

*CBK Needlepoint Collection*

*Stitch Guide*

Beth Cope • “Three Friends” • BC-PL 05



Stitch Guide by Janet M. Perry

## Material List

1 skein each Paternayan Persian Wool  
721 (auburn)  
263 (white)  
220 (black)  
204 (light gray)  
1 skein each Vineyard Silks Classic  
C-111 Jet Black (black)  
C-006 Tomato (orange)  
C-109 (white)  
1 skein brown paper packages Silk & Ivory  
086 Shamrock (green)  
1 card each Rainbow Gallery Splendor  
S802 (white)  
S801 (black)  
S1051 (light green)  
S1084 (flesh)  
S974 (dark flesh)  
S816 (blush)  
S829 (green)  
S821 (red)  
S960 (hot pink)  
S127 (dark orange)  
1 skein each DMC floss  
350 (red)  
355 (rust)  
3607 (light fuchsia)  
600 (dark pink)  
1 card Rainbow Gallery Flair F604 (coral)  
1 skein each Caron Collection Impressions  
6031 (violet)  
6033 (dark violet)  
2040 (dark fuchsia)

# *Step-by-step Instructions*

## **Left Friend**

### **Hat:**

- Stitch the crown of the hat in Four-way Continental (Figure 1) using violet (6031) Impressions.
- Stitch the brim of the hat in Basketweave using violet (6031) Impressions.

### **Face, Skin, & Hair:**

- Stitch the outline of the skin in Continental using four strands of dark flesh (S974) floss.
- Stitch the cheeks in Basketweave using four strands of blush (S816) floss.
- Stitch the remainder of the skin in Basketweave using four strands of flesh (S1048) floss.
- Stitch the eyes in Needlepoint Cross Stitch (Figure 2) using black (005) Kreinik Tapestry (#12) braid.
- Add the eyebrows in Continental using one strand of auburn (721) Persian Wool.

### **Lips:**

- Stitch the darker line between the lips in Basketweave using four strands of rust(355) DMC floss.
- Stitch the lower lip and right side of the upper lip in Basketweave using four strands of red (350) DMC floss. Make the Cupid's Bow at the top center of the upper lip by using Reverse Basketweave for the left side of the upper lip.
- Stitch the hair in Side-by-side Couching (Figure 3) using auburn (721) Persian Wool.
- Couching is a technique where a thicker thread is laid on top of the canvas and then is attached using a thinner thread. In this technique many rows of couching are done next to each other to create life-like wavy hair.

### **Hair:**

- Couching can seem like a difficult technique, but it isn't if you remember some tips to make the result smooth. To see these tips go to tip page, Couching Tips.
- Two strands of Persian Wool are used for the couched thread, and one strand of Persian Wool is used for the couching thread.
- Because the hair is wavy, there will be many rows of couching which do not run the entire length of the hair. To make the hair look as consistent as possible, make each of your rows of couching as long as possible.
- Stitch one side of the hair completely, then the other side. Both will be stitched in the same order.
- Begin from the outside edge of the hair. Then make a second row of couching at the inside edge of the hair, not including the bangs on the forehead. This will define the area to be stitched. Then begin to fill in, starting next to the outside row of couching, making the stitches go the entire length of the hair.
- You will find that the middle wave fills up completely while there is still blank canvas at the top and the bottom. Once this happens you will be making shorter couching rows, only covering either the top or the bottom.
- Begin doing the shorter rows in the bottom section and continue until that area of hair is complete. The top is more difficult because of the bangs.
- Complete the area between your two initial rows of couching.
- The bangs are stitched last and are not couched. Use two strands of Persian Wool and make Vertical Gobelin Stitches from the center of the forehead to the inner row of couching.

### **Dress:**

- Stitch the dress outline in Continental using four strands of dark orange (S1127) silk.
- Stitch the orange dress in Kelly's Cable Stitch (Figure 4) using orange (OC-006) Vineyard Silk.

### **Collar:**

- Stitch the green collar in Tiny Knitting (Figure 5) using four strands of green (S829) Splendor.
- Stitch over the curved ends of the bow, leaving one thread open in the center.



