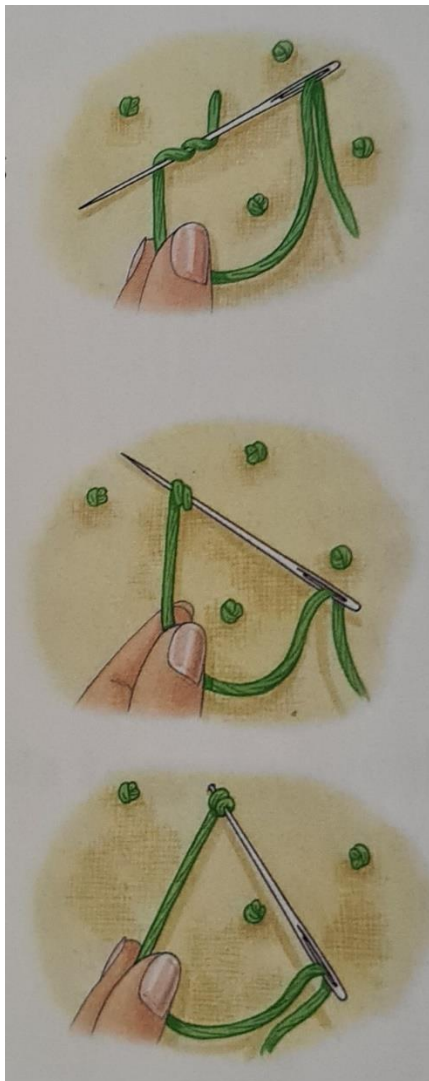


Knots

Knots which are traditional embroidery stitches add texture and detail

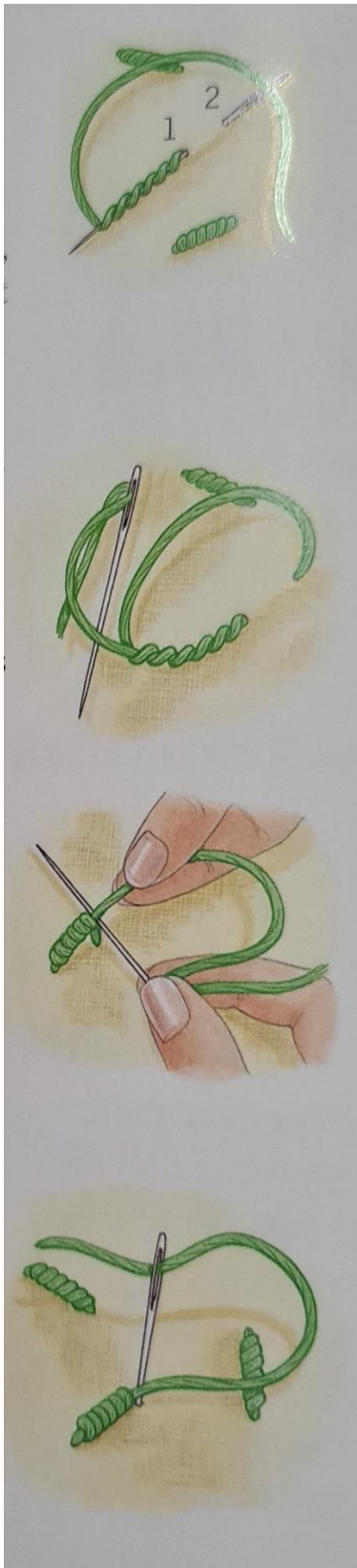
Both caterpillar-shaped bullion knots and French knots combine with cross-stitch. By changing the thread you can adjust their size and texture. For example, a round, twisted thread, such as pearl cotton, will give a more raised effect than stranded cotton. Choose a needle that will slip easily through the coils of thread, and begin each knot with two or three tiny stitches at the back of the fabric, under where the knot will be worked. End the thread in the same way each time, directly under the knot.

French Knot



1. Work two or three tiny stitches on the wrong side of the fabric. Bring the thread to the front. Holding the thread taut with one hand, wrap it twice around the needle
2. Pull the thread gently to tighten the twists around the needle. Don't overtighten the twists
3. Holding the thread taut, insert the needle close to where it originally emerged, and pull the thread through to the back. To do this on Aida fabrics, you might have to push the needle through the blocks – if you put the needle back through the hole it came out of, you will just pull the thread back to the wrong side.

Bullion Knot



1. Bring the needle to the front at 1. Insert the point at 2, bringing it to the front again at 1. Holding the thread taut, wrap it around the point five to seven times to make a twisted coil.
2. Pull the needle carefully through both the fabric and the twists on the needle, taking care not to distort the twists. This may take some practice.
3. Pull the thread back gently so that the coil of twists lies flat on the fabric. Tighten the thread, and use the needle to pack the twists together.
4. To finish the knot, take the needle and thread back through the fabric at position 2

Information taken from Reader's Digest: The Big Book of Cross-Stitch Designs. The Reader's Digest Association, Inc. Pleasantville, New York/Montreal/London/Sydney/Singapore