This short course was developed as a resource material for the trainer. This module is one in a series of thirteen, which covers all competencies standard for Embroidery Stitches in level one Garment Production. Due to the demand STRU has developed this short course for the community and other stakeholder to have better knowledge and skills in garment production. Furthermore the course aim is to create a link for training those unskilled people in the community to have the opportunity to learn the basic skills for their own benefit or improve the living standard as well as generating income.

The development of this short course was sponsored by the ADB-PNG EMPLOYMENT ORIENTED SKILLS DEVELOPMENT PROJECT (EOSDP) and produced by curriculum officers at the SKILLS TRAINING RESOURCES UNIT (STRU)
## TABLE OF CONTENT

<table>
<thead>
<tr>
<th>CONTENTS</th>
<th>PAGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Outline</td>
<td>2</td>
</tr>
<tr>
<td>Competency Profile</td>
<td>3</td>
</tr>
<tr>
<td>• Embroidery Stitches</td>
<td></td>
</tr>
<tr>
<td>Curriculum Guide</td>
<td>4</td>
</tr>
<tr>
<td>Overview of learning outcomes</td>
<td>5</td>
</tr>
<tr>
<td>• Chain stitch</td>
<td></td>
</tr>
<tr>
<td>• Stem stitch</td>
<td></td>
</tr>
<tr>
<td>• Satin stitch</td>
<td></td>
</tr>
<tr>
<td>• Cross stitch</td>
<td></td>
</tr>
<tr>
<td>• Herringbone stitch</td>
<td></td>
</tr>
<tr>
<td>• Lazy daisy stitch</td>
<td></td>
</tr>
<tr>
<td>• French knot stitch</td>
<td></td>
</tr>
<tr>
<td>• Cretan stitch</td>
<td></td>
</tr>
<tr>
<td>Appendix</td>
<td>11 – 13</td>
</tr>
<tr>
<td>• Introduction</td>
<td></td>
</tr>
<tr>
<td>• Instructional Notes</td>
<td></td>
</tr>
<tr>
<td>Attachments</td>
<td>9 - 10</td>
</tr>
<tr>
<td>• Safety rules</td>
<td></td>
</tr>
<tr>
<td>Acknowledgement</td>
<td>12</td>
</tr>
</tbody>
</table>
COURSE OUTLINE: Embroidery stitches

Program: TOURISM AND HOSPITALITY
Course: GARMENT PRODUCTION
Module code: TH007iv
Module name: Embroidery Stitches

Module 1: Workplace health and safety
Module 2: Introduction to sewing
Module 3: Basic hand stitches
Module 4: Embroidery stitches
Module 5: Types of seams
Module 6: Types of fullness
Module 7: Types of attachments
Module 8: Types of hems
Module 9: Types of fasteners
COMPETENCY PROFILE: Embroidery stitches

