

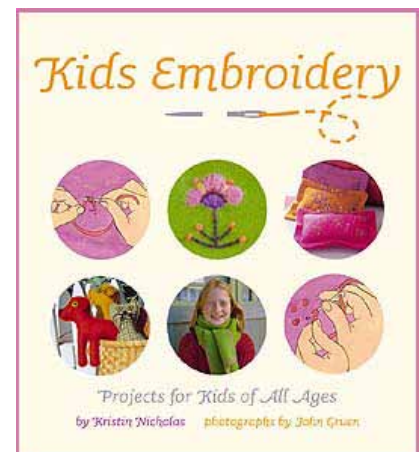
Kristin Nicholas Designs

CHICK DAYS STAMPED + EMBROIDERED DISHTOWEL



This is a fun and gifty project that is quick to make. It is a nice introduction to both fabric stamping and embroidery. It is easy enough to do with children. I know how you are always looking for projects to keep the little ones busy during the summer! You'll need to know the following basic embroidery stitches for decorating the chicks: Backstitch, Lazy Daisy, Satin Stitch and French Knots.

To learn the simple embroidery stitches, you can purchase my book **Kids' Embroidery** directly from me on my website for \$19.95. It is no longer available through regular trade sources.



Supplies:

Dishtowel in cotton or linen with smooth surface for printing.

Fabric paint in color of your choice. I use Jacquard Textile Color. To get a light washed effect, I mix the textile paint with Jacquard Colorless Extender.

Kids fun foam for making the stamps. I use the foam with the adhesive on the back. If you use the regular foam, you will also need some craft glue for applying your stamp to the mount.

Small piece of 1 inch insulation foam (sometimes called grayboard) for mounting the stamps. You can purchase this at home building supply stores.

Foam brush (1") for applying paint to stamp.

Several colors of cotton embroidery floss. I used orange, dark brown and red.

Craft knife, crewel or embroidery needle and scissors for embroidery.

Chick Stamp Template ►►►

1. Print out the chick templates.
Cut around each chick.

2. Using a pencil, trace around each template onto the kids foam.

3. Using craft scissors, cut around each chick tracing from the kids foam.

4. Remove adhesive backing from kids foam and apply to insulation board. Space the chicks approximately 3/4" apart. Use glue if your foam doesn't have adhesive. Let the glue dry.

5. Using a sharp knife or craft knife, cut the insulation board around the chick shapes so that it is easier to see your placement when printing on the fabric. **KIDS - Ask an adult to help you with this step.** You only need to cut about 1/2" deep into the insulation. The foam will snap off. See the mounted stamp below.

6. Iron your dishtowel. Cover a flat surface with several layers of newspaper to protect your surface. Make sure the paper is not folded or wrinkled under the area where your chick will be printed. Lay the fabric on the table and determine the center of the towel.

7. Lightly dab some paint on the foam chicks. If you get the paint on the insulation board, lightly wipe it off to neaten. You may want to practice stamping a couple times on some fabric scraps so you will be happy with the application and look of your stamp. Stamp the chicks centering at the bottom of the towel, approximately 4" up from the bottom edge. Clean your stamp with soap and water and it can be used over and over and over.

8. Let the fabric dry. Following the instructions on your paint for heat setting.

9. Once the dishtowel is dry, work the embroidery stitches following photo on page 3.

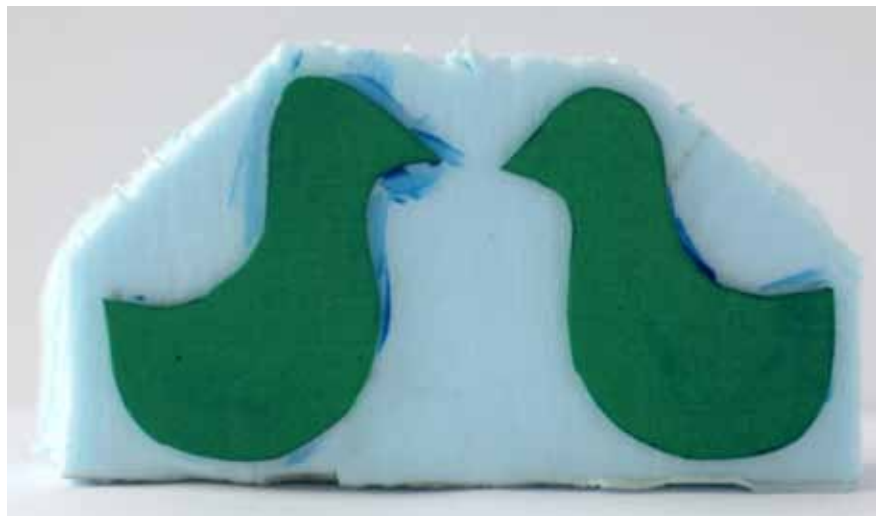
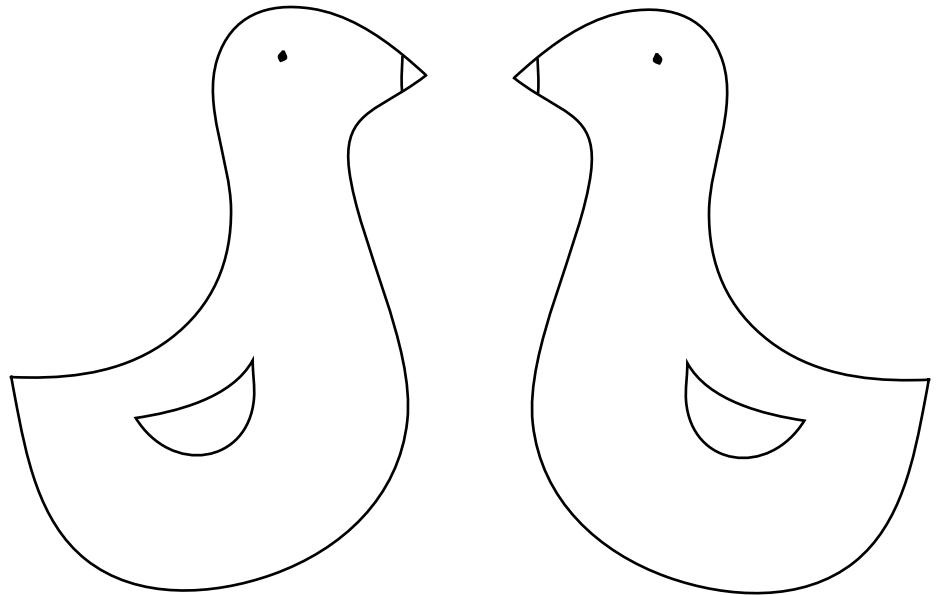
Backstitch: Using your chosen colors (I used dark brown), work in backstitch around the outside of the stamped chick. Following the photo, work a wing shape on each chick. Work legs in backstitch in orange.

