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## Embroidered Knit Pillow with Kristin Nicholas

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### Chapter 1 - Overview

#### Overview

- I'm going to show you today how to make this beautiful embroidered pillow. We're going to use a base fabric of stockinette stitch, which I'm going to teach you how to do. We're gonna put a border of garter stitch on it. Then we're going to get into some really fun embroidery. You're gonna learn how to do spider web stitch, lazy daisies, chain stitch, and we'll end up with these beautiful textural French knots. Then, at the very end, we're going to cut a piece of backing fabric hand-sew it on, stuff the pillow, and you will have a beautiful pillow for your sofa or to give as a gift.

### Chapter 2 - Materials

#### Materials

- To make your embroidered pillow, you'll need one ball of a worsted weight wool, and a half a ball of the trim color. I used my Color By Kristin, which is a wool, mohair, and alpaca yarn. You'll need about 10 yards of each of your embroidery colors. I use a smooth yarn. You don't want to use anything with too much texture, because it makes it hard to stitch with. Also, use a plied yarn, don't use a single twist because it'll break and you'll be rethreading your needle a zillion times, and be frustrated. You're gonna need knitting needles, to knit your pillow with. You're gonna need a blunt-pointed tapestry needle for the embroidery. And then, when we get to the sewing, you're gonna need a pair of sewing scissors to cut your fabric. You'll need a half a yard of either cotton or linen fabric for your backing. You'll need some sewing thread. You wanna use the sewing thread that matches the border of your pillow. So, for mine, I used a green color, because my border was in green. You're gonna need some sewing pins and sewing needle. Pillow stuffing: I use a down pillow, but you can use fiber fill. And you'll also need an iron and a spritzing bottle.

### Chapter 3 - Knit Pillow Front

#### Cast on and work pillow body

- To start your pillow, you're going to begin by casting on 60 stitches. So, here we go. I'm going to be using a plain knit on cast on. Begin with a slip knot. I'm using straight bamboo needles, but you can use whatever you prefer. And, we're going to use a knit on cast on. To do this, we're gonna take the stitch into our slip knot, wrap the yarn around the needle, pull it through and put it on to the left needle. So, now, we have two stitches. And, we're gonna do this again. Put it on to the needle. You don't have to pull your needle out. You can just keep it in for continuity. Pulling it through, putting it on to the needle. Tighten it a little bit. You don't want your edge to get too tight, otherwise your border will pull in. So, I'm putting this on and not pulling this yarn too tight. Gonna take another stitch and put it on. And we're gonna continue doing this for 60 stitches. There's a lot of different cast ons, but I like this one because it's easy to pick up the stitches at the very end when we're picking up the border. I'm gonna continue casting on until I have 60 stitches. 53, 54, 55, 56, 57, 58, 59, 60. Okay, now we're ready to go. And, we're just gonna do a simple stockinette stitch. We're gonna knit a row and purl a row. So, let me show you how I do that. So, I'm gonna put my needle in, wrap the yarn around the needle and pull it through and pull it off the needle. Put my yarn into the loop, the next loop on the needle, wrap it around, pull it through and pull the new stitch off the needle. And, you just continue across the row just like this. I'm doing the American style of knitting

where I throw my yarn. So, I put my needle in, I throw it around the right needle, and I pull the loop through. But, if you knit the Continental way, that's fine, too. We're just gonna keep knitting across the row until all the stitches are complete. I'm just finishing up my knit row. I've got three more stitches here. And, when I'm done with that, we're going to take the needle and I'm gonna turn it around to the other side. Now, we're going to purl the stitches. What we're making is stockinette stitch fabric, which is knit a row, purl a row. One of the basic kinds of knitting. It makes a nice, smooth fabric that looks nice with embroidery on it. I'm going to put my needle in, I'm going to wrap my yarn around, I'm gonna flick it to the back and pull it off. I've just made one purl stitch and now I'm going to do it again. We're gonna work all the way across the row this way. Put your needle in, wrap the yarn around, flick it towards the back and pull it off. I'm gonna continue purling until I've finished the row and then I'll be knitting a row, purling a row. Keep going like that until your pillow top measures about 12 inches.

