



4-H Member Project Guides

NEEDLEWORK

Embroidery





Purpose

To have fun while learning how to use a hand needle and thread to embellish and/or create useful, well-made items through the needle art of embroidery.

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4-H Needlework—Young Junior Embroidery Member Project Guide (Ages 9 to 11)

Begin Embroidery

Make something special by creating your own designs on fabric, clothes, and accessories. Get your hoop, and let's start stitching!

DO

Learn new skills.

You will learn to:

- Use an embroidery hoop and fabric
- Prepare embroidery floss
- Create basic embroidery stitches
- Start and finish thread on project
- Control tension of thread as you stitch
- Handle needle, fabric, hoop, and thread
- Transfer design if applicable
- Read charts and follow design elements
- Clean, press, and block finished project

APPLY

Using the skills listed above, practice and complete a project.

What you will do:

Practice skills and techniques—learn by doing

Make one or more of the suggested Practice/Service Projects. Consider giving some of these as gifts to friends and family. Practice Projects include: sachet pillow; hoop wall hanging; holiday ornaments; bookmark; sampler (any size).

Try a Service Project—learn by sharing

Create and embroider a care critter (bear, bunny, cat) for youngsters at a nearby family shelter or hospital.

Practice/Service Projects cannot be exhibited in 4-H Needlework at the Kentucky State Fair.

Embroider and exhibit a final project*

Select from the following:

- One 4-by-4-inch (minimum) item of red work (red floss) on white or unbleached plain woven fabric containing stem stitch
- One 4-by-4-inch (minimum) item of cross stitch on ¼-inch checked gingham
- One 4-by-4-inch (minimum) finished stamped design item of cross stitch on plain white woven fabric
- One 2-by-8-inch (minimum) finished border design item of cross stitch
- Purchased kit meeting project guidelines

**All items can be created from scratch (e.g., framed piece, pillow, wall hanging, holder), or the stitching can be created on a purchased item (e.g., pillowcase, clothing, tote bag, purse, bib, dishtowel).*



Keep a record of what you have embroidered

Ask your leader/teacher to help you fill out the 4-H Needlework Record for your project. Be sure to list skills you have attempted as well as those you believe you have mastered. Store the record in a folder or three-ring notebook to review before you begin next year's project.

What you may need:

- Scissors
- Embroidery scissors
- Hoop
- Embroidery floss
- Embroidery needle
- Fabric
- Transfer pencil
- Masking tape
- Thimble
- Other supplies needed to complete project

SHARE

Show others what you have learned.

What you can do:

- Participate in your club, county, district, and/or state Demonstration Contest
- Exhibit at your county Fair, Festival, and/or Rally Day and the Kentucky State Fair (4-H Project Card required)
- Investigate participating in your county Fashion Revue

Clutter Control

Equipment and supplies have a tendency to get lost. Here are some suggestions to help keep everything safe and in good condition:

- Use a pencil box, eye glass case, travel toothbrush holder to hold small items such as hooks, T-pins, needles, tape measure, pencil, and notepad (put your name on it)
- Use zip top plastic bags to hold your embroidery samples
- Use a cloth or sturdy bag with handles to carry all supplies and materials
- Use a pocket folder or three-ring binder to store handouts and patterns

Source: Mary Hixson, County Agent for Family & Consumer Sciences

Marjorie Baker, Extension Associate, Family & Consumer Sciences

Doris Reed, County Leader



4-H Needlework— Beginner Embroidery Member Project Guide

Embroidery 101

Make something special by creating your own designs on fabric, clothing, or accessories. Get your hoop, and let's start stitching!

DO

Learn new skills and refine old ones.

You may learn to:

- Use an embroidery hoop and fabric
- Prepare embroidery floss/yarn/thread
- Transfer design if applicable
- Create basic embroidery stitches (stem or outline, lazy daisy, running, straight, French knots, satin, blanket, chain, and/or back)
- Start and end thread on project
- Control thread/yarn tension as you stitch
- Handle needle, fabric, hoop, and thread
- Read charts and follow design elements
- Create snowflake (chicken scratch) embroidery
- Create candlewicking embroidery
- Clean, press, and block finished project

APPLY

Use the skills you have previously learned as well as those listed above to practice and complete a project.

What you will do:

Practice the techniques and skills—learn by doing

Make one or more of the suggested Practice/Service Projects. Consider giving some of these as gifts to friends and family. Practice Projects include: sachet pillow, hoop wall hanging, holiday ornaments, book mark, sampler (any size).

Try a Service Project—learn by sharing

Create and embroider a care critter (bear, bunny, cat, etc.) for youngsters at a nearby family shelter or hospital.

Practice/Service Projects cannot be accepted in 4-H Needlework at the Kentucky State Fair.