French Knots: Make one French Knot for each eye using desired color.

Lazy Daisy: Make 3 single lazy daisy stitches in a fan shape for the tail on each chick.

Satin Stitch: Using beak color of your choice, work both beaks in satin stitch.

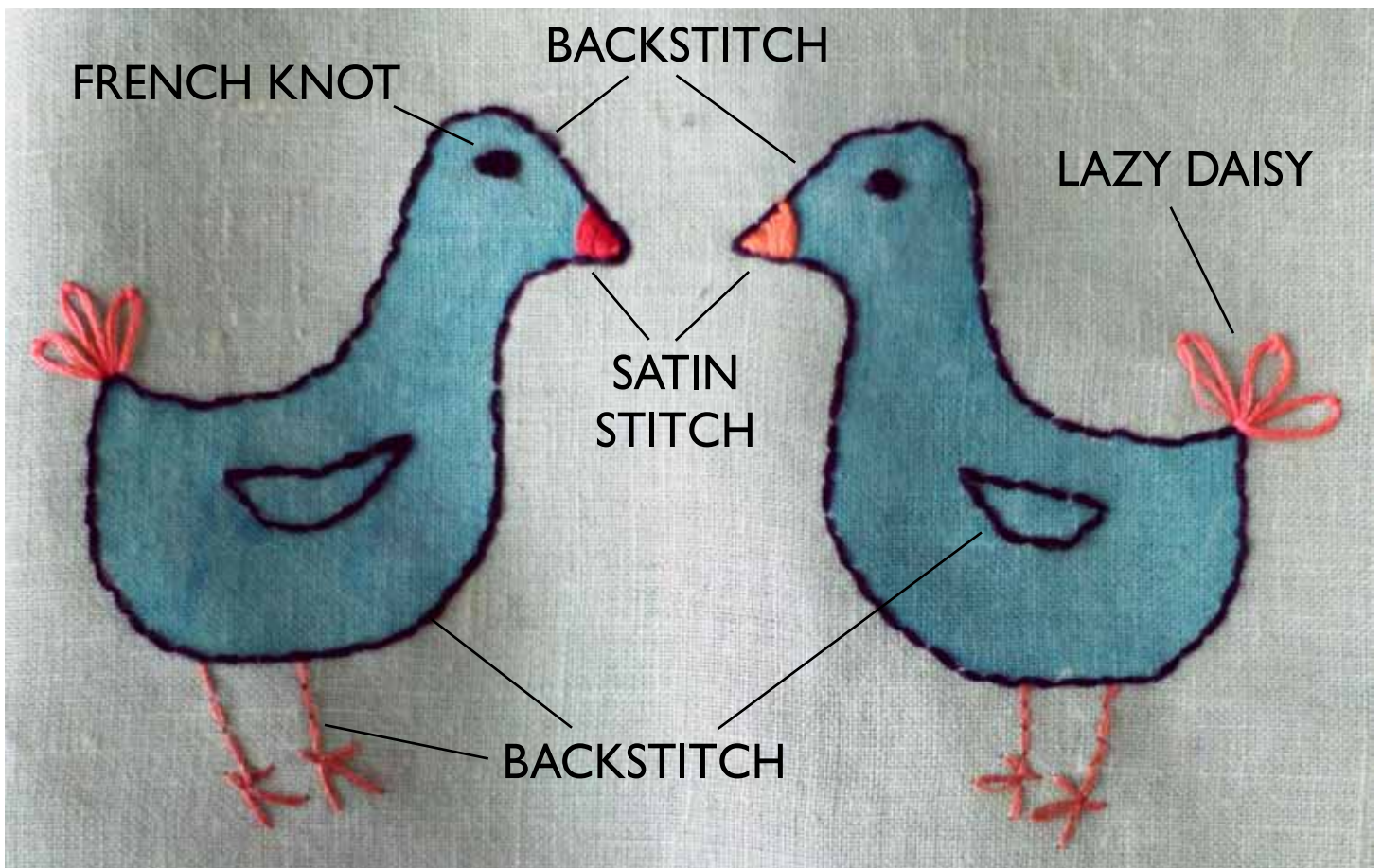
Foam Printing Block
using Kids Fun Foam for
the stamp and
1" builders insulation
foam for the mount



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EMBROIDERY STITCH DETAILS

Don't worry if your chicks look a little different than mine. That is the beauty of handmade things - each person's project takes on its own individual character.



Check out my other embroidery PDF patterns on my website www.kristinnicholas.com