outline of logo:	Back stitch
Thimble:	Cross stitch; half cross stitch

Many possible variations can be used to complete this section. Use your imagination!



Designed by Nicole McReavy, *Communications Director*

Stitch this easy blackwork design using one thread. Mix it up by using colour. This pattern can easily be repeated to fill the width of your sampler.

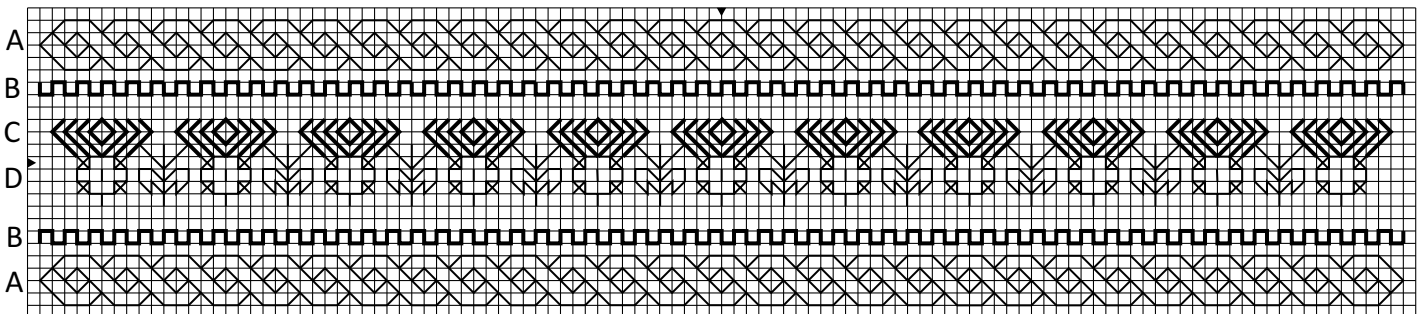


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Designed by Linda Brenner, *Youth Embroiderers' Appointee*

I love Celtic patterns and chose the intertwining ribbon for the top and bottom of the band. The best flower to go with Celtic ribbons are thistles in my favourite colour. I think my love of Celtic patterns is hereditary as both sides of my family came from Scotland.



DMC Embroidery Floss:

Rows A,D 702 — Kelly Green

Rows B,C 552 — Violet MD

Use 2 strands for cross stitches, 1 strand for back stitches



By Kerry Leslie, *Prairie Pacific Regional Director*

I love trying new stitches and this is a very pretty one I found lately. Enjoy!

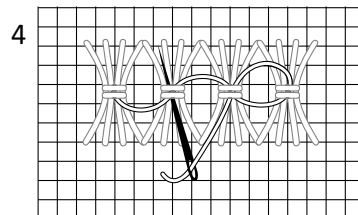
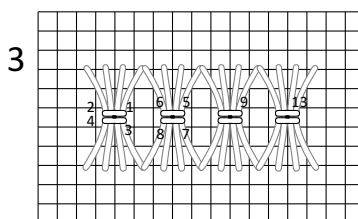
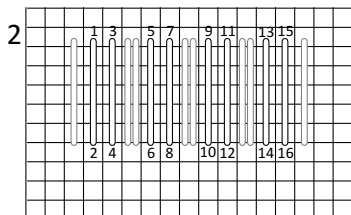
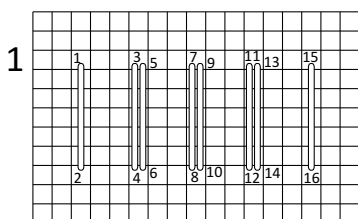
Work shell stitch over six threads in four journeys as follows:

Journey 1: Work vertical straight stitch over six threads, using one strand Kreinik fine braid #8; use your choice of colour.

