



# *Blackwork Journey Blog*

May 2025



PR0083 Exploring Stitches



## Blackwork Journey Blog, May 2025

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### Busy month of May!

April, May and June are always busy months for teaching in different parts of the UK and I always look forward to returning to groups I have visited several times before. After the effects of Covid in 2020 many of the groups reformed and are gradually expanding their membership. This is really encouraging and to see younger members joining and actively participating bodes well for the future of creative crafts.

For new participants with little knowledge of embroidery I have found that there has been a demand for several practical stitch workshops, including some specialist stitches and I am pleased to see that my 'Stitch Along 2025' project has been very well received.

New photographs of completed blocks are being posted monthly in the Facebook groups and it is interesting to see how many people have added their own touches both in colour and pattern layout.



*An unusual autumn colour combination is just one of many variations underway by members of the Bolton Stitch and Textile Group.*

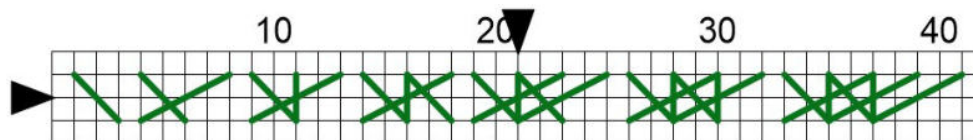
Block 4 and 4a Simple Stitches can be found at the end of this Blog.



Block 4 & 4a Simple Stitches



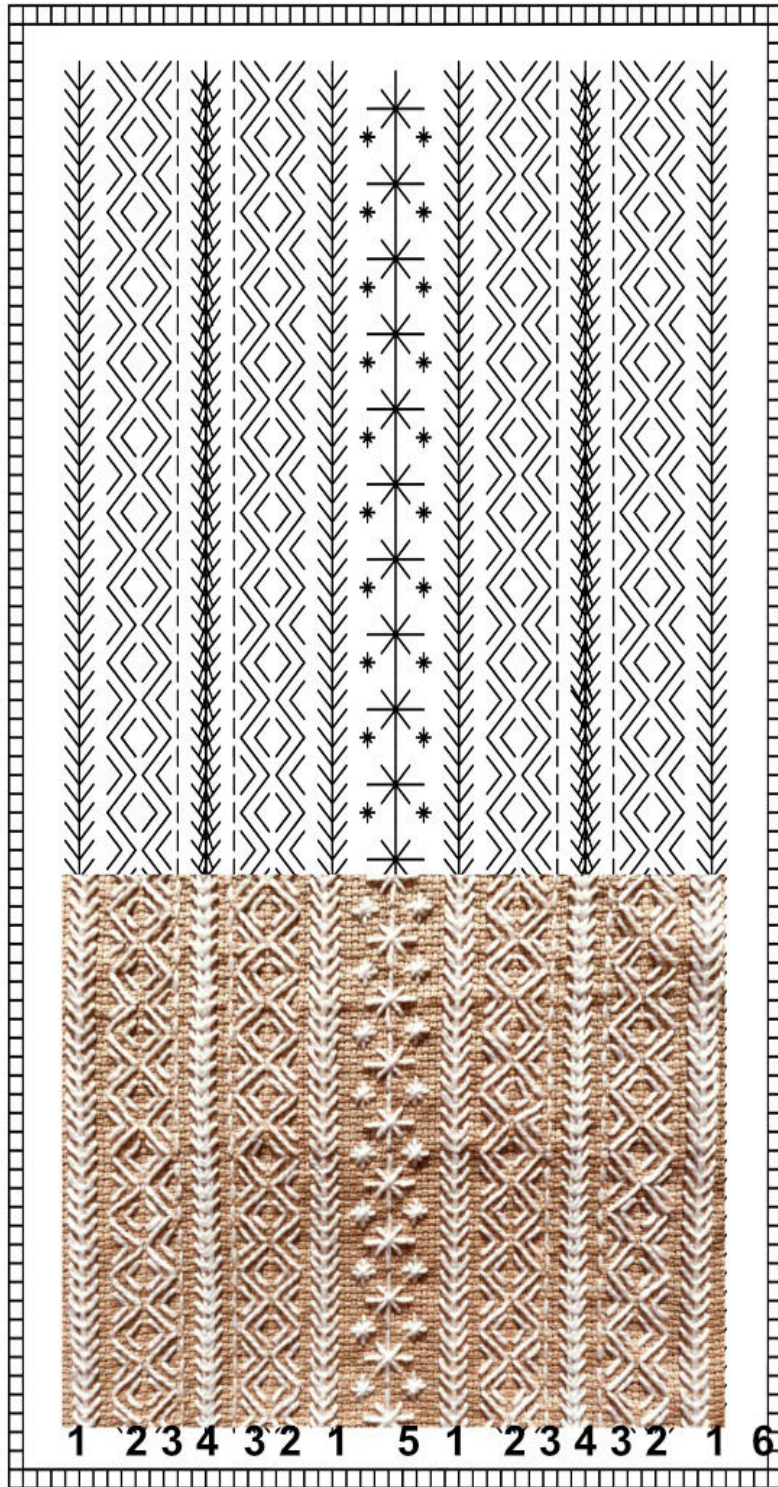
This block does contain some specialist stitches which appear difficult at first such as **Montenegrin Stitch** which is a form of cross stitch. It consists of one long diagonal stitch, crossed by a short diagonal stitch, a short vertical stitch and then by another short diagonal stitch.



