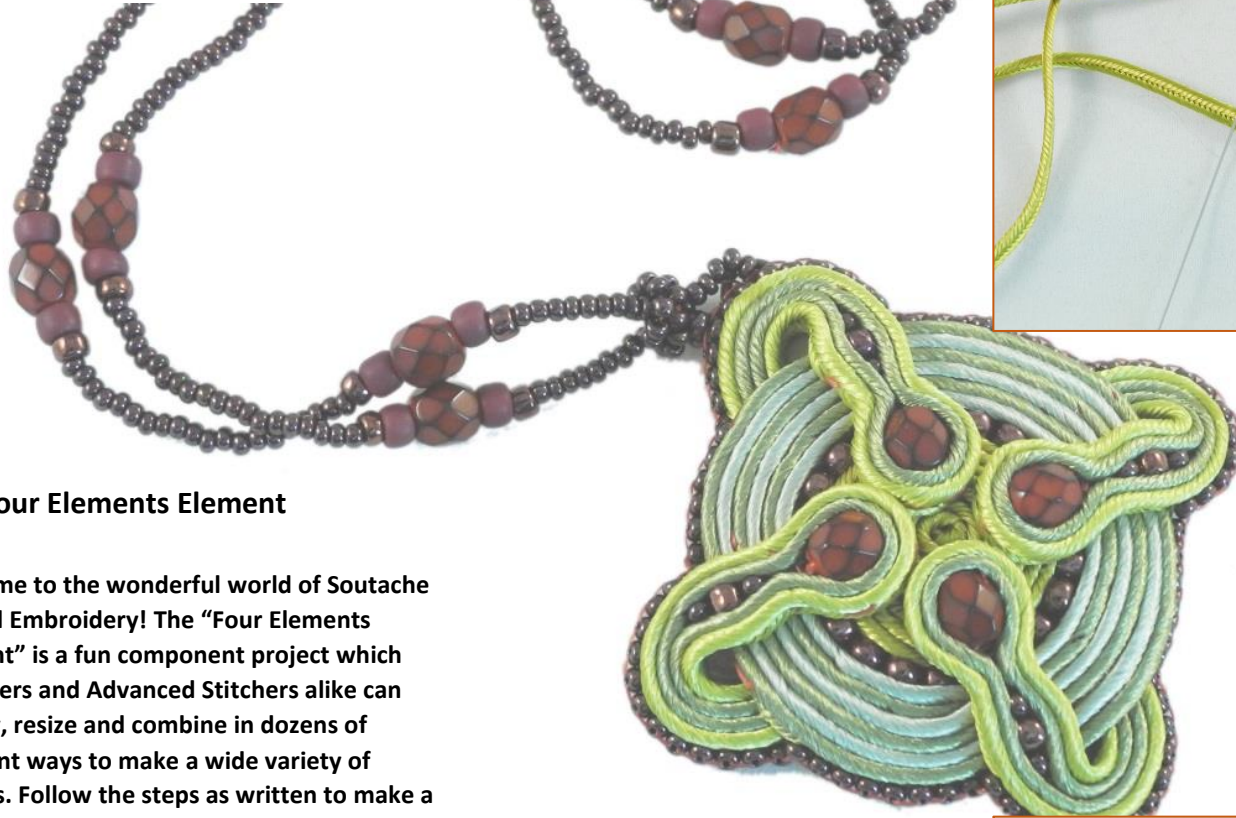
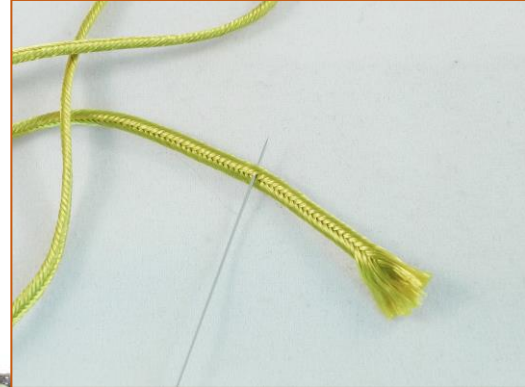




2. Cut a 12" length of soutache. Sew into the rib about 1" from the right end. Knot should be resting against rib.



## The Four Elements Element

Welcome to the wonderful world of Soutache & Bead Embroidery! The "Four Elements Element" is a fun component project which Beginners and Advanced Stitchers alike can modify, resize and combine in dozens of different ways to make a wide variety of designs. Follow the steps as written to make a pendant approximately 2 1/4" in diameter or experiment with different lengths of soutache or bead sizes to increase or decrease the size of the finished piece.

