



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

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*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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