*Montenegrin Stitch*

To work this stitch step by step follow the RSN Stitch Bank;  
<https://rsnstitchbank.org/stitch/montenegrin-stitch>

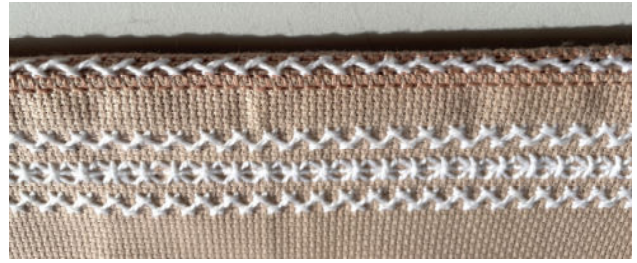
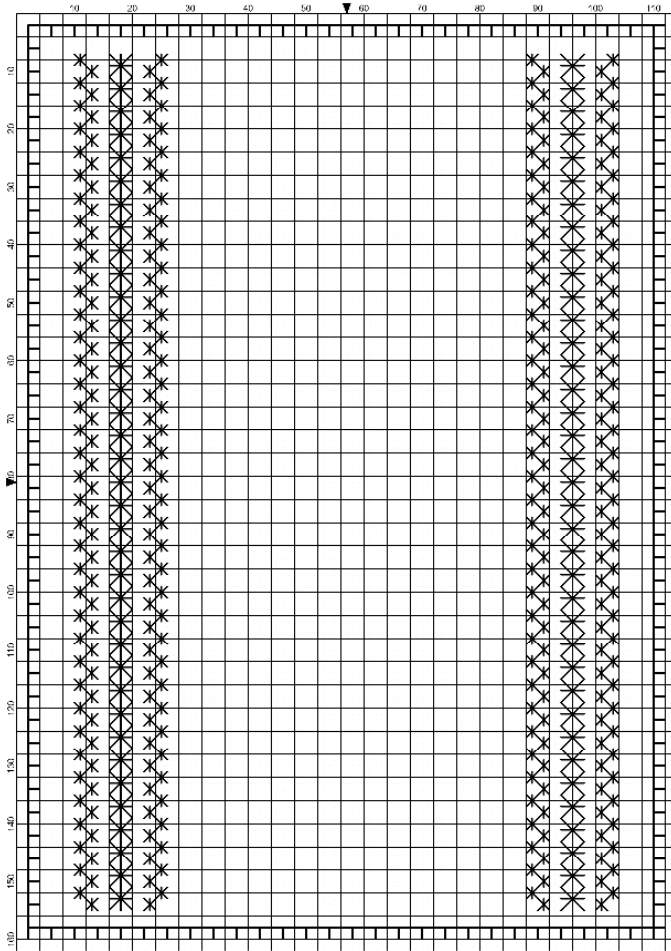
Always practise new stitches on a spare piece of fabric first before adding them to the band sampler. Once you are comfortable working the different stitches they can be used in other projects. For example, patterns taken from Blocks 1 - 4 have been used to make an i-pad case as shown below.



