## WANDERING THREADS EMBROIDERY



# Utah National Park Embroidery Pattern Collection



### Materials List

- Fabric Square approximately 10" x 10" in size: Choose a fabric with a medium weave such as a cotton, muslin, or flour sack. You can embroider on any color fabric, but keep in mind that some floss colors will not show up well on dark fabrics.
- Embroidery Hoop: Size 7 or 8-inch
- Embroidery Needle: Size 7 or 9
- Water Soluble Pen or other items for pattern transfer: (See the Pattern Transfer Instructions)
- Small Scissors
- DMC 6-strand Embroidery Floss:

Arches:

DMC 414, 434, 436, 610, 927, 928, 975, 3347, 3363

Bryce Canyon:

DMC 434, 436, 470, 644, 975, 3345

Canyonlands:

DMC 317, 644, 725, 975, 976, 3740, 3863

Capitol Reef:

DMC 169, 300, 347, 436, 610, 838, 975, 989, 3362

Zion:

DMC 300, 319, 355, 434, 472, 612, 842, 3346, 3768

 Felt or Wooden Frame for finishing the embroidery: (See the How to Finish Embroidery directions)

## **Embroidery Pattern Transfer Instructions**

#### Light Table/ Window:

Place the pattern on a light table or tape it to a bright window. Position the fabric on top and secure in place. Trace the pattern onto the fabric using a water erasable transfer pen. The markings from this pen will remain until washed gently with water.

\*Pro tip: A computer or tablet screen makes a great light box! Simply open this PDF on your computer, tape the fabric over the pattern on the screen, and trace it. No printer needed!

#### Iron On Transfer Pencil or Pen:

Iron on transfer pens and pencils can be found at many fabric/craft stores. First, print the REVERSE IMAGE pattern. Trace the pattern with the iron on pencil or pen. Place the traced pattern on an iron-safe surface and secure the fabric on top. Press a hot iron on the fabric for 5-10 seconds. Do not move the iron around. Gently lift an edge of the fabric to check that the design has transferred before removing the fabric.

\*This method will leave permanent marks that need to be covered with stitches.

#### Transfer Paper:

Transfer Paper can be found at many fabric or craft stores. It is coated on one side with a powdery ink that will wash out of the fabric.

#### Transfer Paper (continued)...

To use, secure your fabric to a flat, hard surface, cover with a piece of transfer paper (powder side down) and place the printed pattern on top. Trace the pattern using a pencil, or stylus. Press very firmly and make sure the paper does not move.

This method works well for transferring patterns to dark fabric. A white or yellow transfer paper shows up nicely.

#### Stick & Stitch Transfer Paper

This dissolvable, sticky-backed, transfer paper can be drawn on by hand, or printed on using a printer. The pattern goes on the rough (non-sticky) side of the paper. If tracing by hand, use a light-colored pen or pencil and don't press too hard. If using a printer, make sure the setting is for plain, not photo, paper.

Once the pattern is on the paper, lay the fabric flat on a hard surface, remove the backing from the transfer paper, place the pattern on top, and press firmly. Stitch as usual.

When finished stitching, place the fabric in a shallow bowl of lukewarm water. Make sure the water completely covers the fabric. Leave it for 5-10 minutes. Shake the fabric in the water to remove any loose bits of semi-dissolved paper. Rinse and lay flat to dry.

## How to Finish Embroidery: Two Methods

### Frame in the Hoop

- 1. Using the inner ring of an embroidery hoop, trace a circle on a piece of felt and cut it out.
- 2. Place the finished embroidery in the hoop, stretch it smooth and tighten the screw. Trim the excess fabric around the edges roughly an inch wider than the hoop.
- 3. Cut off a long piece of sewing thread. Make sure it's long enough to stitch all the way around the circle. Leaving a 4-5-inch tail at the beginning, stitch around the edge with Running Stitch.
- 4. When you've stitched all the way around, grasp both ends of the thread and pull until the fabric gathers together. Tie a knot and cut off the excess thread.
- 5. Position the felt circle over the back and sew it into place with a whip stitch.
- 6. Continue sewing all the way around and tie off the thread.