**Duty**

A. Workplace health and safety

B. Introduction to sewing

C. Basic hand stitches

D. Embroidery stitches

E. Seams

**Task**

A1. Safety regulations

A2. Hazards /Risks

A3. Contingency measures

B1. Define sewing

B2. Identify tools and supplies

B3. Sewing machine operation

B4. Sewing area

C1. Tacking stitch

C2. Running stitch

C3. Back stitch

C4. Slip stitch

C5. Overcasting stitch

C6. Blanket stitch

C7. Buttonhole stitch

D1. Chain stitch

D2. Stem stitch

D3. Satin stitch

D4. Cross stitch

D5. Herringbone stitch

D6. Lazy daisy stitch

D7. French knot stitch

D8. Cretan stitch

E1. Open seam

E2. French seam

E3. Flat felled seam

*Embroidery stitches*
## CURRICULUM GUIDE

<table>
<thead>
<tr>
<th>Program:</th>
<th>TOURISM AND HOSPITALITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course:</td>
<td>GARMENT PRODUCTION</td>
</tr>
<tr>
<td>Module code:</td>
<td>TH007iv</td>
</tr>
<tr>
<td>Module name:</td>
<td>Embroidery stitches</td>
</tr>
<tr>
<td>Nominal duration:</td>
<td>Approximately 8 hours</td>
</tr>
<tr>
<td>Module Purpose:</td>
<td>The purpose of the module is to provide and equip participants with the necessary skills and knowledge in decorative stitches.</td>
</tr>
<tr>
<td>Nominal duration</td>
<td>The module will take approximately six hours to be completed.</td>
</tr>
<tr>
<td>Prerequisites:</td>
<td>There are no pre-requisite to this module.</td>
</tr>
<tr>
<td>Content:</td>
<td></td>
</tr>
<tr>
<td>D1. Chain stitch</td>
<td></td>
</tr>
<tr>
<td>D2. Stem stitch</td>
<td></td>
</tr>
<tr>
<td>D3. Satin stitch</td>
<td></td>
</tr>
<tr>
<td>D4. Cross stitch</td>
<td></td>
</tr>
<tr>
<td>D5. Herringbone stitch</td>
<td></td>
</tr>
<tr>
<td>D6. Lazy daisy stitch</td>
<td></td>
</tr>
<tr>
<td>D7. French knot stitch</td>
<td></td>
</tr>
<tr>
<td>D8. Cretan stitch</td>
<td></td>
</tr>
<tr>
<td>Suggested delivery method:</td>
<td>The short course will be delivered in a practical, hands-on manner.</td>
</tr>
<tr>
<td></td>
<td>1. Explanation (what we will do) 5%</td>
</tr>
<tr>
<td></td>
<td>2. Demonstration (how we will do it) 15%</td>
</tr>
<tr>
<td></td>
<td>3. Implementation (now you do it) 70%</td>
</tr>
<tr>
<td></td>
<td>4. Evaluation (how good did we do it) 10%</td>
</tr>
<tr>
<td>Instructor:</td>
<td>The trainer preferred will be a recognized trainer from the community or a trained vocational teacher who has sewing skills.</td>
</tr>
<tr>
<td>Assessment condition:</td>
<td>In a classroom or training with proper;</td>
</tr>
<tr>
<td></td>
<td>• lighting, ventilation</td>
</tr>
<tr>
<td></td>
<td>• table and chairs</td>
</tr>
<tr>
<td></td>
<td>• sewing tools and equipment</td>
</tr>
<tr>
<td></td>
<td>2. The complete Book of Handcraft – 1991, Sue Ting</td>
</tr>
</tbody>
</table>
Overview of Learning Outcomes and Assessment Criteria

On successfully completion of the course the participants will be able to:
D1. Make chain stitch
D2. Make stem stitch
D3. Make satin stitch
D4. Make cross stitch
D5. Herringbone stitch
D6. Lazy daisy stitch
D7. French knot stitch
D8. Cretan stitch

APPENDIX 1: Training and Assessment Guide

Learning outcome D1.1:
- Use the chain stitch to apply on a pillow case.

Teaching Strategy:
Learning activities for the participants must include the instructor to:
1.1 Identify tools and equipment to use.
1.2 Identify the decorative stitch.
1.3 Explain where the decorative stitch can be applied.
1.4 Demonstrate procedures on how to begin and end in sewing the chain stitch.

Assessment condition:
In a classroom situation or a training hall where the participants are provided with:
- teaching notes
- hand sewing needle
- ready made pillow case
- embroidery threads
- sample of chain stitch
- scissors

Assessment criteria:
The participant has;
1.1.1 Outlined the tools and equipment to use.
1.1.2 Named the decorative stitch.
1.1.3 Outlined where the chain stitch can be applied on a garment.
1.1.4 Practiced procedures on how to make a chain stitch.

Assessment method:
- Oral question
- Observation
- Practical demonstration

APPENDIX 2: Training and Assessment Guide

Learning outcome D2.1:
- Use the stem stitch to sew on the tea towel.

Teaching Strategy:
Learning activities for the participants must include the instructor to:
2.1 Identify tools and equipment to use.
2.2 Identify the decorative stitch.
2.3 Explain where the stem stitch can be applied.
2.4 Demonstrate procedures on how to begin and end in making the stem stitch.

Assessment condition:
In a classroom situation or a training hall where the participants are provided with:
- teaching notes
- needle
- embroidery thread
- ready sewn tea towel
- scissors
- sample of stem stitch

Assessment criteria:
The participant has;
2.1.1 Outlined tools and equipment to use.
2.1.2 Named the decorative stitch.
2.1.3 Stated where the stem stitch can be applied on a garment.
2.1.4 Practiced procedures on how to begin and end the stem stitch.

