

# Free Design

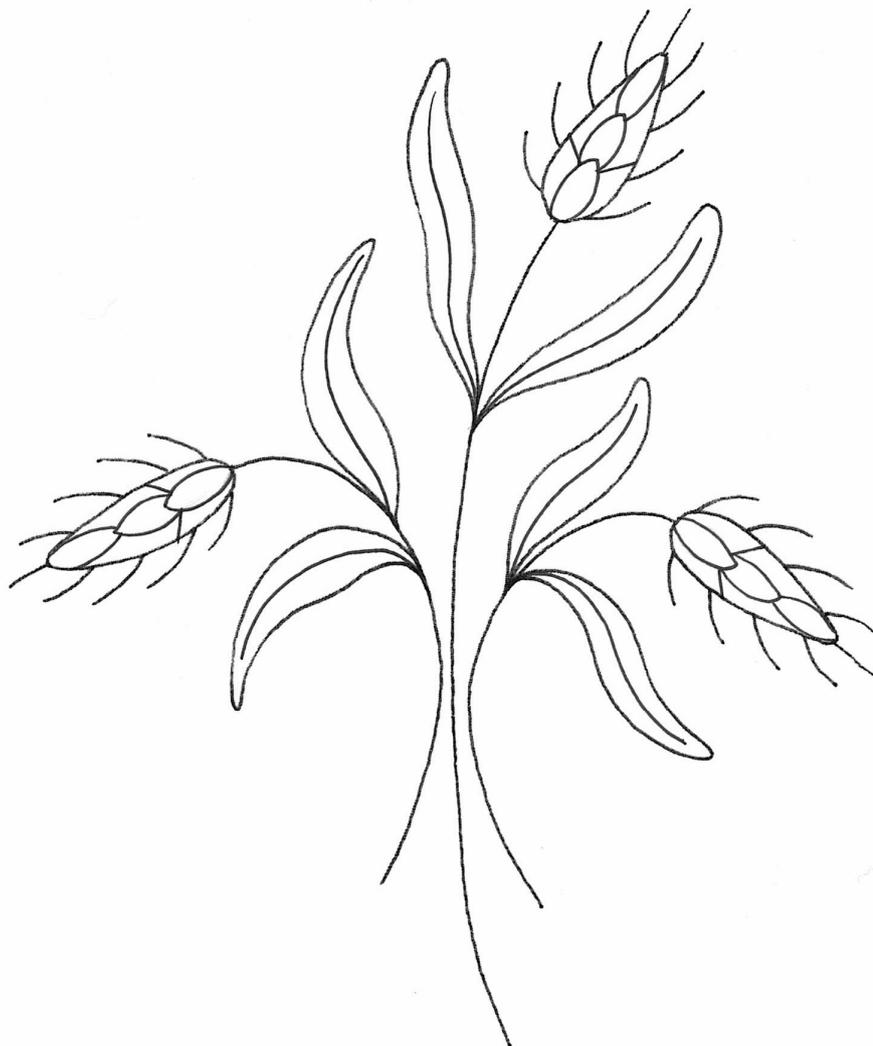
## Wheat Ears

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Print off the design below and trace onto your fabric with a waterproof or erasable transfer pen if working on a light fabric or use the prick and pounce method for dark fabrics and velvet. Go over the design with a black pen first if you can't see it clearly through the fabric if you are tracing. Frame the fabric into your embroidery hoop placing a backing fabric behind your embroidery fabric to give you a more stable ground to work on.

