

TRADITIONAL Icelandic Embroidery *Techniques*

Presented by Seattle-Reykjavik Sister City Association & Nordic Museum

SUPPLIES LIST

- 1 package of 15" x 18" [or larger] 28-count evenweave fabric, prepared [*see below*], or equivalent
- 4 to 12 skeins of DMC six-strand embroidery floss, including three complimentary colors, one neutral background color, and [optional] tints of each [*see below for details*]
- 1 package of size 28 tapestry or tapestry petite needles [*see below for details*]
- 1 6" embroidery hoop
- Pair of thread snip scissors
- seam ripper [optional]

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"

Avoid Aida-style cloth, commonly used for cross-stitch.

To prepare your fabric:

- Cut the 15" x 18" piece of fabric into two 15" x 9" pieces. One will be used to practice stitches, the other your final sampler.
- Prevent the edges of the fabric from fraying by serging, zigzag stitching, pinking, or taping all raw edges.
- 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.

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 suggested. With a limited color pallet, two skeins of each color are recommended.

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

840 - Medium Beige Brown
841 - Light Beige Brown
842 - Very Light Beige Brown

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

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

Questions? Contact Justin at
justin@justinallan.com