**I-Pad cover Front**

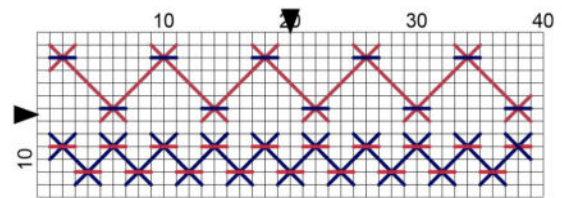
1. Fly stitch
  2. Diamond straight stitches
  3. Running stitch
  4. Wheatear stitch
  5. Leviathan and star stitches
  6. Four-sided stitch border.
- Joining stitch: Herringbone

Based on stitches from Blocks 1 – 3 in 'Stitch Along 2025' the i-pad cover is worked on Zweigart 14 count Aida using two pieces 14 x 10 inches. Lining fabric - cotton, 14 x 10 inches. Threads: Cotton Perle No 8 or matt crochet cotton. One skein of DMC floss for four-sided stitch.



**Back**

Stitches: Herringbone. Algerian eye.  
Herringbone stitch has been used to join the two pieces of fabric together.



*Herringbone stitch tied*



**Embroidery over old dvds and cds – Recycle, Reuse!**

When I teach, I often include an old cd in the kits and a small design that can be worked over the disc just to show how useful these can be for presents etc. and I often receive photographs of completed discs, examples of which are shown here.

Thank you, ladies, and well done!





### Star of the month - Doreen

Doreen, who is a member of one of the groups with which I am involved, wanted to make a special embroidered wedding present for her granddaughter. She had clear ideas about the colours she wanted to use and the shape of the embroidery but was uncertain where and how to start.

A simple bouquet was sketched onto medium weight pink cotton. Doreen collected a selection of threads and embroidered the basic design in simple outline stitches - Lazy daisy and fly stitch leaves, straight stitches and Colonial knots. Bugle beads were added to some of the leaves for texture and sparkle.

To create the 3D effect lace leaves, wired net flowers and pink nylon flowers with beaded centres were applied. Sequins and beads over knots in circles added a different effect.

A cream box frame was used to mount the embroidery.

