

Garland Twist

by Susan Kerndt

Garland Twist was designed as a beginner's project to introduce some fundamental canvas techniques. It uses basic threads and examples of different stitch types. The more advanced stitcher can certainly have fun playing with different threads and colors.

Stitching Materials

8" x 8" 18 count interlock canvas (white)
8" x 8" stretcher bars and tacks
#22 & #24 tapestry needles
Beading Needle
DMC #3 Pearl Cotton - Medium Green 501
DMC #3 Pearl Cotton - Medium Light Green 502
DMC #5 Pearl Cotton - Dark Green 500
DMC #5 Pearl Cotton - Red 498
DMC #8 Pearl Cotton - Red 498 (for hanger and tassel)
Kreinik #8 Metallic Braid - Gold 002HL
Caron Collection Impressions - White 0057
Mill Hill Antique Glass Beads - Red 03049
Red sewing thread

Materials for Finishing

Sharp sewing needle, #20 chenille needle
Small piece of lightweight cardboard
Small piece of coordinating fabric
White or invisible sewing thread
Polyfil material or quilt batting for stuffing



About the Threads

Three different types of threads have been selected for this project although you may use any threads suitable for upright and slanted stitches on 18 count canvas. The threads have been selected for their ease of use and to show examples of different textures, weights and sheens.

Pearl Cotton (DMC, Anchor) is a twisted thread made of 100% cotton. It has a slight sheen which reflects light when stitched in different directions. It is available in four sizes - the smaller the number, the heavier the thread. It comes in skeins and/or balls depending on the size. To open a skein, remove the wrappers from both ends. Untwist and cut once at the knot. This will give you approximately one yard lengths. Replace the wrappers and knot the group of threads. Stitch with only half of this amount. Pearl cotton will lose its sheen and twist with longer lengths. Even with 18" lengths, it is helpful to tighten the twist while stitching.

Kreinik Braid (Kreinik Mfg.) is a synthetic metallic that comes in five different weights. The smaller the number, the finer the thread. It is available in a wide range of colors, as well as different lusters. The thread is soft enough to be stitchable, however the larger sizes may have to be couched if used on small mesh canvas. Stitch with 18" to 24" lengths to preserve the luster of the thread.

Impressions (Caron Collection) is a blend of 50% silk and 50% wool. It is available in solid and hand-dyed colors. The combination of the silk and wool create a wonderful sheen. One or more strands can be used for stitching, but multiple strands must be laid so that the threads are not allowed to twist on one another. To open a skein, carefully cut the skein from the card. Untwist the skein and cut once at the knot. This will give you approximately one yard lengths. Half-hitch the thread through the card. Stitch with only half of this length to preserve the twist and sheen.

Stitching Information

**The numbering sequence for the stitches are merely suggestions.
The sequence can be changed to suit the stitcher and/or the design.**

Tack the canvas to stretcher bars. The tacks should be no more than one inch apart.

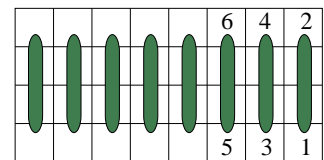
UPPER BORDER

Row 1 - Straight Gobelin Stitch over 3 (Upright Stitch, Satin Stitch)

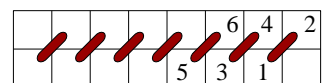
Using 1 strand of DMC #3 Pearl Cotton color 501, begin $\frac{1}{4}$ inches from the right side and 2 inches down from the top. Each stitch is over 3 canvas thread. There are 76 stitches in Row 1.

Row 2 - Tent Stitch - Continental

Using 1 strand of #5 Pearl Cotton color 498, work a single row of tent stitch from right to left. Note that you are using a finer pearl cotton because slanted stitches cover the canvas better than upright stitches



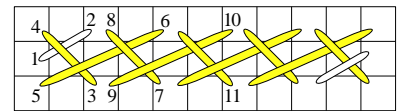
Row 1



Row 2

Row 3 - Long Armed Cross Stitch over 2

Using 1 strand of #8 Metallic Braid, work a single row of Long Armed Cross Stitch. Start on the left side of the canvas and work from left to right. The first and last stitches on the chart are compensating stitches. Note the compensation on the ornament diagram shows a different ending compensation due to the thread count.



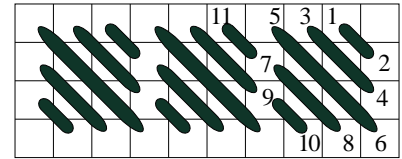
Row 3

Row 4 - Tent Stitch - Continental

Using 1 strand of #5 Pearl Cotton color 498, work a single row of tent stitch from right to left. (See Row 2.)

Rows 5 & 6 - Scotch Stitch over 3 (Flat Stitch, Diagonal Satin Stitch)

Work two rows of Scotch Stitch using #5 Pearl Cotton color 500. A grouping of 5 stitches create a small square, with 25 squares in a row. Note that row 6 changes direction. Work the first row from right to left, the second row from left to right. Do not be tempted to alternate the groups within a row - with an odd number of squares, the first and last square will fall in the same direction, being placed together when assembled.



