

Spring

Youth Embroidery News
Spring Edition
March 2021



I hope it's a sunny bright day when you receive this newsletter so you can think of flowers and bike rides.

In this edition there is an article written by Marilyn Penney, St. John's Guild of Embroiderers about the Japanese embroidery technique of Sashiko. To help you try it, there are also two designs by Elizabeth Almond, UK, an embroiderer well known for her lovely blackwork, plus all the materials needed to try both designs (even the needle so be careful for your fingers).

One of my favourite types of threads are variegated (different values of the same colour) or space-dyed (could be any colours all on the same threads). A designer, Maria E. Gollek, ON, said yes when I asked if I could include her How-to-use Variegated Threads and Basic Cross Stitch instruction sheets. There is a skein of space-dyed thread and several pieces of Aida cloth for you to play with. Have fun!!

If you would like to see more of their work visit www.Blackworkjourney.co.uk and www.marnicdesigns.com. Some patterns are freebies but most are for sale. That's how embroidery artists earn money, so remember, no cheating.

The try-a-new stitch is Granitos. You can use the Aida cloth to practice those too and I think they would be fun stitched with a variegated or space-dyed thread. Send me some photos of your results!

Several of our youth stitchers have been busy. Check out what they've done and please, send me photos of you finished designs. I love sending out extra stitching stuff!

Sashiko was begun in Japan. Sashiko—means little stab.



<https://cwescene.com/event/an-introduction-to-sashiko-embroidery/>

Some history

In Japan this type of stitching was used to patch and mend torn and worn clothing. Another use was to hold several layers of fabric together for warmth and durability. As thread and fabric were in limited supply, threads from the garments were used for the patching, and worn-out fabrics were recycled. Many years later un-dyed thread became available and was used on indigo-dyed fabrics. During the period 1616-1868 sashiko became a rural, domestic craft.

- Old clothing was recycled, held together, and decorated with sashiko stitching.
- Some clothing was made with patchwork scraps of older sashiko clothing.
- Beginning in the 18th century stitching of the sashiko designs became more decorative. *Work wear, bags, aprons & cleaning cloths* featured this type of embroidery.
- There are a variety of styles of sashiko stitching using many traditional designs that are important to the Japanese people.
- Some ancient Japanese designs are found in other cultures. Many designs are derivatives from those in Greece, India, Persia, China and Korea. The patterns may have been spread along the trade routes.

By the beginning of the 20th century, sashiko stitching was dying out. By the 1970's people were interested in practising it again. Today it is part of the "slow stitching movement", "visible mending", and "Boro quilting". It has become very popular with the use of a variety of fabrics and colourful threads made especially for sashiko. In the past this kind of stitching was done on cotton, linen, and hemp fabric. The fabric can be any thick, natural material or plain weave with a lower thread count, such as prairie cloth, or loose-weave, white (bleached) muslin, something that "gives" when you push the fabric over the needle.

Use

- About one-metre lengths of Japanese sashiko thread
- loose-weave fabric so that your stitches will not be difficult to make
- 1 chenille needle #20 or sashiko needle
- Sashiko uses running stitches

Types of thread

- Sashiko thread—20m skein; *Olympus* is one brand
- Pearl cotton #5—DMC is about the same size as the Olympus 20m skein
- Sashiko thin thread is used for small-scale sashiko designs or for weaving
- Pearl cotton #12—DMC is about the same size as the sashiko thin thread
- See www.athreadedneedle.com for more information about threads.

Points to remember

- As you push the fabric onto the needle be careful not to re-use the thread or it will look ratty.
- When turning a corner, leave a loop of thread on the back of the fabric.
- If the lines of design meet, do not allow the stitches to touch or overlap.
- If stitches look like they will meet at a central point, just bring the stitches up short of the point and you will get a little flower effect.
- Aim for evenly sized stitches. The spaces between the stitches can be a little smaller than the stitches.
- Aim to have design lines of the same length contain the same number of stitches, especially in geometric and straight-line patterns.

Sources of Information re Sashiko

Briscoe, Susan (2005) *The Ultimate sashiko sourcebook*. KP Books, Iola, WI.
ISBN: 0-89689-186-0 see www.krause.com

- <https://www.purlsoho.com/create/sashiko/>
This is an excellent website for a beginner to view when ***learning how to do sashiko stitching***. It contains information presented in a clear and concise manner along with excellent photos that demonstrate the points being made. You should find this very useful.
- An attractive, updated, Canadian website that is also an online shop offers free tutorials for projects from time-to-time on its blog. Susan Fletcher's site is www.athreadedneedle.com
It features fabrics, needles, threads, thimbles, etc. and sashiko related items for many styles of sashiko.

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) or on our website under the Youth link - www.eac-acb.ca*

Here's a thread tip from [www.gingerbread girl.ca](http://www.gingerbreadgirl.ca)

A lot of people cut their floss too long. It's better to use floss lengths of 20-22 inches (try using the length from your fingertips to your elbow as your "ruler") because each time you pull the floss through the fabric it breaks down a little bit. If your floss is too long, your last stitches will be fuzzier and less shiny than those stitched at the beginning. Metallic threads are more fragile and tend to knot more and so should be cut even shorter, perhaps 14-18", depending on the thread. Silk threads are more durable than cotton threads and can therefore be cut a little bit longer. Shorter threads also mean fewer knots while stitching.

