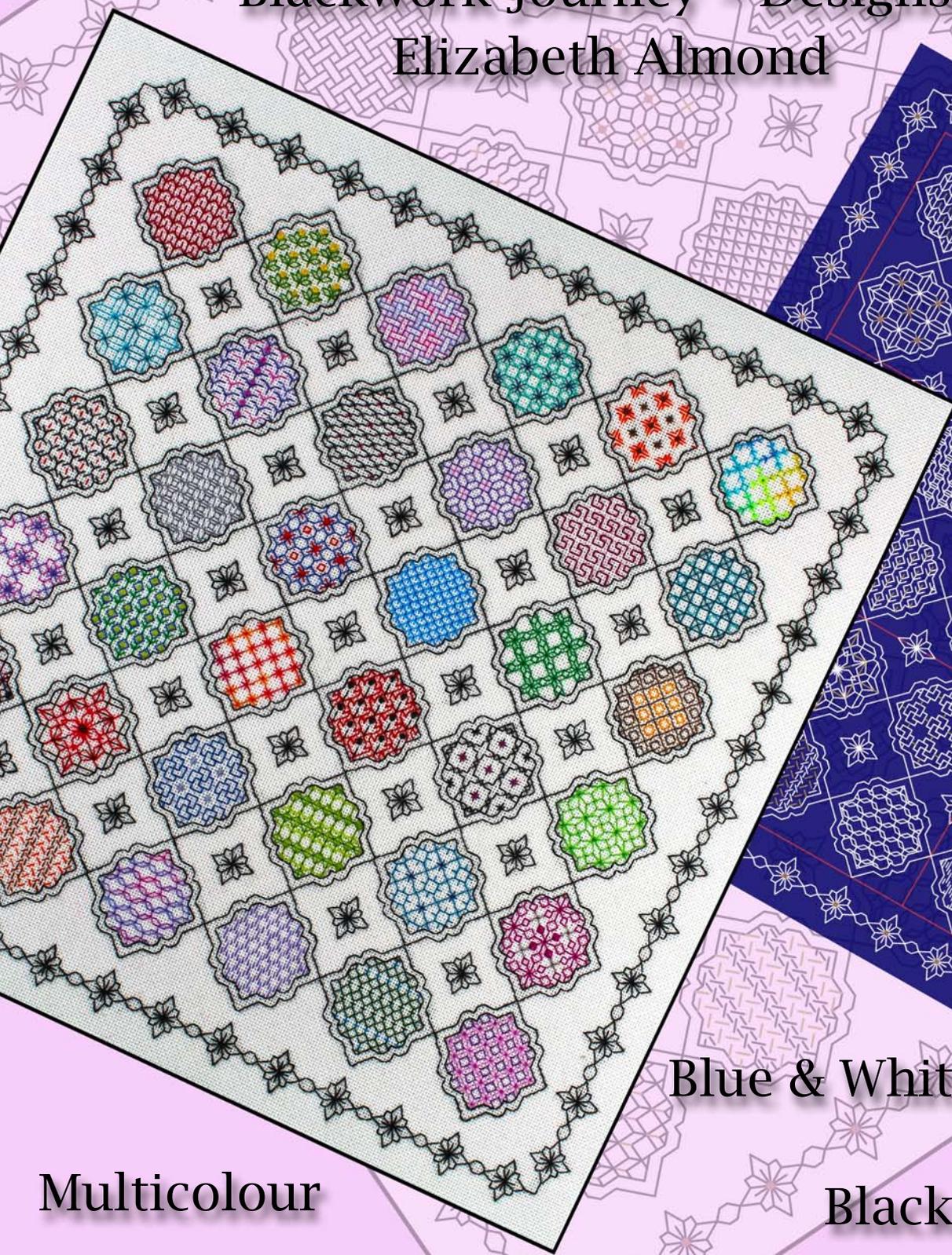


# BOX OF DELIGHTS

Blackwork Journey – Designs by  
Elizabeth Almond



Multicolour

Blue & White



Black & Gold

Create a Box of Delights  
in different colours!

# Box of Delights

Designed by Elizabeth Almond of Blackwork Journey

Embroidery should always be interesting and fun to create! Stitch your own non-fattening box of sweets in three different colour combinations. Choose just one sweet for a card or 4, 9, 16, 25 or 36 sweets to create a unique blackwork sampler.

## ***Introduction***

The 36 different patterns are worked in six blocks of six framed by an ornamental border. Each sweet is 'bite sized' to give a flavour of each pattern.