### In a Wooden Frame

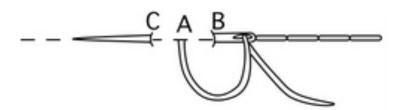
- 1. Cut a piece of foam board to fit the inside dimensions of your frame.
- 2. Position the foam board in the center of your embroidery piece. Make sure it's straight! Flip over so the fabric is on the bottom. Starting with the long sides, fold the extra fabric into the center. If necessary, trim the fabric to leave a roughly 1-4" space in between. Pull the fabric tight and secure with long pins.
- 3. Repeat this process on the short sides. If the corners are bunching, fold them on a diagonal and trim a bit. The finished fabric-wrapped foam board needs to fit snuggly inside the frame so try your best to avoid bulky corners.
- 4. Secure the fabric using a simple lacing technique. Fold the extra fabric from the short sides out of the way. Insert a needle with a long strand of thread about a 1/4-inch from the edge of the fabric and weave back and forth while pulling the fabric tight. Tie off the thread at the end and start a new piece. Finish the lacing by folding the fabric from the short sides into the middle and lacing it together.
- 5. Remove the pins and place the embroidery board inside the frame.
- 6. Replace the frame backing, flip it over,

For a framing tutorial with photos, visit: www.wanderingthreadsembroidery.com/how-to-frame-embroidery/

## **Embroidery Stitch Tutorials**

### **Back Stitch**

Begin by bringing the thread up through the fabric one stitch length away from the starting point. Next, go back and bring the needle down at the beginning. Think of it as stitching in reverse. The second stitch is made in the same manner. Come up one stitch length away from the previous stitch and bring the needle down at the end of the previous stitch. Once you get the hang of it this stitch becomes almost like second nature.



Bring the thread up at A, down at B, and back up at C.

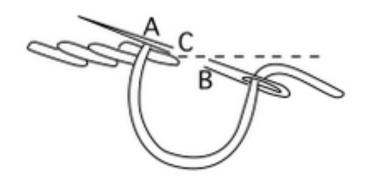
### Split Stitch

Make a single stitch. Next, bring the thread back up in the middle of the stitch you just made. Pull the thread all the way through and complete the stitch. Repeat the process of starting each stitch in the middle of the previous stitch. Shorten the stitches when turning corners.



Bring the thread up at A, down at B, and back up at C.

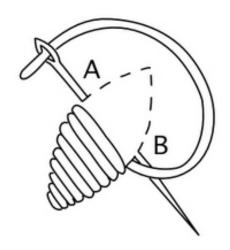
### Stem Stitch



Working from left to right, bring the needle up through the fabric just above the marked line of your pattern (point A)

Insert the needle one stitch length away from point A just below the pattern line (point B). Angle the needle backward and come back up roughly half way between the A & B, just above the line (point c).

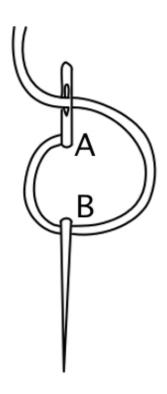
### Satin Stitch



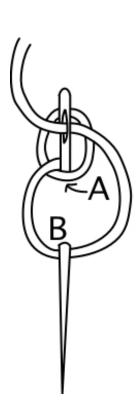
Bring the needle up on the edge of the shape you are filling with satin stitch (point A). Stretch the thread across the other side of the shape and bring the needle back down (point B). To make the second stitch, bring the needle back up right next to where you started the first stitch. The key to a smooth satin stitch is positioning the stitches close together without overlapping.

### Chain Stitch

Begin your chain stitch by bringing the thread up at the starting point. Take the needle back through the same hole (point A) then up again a short distance away without pulling the thread all the way through (point B). Loop the thread around the bottom of the needle and pull all the way through to create a loop.