Embroider and exhibit a final project

Choose your project from one of the following:*

- One 5-by-7-inch (minimum) item of red work (red floss on plain white woven or unbleached woven fabric) that includes stem stitch
- One 5-by-7-inch (minimum) item of cross stitch on ¼-inch gingham fabric



- One 5-by-7-inch (minimum) stamped design item of cross stitch on plain white fabric
- One 7-by-7-inch (minimum) item of candlewicking that includes colonial knots on plain woven fabric
- One 5-by-7-inch (minimum) item of free embroidery that includes five stitches (stem/outline, lazy daisy, running, straight, French knot, satin, blanket, chain, or back) and three or more different color flosses on plain woven or felt fabric
- One 5-by-7-inch (minimum) item of snowflake (chicken scratch) embroidery on ¼-inch or smaller gingham
- Purchased kit that meets project guidelines

**All items can be created from scratch (e.g., framed piece, pillow, wall hanging, holder), or the stitching can be created on a purchased item (e.g., pillowcase, clothing, tote bag, purse, bib, dishtowel).*

Keep a record of what you have embroidered

Take time to fill out the 4-H Needlework Record. Be sure to list skills you have attempted as well as those you believe you have mastered. Store the record in a folder or three-ring notebook to review before you begin next year's project.

What you may need:

- Basic embroidery supplies, including scissors, embroidery scissors, hoop, embroidery floss, embroidery needles, fabric, transfer pencil, masking tape, thimble
- Supplies appropriate to project selected, including fabric, huck toweling, Aida cloth, monk's cloth, waste canvas, or tapestry needle
- Other supplies needed to complete project

SHARE

Show others what you have learned.

What you can do:

- Participate in your club, county, district, and/or Demonstration Contest
- Exhibit in your county Fair, Festival, and/or Rally Day and the Kentucky State Fair (4-H Project Card required)
- Investigate participating in your county and state Fashion Revue if your project is wearable*

**State Fashion Revue participants must be 14 years old by Jan. 1 of the current year.*



Clutter Control

Equipment and supplies have a tendency to get lost. Here are some suggestions to help keep everything safe and in good condition:

- Use a pencil box, eye glass case, travel toothbrush holder to hold small items such as hooks, T-pins, needles, tape measure, pencil, and notepad (put your name on it)
- Use zip top plastic bags to hold your embroidery samples
- Use a cloth or sturdy bag with handles to carry all supplies and materials
- Use a pocket folder or three-ring binder to store handouts and patterns

Source: Mary Hixson, County Agent for Family & Consumer Sciences

Marjorie Baker, Extension Associate, Family & Consumer Sciences

Doris Reed, County Leader



4-H Needlework—Intermediate Embroidery Member Project Guide

More Embroidery 201

Keep on counting. There are more embroidery stitches to learn and fabrics to stitch!

DO

Learn new skills and refine old ones.

What you will learn:

- Counted cross stitch on Aida cloth
- Huck embroidery on monk's cloth or huck toweling
- Additional embroidery stitches beyond the Beginner Level
- How to use waste canvas

APPLY

Use the skills you have previously learned as well as those listed above to practice and complete a project.

What you will do:

Practice the skills and techniques—learn by doing

Make one or more of the suggested Practice/Service Projects. Consider giving some of these as gifts to friends and family. Practice projects include: a sachet pillow, hoop wall hanging, holiday ornaments, bookmark, and sampler (any size).

Practice/Service Projects cannot be exhibited in 4-H Needlework at the Kentucky State Fair.

Try a Service Project—learn by sharing

Create and embroider a care critter (bear, bunny, cat, etc.) for youngsters at a nearby family shelter or hospital.

Embroider and exhibit a final project

Select from the following:*

- One 7-by-9-inch (minimum) item of free embroidery with a minimum of six different embroidery stitches and three or more colors of embroidery floss on plain woven fabric
- One 3-by-3-inch (minimum) item of counted cross stitch on 11- or 14-count Aida cloth or other fabric using waste canvas
- One 2-by-10-inch (minimum) item of huck embroidery on huck toweling, creating a border design
- One 2-by-2-inch (minimum) single motif item of huck embroidery
- One 36-by-36-inch (minimum) item of huck embroidery on monk's cloth
- Purchased kit meeting project guidelines

**All items can be created from scratch (e.g., framed piece, pillow, wall hanging, holder), or the stitching can be created on a purchased item (e.g., pillowcase, clothing, tote bag, purse, bib, dishtowel).*



☑ **Keep a record of what you have embroidered**

Take time to fill out the 4-H Needlework Record. Be sure to list skills you have attempted as well as those you believe you have mastered. Store the record in a folder or three-ring notebook to review before you begin next year's project.