### **Cuffs & Bow:**

- Stitch the green cuffs in Basketweave using four strands of green (S829) Splendor.
- Make the thinner bow by making a long Straight Stitch, using orange (C-006) Vineyard Silk, centered at the point of the collar. This makes the loops of this bow.
- Taking another short piece of the same thread and another needle, put the needle into the canvas from the front of the canvas under the Straight Stitch at one side of the open thread.
- Bring the needle back out of the canvas on the other side of the open thread.
- Even the ends and let them hang free on the front of the canvas.
- Take the original needle and bring it to the front of the canvas just at the open hole and let it emerge above the Straight Stitch.
- Go over the Straight Stitch and the open hole and bring the needle back into the canvas and secure. This makes the knot of the bow.
- Trim the free ends to be about 1/2" long.

## Center Friend

### **Hat:**

- Stitch the crown of the hat in Four-way Continental (Figure 1) using dark violet (6033) Impressions. Stitch the brim of the hat in Basketweave using black (C-111) Vineyard Silk Classic.
- Stitch over the bow in Basketweave using coral (F604) Flair. This is the base for the bow.
- Once this is complete, add the loops. Do this by bringing the needle out of the canvas, using Flair, and looping the thread over your finger.
- Bring the needle back into the canvas and let it hang loose. Remove the finger from inside the loop and adjust the length.
- Using another needle and one strand of red (S821) Splendor, attach the bow to the canvas on the underside of the loop (so it won't show). Repeat the process on the other side for the second loop.
- Once the loops are complete, make a third stitch using coral (F604) Flair, covering the area in the center where the loops meet. This creates a realistic bow without ends.

### **Face, Skin, & Hair:**

- Stitch the outline of the skin in Continental using four strands of dark flesh (S974) floss.
- Stitch the cheeks in Basketweave using four strands of blush (S816) floss.
- Stitch the remainder of the skin in Basketweave using four strands of flesh (S1084) floss.
- Stitch the pupils of the eyes in Needlepoint Cross Stitch (Figure 2) using black (005) Kreinik Tapestry (#12) metallic.
- Stitch the whites of the eyes in Continental using four strands of white (S802) Splendor.
- Add the eye shadow in Continental using one strand of light gray (204) Persian Wool.
- Stitch the darker line between the lips in Basketweave using four strands of dark red (47) Anchor floss.
- Stitch the lower lip and right side of the upper lip in Basketweave using four strands of red (S821) Splendor. Make the Cupid's Bow at the top center of the upper lip by using Reverse Basketweave for the left side of the upper lip.
- Stitch the hair in Side-by-side Couching (Figure 3) using white (263) Persian Wool. Two strands of Persian Wool are used for the couched thread and one strand for the couching thread. Side-by-side Couching not only makes great wavy hair but it also make lovely smooth, straight hair.
- Follow the method for couching described on page 2.
- This time begin at the inside edges of the hair, closest to the face.
- With straight hair there will be long couched threads going from the top edge of the hair to the bottom.
- The first rows will start near the center of the forehead, curve around the cheeks and end along the neck. Only when these stitches are completed, will your couched threads get shorter, beginning under the hat and ending along the shoulders or at the collar of the dress.
- Complete couching on one side of the hair before couching the second side.

**Dress:**

- Stitch the violet sweater in Serendipity (Figure 6) using dark violet (6033) Impressions.
- Be sure to stitch over the orange bow leaving one thread unstitched in the middle of the bow. This will be used for placement in a later step.
- Stitch the left side of the black collar in Byzantine #2, (Figure 7) using black (C-111) Vineyard Silk Classic.
- Stitch the right side of the black collar in Reverse Byzantine #2 (Figure 8) using black (C-111) Vineyard Silk Classic. This creates a reflection which looks more realistic.
- Stitch the black and white shell in Horizontal Tiny Knitting (Figure 9) using one strand of either white (263) or black (220) Persian Wool.
- Stitch the skirt in Cocktail Stitch (Figure 10) next page, using black (C-111) Vineyard Silk Classic.
- As a final touch use orange (C-006) Vineyard Silk to make a bow at the base of the collar.
- To do this, cut a length of thread about 6" long.
- Do not knot.
- Starting on the right side of the canvas on one side of the open thread, bring the needle to the back of the
- canvas and then back to the front on the other side of the open thread.
- Slide the thread so that the ends are even.
- Make a bow. Arrange the bow so the loops are the length you want; the ends will be long.
- Trim the ends to be the same length as the loops.