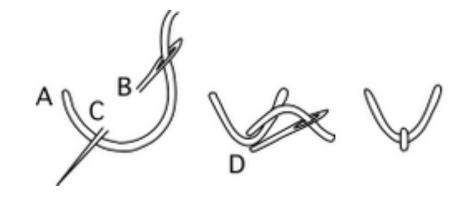


Bring the needle back down in the same hole - inside the loop - (point A) and then back up another stitch length away (point B). Make sure the thread is under the needle before pulling it tight to form that second loop in the chain. Continue this pattern until you've reached the desired length.

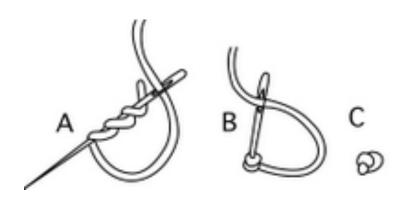


### Fly Stitch

Bring the needle up at A, down at B, and back up at C while keeping the working thread under the needle. Complete the stitch by bringing the needle back down under the loop you just created (point D).



### French Knot



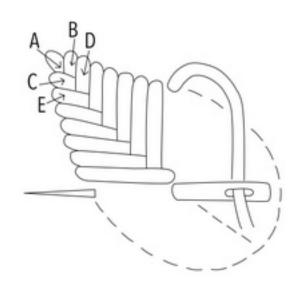
Bring the needle up through the fabric to the front. Hold the thread taut with one hand, and with the other hand wrap it around the needle two or three times. (figure A)

While keeping a tight grasp on the thread, push the needle down through the fabric next to where you first brought it up. (figure B)

The finished stitch looks like a small knot. (figure c)

### Fishbone Stitch

Bring the needle up at the top of (A) and make a small stitch toward the center of the leaf shape. Come back up next to the right side of the first stitch and make a slanted stitch that ends just across the center line (B). Come up on the other side of the first stitch and make another slanted stitch that ends on the opposite side of the line (C). Continue stitching in this fashion, alternating sides. Each time you will come up right next to the previous stitch and make a slanted stitch that crosses the center line. As you stitch down the shape, the center spine forms and you can see the leaf shape emerging.

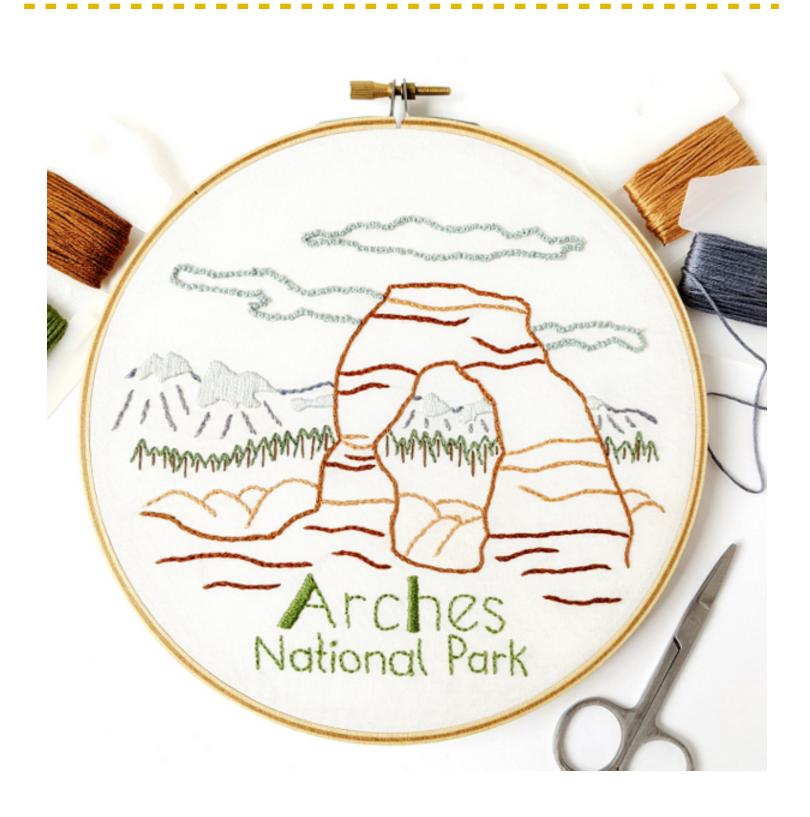


Looking for more stitch tutorials?