Three different colour schemes are included:

***a. Black and Gold*** with gold metallic thread and gold beads or copper thread and copper beads.

***b. Navy and white*** with gold metallic thread and gold beads or silver thread and silver or pearl beads.

Red and white make a very attractive alternative but the choice of the background colour is yours.

***c. Coloured Delights*** - use scraps of thread to create each pattern in a different colour. Use variegated threads and beads to create your own personal Box of Delights

The patterns are the same for ALL blocks regardless of fabric colour or thread choice.

For ease of working there are SIX blocks of six designs. To help line the blocks up a tacking line in RED surrounds the blocks. This is optional but will help to align the blocks correctly.

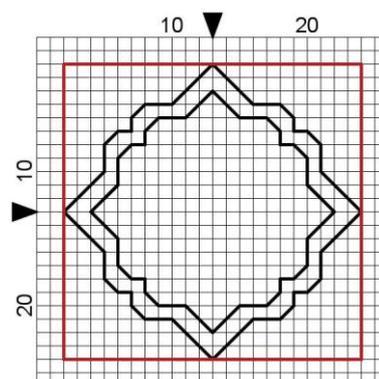
## ***Pattern sizing:***

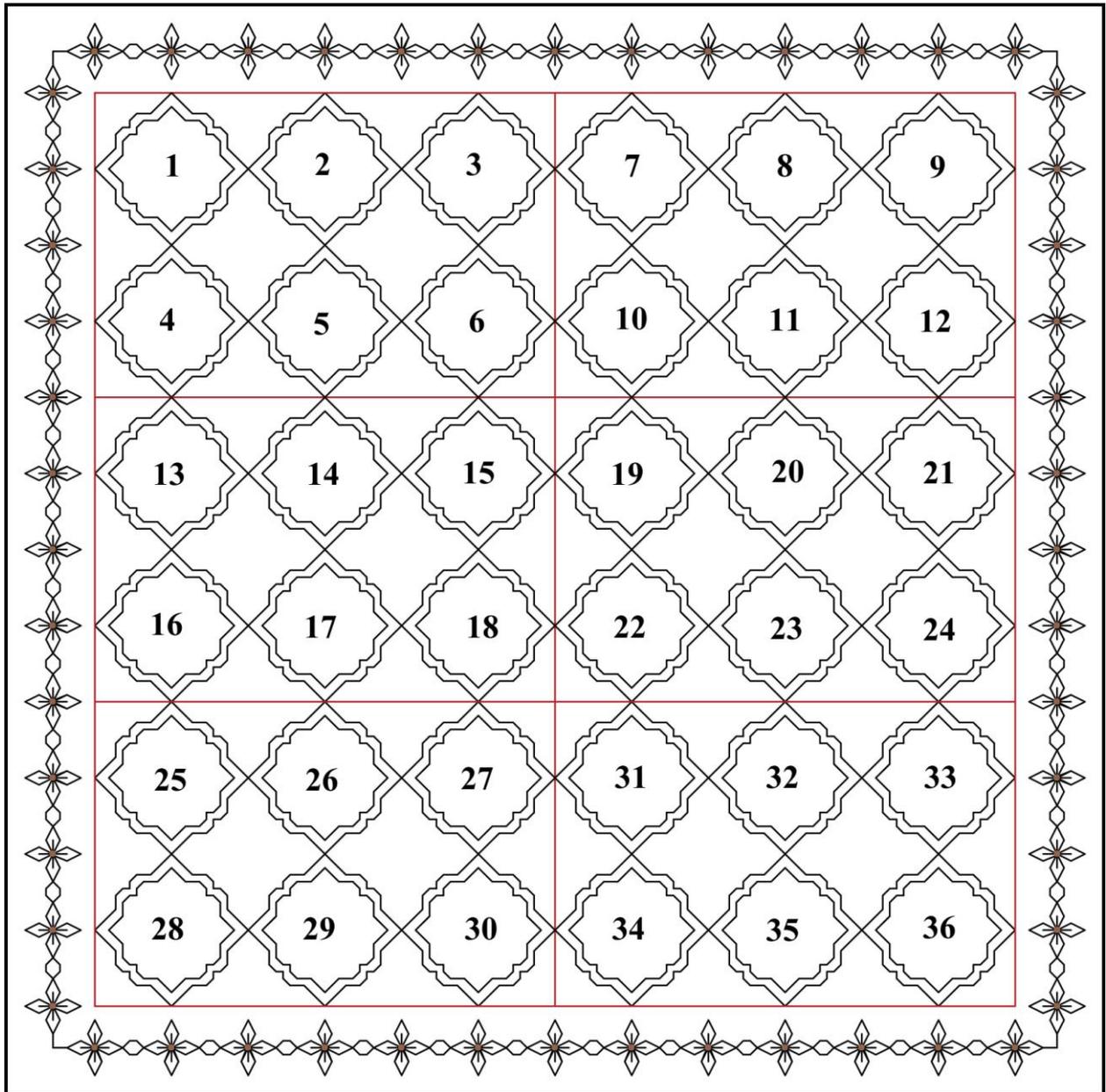
The basic sweet measures 1.57 x 1.57 inches, 22 x 22 stitches.

