

# Free Design

## 'Sew' embroidery motif

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Print off the design below and trace onto your chosen fabric. You can use a water erasable pen for drawing the design on or the prick and pounce method or a Hot-iron transfer pen (you will need to reverse the image so trace it in pencil then draw the design on the back with the iron transfer pen to transfer it or copy the reversed image below instead!). Go over the paper design with a black pen first if you can't see it clearly.

Place a backing fabric behind your embroidery fabric to give you a more stable ground to work on and frame both pieces together in your chosen embroidery hoop.

### Design for transfer

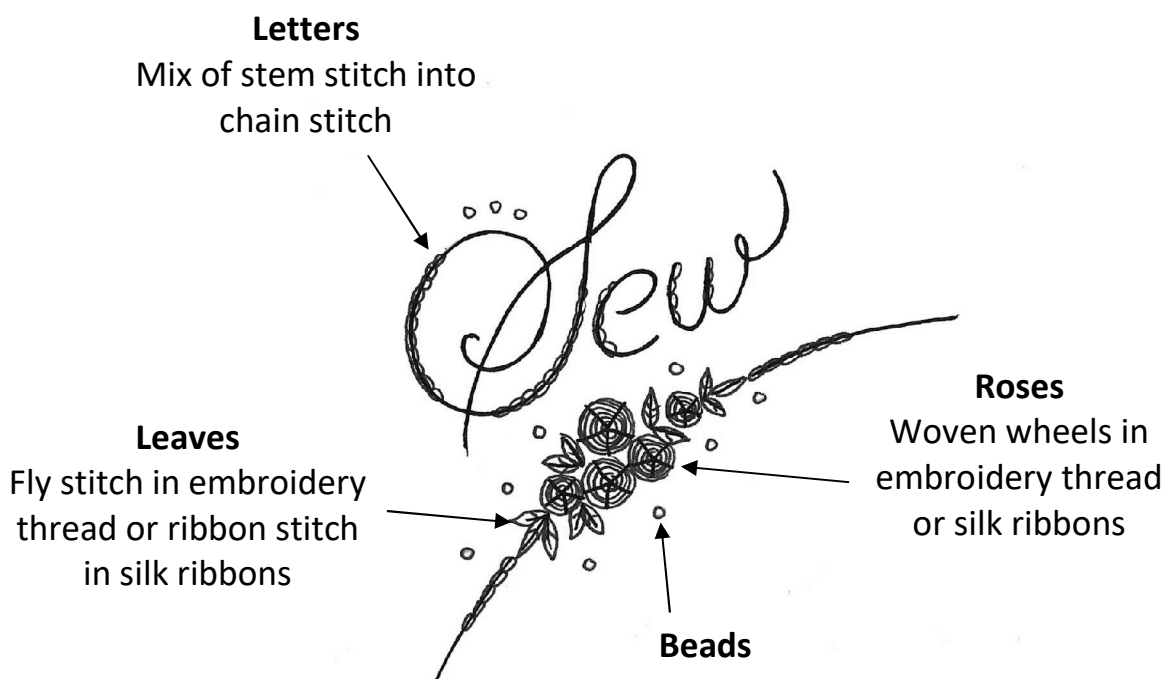


Reverse image for use with the Hot-iron transfer pen method



## 'Sew' motif stitch plan

I used the following stitches but you can work this in any stitch you like! Why not stitch the woven wheel roses in silk ribbons?



### Materials you will need:

- Fabric to embroider your motif on
- Cotton backing fabric
- Embroidery threads in a colour of your choice for the letters, roses and leaves
  - or Silk ribbons for the roses and leaves if you prefer
- Beads for embellishment and sewing cotton in matching colour
- Needles to suit the threads and/or ribbons you are using
- Embroidery scissors
- Embroidery frame to fit fabric

Check out our video on stitching this motif and how to use the Hot-iron transfer pen plus videos on how to frame up your fabric, how to use silk ribbons and backing fabrics; just search **Sarah Homfray Embroidery** on YouTube to find our channel and click on the red **SUBSCRIBE** button to bookmark our page.

**Sarah is happy for you to use this design for your own personal use but not for any commercial use please without Sarah's permission (e.g. selling it on, teaching, selling the finished embroidery etc.)**