



BUSTLE & SEW
LOVE TO SEW AND SEW WITH LOVE



Plant a Garden Hoop



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Plant a Garden Hoop

This is a quote from Audrey Hepburn and is, I think, especially poignant when you remember her difficult and dangerous childhood growing up in Nazi-occupied Holland.

I have added some vintage-inspired embroidered flowers and taken the opportunity to use some more unusual stitches including whipped spider wheel, bullion stitch and detached wheat ear stitch. But don't worry, there are diagrams to help you work all of them.

Finished work is mounted in an 8" hoop.



Materials

- 11" square cream fabric suitable for embroidery
- 8" hoop hoop.
- DMC stranded cotton floss in shades 310, 702, 704, 733, 742, 744, 792, 905, 3371, 3706, 3713, 3766, 3831, 3833, 4095, 4120, 4250, 4255

Notes:

- Use two strands of floss throughout.
- The text is worked in 310 (black) floss





Notes on stitching

- Transfer your design to the centre of your cream fabric. The templates are given full size.
- Use two strands of floss throughout.
- The two colour flowers are worked in radiating straight stitch. I find it easiest to imagine a clock and place my first stitches at 3, 6, 9 and 12 o'clock then go around and fill in between them - this helps me make sure that they are even.

Stitch Details

Bullion Stitch

Bring your needle through your fabric at the point indicated by the arrow on the diagram above. Insert your needle back through your fabric at the required length of the stitch and bring it out exactly at the arrow again.

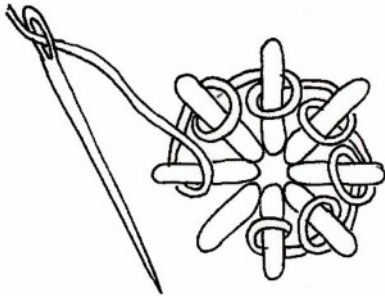
Don't pull your needle right through, but leave it lying in the material as in the diagram and twist your thread around it close up to the emerging point. Six or seven twists are an average number, but this can be varied according to the length of stitch you want to make.

Place your left thumb upon the twists and pull your needle and thread through your fabric and also the twists as carefully as possible. Now pull your needle and thread away in the opposite direction. This movement will force your little coil of thread to lie flat in the right place. Tighten it up by pulling your working thread, then reinsert your needle at A.



Whipped Spider Wheel Stitch

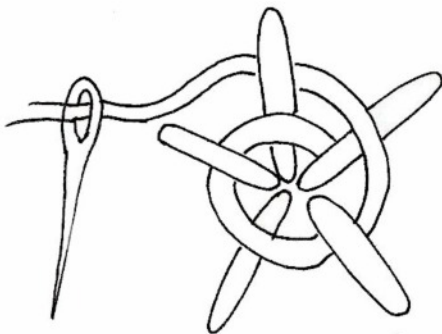
I tried to think of the best way to describe this stitch but to be honest I think this is one of those occasions when a picture works best. Begin by working a some radiating straight stitches with ends meeting at a centre point. Make sure they're not too closely packed together. Then bring your thread up towards the centre of the wheel you've created and weave your thread as shown below:



Stop before the ends of your straight stitches so your wheel has little "legs."

Woven Wheel Stitch

Again I think a picture works best. Begin by working an odd number radiating straight stitches with ends meeting at a centre point. Make sure they're not too closely packed together. Then bring your thread up towards the centre of the wheel as before and weave your thread as shown below:



Weave as many turns as you can to make a nice fat flower.

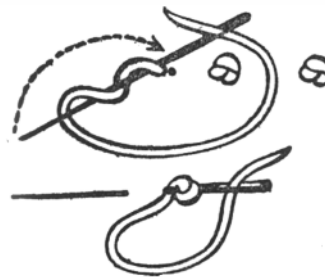
Detached Wheat Ear Stitch

Work two short straight stitches at right angles to each other, meeting at the point of the right angle. Then bring your needle up again through the fabric and pass it through both stitches at the base of the angle.



French Knot

Bring your thread through to the front of your fabric at the place you want to place your knot. Hold it down firmly with your left thumb and first finger and twist your needle two or three times around the held thread as shown by the upper needle in the diagram above. Then, with your twists pulled fairly tightly around your needle and the thread still held firmly in your left hand, turn your needle around and push it back through your fabric very close to where it first emerged, still keeping your thread tight with your left thumb.



Pull your thread through firmly and the knot will be left on top. If you're having problems check that you're twisting the thread around the needle in the same direction as the diagram above and keeping your thread nice and taut. The secret of successful French knots is in the correct twist of the needle and the tautness of your thread.







I used three greens, light 704, medium 702 and dark 905. See photo for guide.
 Leaves are all satin stitch - worked at angles to indicate the main central vein.

Split stitch 310

Centres small French knots 744
 Petals radiating straight stitch 4250

Centres small French knots 3766
 Petals radiating chain stitch 4120

Detached wheat ear stitch 4250

Woven wheel stitch 4095

Centres small French knots 702
 Petals bullion stitch 3831

Back stitch 3371

Centres small French knots 702
 Petals radiating straight stitch
 in 3706, 3713, 3831, 3833
 just mix them up between flowers
 see photo for guide

Back stitch 733

Detached chain stitch 3831

Centres small French knots 792
 Petals radiating straight stitch
 Inners 3766, outers 742 and 744

Whipped or ridged spider
 wheel stitch 4255

Work the tiny flowers and the
 grass in any shades you have in your
 needle - a good way of using up ends
 just mix them for a nice effect.

Template

Full size and reversed to suit your preferred method of transfer

To plant
a garden is to
believe in the future



To plant
a garden is to
believe in the future





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Why do we love to stitch? After all you can purchase mass-produced textile items at many high streets stores for very little cost. These days handmade means something special - a unique item created with love, a gift from the heart, not one that can be bought. Hand stitching is also a great way to personalise an item, or perhaps to breathe new life into an old favourite that has seen better days.

[Bustle & Sew](#) offers my own unique patterns, designed to appeal to all skill levels and bring out all your natural creativity. And you can keep up to date with all the latest news from Devon where I live as well as the newest patterns and much more over on the [Bustle & Sew Blog](#).



PS If you love stitching, then you're sure to enjoy my Bustle & Sew Magazine. It's delivered by email to your in-box each month and is crammed full of ideas, projects, features, articles, patterns and more to inspire you. Your family and friends will soon be queuing up to take delivery of your new Bustle & Sew creations. To learn more please visit the [Bustle & Sew website](#).

Helen xx



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