

## Embroider a simple message for a troubled world

Trace the design on to cotton or calico using a water-soluble pen or an HB pencil.

**Fabric:** 12 x 8 inches

**Threads:** DMC stranded floss or Cotton Perle No. 8

**Outline:** Double knot stitch - 3 strands or back stitch, whipped - 2 strands.

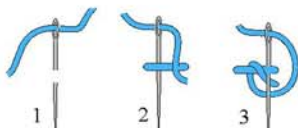
**Filler patterns:** Back stitch whipped - 2 strands

**Method:**

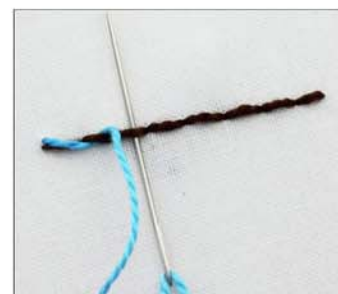
1. Work the outline first following by the filler stitches.



*Double knot stitch*



1 | 2 | 3



*Back stitch whipped*

2. Work each letter in turn. Metallic thread can be used to whip the letters.
3. Place the embroidery face down on a soft towel and press.
4. Mount the embroidery over a rectangle of card or frame.
5. Add a corder hanger.

Stay safe and stitch!

*Liz*