



ASHMIRI EMBROIDERY



SKILL MANUAL

Class - VI



CENTRAL BOARD OF SECONDARY EDUCATION

Committed to Equity & Excellence in Education

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Kashmiri Embroidery

Chapter wise Learning Objectives and Learning Outcomes

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1)Introduction and History of Kashmiri Embroidery	1a)Meaning b)History c)Types of Kashmiri embroidery d) Process e) Patterns	a)To enable the students to recognize the meaning and history of Kashmiri embroidery. b) Learners will explore types of Kashmiri embroidery, its processes & patterns.	a) Learners will be able to appreciate the concept of Kashmiri embroidery relating its history with Silk Route and initiation of its trade with the other countries. b) Learners will be able to study types, uses, processes & patterns of Kashmiri embroidery. c) Manage and reduces anxiety	2
2) Introduction of Stitches used in Kashmiri embroidery	Introduction of Types of Stitches	a)The learners will evolve an interest in basic stitches (Running Stitch, Back Stitch, Stem Stitch & Cross Stitch) b) To enhance knowledge about types of Stitches	a) Learners will be acquainted with four types of stitches. b) Learners will be able to learn about the different four stitches	10
3) Introduction of Running Stitch	Running Stitch	a)The learners will be able to know about different sizes of needle. b)The learners will be able to know about different types of thread used for Running stitch.	a) Learners will be able to know about different sizes and how to hold the needle properly. b) Learners will be acquainted with different types of threads.	13
4) Introduction of Back Stitch	Back Stitch	a)The learners will learn to sew strong seams without a sewingmachine. b) The learners will learn eye-hand coordination.	a) Learners will be able to learn how to Insert the needle from where the embroidery is to begin. b) Learners will be able to use the stitch to make patterns.	16
5. Introduction of Stem Stitch	Stem Stitch	a)The Learners will learn be able to embroid free hand stitching pattern.	Learners will use the stitch to outline embroidered shapes, to form flower and plant stems and a variety of other applications.	20
6. Introduction of Cross Stitch	Cross Stitch	a)The learners will be	Learners will be able to make decorative household items, such as: table cloth, Handkerchiefs, masks, wall hangings, woolen caps, etc.	23
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FOREWORD

‘The Skill Development Manual- Kashmiri Embroidery’ for Class VI is an endeavor towards implementing the recommendations of NEP 2020 which emphasis on bringing Vocational education into main stream education. We have chosen Kashmiri embroidery as a skill to expose the students to the necessary hands on training along with creating linkages with the best pedagogy.

The Kashmiri Embroidery or the Kashida is one of the oldest forms of embroidery in India. The history of embroidery in Kashmir can be traced back tom as early as the 15th century. However, it was during the Mughal Rule (around 16th Century) that the Textile Industry in Kashmir saw a major surge. The Mughal emperors are known to have patronized it.

The skill integrated here focuses on creativity, sensory and motor skills, critical thinking and problem solving through an emphasis on experiential learning to create a future consistent with India’s rich history and heritage.

All activities confirm to a general format wherein the Aim, learning Objectives, Skills developed and other details have been furnished. Each unit ends with a few questions which are meant to access and evaluate the learner’s skills developed in the process.

This Manual aims at enabling the students to amalgamate their creativity with the acquired vocational skills, thereby ensuring wholesome learning and development.

UNIT-1

Introduction and History of Kashmiri Embroidery

Jammu & Kashmir is a newly created Union Territory in India consisting of two divisions: Jammu Division & Kashmir Division, both of which are administered by the Central Government of India. It is located to the north of Himachal Pradesh & Punjab and to the west of Ladakh. Jammu is known as the City of Temples & offers plentiful sightseeing opportunities with its gardens, palaces, forts & religious attractions, the most famous of which is Mata Vaishno Devi in Katra. Kashmir Valley is famous for its meadows, lakes, high altitude passes, hill stations, Mughal Gardens, Dal Lake, **Shikara** Ride & ancient religious sites.

