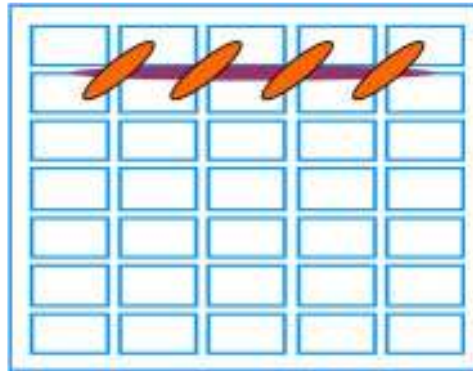


## Beginners Guide to Plastic Canvas Stitches

Plastic canvas is a craft material of lightweight plastic with regularly spaced holes, similar to embroidery canvas. It is a fantastic product for children learning to sew because it holds its shape and does not require a frame.

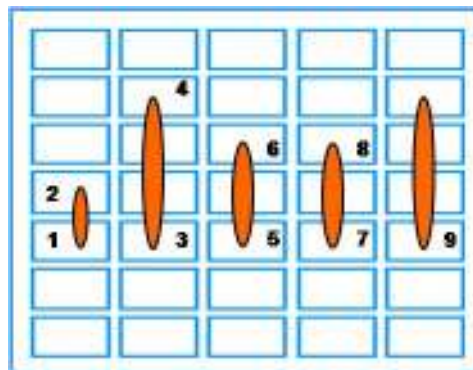
Here are some basic stitches for you to try.  
Use a size 18 tapestry needle and normal tapestry wool.

Starting and finishing – This image shows the back of the canvas



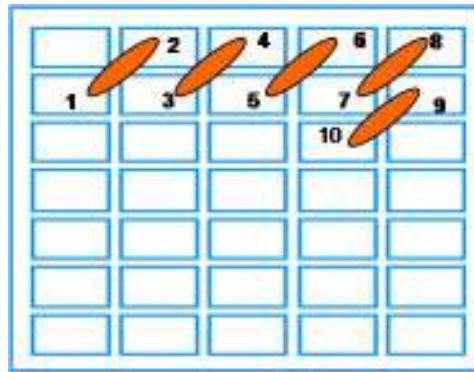
Keep the back of your work neat by avoiding knots. When you start, leave a tail (a 1-2" piece of wool) on the back of the canvas. As you create your first 8 stitches, stitch them over this tail to hold the end of the wool in place. (The tail of the wool is shown in purple.) When you have finished stitching, take your needle through the back of previously created stitches to hold the end in place.

Long /Straight Stitch – This image shows the front of canvas



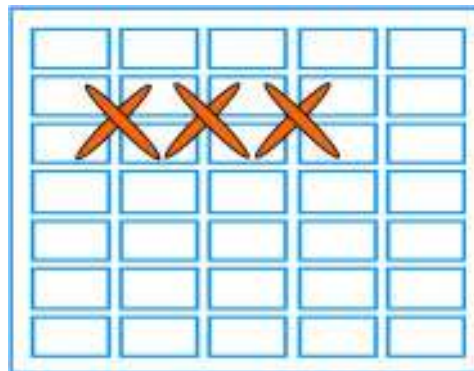
This stitch is worked, in straight lines, over one or more lines of the canvas. The odd numbers are stitched from the back of the canvas to the front. The even numbers shown are stitched from the front to the back.

Half Cross Stitch – This image shows the front of canvas



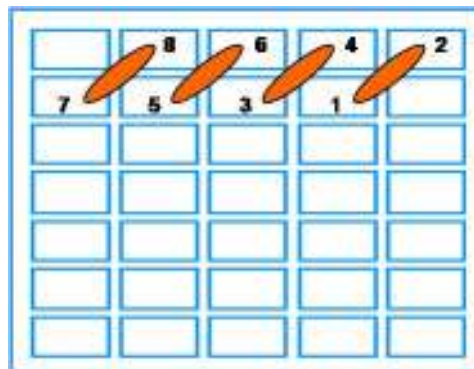
Diagonal stitches worked in rows across the canvas. Bring your needle up through the canvas on number one and down on number 2. Continue to bring your needle up on the odd numbers and down on the even numbers as shown in the picture.

Cross Stitch – this image shows the front of the canvas



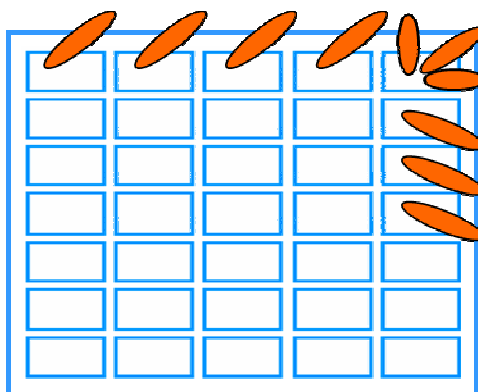
There are two ways to create the cross stitch. I like to stitch a row of the half cross stitches (shown above) and then go over the row in the other direction. Another method is to create each stitch individually. Whichever method you use, it is important to make sure that the top part of each stitch faces in the same direction.

Tent Stitch – This image shows the front of canvas



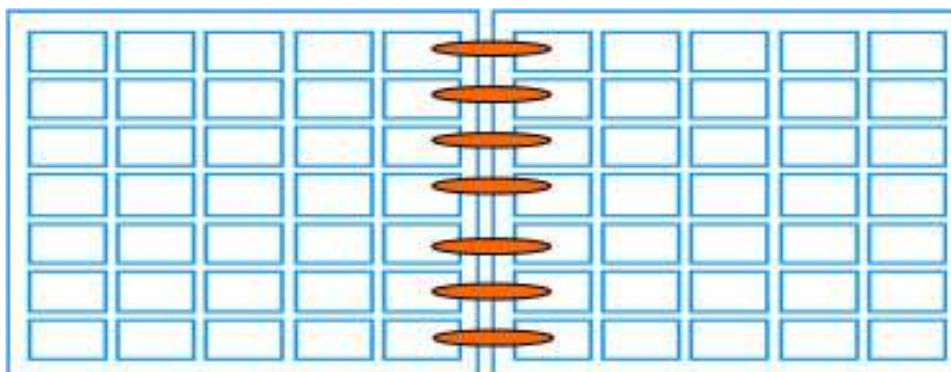
Tent Stitch is also known as the continental stitch. It is worked diagonally on the canvas from one row of holes to the next. Take your needle up through the odd numbers and down through the even numbers.

Overcast Stitch – this image shows the front of canvas



Use overcast stitches to finish the edges of your project. Just take the needle up through each hole as you work your way around the edge. Stitch 2-3 stitches on each external corner.

Whip Stitch – Front of two pieces of canvas that are being joined together.



Whip Stitches are used to join two or more pieces of plastic canvas together. Hold the two pieces you wish to join together so that the holes overlap. Take the needle up through the holes using the same method used for the overcast stitch, but make sure that the tension of the wool will allow you to move the joined pieces of canvas into the position you require.

Plastic canvas and needles are available on our website [www.fun2make.co.uk](http://www.fun2make.co.uk)  
Free project ideas and instructions are also available.