

Jen

Full instructions & stitch charts

by Sarah Boardman

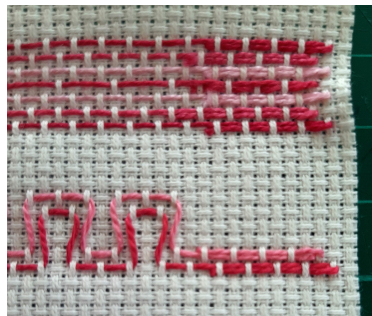
Level: complete beginner

START HERE!

Introduction

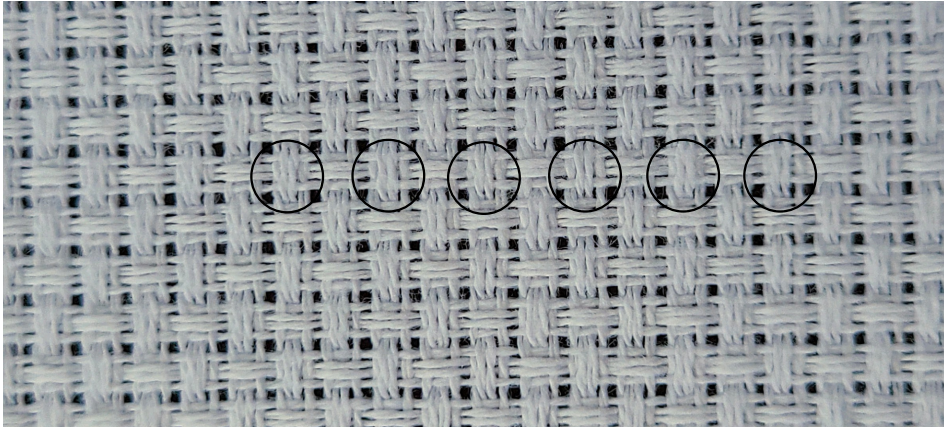
Swedish Weaving is also known as Huck embroidery. It is a form of surface embroidery that is centuries old. The oldest surviving examples date back to the 15th or 16th Centuries.

- The threads are woven through the surface of the fabric. Neither the needle nor the thread are seen on the back of the fabric.
- Thread to stitch the entire row is cut in one go - the Row Chart gives the thread lengths.
- Stitching is started at the centre of the row outwards towards one edge.
- The threads are traditionally woven back on themselves for about 4 or 5 stitches at the end of a row or motif.



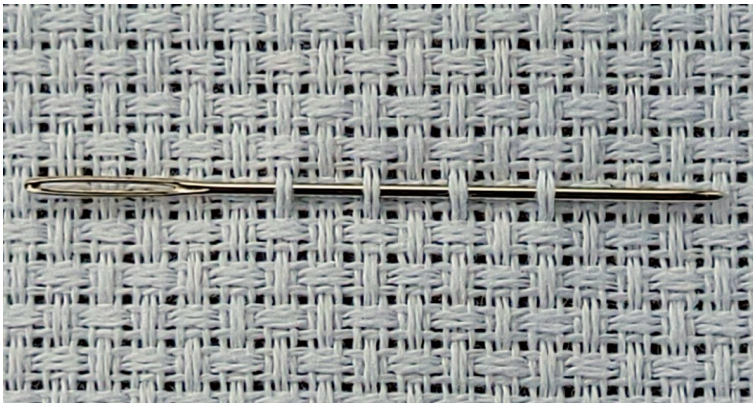
- However, I usually leave them and use my sewing machine to run a line of stitches around the edge securing all the threads. Either method works well.
- For this project you can do either. I have written the instructions as if you are going to leave them and machine then later. If you would prefer to weave them back in:
 - make sure you cut your thread a bit longer than shown to allow enough for weaving in
 - and just be a little careful that you do not pull the threads too tight and distort the edges of the fabric as seen in the photo above.

- Whilst cross stitch embroidery uses the holes in the fabric, we are going to ignore those and concentrate our attention on the bands of threads running in between the holes.



Magnified image of Aida fabric

- Each band has 4 threads which weave over and under the threads running on the opposite direction.
- The 2 centre warp threads (which run from top to bottom) in the middle of each band are called **floats**.
- These threads/floats are highlighted in the black circles in the photo above.
- It is underneath these floats that the needle is placed



It's possible to pick up 1 or 3 threads instead of just the 2. However, with a little practice it becomes more obvious where to insert your needle.

Have a go now at placing the needle under the floats.

Materials in this kit:

- **Aida** (cross stitch fabric) 11 count - white
 - A6 (10.5cm x 15cm) - for a small card
 - 10cm x 20cm - for a bookmark
- **Cross stitch needle** - size 22
- **Thread**
 - 2 skeins of variegated stranded embroidery cotton

Full instructions including stitch charts

Additional materials

- **Embroidery or small scissors**
- **Magnifier** (optional)
- **Thimble** (optional)
- **A6 card blank and envelope**
- **Sewing machine** (optional)
- **Hand sewing thread** (optional)
- **Hand sewing needle** (optional)

General instructions

If this is your first time doing Swedish Weaving/Huck Embroidery, welcome!