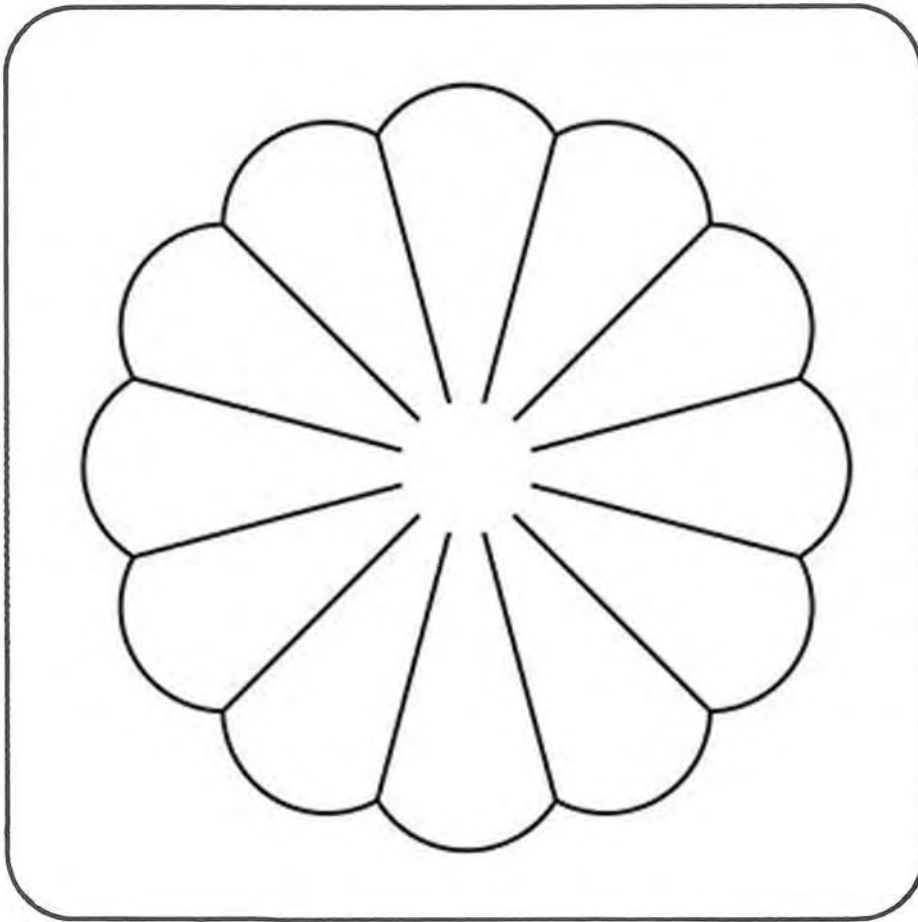
MINI PROJECT 10
Japanese Sashiko Pin Cushion
Blackwork Journey – Designs by Elizabeth Almond



Sewing mends the soul!

~Author Unknown

www.blackworkjourney.co.uk



Make a sashiko pin cushion!
 The Japanese chrysanthemum Kiku represents long life and rejuvenation. It is the symbol of the Emperor of Japan.

Materials:

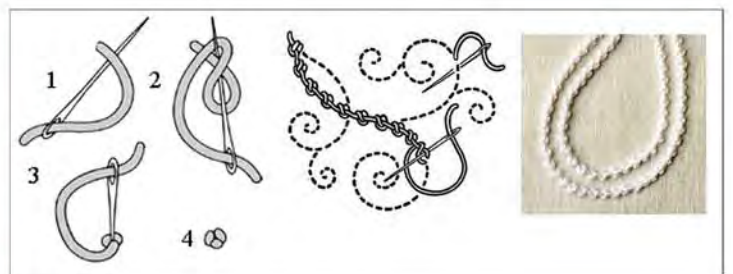
- Two 6 inch squares of fabric, cotton or calico
- Cotton Perle No 5 or four strands of floss
- Crewel needle, Stuffing

50 yen piece



Method:

1. Draw the pattern including the outline, lightly onto one of the squares using a water-soluble pen or an HB pencil.
 2. Work the flower and outline in sashiko running stitch. The stitches are longer than the fabric between the stitches.
 3. Draw a circle in the centre of the flower and work a ring of double knot stitch.
 4. Place the two pieces right sides inside and machine, or hand stitch the two pieces together. Leave a small opening. Turn right side out and fill. Slip stitch the opening closed.
- To make this into a scented sachet add lavender and herbs.



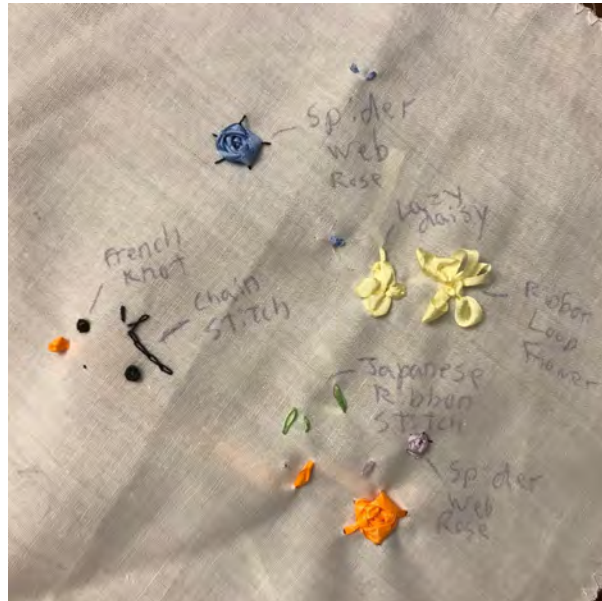
Double knot stitch



Slip stitch

Happy stitching, Liz

Rosetta from Newfoundland has submitted her work for the Ribbon Embroidery correspondence course and is waiting for her counsellor's report. I think it will be a good one. Here's her monogram and also her practice sampler. She also had to submit her design sheet showing how she picked her colours and stitches and what changes she made to her original ideas. Congratulations, Rosetta!



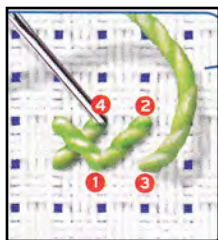
FIRST BURST OF SPRING COLOUR

7 letters remaining: _____

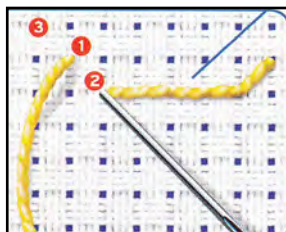
K	N	I	P	T	U	L	I	P
W	O	L	L	E	Y	D	L	S
D	O	U	B	L	E	A	S	P
E	R	H	O	L	V	T	L	R
G	E	L	F	I	E	B	A	I
N	D	F	T	M	L	U	T	N
I	U	S	I	N	G	L	E	G
R	E	T	I	H	W	B	P	A
F	N	D	E	L	P	R	U	P

BULB	RUFFLED
DOUBLE	SINGLE
FESTIVAL	SPRING
FRINGED	STEM
PETALS	TULIP
PINK	WHITE
PURPLE	YELLOW
RED	

Cross Stitch Basics



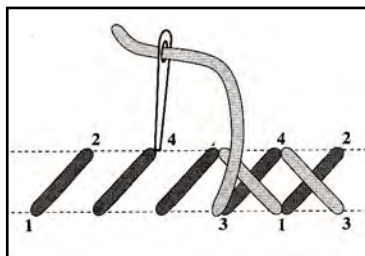
Cross Stitch —Aida: bring the needle up at the bottom left corner of the square #1, and down at the top right #2, to make the first half of the cross stitch (half stitch). Then bring your needle up in the bottom right #3, and down in the top left #4, to complete your stitch.



