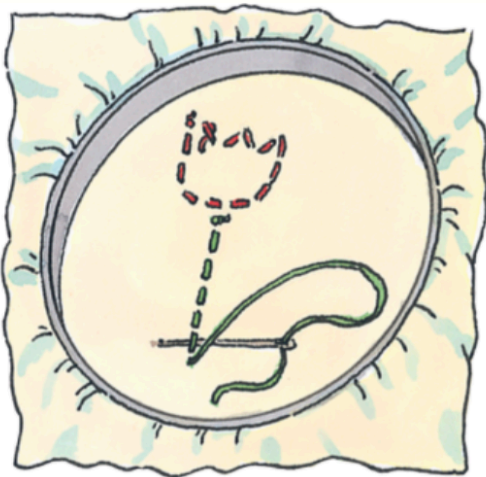



**DID YOU KNOW** embroidery is the art of stitching decorations on a fabric or similar material with a needle and thread?



## Basic stitching

1. Pick "Crafts and Activities" category
2. Find "Fun with Cultural Crafts and Performing Arts"
3. Find chapter called **In Stitches** (page 6)
4. Read about quilting and embroidery.
5. Find the **basic stitching activity** (page 8)
6. Do the activity to practice basic stitching.




### Activity

### BASIC STITCHING

Before you embroider, practice basic stitching.

#### DIRECTIONS

1. Pull a piece of cloth between the two parts of the embroidery hoop.
2. Draw a simple design on the cloth with a pencil.
3. Cut a piece of floss as long as your arm from fingertips to elbow. Moisten one end and push it through the eye of the needle. Tie a knot, as shown below, in the other end of the floss.
4. Push the needle up through a part of your design on the cloth. Pull the needle out on the other side until all the floss except the knot comes through. Then push the needle back down and pull the floss through. You should now have one stitch. Make a row of stitches all the same length.
5. When you are almost at the end of your floss, push the needle through to the back of the cloth. Make two small stitches, one on top of the other. Slide the needle under the stitches and pull the floss through. Cut the floss.

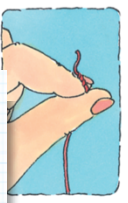



#### Embroidery Tips

- Choose fabrics made from 100 percent cotton. They are the easiest to work with.
- Hold the fabric taut as you embroider.
- If you use a store-bought pattern, use a light-colored fabric so you can see the pattern underneath it.

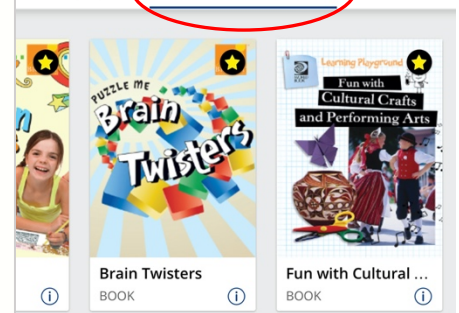
#### MATERIALS

- Loosely woven cloth
- Embroidery floss
- Needle





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### LEARN TO EMBROIDER

After practicing basic stitching go to **Learn to Embroider** on Page 10.

## Fun Facts:



Since prehistoric times most cultures have developed their own embroidery styles.



The tradition of European quilting and patchwork originally came to Australia from England during transportation of convicts in the 19th Century.