

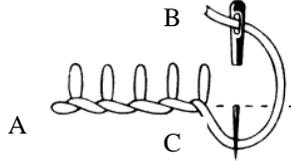
Instructions

Embroidery Stitches Used by *Sisters At Heart, Miles Apart*

Feel free to download and copy these instructions for use at your quilt guild, at workshops or in classes.

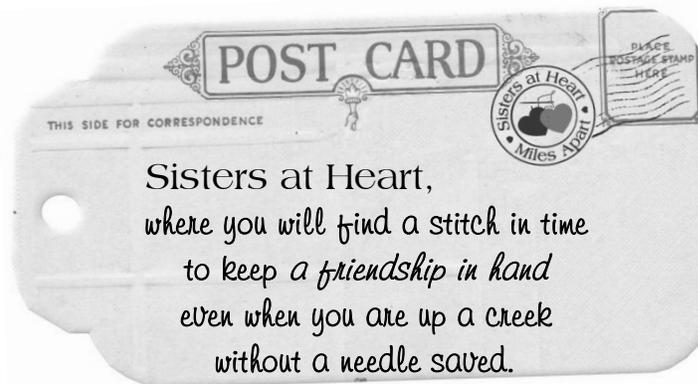
We're happy to share with you - that's what sisters do!

Buttonhole Stitch (used for hand applique)



Using two strands of embroidery floss or one strand of pearl cotton bring your needle up at point A from the back to the front at the outside edge of your applique piece. Going down into your applique piece the distance that you want your stitch length to be (usually no more than $\frac{1}{8}$ " to $\frac{1}{4}$ ") insert your needle to the back at point B. This is about $\frac{1}{8}$ " – $\frac{1}{4}$ " to the right of point A (NOT directly underneath). Bring the needle back up at point C (this IS directly below point B) catching the thread underneath the needle. Repeat. It will create an outline around the outside of your applique figure. The spacing determines the look of your stitch. The closer together it looks more like a satin stitch (solid); the further apart makes it look more casual. Don't space your stitches too far apart or the extra fabric could be snagged. The main point is to be consistent in depth and width of stitching. Uniformity will give the most pleasing results. Repeat around the entire outline of your pattern. Secure the final stitch by putting your needle to the back directly next to point C and over the thread. With the needle on the backside, make a basic knot and cut the thread short.

Tip: Hold the thread securely under the thumb of your non-stitching hand.



In doing the outside edge of a figure, like the edge of the coaster or garland, it is like doing the buttonhole stitch in reverse and becomes the blanket stitch. The only difference is in the first stitch. Repeat the first stitch in the same hole, weaving your thread underneath the first stitch. This will anchor your thread.

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