



EMERALD & FOX EMBROIDERY

BEGINNER GUIDE



ABOUT EMERALD & FOX EMBROIDERY



Hey I'm Jody! The face behind Emerald & Fox Embroidery.

I live in Barrie Ontario with my husband and our two cats. I first started embroidery in 2019 after trying knitting and failing horribly! I picked up a cross stitch kit from the

thrift store. I fell in love with it and it eventually grew into trying embroidery. I love how embroidery encourages me to slow down and take time for myself. I wanted to share my love for this craft by creating my own patterns and products so you can learn to embroider too. If you have any questions about my patterns or embroidery work please get in touch with me on my socials!



LET'S BE FRIENDS



emeraldandfox



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WHAT YOU NEED



Embroidery Hoop

I like to use bamboo hoops from Loops n Threads. You can use any size you'd like, but my favourite hoop size is 6 inches



Fabric

*100% cotton, calico or linen - the fabric square should be at least 2 inches larger than your hoop
I recommend using two layers of fabric to hold the stitches better!*



Scissors

Fabric scissors for cutting fabric and small embroidery scissors for floss



Embroidery Floss

I prefer to use DMC embroidery floss. But other brands such as Anchor and J & P Coats are great as well!



Embroidery Needle(s)

Use an embroidery specific needle. The eye should be large enough to pass 3-6 embroidery strands and sharp enough to poke through the fabric easily



Heat Erasable Pen

I like to use Frixion heat erasable pens to transfer patterns. But you can use a pencil or a water soluble pen to transfer the pattern. But I think the Frixion pen works best!

TRANSFERING YOUR PATTERN

THERE ARE A LOT OF DIFFERENT WAYS TO TRANSFER PATTERNS TO FABRIC. I FIND THE MOST RELIABLE METHOD IS USING THE WINDOW METHOD.

Begin by taping the pattern to the window

Place your fabric on top of the paper, making sure to centre the pattern underneath is centred on the fabric.

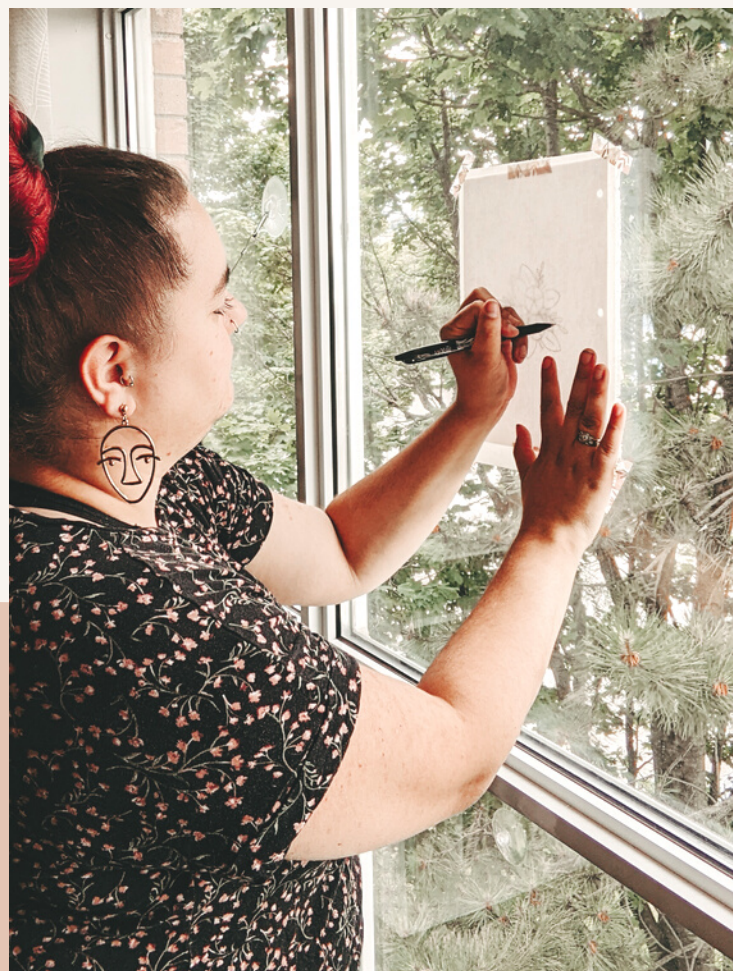
Tape the corners of the fabric to the window

Use a pencil or water/heat soluable pen to trace the pattern.

Remove the fabric from the window, load into the hoop and start stitching!

My other favourite methods include:

- Using an iPad in a similar manner (I recommend the app "Tracetable")
- Attach a piece of fabric 8.5x11in to a piece of sticker paper and use your home printer



PREPARING THE *hoop*



1.

