

# Lesson 1:

## Satin Stitch (Kloster Blocks) and Variations

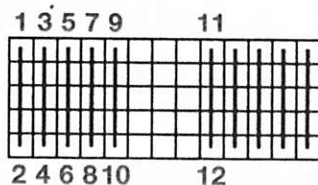
### Instructions

#### A – Kloster (Satin Stitch) Blocks

Use pearl cotton size 5 for 25 ct fabric or size 8 for 32 ct fabric. Kloster blocks always consist of five stitches worked over four threads of the fabric.

Whenever possible, work from the outside towards the inside as follows:

- bring the needle up at 1
- insert it at 2,
- bring it up again at 3,
- insert it at 4, etc.



When you have inserted the needle at 2, never bring it up at 4. The needle must always be brought up on the opposite side, at 3, to avoid problems when the fabric threads are cut.

To move from one block to the next, proceed as indicated on the diagram—insert the needle at 10 and bring it up at 11—so the back side will also look neat.

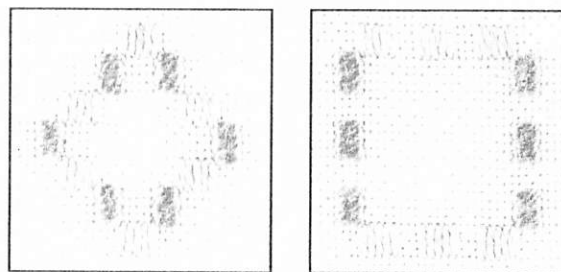
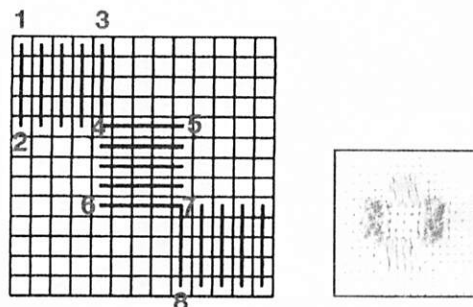
Making diagonals (used in diamond shapes, for example) involves alternating vertical and horizontal kloster blocks.

For a neat reverse side, move from a vertical block to a horizontal block as follows:

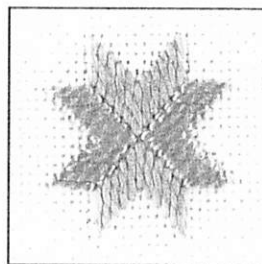
- come up at 3,
- insert needle at 4,
- come up at 5,
- insert needle at 4.

To move from a horizontal block to a vertical block:

- come up at 7,
- insert needle at 6,
- come up at 7,
- insert needle at 8.



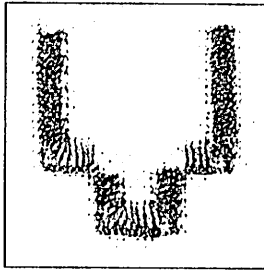
#### B – Norwegian Star



# Lesson 9:

## Buttonhole Stitch

### Instructions

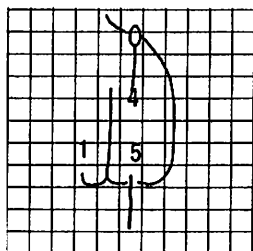
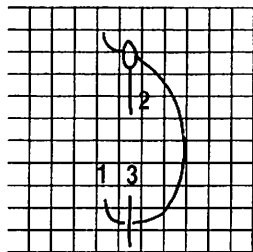


Use pearl cotton size 8 for 25 ct fabric or size 12 for 32 ct fabric.

### A – Buttonhole stitch worked in straight rows

This edging is stitched over 4 threads, with the point of the needle always facing you. Work as follows:

- bring the needle up at the edge of the border, (at point 1),
- insert it 4 threads back (point 2),
- bring it up at 3, keeping the embroidery thread under the needle, then pull;
- insert the needle one space over and 4 threads back (point 4),
- bring it up at 5, keeping the embroidery thread under the needle, then pull.



Continue in this pattern along the border.

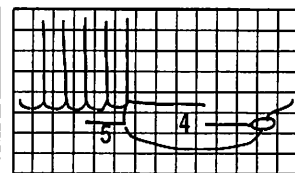
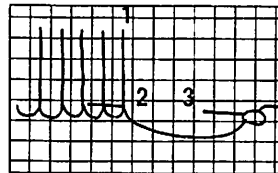
Keeping the embroidery thread under the needle makes a gently curved ridge that forms the edge.

