

NELL ANNE Quilt Project Instructions

Choosing Colours – Dark & Light

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

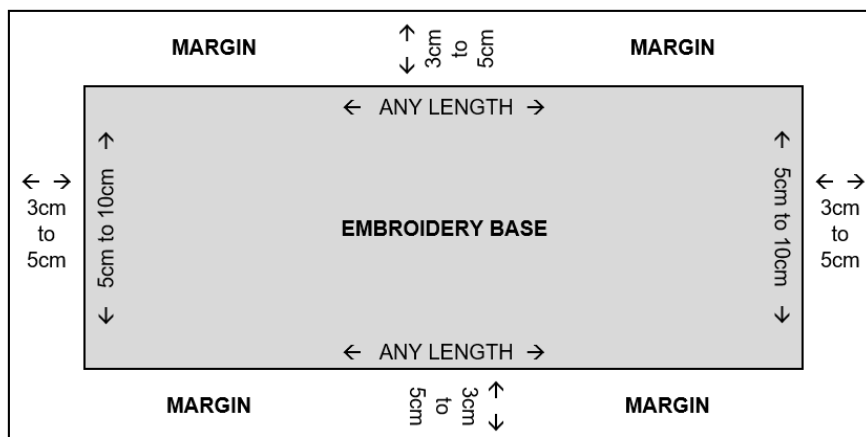
- **Fabric**
Textiles most suitable for embroidery and quilting are medium weight cottons, linen, upholstery fabric, calico, silk, satin, or any evenweave or cross stitch fabrics.
If you don't have pieces of fabric on hand, think about repurposing an old piece of clothing, tea-towel, serviette, tote bag, bed linen etc.
DO NOT USE - Denim, nylon, knitted fabric, any fabric prone to fraying, or any loosely woven fabric.
- **Dressmakers pencil, regular lead pencil or chalk**
- **Embroidery needles** (These needles are much larger than regular sewing needles because the thread used for embroidery is significantly larger than regular sewing thread)
- **Embroidery floss** (This thread is thicker than basic sewing thread. Often the thread is composed of multiple smaller threads, and can be pulled apart to allow the user to decide how thick of a thread 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. You can see some examples of other people's work below and on our [website](#).
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. If possible, give your fabric an iron so it is smooth and easy to work on.
5. 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.
6. 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](#)
7. Once you have completed your patch please put it aside to send to us at one of the following addresses:
Aotearoa New Zealand: McCahon House Trust, PO Box 60165, Titirangi, Auckland 0642
Australia: Nell, STATION, 9 Ellis Street, South Yarra, VIC 3141, Australia
8. Send us a photo of your embroidery and a few sentences about the woman it was inspired by to mccahon@mccahonhouse.org.nz. We'll add this to the NELL and ANNE Quilt narrative [here](#). Feel free to start another patch should you wish to. All of these patches will be collated at McCahon House, documented and ready for the time Nell can have them joined into quilts. Thank you for your gift to Nell and the NELL ANNE Quilt Project.

Please send an email to mccahon@mccahonhouse.org.nz to let Nell know that you are joining her quilt project. Feel free to start another patch should you wish to and you are welcome to share this project with other people.

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



Heather B. Swann



Vivienne Stone



Nell



Hannah Davis-Gray