### Materials :

- 4 yds of 1/8" soutache (1 yd. ea. of four different colors)
- 4 6mm beads
- <1 g 8o seed beads
- <1 g 11o seed beads
- 1 6mm closed jump-ring
- 3" x3" piece of Ultrasuede

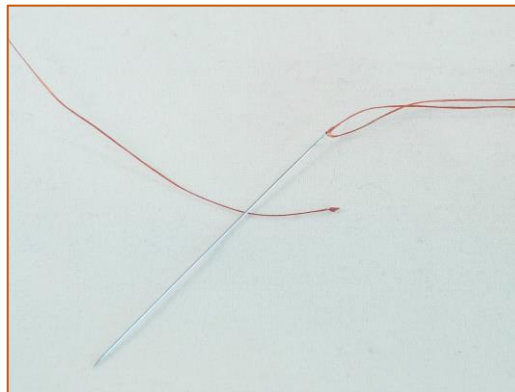
### Tools:

- Nymo thread (size B)
- Washable fabric glue
- Size #10 beading needle
- Scissors

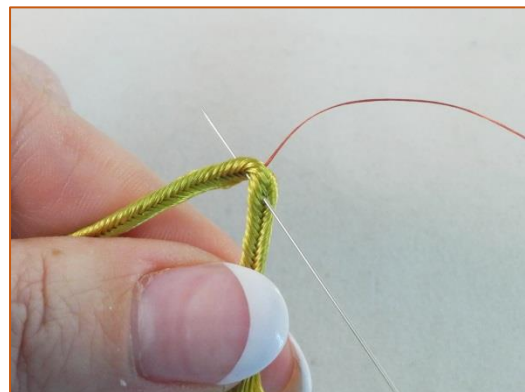
### Step-by-Step

#### Central Spiral

1. **Prepare Thread** – Single-thread needle with 30" of thread (do not double-thread). Tie a large knot at the end of the long end (you can make a Quilter's Knot or simply tie one overhand knot over another. Trim tail off knot.

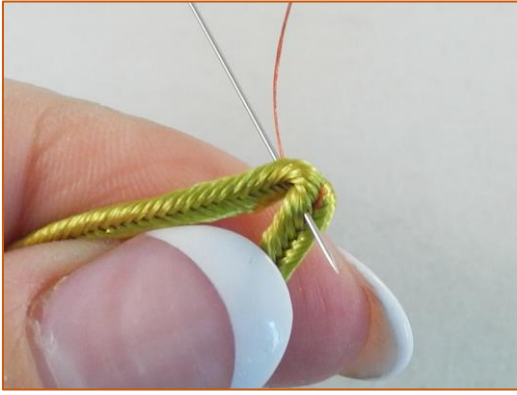


3. Fold soutache over knot (fold has a 45° angle, the legs of the soutache make a 90° angle). Sew through both layers of soutache at fold.





4. Retrace thread path through fold.



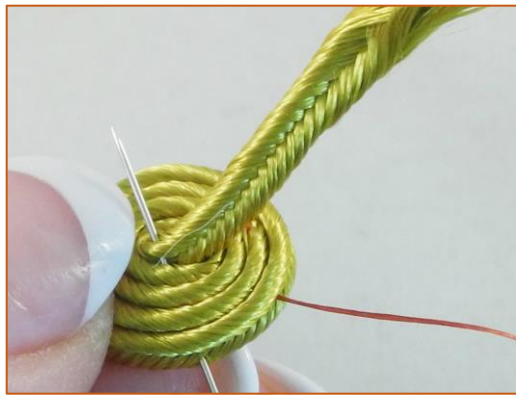
5. Rotate work one half turn clock-wise. Sew through fold and additional layer of soutache.



6. Repeat Step 5 five, each time sewing through all the secured layers and the newly added layer until spiral includes four or five layers.



7. Working from the back, rotate work counter-clockwise. Sew into the outer-rib of soutache with needle on an upward angle so that thread exits back of work.



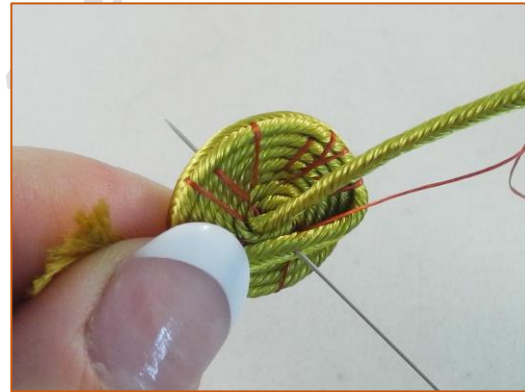
8. Pull thread toward you across back of work. Sew into the outer-rib of soutache with needle on an upward angle so that thread exits back of work.