### B – Buttonhole stitch worked diagonally at right angles

There are two different ways to turn a corner.

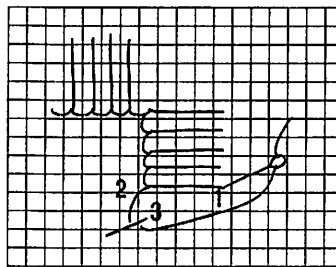
You can turn an inner corner as follows:

- insert needle at 1,
- come up at 2,
- insert needle at 3,
- come up at 2,
- insert needle at 4,
- come up at 5.

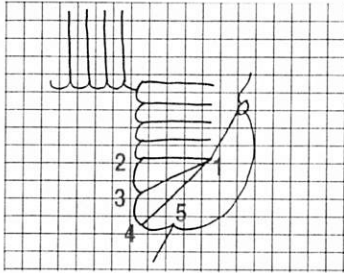


For an outer corner, turn the second way:

- insert needle again at the same point 1,
- come up at 2,
- insert needle at 1,
- come up at 3, with 2 threads between stitches;

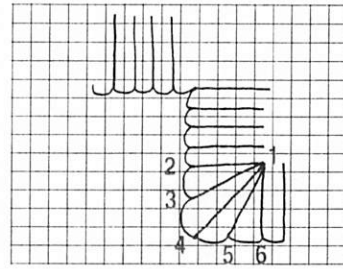


- insert needle at 1,
- come up at 4, with 2 threads between stitches,
- insert needle at 1,
- come up at 5, with 2 threads between stitches, turning to make the right angle;

