

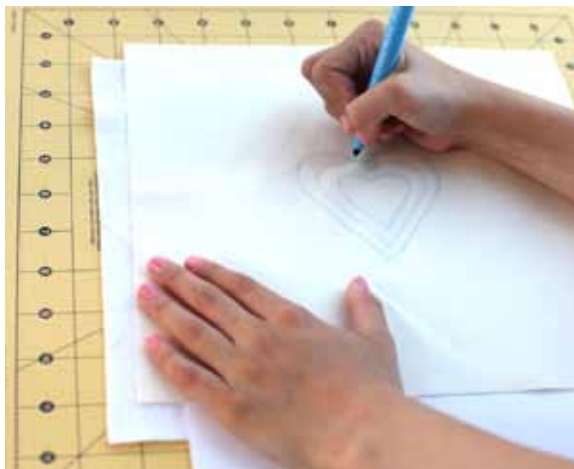
LET'S MAKE A PINCUSHION PART ONE!

IN THIS LESSON YOU'LL BE USING HAND EMBROIDERY AND THE SEWING MACHINE!

MATERIALS YOU'LL NEED:

- 1 square white or cream fabric for pincushion top 10" x 10"
- 1 square backing flannel or fusible interfacing 10" x 10"
- 1 square backing fabric 5" x 5"
- Embroidery floss in 3 of your favorite colors
- Filling:
 - Crushed walnut shells (found at pet stores)
 - or tiny bit of stuffing
- 5" embroidery hoop & embroidery needle size 9 or 10
- Water erasable marker or pencil
- Heart pattern

TRACE HEARTS FOR EMBROIDERY: Fold cream or white fabric in half in both directions to find the center. Mark center by pressing fold with your fingers. Center fabric over heart pattern and trace hearts onto top of fabric with a pencil or water erasable marker.



EMBROIDERY HOOP:

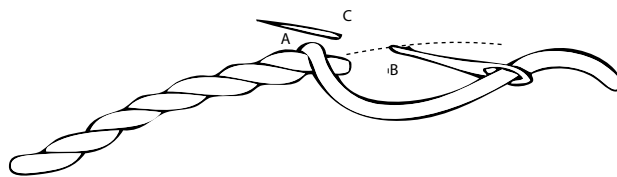
- Put the flannel square on top of a table and place the fabric with the hearts on top of the flannel square. Make sure the hearts are on top. (Do not put on backing fabric at this time.)
- Insert both pieces of fabric into the embroidery hoop, pull the fabric tight and tighten the screw.



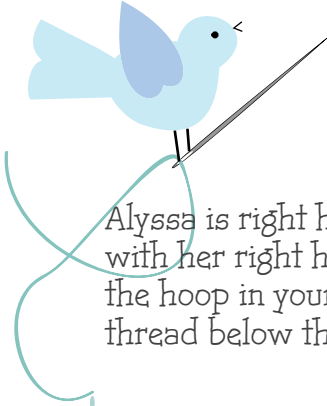
THREAD THE NEEDLE & KNOT THE THREAD

- Before you begin have mom or grandma show you how to thread your embroidery needle with 2 strands of floss, knot the end of the floss and embroider the stem stitch.

STEM STITCH



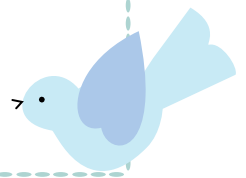
- Bring the thread up at A and down at B. Come out at C (right next to A). Repeat along line of heart.
- Stitch each heart using a different color of floss. Cut floss about 18" long and try to keep your stitches about 1/4" long.

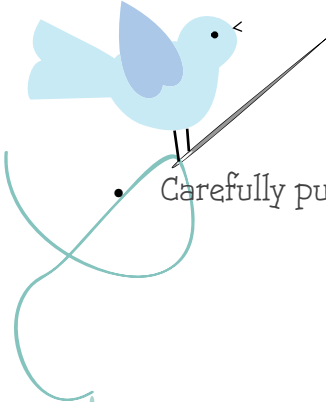


Alyssa is right handed so she holds the embroidery hoop in her left hand and stitches with her right hand. (If you are left handed, you will stitch with your left hand and hold the hoop in your right hand.) She starts stitching at the point of the heart. She keeps the thread below the line. See how she's holding it down with her thumb?

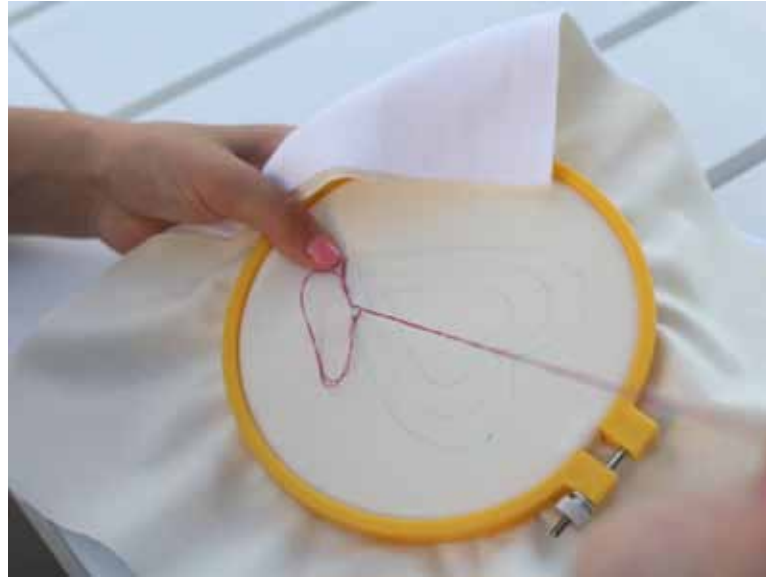


Keep stitching along the line and try and keep your stitches the same length.

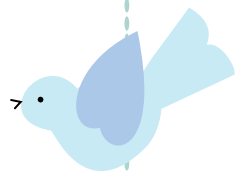
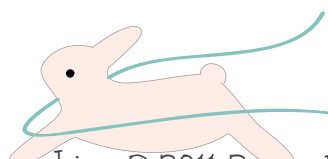




- Carefully pull the thread as you take a stitch. Don't pull it too tight!



- If your thread starts to twist, let the thread and needle hang loose for a minute under the embroidery just like Alyssa's doing. It will untangle itself and then you can keep on stitching.





Keep stitching until you have finished all the hearts. Take your time and don't worry if you can't finish it all at once. Embroidery is so much fun...you can stop and start at any time.



We'll be back in part two to show you how to assemble your pincushion!