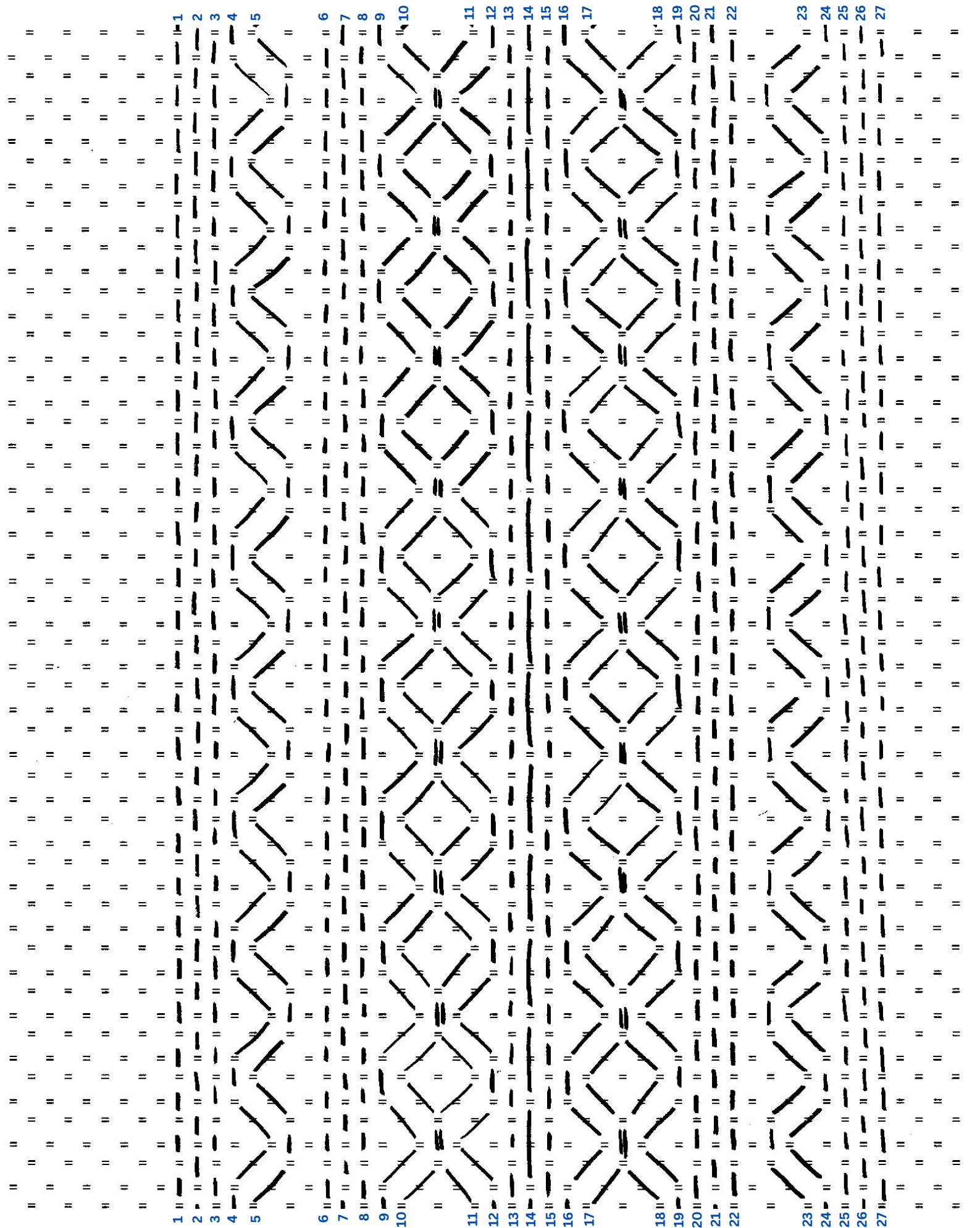
If you have done other forms of embroidery before, you may find the instructions too basic. Bear with me as I have written them for those who have never done any embroidery before.

Photos are provided for design reference to show where to place your needle and what your row should look like once completed. If you are left-handed (as I am) then your needle will be facing in the opposite direction. You know what to do!

This kit is designed for you to use the stitch chart alongside the instructions. You may find that you end up using the stitch chart more or the instructions more. Do what works for you.

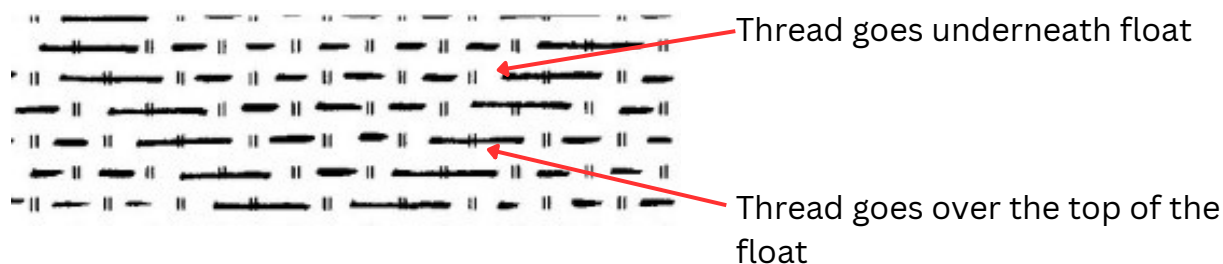
**The main instructions are written for the card version of the design.
Instructions for stitching the bookmark are given at the end.**

Jen

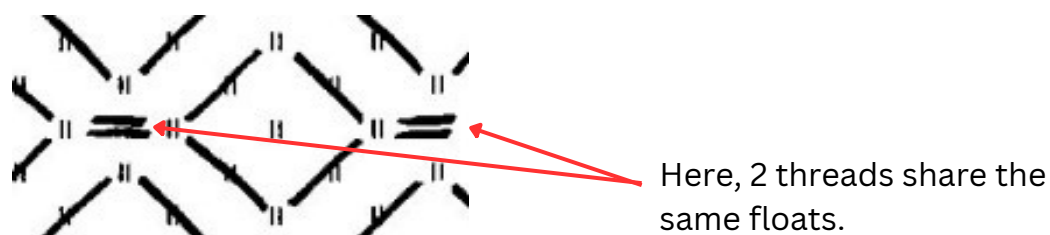


How to use the stitch chart

- The chart shows the floats that correspond with those on the fabric.
- Please note that the chart does not show the weft threads (that run from left to right)
- They work with any count of Aida fabric.
- **The charts show a number of pattern repeats only rather than the entire design.** This means that you can easily make the embroidery larger.
- This chart can be read from left to right or from right to left depending on whether you are left or right handed.
- Where there is a break in the drawn stitch lines on the chart, the thread goes underneath the float; where the drawn line goes over the top of the float the thread will go over the top of that float on your fabric.



- Sometimes 2 or more threads will share the same float. This is represented like this:



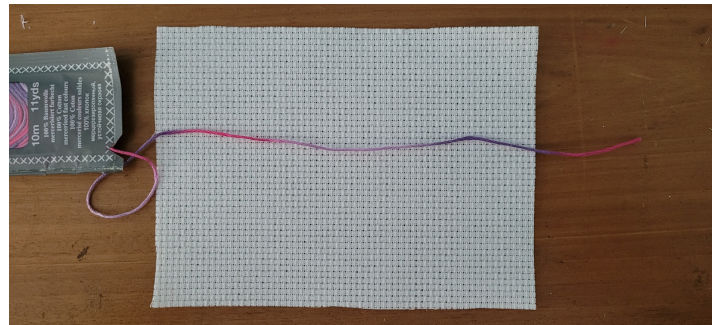
- Use the stitch chart in conjunction with the stitching instructions which will show you how and where to begin each and what the completed row will look like.