Kashmiris make different types of handicraft products with simple items and materials traditionally. Some notable areas are textiles, carpets and rugs, crewel embroidery, phool kari, silverware, woodwork and papier-mâché, etc. Handicraft is a source of living for many **artisans** in Kashmir.

The Kashmiri embroidery has been highlighted in this context.

History of Kashmiri Embroidery

Embroidery, in its initial form, was **introduced in Kashmir by traders traveling along the Silk Road in the 13 century** and encouraged subsequently by the various rulers that followed. Skilled craftsmen came from Persia and Central Asia and over time taught this art form to the local population.



(1.1)

<https://www.utsavpedia.com/motifs-embroideries/kasida-embroidery/>

Kashida is one of the oldest forms of embroidery in India. It is a centuries' old art. The history of embroidery in Kashmir can be traced back to as early as the 15th century. However, it was during the Mughal rule (around 16th century) that the textile industry in Kashmir saw a major surge.

The Mughal emperors are known to have **patronized** it. It was during this time that Kashmiri shawls and other Kashmiri garments started becoming popular around the world. Similarly, the Kashmiri embroidery too started shaping up and became an important part of various Kashmiri textiles. And since then, its demand has grown multi folds.

Three basic Embroideries of Kashmir

The Aari or Crewel Embroidery

Even though its origin is unknown, it can be traced back to as early as the medieval period. This kind of embroidery is locally known as *Zalakdozi*. It is a very old technique but also very popular. The crewel embroidery makes use of a pointed crochet or an 'aari' as the needle.

This form of embroidery can be done on cotton, wool, silk, velvet as well as other fabrics. This embroidery can be commonly seen on curtains, drapes and other upholstery, bedding, dress materials etc. Woolen or art silk thread is used for this particular embroidery. Mostly, the chain stitch is used for the crewel embroidery. Popular designs for this embroidery include flowers, blossoms, leaves, creepers etc.

The Sozni Embroidery

This form of embroidery is quite different from the aari embroidery. A needle is used in sozni embroidery. The Sozni embroidery can commonly be found on shawls, jackets, dress materials etc. The work that goes into this embroidery is very intricate.

Popular motifs for this embroidery are abstract geometric designs, paisley patterns. The Sozni embroidery is exclusive only to Kashmir and cannot be found anywhere else. The satin-stitch is used for making this type of embroidery.

The Tilla Embroidery

Another type of Kashmiri embroidery is the 'Tilla embroidery'. This kind of embroidery is done with golden or silver threads. It is mostly done on the Kashmiri traditional garment called Phiran. But now, it can also be commonly seen on shawls and sarees. The beautiful tilla embroidery **adorns** ethnic wear and gives it a royal touch.



(1.2)

<https://twitter.com/kashmirbox/status/1083388042029813764>

This classic type of embroidery is a true epitome of grace and class. Initially, real gold and silver were used for the embroidery. Only the rich could afford this luxury back in the day; making it super popular among the royals. However, now, just gold and silver-colored threads are used.

PAPIER MACHE EMBROIDERY

Papier Mache or Paper Mache embroidery is a form of embroidery which might be considered as a bolder variant of Sozni. It consists of breathtaking motifs which are worked in a bright coloured satin thread. Motifs are outlined in black to give a **protruding** effect.

Paper Mache uses thicker needle and thread for a more appealing visual effect.

When a motif is completed, it is outlined with another thread so as to make it appear more prominent.

KALAMKARI EMBROIDERY

Kalamkari designs aren't embroidery as such. But later, over the hand painted motifs, sozni embroidery is done.

This handmade piece of Kashmiri Pashmina gets hand painted in the Kalamkari art spanning in breath-taking shades of pastel colours.

