Eliza's Needle Book

Presented by **Cissy Bailey Smith**

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A diminutive antique Shaker needle book was my inspiration for this project. I used the shape of the antique but replaced the worn brown leather with linen and motifs from my Eliza Palmer Sampler.

Design Materials:
Linen: 32 count Pearled Barley by Lakeside Linen. The stitched area is 3 ½ inches wide and 1 ½ inches long. Kit Linen: 7 ½ inches by 7 inches.
Threads: Needlepoint Inc. Silk, Gloriana Silk Floss, and Accentuate Metallic Gold. See Color Key for symbols and colors

Stitching Instructions:
Each square on the chart represents one linen thread. Use **one ply** of thread for all stitching.
Stitches: Cross Stitch Over 1 x 1, Back Stitch Over 2, Closed Herringbone/Double Back Stitch.

The design is surrounded by two lines of Back Stitch over 2 linen threads and there are three Back Stitch lines in the center. To center the design on the linen, fold linen in half vertically and horizontally and pinch at the center point. Begin by stitching Back Stitch over 2 at the center of the chart on the center line.

1. Stitch all of the Back Stitch lines using 761 Sable Brown Needlepoint Inc. Silk first.
2. Next stitch the designs using Cross Stitch over 1.
3. Last, place Closed Herringbone/Double Back Stitch inside your Back Stitch lines using 023 Gold Accentuate.

Kitted Finishing Materials:
Lining: Checked Cotton Shirting - 4 ½ inches wide and 2 ½ inches long to include ½ inch selvedge
French Doctor's Flannel: 2 pieces cut 3 ½ inches by 1 ½ inches
Pellon: 2 pieces cut 3 ½ inches by 1 ½ inches
Buckram: 1 piece 3 ½ inches by 1 ½ inches
28 inches of ½ inch Brown Silk Ribbon cut into one 14 inch piece and two 7 inch lengths
Stitcher Provides:
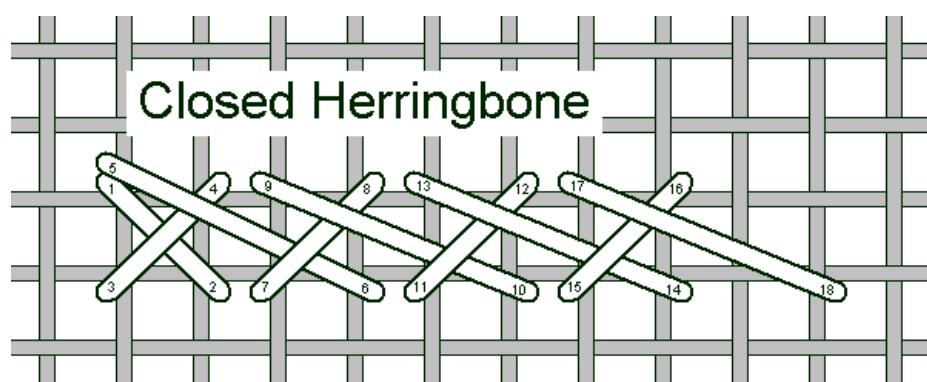Sewing thread to match the fabric (I used YLI Silk Thread #239)
Sharp Needle – I used a #10 Bohin Milliners needle
Keep Band Aids handy

1. Mark a line ½ inch beyond the Closed Herringbone area of your stitched needle book. Cut the linen beyond this ½ inch selvedge away. Trim one piece of the 3 ½ inch by 1 ½ inch Pellon so that it fits inside the Closed Herringbone border. Press to wrong side of linen.

2. Iron the other 3 ½ inch by 1 ½ inch piece of Pellon to the center of your lining fabric.

3. Fold the ½ inch selvedge of the linen to the wrong side. Do not miter corners. Press the fold lines and tack the corners in place. Repeat for the lining fabric.

4. Trim the Buckram so that it fits inside the Closed Herringbone Stitch and place it against the Pellon inside the folded edges of the linen. Place wrong sides of the linen and the lining fabric together and use Ladder Stitch to sew them together at the outer edge of the Closed Herringbone stitch.

5. Tack the two pieces of French Doctor's Flannel together at the center line with thread that matches them. Tack the pages to the inner spine of the needle book.

6. Fold the 14 inch piece of ribbon in half. Tack the center of the ribbon along the center line of the needle pages with brown thread being careful not to stitch through to the front side of the linen. Tie a bow in the linen along the spine of the needle book.

7. The two 7 inch lengths of ribbon will be used to tie the needle book closed. Tack one end of the 7 inch ribbon between the outer needle page and the lining of the needle book with thread that matches the needle page. Repeat for the other side.

Stitches:

Cross Stitch Over 1 x 1

Closed Herringbone

Color Key for Chart: Eliza's Needlebook

Symbol	Number	Name
+	023	Accentuate
−	029	Accentuate Dk
c	062	Cranberry
A	335	Avocado Green
m	348	Meadow Green
*	692	Palomino Gold L
\	694	Palimino Gold
=	905	Raw Sienna

Create Channels along lines using Back Stitch over 2 linen threads w. 761 Sable Brown.

Fill in channels with Closed Herringbone Stitch using Accentuate 023