Unscrew the hoop and separate the inner and outer hoop from each other.



2.

Place the inner hoop underneath your fabric. Be sure to place the pattern in the centre of the hoop.



3.

Place the outer hoop on top of the fabric with the screw on top and push down on both sides. (Don't worry about wrinkles, we'll fix that next!)



4.

Tighten the screw as tight as you can.



5.

Pull the edges of the fabric to tighten - You want to make sure that the fabric is "drum tight" or tight enough to bounce your finger on the top of the fabric.

PREPARING YOUR THREAD

*All DMC embroidery floss is made up of 6 separate strands
and you don't have to use them all!*



Cut the desired length
of thread (I
recommend 6-12
inches)



If you need 3 strands,
separate the threads in
half and pull apart



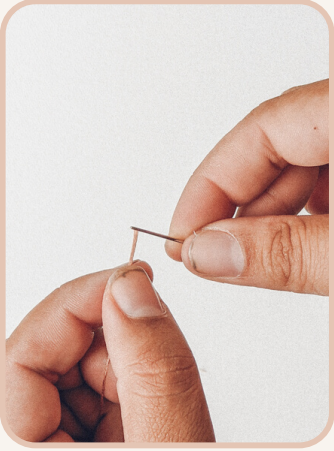
If you need a different
number of strands, pull
them out of the skein
one by one. First find
one strand and hold it in
your right hand. Then
hold the rest of the
strands in your left hand.



While holding the left
hand tight and still, pull
up with the right hand to
remove a single strand.

Repeat until you've
gathered the desired
number of strands and
put them together.

PREPARING YOUR THREAD



Cut the tip of your threads, then thread your needle, leaving a 2-4 inch tail.



Tie a knot at the end of the thread, cut off any excess tail.



You're ready to start stitching!

TIPS & TRICKS



Try not to cut really long pieces of thread. It makes it more difficult and time consuming to work with the thread.

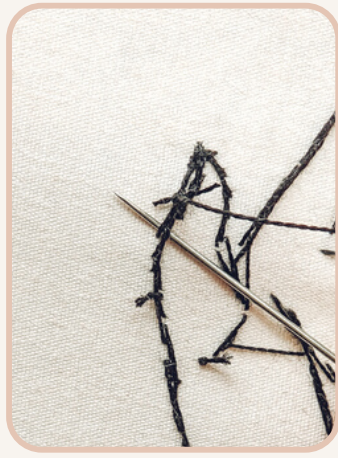


If you find that the thread gets twisted as you separate 3 strands, try inserting your thumb in the middle of the two sections as you pull apart.



If you're having trouble threading the needle, try getting the tip wet by putting it in your mouth. If that doesn't work try running the thread through your teeth to make all of the threads flat. If you've tried all of these methods with no luck, try moving up a needle size!

ENDING THE THREAD



Turn the hoop around.
Take your needle and
thread it underneath
one of your previous
stitches



Leave a small loop



Put the needle through
the loop and pull tight
so that the knot is up
against the fabric. Feel
free to do it a second
time to make it more
secure.



Snip off the excess fabric
and continue on with your
project.

FINISHING THE *hoop*

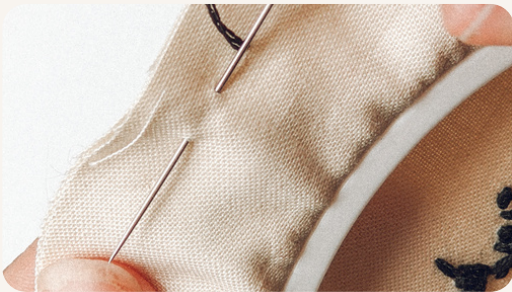
There a variety of ways that you can finish your hoop.

This method is my favourite



1.

Flip your hoop over and cut off any excess fabric. Leave about 1" of fabric.



2.

Bring your needle up from the back of the fabric and bring it back down to create a running stitch. Continue doing this until you go all the way around.



3.

Once you have lined the entire edge of the fabric with thread, pull the thread tight. The fabric should bunch up at the back.



4.

Tie a knot with the thread

You can choose to leave the hoop like this or attach a piece of felt on the back (explained on the next page)

FINISHING THE *hoop*



Cut out a circle of felt the same size as the hoop. Place it on the back of your hoop



Starting at the top, bring your needle down through the felt and fabric about 1-2 cm from the edge (but not through the project!).



Bring the needle back up at the edge of the project



Repeat until felt has been secured all the way around. Tie a knot to finish it off

TIPS & TRICKS

- Try to angle the thread diagonally (rather than straight). I find it is easier to do and looks a bit nicer!*
- Using white thread for the felt makes it look more uniform!*