## Right Friend

**Hat:**

- Stitch the crown of the hat in Tent-cross Check (Figure 11) using four strands of hot pink (S960) Splendor and four strands of light fuchsia (3607) DMC floss.
- All the hot pink stitches are Cross Stitches.
- All the light fuchsia stitches are Tent Stitches.
- Stitch the brim of the hat in Vertical Gobelin (Figure 12) using dark fuchsia (2040) Impressions.
- There should be one stitch going from top to bottom in each canvas hole.
- They will vary in length, similar to the stitches in the diagram.

**Face, Skin, & Hair:**

- Stitch the outline of the skin in Continental using four strands of dark flesh (S974) floss.
- Stitch the cheeks in Basketweave using four strands of blush (S816) floss.
- Stitch the remainder of the skin in Basketweave using four strands of flesh (S1084) floss.
- Because the bow will be added in a different technique after she is stitched, you need to finish stitching the skin "underneath" where the bow is painted.
- Figure 13 shows the skin stitches (thin lines) and the light green sweater stitches (thick lines). Leave the black dot unstitched.
- Stitch the pupils of the eyes in Needlepoint Cross Stitch (Figure 2) using black (005) Kreinik Tapestry (#12) metallic.
- Stitch the whites of the eyes in Continental using four strands of white (S802) Splendor.
- Add the eyebrows and eyelashes in Basketweave using one strand of black (220) Persian Wool.
- Stitch the lips in Basketweave using four strands of dark pink (600) floss.
- Make the Cupid's Bow at the top center of the upper lip by using Reverse Basketweave for the left side of the upper lip.
- Stitch the hair in Padded Gobelin using black (220) Persian Wool.
- Padded Gobelin is a simple form of stumpwork where a rounded shape is built up in layers and then Gobelin Stitches are placed over it to make a 3-D shape.
- Padding is an excellent way to create hair which has been set with curlers and then combed out.

- It creates dimension but doesn't have the texture of couching or the definition of French Knots.
- In padding, layers of unplied thread are used to create the shape.
- As you go down the stack of stitches, each layer needs to be smaller than and at right angles to the layer above it. This creates a realistically rounded form and prevents stitches from slipping under each other.
- For this hair there will be three layers.
- The top layer will be Vertical Gobelins at the top and left side and Horizontal Gobelins for the small area on the right behind the ear.
- There are three areas of hair, each of which is padded separately.
- There is the small area behind the ear on the right, another small area just above it, and a larger area which goes along the left top and behind the ear on the left.
- You will find it easiest to stitch one area completely before going onto the next area.
- Begin with the bottom level of padding which will be done in the same direction as the top layer.
- Use a complete (three-ply) strand of Persian Wool.
- These stitches should start and stop two threads inside the outline of each area. They will not, and should not, cover the entire area.
- The top layer of padding will be done in the opposite direction as the previous layer. It will cover all the stitches which have gone before and will start and stop one thread inside the outline of each area.
- The final layer will use two strands of Persian Wool and will be done in the same direction as the first layer of padding.
- These stitches will cover the entire area and will go over all the padding.
- They should be very smooth; you may find a laying tool helpful here.
- Once the area is completely stitched take a single strand of light gray (204) Persian Wool and add some accent stitches throughout the hair.
- These will be the same length as the top layer of Gobelin Stitches, but should be at a slight angle (similar to the way the highlights are on the canvas).
- Add as much or as little gray as you like.

