

## MOUNTMELICK FLOWER

Design area: 3 x 3 inches

(The design can be enlarged using a photocopier.)

Material: medium weight cotton sateen, Zweigart Satin Royal 3211, or firm white fabric with no visible pattern, 7 x 7 inches

Selection of white threads of different thicknesses

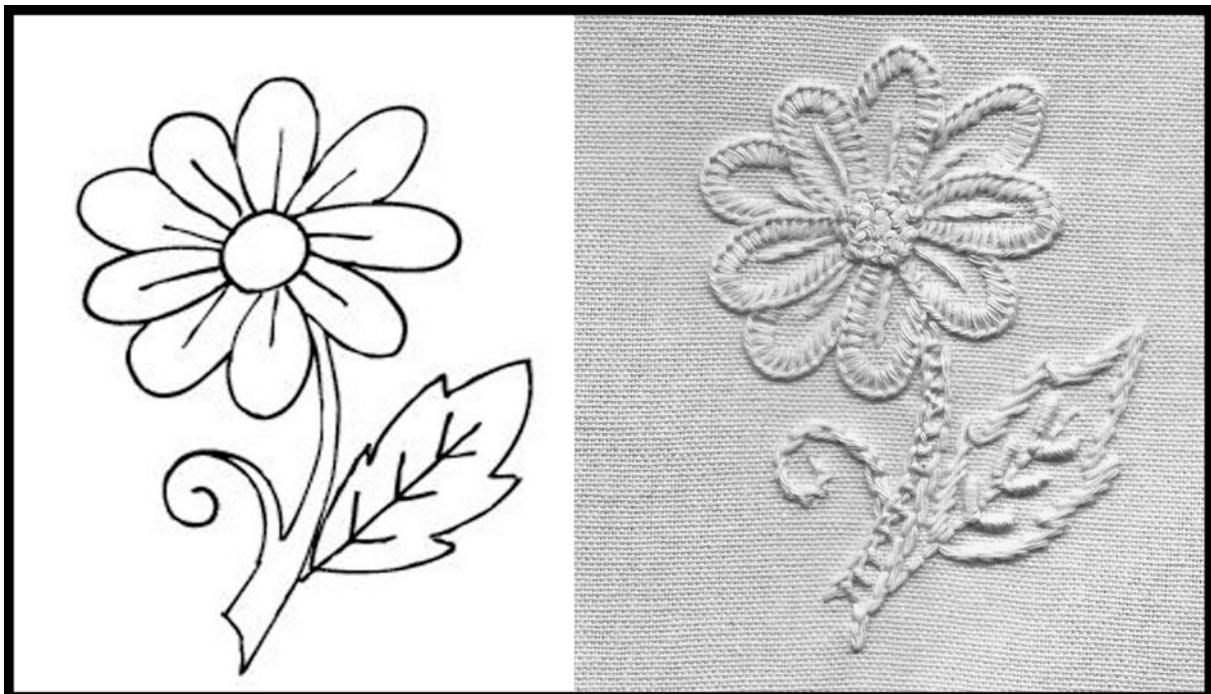
Crewel needle No.20 Chenille Needle No.22

(Use a needle with a sharp point and an eye large enough to take the thread comfortably.)

Method:

1. Trace the design lightly, using either an HB pencil or a water soluble pen. Test the pen on a spare piece of fabric before drawing main design. The ink should disappear in cold water.

(See [www.blackworkjourney.co.uk](http://www.blackworkjourney.co.uk) "Techniques" Part 8 and 9 for further transfer details.)



2. Many traditional embroidery stitches are used in Mountmellick embroidery:

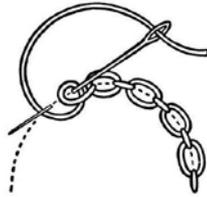
Stem	Mountmellick, Stem, cable or chain stitches No 3 thread
Leaf outline	Stem stitch or back stitch whipped
Leaf veins	Main vein back stitch whipped, finer veins bullion knots No. 2
Flower petals	Buttonhole stitch outlines or satin stitch, unpadded. No.3
Flower centre	French or colonial knots No 4

Follow the guidelines in the table to select the stitches and look at the diagrams below to see how the stitches are worked.

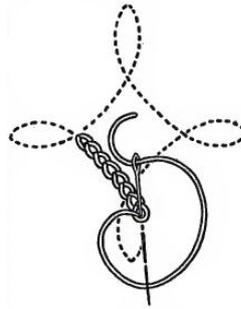
3. Stitches used in Mountmellick Flower:



Stem Stitch



Cable stitch



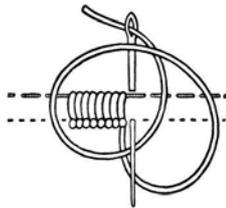
Chain stitch



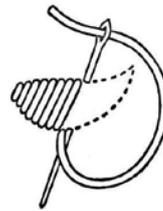
Back & back whipped



Bullion knot



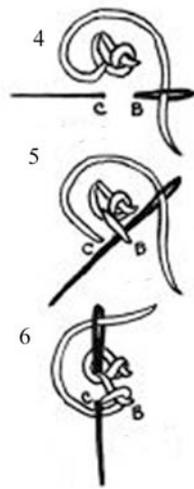
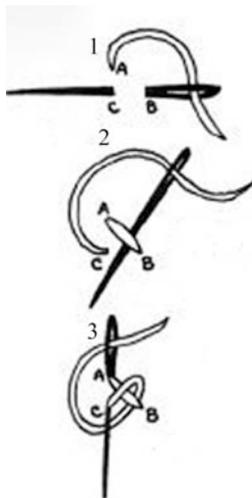
Buttonhole stitch



Satin stitch



French knots



Follow the picture to help place the stitches in the correct position.

Remember to use thicker threads to create a heavier texture or,

Stitch the stitches more closely together but do not over pack the stitches. They should lie comfortably on the surface of the fabric!

### Mountmellick stitch

I hope you enjoy stitching this flower as much as I have enjoyed designing it. Be creative and place the stitches where you think they will be most effective. My design is a guide to help you explore a new technique.

If you have any queries please contact: [lizalmond@blackworkjourney.co.uk](mailto:lizalmond@blackworkjourney.co.uk)

Happy stitching!

*Liz Almond ©*