

# Project Instructions

## Choosing Colours

When choosing your fabric and thread we encourage you to embroider with either light thread on dark fabric or dark thread on light fabric to make each name distinct. Preferably black on white or white on black, but given the need to be resourceful any dark and light combination will work. Please avoid fabrics with patterns unless the pattern is very subtle.

## Tools and Materials - What you will need

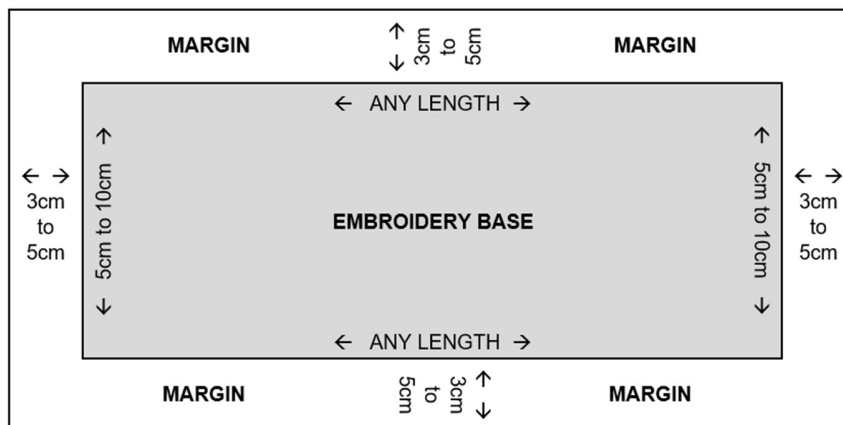
- **Fabric**  
Textiles most suitable for embroidery and quilting are medium weight cottons, linen, upholstery fabric, calico, silk, satin, or any evenweave or cross stitch fabrics.  
If you don't have pieces of fabric on hand, think about repurposing an old piece of clothing, tea-towel, serviette, tote bag, bed linen etc.  
DO NOT USE - Denim, nylon, knitted fabric, or loosely woven fabric.
- **Dressmakers pencil, regular lead pencil or chalk**
- **Embroidery needles** (These needles are much larger than regular sewing needles because the string used for embroidery is significantly larger than regular sewing string)  
If you don't have a needle already you may be able to purchase one at your local supermarket:  
[Countdown](#) [New World](#) [Pak 'n' Save](#)
- **Embroidery floss** (This string is thicker than basic sewing thread. Often the string is composed of multiple smaller strings, and can be pulled apart to allow the user to decide how thick of a string they want to use)  
Or regular **sewing thread** If you don't have embroidery floss. It is easy to improvise with standard sewing thread. Use multiple strands to build up thickness. An easy tutorial can be found [here](#).

## Optional

- **Embroidery hoop**  
If you don't have a hoop you can easily make one from an old takeaway container. An easy tutorial can be found [here](#).

## Size

(diagram not to scale)



- **Piece of fabric** - your piece of fabric can be anywhere between 11 to 20cm high and any length, encompassing an embroidery area and margin.
- **Embroidery area** - this is the area you will embroider within, this can be between 5 to 10cm high and any length.

- **Margin** - allow a 3 to 5cm margin on all edges of your embroidery area. This will be used to quilt the pieces of fabric together.
- **Woman's name** - your woman's name can be embroidered at any size within the embroidery area.

## **Designing and making your embroidery**

1. Think about a woman who has had meaning in your life who you would like to honour in embroidery.
2. Sketch up some designs on paper to work out how you would like to embroider the name. Think about fonts, capitals, size, thickness, imagery or detail. You can make it as elaborate or simple as you like but please keep it within the dimensions outlined above.
3. Select your fabric and embroidery thread. Remember to use light colours onto dark or dark colours onto light so that the name stands out.
4. Transfer your design onto the fabric using a pencil or chalk. You can do this by hand or use a lightbox or window to trace over your paper drawing.
5. Now you're ready to begin embroidering. Some of you may choose to work with an embroidery hoop (there are instructions on how to improvise one of these in the material list above), while others will be happy to work by stretching the fabric between their fingers.

Here are some useful guides to basic embroidery stitches:

[TOP 12 STITCHES IN HAND EMBROIDERY | Tutorial for Beginners](#)

[Hand embroidery for beginners - 14 basic stitches | Embroidery designs](#)

[Basic Embroidery Stitches](#)

6. Once you have completed your patch, take a photograph of it and send this, along with a few sentences about the woman your embroidery was inspired by to [mccahon@mccahonhouse.org.nz](mailto:mccahon@mccahonhouse.org.nz). We'll add this to the NELL and ANNE Quilt narrative on our website.

**You can then post your patch to Nell to add to the quilt.**

Please send it to:

Nell c/o STATION  
91 Campbell Street  
Surry Hills  
NSW 2010  
Australia

Tag @mccahonhouse and @nellartist and use #NELLANNEQUILT to share your progress with us on Instagram or Facebook.