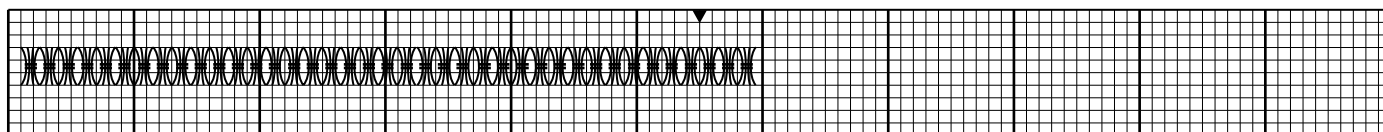
Journey 2: Work vertical straight stitch over six threads, using two strands DMC floss.

Journey 3: Gather thread groups making two back stitches over one thread in centre, using two strands DMC floss.

Journey 4: Working left to right, interlace one strand Kreinik braid #8, your choice of colour, through the row of back stitches without piercing fabric. Repeat from right to left in alternate manner.



Each line = 1 thread



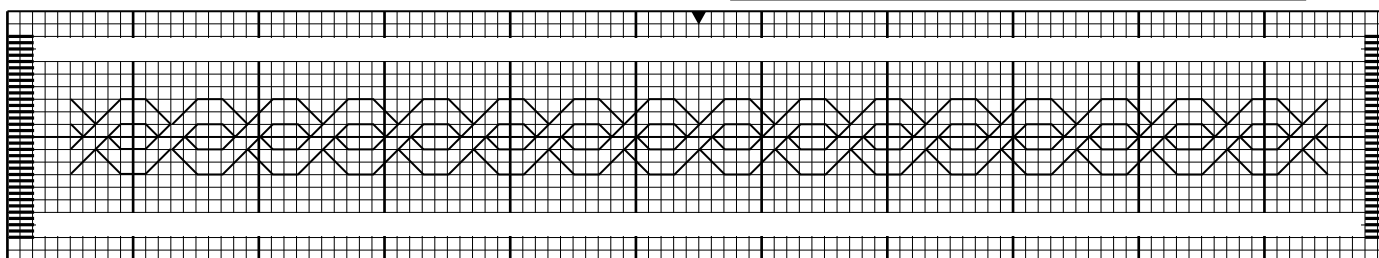
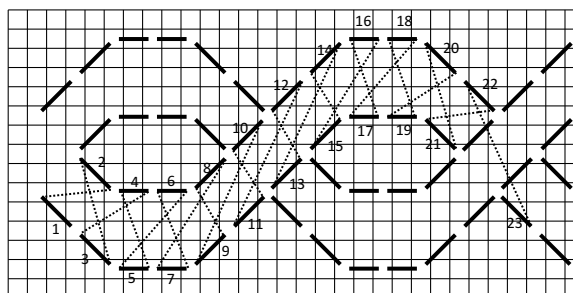
Each square = 2 threads

By Janice Routley, *Heritage Appointee*



This diagram is from the EAC Intermediate Pulled Thread Course and is for the shadow work band in the centre.

Leave six threads on each side of shadow work and do a row of satin stitch over four threads. Leave six threads and stitch another row of satin stitches. Add satin stitches at both ends and cut the threads against these end satin stitches and withdraw the horizontal threads. The remaining vertical threads can then be woven. A good reference book is Moyra McNeill's *Drawn Thread Embroidery*.