**A beautiful gift from a proud granny!**

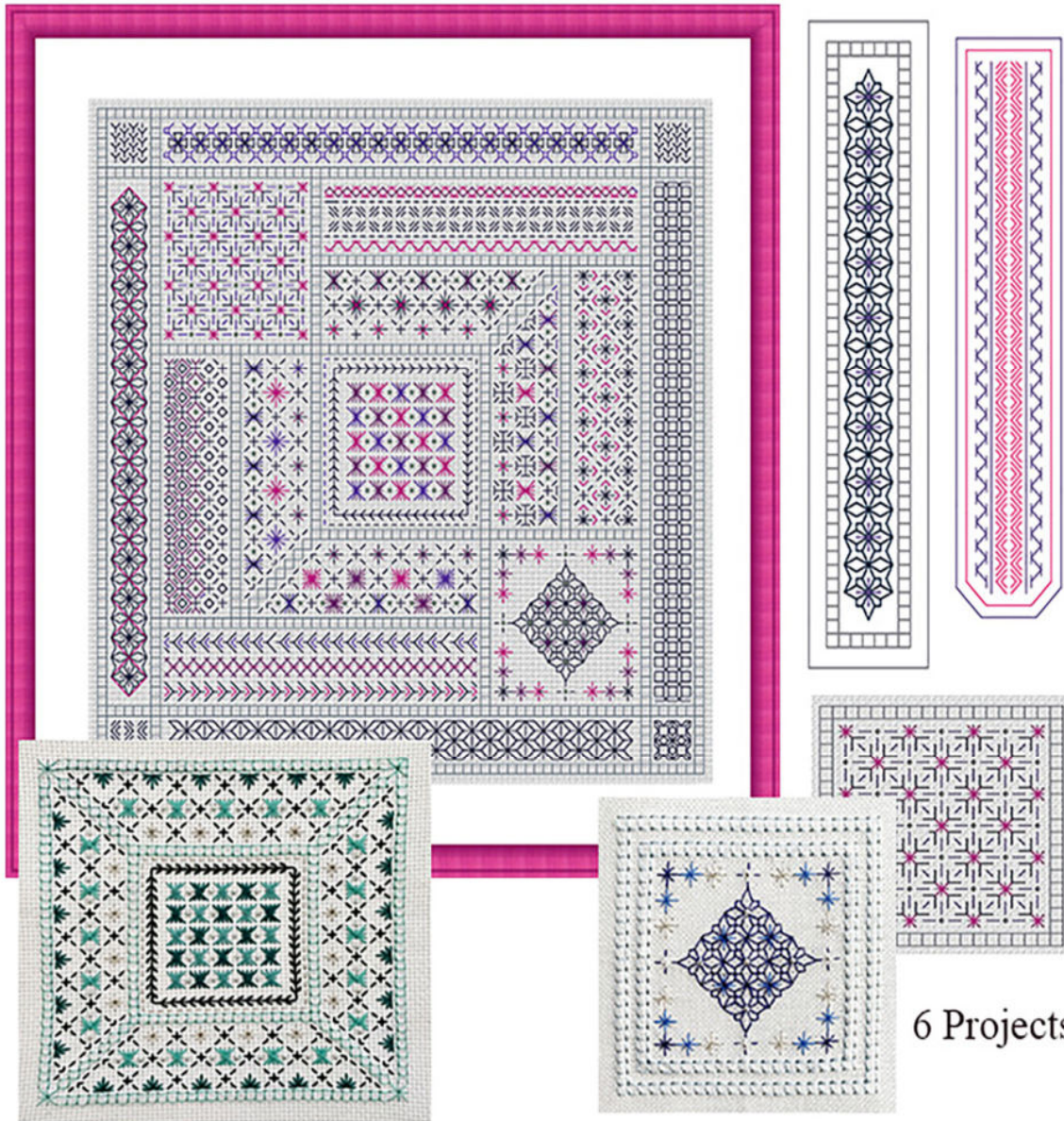
*Details from the embroidery*



## New design for May - PR0083 Exploring Stitches

This design can be found in 'Projects' and consists of a main design and five smaller items all using specialist embroidery stitches ranging from bookmarks to scented sachets.

Enjoy!



Each pattern has its own border of four-sided stitch. This defines the area to be filled.





*PR0083 Exploring Stitches embroidery*

I hope you have enjoyed this month's Blog. If you have any queries, please contact me at:  
[lizalmond@blackworkjourney.co.uk](mailto:lizalmond@blackworkjourney.co.uk)