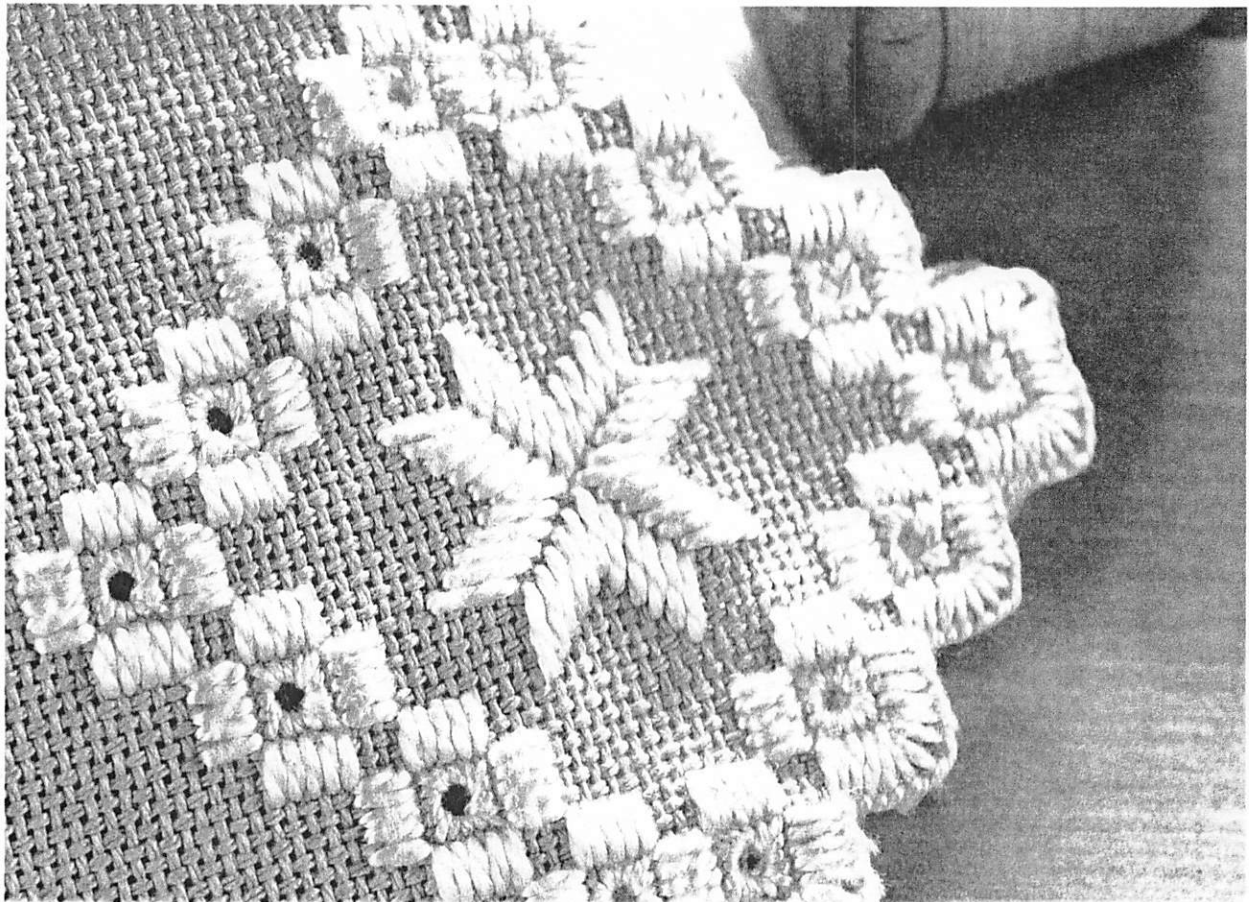


- insert needle at 1,
- come up at 6, with 2 threads between stitches.

The embroidery thread is again straight over 4 fabric threads.



When you finish embroidering the buttonhole stitches, cut the fabric as close to the outside embroidered edge as possible, along the little ridge formed by the stitches. Feel free to place a bit of fabric glue along your stitches to ensure that the buttonhole edge remains firm.



# Lesson 2:

## Cutting and Removing Threads

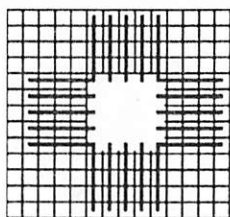
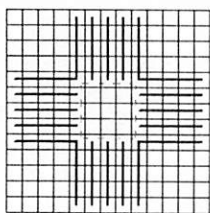
### Instructions

#### A – Cutting threads in small squares

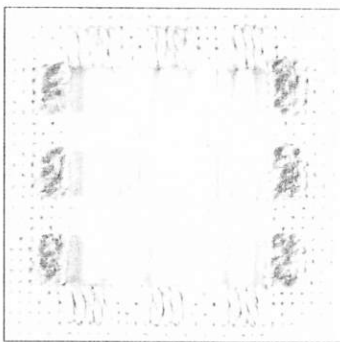


In the diagram below, the threads to be cut are indicated by the dotted lines. Always cut vertically, slightly lifting the thread to cut it very close to the base of the block.

Cut the 4 threads carefully, one at a time, next to the edge of the satin stitches. Turn the work and proceed in the same manner for the other three sides of the square.



#### B – Cutting and removing threads in squares and diamonds

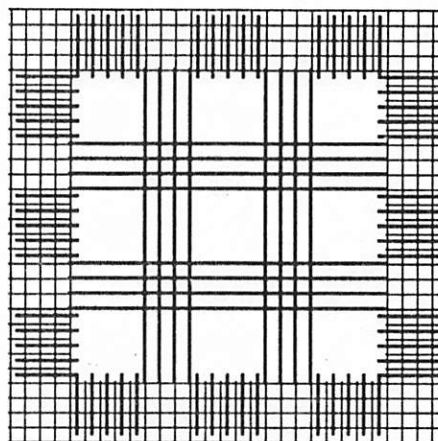
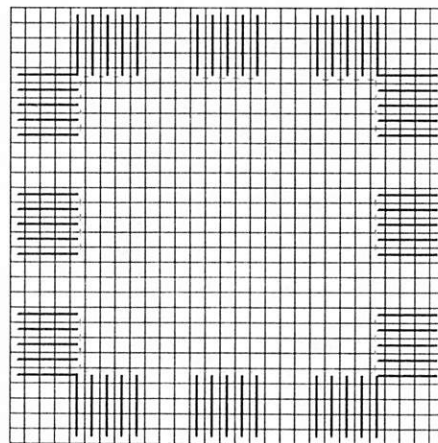


In the diagrams below, the threads to be cut are indicated by the dotted lines. The principle remains the same regardless of the shape or size of the motif. Always cut vertically, lifting the thread up slightly to cut it close to the edge of the satin stitches.

Cut the first 4 threads carefully, one at a time, next to the edge of the satin stitches. Leave the next 4, cut the following 4, and so on.

Continue in the same manner with the threads on the opposite side. Use tweezers to pull the threads out. Then repeat on the two remaining edges.

