

Look for more stitches to  
 print and add at:

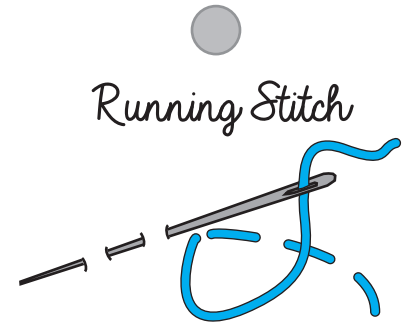
Muse of the Morning

**HOW TO USE THIS SHEET:**  
 Print it out on cardstock.  
 Laminate for durability if desired.  
 Cut on grey lines.  
 Hole punch where the grey circle is.  
 Use a binder ring to hold all the cards together.

Page 1: Basic Stitches

Little Carry-Along  
 Embroidery  
 Stitch  
 Booklet

a free printable from  
[www.museofthemorning.com](http://www.museofthemorning.com)



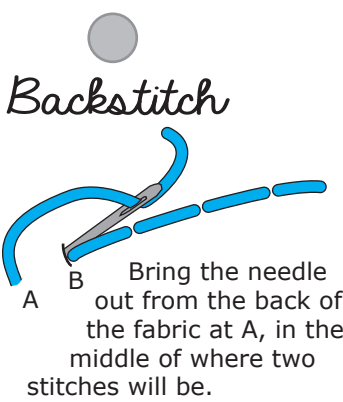
**Running Stitch**

Begin by bringing the needle up through the fabric.

Insert the needle back through the fabric about 1/4" from where it came up.

Bring the needle back up again, about 1/4" from where it went down, making a second stitch.

Tip: The trick to making a running stitch look great is to keep the stitches even.



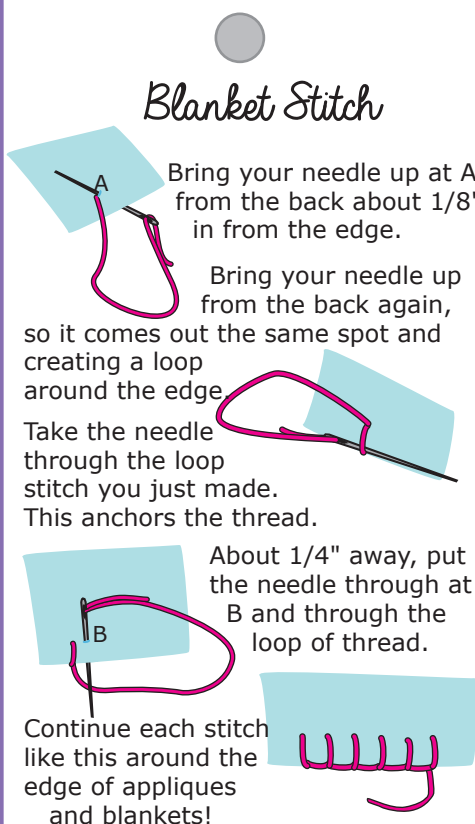
**Backstitch**

Bring the needle out from the back of the fabric at A, in the middle of where two stitches will be.

Go backward and insert the needle at the end of the previous stitch (B), pulling the needle back through at the end of the next stitch (C).

It looks tricky, but it's one of the easiest stitches and also one of the most used!

Tip: Even when using another stitch, try using a backstitch when going around a corner to make nice, neat stitches!



**Blanket Stitch**

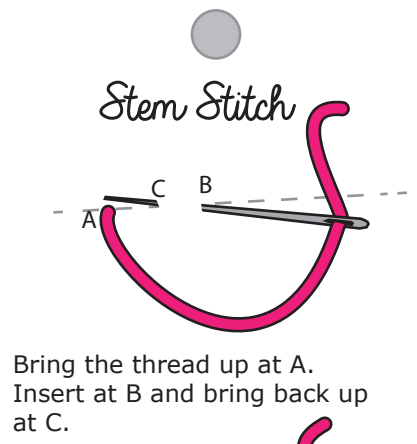
Bring your needle up at A from the back about 1/8" in from the edge.