Jen Row chart

Row Number	Thread Length	Row Number	Thread Length	Row Number	Thread Length
1	1x	10	2x	19	2x
2	1x	11	2x	20	1x
3	1x	12	2x	21	1x
4	2x	13	1x	22	1x
5	2x	14	1x	23	2x
6	1x	15	1x	24	2x
7	1x	16	2x	25	1x
8	1x	17	2x	26	1x
9	2x	18	2x	27	1x

Stitching Instructions

- Iron both sides of your Aida, particularly if it is creased.
- Turn the Aida so that the long edges are facing you.
- To measure the amount of thread you need for each row, pull out a length of your thread about 5cm or so longer than the length of your fabric (longer if you wish to weave the thread back over the stitching). Snip the thread.
 - *On the Row Chart, in the Thread Length column, this is given as '1x'; cut the thread 1x the width of the fabric plus about 5cm .*



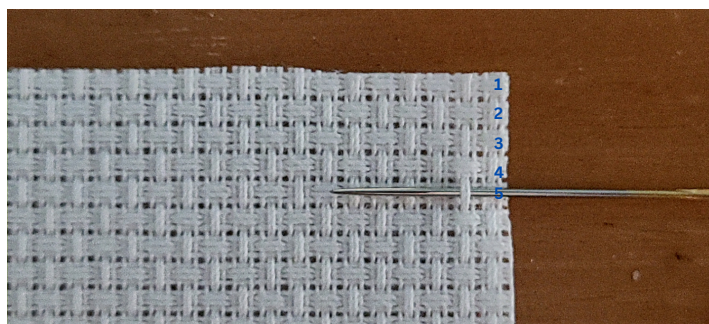
- Thread the needle

This kit is designed for you to use the stitch chart alongside the instructions. You may find that you end up using the stitch chart more or the instructions more. Do what works for you.

- Take a moment and have a look at the stitch chart
- The Row numbers are in blue down each side. The design is stitched from the top downwards so Row 1 is at the top and we begin here.

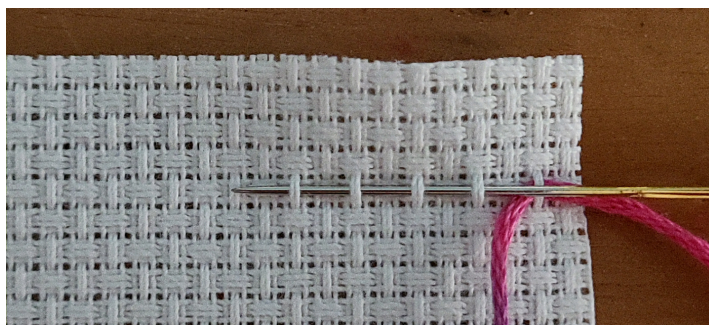
Row 1

Begin stitching the design from the top edge of your fabric 5 rows down. Insert your needle under the float at the edge of the fabric. And pull it through.



If your float is not at the very edge move to the next float along the row and start here instead.

Next, insert your needle into the next 4 or 5 floats along the same row and pull the thread through. You can work just one float at a time if you prefer.

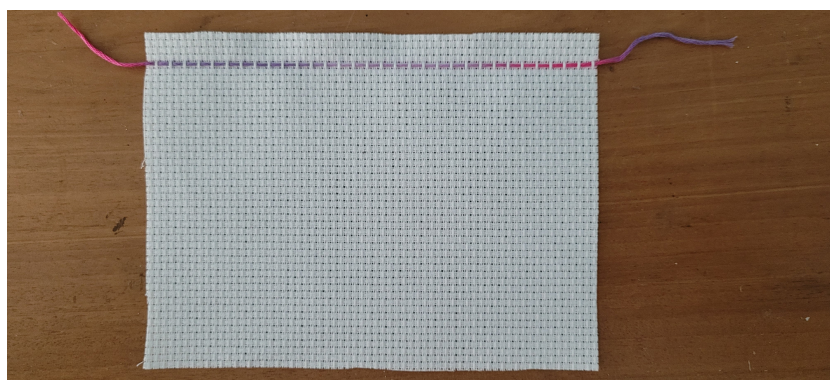


Pull gently (or you will pull out all the stitches) but firmly enough that the thread lays flat against the fabric.

Continue like this until you reach the edge of the fabric.



Your finished row will look like this:



At this point, hold one end of the thread and gently tug on the other end. This helps to neaten the stitches along the row.

I recommend doing this at the end of every straight stitch row.

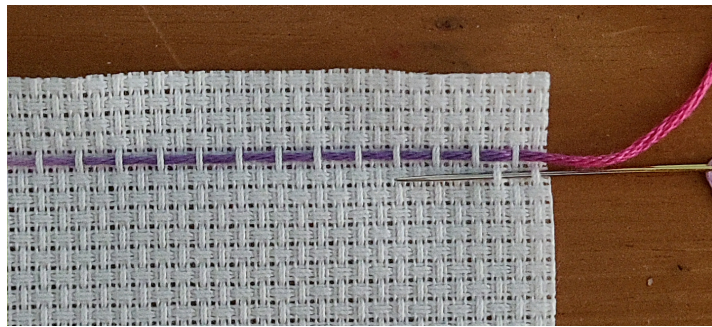
Row 2

As you will see from the stitch chart, the design begins with 3 rows of straight stitch. Row 1 has just been worked.

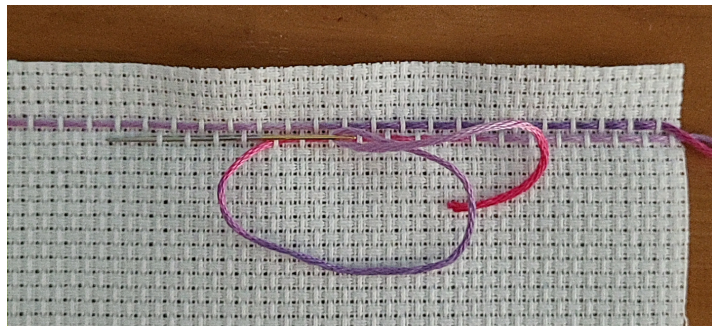
- Measure and prepare your thread as for Row 1.