Detailed step-by-step tutorials for the above stitches and many more are available at:

www.wanderingthreadsembroidery.com/embroidery-stitch-tutorials

# Arches National Park Embroidery Pattern



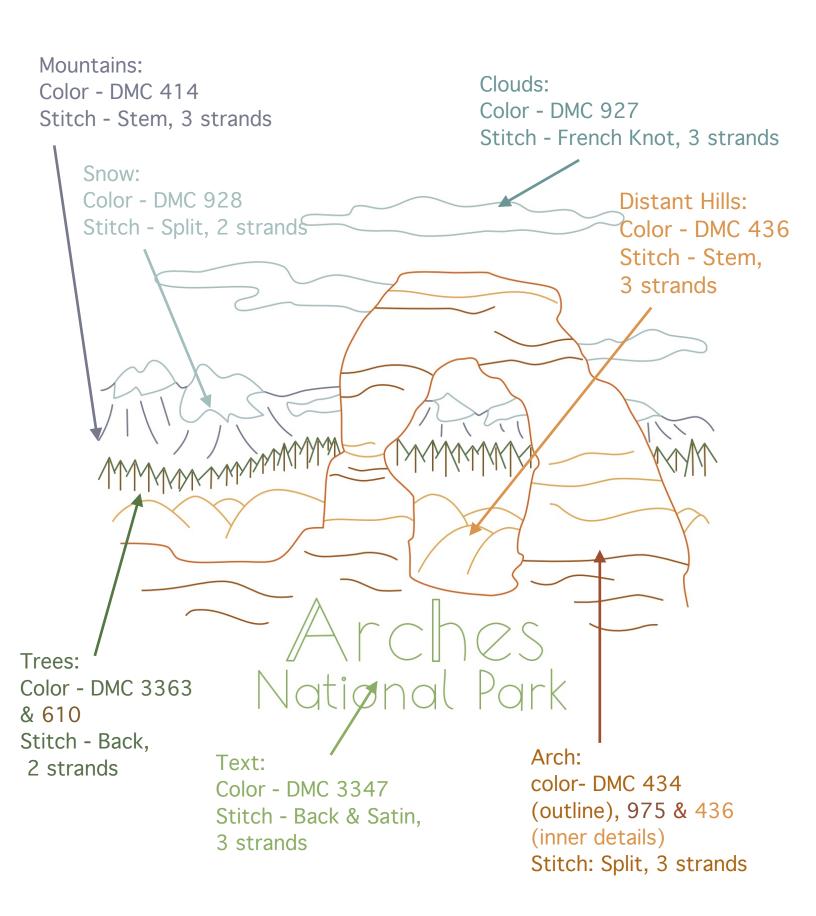
# Full Size Design



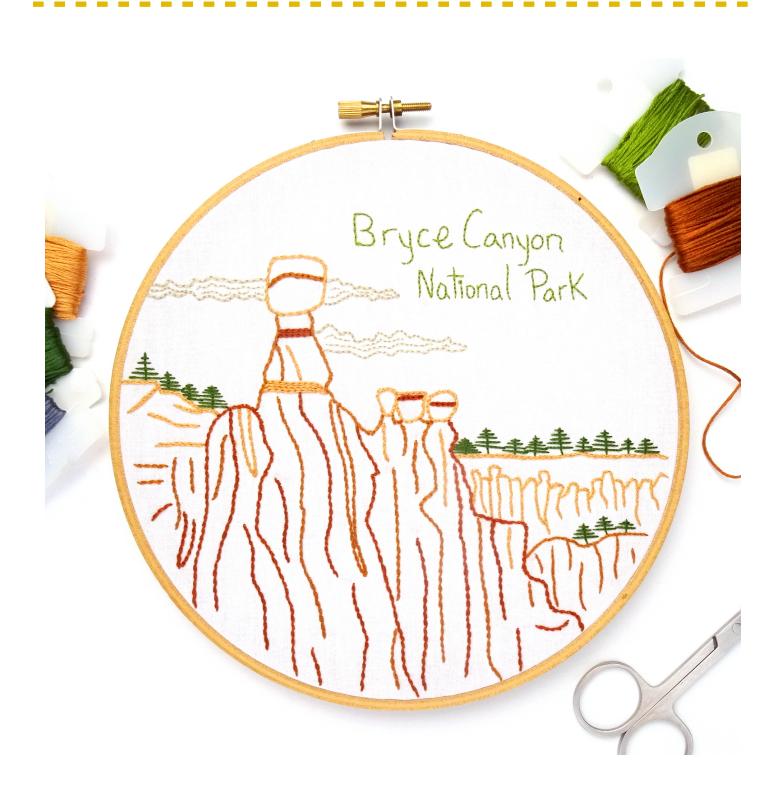
# Reverse Image for Iron-On Transfer



## Color & Stitch Guide



# Bryce Canyon National Park Embroidery Pattern



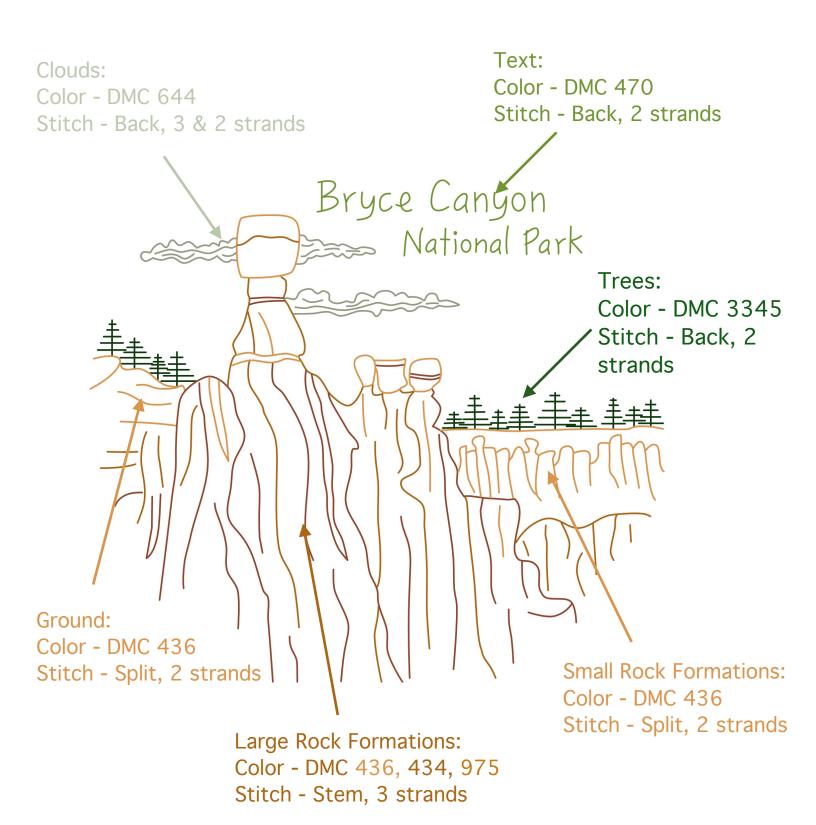
# Full Size Design



# Reverse Image for Iron-On Transfer



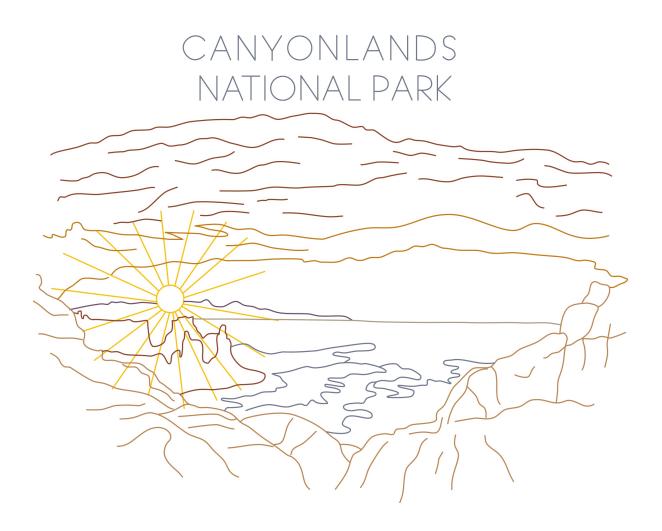