The border is added around the chosen number of sweets and a small 'filler' pattern is used to link the sweets together.

All the sizes are detailed below:

*Single sweet!*





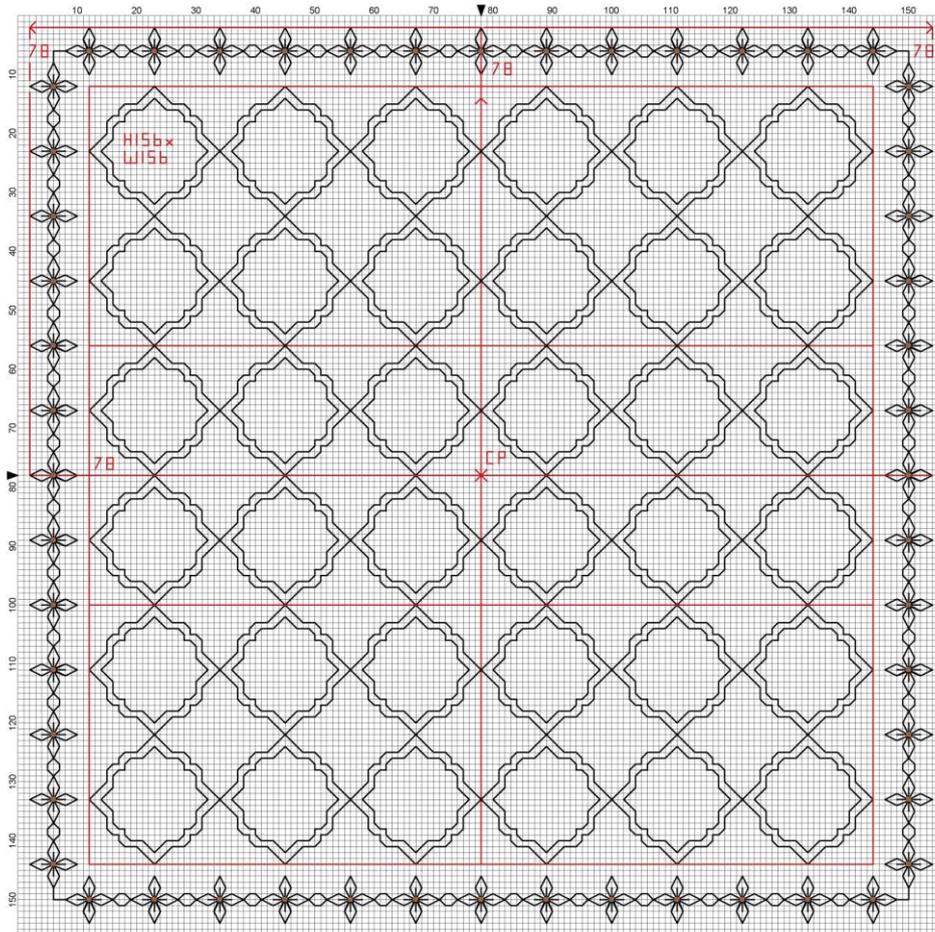
**The full pattern of 36 sweets including border measures:  
10.86 x 10.86 inches, 152 x 152 stitches**

***Fabric required:***

***Zweigart 28 count evenweave 16 x 16 inches***, to allow material for mounting.

For other fabric counts use the Fabric Calculator in *Blackwork Journey* to determine the amount of fabric required.