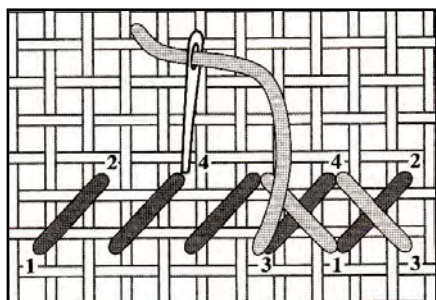
Backstitching: This stitch usually adds detail to the finished piece and is completed after the cross stitches. Bring your needle up at #1, down at #2, up at #3 and down at #1. Repeat as needed following the backstitch line on your chart.



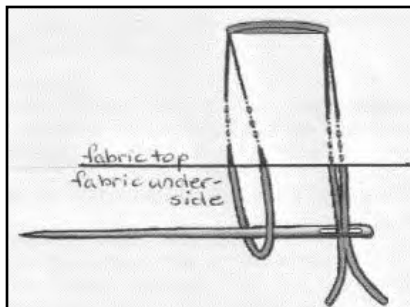
French Knot: To be completed after all of the cross stitching and backstitching. Bring the needle up through the fabric. Holding the thread tight in one hand, wrap the needle around the thread twice. Still keeping the thread tight, push the needle down through the fabric close to where you came up. Pull gently until the knot forms.



Continuous Cross Stitching: Use this method when you have a row of stitching of the same color (symbol). Stitch the first portion of the cross stitch for all of the stitches, of the same color. Come up at the bottom left #1, and go down at the top right #2, while at the same time also having the needle come up at the bottom left #3 for the next stitch. Continue and then reverse.



Cross Stitching—Linen/ Evenweave: Come up at the bottom left #1, making sure the vertical fabric thread lies over top of the horizontal fabric thread. Count 2 threads on the diagonal and go down #2, where the vertical fabric thread lies over top of the horizontal fabric thread. Complete the stitch or proceed with a row of stitches.



Cross Stitching—Loop start (securing the first thread): Cut your thread to the desired length for stitching. Match the two cut ends. Thread your needle, making sure the loop is hanging lower than the cut ends. Proceed with your first stitch coming up on the bottom left, go down on the top right, then pass the needle with thread through the loop, pull tight to secure.

MarNic Designs
www.marnicdesigns.com
Waterloo, ON, Canada

Shades of Red - Answers

Puzzle One: Fit these words in the puzzle below:

wine, tomato, scarlet, ochre, maroon.

		O	C	H	R	E		
	W	I	N	E				
		S	C	A	R	L	E	T
		M	A	R	O	O	N	
T	O	M	A	T	O			

Puzzle Two: Fit these words in the puzzle:

Rose, oxblood, claret, carmine, rust, rose, wine, garnet.

				C	L	A	R	E	T
				R	O	S	E		
			W	I	N	E			
	C	A	R	M	I	N	E		
		R	U	S	T				
O	X	B	L	O	O	D			
	G	A	R	N	E	T			

Puzzle Three: Fit these words in the puzzle below:

Raspberry, blood, burgundy, cherry, crimson

			B	L	O	O	D				
					C	R	I	M	S	O	N
				C	H	E	R	R	Y		
			B	U	R	G	U	N	D	Y	
R	A	S	P	B	E	R	R	Y			

Ceilidh, Thread Whisperers, has been very, very busy stitching. She has sent 11 photos of her finished work. Some are projects from the newsletter, one is from a kit she received as a stitching bonus and several are her own designs.



Ceilidh's own designs (except for the heart bag on the left)

The t-shirt is done with paint and embroidery. The quilt is doll sized.



Riddle me this:

How can you speed up buying Easter dinner groceries?

How do you send an Easter letter?

Where should you look for treasure on Easter?



Ceilidh's projects from kits and patterns – include one from the new member kit and a nice “Enjoy Life” motto from a kit from www.tamarny.com



TRY A NEW STITCH

Granitos

These small stitches are quick and easy to do. They can create different effects depending on the number of stitches and the thread used. Each Granito is worked using the same two holes in the fabric. I made these stitches bigger so you could see them clearly. Using these stitches in a project, I would only go over one or two fabric threads.



First Stitch

Bring the needle up at A. Pull the thread through and go down at B. Gently pull the thread through.

Second Stitch

Bring the needle up at A, in the same hole as the first stitch. Pull the thread through and go down at B, in the same hole as the first stitch. Gently pull the thread through so it is to the left of the first stitch.

Third Stitch

Bring the needle up at A, in the same hole as the previous stitches. Pull the thread through and go down at B, in the same hole as the previous stitches. Gently pull the thread through so it is to the right of the first two stitches.