**Dress:**

- Stitch the outline of the pink sweater in Continental using four strands of light fuchsia (3607) DMC floss.
- Stitch the light pink sweater in Knitting (Figure 14) next page, using four strands of hot pink (S960) Splendor.
- Stitch the dark pink collar, cuff, and sides in Diagonal Stripe Variation (Figure 15) below, using dark fuchsia(2040) Impressions.
- This stitch alternates lines of Skip Tent with long Diagonal Gobelins. Stitch the Skip Tent first, then fill in with the long stitches.
- Stitch the green shell in Tiny Knitting (Figure 4) using four strands of light green (S1051) Splendor. Be sure to include stitching the sweater which would be behind the bow as indicated in (Figure 12).
- Stitch the belt in Tent-Gobelin Stripe (Figure 16) with white (100HL) and black (005) Kreinik metallic. The white is used for the Tent Stitches and the black for the Gobelin Stitches.
- Once the shell is complete, add the bow.
- It uses another technique to make a flat 3-D bow.
- To do this, cut a length of pink (S960) Splendor about 6" long. Bring the thread to the front of the canvas at the open black intersection.
- Make a loop over your finger and return the thread to the back of the canvas in the same intersection.
- With another piece of the same thread, come out of the canvas into the thread on the bottom of the loop. The thread should come out at where you would like the farthest point of the bow to be.
- Bring it back to the back of the canvas, also piercing the thread.
- Pull the first thread to tighten the loop.

- Repeat the process on the other side. Putting in the small stitches on the outside edge of the bottom thread secures them in place and makes them flat.
- Add the ends of the bow with Straight Stitches coming out of the black intersection.
- To finish the bow use eight strands of black (S801) Splendor to make a fat French Knot.

## **Background**

- Stitch the background in Diaper (Figure 17) using four strands of pink (M849) Mandarin Floss. This stitch alternates Cashmere and Mosaic Stitches in columns. Note that the stitches do not line up horizontally.
- It's easiest to do if you stitch one column completely before moving to the next column.

## **Border**

- Stitch the white border in Diagonal Gobelin (Figure 18) using white (C-109) Vineyard Silks Classic.

## **Couching Tips:**

- Couching is easiest if you use two needles, one for the couched thread, and one for the couching thread.
- Keep the end of the couched thread hanging free after it goes back into the canvas. Then you can adjust the tension by either pulling on the free end (to make it tighter) or pulling on the thread on top of the canvas (to make it looser).
- Always stitch couching one row at a time; lay down the couched thread, then couch it, then lay down the next couching thread.
- It is also easiest to couch if you begin to couch at the same end where the couching thread came out of the canvas, this allows you to adjust the tension of the couched thread as you stitch.
- Couching stitches can either go in and out of the same hole, or not. Using the same hole is best, but sometimes that doesn't work. If you need to use a different hole, don't worry about it.
- Just about any thread can be used as the couched thread, but couching threads should be thinner than couched threads. If they match the couched thread in color, they disappear, if they don't they add texture.
- The couching threads should go over the couched thread to secure it before going back into the canvas. They should not pierce the couched thread. Nor should they be pulled so tightly they pucker the other thread. Instead they should lay smoothly on top of the couched thread.
- Unless you want the couching stitches, which hold the couched thread in place, to have a definite pattern, do not have two of them together.
- You will need to make couching stitches closer together on curves, in order to retain the shape.

## **Acknowledgments:**

My thanks go to:

Kelly Clark for letting me use the Cable Stitch she created.

John Clark Munger (Kelly's husband), for his great diagram of that stitch.

Christine Kesten for letting me work on this wonderful stitch guide and for having so many great suggestions to improve it.

Cheryl Jarosh and Mary Lou Heinig for proofreading so wonderfully.