Insert your needle under the float at the edge of the fabric. And pull the thread through.

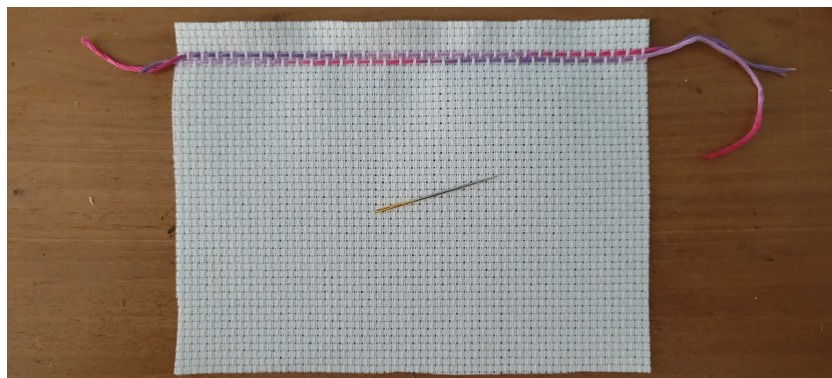
Note that the floats for this row alternate with the floats in Row 1.



Continue working in the same manner along the row.

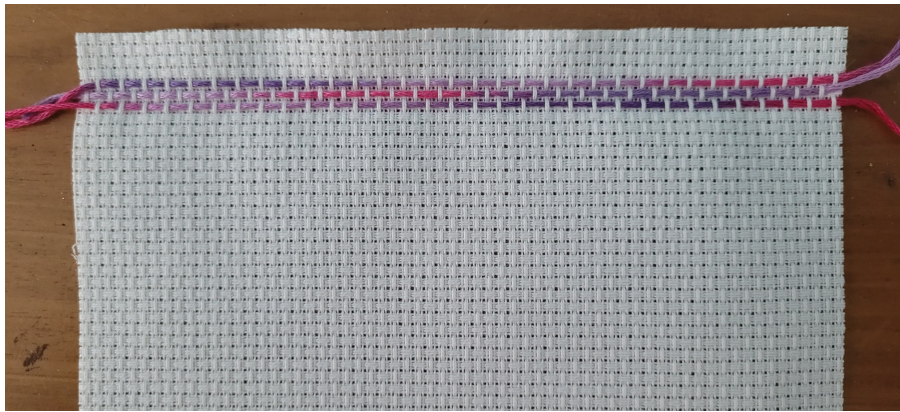
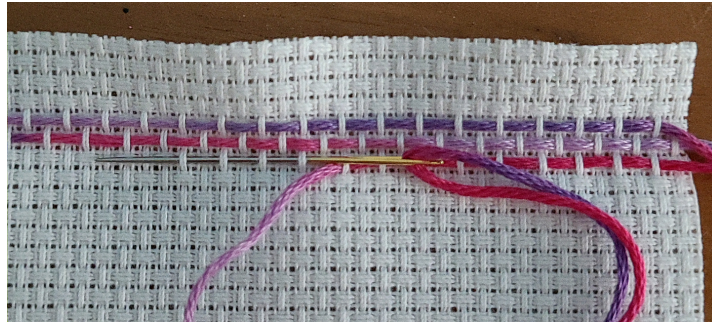


Complete the row.



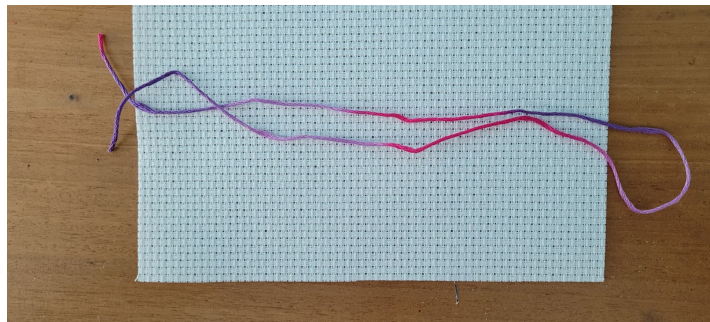
Row 3

- As you can see from the stitch chart, Row 3 is the same as Rows 1 & 2.
- Begin by measuring, preparing your thread.
- Work as Rows 1 & 2.

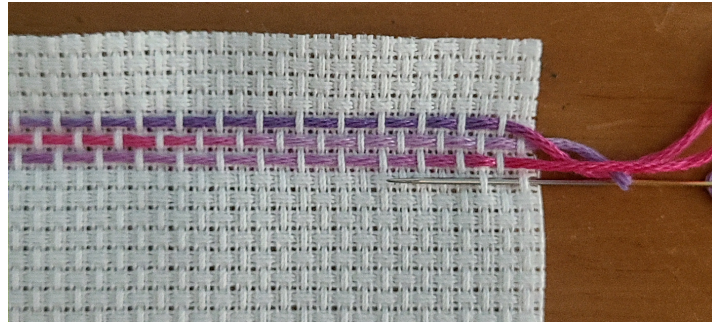


Row 4

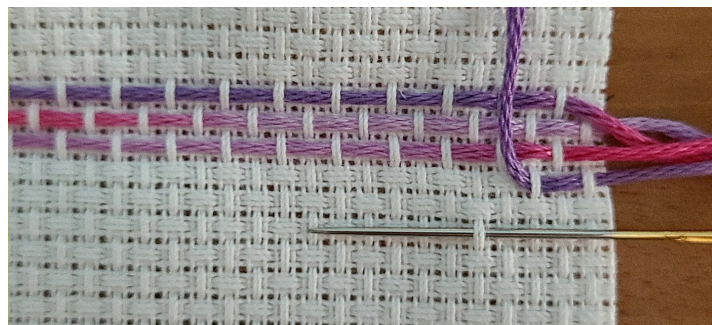
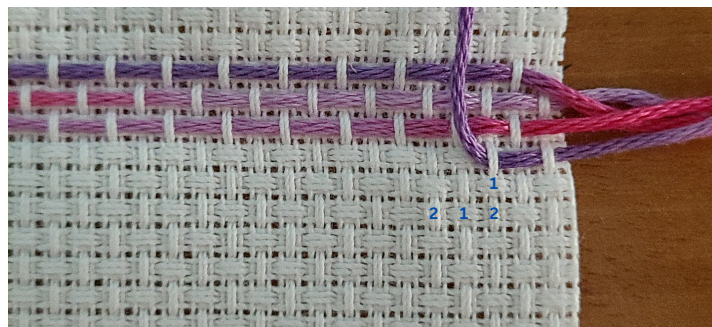
- Row 4 is the first of the stepped stitch rows and creates an uneven zig-zag.
- From the Stitch chart you will see that there is a sequence of stitching 2 floats at the top and 1 float at the bottom.
- Begin with measuring out thread 2x the width of the fabric.