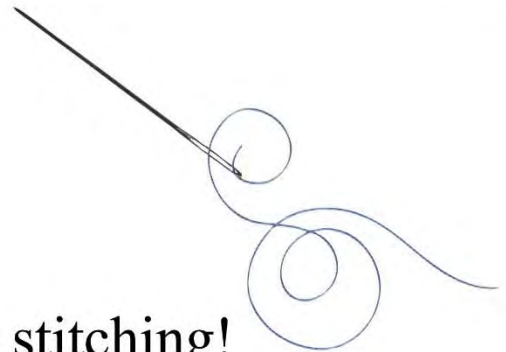
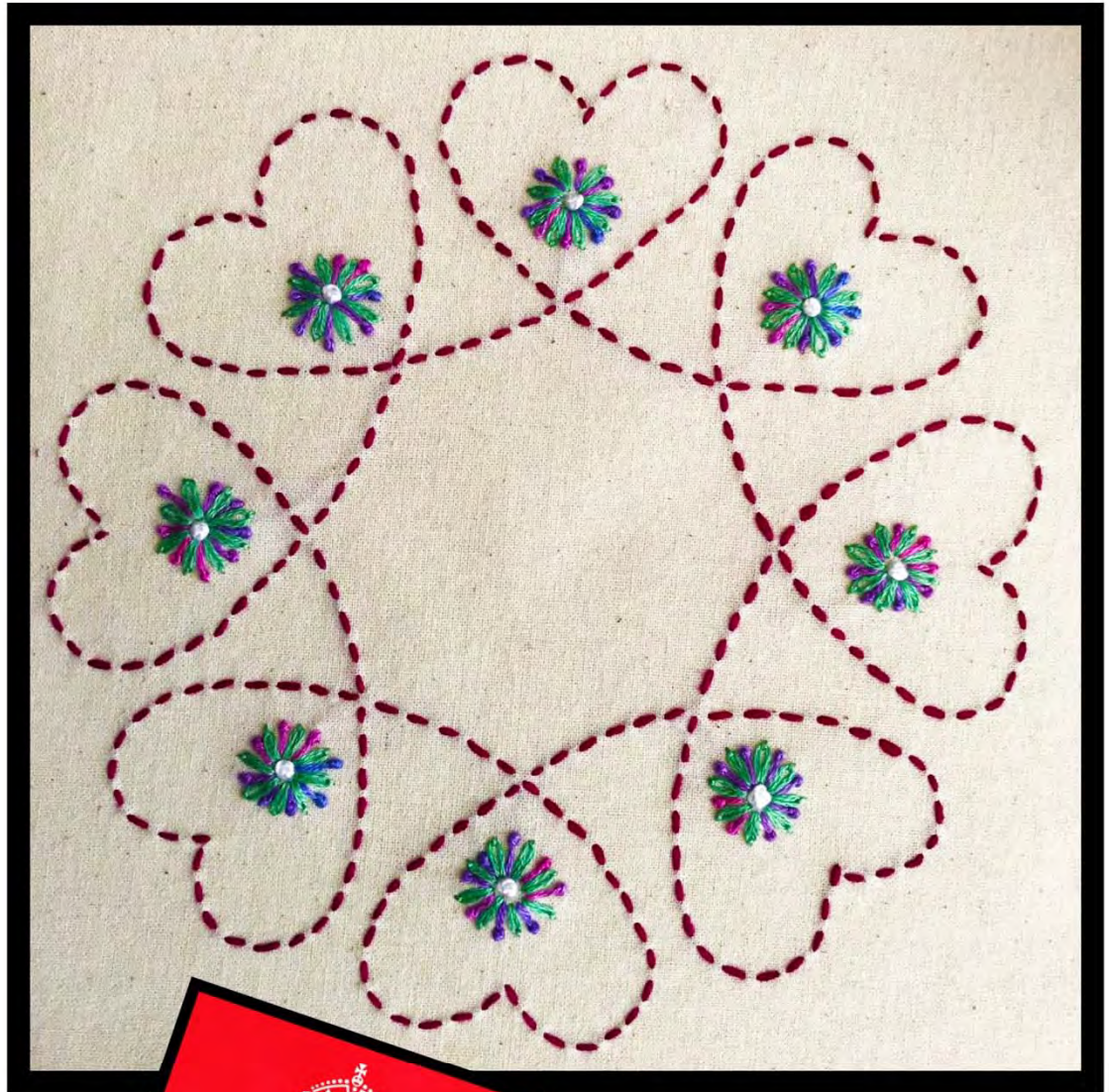
Fourth Stitch

Bring the needle up at A, in the same hole as the previous stitches. Pull the thread through and go down at B, in the same hole as the previous stitches. Gently pull the thread through so it is to the left of the previous three stitches.

The four stitches will be close together and make a nice rounded circle on your fabric.

MINI PROJECT 1 FLORAL HEARTS

Blackwork Journey – Designs by Elizabeth Almond



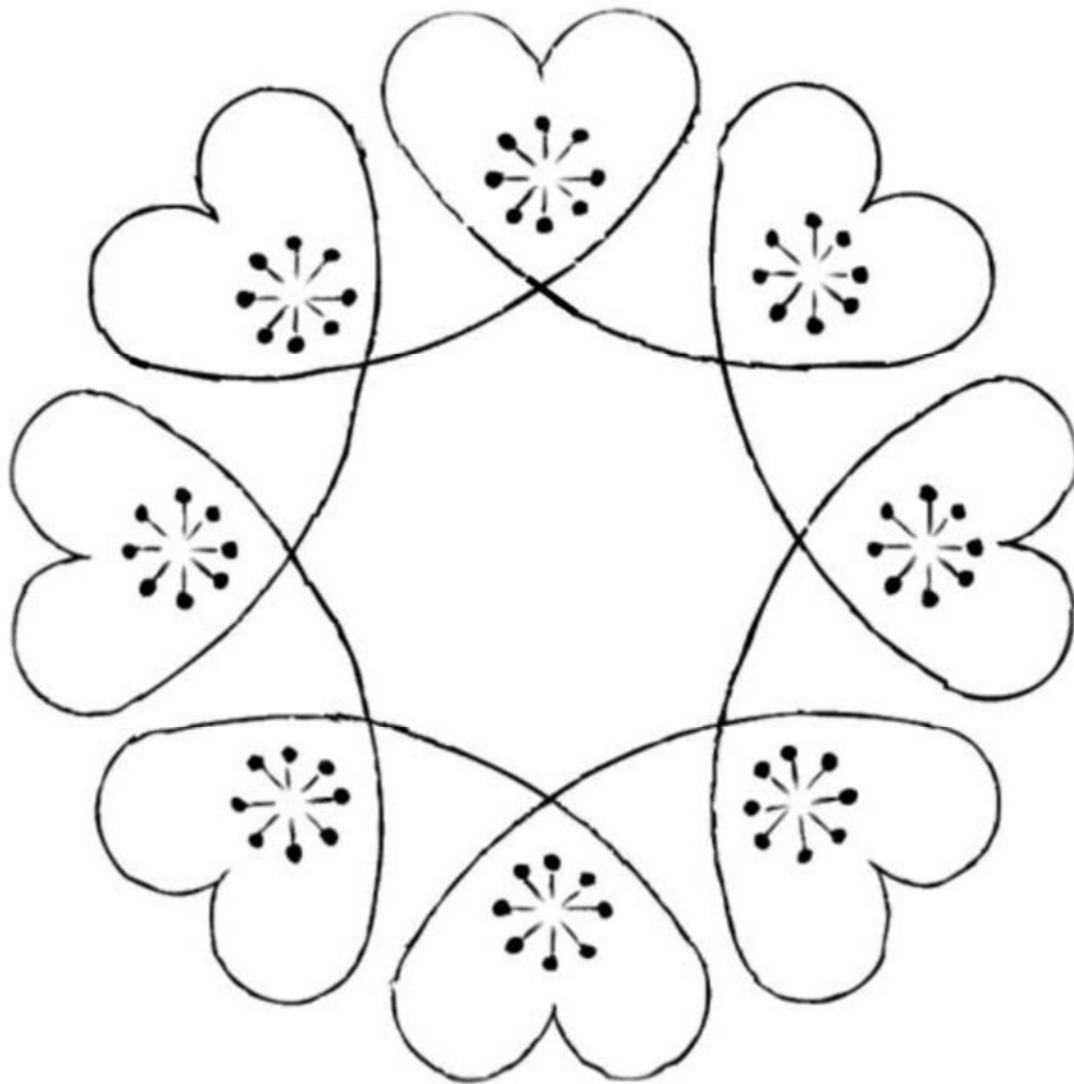
Happy stitching!