The charts indicate the size of the different combinations and the fabric required. Always start from the centre point and work outwards to position the embroidery correctly on the material. (See chart below)

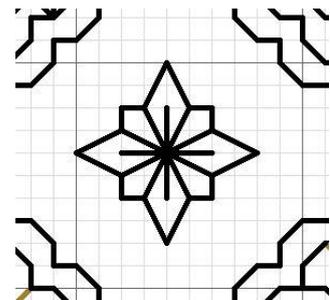


***To find the starting point for pattern of 36 sweets, including the border:***

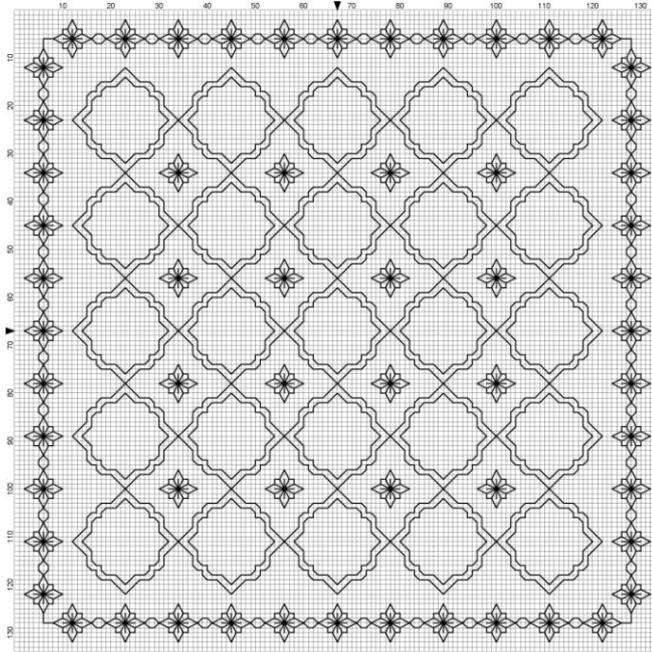
1. Fold the fabric into quarters and finger press to mark the centre.
2. Count up from the centre point (CP) 78 stitches. This will bring you to the point of the flower on the top outside border. The red tacking lines can be added if required to help when positioning the blocks.
3. Work the border to the left and the right of the centre line at the TOP of the chart.
4. Insert the sweet outlines for Block 1 (Top left)
5. Add the filler or 'diaper' patterns for each block following the chart.

- Block 1 Patterns 1 – 6
- Block 2 Patterns 7- 12
- Block 3 Patterns 13 – 18
- Block 4 Patterns 19 – 25
- Block 5 Patterns 25 – 30
- Block 6 Patterns 31 -36

*Small motifs are centred between the sweets*

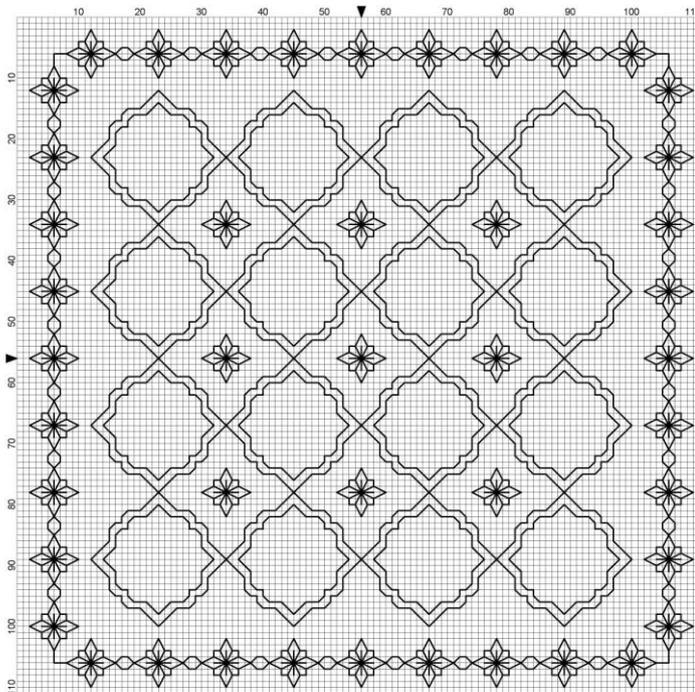


## Chart combinations and pattern sizes



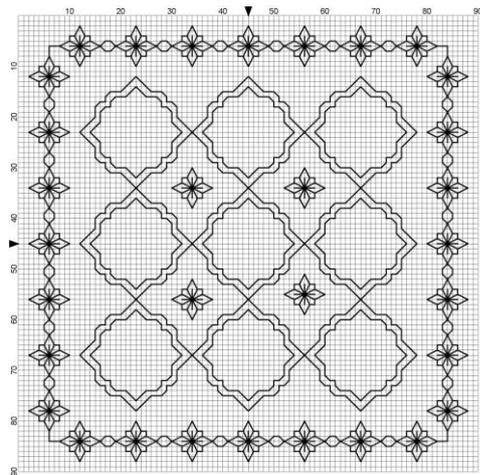
**Full Pattern of 25 sweets including border** measures:  
9.29 x 9.29 inches,  
130 x 130 stitches