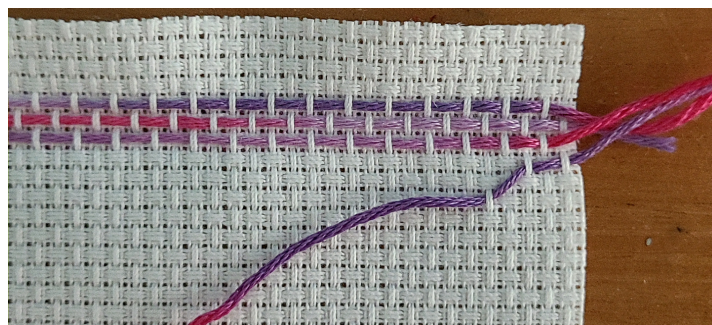
On the next row down, insert the needle under the 2 floats at the edge of the fabric. Pull the thread through.



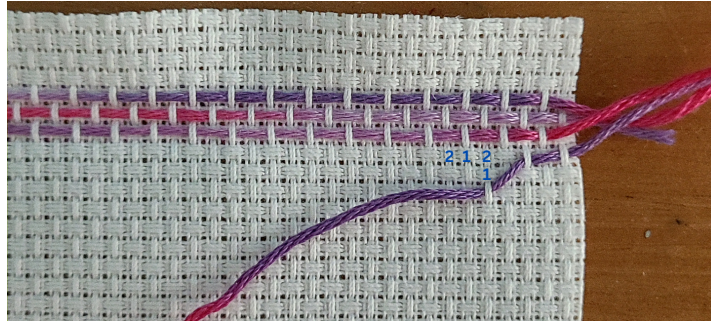
Next, count down 2 rows and across 2 rows and insert the needle here. Like this:



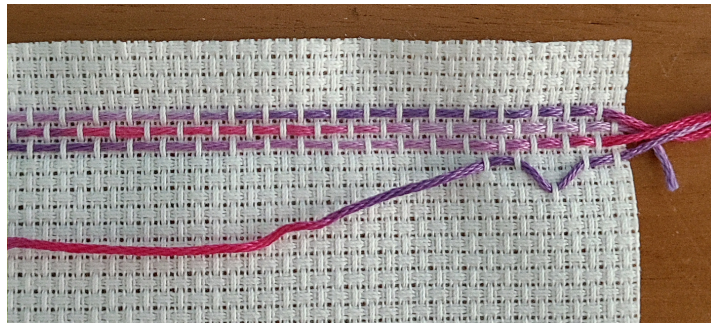
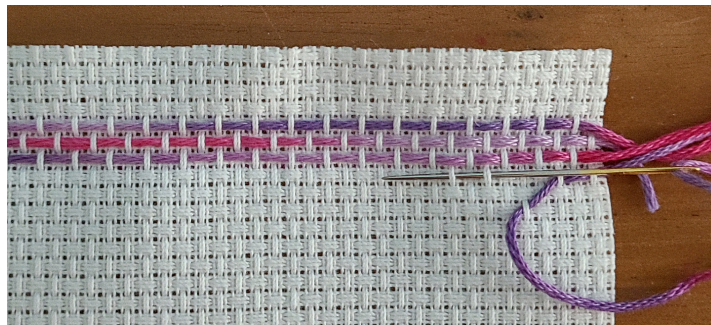
Pull the needle through



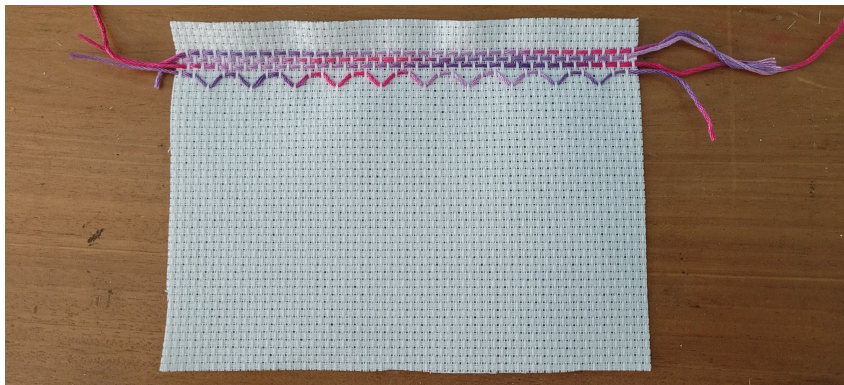
The next stitch steps back up to the original row. So, count up 2 rows and along 2 rows.



Insert the needle into the next 2 floats here.



Carry on with this sequence until you have completed the row.

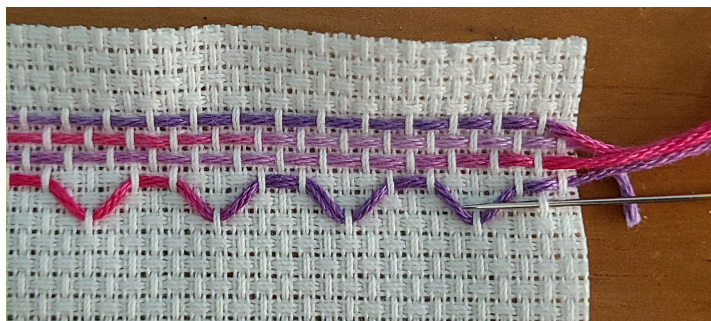


Take a moment and double check that the spacing is correct
- if this row is incorrect, the next one will be too.

