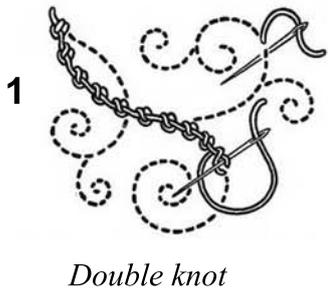
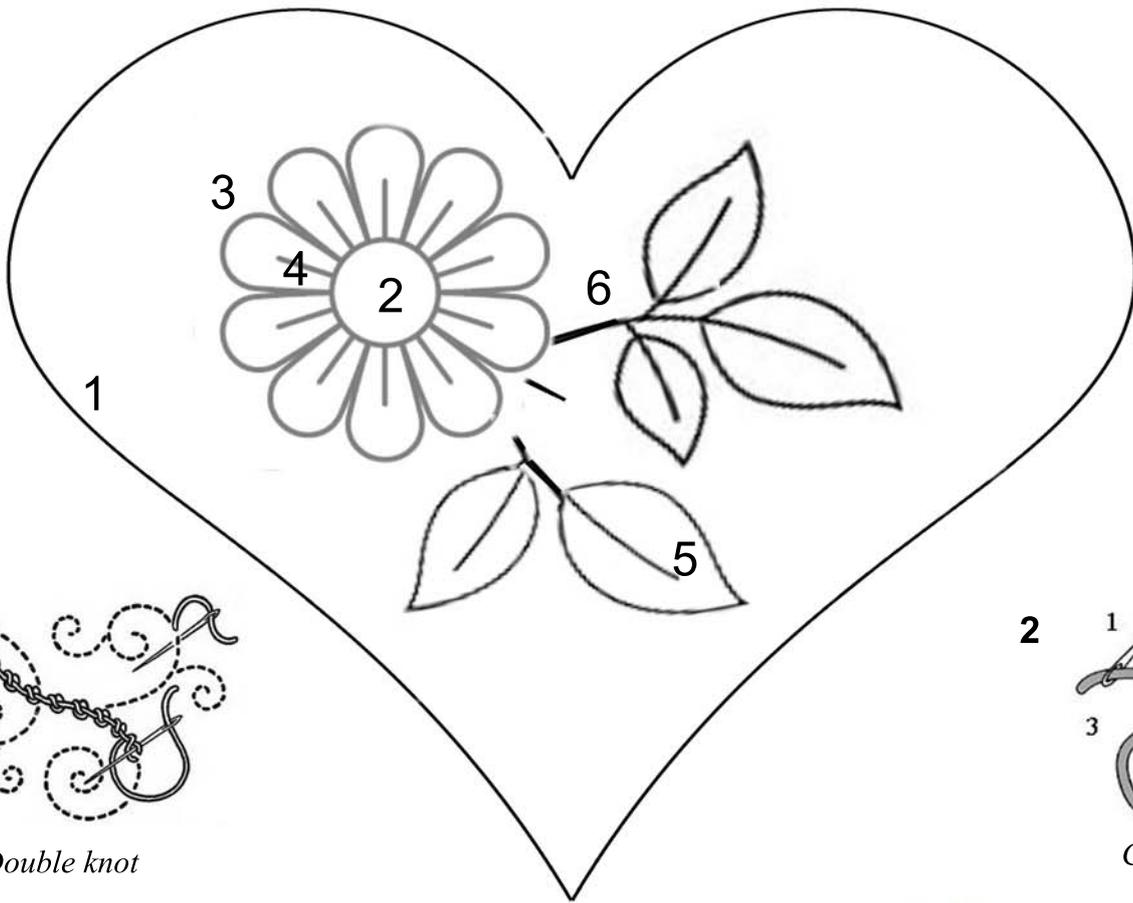


MINI PROJECT 8  
FILL YOUR HEART WITH EMBROIDERY  
Blackwork Journey – Designs by Elizabeth Almond

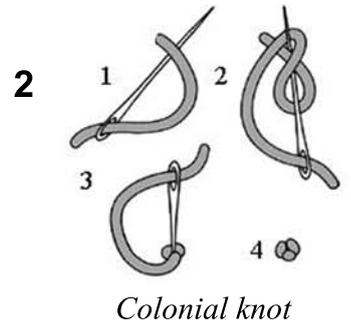


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# Fill your heart with embroidery!



Double knot



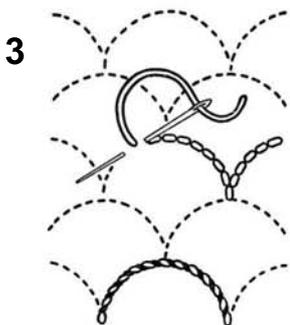
Colonial knot



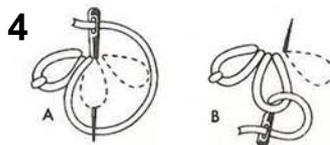
Back



Front



Back stitch whipped



Lazy daisy stitch



Fly stitch leaves with back stitch outlines



Stem stitch

**Fabric:** Cotton or linen, 9 x 9 inches

**Embroidery floss:** DMC Colours of choice, one skein of each

**Stitches used:**

1. Double knot stitch - 3 strands. Using 3 strands weave in and out round each knot to create a braid.
2. Double knot ring filled with Colonial knots - 3 strands of floss.
3. Petal outlines - Back stitch 2 strands, whipped with 2 strands.
4. Lazy daisy stitch, 3 stitches, one inside each other. Use 2 strands.
5. Leaves Fly stitch - 3 strands. Start at the top of each leaf and move down the leaf. Mix two shades of green or, green and yellow. Whip the centre vein after the fly stitch has been worked.
6. Stems - Stem stitch - 2 strands mixed floss.



**Method:**

1. Trace the design onto the fabric using an HB pencil or a water-soluble pen.
  2. Work the double knot stitch border and weave a different colour thread round each knot. Follow the picture carefully.
  3. Flower. Work the centre first followed by the petal outlines and the lazy daisy stitches.
  4. Mix and match colours for the fly stitch leaves and the stems. (2 strands). Use 3 strands of floss. Whip the centre vein after the fly stitch has been worked.
  5. Place the finished embroidery face down on a soft towel and press lightly.
  6. Mount in a frame, or use two card circles 6.50 inches in diameter. Cut the embroidery and backing at least one inch larger than the circles. Using strong thread work running stitch round the fabric circles. Place the card in the centre, draw up and tie the threads tight. Add a hanger and slip stitch the two pieces together. Add a cord or beads round the edge.
- Enjoy!

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