



Family and Community Education Clubs
Special Workshop

Pin Stitch Valentines

Monday, January 30, 2017 at 9:00 a.m.

UT/TSU Extension Office

Must Call the Office (684-5971) to Register by January 26

\$2.00—Bring to Class

Come join us as we make a beautiful valentine for someone special. We will prick holes into cardstock and then use a needle and thread to create a pretty heart pattern enhanced with special stickers. Some will be red and others pink.





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Materials:

5 1/2" x 8 1/2" piece of colored cardstock
4 1/4" x 3 1/8" piece of white cardstock
Sewing thread in color to coordinate with colored cardstock
Heart sticker to fit in center of sewn design, about 1/2" - 1"
Pin hole pattern
A2 Envelope (4.37" x 5.75")

Supplies:

Scissors
Paper clips
Corsage Pin
#26 Tapestry needle
Scotch tape
Tacky glue
Piece of heavy felt or Styrofoam to poke into and protect table

Directions:

Fold colored cardstock in half with short ends meeting to form the base of the card.

Cut out pin hole pattern leaving about a 1/4" border outside the design. Center the cut out pattern on the piece of white cardstock and hold in place with paper clips. Using the corsage pin, poke holes through both layers on each dot of the pattern. (Be sure to put something under the card so you don't damage the table beneath—a piece of Styrofoam, a towel, piece of felt, etc.) Remove the pattern.

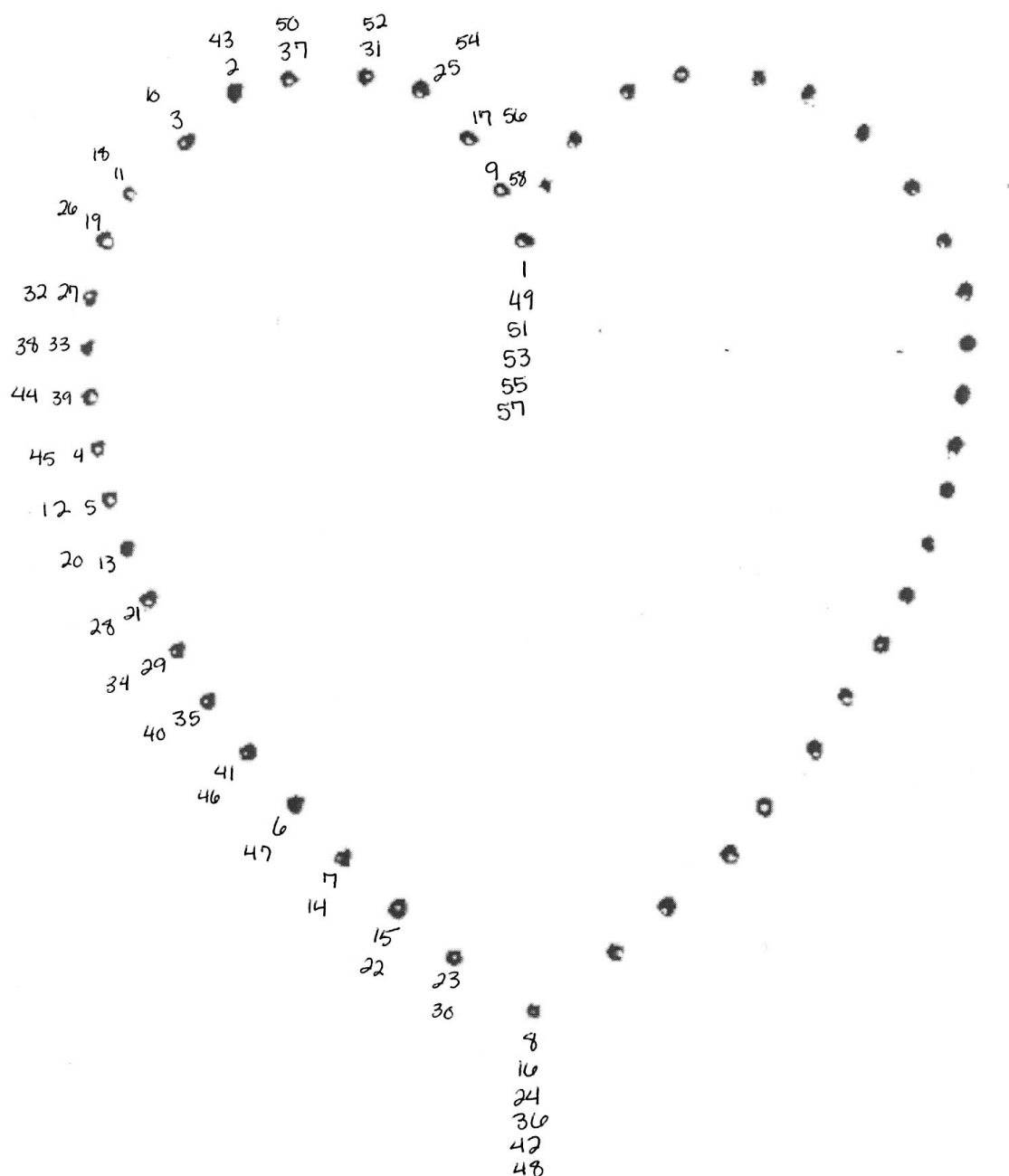
Thread up the tapestry needle with a long piece of sewing thread, about a yard. Tape the end of the thread to the back center of the pricked heart. See next page for stitching order. When both sides of the heart are stitched, continue below.