9. Continue working as in Step 8 until all but the last inch of braid is incorporated into the spiral.



10. Pull end of braid across back of work. Secure with **Tacking Stitches** – Tacking Stitches are made in pairs; the first back-to-front, the second front-to-back. Sew through end of braid and spiral so that thread exits front of work.



11. Sew from front to back taking care to insert needle very close to where thread last exited.



12. Trim off extra soutache.







13. Work as in Steps 10 through 12 to Tack down the tail created at the beginning of spiral.



### Outer Spiral

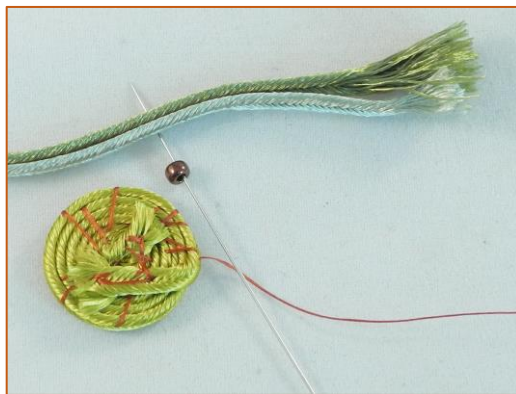
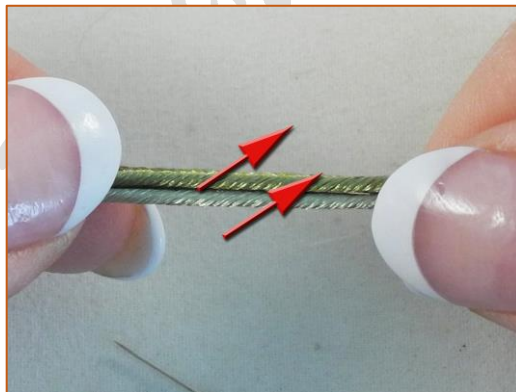
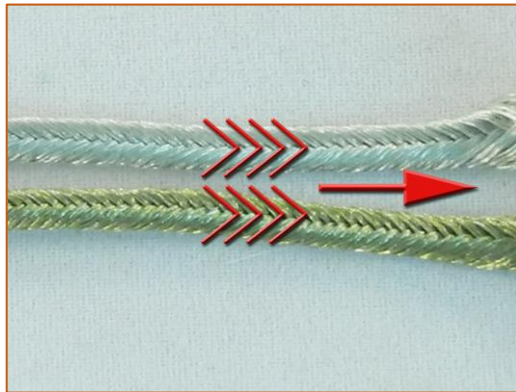
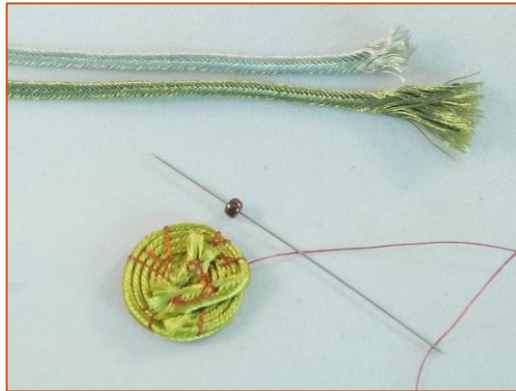
14. Sew into back of work on an angle so that thread exits edge of spiral at rib.



15. Pick up an 8° seed bead.



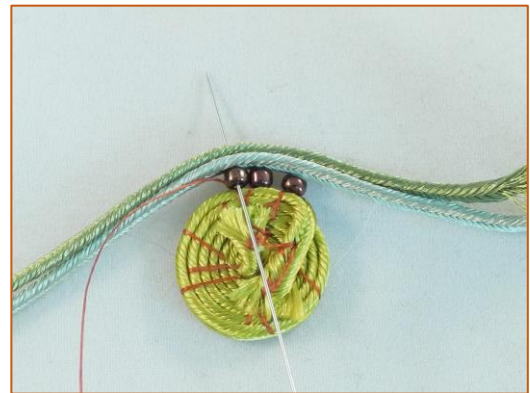
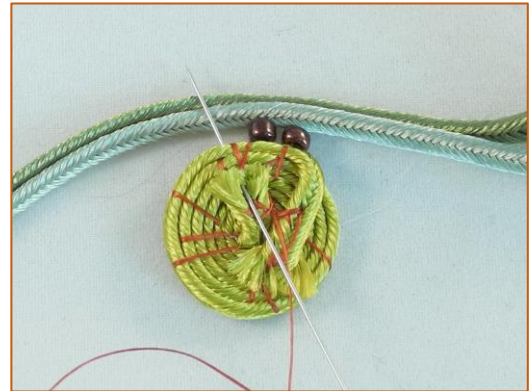
16. Cut two 18" lengths of soutache (one each of two different colors). **Align & Stack** the two new strands so that the grain is oriented the same way. Sew through the new Stack approximately 1" away from end.