Bind off, change color, pick up stitches, knit border

- I'm almost finished with my pillow top. I've got a few stitches left to bind off. Now, if you look at it, this is a nice smooth piece of stockinette stitch fabric. This is usually used as the right side. This is the wrong side of the fabric and you can see it's not quite as smooth, it's bumpy. We're gonna use the right side for our pillow top, so now I'm going to bind off, I'm working a bind off and purl stitch. I've only got a few more stitches left. You wanna do your bind off rather loose. You don't want it to be too tight. And when you're a beginner, the tendency is to pull it in, so try to loosen up, just work very loosely. I'm binding off in purl stitch, so I'm going to make a purl stitch and then I'm gonna pull the last bound off stitch over the purl stitch I just made. So take a purl stitch and pull the other loop off, over it. Now you want to do this rather loosely because if you were to do the purl bind off very tight, your fabric would pull in. So try to think loose. We just have a few more to go. Okay, two more. Okay. Now we're going to cut the yarn. Leave a tail about six inches long and pull the last loop through, okay? And now I'm going to show you how to do the borders. And we're gonna use the green yarn, dark green. And this is what's called a pick up and knit. So I'm taking my fabric and going to the other end, and I put my needle into the center, one of the loops on the edge of the fabric. I am going one stitch in because it's too hard to pick up that one stitch. I'm gonna wrap my yarn around my needle and I pull it through. So now I have one stitch on my needle that's gonna form the border. Now I move over an entire loop, and I put my needle in, and then I'm going to wrap and pull it through. So here's the whole stitch. You wanna move over one whole stitch. Put your needle in, wrap, pull through, and we continue working across just this way until we've picked up probably about 58 stitches 'cause you don't pick up the first one and the last one. Notice that I'm putting my needle through both loops of the cast on stitch. And that's giving me a really nice edge. You can see the loops here. You can see the green yarn here. And then what happens is, when the border's done, these loops will fall to the inside. We're going to continue working all the way across until we've got about 58 stitches. I'm almost finished picking up my stitches for my border. Two more stitches, one... Two. Now we're going to knit five rows of garter stitch. Garter stitch is knitting every row. And so we're gonna turn our work around. Begin knitting. So we're gonna work all the way across the row, so there'll be 58 stitches. We're gonna work the border on the top, which is the cast on edge and the other end, which is the bind-off edge.

Seam garter stitch border

- Almost finished with my second garter border. So, let me show you how you bind these off. Again,

you want to think loose, so when you take your stitch, your knit stitch, and you pull this over the loop, that's a bind-off stitch. Don't want it to be too tight, or the whole thing will snug in and look messy. Let's do another one. Knit, stitch, and pull the bound-off stitch over. Knit, stitch. Pull it over. Some knitters use a larger needle to bind-off, so this is worked with a size seven. If you used a size nine, which is a larger needle, it would make your bind-off looser. Two more stitches. Okay. Last stitch. Pulling it over. So I have one stitch on the needle. I'm going to cut my yarn, and all you do to finish is just pull it through. So let's take a look at this. We've got our cast-on and bind-off edges, and they have five rows of garter stitch on 'em. And a bind-off. Now we've got these empty edges, so we're going to turn our work and I'm gonna pick up my garter stitch, and then I'm gonna pick up all along the rows of the knit stitch and end up with a last bit of garter stitch. So let me show you how I do that. We're going to pick up at every ridge. If you look closely at the garter stitch, you'll see that there's ridges. One ridge, two ridge, three ridges. Again, we're gonna do the knit pick up. It's also called pick up a knit. I'm gonna put my needle in right at the edge of the bind off and I'm going to join my green yarn, leaving a tail about six inches long, and I'm going to pull that loop through. Now we're going to skip this bump, which is what we call a garter ridge, and we're gonna go in the ditch between the two garter ridges. We put our needle in at the edge of the fabric, take another stitch, so now we've got two stitches. We're now gonna go past the next garter ridge, put the needle into the edge of the fabric, take another stitch. We have now three stitches on our needle. Okay. Here's my next garter ridge, and we want to pick up the rows along the stockinette stitch fabric. Let me show you how I do it. I'm going to put my needle into my first loop, wrap it around, and pull it through. That's first loop on the stockinette stitch fabric. Now you see my next loop, I'm going to put my needle in there and pull it through. Now we're going to skip a row. We're going to skip a loop, skip that loop there, and put our needle into the next one. And pull it through. And into the next row. Pull it through. We're gonna skip one row and pick up two rows. You can see this forming on the needles. I'm gonna pick up another row. Whoops. Here we go. And skip a row, pick up another row. What I've done is I've picked up one row, two row, skipped a row. One row, two row, skip a row. When I'm doing this, what I think in my head is one, two, skip three. One, two, skip three. The reason I'm doing that is because the rows smush up in stockinette fabric, so they're closer together. If you were to pick up every single row along this and then work garter stitch, what would happen is the edge would flare out and be unsightly. By skipping it, we're actually picking up two-thirds of the rows. We'll have a nice, neat edge for the edge of our pillow. When we get to the end here, we're gonna do the same thing where we picked up the ridges, just like we did in the very beginning. You're gonna pick up five rows here, and do the garter border, and then you're gonna work it on the other side, then the knitting is done and we're ready for the real fun to start.