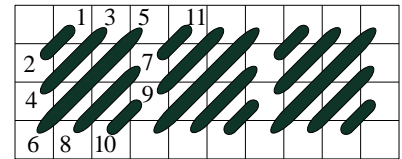
Row 5

Row 7 - Tent Stitch - Continental

Using 1 strand of #5 Pearl Cotton color 498, work a single row of tent stitch from right to left. (See Row 2.)

Row 8 - Long Armed Cross Stitch over 2

Using 1 strand of #8 Metallic Braid work a single row of Long Armed Cross Stitch. Start on the left side of the canvas and work from left to right. (See Row 3.)



Row 6

Row 9 - Tent Stitch - Continental

Using 1 strand of #5 Pearl Cotton color 498, work a single row of tent stitch from right to left. (See Row 2.)

Row 10 - Gobelin Stitch over 3 (Upright Stitch, Satin Stitch)

Using 1 strand of DMC #3 Pearl Cotton color 501, complete a Gobelin stitch row. (See Row 1.)

GARLAND SECTION

The Florentine Garland uses a 4.2 progression, meaning that each stitch (except compensating stitches) covers four canvas threads and steps up or down two canvas threads. The vertical stitches are generally done from bottom to top although they may be done from top to bottom to avoid coming up in a filled hole. To achieve equal coverage on the back, reverse direction of rows (left to right, right to left).

Stitch the garland first and then filling in the background. Look at the chart carefully before stitching. In order to have the sides meet correctly, notice how the beginning and ending of a row are different.

Row G1

With 1 strand #3 Pearl Cotton, color 502 begin on the right side of the ornament. Skip a stitch where indicated.

Row G2

With 1 strand #3 Pearl Cotton, color 501, stitch the second row of the garland directly below the first row.

Background Rows

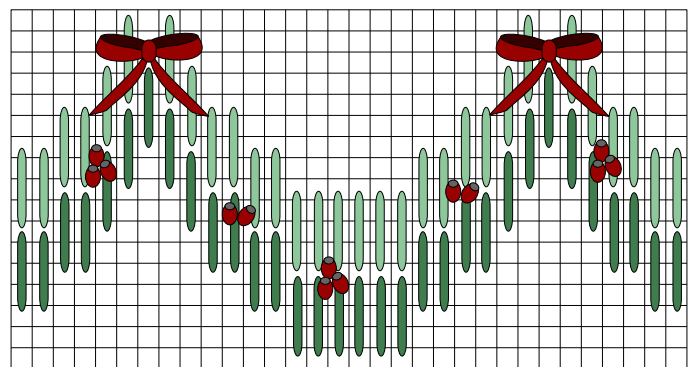
With two strand of Impressions, fill in the background stitches behind the garland. Compensating stitches over two canvas threads will be necessary. Turn canvas as necessary.

Decorating the Garland

You may choose to decorate the garland after the lower section has been completed to avoid catching threads on the beads and bows.