### Outline design for transfer



## Inspiration

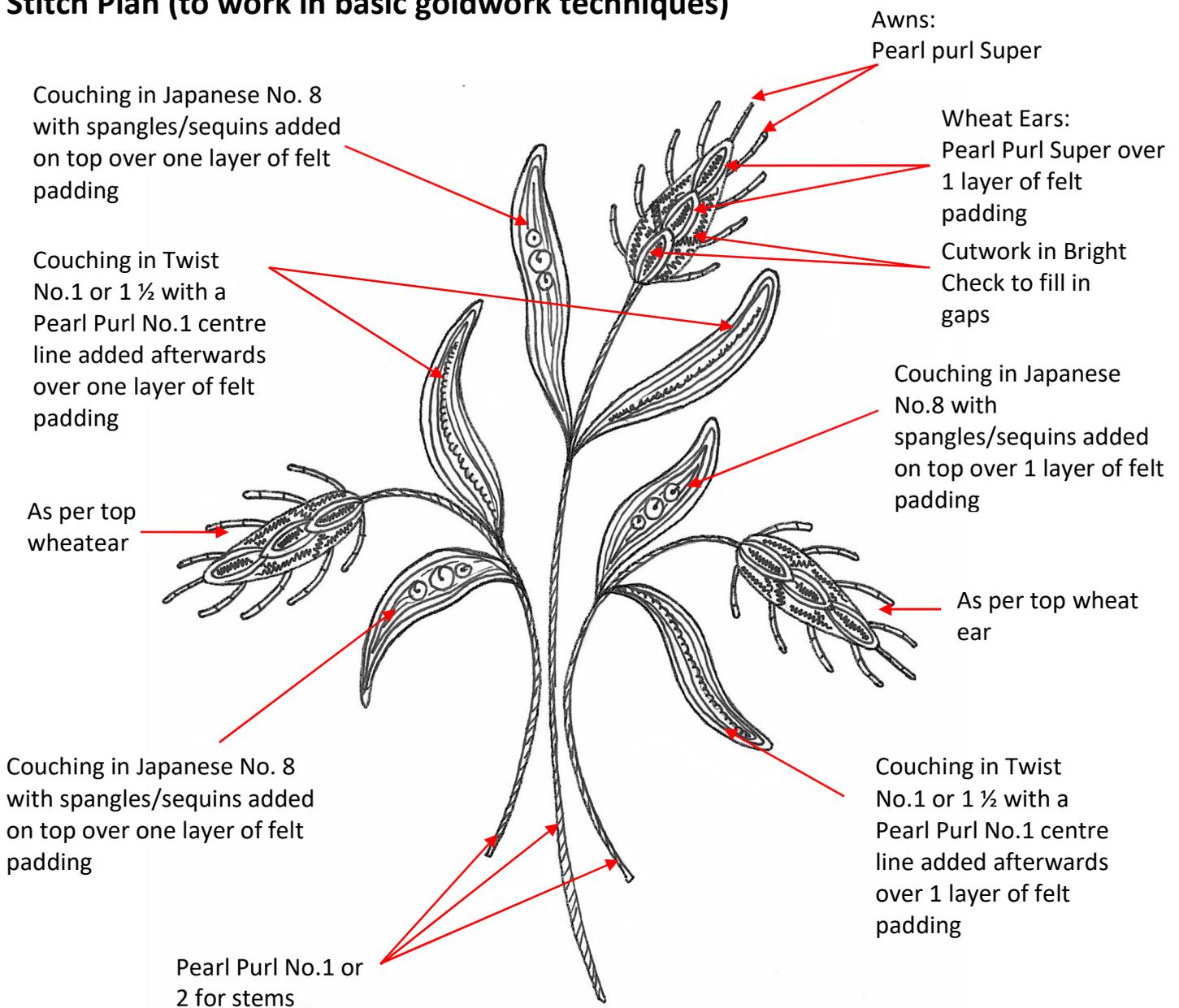
For this design I have taken one of the elements from my Coronation Goldwork embroidery 'Peace and Plenty', the wheat ear, and made a new design for you to have a go at! I've done a stitch guide to work this in the goldwork technique but you can interpret it in any technique, stitches, colours or threads that you like!

Check out our other videos on how to frame up your fabric, how to thread your needles, how to start and finish your threads and a playlist on goldwork embroidery techniques; just search **Sarah Homfray Embroidery** on YouTube to find our channel and click on the red **SUBSCRIBE** button to bookmark our page.

## You will need:-

A printer to print off this design! (You could print it straight onto tracing paper to do a pricking)

## Stitch Plan (to work in basic goldwork techniques)



## Stitch order

- 1) Transfer design and frame your fabric in a hoop or on stretcher bars
- 2) Work felt padding in yellow felt and stitch down with a strong yellow sewing thread (print off the outline design again and cut out the shapes to use for felt padding templates!)
- 3) Work the couched gold leaves starting around the outside of the shape and working your way towards the centre: 6 leaves, 2 different threads (Japanese and Twist couching). Plunge all the ends and tie back then add the Spangles/sequins and Pearl Purl No.1 centres.
- 4) Work the wheat ears starting with the top one. Work the Pearl Purl centre shapes first (cut a length of Pearl Purl and use the outline design as a template to bend into shape) and fill in the gaps with straight pieces of cutwork in Bright Check. Add on the wheat ear awns in Pearl Purl Super.
- 5) Work the three stems in Pearl Purl No. 1 or 2 starting at the wheat ears.

## Threads

If you want to work this to my design you will need the following gold threads and metals:

Japanese No.8

Pearl purl Super

Pearl purl 1 or 2 (for stems)

Bright check No.8 or 6

Spangles or sequins

Twist No.1 or 1 ½

Strong yellow sewing thread

Yellow felt

## Fabric

You can try this on velvet if you like but I suggest cotton not silk! You can also use fabric made from natural fibres; cotton, linen or linen/cotton blend will work well. I always use a cotton backing fabric also.

## Other items you will need:

- Embroidery scissors
- Bees wax to wax your sewing thread
- Needles to match the thread you are using (a number 9 or 10 embroidery)
- Embroidery hoop or stretcher bars (this design is 12.5cm x 15cm / 4 ¾" x 6")
- Transfer items – pen for light fabrics, prick and pounce for dark and velvet
- Optional - Versatile table clamp to hold the frame still

Check out our goldwork videos for the techniques suggested in this PDF or work this design in any way you like!!

**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.)**