## **Chapter 4 - Embroidery Pillow Front**

### **Spider web stitch**

- I'm going to teach you how to make spiderweb embroidery, and the spiderwebs are the centers of our flowers. So, here's a large one, and then there's two smaller ones. And I use different colors of yarn for fun. These illustrations are from my book *Kristin Knits*. They're nice and clear. So, this is what we're gonna start with. We're going to build a wheel without a rim. So, it's a bunch of spokes. We're gonna do this by making straight stabbing stitches and then after we've built the wheel, which it's really important to have an odd number of spokes on our wheel, then we're going to weave over them, and it's gonna remind you of kindergarten weaving, and it's gonna end up looking like this. We're gonna start with about 36 inches of yarn. So, gonna pull it out, cut it with our

scissors, and I'm gonna show you how to thread the yarn through the yarn needle. I'm using a blunt pointed needle and it's important to use a blunt pointed needle as opposed to a sharp needle for the embroidery. Now, to thread it, I'm going to hold my needle and put about a inch and a half loop on it, and I take my fingers and I cinch the loop around the needle. I'm going to pull out the needle, and then with this little loop, I'm going to jam it through the eye. Okay, now to begin, we're going to turn the work over. Almost all the embroidery is done on the right side of the fabric, but we're just picking a spot here to do our spiderweb. You're gonna plan it on your pillow top, but I'm just putting it in the middle of this piece of stocking. It's stitch fabric. Okay, so turn it over, and all the embroidery stitches start the same way. You're going to pick just a little bit of a ply of the needle, of the yarn, okay. And pull it through, and leave about a inch tail, okay. And then we're going to take another stitch right through that ply. One more. And then for safety, you can stitch right through that loop that just happened, and that's gonna anchor it. Okay, now we're gonna turn our work. Kind of keep your fingers around where you started. We're gonna turn it over. As you can see, you can't even see where I stitched through, and that's because I only went into one of the plies of the yarn. You put your finger, kind of use it as a place marker, so I've got my two fingers around where my yarn started. So, what I do, is I hold one finger here, my pointer finger here on the back of the work, and then I grasp it with my thumb so I have a place where I know my end is tied in the back. And I'm going to pull the needle from the back of the fabric to the front of the fabric. Now it's time to make the spokes. Now, this part of it, you have to wing it. You want the spokes to be about the same size, but it's totally not critical. So, I'm just using a stabbing stitch. So, I'm gonna make mine about a half an inch long. And I'm gong across a stitch and down. I'm gonna pull it to the back, and then I wanna come back up in the center. It doesn't have to be at the exact same point, just quite close to it. And I'm going to work my way around. Sometimes I'll come over here, do one about the same length here. Turn your work. Now you can see, these aren't pulled tight. The idea is to be really loose with this and your stitches should float across the top of the fabric. Okay, I'm gonna keep going. So, that's four. This'll be five. And I gotta, I'm using a singe strand here. I didn't tell you that in the beginning. This'll be six, keep coming back to the center of my work. This'll be seven. So, I'm gonna go for a nine pointed, nine points, nine strands. So, this is eight. And for my last one, I look at it and I say, where do I have to fill in? And it looks like there's a good spot right there. So, I'm gonna go down to the back. Okay, now, this is what it looks like. Now we're ready to start weaving. So, we're going to pull the needle through next to one of the spokes. You don't wanna be through one of the spokes, but you gotta be next to it, and this a little bit away. You see the space there? Okay. None of this matters, and these spokes are not even gonna show when we're finished. Think about kindergarten and when you learned to weave in kindergarten. So, over, under. Now we're gonna go over this one and under this one. We're gonna go over this one and under this one. Over, under. Okay, now, as you see, I am now gonna cover up my last spoke, and this is where the work starts weaving. So, in the beginning, we went over this one. Now, we're going over this one and under this one. Alright, and watch this. We're gonna keep going over, under. Over, under. Over, under. Okay. So, you see how it's starting to weave? In the center of the spiderweb, you pull the yarn tightly. So, it's pulled in, and now we're gonna keep going. Over, under. Over, under, pull. Over, under. And we're just gonna keep working around. Over, under, over, under. Keep pulling it tight in the beginning. So, do you see how it's filling in? Our center is filling in and we've got our legs out here. Keep working. We're almost out of yarn. So, I'll show you how to solve that problem. The nice thing about embroidery is, it's much easier to rip out than knitting is. So, that's why I really like doing it so much. I think this whole little project has such bang for its buck and you can sit there and do this in