17. Working from right to left, sew down through Stack one bead-width away from where thread last exited. Pick up another 8° bead. Sew into spiral at rib so that thread exits back of work.

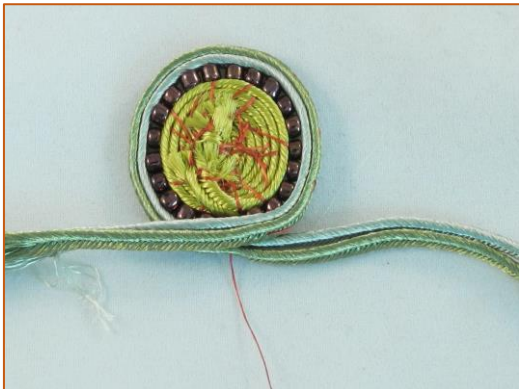


18. Working from back, sew into spiral so that thread exits rib one bead-width away from where thread last entered. Pick up an 8° seed bead. Sew up through Stack.

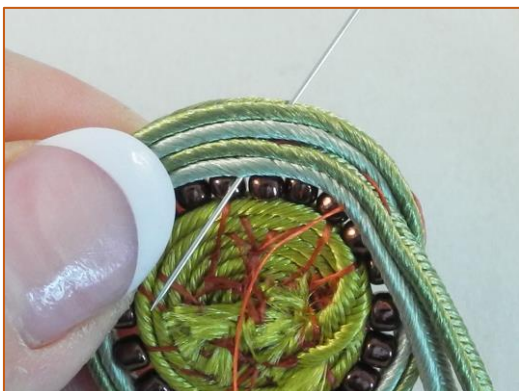




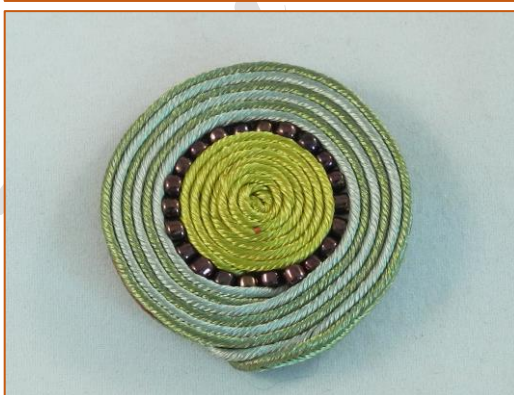
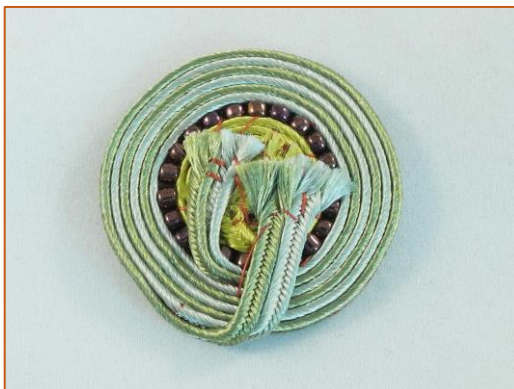
19. Continue working as in Steps 17 & 18 until a Ladder of beads has been incorporated around spiral.



20. Working as in Steps 7 through 9, secure double-layer Stack in a spiral around work.



21. After six layers of soutache have been incorporated into spiral, Tack ends down as in Steps 10 through 12.



### Decorative Motifs

22. Prepare Thread. Cut two 6" lengths of soutache (one each of two different colors). Align & Stack soutache. Locate center of Stack. Sew up through Stack so that knot rests on bottom of Stack.



23. Working from right to left, make three **Shaping Stitches** – Sew down through stack approximate 1/4" from where thread last exited.