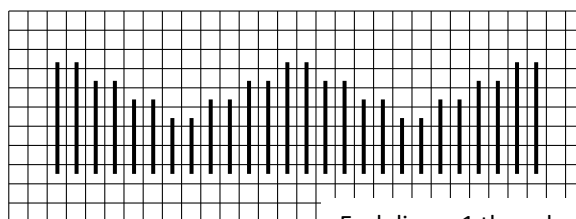


Each square = 2 threads

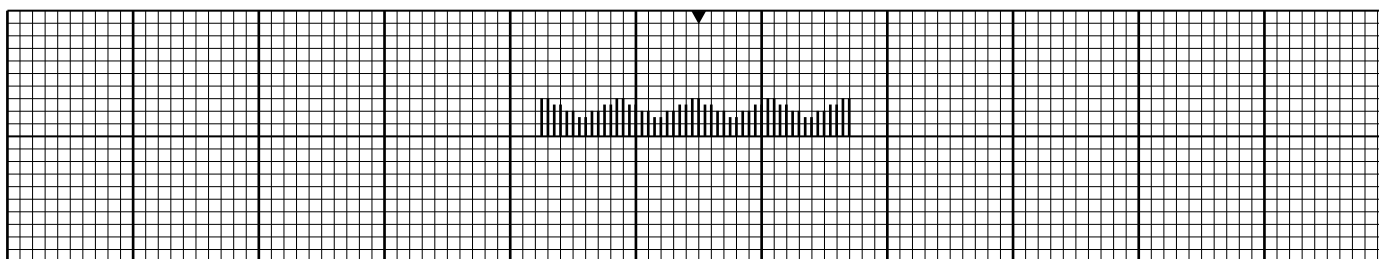


By Margaret Adey, *Vice President*

This satin stitch reminds me of the ocean.



Each line = 1 thread

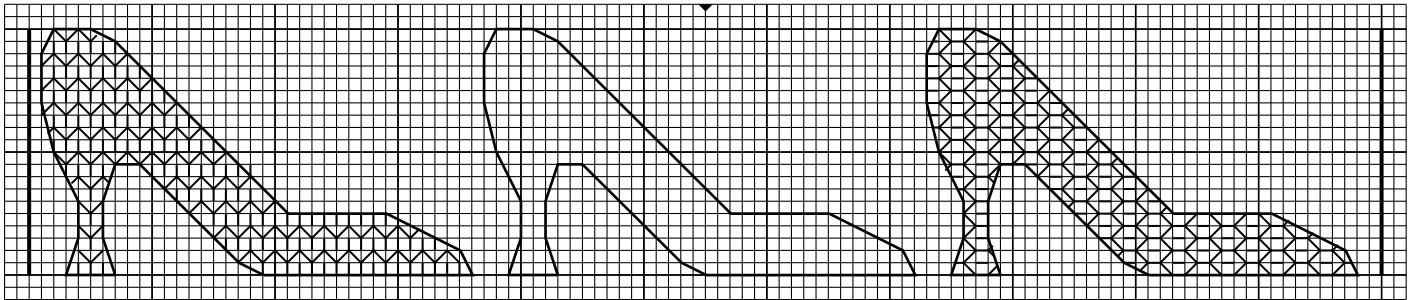


Each square = 2 threads



Shoes - by Bonnie-Lynne Ceriko, *Education Director*

I have chosen the shoes as my motif for the EAC Board Sampler, as I have been obsessed with shoes all of my life. I love the creativity that goes into the designing of a shoe, and craftsmanship as well. As my friends know, I really enjoy combining my passions – my obsession with shoes and my love of embroidery. I have stitched many projects that have a shoe theme. The two outside shoes are stitched with blackwork patterns, and I have left the middle shoe blank so that you can express your inner designer. Find another blackwork pattern that you like, or even stitch it in another technique. Enjoy!



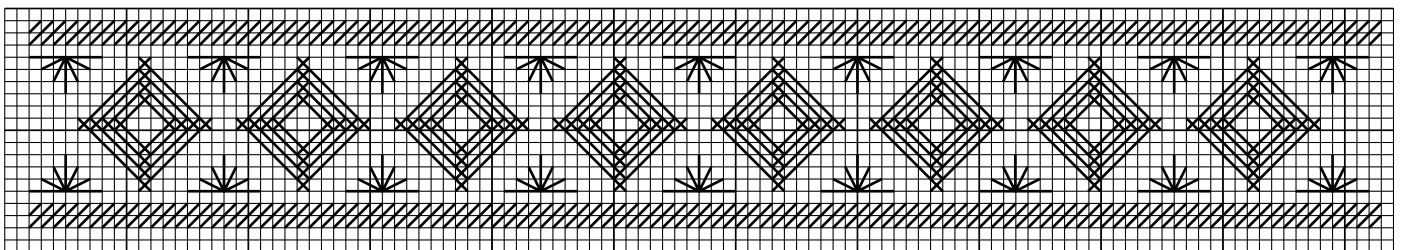
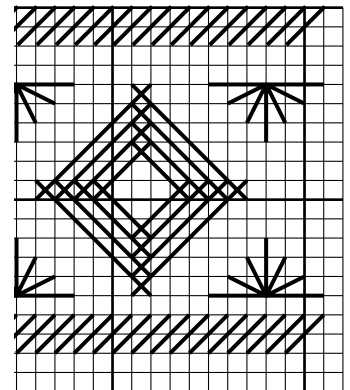
Each square = 2 threads