a night. Back to the weaving. Over, under, over, under. And you get pretty fast at it. I'm gonna actually go over and under a couple. Over, under. Okay. And in the beginning, I'm gonna, again, tug tighter. Now, I've got about six inches left. Let's end this off and start a new thread. Okay, to end off, I'm gonna go over this last spoke and pull the needle to the back. Turn the work over, and to end the work, all I do is take, see we've got all these threads here. We're gonna just take a couple stitches in the threads, that's it. So, I'm gonna start with 36 inches more yarn. Cut it, thread it through with our little scrunchy loop. Put it through the needle. You get really fast at this, I promise you. Okay, to start it. Now we have to find out where we ended. So, I'm just gonna take a couple stitches into the back mass of stitches. I'm gonna turn my work over to the front. We have to find out where we stopped, so I'm gonna look, and I can see my yarn went to the back right there, so that's where I wanna come up. Okay, so, I'm gonna, we've got our anchorage on the back. We're gonna come up, does not have to be in the exact same spot. Just come up to the front. Okay, our last spoke went over, so we're gonna go under this one and we're gonna go over this one, and you can watch it. Sometimes you make a mistake, well just unweave it and start again where you made the mistake. Our spokes are starting to fill, see this? So now, we have to start not tugging so tightly on the yarn. We wanna start letting it float looser. Okay, so, still gonna pull it so it covers a spoke, and we're just gonna keep going. So, I'm pulling it a little bit less tight than before. The other thing is, the reason we're using the blunt pointed needle is if you had a sharp needle, you would be going and splitting this thread and also catching the fabric underneath. Now, if you get into a situation where you wanna do this one and you don't have a blunt pointed needle with you, what you do, is you turn the needle to the eye end, and that is always usually blunt, so then you can weave with that. Okay, so like this. So, I'm gonna over, under, over, under. And we don't want it to double up. Pull it out, adjust my yarn, and keep going. Okay, as we're working this, you can see these spokes are shorter than these spokes. We're just gonna keep going, we're not gonna worry about that. Over, under, over, under, over, under. Over, under. I've taught so many people to do this and by the time they finish, they're like jumping for joy they're so excited they learned something so fun and so new, especially if you're only a knitter, you've never done embroidery before, this is sort of a whole freeing experience for knitters. Okay, over, under, not pulling tight at all. Okay, and it has to do with the surface area that we're covering. Over, under, over, under, adjust my thread. I'm gonna run out of thread and we're gonna have to rethread again. Now, this gives you another option if you really wanted to make something fancy, you could change the color of the thread. But, I'm just gonna keep going with the magenta. Okay, you can see my spokes easily here. But on the other side of my work, you can't even see these anymore. You see that? We're gonna push the yarn back and dig in and keep covering that same spoke. It gets confusing at the end because you can mess up your overs and your unders. We're gonna finish it up. Gonna go over this one and we're gonna pull it to the back. Now, do you see how it's almost like a sculpture? And you can just use your fingers or you can use a spritz bottle at the end. But I could actually add more onto that and it would bloom a little bit more, but I'm gonna end it off right now. Okay, that's it. Now, I want you to look at these two over here. This was made on nine spokes, and this one was made on seven spokes. This one, the spokes were much shorter. So, you can change the size of them just by your length of your spokes. You could use 11 spokes, 13 spokes. Later on, you could add spokes out here, add another color, you could have a multi-layered spiderweb. There's all kinds of places you can take this. It's really a lot of fun.