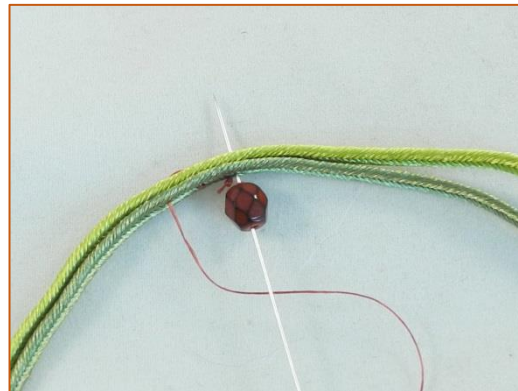
24. Sew up through Stack 1/16" from where thread last exited (Shaping Stitches are always smaller on the bottom/inside of the curve).



25. Sew down through Stack 1/4" away from where thread last exited.

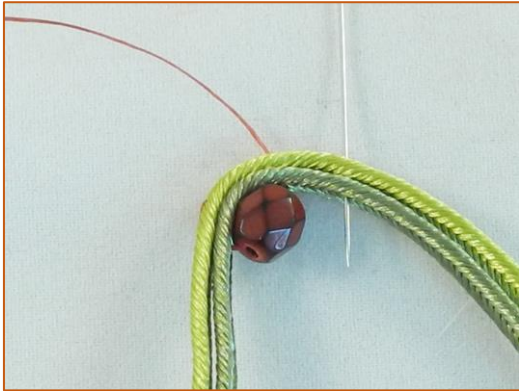


26. Pick up a 6mm bead. Sew up through Stack very close to knot.

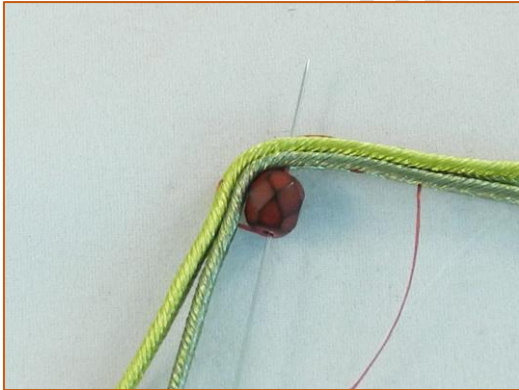




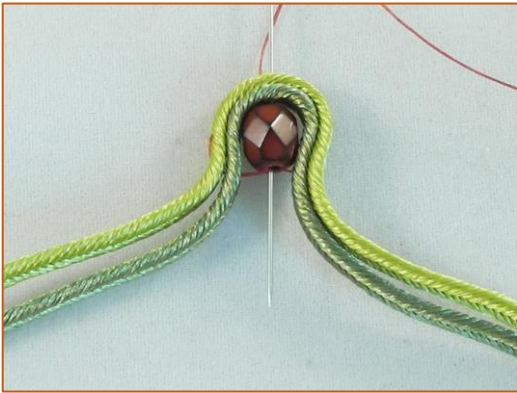
27. Working from left to right, make three Shaping Stitches.



28. Sew up through bead and Stack very close to knot.



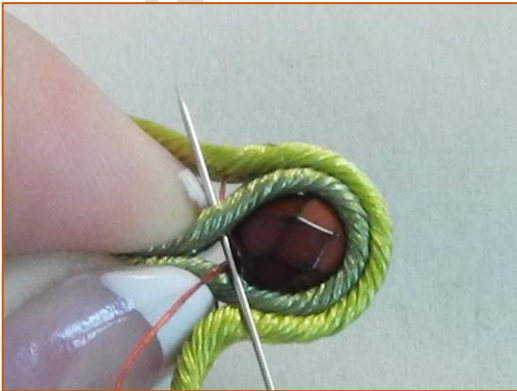
29. Sew down through Stack and bead.



30. Make a **Two-Sided Join** - Rotate work so that bead is oriented toward your dominant hand. With your non-dominant hand, pinch together the two innermost strands of soutache.



31. Sew up through upper, innermost strand only.



32. Sew down through upper innermost strand and lower innermost strand.



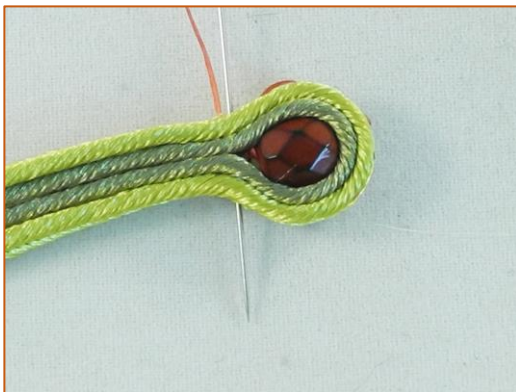
33. Sew up through both innermost strands and upper outer strand.



