

## STITCHING FILL DESIGNS ON PAPER



Embroidery designs can be stitched on paper, but all the notes I had read suggested using light fills or outline only designs. I had tried some of my own designs that way. BUT I had never tried one with regular fill stitches, including underlay.

When I needed a gift card I thought I would try Carol's lovely baby buggy. I had some paper that was 100% cotton and thought that might be worth a try. Results shown above prove that it worked very nicely.

Since then I have done some more experimenting. Being able to stitch fill designs on paper will stretch your creativity as well as your stash of "things to do" with embroidery designs.

- Use paper that is 100% or at least very high-content cotton.
- Note that some papers are called “linen” but this seems to refer more to the texture of the surface than to the content of the stock.
- Card stock is also a good choice.
- Choose a hoop larger than your design calls for-- if available. This makes it easier to place a larger area of paper inside the hoop.
- Use cut-away or tear-away stabilizer.
- Hoop the stabilizer by itself.
- Spray the stabilizer with a light mist of temporary fusible adhesive spray.
  - Use a spray box or be sure to spray well away from machines and computer equipment.
  - IF you are allergic to sprays, consider taping the four corners to the stabilizer with a low-tack tape such as pink hair tape or blue painter’s tape.
- Place the paper on the sprayed stabilizer.
- Use the check function of your machine to assure the design will stitch where you want it.
- Take into account any folding you may wish to do later.
- Increase pressure on the presser foot, so there is less distance between the foot and the paper.
- Use a presser foot with a small opening, rather than a larger opening. On my Bernina I used free motion couching foot #43.
- Carefully remove the hoop from the machine when the embroidery is finished.
- If you used tape to hold the card in place, carefully peel it away from the paper.
- If you used adhesive spray, place the embroidery face down on a hard surface and gently lift the stabilizer away from the paper.
- Use flat-bladed scissors to trim away excess stabilizer.
- If your card will be folded so the back of the stitching won’t show, you are finished.
- If the stitching will show, you may choose to cover it with a piece of contrast-colored paper.
- Consider using a paper punch to trim corners so the colored paper will show through.