By Joyce Gill, *Past President*

I have been enjoying making Temari Balls over the last few months and thought that my band should show this. The top and bottom bands are done in Slanted Gobelin Stitch. They should be completed first as the threads for the diamond band are started and finished off in the back of these bands.

The diamonds are each completed like a Herringbone Stitch. Each side is four stitches wide and is completed from inside to outside. The starburst is completed as a Half Diamond Eyelet.

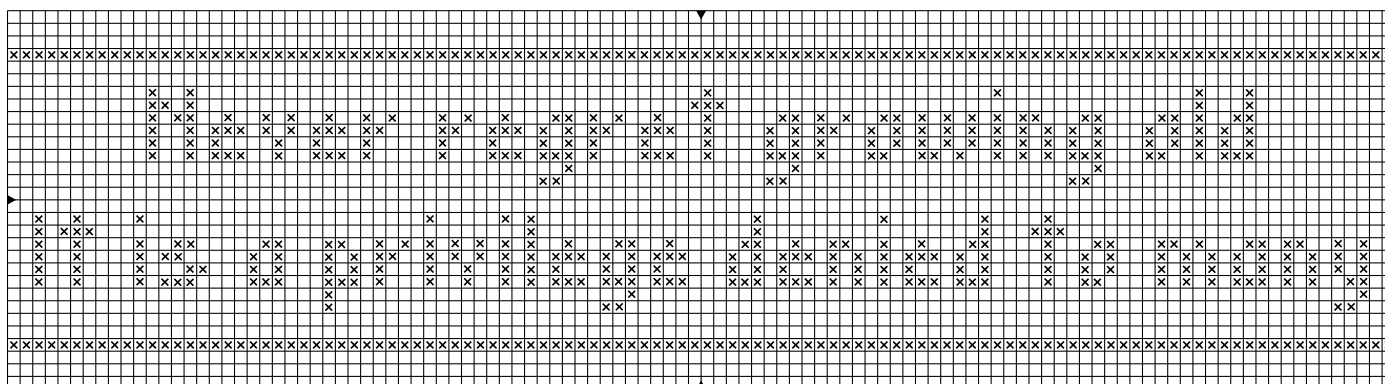


Each square = 2 threads



By June Barry, *Atlantic Central Regional Director*

I found this written on a piece of paper with my mother's needlework supplies and it really spoke to me. I've wanted to stitch it for a long time, so I thought that it was the perfect opportunity to use it as my contribution to this sampler. If I was stitching this as a band of a larger sampler, I would stitch a dividing band above and below it using a long-armed cross stitch, smyrna crosses or even regular cross stitches.

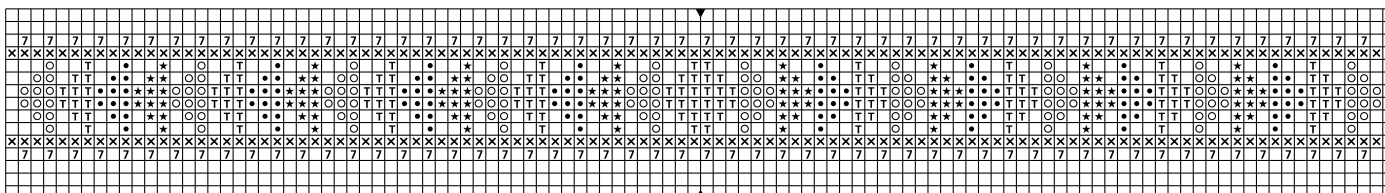


110 wide

Each square = 2 threads



By Helen Bartel, *Membership Director*



Legend: Stitches

- * DMC 3778 terra cotta - lt
- † DMC 3830 terra cotta DMC
- 7 930 antique blue - dk DMC
- x 931 antique blue - md DMC
- 758 - terra cotta - vy lt DMC
- o 356 terra cotta - md