**Fabric:**  
28 count  
evenweave  
14 x 14 inches



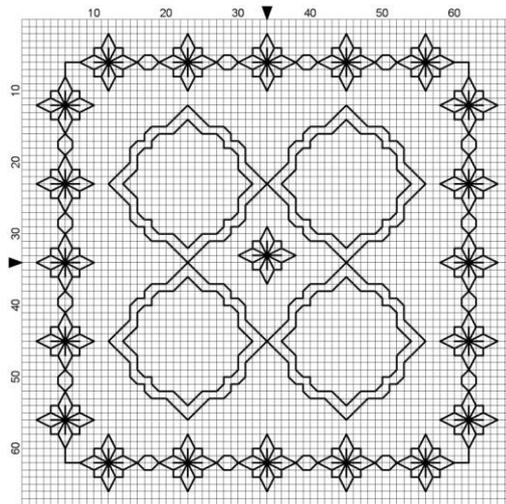
**Full Pattern of 16 sweets including border** measures:  
7.71 x 7.71 inches,  
108 x 108 stitches

**Fabric:**  
28 count  
evenweave  
12 x 12 inches



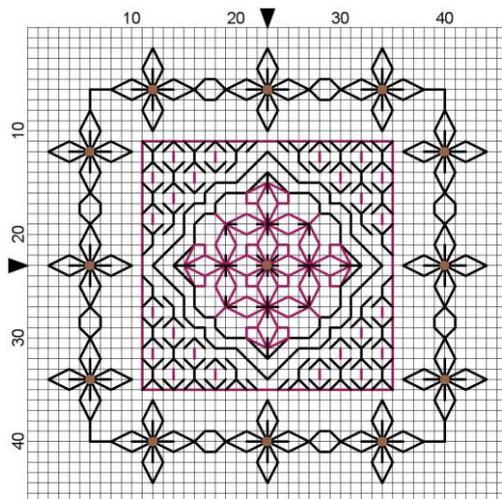
**Full Pattern of  
9 sweets** including  
border measures:  
6.14 x 6.14 inches,  
86 x 86 stitches

**Fabric:**  
28 count  
evenweave  
11 x 11 inches



**Full Pattern of  
4 sweets** including  
border measures:  
4.57 x 4.57 inches,  
64 x 64 stitches

**Fabric:**  
28 count  
evenweave  
9 x 9 inches



**Full Pattern of  
1 sweet** including  
border measures: 3  
x 3 inches, 42 x 42  
stitches

**Fabric:**  
28 count  
evenweave  
7 x 7 inches

Naming the sweets may indicate the colours which may be used in the chart.

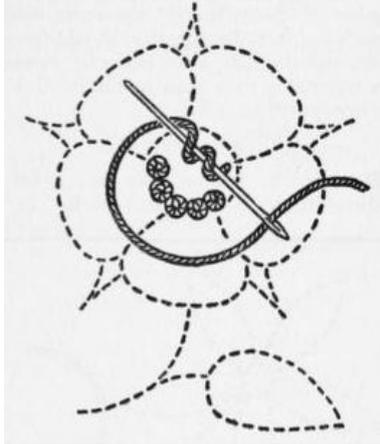


# Box of Delights

Here is a list of sweet names to tempt the embroiderer:

Orange Crème	Munchie Mint	Strawberry Meringue
Blueberry Delight	Raison Crunch	Parma Violets
Jelly Babies	Summer Fruit	Cherry Liqueur
Caramel Bite	Amaretto	Chocolate Orange
Banana Crisp	Orange & Mint	Raspberry Delight
Mint Balls	Strawberry Mousse	Fruity Fizz
Dark Delight	Fruit & Nut	Irish Crème
Toffee Crisp	Pink Parfait	Lemon Sorbet
Marzipan	Blackberry & Ginger	Coffee & Cream
Turkish Delight	Crème de Menthe	Rum Truffle
Nougat	Cherry Treat	Blackcurrant
Grand Marnier	Sourball	Aniseed
Tuttie Fruity	Chewit	Mint Crisp
Fizzy Lizzy	Liquorice	Fruit Jellies
Sugared Almonds	Pear drops	

Naming the sweets may indicate the colours used in the chart, for example  
 Strawberry Mousse – shades of Pink  
 Parma Violets – violet and mauve



***Stitches Used:***

Back stitch, one strand

Cross stitch, two strands

Colonial or French knots (see diagrams), worked in TWO strands.