Kalamkari comes from two words, 'kalam' meaning 'pen' and 'kari' meaning 'work'. Hence Kalamkari means the work of a pen. Pens used in Kalamkari are made from Bamboo. The colours used are natural dyes.

Importance of Kashmiri Embroidery

Kashmiri embroidery foresees a **profitable future** in the long run. As this artwork is famously executed on shawls, which has captured majority of the garment markets globally, there will come a time when this artwork will be considered as 'the' selling trend of the fashion industry.

1. Embroidery skills learned and practiced actually help society.

Children learn respect for the time and labor that went into projects by learning these skills that embroidery teaches. A child learns discipline, endurance, patience, and time management from accomplishing an embroidery project. Learning those skills for themselves also transfers over to gaining empathy towards others that have taken the time to take pride in the things they own.

2. Skills learned from embroidery also nurtures creativity and ingenuity.

It gives children the ability to have the resources to tackle D.I.Y. projects. Dreaming and anticipating about having a room decorated in their favorite character can be transferred into reality as embroidery gives a child control by allowing them to create their own world by embroidering those characters on pillow cases, curtains, dresser scarves and framed works that can be made and placed in their room.

Embroidery is an inexpensive craft to learn and maintain. All that is required to begin is an embroidery hoop, embroidery needle, embroidery floss and a pair of scissors. Children take pride in the appearance of their room because of the time spent decorating it with their embroidery projects that also adds unique decor and things that reflected their own personality.

3. Those early D.I.Y. projects easily transfer over to life skills for adulthood.

Embroidery skills easily transmit over to hand sewing skills which are very much needed for sustainable living and outdoor enthusiasts. Hand sewing is versatile as needles and thread are easily packed as necessary tools and used in the following ways:

1. Tent and canvas repairs
2. Clothing repair in home or out in the field.

Skills are learned that transfer over to other areas of the life of a child regardless of gender.

Eye-hand coordination, color theory, design and planning skills are all developed by embroidery.

4. Entrepreneurs are easily grown from those that learn embroidery.

Embroidery can even teach a child money management. Projects can not only be given as gifts which allows for saving money that would have been needed to purchase a gift but also allows the individual to spend it on other things while still giving a thoughtful unique gift handmade instead of purchased in the store.

The art form of embroidery can even launch a child into their own small business by selling their made items to friends. Copy right laws should be taught so the child learns consideration for others hard work and designs but this knowledge also encourages uniqueness, originality and the ability to protect their own work and designs.

Embroidery is a great way to reduce stress and anxiety as it is not only relaxing and therapeutic due to the repetition and rhythms, but it can actively reduce our cortisol levels. Cortisol is a hormone in our bodies responsible for the stress signal.

Thus, it can be said that Kashmiri embroidery is an art that requires utmost dedication, patience and precision. Initially, only men are involved in the embroidery process in Kashmir. A son inherited this art from his father. But now, since the last few years, women have started participating too.

Many different stitches are used in Kashmiri embroidery which will be discussed in the next chapter.

Glossary:

Shikara: a light, flat bottomed boat

artisans: a person who make things skillfully especially with hands

Silk Road: an ancient trade route that linked the Western world with the Middle East and Asia

patronized: to be a regular customer of a shop

intricate: having many small parts or details put together in a complicated way

adorns: to add something in order to make it more beautiful

protruding: to cause to project, to thrust forward

D.I.Y. Do it yourself

ingenuity: skill or cleverness in devising or combining

hoop: a large metal or plastic ring

entrepreneurs: a person who makes money by starting or running business

Learning Outcomes:

- a) Learners will be able to appreciate the concept of Kashmiri embroidery relating its history with Silk Route and initiation of its trade with the other countries.**
- b) Learners will be able to study types, uses, processes & patterns of Kashmiri embroidery.**
- c) Manage and reduces anxiety.**

UNIT-2

Types of Stitches

Introduction:

Kashmiri embroidery, which is likewise called Kashida embroidery, is a sort of embroidery from the Kashmir **locale** of India. This is one of the most wonderful types of embroidery in the nation, recognized by its utilization of a **solitary** long line to make the plan. In fact, the whole design is made with one or two embroidery stitches which are expertly executed by the embroidery craftsmen.

