

**GARDENIA FLOWER**  
**DESIGNED BY RISHFELD DESIGNS**  
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**ADDITIONAL MATERIALS NEEDED:** 7 X 7 STRETCHER BARS, #22 TAPESTRY NEEDLES

**RIVER SILKS LTD 100% SILK, HAND DYED RIBBON**

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<b>4MM</b>	<b>COLOR</b>	<b>SPOOLS</b>
268	Overdyed lemonade	1
214	Overdyed peppermint	1
<b>7MM</b>		
48	Yolk yellow	1
<b>13MM</b>		
1	Transparent Yyellow	2

**You will use 4mm, 7mm and 13mm silk ribbons for this canvas**

**CENTER:** COLOR: 48 and 268.

**FLOWER PETALS:** COLOR 1

**BACKGROUND:** COLOR 214.

**GENERAL PLANNING**

Attach the canvas to the stretcher bars preferably using tacks. Use of a floor stand or table stand is desirable.

There is no need to ply the silk ribbon. You will want to work with 2 to 3 foot lengths of ribbon. The ribbon won't show wear so don't worry.

**THREADING THE NEEDLE:** Cut the ribbon on the diagonal. Insert point of the ribbon through the eye of the needle. Then insert the point of the needle through the ribbon cut end about 1/2" from the cut. Pull the long tail to secure the ribbon to the needle.

**SECURING THE RIBBON TO THE CANVAS:** We have chosen not to use an "away knot" as it is unnecessary with River Silks ribbon. **There is an easier way.** Bring the needle up through an empty hole where you want to begin. Pull the needle and ribbon through the canvas leaving about a one-inch tail of ribbon on the back of the canvas. With a finger press that tail flat against the canvas. Go back down through an adjacent hole passing through both the canvas and the ribbon tail. Try not to stitch through your finger! With your finger still pressing on the tail pull the needle and ribbon through the canvas and keep pulling until the ribbon is secure on the canvas. Check the back of the canvas to see that there are no loose ends. This is called the "Canvas Lock Stitch".

**HELPFUL HINTS:** The ribbon does not need to be pulled tightly. Untwist the ribbon as you stitch and lay the ribbon with a laying tool to show the surface. Stitching style will affect the number of spools required. The

“economy stitch” is quite acceptable if you are pleased with the look. With shorter stitches this is not always the best.

**I RAN OUT OF RIBBON. NOW WHAT?** When you need to add more ribbon to continue stitching or to change color or width of ribbon use this easy technique. Select your new piece of ribbon and secure it to a new needle using the “Needle Lock Stitch” described previously. On the wrong side of the canvas cut the ribbon you had been using (removing the old needle) leaving about a 1 1/2 inch tail. Hold that tail and pierce it with your new needle and ribbon very close to the surface of the canvas, keep pulling the new ribbon leaving another 1 1/2 inch tail. Put that tail over the next hole that you want to stitch and put the needle through that new tail and the canvas. Keep on pulling until secure. Turn the canvas to the right side and continue stitching. You may trim those tails to a half-inch as desired.

## **CANVAS MANAGEMENT**

This canvas is best started by working the center of the canvas. Then the rest of the flower is constructed from the **outside** working in towards the completed center. The background is done last.

**SPIDER WEB ROSE:** To make the Spider Web Rose first make five equally spaced spokes of a wheel from the center of the flower to the outside edge of the circle with color 268. This area is that dime-sized circle in the center of the canvas. Continue with color 268 and begin weaving around the spokes four complete times. Change to color 48 and continue to wrap the spider web circle being careful to lay the ribbon smoothly. Wrap until the central circle is full. Now add two or three more layers before taking the ribbon to the back of the canvas. Follow the directions given above to change to the next ribbon. This technique produces a closed button-like rosebud that works well with this flower.

**ECRU PETALS:** Use 13mm ribbon in color 1. Work the design starting at the outer edge of the flower using Ribbon Stitches secured with a French Knot \*. Starting at the outside edge of the petals and aiming stitches on a line from the center towards the edge you will make knotted ribbon stitches as follows. Come up through the canvas 1-1 1/2” from the outer edge of the petal. Place a knot (French or Colonial or Asian) on the needle. Stretch the ribbon away from you towards the outer edge. Curl the ribbon back on itself (always holding on to the knot) and place the needle into the two layers of ribbon. **BEFORE** you pull the ribbon through the canvas, **STOP** and tighten the knot. With this ribbon it is not necessary to hold the knot down with your nail or continue to pull tightly on the ribbon. The knot will stay in place as you slowly pull the ribbon through the knot and looped ribbon. This is a very secure stitch. Continue to make these stitches around the flower and layer more stitches moving closer to the center until all the petals are filled. As you get near the center make the loops larger. If it is difficult to pull the ribbon through the canvas, use a blunt nose forceps or pliers to hold onto the needle and give it a jerk.

**GREEN BACKGROUND:** Use color 214 stitching long straight stitches always aiming from the edge of the square towards the center of the flower.

HAVE FUN!

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\* To do a Ribbon Stitch secured with a French Knot place a wrap on the needle. Extend the ribbon flat to the desired length. Put the point of the needle just through the ribbon and canvas using a laying tool to create a loop. **BEFORE** you pull the needle through the canvas, **STOP** and tighten the knot - with your free hand gently pull the ribbon until the wrap slides down the needle and meets the canvas. Let the ribbon go. The ribbon should now be lightly snugged against the needle and canvas. Pull the needle through the canvas and carefully keep

pulling the ribbon through until you have the desired knot. Remove the laying tool. You now have a French Knot securing the Ribbon Stitch.

You can do this stitch in another version by placing a wrap on the needle. Extend the ribbon to the desired length and curl the ribbon back on itself (always holding onto the wrap). Place the needle tip into the two layers of ribbon and canvas. **BEFORE** you pull the ribbon through the canvas, **STOP** and tighten the knot - let go of the wrap and with that hand pull the ribbon until the wrap slides down the needle and meets the canvas/ribbon. Now pull the needle through the canvas and carefully keep pulling until you have the desired knot. It is not necessary to pull real tight. This combination Ribbon Stitch with a French Knot is a very secure stitch that will not pull out. The effect is excellent for flower petals especially when done in an overlapping technique.

It is best to practice this stitch on a blank piece of canvas until you are comfortable with it.

**HAVE FUN!**