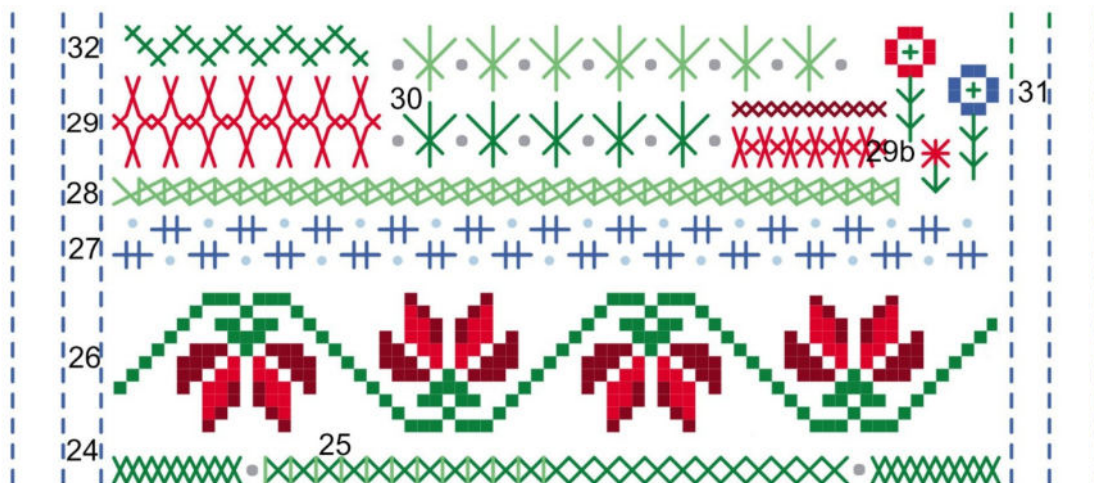
Happy stitching,

*Liz*



#### Block 4. Cross stitch variations.

Block 4 is embroidered in greens and reds or colours of choice. **Threads:** Two shades of green plus 2 shades of red and silver beads. Tapestry needle No.24. The basic stitch is stitched in varied sizes and embellished. Experiment with threads, thicknesses, and colours to create a unique piece.



*Block 4 numbered.*



*Block 4 Embroidery*

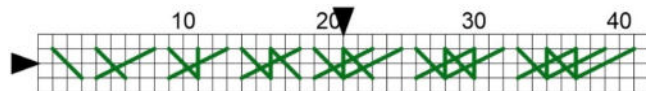
**Instructions:** Leave 2 rows between Block 3 and Block 4. Cross stitch – 2 strands of floss