Bring your needle up from the back again, so it comes out the same spot and creating a loop around the edge.

Take the needle through the loop of thread you just made. This anchors the thread.

About 1/4" away, put the needle through at B and through the loop of thread.

Continue each stitch like this around the edge of appliques and blankets!



**Stem Stitch**

Bring the thread up at A. Insert at B and bring back up at C.

Pull the thread through and insert the needle at D, bringing it back through B. Continue in this way making each stitch the same length.

## Page 2: Decorative Stitches

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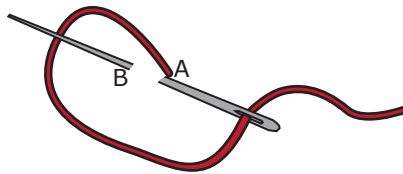
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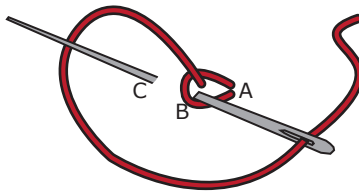
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### Chain Stitch

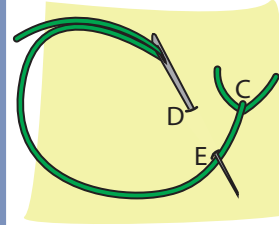
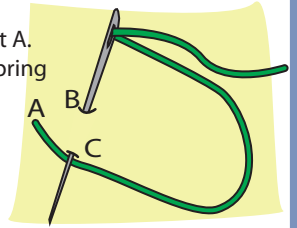


Bring the thread through at A. Hold the thread down with your thumb and insert the needle back into the same hole at A. Bring the needle back out at B. Keep the thread under the needle and pull the thread out, making a loop. Repeat to make a chain.



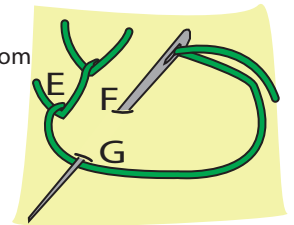
### Feather Stitch

Bring thread up at A. Insert it at B and bring it back up at C with thread going under the needle.

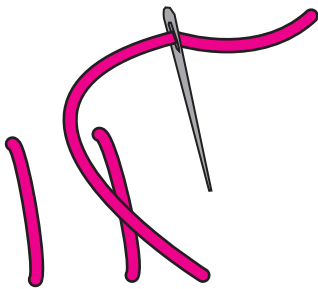


After bringing the thread up, insert needle at D and keeping thread under needle, bring back up at E.

Repeat, going from side to side the length of your embroidery.



### Straight Stitch



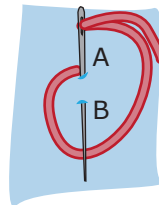
Bring the thread out at one spot and stitch it back in at another spot.

A straight stitch is basically an isolated running stitch.

This stitch can be used to make various decorative designs.

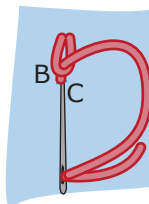
### Detached Chain Stitch

Bring the thread out at A. Put the needle back in at A, and out at B, with a loop of thread under the needle.



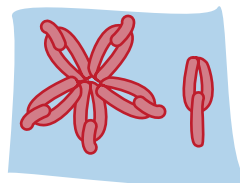
Pull the needle out, over the loop of thread.

Insert the needle just a little below B, at C, making a stitch that will hold the loop in place.



Make a lot of detached chain stitches with A at the center of a circle to make a lazy daisy stitch.

Experiment with the length of the last stitch to make longer stems.

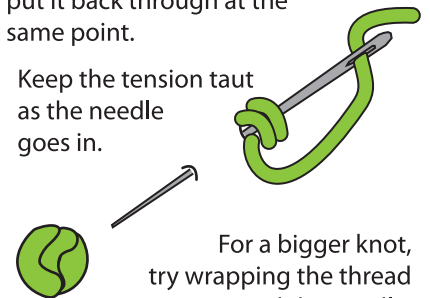


### French Knot



Bring your needle up through the center of where the knot will be. Wrap the thread around the needle twice and put it back through at the same point.

