



Smithsonian Associates

Mindful Stitching

Instructor: Lauren Kingsland

Supplies and Tools

Background fabric

- Linen (12 x 12 more or less) OR vintage napkin OR felted wool

Embroidery thread

- **perle cotton or embroidery floss** in a variety colors that make you smile.
 - **Floss** - 6 strands of thin threads, used in 6, 3, 2 strands.
 - **Perle cotton** - glossy finish in various weights
 - **Couching thread** - a heavy decorative thread/ yarn for outlines

Needle threaders

- wire threaders do break sometimes so have several. ***Not optional.***

Embroidery needles

- with a long eye in assorted (size 6-10) with a sharp point. A smaller number => larger eye. Start with 7-9 or as suits your hand. *(John James or Hemmings brands are my favorites. High quality needles make a huge difference in the ease of working. Different size threads need different sized needles so provide yourself with choices.)*

Small Scissors with a sharp point.

Hoops

6" to start. Hoops come in various sizes and should ideally be larger than the design.

Thimble

.5mm mechanical pencil

©Lauren Kingsland 2020

FACEBOOK: SMITHSONIAN STUDIO ARTS INSTAGRAM: @SMITHSONIANASSOCIATES

EMAIL: ASSOCIATES-STUDIOARTS@SI.EDU