Liz

Mini Project 1 Floral Hearts

In these uncertain times small projects can reduce stress and occupy the mind. This design can be worked on a 9 inch square of fabric, and then used to make different projects.

Alternative stitches can be used depending on the effect required and the use of the piece. Let's start with a simple sashiko design and embroidered flowers. Use fabric and threads you already have.



Materials and equipment:

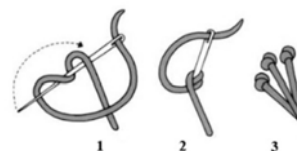
9 inch square of fabric, embroidery floss, crewel needle (a needle with a sharp point), small embroidery ring, strong thread, two 7 inch card circles, HB pencil or water-soluble pen

Stitches: Heart outlines – sashiko running stitch, 3 strands floss Flowers – knots on stalks, 3 strands lazy daisy stitch, 3 strands, Colonial or French knots, 3 strands

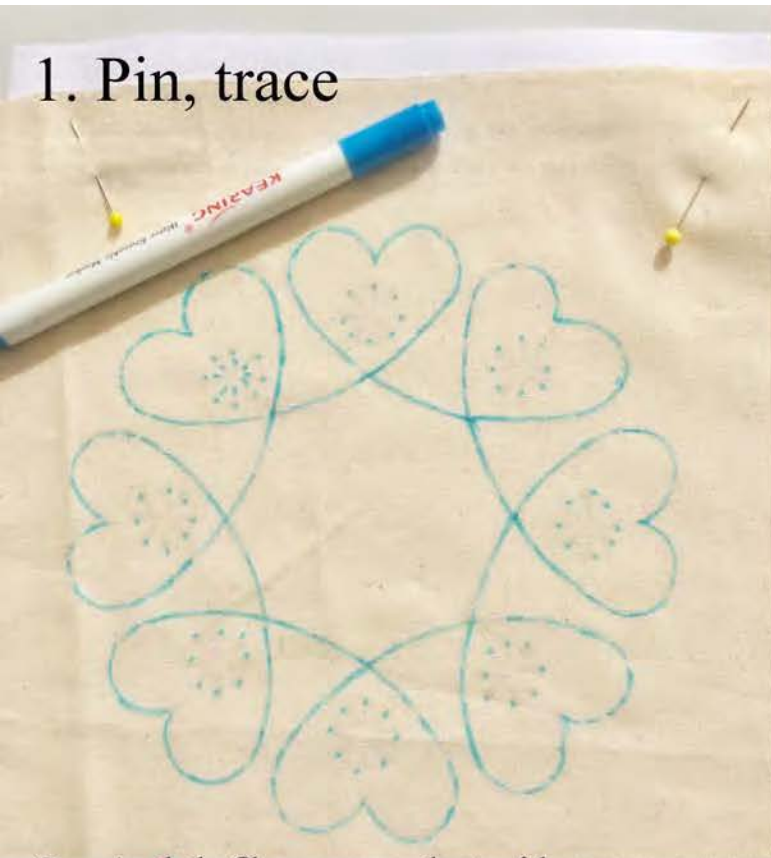
Method:

1. Trace the design onto a square of fabric using a water-soluble pen or a pencil.
2. Work the hearts first. Keep the stitches even. Work several stitches on the needle at any one time. To start your stitching leave a tail at the back and work the tail into the stitching at the back after some stitches have been worked. Where the lines meet do NOT cross over them but leave the junction clear where the stitches meet. Only pick up a small amount of fabric between each stitch. To finish weave the tail in.
3. Work knots on stalks, or straight stitches and add a bead at each point.
4. Place the finished embroidery face down on a soft towel and press lightly.