34. Sew down through all strands.



35. Retrace thread-path twice adding a slight amount of thread-tension with each successive pass.

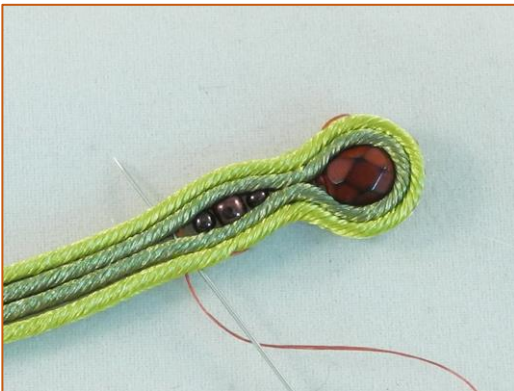




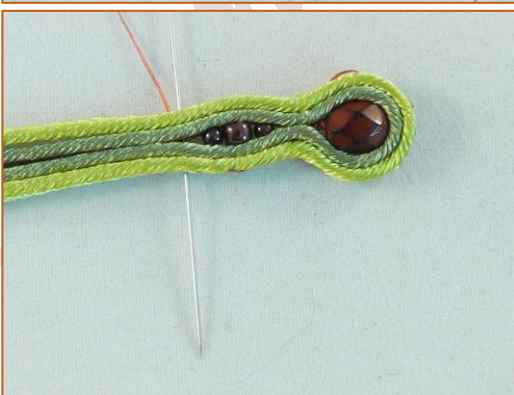
36. Split large Stack symmetrically and sew up through lower Stack so that thread exits lower Stack very close to Join.



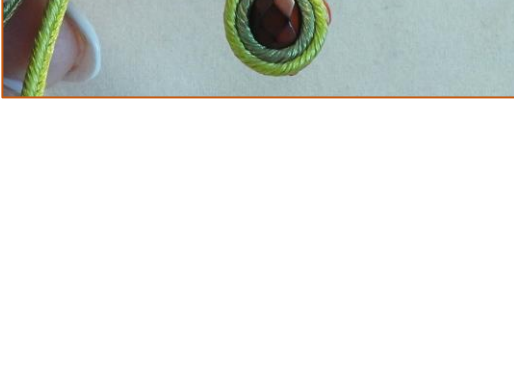
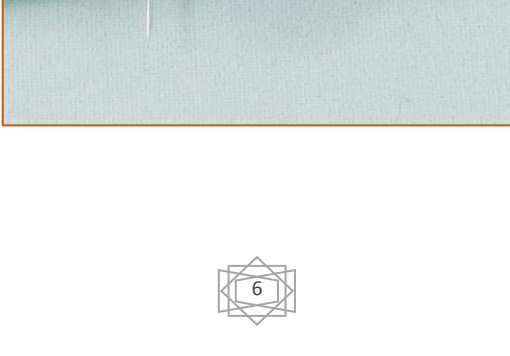
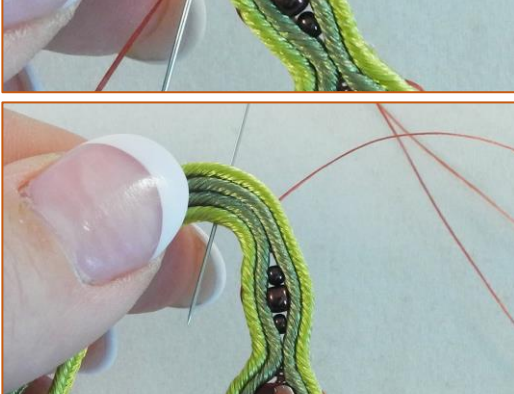
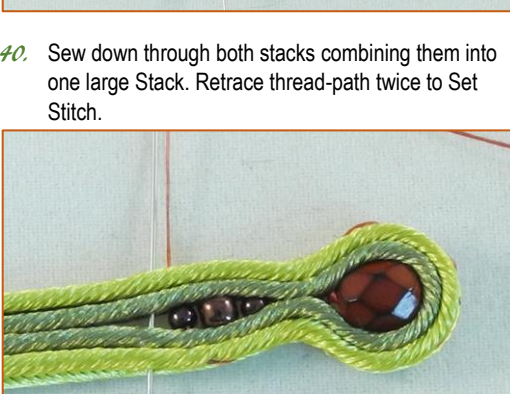
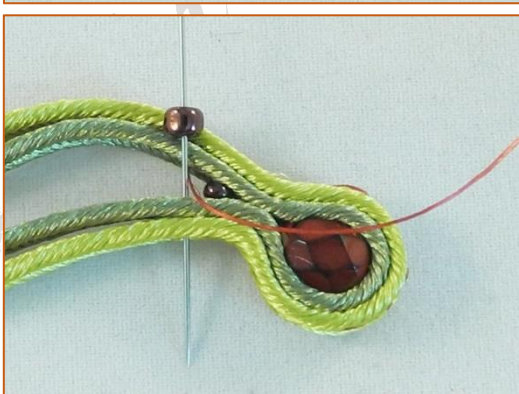
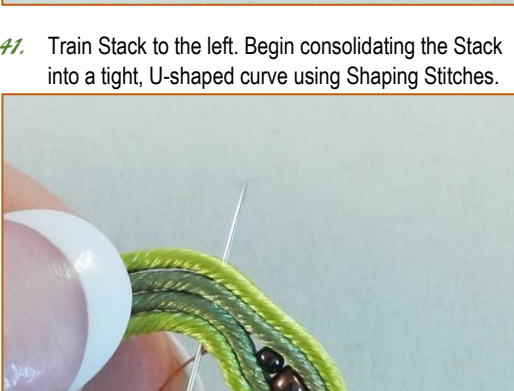
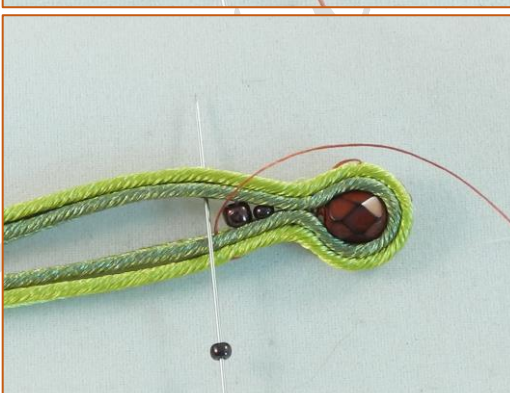
39. Sew up through lower Stack. Pick up a size 11° seed bead. Sew up through upper Stack.