Center the white stitched cardstock on the front of the colored cardstock card and glue edges down. Place sticker in the center. You can line the center of the card with a piece of white copy paper or write directly on the card itself. Place in envelope and mail to someone special!

We are going to stitch half of the heart at a time, starting with the left side. Bring the needle up through the top center hole (1). Count six holes to the left and go down through the hole (2). Bring the needle up through the next hole around to the left side (3). Count six holes around and go down (4). Come up in the next hole (5). Count six holes and go down (6). Come up in the next hole (7). Now you have less than six holes left to the bottom of the heart so just go down at the bottom (8). This completes the first round.

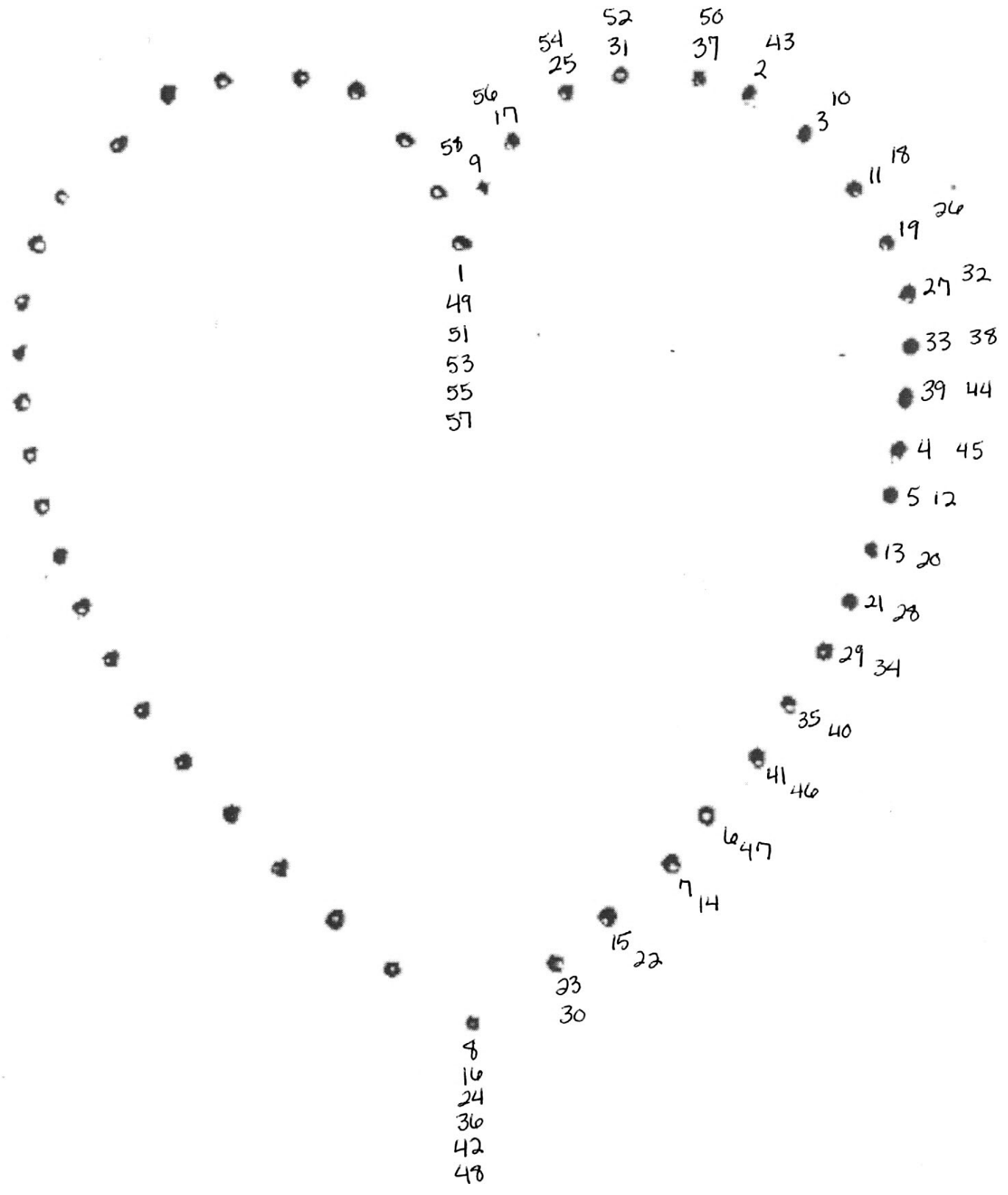
Now you will continue starting back at the top again (just carry your thread across the back of the card) and come up in hole (9). Count six go down and come up in the next, continuing until you reach the bottom again. Note that you will be going down in holes that already have a thread coming through them. When you get to (48) you will come back to the center top hole and fill in the top starting with (49) and finishing with (58).