Keep the tension taut as the needle goes in.



For a bigger knot, try wrapping the thread 3 times around the needle.

## Page 3: More Stitches

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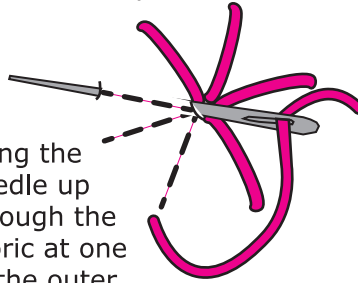
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### Star Eyelet Stitch



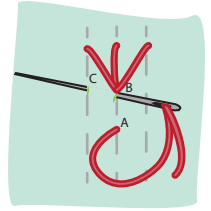
Bring the needle up through the fabric at one of the outer points of the star.

Take the needle down through the center and back up through the next outer point. Continue around until you have the desired number of spokes.

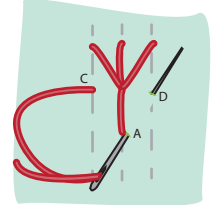
To make this into an eyelet, make sure all the center stitches are through the same hole and use 12 or more spokes to make it secure.

### Fern Stitch

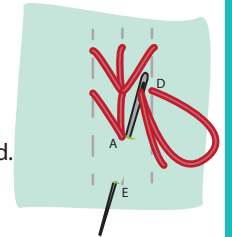
Work this stitch along 3 parallel lines. Bring thread out at A on middle line. Insert at B, directly above, and bring needle back out at C, horizontally on the left line.



Insert again at A, bringing the needle out at D, diagonal from A on the right line..



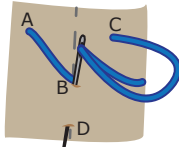
Insert needle once again at A, this time going directly downward to E.



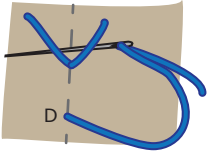
Repeat as long as needed.

### Wheat Ear Stitch

Bring thread up at A and down diagonally at B, angling it to come back up parallel to A, at C.

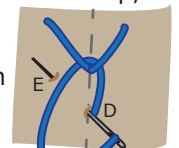


Bring the thread back down through B and up through D.

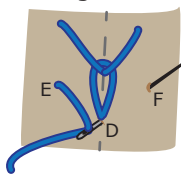


Slide the needle UNDER the V shape that was created.

Put the needle back in at D and up, diagonally at E.



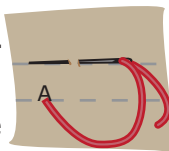
Take the needle through back up through F.



Repeat for as long as needed.

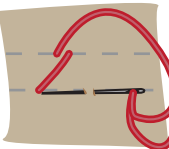
### Herringbone Stitch

Bring the thread up on the bottom line at A.

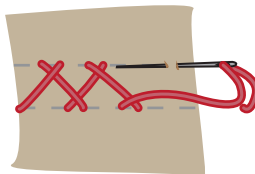


Put the needle through from right to left on the topline, diagonal from A.

Put the needle through from right to left on the bottom line, diagonal from the previous stitch.



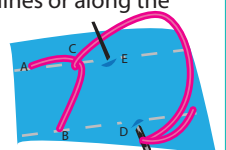
Continue along as needed.



### Closed Blanket Stitch

Work along 2 horizontal lines or along the edge of the fabric.

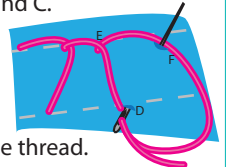
Bring the thread up at A, or about 1/8 inch from the fabric edge.



Put the needle down at B and back up at C. Catch the thread as the needle comes back up, as in a blanket stitch.

B should be between A and C.

Bring the needle in D through E, diagonally from each other.



Pull through, catching the thread.

Then put the needle through D again, coming out at F. D should be in the middle of C and E.

Continue as needed.