37. Pick up a size 11° seed bead and sew up through upper Stack.



38. Working from right to left, sew down through upper Stack one bead-width away from where thread last exited. Pick up an 8° seed bead and sew down through lower Stack.



41. Train Stack to the left. Begin consolidating the Stack into a tight, U-shaped curve using Shaping Stitches.

40. Sew down through both stacks combining them into one large Stack. Retrace thread-path twice to Set Stitch.





43. Working as in Steps 22 through 42, make three more Decorative Motifs.



44. Place one Motif on top of spiral as show. Use Tacking Stitches to secure in place. Repeat with other three Motifs.



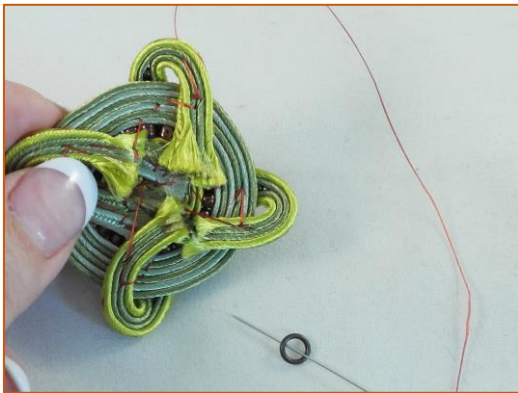
42. Cut excess soutache from Stack.



45. Whip-Stitch a Jump-Ring to the back edge of work. Sew into back of work so that thread exits desired edge at rib. Pick up a Jump-Ring. Sew through edge at same location. Sew through Jump-Ring. Repeat until a smooth girdle of thread builds up.







**46. End Thread** – Sew into the back of the work, take a couple of shallow stitches. Trim thread.



**49.** Trim Ultrasuede away from work. Take care to leave a 1mm margin of Ultrasuede visible from the front of the work.



#### **Backing & Edge-Beading**

**47.** Apply a small amount of glue to the back of the work. Using your finger or a toothpick, dab glue around back of work taking care not to push the glue through the Ladder of beads. Place work on wrong side of Ultrasuede. Allow to dry completely.