This completes the left side. You will do the same to the right, following the number sequence for the right side (on the next page). When finished, tape the thread to the back and clip off any excess.



TIP: When you are coming up and down through the holes, angle your needle if necessary so that you are always on the outside (towards the outside of the heart) of any threads that are lying across your holes.

If you run out of thread, simply tape the end down on the back and start with a new thread.



Instructions for Embroidery Patterns

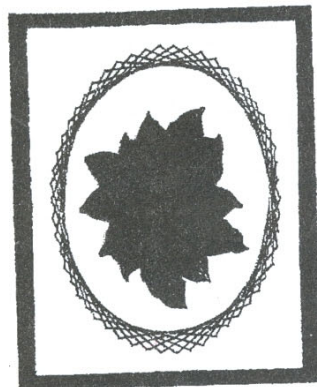
There are many possibilities for stitching most patterns. After choosing a pattern, you will need to decide how many layers you want to stitch. After determining the number of layers, you then need to decide how many holes you want to skip for the first layer. A lower number of skipped holes will fill in less of the area of the shape and higher number of skipped holes will fill in more of the area of the shape.

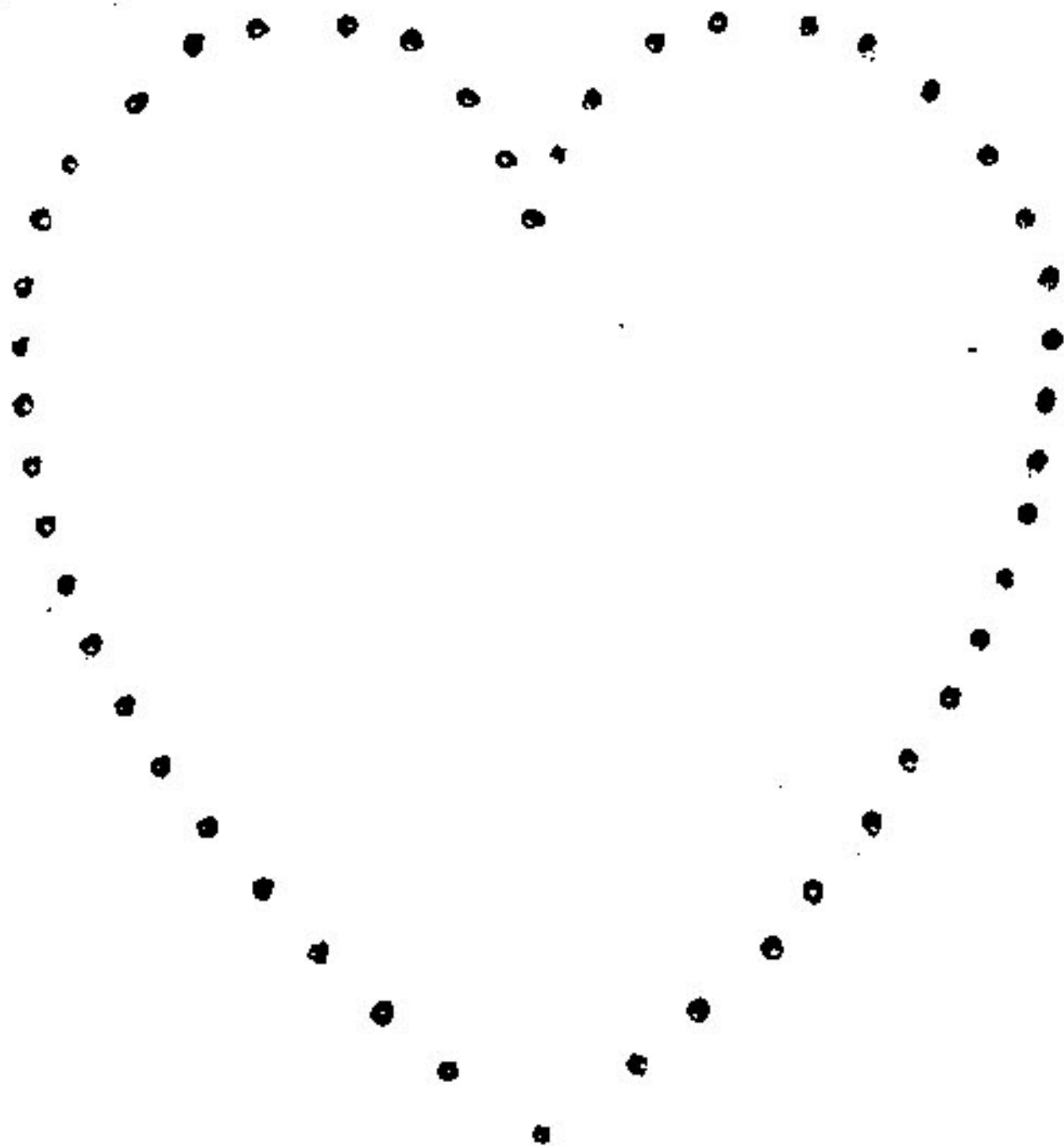
1. Starting at top center hole, bring the needle up from the back of card to the front (your first "up" stitch).
2. Count clockwise 9 holes and pass the needle from the front to the back (your first "down" stitch).
3. Count clockwise ONE hole and stitch up.
4. Count counter-clockwise 9 holes (this should be the hole right in FRONT of the "up" stitch from step 1) and stitch down.
5. *Count clockwise one and stitch up.
6. Count clockwise 9 and stitch down.
7. Count clockwise one, stitch up.
8. Count counter-clockwise 9 and stitch down.
9. Repeat from the * until you have stitched all the way around the pattern.