Assessment method:
- Oral question
- Observation
- Practical demonstration
- Short answer questions

EMPLOYMENT ORIENTED SKILLS DEVELOPMENT PROJECT - SKILLS TRAINING RESOURCE UNIT
APPENDIX 3: Training and Assessment Guide

Learning outcome D3.1:
• Use the satin stitch to sew on a pillowcase.

Teaching Strategy:
Learning activities for the participants must include the instructor to;
3.1 Identify tools and equipment to use.
3.2 Identify the decorative stitch.
3.3 Explain where the satin stitch can be applied.
3.4 Demonstrate procedures on how to begin and end in making the satin stitch.

Assessment condition:
In a classroom situation or a training hall where the participants are provided with;
• teaching notes
• hand sewing needle
• ready made pillow case
• scissors
• sample of satin stitch
• embroidery threads

Assessment criteria:
The participant has;
3.1.1 Outlined tools and equipment to use.
3.1.2 Named the decorative stitch.
3.1.3 Stated where the decorative stitch can be applied on garments.
3.1.4 Practiced procedures on how to begin and end the decorative stitch.

Assessment method:
• Oral question
• Observation
• Practical demonstration

APPENDIX 4: Training and Assessment Guide

Learning outcome D4.1:
• Use the blanket stitch to sew a tablecloth.

Teaching Strategy:
Learning activities for the participants must include the instructor to;
4.1 Identify tools and equipment to use.
4.2 Identify the decorative stitch.
4.3 Explain where the cross stitch can be used.
4.4 Demonstrate procedures on how to begin and end the cross stitch.

Assessment condition:
In a classroom situation or a training hall where the participants are provided with;
• teaching notes
• hand sewing needle
• prepared fabric
• scissors
• sample of cross stitch
• embroidery threads

Assessment criteria:
The participant has;
4.1.1 Outlined tools and equipment to use.
4.1.2 Named the decorative stitch.
4.1.3 Stated where of the cross stitch can be applied on garments.
4.1.4 Practiced procedures on how to begin and end the cross stitch.

Assessment method:
• Oral question
• Observation
• Practical demonstration

APPENDIX 5: Training and Assessment Guide

Learning outcome D5.1:
• Use the herringbone stitch make a check pillow.

Teaching Strategy:
Learning activities for the participants must include the instructor to;
5.1 Identify tools and equipment to use.
5.2 Identify the decorative stitch.
5.3 Explain where herringbone stitch can be used.
5.4 Demonstrate procedures on how to do begin and end the herringbone stitch.

Assessment condition:
In a classroom situation or a training hall where the participants are provided with;
• teaching notes
• hand sewing needle
• fabric
• pillow case made of check fabric
• scissors
• sample of herringbone stitch
• embroidery threads

Assessment criteria:
The participant has;
5.1.1 Outlined tools and equipment to use.
5.1.2 Named the decorative stitch.
5.1.3 Stated where the decorative stitch can be applied on garments.
5.1.4 Practiced procedures on how to begin and end the herringbone stitch.

Assessment method:
• Oral question
• Observation
• Practical demonstration

APPENDIX 6: Training and Assessment Guide

Learning outcome D6:1
• Use the lazy daisy stitch on a pillow case.

Teaching Strategy:
Learning activities for the participants must include the instructor to;
6.1 Identify tools and equipment to use.
6.2 Identify the decorative stitch.
6.3 Explain where the lazy daisy stitch can be used.
6.4 Demonstrate procedures on how to begin and end to lazy daisy stitch.

Assessment condition:
In a classroom situation or a training hall where the participants are provided with;
• teaching notes
• hand sewing needle
• prepared fabric
• scissors
• sample of lazy daisy stitch
• embroidery threads
• unpicker

Assessment criteria:
The participant has;
6.1.1 Outlined tools and equipment to use.
6.1.2 Named the decorative stitch.

6.1.3 Stated where the lazy daisy stitch can be applied on garments.
6.1.4 Practiced procedures on how to begin and end the lazy daisy stitch.

Assessment method:
• Oral question
• Observation
• Practical demonstration

APPENDIX 7: Training and Assessment Guide

Task D7: French knot stitch.
Suggested minimum instructional time: 1 hour

Learning outcome D7:1
• Use the french knot stitch on a pillow case.