## Chain stitch



- If you want to make the exact same pillow top that I made, you're going to make three spider webs: this center one is larger, with more spokes in orange, this is a little bit smaller, pink, and then red. So we're placing the top one about two inches from the border, and when you're first doing this you are wary about where to start, but I just tell people, "Start. "If you start, you can make it work." Because embroidery on knitting is a lot more freeform than working with loops, and stitches, and dropping stitches, anything works with embroidery. I'm going to take my 36 inches of yarn. I'm using dark green, but you can see now you're going to be saving even more stash, because you might be able to use a yard or two when you're doing embroidery. Just little bits of yarn. If you're going to do that, get a little ziploc bag and organize it all. Okay, we're going to thread it, and we're going to make the center stem out of chain stitch. Here's our swatch with our spider web, and our design is going to be a little bit different than this one. We're going to build it, the chain stitch, and it's going to zig zag down here. We need to turn the work to the wrong side, and to start it we're just going to start in this mess of spider web stitches. Leave about an inch, and take a couple stitches, turn our work to the front, and you're going to bring your needle, the bottom, it's the outside edge of the spider web. Now I like to work it this way, so I'm going to turn it around. Let's look at the illustration to see what we do. We have come up here and we're going to put the needle into the fabric and come up about a quarter inch away. We're going to wrap the yarn around the needle, and we're going to continue repeating that, and it's going to build a little chain. I'm going to put my needle right next to, pretty much in the same hole, where I came up, and I am moving my needle, I don't want to be right here in the center, because if I did that, my stitch would sink to the back. I move it about a half a stitch over. Sometimes I'll come up, I'll splice right through the ply, and I'm going to wrap, and pull. You don't want to pull too tight, you want it to also float on the top of the fabric. Now, we're going to put our needle inside the loop and I'm going to move it this way, and then I'm going to move it this way. Chain stitch is very organic. You can write letters with it, you can do swirly, kind of swoopy things. We're going to put our needle inside the loop, come up about a quarter inch away, wrap, and pull. Okay, so I've got it going this way, now I'm going to turn it, and then we're going to work it that way, so we make sort of a curvy stem. And we're just going to move our needle. So your needle, where it comes out, is determining how this vine is going to move. Okay, wrap, pull. We've got to undo our doubling-up of the yarn, stretch it out. And we continue on making our curvy line. And we just keep going until the stem is as long as you want and ends where you want. Okay, it's time to end. So we're going to take a stitch over the loop to end it off. Pull it to the back, don't pull it too tight. And to end off in chain stitch, all I do is weave the stitches that are on the back of the fabric. And that's it.

### Lazy daisy stitch

- I'm now going to add the petals around the spider web to build the flower, and we do that with a stitch called lazy daisy, which is actually just a single chain stitch. I'm going to make them in red, so I draw out my 36 inches of yarn, thread it like before, and we're going to turn our pillow top to the back, and we're going to join it, start it just like we did with the green for the stem. Take a couple stitches. I'm going into this massive embroidery thread, basically. And it doesn't show through to the other side, so you don't really have to be very careful about it. Okay, so we're going to come up next to our stem, and we're going to put our needle back into the fabric right next to where we came up, and we're going to make these stitches about a half an inch, three quarters of an inch long. I'm going to wrap it around, and I'm going to pull, not too tight, and I'm going to finish. So this is basically a single chain. We're finishing by stitching on the other side of the loop and pulling to the