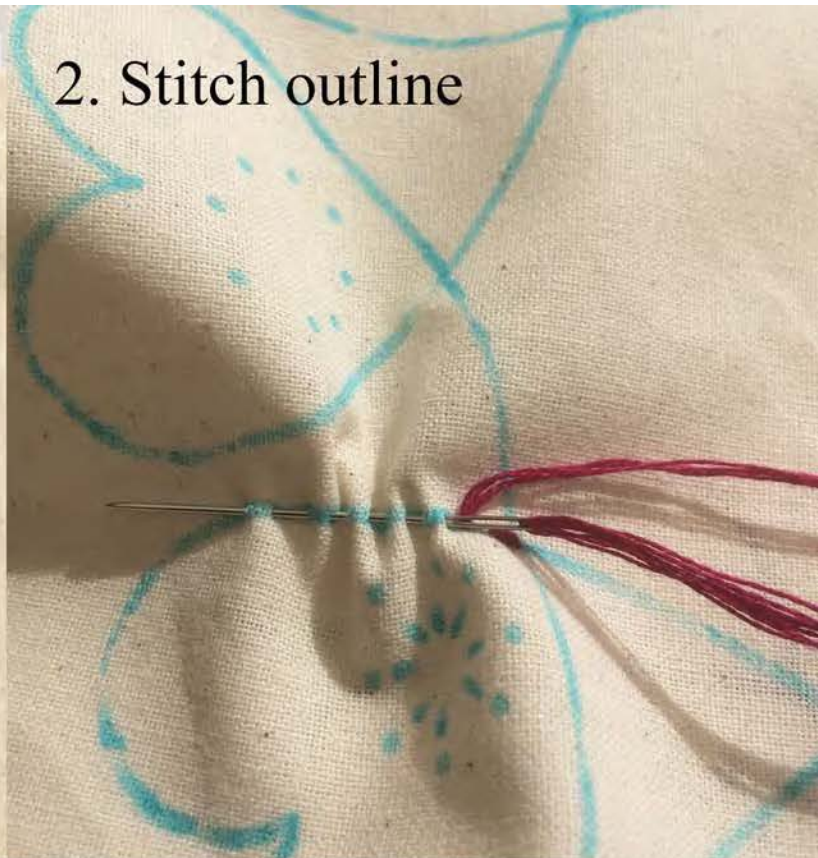
Knots on stalks



1. Pin, trace



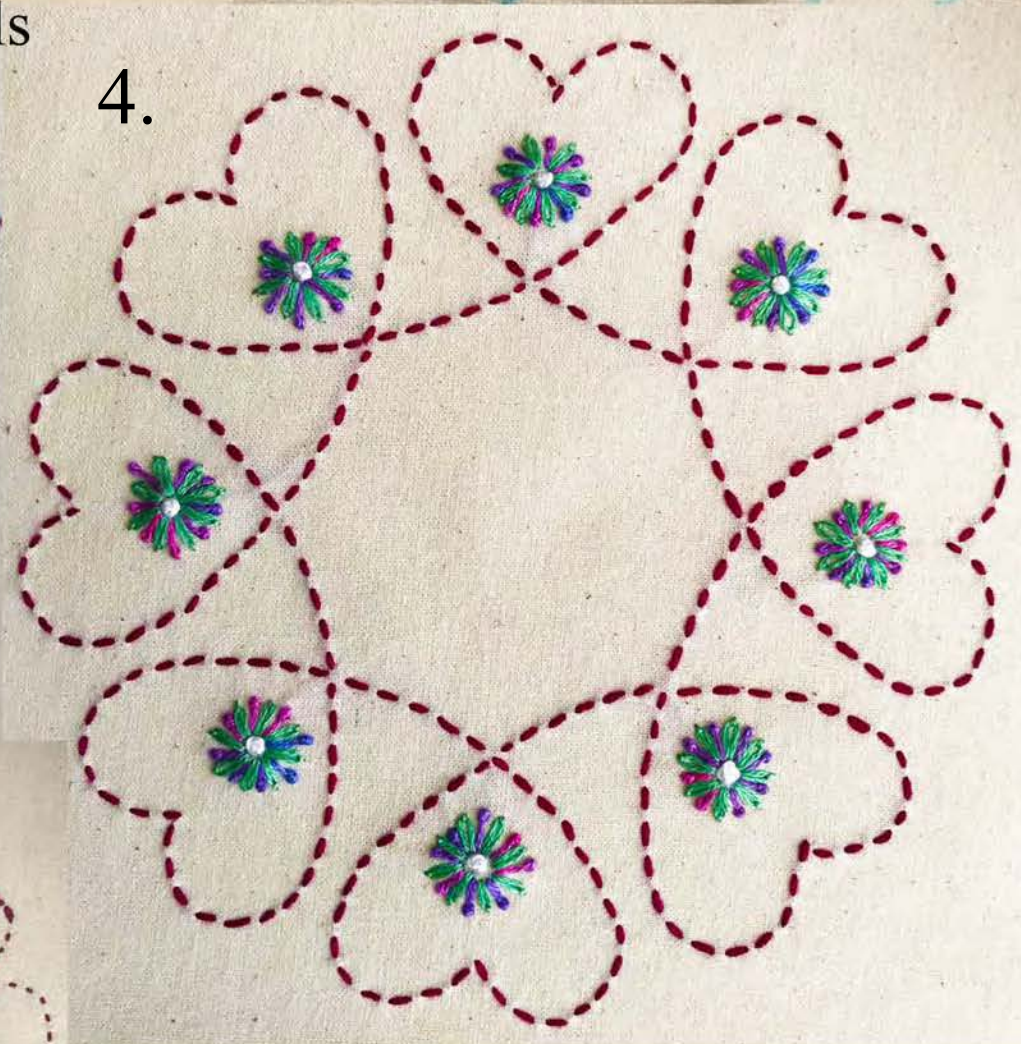
2. Stitch outline



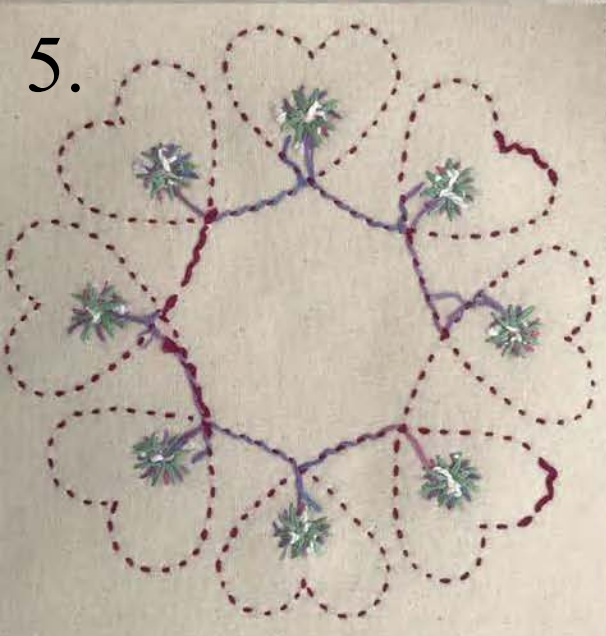
3. Add flower details



4.