# Stitch Diagram

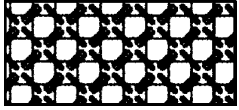


Fig. 1

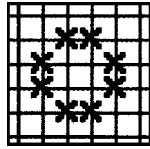


Fig. 2

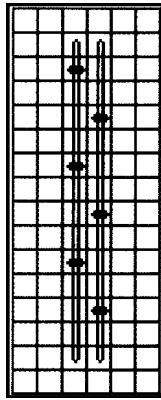


Fig. 3

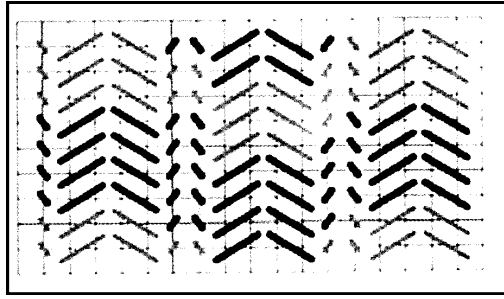


Fig. 4

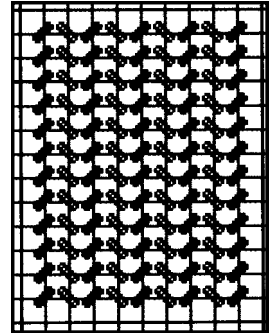


Fig. 5

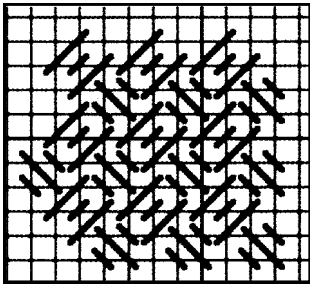


Fig. 6

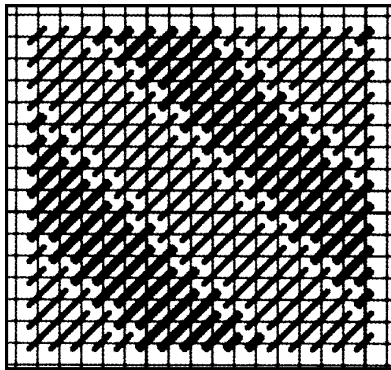


Fig. 7

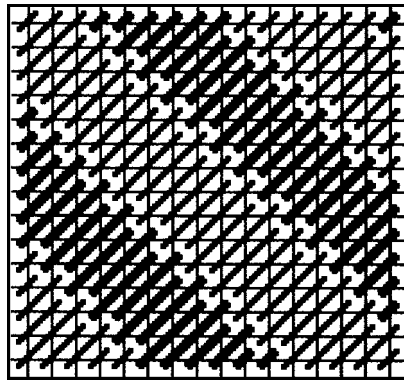


Fig. 8

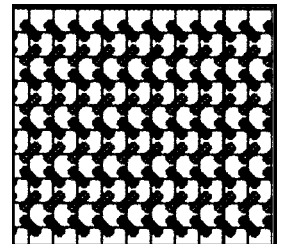


Fig. 9

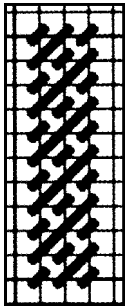


Fig. 10

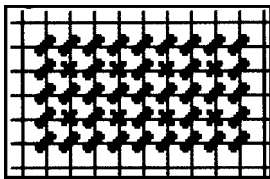


Fig. 11

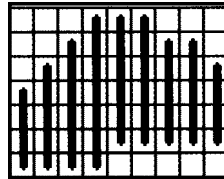


Fig. 12

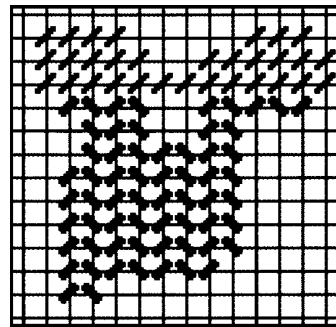


Fig. 13

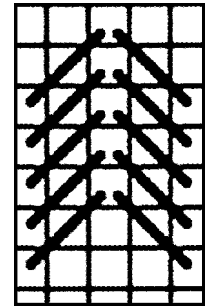


Fig. 14

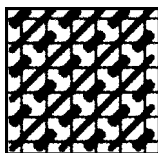


Fig. 15



Fig. 16

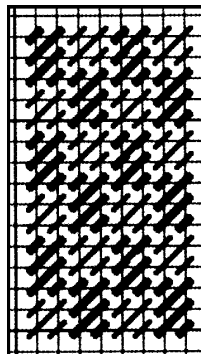


Fig. 17

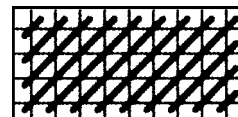


Fig. 18