

TRADITIONAL Icelandic Embroidery *Techniques* IOI

Presented by Seattle-Reykjavik Sister City Association & Nordic Museum

For additional instructions and details, please see the next page
Click [EXAMPLE](#) for an example of the tool or material.

To practice *stitches*, the following supplies are *recommended*.

- 14" x 11" 7 ct. plastic canvas [[EXAMPLE](#)]
- 13-Mesh Needlepoint canvas [[EXAMPLE](#)]
- #3 Light or #4 worsted-weight yarn.
- A large yarn needle [[EXAMPLE](#)]

SUPPLY STORES

- JoAnn Fabrics [multiple locations]
- Michaels [multiple locations]
- Stitches
711 E Pike St, Seattle, WA 98122
- Threadneedle Street
485 Front St N, Issaquah, WA 98027
- amazon.com
- etsy.com

To complete the *sampler*, you will need the following supplies:

MATERIALS

- 1 package of 15" x 18" [or larger] 28-count evenweave fabric, prepared [*see next page*], or equivalent. [EXAMPLE](#)
- 4 to 12 skeins of DMC six-strand embroidery floss, including three complimentary colors, one neutral background color, and [optional] tints of each [*see next page*].

TOOLS

- Package of cross stitch, embroidery, tapestry, or tapestry petite needles. [EXAMPLE](#)
- 6" or 8" embroidery hoop
- Pair of thread snip scissors

OPTIONAL TOOLS

- Seam ripper
- Lighted, hands-free magnifying glass [recommended for people who have trouble making out small details.]
- Needle threader
- Floss bobbins [[EXAMPLE](#)] or project card [[EXAMPLE](#)]
- Magnetic board [[EXAMPLE](#)] and strip magnet [[EXAMPLE](#)]

ADDITIONAL INSTRUCTIONS

FABRIC

You can use any evenweave fabric you like.

The larger the count number of the fabric, the smaller the stitches.

The minimum size of the sampler fabric is 252 threads wide by 420 threads tall

- 18ct: 14" x 24"
- 30ct: 9" x 14"
- 32ct: 8" x 13"
- 36ct: 7" x 12"
- 40ct: 6.5" x 10.5"

Do NOT use Aida-style cloth, commonly used for cross-stitch.

To prepare your fabric:

- Hem the edges of the fabric by serging, zigzag stitching, pinking, or taping all raw edges. This will prevent the edges from freying while you are working with it.
- Find the center of the fabric.
 - Fold the fabric in half lengthwise.
 - Loosely basting stitch along the fold with a highly-contrasting thread.
 - Fold the fabric in half widthwise.
 - Loosely basting stitch along the fold with a highly-contrasting thread.

NEEDLES

A variety of needles will work for this project.

The eye of the needle must be able to hold up to three strands of the embroidery floss.

Ballpoint-tip needs are recommended; avoid sharps

Many people find size 28 needles too small. Larger needles will work. The smaller the number, the larger the needle.

EMBROIDERY FLOSS

Traditional Icelandic embroidery was stitched using naturally-dyed threads, with a generally muted color pallet. Reds, blues, greens, and golds dominate. A minimum of three colors and one neutral color are required; additional tints of the primary colors are strongly suggested.

If only using four colors, two skeins of each color are recommended. If using the palette below, one skein is sufficient.

If you are unsure of what colors to choose, here is a recommended list:

BLUE

- 930 - Dark Antique Blue
- 931 - Medium Antique Blue
- 932 - Light Antique Blue

RED

- 814 - Dark Garnet
- 815 - Medium Garnet
- 816 - Garnet

GOLD

- 830 - Dark Golden Olive
- 831 - Medium Golden Olive
- 832 - Golden Olive

NEUTRAL

- 640 - Very Dark Beige Gray
- 642 - Dark Beige Gray
- 644 - Medium Beige Gray

Questions? Contact Justin at justin@justinallan.com