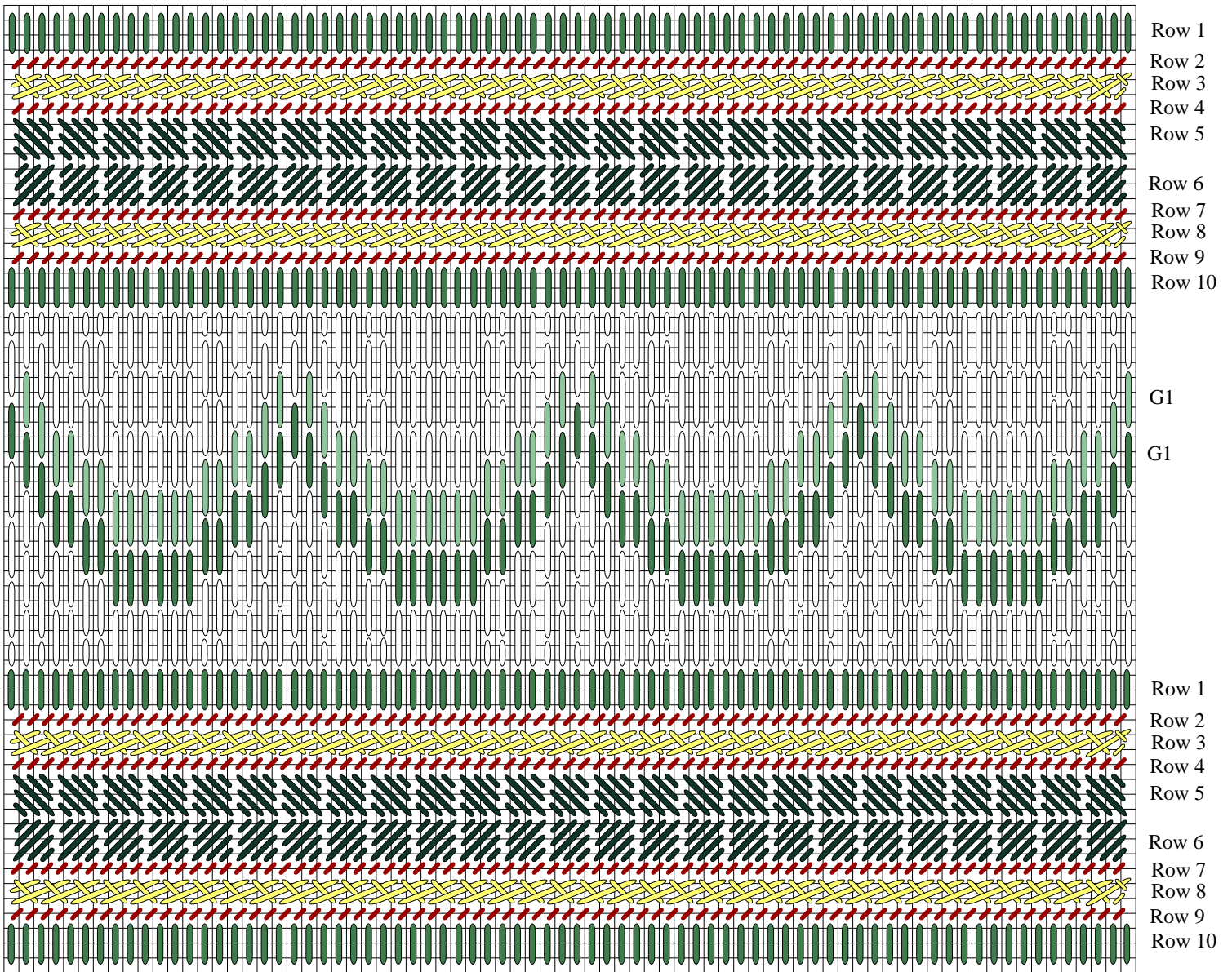
Beads - With red sewing thread and a beading needle, string two or three beads on the needle. Place randomly on garland in small clusters.







Bows - With #5 Pearl cotton color 498, make a bow at the upper sections of the garland. Secure with red sewing thread.



LOWER SECTION

In the same order and using the same threads and colors, repeat Rows 1 through 10 for the lower section of the ornament.



- | | | | |
|---|-------------------------|---|-----------------------------------|
|  | DMC #3 Pearl Cotton 501 |  | DMC #5 Pearl Cotton 500 |
|  | DMC #5 Pearl Cotton 498 |  | DMC #3 Pearl Cotton 502 |
|  | Kreinik #8 Braid 002HL |  | Caron Collection Impressions 0057 |

FINISHING THE ORNAMENT

Trim canvas to $\frac{1}{2}$ inch on all sides. Fold one side edge under and roll the canvas, aligning the rows of stitching. Sew the side edges together with small invisible stitches. Clip the canvas at both the top and bottom edges every $\frac{1}{2}$ inch right up to the stitching.

Cut two circles from cardboard about $\frac{1}{8}$ inch in diameter (about the size of a film canister lid). Smooth any rough edges of the cardboard with an emery board. Cut two circles of coordinating fabric a little larger than the cardboard circles. Sew tiny running stitches around the outside edge of each fabric circle. With a cardboard circle positioned on the wrong side of a fabric circle, draw up the gathering thread and lace the fabric in place. Repeat for the second circle.

Hanger: Cut four lengths of #8 Pearl Cotton color 498, 24 inches long. Knot one end and twist approximately 30 times. Join the two ends together and thread the ends through a #20 chenille needle. Punch a tiny hole in the center of one of the circles to be used for the ornament top. Thread the cord through the hole to form a loop on the outside. Tie the cord together on the inside (wrong side) of the circle.

Fold down the top edge of the canvas so that no bare canvas is visible. Stitch the top circle in place with tiny invisible stitches.

Tassel: Make a tassel from #8 Pearl Cotton color 498. Cut a piece of cardboard 3" x 3". Wrap the pearl cotton around the cardboard 75 - 100 times. With an 8 inch length of matching thread, tie the threads together at the top of the card. Remove from the card. Wrap a 8 inch thread around the bundle about $\frac{1}{2}$ inch from the top. Secure the ends of the wrapping thread inside the tassel. Cut the loops at the bottom and trim ends to desired length. Punch a tiny hole in the center of the circle to be used for the ornament bottom. Thread the tassel through the hole and secure with a knot.

Turn the ornament upside down. Tuck under the canvas, and stuff the ornament very tightly. Stitch the bottom end circle in place with tiny stitches. Add more filling as necessary.

Decorate the top with a ribbon bow, twisted or braided cord, beads, tiny flowers, etc.

Hang and enjoy!

Sue

