

November 2024 SAL Project—The Old Women Who Lived in a Cowgirl Boot

By Helena Whyte

Used by the Embroiderer's Guild of America's Stitch Along Facebook Group with permission



from the author.

Permission is granted to all EGA chapters and regions to use as a program.

Supplies needed:

- Linen or muslin fabric.
- A six or seven inch embroidery hoop or frame to completely encircle the design.
- Crewel wool or cotton floss from stash. The manufacturer and color number were not always available since wool or floss was left over from another project or donated from estates.

1. Transfer the design to your fabric. I used linen fabric.

2. Back stitch the sole of the boot with two strands of brown DMC wool 8300.



3. Outline the boot with back stitch using 2 strands of dark red crewel wool.



4. Chain stitch a row of single strand dark blue wool at calf and ankle. I stitched 5 rows of chain stitch at the ankle.
5. Sew a row of lace at the top of the boot.



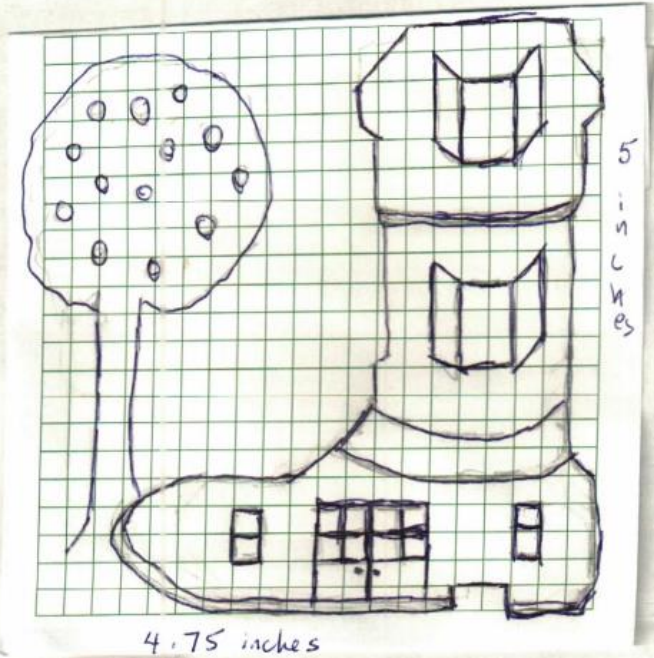
6. Using a single strand of light blue wool back stitch around the windows, shutters, and doors. Fill in the doors and shutters with straight stitches.
7. Optional: Stitch a wheel medallion at the ankle below the chain stitches. I used silver kreinik thread.
8. Make a french knot for door knobs.
9. Optional: Using single strand of dark red wool apply diagonal straight stitches a quarter inch apart along the boot.
10. Couch a small tree twig for tree trunk and door step.

11. Embroider leaves using single lazy daisy stitches around the tree shape using a single strand of Appleton wool 256. I applied 4 rows of lazy daisy stitches filling in gaps with straight stitches.



12. Using red wool create apples with satin stitch.





4.75 inches

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