This ancient art started as a small cottage industry in the 11th century and then, over the years, became a favorite with the **aristocracy** and eventually, the Mughal nobility. Today, it is considered one of the most gorgeous types of embroidery in the world. Kashmiri embroidery work is famous for the smooth, expert manner in which a single stitch is utilized to create elaborate designs. The entire design on a fabric will be created with maximum two stitches, which can be of many different types, from the Running stitch, Back stitch, Stem stitch and Cross stitch.

Kashmiri embroidery motifs are more often than not inspired by nature. Popular designs include maple leafs, trees, flowers, twigs, branches, birds, animals and lotus blooms.

This type of embroidery can be used to decorate many different types of garments and accessories. Kashmiri embroidery shawls are the most famous and commonly found garments with this type of needlework. **Shawls** are extremely popular in this region because of the cold climate, but today, they have also become in-demand the world over.

Running Stitch

(2.1)

Running stitch is usually the first stitch learned by the beginners. It is a simple stitch which gives a woven effect on the cloth. This stitch is also used in hand-sewing and tailoring to sew basic seams, hems and gathers. It is basically loosely spaced rows of short running stitches which are used to support padded satin stitch.



<https://www.youtube.com/watch?v=C-W3bHVHwAY>

Back Stitch

Back stitch is a versatile stitch which is easy to work and it is ideal for following both simple and minute outline. It has become a popular stitch in Hand embroidery in last few years. This stitch gets its name from the process which results in each stitch going backward from the direction of the line for a formation.

(2.2)



<https://www.classcentral.com/course/youtube-hand-embroidery-for-beginners-62116>

Stem Stitch

Stem stitch is one of the most common and basic embroidery stitches. It is used frequently in surface embroidery, free form embroidery, white work, red work and more. This stitch is used to form flowers and plant stems and a variety of other application. It is one of the easiest stitches taught to the beginners.



<https://www.epidastudio.com/stitching-a-motif-with-stem-stitch/>

(2.3)

Cross Stitch

Cross stitch is a form of sewing and popular form of counted-thread embroidery. Cross stitch is the oldest form of embroidery and can be found all over the world since middle ages. Traditionally, cross-stitch was used to embellish items like household linens, tablecloths, dishcloths etc. it is now increasingly popular to work the pattern on pieces of fabric and hang them on the wall for decoration. Cross-stitch is also often used to make greeting cards, pillow tops, or as inserts for box tops, coasters and trivets.



(2.4)

<https://www.istockphoto.com/photo/handmade-etamine-gm636309170-112815033>

Learning Outcomes

a) Learners will be acquainted with four types of stitches.

b) Learners will be able to learn about the different four stitches.

Answer in brief.

Q1. Define stem stitch.

Q2. Name the different four stitches used in Kashmiri embroideries.

Q3. Who introduced the embroidery in Kashmir?

Q4. What is Cross stitch used for?

UNIT-3

Running Stitch

Introduction:

Running stitch is usually the first stitch learned by the beginners. This stitch is generally used as a basting stitch, which means it will temporarily hold two pieces of fabric together and can be easily taken out later. This stitch is accomplished by running a threaded needle in and out of fabric, either in sewing motion or as individual stab stitches. Thus it is called a running stitch.

It is one of the most popular stitches used for a wide range of purposes starting from garment making to embroidery various articles like pillow covers, dresses, scarfs, blankets, purses, lamp shades, curtains, table mats and bed-covers. It is also used for making and **hemming** the sides of hand-made fabric materials to give them a smoother finish. It is often used for making leather articles such as jackets, belts and bags.