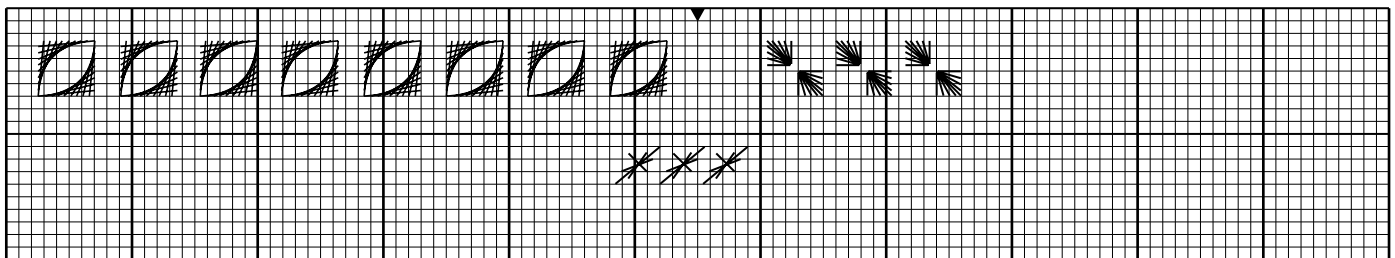
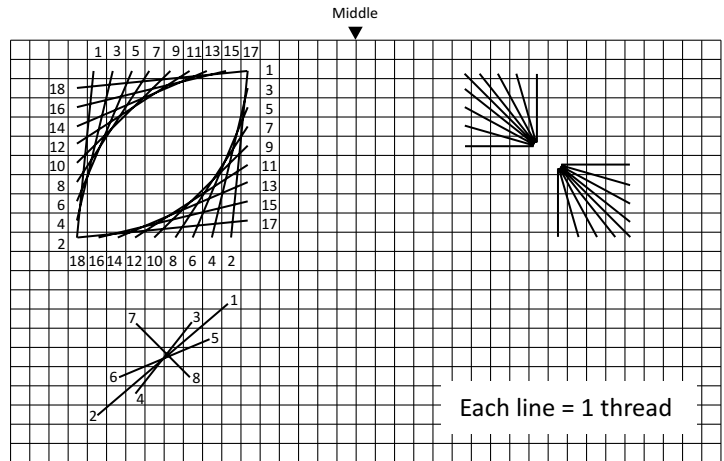
Each square = 2 threads

110 wide



By Dianna Thorne, *Treasurer*

Miscellaneous stitches for the sampler.

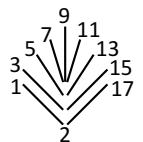
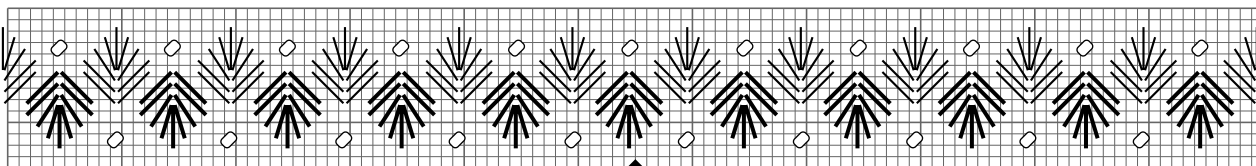


Each square = 2 threads



By Sheila Stewart, *Secretary*

I love to get out for walks along wooded trails; the leaves on the trees and plants fascinate me with their variety of shapes and colour – particularly the colour! Spring brings light yellow-greens which turn to lush greens in the summer and golds and browns in the fall, often tinged with rain or dew drops or snow and ice. Don't variegated threads in greens, golds and browns come to mind? And textures – smooth, rough, fuzzy...! And beads for drops of rain or ice or snow! It is indeed inspiration for stitching the leaf stitch in various ways to achieve different results. I hope you have fun playing with this versatile stitch as you create your own woods trail!