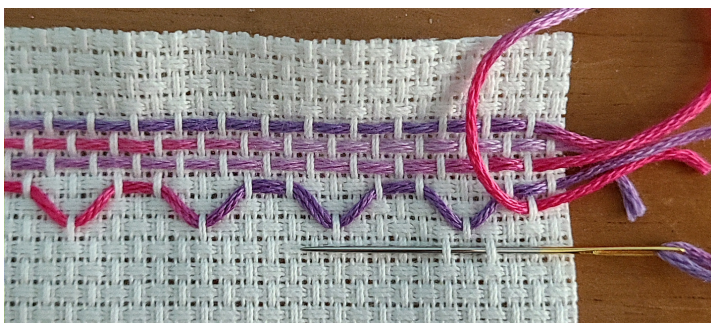
Row 5

- This row also uses the same zig-zag but with the opposite sequence; one float at the top and 2 floats at the bottom of the zig-zag.
- Prepare your needle as for Row 4.

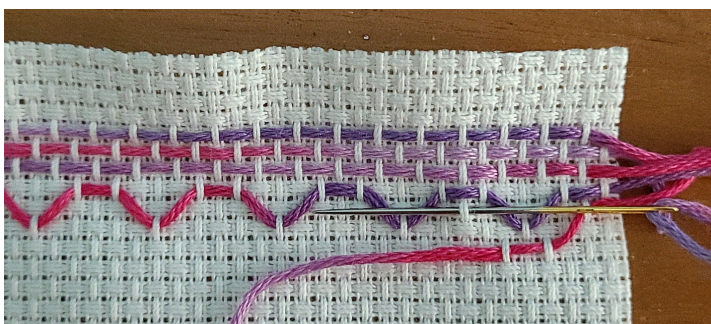
Begin by inserting your needle into the first float of the next row:



Next, count 2 rows down and 2 across and work the next 2 floats.



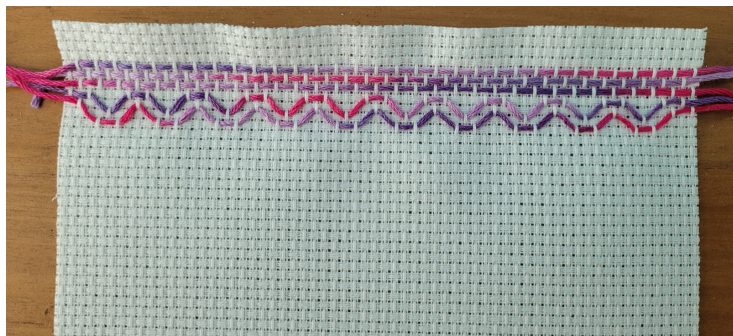
Count 2 rows up and 2 across and insert the needle under the float.



You will see how this row follows the previous one and becomes easy to identify the correct floats.

Carry on with this sequence and complete the row.

Row 5 complete.

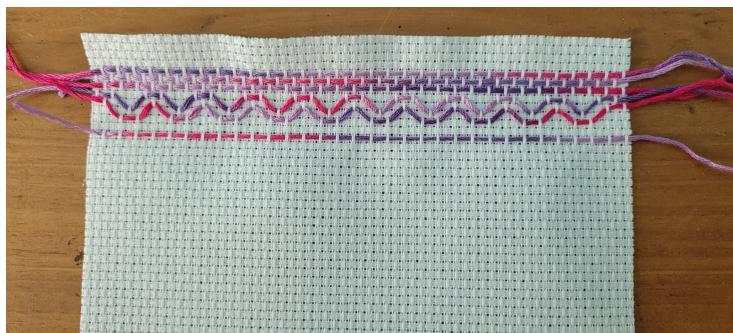
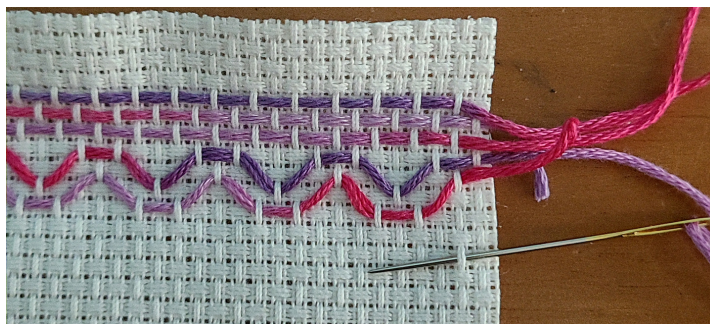


Row 6

- You will see from the Stitch chart that Rows 6-8 are rows of straight stitch.
- They are worked the same as Rows 1-3.

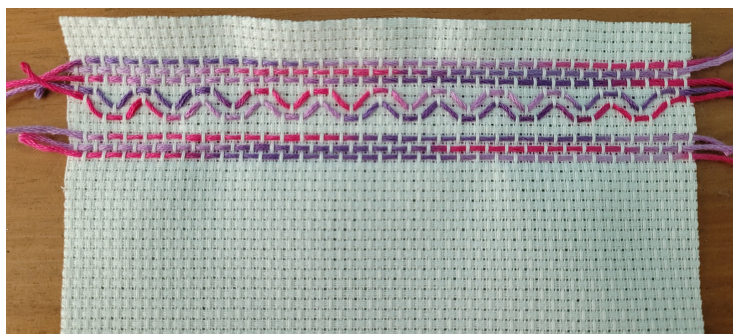
Using the Row Chart, prepare the needle for Row 6.

Count down 4 rows from the start of Row 5 and insert the needle under the first float. Continue to work the rest of the row inserting the needle under every float.



Rows 7 & 8

Work Rows 7 & 8 in the same way.

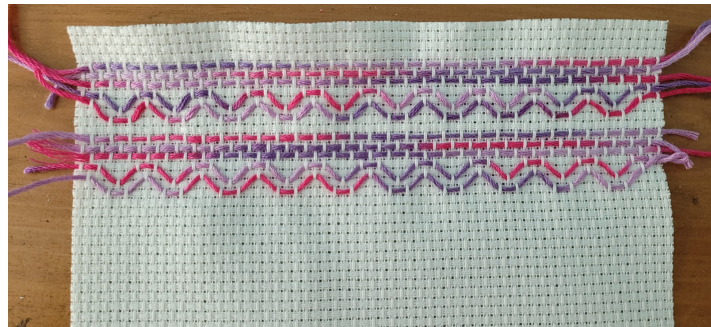


Rows 9 - 12 are 4 rows of the same zig-zag sequence as before (Rows 4 & 5). Rows 9 & 10 are the same as Rows 4 & 5. Rows 11 & 12 are a mirror image creating diamonds.