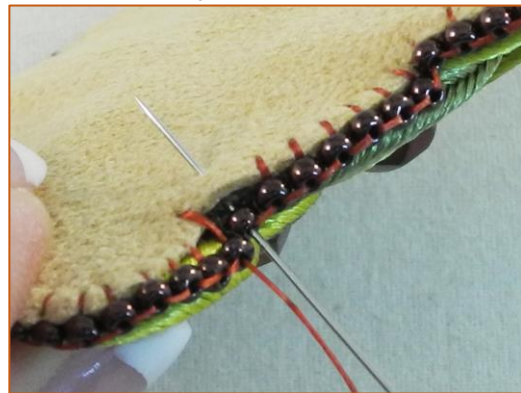
50. Prepare Thread. **Bury Knot** – Sew through one of the 8° beads on the front of the work so that thread exits edge of work at rib.



52. Pull thread toward yourself over edge of Ultrasuede and sew through right-hand hole of right-most bead.



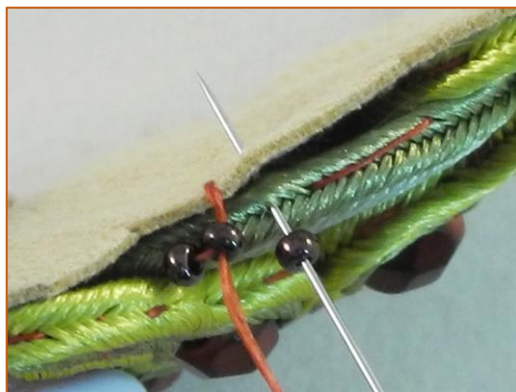
56. Sew down through first bead and out back of work.



51. Pick up two size 11° seed beads. Working from left to right, sew into rib angling needle so that thread exits Ultrasuede in back of work.



53. Pick up another 11°. Sew into rib and out back of work.



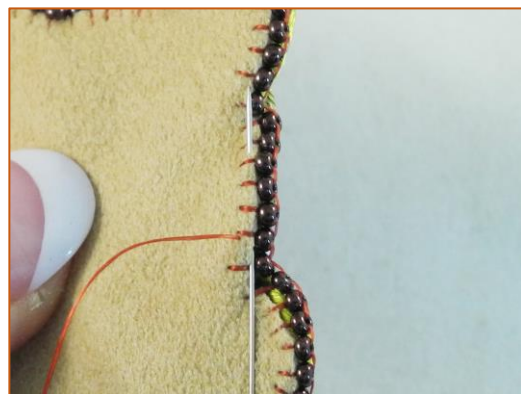
57. Pull thread toward you and sew back up through first bead. Sew down through second bead and out back of work.



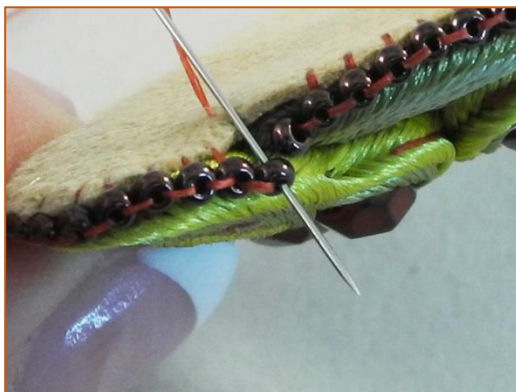
54. Pull thread toward yourself over edge of Ultrasuede and sew through right-hand hole of right-most bead.



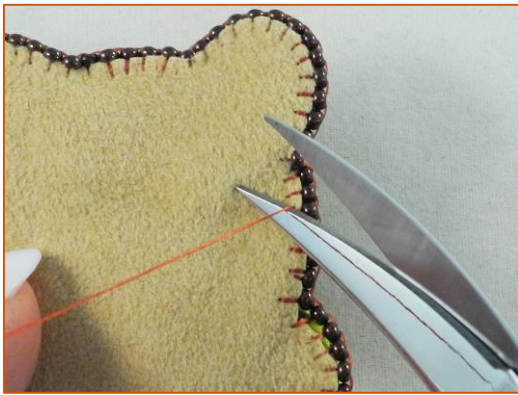
58. **Bury Thread** – Sew under three or four of the blanket stitches formed by the edge-beading. Trim thread.



55. Continue working as in Steps 53 & 54 all the way around work.







59. String your pendant on your choice of beads, chain or ribbon.



Thank you for downloading this Soutache & Bead Embroidery Pattern.

For more Soutache Patterns & Kits as well as Soutache, Findings, Ultrasuede, Glue, Thread, Needles and other supplies, go to [www.ameerunswithscissors.com](http://www.ameerunswithscissors.com) .