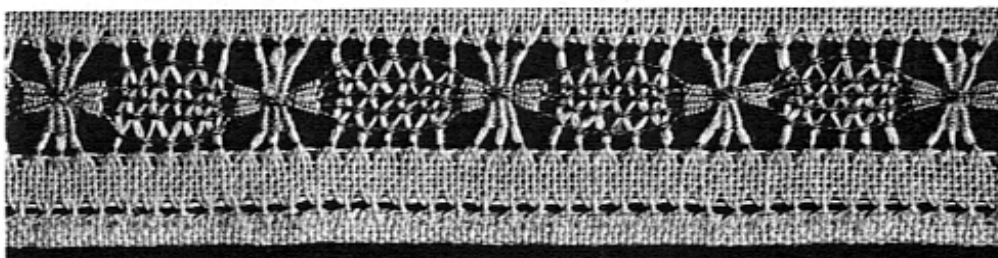




Submitted by I. U. , Librarian

Excerpt from 7 V , Weldon Series No. 147, October 1938

DRAWN THREAD WORK in very simple stitches in two colours...

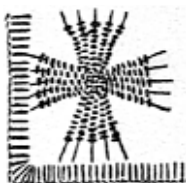


DRAWN-THREAD work has had a long innings, but is likely to be popular for many years yet. To those who like fine sewing, it is never tedious. For lasting wear and easy laundering it cannot be beaten.

This little traycloth can be made any size one likes; the original is 12 x 16½ inches and is made from Excelsior Canvas 36 inches wide. A half-yard will make two cloths. Ardern's "Star Sylko" No. 8 is a good strong thread to use; peach (No. 878) and love-in-the-mist blue (No. 783) is a good colour combination, the "stars" and hems being in peach.

Tack a ¼-inch hem to prevent fraying, but do not draw threads for hemstitching until the rest of the work is completed.

Half-an-inch from the hem commence drawing threads—17 each way, over 11 for the short and over 15 ½ inches for the long side. Button-hole over the cut edges at the corners taking the stitches over four threads of material. Then hem-stitch into the border taking up two threads. This is done in blue.



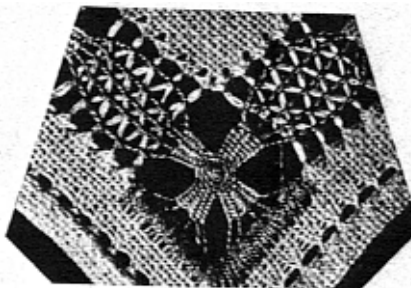
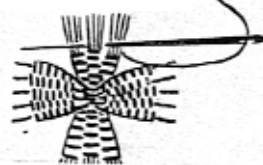
The corner star is worked like this. Taking three threads at a time, work under and over sixteen rows after having gone round three times to form the centre.

With a long blue thread, make a buttonhole stitch near the corner on one side. Take this across to the opposite corner and work five knot-stitches over the next five bundles of threads, miss three threads, go up to the top of the border, work five knots and repeat until the other end is reached.

The next line is commenced just under the first, the thread being taken across the open square to just above where you began the knots in the first row. This time make the knot-stitch over two threads of the first bundle and the next knot-stitch over two of the first bundle and two of the second—six knots in all. Take the thread over the same three bundles left before and go on in the same way, working the second row of knots just under the first. The third row is commenced at the bottom of the square; the fourth just above it. The fifth is worked straight down the middle, dividing the threads of the bundles again, so that the lattice effect is obtained.

The stars are worked in peach. Secure the thread at the back of the work; counting the bundles of threads as one, work under and over the threads until you get where you started. Then, taking only three threads at a time, work under and over for twelve rows, slip the cotton down the back of the part just worked; repeat three times on the remaining threads.

A close-up of the under and over darning which forms the stars along the border.



And here is the method of working the border which goes all round the cloth.