back. Don't pull that too tight, or else it'll fall right through to the back side. Let's do another. You can choose to place them right next to each other, you can space them out, you're the artist on this. This is more art drawing than it is stitching. Let's make this one a little longer. Wrap, pull, don't want it to double up. Now, if I were to go back down in the exact same spot I came up, there's danger that the petal will get pulled through to the wrong side of the work. So I'm going to move my needle, on the outside of the loop, about a half a stitch over, and pull it through to the back. Makes it float, it makes it a little bit more stable. Let me do another. Don't want to pull too tight, otherwise it's going to look like this. That's what most beginners do. If you do make that mistake, you can use your needle and just gently untug it, and then pull it to the proper tension. Okay, let's start another petal. In next to where we came up, about a half an inch away, wrap, pull, and stitch on the outside of the loop. And we're going to continue working around, building our petals all the way around our spider web. The normal way to make a lazy daisy, the sort of traditional old-fashioned way, is as shown on my illustration. Here's how to make the single petal, and normally they're worked around a close center. So here's five worked around, and it makes a simple little lazy daisy. I've also used the lazy daisy to make the single leaves down the side of the vine. So let me show you how I do that. We're going to thread up some green yarn, so it's going to match. The nice thing about embroidery is you could make these light green, you could make these dark green, you could make these teal, you could make all kinds of fun things. It's art with thread. I'm going to start up here, and turn my work to the back. I'm going to anchor my yarn right in the back of my vine. Just going to do two stitches. As long as it's nice and tight, it won't fall out. I'm going to turn my work to the front, and I'm going to come up next to my vine. I'm actually going to move it down a little bit for this one. And I'm going to take a stitch, I'm going to make my lazy daisy right here. It helps if you visualize where your stitches are going to be in your head as you're going. I'm going to put my needle in here. I'm going to come out about an inch, wrap, and pull. Now I did what I tell my students not to do: my thread is too long. The reason you only want a 36 inch thread, is because with embroidery it gets knotted up and it turns into a mess, and you're totally frustrated. So this thread is a little long for my taste, but I'm going to keep going. Okay, so I'm going to close my loop, and you might think you have to finish it off right then, but I don't, I just move back to my chain, and I make another lazy daisy single petal, which is turning into a leaf. Take a stitch, and close it, and we continue on, we do one more. You're going to see how messy the back of the work is, but we don't worry about that. You get pretty fast, you can do it all in one motion. Trust me, you get very fast at these things. Okay, so let's end it off. I'm going to turn it to the back, and you can see how messy it looks. Get over it. It's messy, it doesn't matter. Okay, we're going to end off in the center, and just take a couple stitches, and cut it about a inch long, and there we go, it's done. Now you know how to do the lazy daisy. You can continue working around your spider web and keep adding your petals down your vine.

### French knot

- The last step of the pillow is to do the french knots in the center of the flower. You can see here there's about five or six. Here there's three. It's up to you, you decide. So you come up, you wrap the yarn around the needle and then you go back down right next to where you came up. We're gonna use a double thread for this french knot. And the reason I like to do a double thread is so the knot is a little bit bigger and showier. You could use a single but it's not as much fun. So we're gonna thread it over like we always do. And we're gonna pull it out. So this is about 24 inches doubled over so that's about a 48 inch piece of yarn. And we're gonna cut it even with the end I'm gonna

show you how to make some over here so it's a little bit easier for you to see. So we're gonna turn our work to the back. With the doubled yarn you're gonna take a couple little stitches to anchor. I hold it down, I don't know if you've noticed that, but I've been holding it down. So that it doesn't come through and unstitch. And now we're gonna turn it to the front. And I'm gonna come right up. The other thing, I don't know if everybody's noticed but all of the embroidery except for starting and ending is on the front side of the fabric. That's what's a little bit hard to get used to but it's so you never really see the messy back when you're working. Move it to the left side. We're going to wrap the yarn around the needle twice, and now we turn our needle towards the fabric. Little bit awkward at first, and we want to make sure we move over a half a stitch, put the needle in and at the same time you're going to tug to tighten the loops. Okay, so now they're wrapped tightly around the needle. With your thumb, you wanna hold that end of yarn and your going to poke the needle through the fabric. Keep hold of the yarn Pull your needle to the backside and you can see that it's forming a loop and it's a knot. So those wraps are actually knotted through. Now let's do another one. We're going to come up. And I'm gonna move my yarn to my left hand. I'm going to put my needle next to where I came up and wrap it twice around the needle. Turn the needle towards the fabric, move it over a half a stitch. Poke it through, tighten this up a little bit. If you tighten it too tight, you won't be able to get the end of the needle through. Pull it through to the back and do one more. And then we're gonna do the center of the flower. Wrapping twice around the needle, turn it towards the fabric, over half a stitch. Pull it tight and pull to the back. And there we go. One more tip, what beginners often do is they wrap the yarn the wrong way around the needle. So you want to make sure that when you wrap it, you're going towards the end of the needle. If you wrapped it the opposite way, it would fall through to the back. So we're gonna turn, over half a stitch, pull it tight and pull it through the back. And it actually sits right on top of the fabric. And they make such cute little sculpture. So that's all the skills you need to make all the embroidery on your pillow top. Now let's turn it in to a pillow.

