recommended supplies
- light coloured cotton fabric
- 17cm (6 ¾”) OR 15cm (6”) bamboo embroidery hoop
- DMC brand floss (820 blue, 666 red)
- embroidery needle
- scissors

transferring your pattern

option 1
Print the page of the pdf for your desired image size onto white paper. Tape the
image to a window with good light., then tape your fabric over the paper so that
you can see the image come through. Simply trace the design onto your fabric. I
generally use a water soluble fabric pen that erases with a little dab of water.

option 2
Purchase iron on transfer paper and follow the manufacturers instructions. Be sure
to flip the photo as it will invert (mirror) the design.

instructions

step 1
Centre and secure the fabric into the hoop. Lay the smaller hoop onto a flat sur-
face. Position the fabric on top, then slide the outer hoop over both. Secure the
fabric within the hoops by tightening the screw. The fabric should fit snugly, but
should not pull, distort, or bunch.

step 2
This pattern is completed using three (3) strands. The recommended floss is a six
(6) strand, quality DMC brand cotton floss. Cut a length of floss no longer than
your fingertips to your elbow, and then divide the strand into two (2) equal lengths
of three (3) strand floss. Thread your floss onto your needle.

Follow the lines in the pattern to complete your stitches. (Instead of colouring in-
side the lines, you’re colouring the lines!) Look to the printed image sample to de-
terminate which lines are finished in which colour and which stitch is used. When in
doubt, use a backstitch.

Don’t get hung up on perfection, especially in the back. Have fun! But be sure to
tuck in any loose ends by stitching under previous stitches. Yes, it makes your work
look a little neater, but it also makes it a lot easier and more pleasant to stitch.

step 3
Once you have completed the pattern, finish off your masterpiece. There are a
number of different ways artists finish their hoops, but using a hot glue gun is the
fastest and easiest. Simply trim the fabric approximately 3 cm (1 inch) outside the
hoop. Working in sections, run a bead of hot glue along the top of the inside
frame of the hoop and work your way around pressing the fabric to the inside. You
can also add a fabric covered circle of cardboard to the inside with your signa-
ture or message. Voila!

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made in beautiful Ketch Harbour, Nova Scotia
5% of profits donated to support women and children experiencing homelessness
A straight (single) stitch is used to create texture, shading, or lightly define a shape. Come up and then down at A to represent individual or broken lines.

Almost all of this pattern is created using the backstitch. Solid lines are created using a backstitch. Come up at A, down at B, and back up again at C and continue.

A straight stitch

Backstitch

A little dots are created using French knots. Come up at A, then wrap the floss around the tip of your needle two times, then down again at A.

French knot

A link is created using a series of short stitches. To create a link, come up at A, down at A and up at B. Then down at C to secure.

Link

A chain stitch is used to create a loop. To create a chain, come up at A, down at A and up at B. Then repeat by going down at B and up at C continue making chains and close off as a loop when complete.

Chain

A satin stitch is used to fill spaces uses a series of long stitches aligned closely together. Come up A, then across and down at B, then up again at C and repeat.

Satin stitch
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