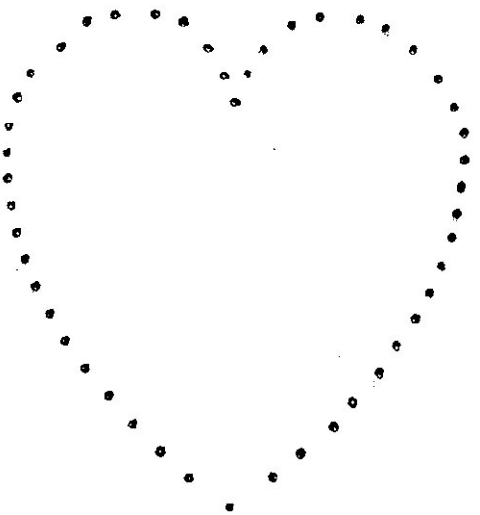
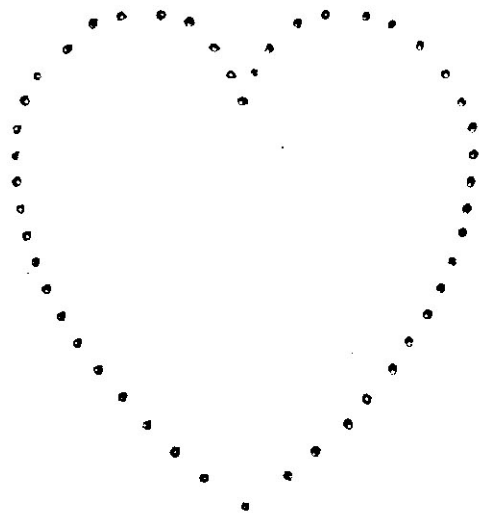
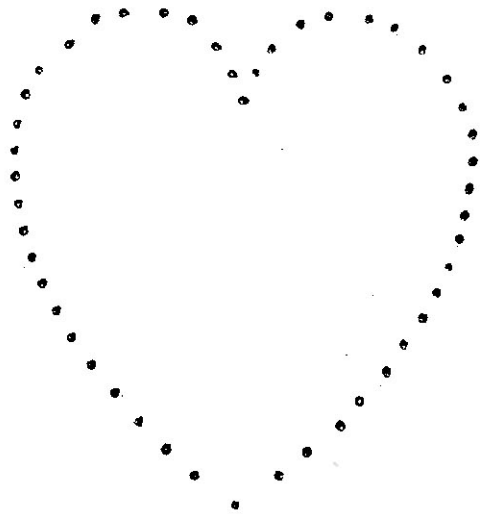
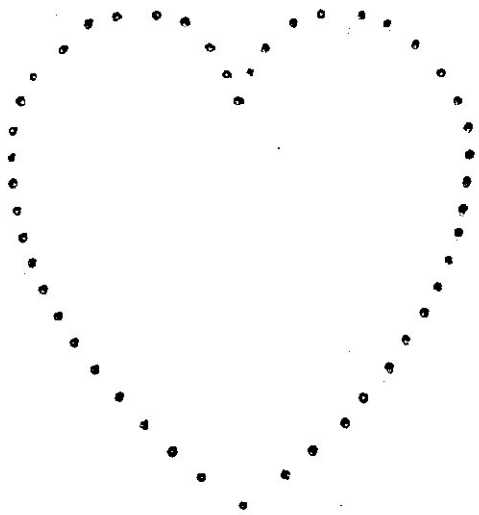
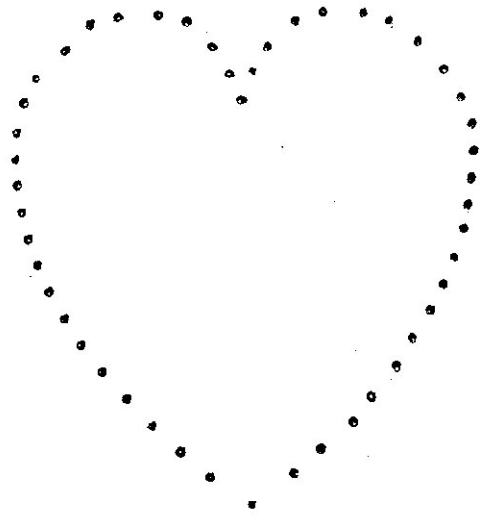
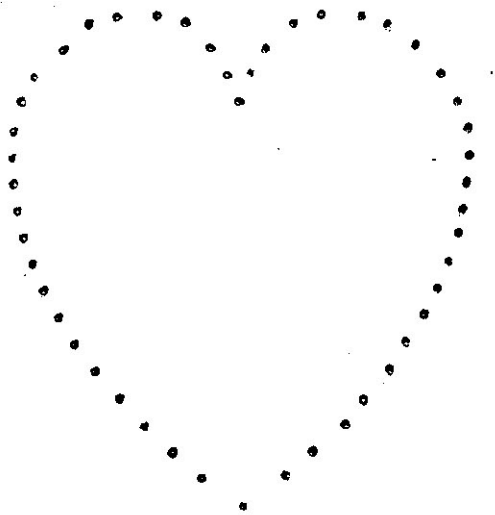
Your stitching will eventually overlap so that when you are completely finished each hole will have two stitches in it forming a "V".

Hopefully that all made sense! Once you get the hang of it, try using the same procedure but skip a different number of holes.

Diamonds, squares and other straight edged shapes are very similar, you just have to make sure that you skip enough holes so that you will not be making two stitches on the same side. For example, if you're stitching a diamond that has 10 holes per side, you should skip at least 11 holes.







Shapes for Paper Embroidery