## **Chapter 5 - Add Pillow Backing and Finish**

Measure and cut fabric

- It's time to finish the pillow. Okay, so I have picked out a linen fabric. You could use a cotton. I'd suggest cotton or linen or silk. Wool would be too heavy. I've flattened it out, ironed and flattened it out, put it on the table. And all I do is place my pillow top onto the fabric. I've left a half an inch even-cut edge. I don't pin it, but if you feel more comfortable, pin it. Okay, I'm just gonna eyeball it. I'm going to cut a half an inch away from my edge of my pillow. (fabric snipping) I'm using nice sewing shears. If you have sewing shears, hide them, because other members of the family think they can cut rope with them. And you don't want 'em ruined. Okay. Now, we are going to use our iron and we're gonna turn the edges under a half an inch. Again, I eyeball this. I'm just gonna turn it under and with my iron, and sometimes I use this spritzer bottle because it sets the turn better. So that's one side. Let's spritz all the way around. (water swooshes) And continue turning around the piece. Now we're going to pin the pillow onto the fabric and I pin it all the way around. I place the corner of my knit piece right at the corner of the fabric. I like these glass-head pins, 'cause they're easy to see. The glass-heads are nice because if you do a lot of ironing when you're sewing, if you use the plastic pins, they melt. I put a couple pins along each side. Now you can see that the knitting is a little bit loose and sloppy. We don't worry about that. We fix that while we're sewing it. One more, and we're gonna leave this side unpinned because this is where we're gonna slip our pillow form into. Okay now we're going to use sewing thread and we're gonna attach the knitting to the



backing fabric. I've got my needle threaded with a single strand of sewing thread with a knot at the end. I usually put a double knot in it. And, what we're gonna do is we're gonna start at a corner, I'm going to slip my threaded needle right into the corner stitch and you can see my knot right there, and I'm going to come up and catch the very edge strand of the corner stitch of the knitting, and then I'm gonna go a grab the fabric and grab just one loop of the yarn in our knitting. When I start, I usually anchor it a couple times at the corner, and now I'm gonna sew these loops. All these loops are gonna be attached to the fabric. So we're gonna catch the back fabric at the fold, and we're just gonna catch one loop and keep going along. This doesn't have to be really very neat because the nice thing about sewing knitting with sewing thread is the thread is so fine that it all just disappears into the mass of the knitting. I'm gonna continue sewing around all three sides of the pillow, and then we're going to stuff it.

#### Whipstitch pillow backing and stuff

- I'm gonna take my down pillow insert and put it inside my pillow, which has got three sides sewed together. And you just wanna tuck it into the corners. The reason I like to use the down is because it's so malleable. You can put actually a bigger pillow form into the pillow than you really need, because it just all squishes down. Okay, we're gonna take some pins. And we're going to pin it closed. I usually use a few more pins at the closing point. Okay. And I'm gonna continue around with that threaded needle that I was working with, and I'm gonna just keep whipstitching it closed so that the bottom edge is closed. Now, when you wanna wash this pillow, you'll just have to unsew it, slip the down form out of it, and then you can wash it just like you were to wash a sweater. There we go. That was my last stitch. There's our finished pillow top. Isn't it beautiful? The nice thing about embroidery is it's free-form drawing. You're actually painting with the yarn. The hardest part is starting from the blank canvas. So just get over your fears, take up your needle, and go.