**Band 24.** Narrow cross stitch over 2 x 1 block. **Band 25.** Cross stitch over 4 blocks using 2 strands of floss.

**Band 26.** Traditional cross stitch flower motif worked in two strands of floss over 1 block.

**Band 27.** Tied cross over 3 x 2 blocks. Embellishment – Colonial knots or beads between each cross.

**Band 28.** Montenegrin stitch. Follow diagram carefully!



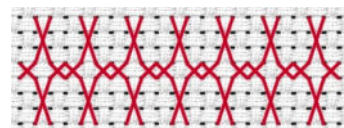
*Montenegrin stitch*

**Band 29a and 29a.** stretched over 6 and 6a over 3 blocks.

**Band 30.** Open, expanded and embellished with beads and ‘tied’.

**Band 31.** Simple flowers.

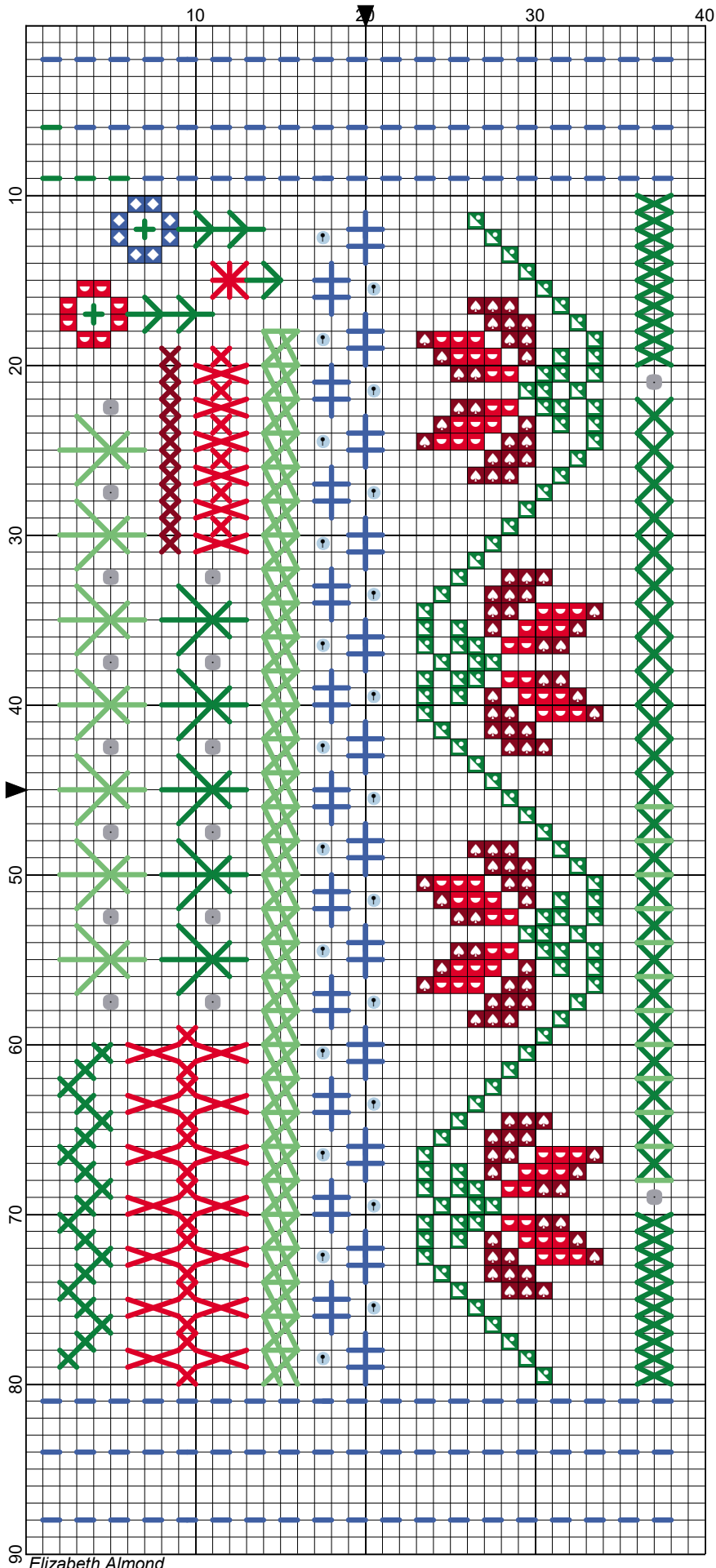
**Band 32.** Cross stitch zig zag pattern completes Block 4.














