June 12, 2024

Beginner Embroidery Kits

What is embroidery?

Embroidery is the craft of decorating fabric or other materials using a needle to apply thread or yarn. The word embroidery comes from the French word *broderie*, meaning embellishment. In various forms, embroidery has existed since the production of fabric. While embroidery is practiced across the

world, its origin stems from China and the Near East. Early embroidery can actually be traced back to Cro-Magnon days or 30,000 B.C. Archeological finds from this time period reveal fossilized remains of heavily hand-stitched and decorated clothing.

Other early examples of embroidery are found in China dating to the Warring States period between 5th and 3rd century B.C. In Sweden, the earliest finds of embroidery are from a period known as the Viking Age, around the 9th and 10th centuries. Around the year 1000, the practice of embroidery began to rise in Europe with the growth of the Christian church and royalty gaining power. Richly decorated garments and ornaments in the form of wall hangings and tablecloths were commissioned to display power and wealth.

Moreover, embroidery was important and in the Medieval Islamic world because it was a sign of high social status in Muslim societies. In cities such as Damascus, Istanbul, and Cairo, embroidery could be found on items such as handkerchiefs, flags, uniforms, robes, horse trappings, pouches, and covers.

Later, in 18th century England and its colonies, embroidery was a skill marking a girl's passage into womanhood as well as conveying rank and social standing. Soon after, however, the development of the embroidery machine and mass production came about in stages during the Industrial Revolution. The earliest machine embroidery, found in France in the mid-1800s, utilized a combination of machine looms and hand embroidery.

 (The following except was taken from Say It with Stitches Company Outfitters)

References

https://sayitwithstitches.net/the-history-of-embroidery/

Let's Make Our Own Embroidery

Materials:

- yarn
- plastic needle
- burlap
- scissors
- embroidery ring

Process:

1) Find a comfortable place to work and pour out all your materials.

2) The first area of business is to get your burlap fabric onto your embroidery ring. Start by loosening the screw on the outer ring so that the inner ring slides out easily. Place your inner ring on the table.

3) Center your burlap on top of the inner ring. Place the outer ring over the burlap and carefully push it so that it is flush with the inner ring and your burlap is taut between the rings. You may have to pull it from the back side to achieve this. Once you've got it snug, tighten your outer ring. (*Parents – this may be harder for younger children. You can walk them through the steps as you do it for them.*)

4) Now it is time to start thinking about your design. Older children can plan out a design and use a light-handed pen to mark it. Pencil does not work well on the burlap. Younger children will most likely have fun by making stitches back and forth.
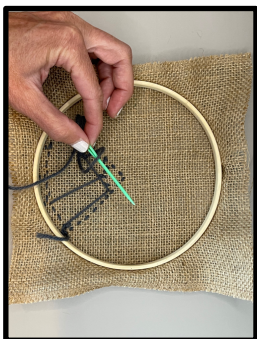

5) Grab your first color and cut it to make it to make it more manageable. You can always add more yarn of that color if you run out.

6) Thread the needle, leaving a decent sized tail so that the yarn does not fall off of the needle. Tie a double knot at the other end of your yarn. You are now ready to begin stitching your design into the fabric.

7) Start your design by poking through the back of the burlap into the front so that your double knot lands onto the back of your fabric. Do not pull too hard on your yarn as the double knot may pass through the burlap.

8) Please check out Basic Embroidery Stitches for Beginners by River Birch Threads on YouTube at https://www.youtube.com/watch?v=Pfd7I7M0akY. This is a great and simple tutorial on how to do five basic stitches. Younger children will just have fun just learning how to push and pull their thread through the burlap. Let them experiment!
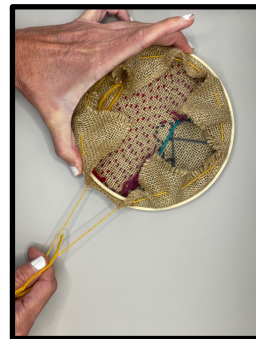

9) You can outline your design with stitches or you can add more yarn and fill in your pattern. It's up to you.

10) When you finish with a piece of yarn, you will want to finish on the back side leaving enough yarn to thread it through the back of one stitch, staying on the back side, and create a loop that you will then tie a knot with. You can reinforce this knot with a double knot. Cut off any excess yarn.

11) Move onto your next color and repeat the steps above. Do as much or as little as you like to cover the fabric. Experiment with some different stitches or different lengths of stitches or add

your own flavor to the project by trying anything you like. Add buttons, beads or anything you would like to embellish your design.

12) When you are happy with your embroidery design, we will finish off the piece by tucking the sides towards the back. Start by taking a scrap piece of yarn that will go around the whole length of the ring. If you don't have any more yarn, you can use a piece of string or dental floss.

13) Thread your needle and put a double knot in the end of the yarn. Start weaving your thread in a loose running stitch, starting from the outside of the burlap so that your knot is actually on the front side of the fabric. Weave in and out all the way around the piece until you get back to where you started and your last stitch exits near where you beginning stitch started. Both of your ends should be on the front side of the burlap.

14) Pull on both strings at the same time and the sides of the burlap will pull in like you are tightening a drawstring bag. Pull it tight and tie a knot to keep it secure. If my instructions are hard to understand, visit YouTube and watch "How to back (or finish) an embroidery project using running stitch" at https://www.youtube.com/watch?v=weZD18Hrgqo.

15) Be proud of your creation and bring it back to Old Town Square next Wednesday so that we can hang it up for all of Fort Collins to see!

Follow us on Instagram @nola_creative_company as we will be featuring artwork from each week. We will not use full names or identify your children in any way other than using their first name in order to give credit.

About the Art for the Heart Program

Art for the Heart is a program of the Fort Collins Downtown Development Authority and NOLA Creative Company.

All returned projects will be displayed in our outdoor kiosk located in between Coopersmith's Pub and Poolside restaurants. All projects will be returned to you the following week after they have been displayed.

Each art project returned will earn you a punch on our "Frequent Artists" punch card. Artists with consistent participation will be awarded prizes at the end of the program.

You can find all of our past projects and more information about the program at https://downtownfortcollins.org/art-for-the-heart/

This project is brought to you by:

dda
DOWNTOWN DEVELOPMENT AUTHORITY
FORT COLLINS • COLORADO

and

nola
creative co.