It is one the easiest stitches to learn, making it a perfect option for beginner **embroiderers**. Make sure to use the same color fabric if using the stitch for seaming the sides of an article. For embroidery designs, we can use various coloured threads to produce attractive patterns.

Steps

Step 1: Thread the needle and make a knot at the end of two strands to keep them together. It is advisable to take a thread of an arm length to avoid **tangles** and knots. Re-thread the needle whenever we run out of thread. This does not spoil the embroidery.

Step 2: Insert the needle into the fabric and pull it through the backside, using a knot at the end of the thread to anchor it to the fabric. See the following diagram to understand how to begin the first thread.

Step 3: In the next step, you need to insert the needle tip back into the fabric about one-fourth inch from the spot where the previous stitch was pulled. Push the needle through the fabric and pull it out again instead of pulling your needle through your fabric at once.

Step 4: Continue working in the same manner pulling the needle through the fabric to make consecutive running stitches.

RUNNING STITCH VARIATIONS

Its variation allows to create designer patterns using one simple stitching method. The most popular varieties include:

Double running stitch or Holbein stitch:

Double running stitch simply means working a second line of running stitches over the first one make a solid stitch line. All what is needed to work the second row in the reverse direction, placing the stitches between those of the previous pass so that there are no open spaces in between each stitch. The double running stitch is ideal for Kashmiri embroidery outlining as it produces a single bold stitching line.

Basting stitch:

It is sometimes referred to as the Tailor's Tack and involves making long running stitches mainly used for holding two pieces of fabric together. It is commonly used in dress making to roughly sew the pieces together to hold them in place during the final sewing.

Darning Stitch:

Closely spaced parallel lines of running stitch, used as a decoration or for repairing worn out or torn areas of a fabric is known as a darning stitch.

Double Darning Stitch:

When the darning stitch is worked using the double running stitch it is referred to as Double Darning Stitch. This stitch has closely spaced parallel solid stitching lines which makes it perfect for embroidery borders.

Glossary:

Hemming: Turn under and sue the edge of a cloth.

Embroiderers: Someone who does embroidery with a needle.

Tangles: Twist together into a confused mass.

Learning Outcomes

a) Learners will be able to know about different sizes and how to hold the needle properly.

b) Learners will be acquainted with different types of threads.

Answer in brief.

Q1. Define Running Stitch?

Q2. Name the most popular variations of the Running Stitch?

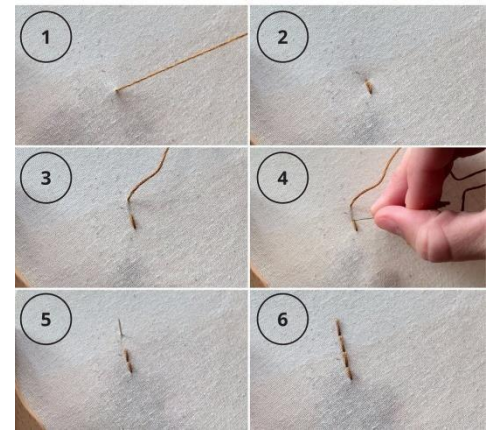
Q3. What do you understand by Double Darning Stitch?

UNIT-4

Back Stitch

<https://crewelghoul.com/blog/embroidery-backstitch-tutorial/>

backstitch



Introduction:

Back Stitch is made by taking the string backward than the ordinary forward movement, and accordingly the name. It can take bends well. There are no spaces between each stitch, giving it a **ceaseless** appearance. Like the Running Stitch, the Back Stitch likewise establishes a ground work for some varieties over it.

The Back Stitch is **incredible** for getting creases. It is a super-solid hand-stitch that can **supplant** machine stitching when required. It is a lot more grounded than the ordinary Running Stitch, however it utilizes more string. The Back Stitch looks wonderful when it involves little stitches and keeps up with consistency in the lengths. However, the length of the stitch relies profoundly upon the size of the example. A little example will call for little stitches than a greater example.