*Cross stitch expanded.*

<https://rsnstitchbank.org/stitch/montenegrin-stitch>

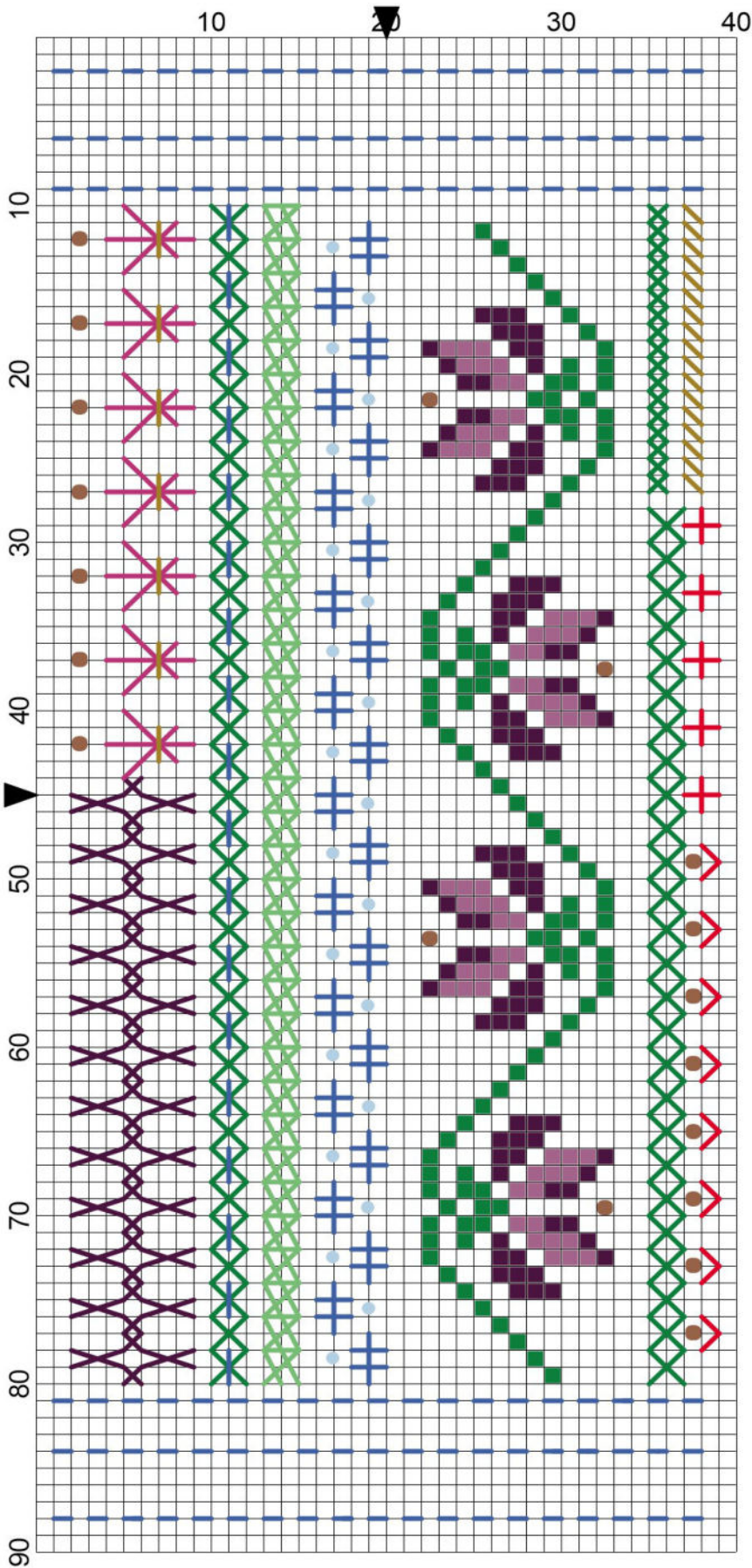
Block 4



- Legend:
-  DMC-798
  -  DMC-815
  -  DMC-666
  -  DMC-909
- Backstitches:
-  DMC-798
  -  DMC-815
  -  DMC-666
  -  DMC-909
  -  DMC-320
- French Knots:
-  DMC-800
- Beads:
-  MHG-2022

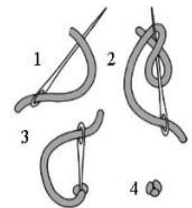
Elizabeth Almond

# Block 4a Simple Stitches



- Cross stitch variations - 2 strands**  
**Row 1.** Cross stitch over 2 x 2 blocks.  
**Row 2.** Cross stitch flowers.  
**Row 3.** Straight stitches tied and Colonial knots (4 strands).  
**Row 4.** Montenegrin stitch over 4 x 2 blocks.  
**Row 5.** Tied cross stitch.  
**Row 6.** Cross stitch stretched over 6 x 6 blocks and 6a over 3 blocks.  
**Row 7.** Open, expanded and embellished with beads and 'tied'

Colonial knot



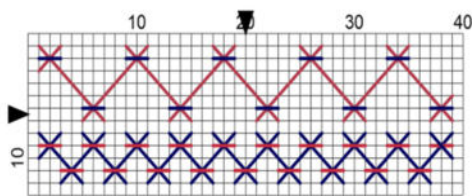


### Block 4 & 4a Simple Stitches



Use the pictures to look in detail at the stitches to see how they appear on the fabric. Consider what colours you use and the impact they make. Knots or beads add texture and interest. Colonial knots are compact and stable. The more threads used the heavier the knot will be. On 14 count Aida use four strands of floss.

Many stitches can be 'tied' with an alternative colour as shown in the embroideries above.



*Herringbone stitch tied is used in later blocks.*