What you will need:

- Scissors
- Embroidery scissors
- Hoop
- Embroidery floss
- Embroidery needle
- Transfer pencil
- Masking tape
- Thimble
- Supplies appropriate to project selected, including: fabric, huck toweling, Aida cloth, monk's cloth, waste canvas, or tapestry needles, etc.
- Other supplies needed to complete project

SHARE

Show others what you have learned.

What you can do:

- Participate in your county Demonstration Contest
- Exhibit at your county Fair, Festival, and/or Rally Day and the Kentucky State Fair (4-H Project Card required)
- Investigate participating in county and state* Fashion Revue if your project is wearable

**State Fashion Revue participant must be 14 years old by Jan. 1 of the current year.*

Clutter Control

Equipment and supplies have a tendency to get lost. Here are some suggestions to help keep everything safe and in good condition:

- Use a pencil box, eye glass case, travel toothbrush holder to hold small items such as hooks, T-pins, needles, tape measure, pencil, and notepad (put your name on it)
- Use zip top plastic bags to hold your embroidery samples
- Use a cloth or sturdy bag with handles to carry all supplies and materials
- Use a pocket folder or three-ring binder to store handouts and patterns

Source: Mary Hixson, County Agent for Family & Consumer Sciences

Marjorie Baker, Extension Associate, Family & Consumer Sciences

Doris B. Reed, County Leader



4-H Needlework—Advanced Embroidery Member Project Guide

Creative Embroidery 301

The world is a picture, so why not embellish it! In this project you will have the opportunity to create colorful masterpieces using ribbon, beads, yarn, and/or trims.

DO

Learn new skills and refine old ones.

You may learn to:

- Use silk ribbon to create embroidery design
- Use beading in your embroidery work
- Create stitches on even-weave fabric or Aida cloth smaller than 14-count
- Create your own design and project

APPLY

Use the skills you have already learned as well as skills listed above to practice and complete a project.

What you will do:

Practice skills and techniques—learn by doing

Make one or more of the suggested Practice/Service Projects. Consider giving some of these as gifts to friends or family. Practice Projects include: sachet pillow, hoop wall hanging, holiday ornaments, bookmark, and sampler (any size).

Try a Service Project—learn by sharing

Create and embroider a care critter (bear, bunny, cat, etc.) for youngsters at a nearby family shelter or hospital.

Embroider and exhibit a final project*

Select from one the following:

- One 5-by-7-inch (minimum) item of counted cross stitch on even-weave fabric or Aida cloth smaller than 14-count using embroidery floss
- One 6-by-8-inch (minimum) item of crewel embroidery on linen or cotton twill fabric using crewel or Persian yarn
- One item created or embellished with silk ribbon embroidery using five or more embroidery stitches with silk ribbon
- One item constructed of irregularly shaped fabric pieces embellished with a combination of ribbon work, specialty threads, embroidery stitches, and/or beadwork, creating a finished crazy quilt design
- Purchased kit that meets the project guidelines



**All items can be created from scratch (e.g., framed piece, pillow, wall hanging, potholder, eyeglass holder, etc.), or they can be created on a purchased item (e.g., pillowcase, clothing, tote bag, purse, bib, dishtowel, etc.).*

Keep a record of what you have embroidered

Take time to fill out the 4-H Needlework Record. Be sure to list skills you have attempted as well as those you believe you have mastered. Store the record in a folder or three-ring notebook to review before you begin other projects.

What you may need:

- Scissors
- Embroidery scissors
- Hoop
- Embroidery floss
- Embroidery needle
- Transfer pencil
- Masking tape
- Thimble
- Supplies appropriate to project selected, including: fabric, Aida cloth smaller than 14 count, tapestry needle, small sewing needle and thread, Persian yarn/crewel yarn, silk ribbon, glass seed beads, and specialty threads.
- Other supplies needed to complete project

SHARE

Show others what you have learned.

What you can do:

- Participate in your club, county, district, and/or state Demonstration Contest
- Exhibit in your county Fair, Festival, and/or Rally Day and the Kentucky State Fair (4-H Project Card is required)
- Investigate participating in your county and state Fashion Revue if your project is wearable*

**State Fashion Revue participants must be 14 years old by Jan. 1 of the current year.*

Clutter Control

Equipment and supplies have a tendency to get lost. Here are some suggestions to help keep everything safe and in good condition:

- Use a pencil box, eye glass case, travel toothbrush holder to hold small items such as hooks, T-pins, needles, tape measure, pencil, and notepad (put your name on it)
- Use zip top plastic bags to hold your embroidery samples
- Use a cloth or sturdy bag with handles to carry all supplies and materials
- Use a pocket folder or three-ring binder to store handouts and patterns

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