#### Cutting and removing threads from squares



# Lesson 6:

## Eyelet Stitch and Variations

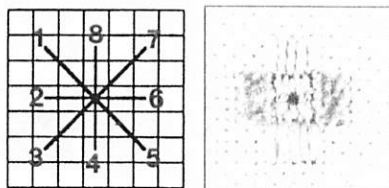
*All three of these stitches are basically the same. In fact, they are a family of stitches that change only in length or spacing.*

### Instructions

#### A – Star Stitch (Algerian Eye)

Use pearl cotton size 8 for 25 ct fabric or pearl cotton size 12 for 32 ct fabric.

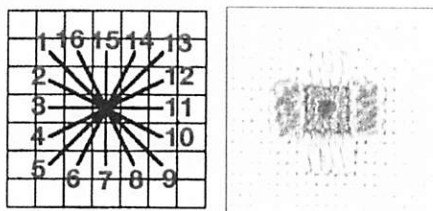
Make this stitch by repeatedly bringing the needle up from the outside edge and inserting it in the same central point, leaving 2 fabric threads between each pair of stitches on the outside edge.



#### B – Eyelet Stitch

Use pearl cotton size 8 for 25 ct fabric or pearl cotton size 12 for 32 ct fabric.

Embroider from the outside towards the inside, inserting the needle in the same central point each time and leaving only one fabric thread between each pair of stitches on the outside edge.

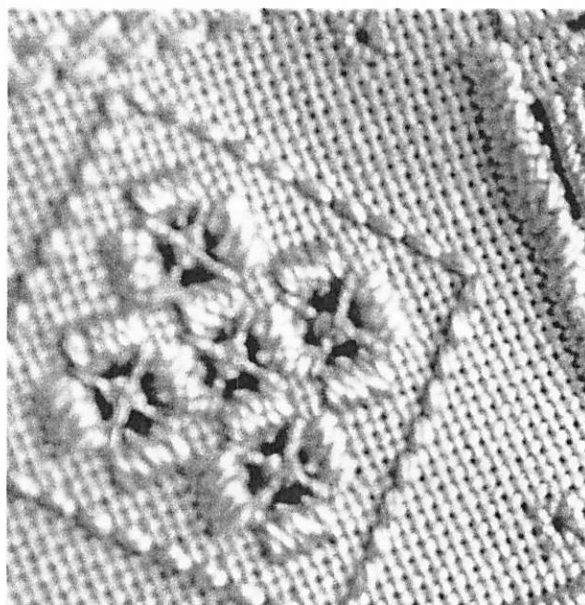
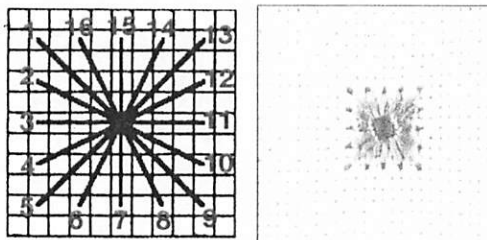


#### C – Madeira Star

Use pearl cotton size 8 for 25 ct fabric or pearl cotton size 12 for 32 ct fabric.

This stitch is identical to the star stitch, with only the length of the stitches changing. Each stitch is made over four fabric threads.

Make this stitch by repeatedly bringing the needle up from the outside edge and inserting it in the same central point, leaving 2 fabric threads between each pair of stitches on the outside edge.



