

Needlepoint Basics

Materials

1. Canvas
 - needlepoint is stitched on an evenweave canvas with a variety of threads
 - “mesh size” refers to the number of threads to the inch on a canvas
 - there are three basic types of fabric canvases, including mono canvas, interlocking canvas and double mesh
2. Frame (not included in kit)
 - used to hold fabric while stitching
 - the two most common frames are stretcher bars and scroll frames
 - a frame may not be required for smaller projects
3. Thread
 - commonly used threads include persian yarn, embroidery floss, perle cotton and crewel wool
 - novelty threads may be used to embellish
 - threads may need to be separated into strands or combined for an appropriate thickness
 - cut thread in 18 inch lengths for ease of use
4. Needle
 - use a tapestry needle (blunt point)
 - size (#16-26) depends on the mesh and floss used
 - chenille needles have a pointed tip and are used for finishing

Prepare your canvas for stitching

1. Tape raw edges of canvas with strapping tape or white pressure-sensitive tape to prevent threads from being caught.

Starting & ending threads

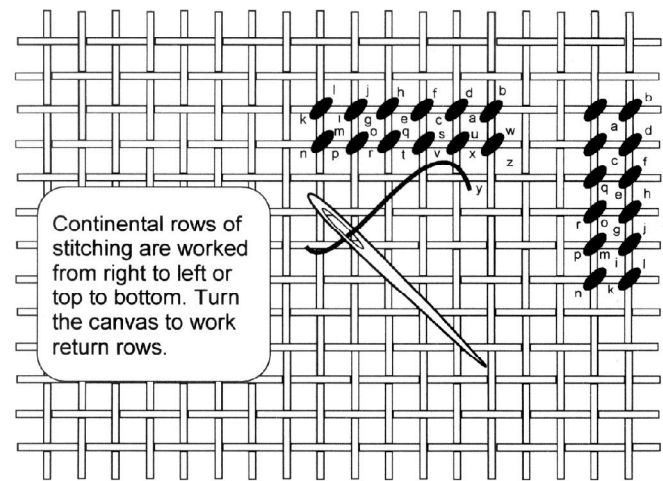
1. Make a knot at the end of the thread, then push the needle through the front of your canvas, an inch from where you will make your first stitch.
2. Come up through the canvas at the location for the first stitch and begin to stitch towards the knot.
3. When you get up to the knot, snip it off. The stitches that you made over the tail will hold it in place.
4. To begin a new thread in an area that has been partially worked, run your needle through the backs of the nearby stitches until the tail is completely hidden. Begin to stitch as usual.
5. To end a thread, run the needle through the backs of a few stitches.

For more information, visit your local NeedleArts retailer.

To find a retailer in your area, log onto TNNA.org.

Basic Stitches

1. Continental
 - generally used for small areas and outlining
 - come up through the canvas at letter **a** and down at letter **b**



2. Basketweave
 - must be worked “with” the weave of the canvas
 - on every other row, the weave is vertical (poles) and the next row is horizontal (steps)
 - always “walk up” the row of “steps” and slide down the row of “poles”
 - come up through the canvas at 1 and down at 2
 - stitch 3 depends on the canvas directly under the first stitch
 - on a “pole,” stitch two is started directly below stitch one and stitch three is beside stitch one
 - on a “step,” stitch two is to the left of stitch one and stitch three is below stitch one

