

Lesson 13. FRAMING



Now we are working on framing the embroidery. The best thing to set this embroidery into - is a frame-box, because there will be some room for volumetric elements, and the glass will protect them from dust and damage.



To stretch the embroidery use two pieces of binding board (1) - the size of which should correspond to the frame used

A piece of felt (2) - a padding layer to set between the wrong side of the embroidery and the cardboard.



Glue the felt piece onto the cardboard. This layer will be soft padding for the embroidery.



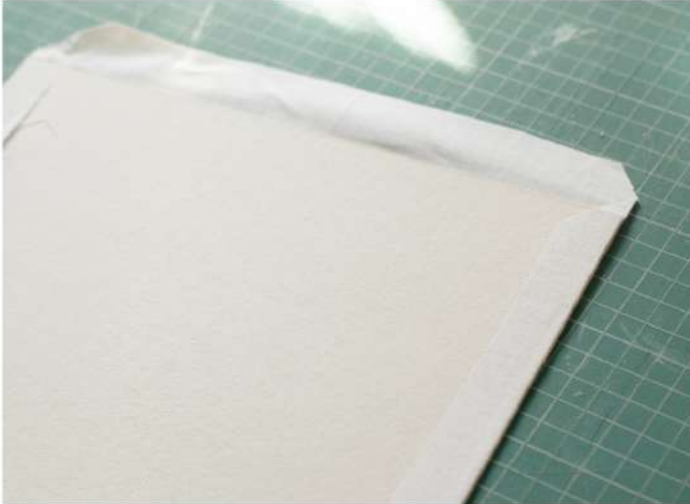
Glue the fabric onto the second piece of cardboard (mind the allowances). This will be the layer that covers the wrong side. You can use white calico or flax fabric.



For smoothing, you can use a creasing tool.



Corner allowances are trimmed (as shown). Leave some space, do not cut too close to the cardboard corners.



One by one, each allowance should be folded over and glued.



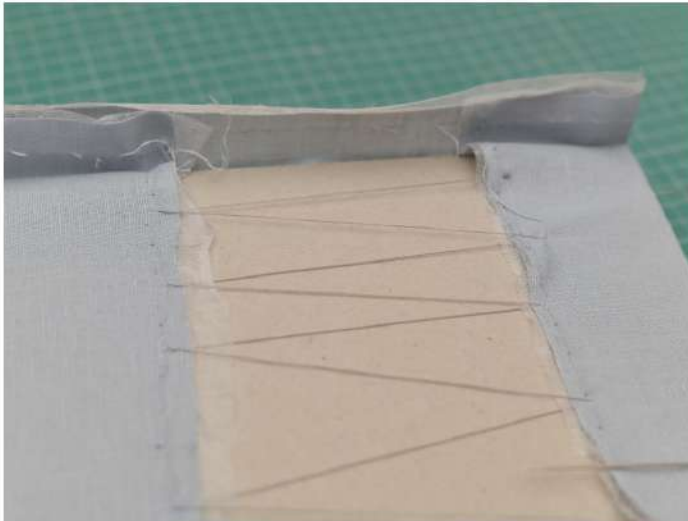
Backing cardboard piece is ready.



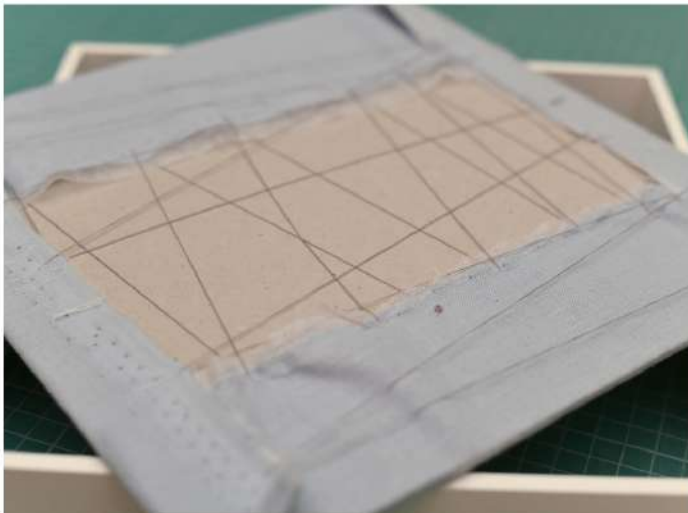
Now, work on the front side.
Take a piece of cardboard (the padded one) and place the embroidery on top.
Set it symmetrically.



Secure the fabric with pins along the edges.



Turn the work over to the reverse side, fold off the allowances. With the sewing thread stitch them, pulling the allowances to one another. Do not overstretch the fabric.



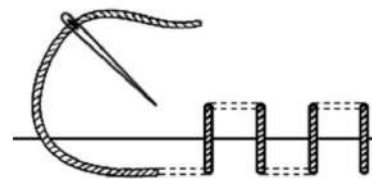
Do the same for the other sides.



Take off the pins and connect together both cardboard parts - wrong side to wrong side.



Stitch them together using monofilament.



Place the embroidery into the frame.



It is time to celebrate the wonderful work you have done! The embroidery is stitched and framed! If you enjoyed the pleasant embroidery time that is just great. I hope this work has helped you to deal with anxiety, reduce stress and get your mind off problems.

Surely each of you has your own stories about how embroidery helped mentally and physically in your unstable times, and I hope that this tale of The Enchanted Wood in a way served this to some extent.

Thank you for your time, passion and patience!

Masha Reprintseva

I thank you to everyone who took part in this "stitching-along", and those who are just going to find all the necessary materials and plunge into the magical forest, where satin threads, crystals and pearls shine. Where beads roll to distract you from emotional imbalance and the disturbing chaos of the outside world.

I have put together this tutorial as a kind and welcoming refuge of creativity to support you and also, to support myself.

Many people who are artistically inclined, say that the creation is a wonderful stress reliever, and in our reality it is important to express one's feelings and emotions ecologically, transforming them into some materialised items like paintings, poems, music, not a hurting speech or painful actions.

Any human, is precious! Life is precious! And, precious are the emotions of an individual, the feelings which construct one's mental health and wellbeing. All that claims a lot of care and understanding.

I wish people to remember about this while communicating or having arguments, making up families or breaking up, bringing up kids or taking care of elderly - treating each other carefully, tenderly, respecting personal space and giving hand of support.

And maybe, through these simple actions we will make the mankind more mentally healthy, kind and happy.