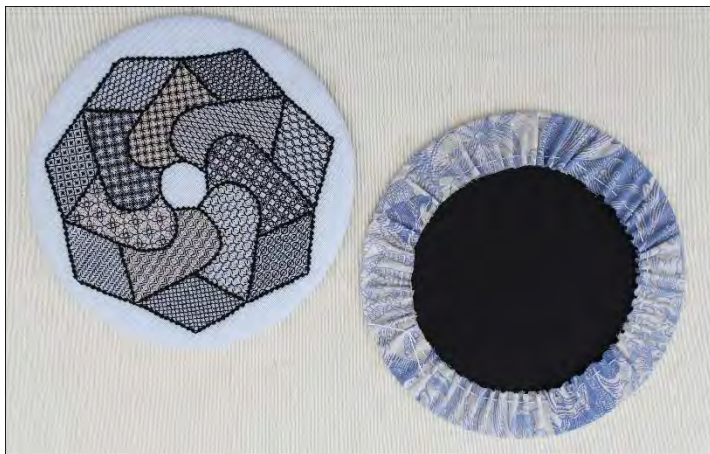
5.



4. Front finished embroidery

5. Back of work

Hearts and Flowers



Making up:

If you decide to mount your embroidery over card circles follow the instructions.

1. Cut out the embroidery and the backing fabric. (8 inch diameter circles)
2. Glue a thin layer of wadding to the back of both card pieces.

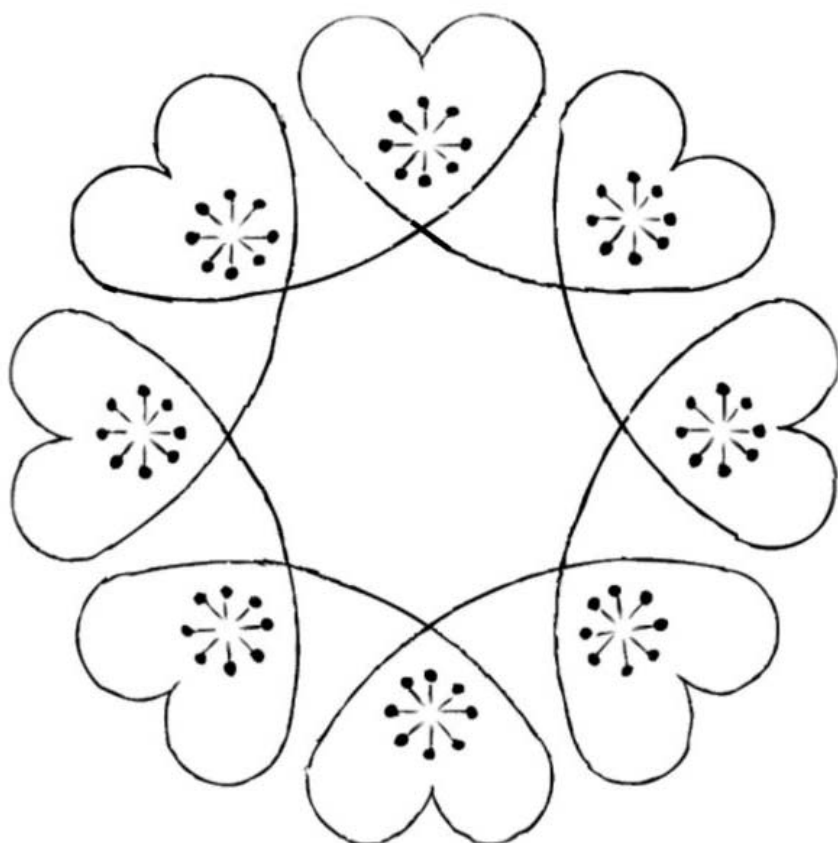
CH0336 Revolution 'Charts' was mounted this way

www.blackworkjourney.co.uk

3. Using a strong thread work a row of running stitches round each piece of fabric. Draw the thread tight over the circle and tie off firmly.
4. Stitch a cord to the back piece for the hanger. Use ribbon, cord or plait a cord using floss.
5. Place the two sides together and slip stitch them closed.



Slip stitch



This small design would be suitable for a card or small picture

The larger design could be the first square of a quilt. The material square cut would be 9 x 9 inches. The finished size of the square would be 8 x 8 inches

If you did stitch this design would be please post a picture for the Facebook group.

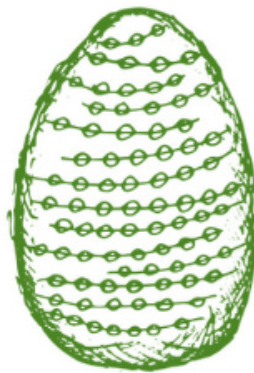
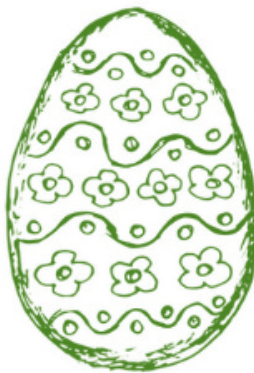
Happy stitching and stay safe,

Liz



Ceilidh's Hardanger Correspondence course work.

Congratulations, Ceilidh.



Riddle me this

What keeps the Easter Bunny's fur in shape?

What do you call the Easter Bunny the day after Easter?

When does a bunny throw a tantum?

Shades of Red - Answers

Puzzle One: Fit these words in the puzzle below:

wine, tomato, scarlet, ochre, maroon.

		O	C	H	R	E		
	W	I	N	E				
		S	C	A	R	L	E	T
		M	A	R	O	O	N	
T	O	M	A	T	O			

Puzzle Two: Fit these words in the puzzle:

Rose, oxblood, claret, carmine, rust, rose, wine, garnet.

				C	L	A	R	E	T
				R	O	S	E		
			W	I	N	E			
	C	A	R	M	I	N	E		
		R	U	S	T				
O	X	B	L	O	O	D			
	G	A	R	N	E	T			

Puzzle Three: Fit these words in the puzzle below:

Raspberry, blood, burgundy, cherry, crimson

			B	L	O	O	D				
					C	R	I	M	S	O	N
					C	H	E	R	R	Y	
			B	U	R	G	U	N	D	Y	
R	A	S	P	B	E	R	R	Y			

©Jewel Cousins for the EAC/ACB 2020



Variegated Threads

different uses and how to...



A - 2 str. - match variegation—stitch using English method (ea indiv stitch completed) stitch in horizontal rows.

B- 2 str.—match variegation—stitch using English method—stitch in vertical rows.

C- 2 str.—match variegation— stitch using sewing method—stitch in horizontal rows.

D - 2 str.—match variegation—stitch using sewing method— stitch in vertical rows.

