

# M's Canvashouse

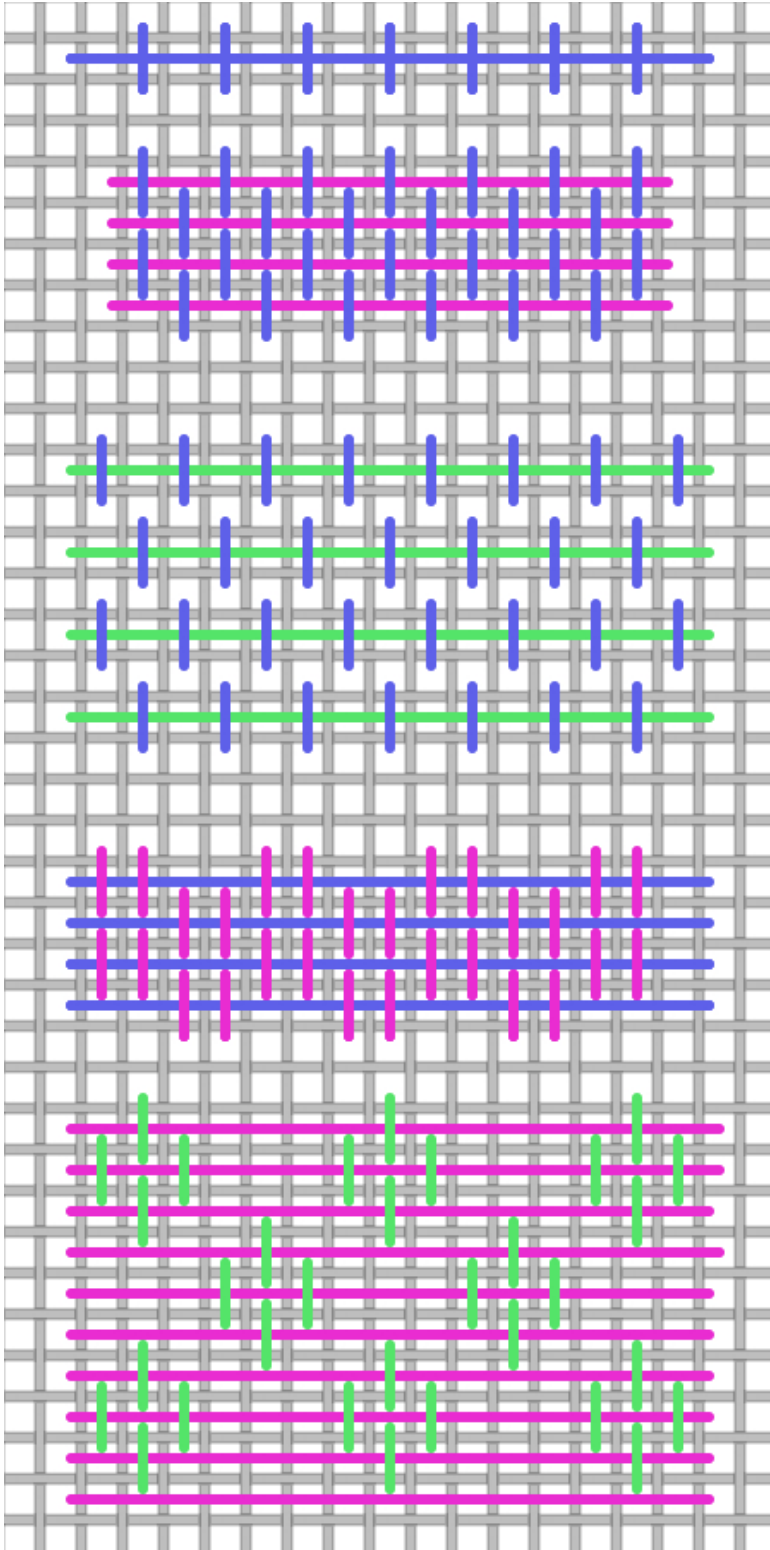
## Quarantine Class



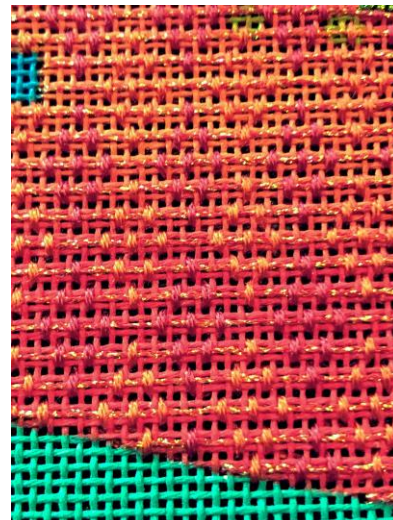
Diagram 1

### Burden

### Lesson 4



A Burden stitch got its name because it is said "it's a burden to stitch" but I don't believe that at all! I love this stitch too and it is so diverse. This stitch can be used as a quick filling stitch that can be changed in so many ways. One thing I will suggest is that the 'ground' thread (horizontal threads) be in a heavier threads like Kreinik metallic ♥ which will give a nice sparkle to your design area. Vertical stitches should be done with a stranded silk, variegated thread or something like Neon Rays. **It's important that you work one row at a time...** otherwise the horizontal stitches can get loose, or caught in the vertical stitch. Lay a horizontal thread down, then do the couching on top, then lay the next horizontal thread down, and again couching on top. A doodle canvas comes in handy so you can give the stitch a test drive first! These are all great examples of a variety of Burden stitches. The last stitch is also called Pattern Couching. You can create any pattern like the diamonds pictured at the bottom left and in the photograph below.



These are so pretty for the correct spot, try it for fabric on a sofa, clothing, or it's a great background with delicate colors like white with cream.

Thanks Jennifer Little for the photo!

Meredith