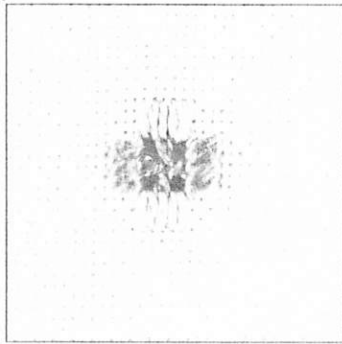


# Lesson 7:

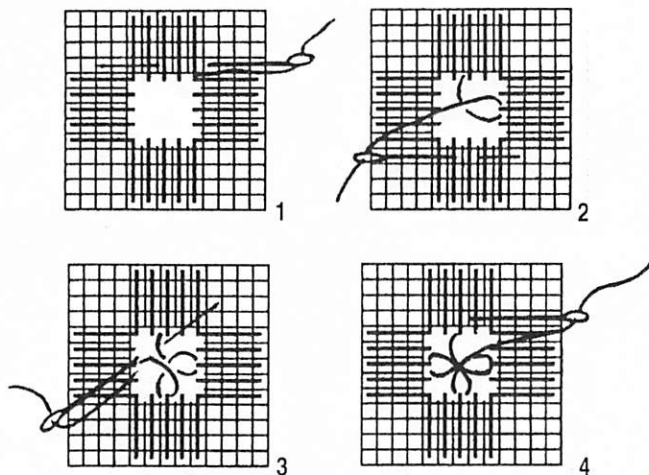
## Loop Stitches

### Instructions

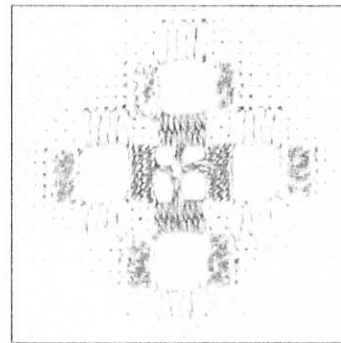
#### A – Dove's Eye Filling Stitch (Straight Loop Stitch) in Kloster Blocks



Use pearl cotton size 8 for 25 ct fabric or pearl cotton size 12 for 32 ct fabric. After embroidering the kloster blocks, cut and remove the threads. Work the dove's eye stitch as shown below.



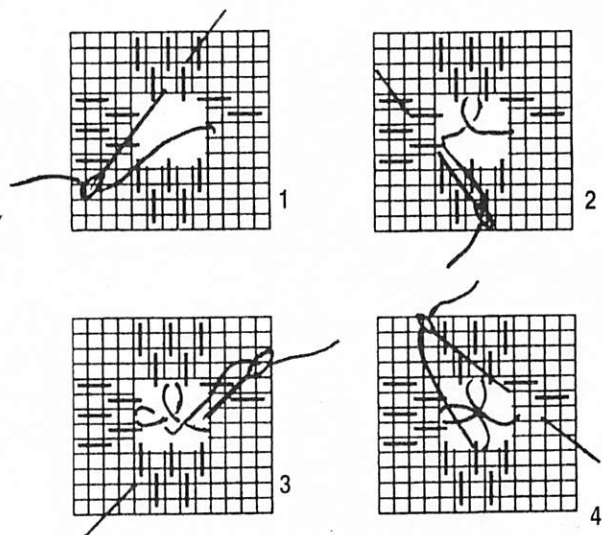
#### B – Dove's Eye Filling Stitch (Straight Loop Stitch) in Woven Bars



Use pearl cotton size 8 for 25 ct fabric or pearl cotton size 12 for 32 ct fabric.

Start by working the kloster blocks and cutting and removing the threads. Work three and a half of the woven bars around the space for the stitch.

Start the dove's eye stitch in the middle of the last bar, stitching as shown below:

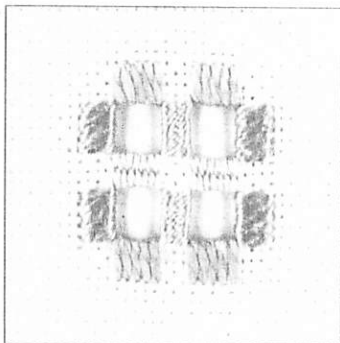


After returning to the starting point, finish weaving the last half of the bar.

# Lesson 4:

## Woven Bars

### Instructions

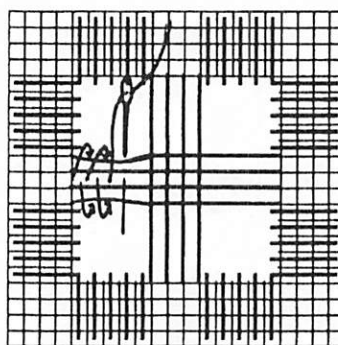
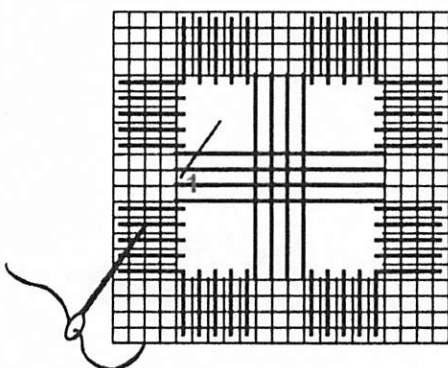


Work the kloster blocks, then cut and remove the threads to produce the open spaces. Use pearl cotton size 8 for 25 ct fabric or size 12 for 32 ct fabric.