Rows 9 & 10

Refer to the Row Chart for the thread length and prepare the needle.

Work Row 9 in exactly the same way as Row 4 and Row 10 in the same way as Row 5. Refer to the instructions above if needed.



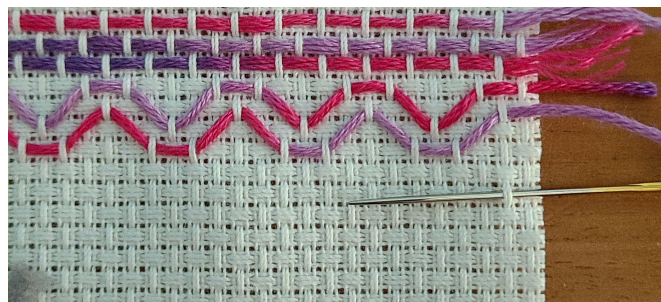
Double check that the spacing is correct.

Row 11

This is a mirror image of Row 10 and shares some of the same floats.

Referring to the Row chart, prepare the needle.

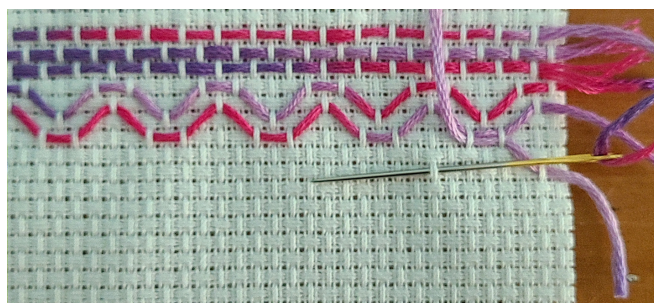
Count down 4 rows and insert the needle directly under the first float from the previous row.



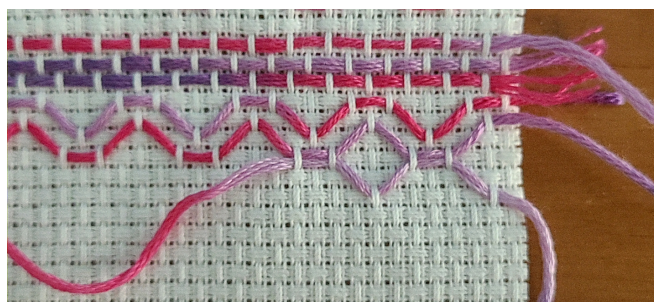
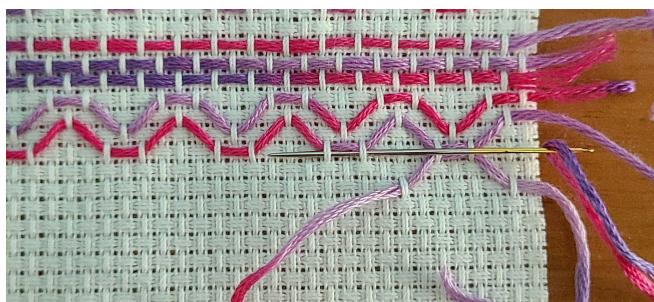
Then, slide the needle under the **same** 2 floats from the previous row.



Count down 2 rows and across 2 rows and insert the needle here creating the bottom point of the diamond.



Next, insert the needle under the same 2 floats from the previous row closing the diamond.

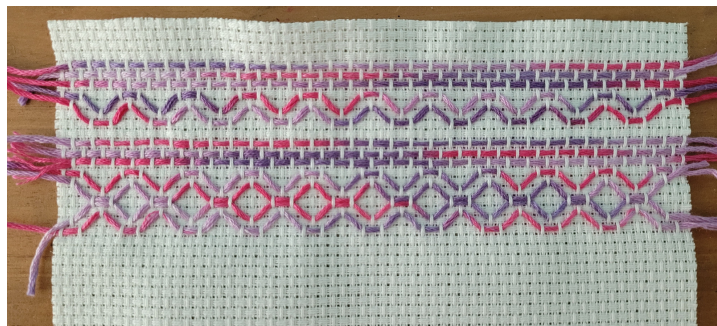


Carry on in the same way to complete the row.

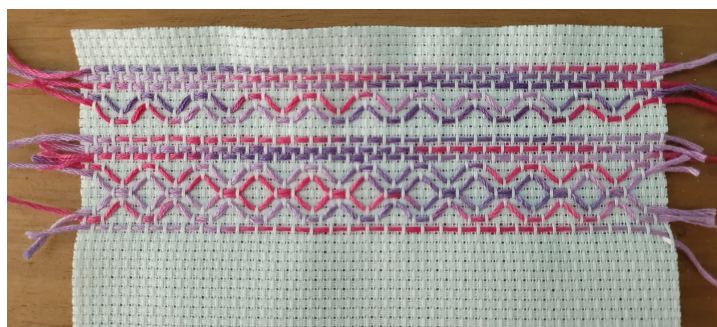


Row 12

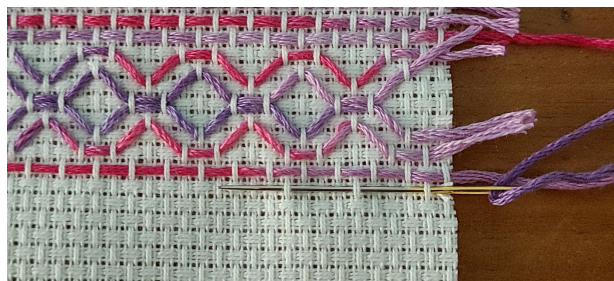
Row 12 is a mirror image of Row 9.
Refer to the Stitch chart for stitch placement.

**Rows 13-15**

- These rows form the centre band of straight stitches.
- The middle row is made up of longer straight stitches.