## Color & Stitch Guide



# Canyonlands National Park Embroidery Pattern



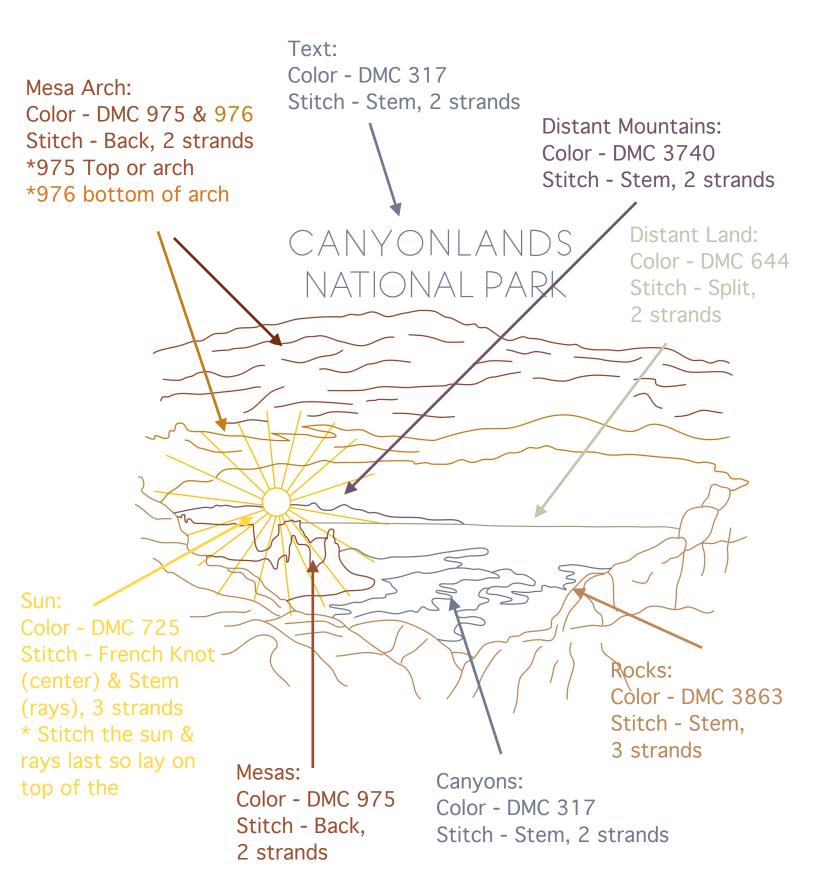
# Full Size Design



# Reverse Image for Iron-On Transfer



## Color & Stitch Guide

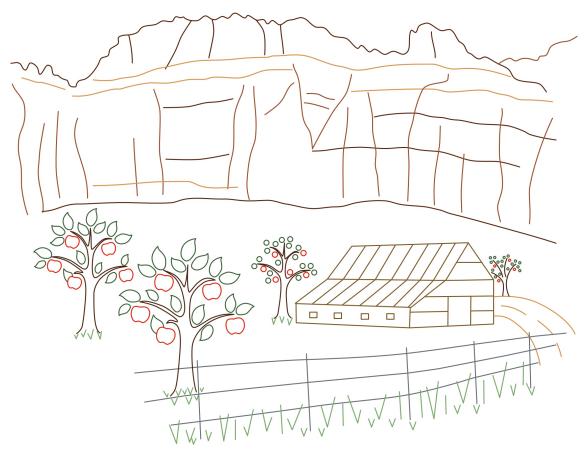


# Capitol Reef National Park Embroidery Pattern



# Full Size Design

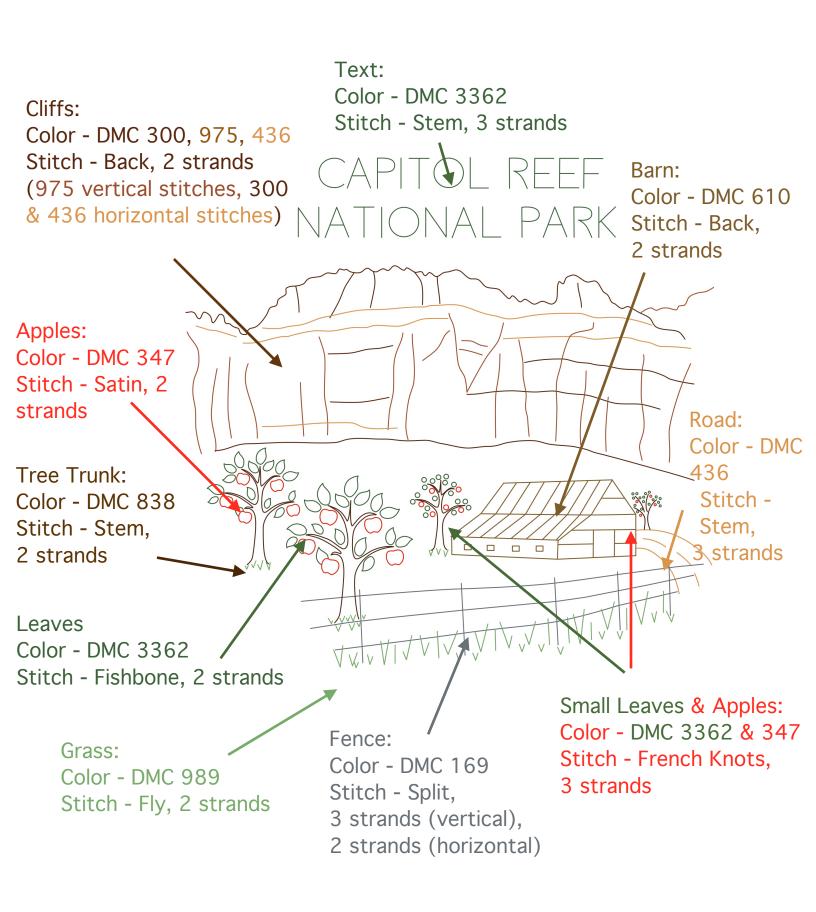




# Reverse Image for Iron-On Transfer



### Color & Stitch Guide



# Zion National Park Embroidery Pattern



# Full Size Design



# Reverse Image for Iron-On Transfer



## Color & Stitch Guide



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- More National Park Patterns
- 50 Unique Patterns for Each of the 50 U.S States
- 50 U.S. State Flower Patterns
- City Skyline Patterns
- The Vintage Trailer Pattern Collection
- Travel Map Patterns
- Botanical Patterns
- Holiday Patterns including Ornaments

In addition to patterns, you will also find a full line of embroidery resources to teach and inspire:

- Step-by-Step Embroidery Stitch Tutorials
- FREE Patterns!
- How-To Tutorials Including Framing, Finishing, Embroidery Letters, and More!

Questions or comments? Send me an email at: <a href="mailto:amanda@wanderingthreadsembroidery.com">amanda@wanderingthreadsembroidery.com</a>

I would love to see your finished pieces! You can find me on Instagram at <a href="https://www.instragram.com/wanderingthreadsembroidery">www.instragram.com/wanderingthreadsembroidery</a> or on Facebook at <a href="https://www.facebook.com/wanderingthreadsembroidery">www.facebook.com/wanderingthreadsembroidery</a>.

Thanks so much for purchasing the Utah National Park Embroidery Pattern Book and happy stitching!

~Amanda