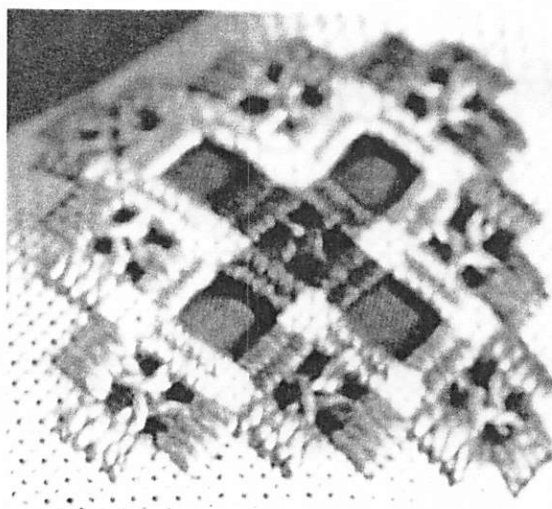
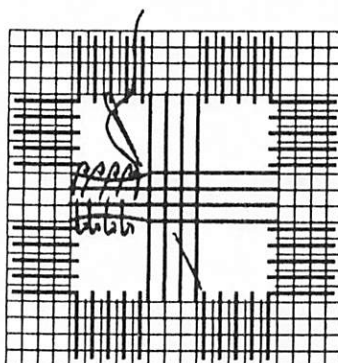
For woven bars, bring your needle up in the middle of 4 fabric (weft) threads at the edge of the work (at 1 on the diagram). Position your fabric so the bar you are working on lies horizontally, then make a figure eight with the embroidery thread as follows:

- bring the needle over the 2 upper weft threads,
- take the needle back under these same threads,
- bring the needle up and over the 2 lower weft threads,
- take the needle back under these same threads.

Continue in the same manner.



To progress from one bar to the next, it is best to move diagonally at right angles to keep the back side neat.



# Lesson 13:

## Variations on the Cable Stitch

### Instructions

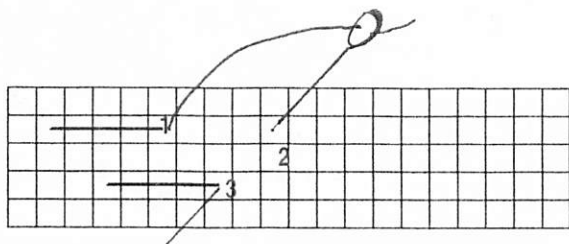
Depending on the desired effect and the thickness of the fabric, embroider with pearl cotton size 5, 8, or 12.

### A – Horizontal double cable stitch

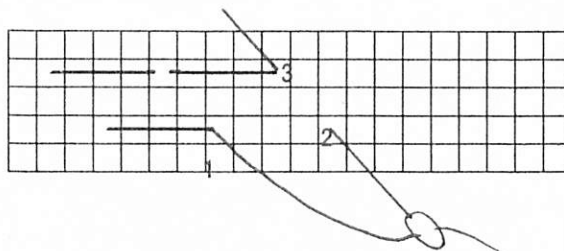


This stitch is made over 4 fabric threads, with a space of two fabric threads between the 2 rows. These rows are completed at the same time as follows:

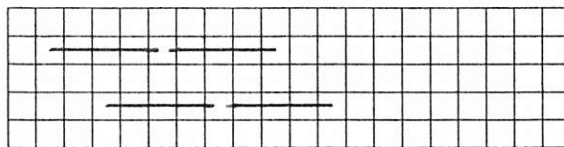
- bring the embroidery thread up at 1,
- insert the needle at 2,
- bring up the needle at 3,



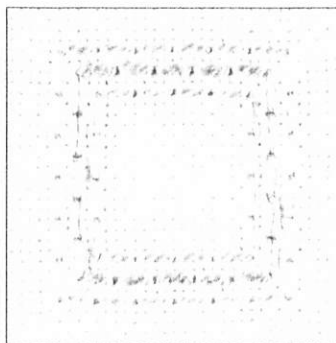
- draw the embroidery thread through (1 in the diagram below),
- insert the needle at 2,
- bring up the needle at 3.



It will look like this:



### B – Horizontal triple cable stitch



This stitch is made in 2 steps. Embroider a horizontal double cable as shown above, then stitch a second series of double cable stitches, overlapping one side of the first one, which will become the center line: