

NANNY'S LAVENDER SACHET

Contributed by Janet Noble, EGA President

(My English grandmother, Nanny, loved lavender-scented anything; I originally made this sachet for her.)

MATERIALS/SUPPLIES

- 28-ct ivory or white Lugana (or similar even-weave fabric), 6½" x 9" (Finished size is *about* 2½" x 4½"). If you choose a different thread count, you may need to adjust the cut size of your fabric.
- DMC cotton floss:
 - Green, #504 (symbol = G)
 - Pink, #225 (symbol = P)
 - Lavender, #210 (symbol = L)

Note: You can also choose three cotton floss colors of your choice.
- White or ivory sewing thread (or thread to match your ground fabric)
- ¼" wide lavender ribbon (or ribbon to match your chosen colors)
- #24 or #26 tapestry needle
- Usual stitching supplies (hoop, scissors)

GENERAL STITCHING INSTRUCTIONS

NOTE: All cross stitches are with two strands of cotton floss and stitched 2-over-2 Lugana threads. (DMC cotton floss is composed of six strands as it comes from the skein. Cut a stitching length from the skein. 18 inches is a good length to start. Separate these six strands and reassemble two strands at a time to stitch; that is, thread your needle with two of the six strands.)



- top left corner** of the 35-stitch frame. Using Green #504, stitch 2-over-2 cross stitches for the frame (Chart 1: each square = 2 fabric threads x 2 fabric threads); the frame is 35 cross stitches by 35 cross stitches. Chart 1 shows the frame:

		Stitch count:																																		
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Stitch count:	1	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G
	2	G																																		G
	3	G																																		G
	4	G																																		G
	5	G																																		G
	6	G																																		G
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	35	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G					

Chart 1 – Stitch a 35x35 stitch square in cross stitch.

- Chart 2. (G = Green, #504; P = Pink #225; L = Lavender #210)

[illegible]

Chart 2: The green shaded boxes show the 35-stitch border already stitched from Chart 1. Stitch the horizontal rows in the colors as indicated. You are setting up a grid to create a plaid design. You should end up with a grid with skipped boxes. The skipped boxes will be filled in with vertical rows of cross stitches in the next step.

3; this will fill in the tartan plaid.

[illegible]

Chart 3 – this chart shows the stitches that will fill in the voids left after step 2. Note that the chart shows the previously worked stitches as blank boxes to help you be able to follow the chart.

4. *Figure 1* shows the 35-stitch frame, all of the horizontal lines, and part of the vertical lines stitched.

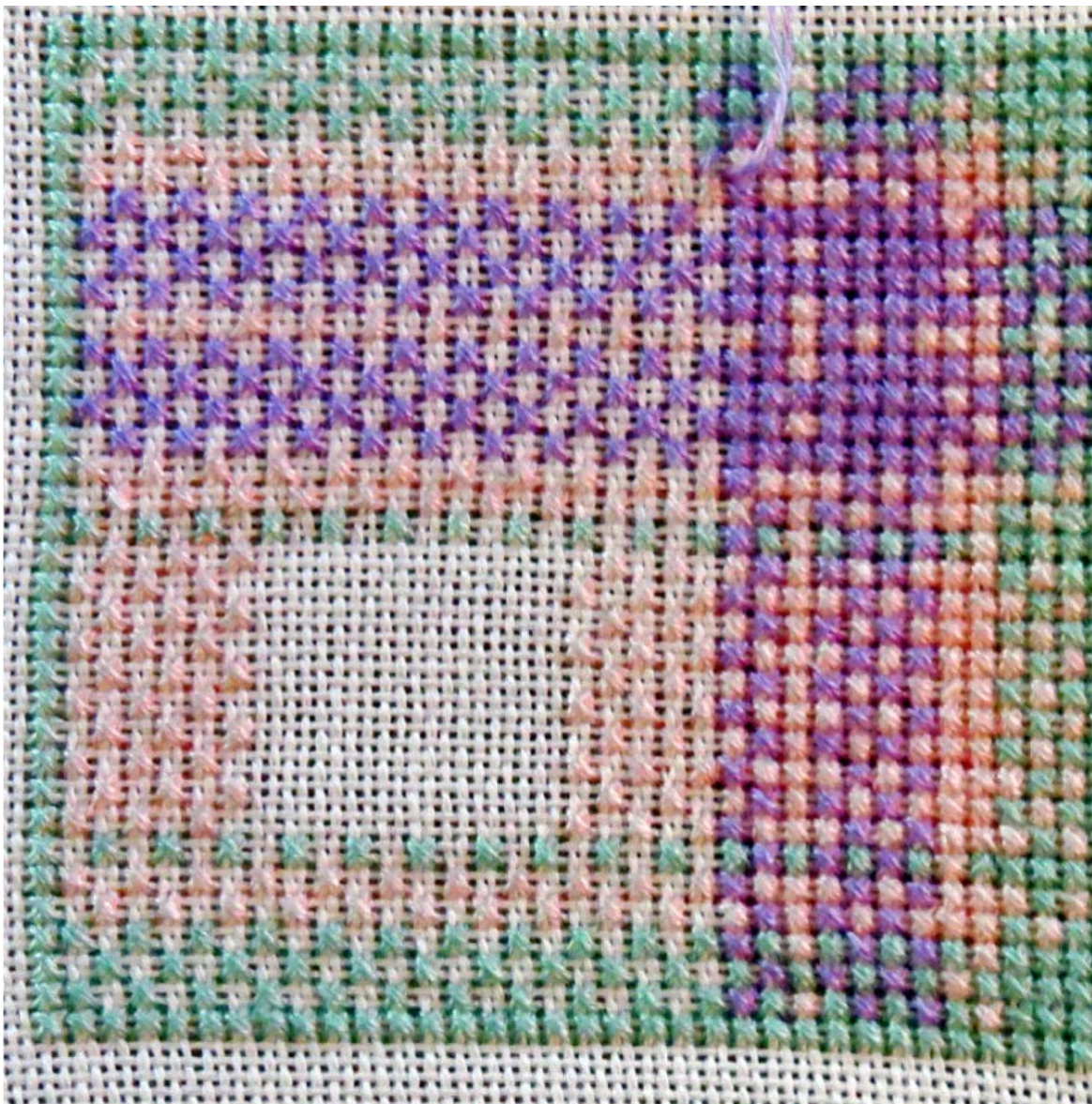


FIGURE 1

5. Using 2 strands of Green #504 cotton floss, backstitch around the outer frame; using 2 strands Pink #225 cotton floss, backstitch around the inner small square. Your backstitches should be the same length as your cross stitches, that is, over two threads. See *Figure 2* for result.

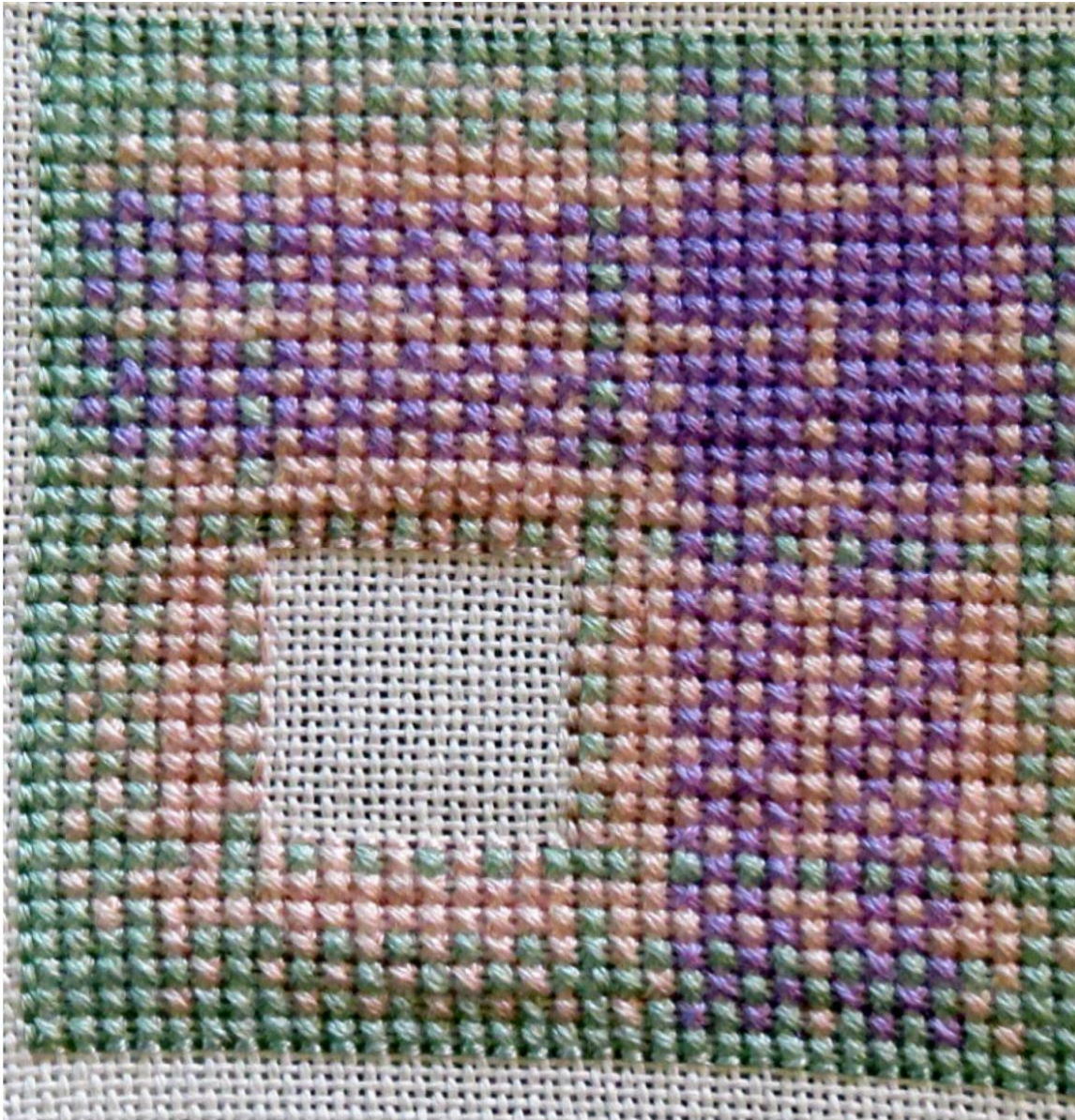


FIGURE 2

6. Again, referring to *Figure 2* on page 6, now it's time to "decorate" the empty square in your plaid. (For help with backstitch, whipped backstitch, French knots or Colonial knots, and buttonhole/blanket stitch, I recommend www.needlenthread.com; click on "How To" at the top of the site.)
7. Using 2 strands of cotton floss (Green #504), backstitch the lavender stems and branches in the blank inner square. See Chart 4 below. (NOTE the slight change in angle of one stem.)
 - a. Start at the bottom left corner and work to the top of each stem, adding the branches as you go up.
 - b. From the top of each stem, whip stitch back down the previous backstitches before going up the next stem; be careful NOT to catch the fabric thread as you whip-stitch. Do not whip stitch the branches.

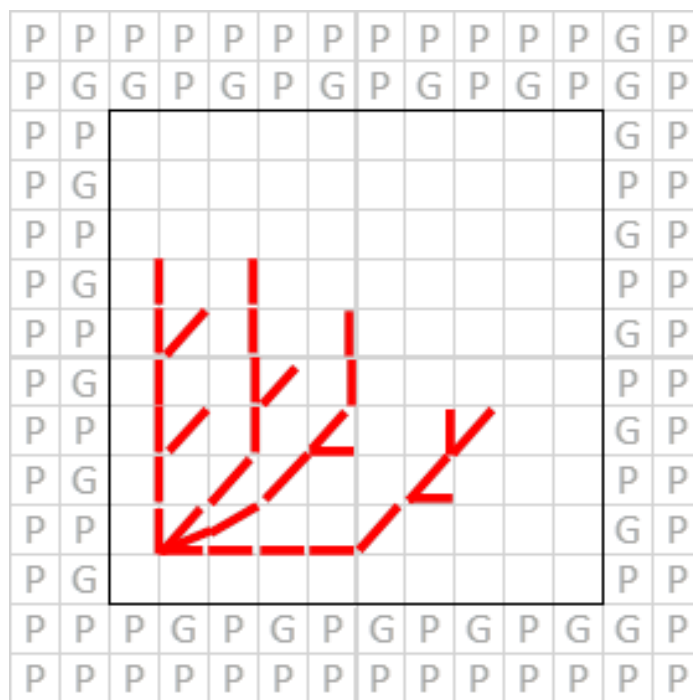


CHART 4

8. Using 2 strands of cotton floss (Lavender #210), add either French Knots or Colonial Knots (your choice) in close clusters randomly along the stems and branches.

ASSEMBLY INSTRUCTIONS

9. Remove the fabric from the hoop.
10. Fold the fabric in half – right sides together along the vertical side of the stitched plaid; the front of the stitched square should be facing inside. Pin the fabric and trim the fabric off about 2-¼" above the stitched plaid.
11. Using white or ivory sewing thread, backstitch a horizontal seam about 2 fabric threads below the bottom of the stitched square; turn the corner and continue stitching up the vertical side, again about 2 fabric threads from the opposite side of the stitched plaid. Continue this seam to the top of the fabric.
12. Turn the sachet right sides out and press.
13. Using 2 strands of cotton floss (Lavender #210), work a row of buttonhole or blanket stitch across the top edge of the sachet. Each stitch covers 5 fabric threads and stitches are spaced one fabric thread apart. See Figure 3.
14. About 1.25" above the top of the stitched square (and making sure you are BELOW the blanket stitch border), cut 4 **horizontal** threads and remove them from the fabric. This leaves a channel where you can thread the ¼" lavender ribbon (over two, under two vertical threads) all the way through the empty channel. See Figure 4.



FIGURE 3

15. Fill the sachet with lavender, pull the ribbon snug, and tie the bow; trim the ribbon ends neatly. See Figure 4 below for the finished sachet.



FIGURE 4