Steps to be followed :

The stitches framed with a backstitch are made by bringing the needle up a stitch length away from the finish of the past stitch, and bringing it down toward the end close to existing stitches, laying the string on the outer layer of the work.

The objective ought to be to prepare your eye to **perceive** how to space the stitches. For short lines, this could mean outwardly separating the line into a specific number of stitches. With longer queues, you could have to analyze your

stitches as you go, and afterward partition the space toward as far as it goes so you don't wind up with an exceptionally **minuscule** or extremely lengthy last stitch.

There are two strategies for making stitches, the wounding strategy and the sewing technique. Check the two of them out to find which is appropriate for you.

1. Preparing

On the off chance that you are as yet figuring out how to stitch, feel free to check your texture with a couple of training lines. Utilize a ruler and a water-solvent pen or a pencil.

Place the texture in the circle. Slice a 12 to 14-inch length of six-strand weaving floss and string it through the weaving needle. Hitch the opposite end.

2. Cutting Method

This procedure is the favored backstitch style for some embroiderers since it makes a clean line, and the wounding movement can assist with guaranteeing a precise stitch. As you stitch, move your stitching hand from the back of the texture to the front of the work depending on the situation.

To start, bring the needle up through the back of the texture somewhat before where the stitching will start (point 1).

Make a **solitary** stitch backward to where the stitching ought to start (point 2) by **embedding** the needle front to back.

Bring the needle up relatively close to the principal stitch on the line to one side. This will be the beginning of the subsequent stitch (another point 1; the old point 1 is the new point 2).

Keep stitching in similar way, dividing the stitches at standard spans, until you arrive at the end point of your line.

3. Sewing Method

In this procedure, you will keep your needle on top of the texture as you work, aside from **plunging** it to the back quickly. This strategy is quicker for certain stitch.

To start, bring the needle up through the back of the texture somewhat before where the stitching will start (point 1).

Embed the needle where the stitching ought to start (point 2); without pulling the needle and string the entire way through the texture, bring the needle up where the right finish of the subsequent stitch will be (new point 1; the old point 1 is the new point 2).

Keep stitching in similar way, separating the stitches at customary stretches, until you arrive at the end point of your line.

4 Practice

The first line taught you the mechanics of making the stitch. Make two more lines, one in each method, to see which is more natural to you.

Glossary

ceaseless: Constant

incredible: Impossible to believe

supplant: Replace

perceive : Become aware of

minuscule : Printing

solitary: Existing alone

plunging : Stick to

embedding: Fix something firmly

Learning Outcomes

a) Learners will be able to learn how to insert the needle from where the embroidery is to begin.

b) Learners will be able to use the stitch to make patterns.

Q. Answer in brief.

Q1. Name the two strategies for making Back stitch?

Q2. Explain the Sewing method?

UNIT-5

Stem Stitch

Introduction:

Stem Stitch is an embroidery outlining stitch used for making stems. It is especially for an **overlapping** stitch that produces a corded appearance.

<https://trc-leiden.nl/trc-needles/techniques/embroidery/embroidery-stitches/whipped-stem-stitch>.



By adjusting these two aspects, your back stitch line might be wider and thicker or, on the contrary, be slender and fine. Stem stitch, however, is different – apart from the length of stitches and thickness of thread, the other thing that decides its look is the place of the C point. Stem stitch is one of the most common and basic embroidery stitches. It is used frequently in surface embroidery, freeform embroidery, whitework, redwork, and more. This stitch creates a thin line and can be used to outline embroidered shapes, to form flower and plant stems and a variety of other applications.

Stem Stitch is one of the easiest to be done and perhaps even one of the first stitches to be taught to any beginner. Many times people often refer to embroidery work itself as Crewel Work, though the actual Crewel Stitch (Stem Stitch) is never as commonly employed in it! This creates a bit of confusion on if Crewel Work consists of only Crewel Stitch (Stem Stitch).