Teaching Strategy:
Learning activities for the participants must include the instructor to;
7.1 Identify tools and equipment to use.
7.2 Identify the decorative stitch.
7.3 Explain where the french knot stitch can be used.
7.4 Demonstrate procedures on how to begin and end to french knot stitch.

Assessment condition:
In a classroom situation or a training hall where the participants are provided with;
• teaching notes
• hand sewing needle
• prepared fabric
• scissors
• sample of french knot stitch
• threads

Assessment criteria:
The participant has;
7.1.1 Outlined tools and equipment to use.
7.1.2 Named the decorative stitch.
7.1.3 Stated where the french knot stitch can be applied on garments.
7.1.4 Practiced procedures on how to begin and end the french knot stitch.

Assessment method:
• Oral question
• Observation
• Practical demonstration
APPENDIX 8: Training and Assessment Guide

Learning outcome D8.1
• Use the cretan stitch on a pillow case.

Teaching Strategy:
Learning activities for the participants must include the instructor to:
8.1 Identify tools and equipment to use.
8.2 Identify the decorative stitch.
8.3 Explain where the cretan stitch can be used.
8.4 Demonstrate procedures on how to begin and end to cretan stitch.

Assessment condition:
In a classroom situation or a training hall where the participants are provided with;
• teaching notes
• hand sewing needle
• prepared fabric
• scissors
• sample of cretan stitch
• threads

Assessment criteria:
The participant has;
8.1.1 Outlined tools and equipment to use.
8.1.2 Named the decorative stitch.
8.1.3 Stated where the cretan stitch can be applied on garments.
8.1.4 Practiced procedures on how begin and end the cretan stitch.

Assessment method:
• Oral question
• Observation
• Practical demonstration

APPENDIX 9: INTRODUCTION

BASIC HAND STITCHES

The art of embroidery is old but still popular today. It’s fun to create and by knowing how to make a few simple embroidery stitches using a needle and thread, one’s ideas may be expressed in luxurious handmade articles. Try all these basic stitches; in fact make a sampler of them or apply on ready made pillow cases, using heavy dark material, linen is best, and white or golden yellow embroidery thread.

INSTRUCTIONAL NOTES

EMBROIDERY STITCHES

Six more commonly used decorative stitches have been illustrated below:
• Chain stitch
• Stem stitch
• Satin stitch
• Cross stitch
• Herringbone stitch
• Lacy daisy stitch
• French knot stitch
• Cretan stitch

D1: Chain stitch

The basic chain is one of the simplest ways of following a line. A series of continuous looped stitches to form the chain. Use decoratively on clothing and linen. Work from right to left.

To do the chain stitch
1. Fasten thread and bring up to right side.
2. Loop the thread up and around, for each stitch.
3. Insert needle just behind where thread emerges and bring it up, over the looped thread, a stitch length in front of that point.
4. Pull thread through, to the left, to form loop stitch.

D2: Stem stitch

The stem consists of a long step forward on the front of the fabric and a short one at the back. The width of the line is governed by the slant of the needle as it picks up the fabric. This stitch is used for flowers, stems, outline, and also as a filling.

To do the stem stitch
1. Bring needle from front to back and insert in fabric at desired stitch length. Work from left to right.
2. Exit between first two points of stitch.
3. Take extra care to ensure that stitch distances are all equal and repeat sequence.

**D3: Satin stitch**

This is the most useful decorative stitch, and the most important of all filling stitches. It is used for filling when an all-over effect is desired, such as in flower embroidery. Satin stitch is a series of stroke stitches worked closely together and side by side.

**To do satin stitch**

1. Work in straight stitches from one side of the shape to the other, keeping stitches close together and taking care not to pull too tightly.
2. Care must be taken to keep a good edge.
3. Bring needle upon guide line then insert on opposite guide line.
4. Carry stitch behind work and again come up on first guide line.
5. Stitches should be very smooth and close together.

Make sure each stitch is parallel to the presiding one. For a precise edge first work a raw of split stitch over guide lines. For a nice puffy effect try padding the area with a layer of split stitch, chain stitch or satin stitch, then work the final layer of satin stitch over it.

**D4: Cross stitch**

One of the best known canvas stitches. Cross stitch embroidery has been used for centuries by rural people in Europe for decorating clothing, furnishings and church vestments. Today it is use mainly for decorating household linens and children’s clothes.