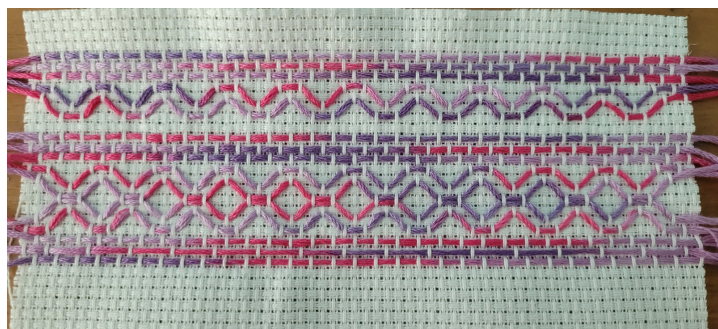
Row 13**Row 14**

Work the first float of the next row down, then miss a float and work the next one.
Miss one, work one is the sequence for this row.



Row 15

Work a row of small straight stitches.

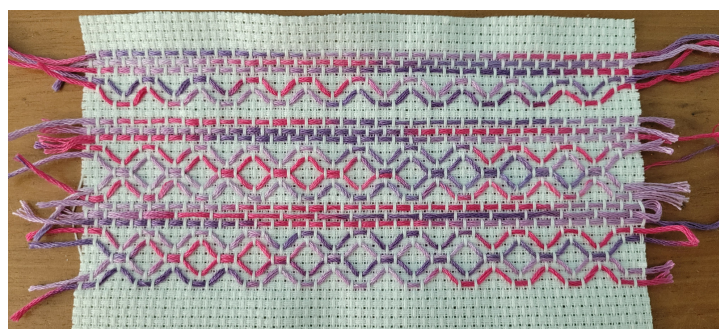


Well done! You're just over half way.

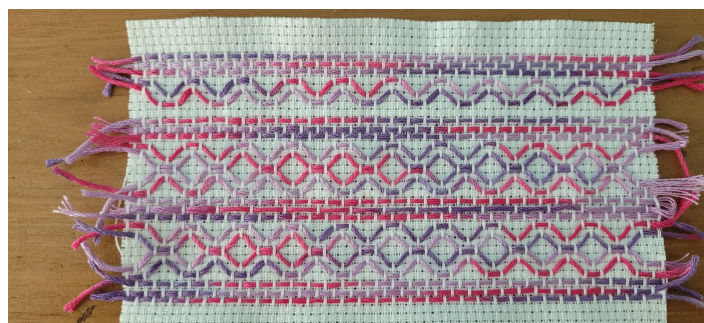
The remaining rows, 16 - 27 are just a mirror image of what you have already stitched.

Rows 16 - 19

Work these next referring to the Stitch chart and instructions for Rows 9 - 12 where necessary.



Rows 20 - 22 make up the next band of straight stitches



Rows 23 & 24 complete the final band of zig-zags



Rows 25 - 27 complete the embroidery with the final band of straight stitches.



**Well done
for completing the embroidery**

Further ideas

This design also makes a nice bookmark.

Materials needed (included in this kit)

- Aida fabric 11 count - 10cm x 20cm
- 1 skein variegated stranded cotton

Basic instructions

- Work Rows 6-22 only - see Stitch Chart
- Position your fabric so that the long edges are facing you.
- Begin with Row 6 approx. 1cm down from the top long edge of fabric.
- Work Rows 6-22 following the same instructions for the card.
- When you have worked these, follow the 'Finishing Instructions' for blocking and making up the bookmark.



If you have enjoyed this design and would like to stitch it again, I have some **extra ideas** on my website.

To access them, just scan the QR code or type the URL into your web browser or click on the link if using the PDF version.



<https://www.sbtextileart.co.uk/blank-page-6>

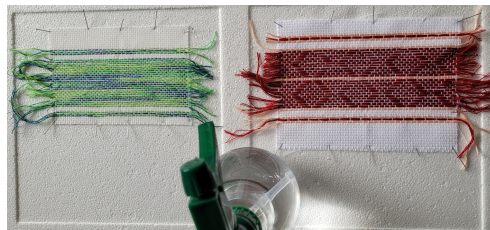
Finishing Instructions

After completing your embroidery, I recommend that you block it before attaching it to the card blank.

Blocking

Blocking helps to restore the fabric after the distortions caused by stitching and handling.

- Pin the embroidery onto a stable base eg. polystyrene tile, ironing board.
- Spray with water making sure the piece is damp all over. It shouldn't be dripping.
- Leave to dry naturally



Finishing by machine

- If you have chosen to use a sewing machine to secure the edges, zig-zag around all edges using a small stitch eg. width 2, length 1.5

Finishing by hand

- I recommend using a hemstitch to work around any edge that you wish to fringe.
- The Royal School of Needlework have an excellent tutorial online which offers both written and video instructions :
<https://rsnstitchbank.org/stitch/hem-stitch-drawn-thread>
- The lower edge that is being hemstitched in the tutorial would correspond with the edge of your piece.
- Work any hemstitched row first.
- Any edges that you do not want to fringe, I recommend folding the Aida to the back of the work. Leave 2 bands of threads after the last row worked before folding.
- Then work a row of small running stitches along the edges. See <https://rsnstitchbank.org/stitch/running-stitch> for another tutorial.

Fringing

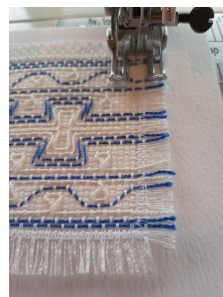
The embroidery may have a frayed edge.

- Using a needle, gently pull away the Aida threads until the desired length of fringing is achieved.



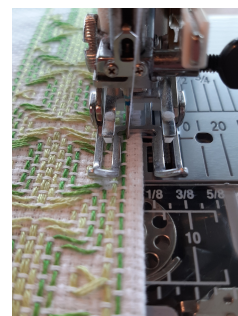
Card

- Finish the edges as above either by hand or machine.
- I recommend stitching the embroidery to the front of the card, although it could be glued.
 - To machine stitch, use straight stitch with the stitch length set to about 3. Any smaller and the needle holes act as a perforated edge causing the card to come apart!
 - To hand stitch, do a small stitch at each corner and tie at the back of each stitch.
- Finish off the threads ends by taking them through to the back of the card and tying them in a small knot. Before snipping the ends, rethread them onto a needle and weave them back through the stitch/s.



Fringed Bookmark

- If not already done so, either hemstitch by hand (see above) or zig-zag by machine along the short edges of the embroidered rows to secure the threads.
- Fold under the long edges of the Aida fabric and either zig-zag in place by machine or work a row of small running stitches (see above) along the long edges.



- Trim the folded edges underneath.
- Fringe the top and bottom edges - see above.