E - 2 str.—match variegation—stitch using English method—in horizontal sections—3 or 4 stitches at a time.

F - 2 str.—match variegation—stitch using English method—in vertical sections—3 or 4 stitches at a time.

G -2 str.—match variegation—stitch using English method—in individual stitch pattern—skipping a stitch.

H -2 str.—match opposite variegation—stitch using English method—horizontal rows.

I - Hildebrandt method of stitching® regular shape— 2 str.—match variegation—stitch using English method—stitch along outside perimeter—then in an ever smaller pattern fill in the opening with stitching.

J- **Hildebrandt method of stitching**® 2 str.—match variegation—stitch using English method—stitch along outside perimeter—then in an ever smaller pattern fill in the opening with stitching. Irregular shape.

brought to you by:

MarNic Designs

www.marnicdesigns.com

Waterloo, ON, Canada



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.



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 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 1st

November 1st

February 1st

May 1st

Name _____

Address _____

Phone () _____

Birth date _____

(mm/dd/yyyy)

Chapter _____

YE

Number _____

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/

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 _____

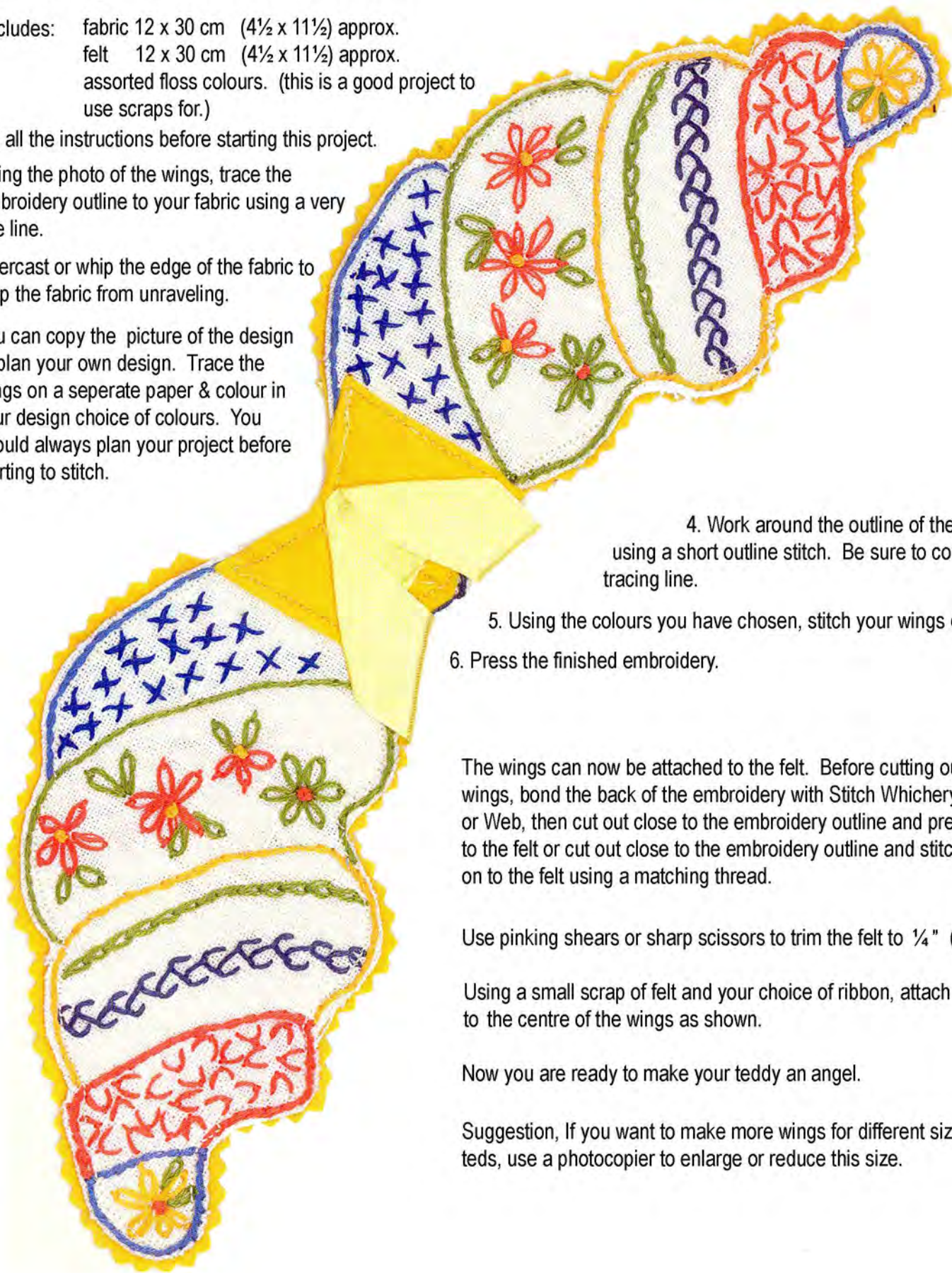
Chapter Leader or Parent's
Signature _____

Angel Wings - submitted by Dorita Grant

Kit includes: fabric 12 x 30 cm (4½ x 11½) approx.
felt 12 x 30 cm (4½ x 11½) approx.
assorted floss colours. (this is a good project to use scraps for.)

Read all the instructions before starting this project.

1. Using the photo of the wings, trace the embroidery outline to your fabric using a very fine line.
2. Overcast or whip the edge of the fabric to stop the fabric from unraveling.
3. You can copy the picture of the design or plan your own design. Trace the wings on a separate paper & colour in your design choice of colours. You should always plan your project before starting to stitch.



4. Work around the outline of the wings using a short outline stitch. Be sure to cover the tracing line.
5. Using the colours you have chosen, stitch your wings design.
6. Press the finished embroidery.

The wings can now be attached to the felt. Before cutting out the wings, bond the back of the embroidery with Stitch Whichery or Web, then cut out close to the embroidery outline and press to the felt or cut out close to the embroidery outline and stitch on to the felt using a matching thread.

Use pinking shears or sharp scissors to trim the felt to ¼" (5mm)

Using a small scrap of felt and your choice of ribbon, attach to the centre of the wings as shown.

Now you are ready to make your teddy an angel.

Suggestion, If you want to make more wings for different sized teds, use a photocopier to enlarge or reduce this size.