*French knot*

***French Knots***

*Method:*

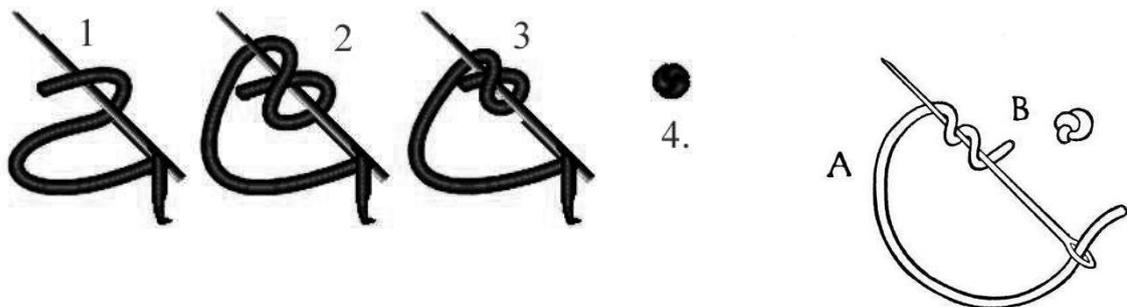
- a. Bring the thread through the fabric from back to front at the point where the knot is to be placed.
- b. Hold the thread firmly in the left hand. Wrap the thread round the needle two or three times.
- c. Still holding the needle firmly and vertically, push back through the fabric close to where the needle was first pushed through.
- d. Pull the thread through gently and the knot will sit on the surface of the material.

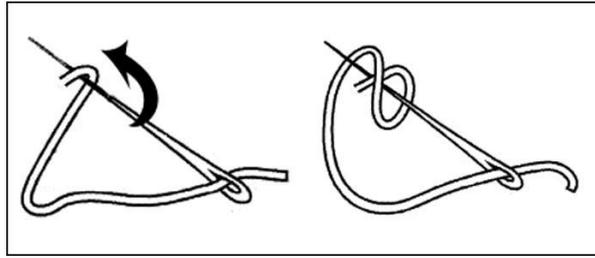
French Knots are used as fillings and for anywhere the effect of a single dot is required. They can be used in place of beads and be accurately located on the surface of the fabric.

However, practice is needed if every knot is to appear the same and for this reason, I prefer to use Colonial Knots

***Colonial Knots***

Colonial Knots require practice, but they produce identical knots every time and can be repeated as many times as required. Any thickness of thread can be used making them suitable for a wide range of embroidery techniques.

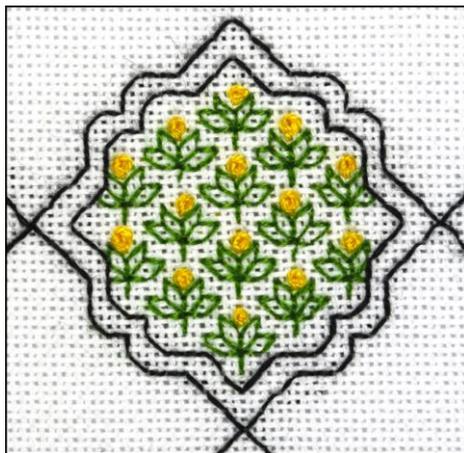




*Method:*

A Colonial Knot is worked in stages:

- a. Bring the needle up through the fabric as you would a French knot.
- b. **Push the thread away from** you towards the **RIGHT**. Wrap the thread round the needle in a **figure of eight**. Use your thumb to control the thread.
- c. Keep the needle as upright as possible and push the needle downwards into almost the same spot as you came up.
- d. Pull the thread gently and you will have a perfect colonial knot every time!



*Motif from Block 1 using Colonial knots*

Using this information, follow the instructions for the six blocks which make up your Box of Delights!

*Liz* ©