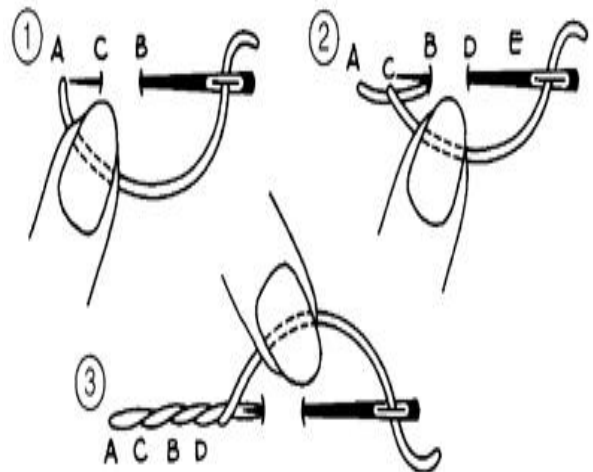
How to do the Stem Stitch

To make the logic clearer for stem stitch, I have drawn a temporary stitch line with a pencil. A stitch line is through which all stitches will be running. Now, note that all the stitch points in stem stitch will fall ON the stitch line. I will be working this stitch from left to right. This instruction is for right-handed learners.

So, the pattern of two stitches of the stem stitch will be as shown above.

Bring out the thread through A and take it in through B. Take the needle backwards and bring the thread out through C. Make sure the point C lies over the stitch A-B.

You need to note that the point C lies about halfway through A and B. Also note that C lies on top of the stitch A-B. So, all the subsequent stitch points will lie on top of their previous stitch. Take the needle in through D. Try to mark D in such a way that the point B will lie halfway through C-D. Bring the needle out through B.



<http://stitchschool.blogspot.com/2012/05/alternate-or-double-stem-stitch.html>

Continue this pattern of stitching with the needle coming out through the top of the previous stitch always.

The reverse of the fabric will give you a back stitch pattern.

Whipped Stem stitch, Outline Stitch, Cable Stitch, Split Stitch, Portuguese Stem and Japanese Stitch are few stitches that belong to the family of the Stem Stitch.

WHAT IS STEM STITCH USED FOR?

- If you learn this stitch, there is no limit on how you can use this stitch. From frocks to quilts to cushion covers, you can work this stitch on almost anything on everything. Motifs, handbags, dresses, fill any design with this stitch.
- This stitch is just perfect for stems, curved lines, etc.
- Silk thread can be used and beautiful design can be made using this stitch for a wedding dress too.

Glossary

Overlapping: extend over so as to cover partly

Learning Outcomes

Learners will use the stitch to outline embroidered shapes, to form flower and plant stems and a variety of other applications.

Q. Answer in brief.

Q1. Define Stem stitch.

Q2. What is Stem Stitch used for?

UNIT-6

Cross Stitch

Introduction

Cross stitch is a form of counted thread embroidery that has been around for ages, and it is one of the easiest forms of hand embroidery to learn. Cross stitch is comprised of X-shaped stitches done on fabric with an even and open weave like Aida or linen. Designs can be traditional or modern or anywhere in between.

it could be “a medium for artistic expression”, “an activity that requires skill and care” or “the more or less established structure, pattern, or scheme followed in shaping an artistic work”, all of which cross stitch applies to.

Cross stitch and needlework can be found in the earliest history, as far back as sixth century BC. Needlework has existed as long as there has been cloth to work it on. Pieces of embroidery and needlework have been found preserved in ancient Egyptian tombs and in Medieval churches all over the world.

Cross-stitching, a type of embroidery, involves stitching one cross after another onto a fabric grid to form different patterns. Cross-stitched handkerchiefs and clothing accessories are **unsophisticated** and simple yet durable.

It distracts us from the day-to-day worries of life and the constant whirring in our minds, helping us to refocus and refresh. The repetitive actions of cross-stitch, which completely absorb our mind, allow us to enter into our 'flow' state and that's where we experience our deepest engagement with life.