**To do cross stitch**

1. Bring the needle through to the right side of the fabric at the lower right hand corner of the cross and insert at the top left corner, bringing the needle back out at the lower left corner.
2. Continue to the end of the row in this way. Complete the other half of the cross by working in the opposite direction. It is important the upper half of crosses lie in the same direction.

**D5: Herringbone stitch**

As an embroidery stitch, herringbone may be worked as a decorative line or it can be used as a filling stitch. It is usually worked from left to right on two imaginary parallel lines.

The thread is crossed between the stitches.

**To do herringbone stitch**

1. Bring the needle and the thread out on the lower line at A, take it to the upper line.
2. Put the needle in at B in short stitch coming out at C.
3. Cross and bring it down to the lower line.
4. Go in at D coming up again at E.

This stitch is used for borders and is worked from left to right. Bring thread out at left end of lower guide line. Make a small stitch from right to left on upper guide line. Now make a similar stitch from right to left on lower guide line. Keep stitches very even by correct spacing.
Embroidery stitches

**D6: Lazy daisy stitch or detached chain stitch**

This popular stitch is used for small flowers or leaves in designs embroidered in outline. It is also known as a detached chain, for it is really a form of chain stitch in which each link in the chain is detached from the others and secured with a small extra stitch.

**To do lazy daisy stitch**

1. Bring needle up through fabric at A, make a loop and hold it with your thumb.
2. Insert the needle back down through fabric at A and up at B. C and 1 make a small anchor stitch to hold the loop in place.

**D7: French knot stitch**

French knot is used were you find little circles or dots. French knot is often used for eyes and flower centres.

**To do French knot**

1. Bring the thread out at the required position, hold the thread down where it emerges with the left thumb and encircle the thread twice with the needle (see A).
2. Still holding the thread firmly with your thumb, twist the needle back to the starting point and insert it close to where the thread first emerged (not in the exact place or it will simply pull back through).
3. Pull the needle through to the back, leaving a small knot on the surface, as shown, or pass on to the position of the next stitch as at B.

**D8: Cretan stitch**

Cretan stitch is used for broad outlines and fillings, particularly flowered or leaf shapes.

**To do cretan stitch**

1. Bring the needle through to the right of the centre, then, with the needle pointing inwards, insert the needle onto the design line at the left, bringing it out once more to the left of centre, keeping the thread under the point of the needle, as shown.
2. Insert the needle on the design line at the right, bringing it up again just to the right of the centre. Continue until the area is filled.
ATTACHMENTS

Safety Rules
Safety is very important in Sewing. To make sure that everyone can learn and have fun in a safe environment, keep the following rules in mind:

1. ALWAYS: Place your coats, books and bags in separate places, away from your sewing area.
2. ALWAYS: Leave your shoes on during sewing class. You do not want to accidentally step on a pin or needle.
3. ALWAYS: Look under your fabric before cutting with scissors and carry scissors with the sharp edge pointing towards the floor. When the scissors are not being used, place them on the cutting table, sewing table, or in your sewing box.
4. ALWAYS: Measure the embroidery thread to the length of your arm.
5. ALWAYS: Thread the needle with caution before starting to sewing on your fabric.
6. ALWAYS: Remove the pins from your fabric as you sew and place them in the pin cushion after you use them. NEVER put straight pins or needles in your mouth.
7. ALWAYS: Place the iron in the upright position after use. When using the iron hold it by the handle only.
8. ALWAYS: Let your teacher/trainer help you use the seam ripper (unpicker).
9. ALWAYS: Place your seam gauge, ruler, scissors and pins in the sewing box after using them.
10. ALWAYS: Listen to the teacher’s/trainer’s instructions.
Acknowledgement

This short course module, developed in Papua New Guinea, is based on the competency-based training model.

The Skill Training Resource Unit (STRU) of Employment Oriented Skills Development Project (EOSDP) in conjunction with Department (TVET) division and the implementing agency Department for Community Development Services wish to express their thanks to the people who have contributed in producing the module.

We hope it will provide basic knowledge and skills for the informal and the formal sectors especially the women, men and the youth to be employed or self-employed through having better skills for tomorrow.
The development of this short course was sponsored by the ADB-PNG EMPLOYMENT SKILLS DEVELOPMENT PROJECT (EOSDP) and produced by curriculum officers at the SKILLS TRAINING RESOURCES UNIT (STRU).