The fabric used for cross stitch is usually aida or Evenweave/linen (these two come in the same counts but are made of different materials; Evenweave is cotton and modal and obviously linen is linen). These fabrics are perfect for cross stitch because they are weaved evenly.

Cross stitch is a form of counted embroidery that commonly uses a stitch that forms an “x” on the fabric to create a design.

To minimize fraying, sew the edges with a zig-zag stitch or use a serger .



<https://www.youtube.com/watch?v=exxqwGKDB4U>

Step 1: Find the center of your fabric

To find the center of the fabric, fold it in half one way and then fold it in half the other way. Pinch the crease the center point to mark it. Place a pin in the center or make a small stitch to further mark the center point.

Step 2: Prepare the thread

Most embroidery floss is made up of six strands of thread twisted together.

It needs only two-three strands at a time.

Step 3: Thread your needle

Cross stitch is typically done using a round-end tapestry needle. The size you see depends on the fabric. Always choose a needle particularly used for cross stitch.

Don't make a knot in the tail end. You will stitch over the tail as you work to secure it without needing a knot. As a general rule, knots are avoided while cross stitching because they can leave **lumps** in the final piece.

Step 4: Making a row of cross stitches

Cross stitch is generally in rows going from left to right.

Starting from the backside of the fabric, bring needle up through a hole toward the front, leaving about an inch of thread at the back. The tail to be covered with stitches as to secure the work.

. Starting from the back side of the fabric, bring your needle up through a hole toward the front, leaving about an inch of thread at the back. You will cover the tail with your stitches as you work to secure it.

<https://hellohygge.com/2021/08/08/a-beginners-tips-for-cross-stitch/>



Next pass your needle through a hole diagonally across from where you started to make a slanted half cross stitch (/). Be sure to hold on to the tail at the back of the fabric so it doesn't slip through.

Start your second half cross stitch by bringing the needle back up through the hole that is directly below the one you last used. Before you pull this stitch tight, flip your fabric over to the back and make sure the thread tail will be trapped by the stitch.

Continuing stitching along the row to make a series of half cross stitches (/////).

Next return across the row making a series of half cross stitches in the other direction (\\\\\\).

Step 5: Making individual cross stitches

In some places on your design it may be easier to make a complete cross stitch before moving on to the next stitch instead of working in rows.

Step 6: Ending your thread

Keep stitching until you reach the end of the thread or until you run out of stitches in your pattern. On the back side of the fabric, pass the needle under at least three completed stitches to secure the thread. Trim the remaining thread, being careful not to cut it too close.

Tips & tricks

You will quickly get comfortable making basic cross stitches. Here are a few additional tips to keep in mind.

- Aim for a nice easy tension on your stitches. Don't pull them so tight that they wrap the fabric or leave them so loose that they gap. The stitches should lie flat against the fabric without pulling against it.
- Don't make long jumps across the back of your fabric with the thread because they might show through on the front. When moving to a new area that is more than a few stitches away, you should end your thread and then begin it again in the new spot.
- Buy all your supplies for a project at the start. Thread comes in dye lots that may vary slightly between batches.
- As you stitch, the thread will tend to get twisted. Every once in a while, let your needle and thread hang freely to let it unwind.
- Have fun! Cross stitch is a relaxing and rewarding craft. Don't stress too much about the details and enjoy the process!

Glossary:

Unsophisticated: Lacking refined

Lumps: Combine

Learning Outcomes

Learners will be able to make decorative household items, such as: table cloth, Handkerchiefs, masks, wall hangings, woolen caps, etc.

Q. Answer in brief.

Q1. When did Cross Stitch start?

Q2. Is Cross Stitch good for mental health?

Q3. What material is used for cross stitching?

Q4. What is the difference between a chain stitch and a lazy daisy stitch?

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