

**H. pylori  
Embroidery  
Freebie!**







## About me



Hey there! My name is Lauren and I am a PhD student studying neuroscience at The University of Texas at Austin! I started embroidering in 2018 in order to help manage anxiety from preparing for my qualifying exam (aka a very important test!). I have always been super curious about how the shape or form of something can directly influence its function and from that my interest in science themed embroidery was born! I hope you enjoy this embroidery pattern where you can make your very own piece of biology too!

# Supplies



## You will need:

**Embroidery hoop** 4-inch hoop pictured

**Embroidery thread** I use DMC brand. Color ideas on page 7

**Needle** I use a size 24 tapestry needle

**Cotton fabric** (or whatever you'd like! Be adventurous!)

**Pen to transfer the pattern on to fabric** (I use a Pilot Frixion heat erasable pen but you can use pencil!)

**Scissors**

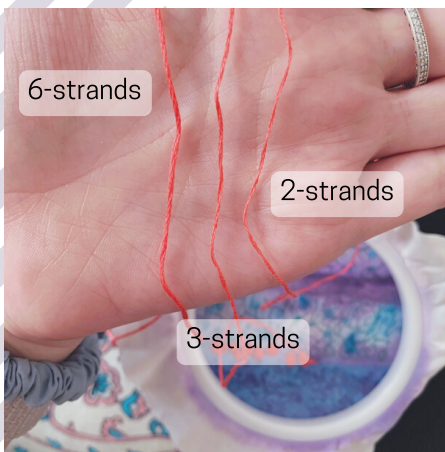
**Fabric glue or a glue gun**

**Curiosity!**

# Tips

I am a self taught embroidery artist, so the way I teach things may be different from the conventional way others teach embroidery.

Everyone learns differently! I highly recommend checking out video tutorials or other written explanations to find what works best for you! Instagram is also an incredible resource. I learned a lot from watching the videos of: @hopebroidery @namaste\_embroidery @larkrising and @gulushtreads



Embroidery thread comes in 6-ply this means you can separate the thread in to 6 individual strands. This pattern uses 3-strands and 2-strands.

Use smaller stitches when going around curves, this will help make them look smooth, especially when you're stitching the dendrites!

You want your fabric to be "drum tight" on the hoop before you begin!

Go slowly. It's okay if you make a mistake! Nature isn't perfect, and you don't have to be either!

## Supply Recommendations:

**Embroidery hoops:** I usually use wooden hoops, but you can find bamboo or plastic hoops at most craft stores (Joannes, Michaels in the US) Or online!

**Fabric:** I always use 100% cotton fabrics. Usually I find fat quarters in the quilting section of the fabric store.

**Pens:** My favorite are the Pilot FriXion heat erasable pens. But water soluble pens (DMC brand) are great too! Pencil also works, but you won't be able to erase your lines.

**Thread:** DMC embroidery thread is my favorite to use. You can find it online or in many sewing/craft stores.

*The most important thing is to have fun!*

# IGTV Links

I do have a few IGTV tutorials for basics like getting your pattern onto your fabric and finishing the hoop!

## **Tracing a pattern on to fabric:**

Paper method:

**<https://www.instagram.com/tv/B3zPg9n5Tz/>**

Light Box Method:

**<https://www.instagram.com/tv/B50kc0CHy0R/>**

## **Stitch Basics:**

### **Split Stitch:**

<https://www.instagram.com/tv/B766qJancHG/>

### **Stem Stitch:**

<https://www.instagram.com/tv/B71gTjnnbkn/>

### **French Knots:**

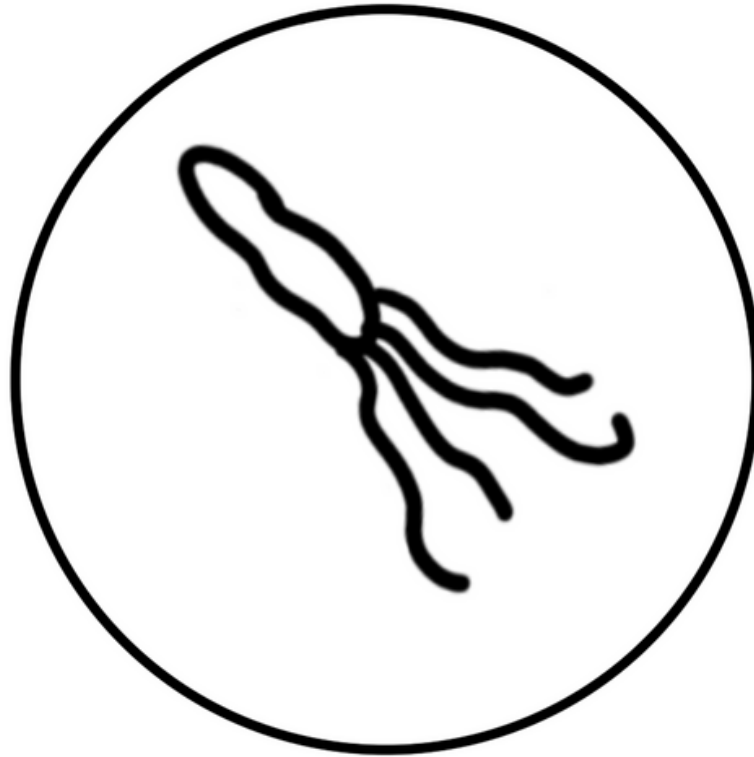
<https://www.instagram.com/tv/B8C5vt2H2r0/>

## **Finishing your hoop:**

**[https://www.instagram.com/tv/B30X2H\\_nLdE/](https://www.instagram.com/tv/B30X2H_nLdE/)**

How I finish my embroidery hoops.

# Printable Pattern



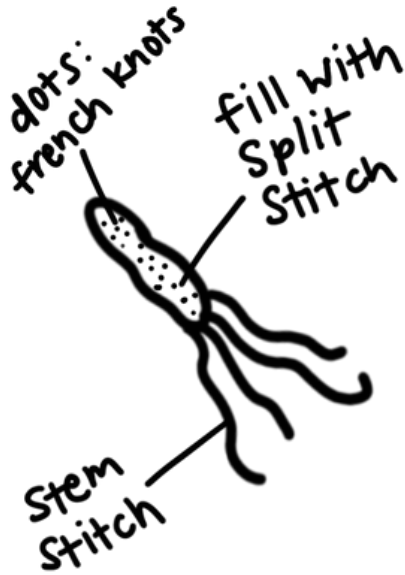
## 3-inch hoop

You can print this pattern out and tape it to a brightly lit window to trace it on to your fabric, or you can use a computer/tablet screen to trace! I usually opt for the second option so I can size/scale the pattern how I want. Place the fabric in the hoop before tracing. Feel free to repeat this design multiple times in a larger hoop like I do for the 5-inch one in my IGTV series!



# Pattern Stitch Guide

It's okay if you have to pull out some stitches and try again! I do it all the time! I've even cut stitches out to re-do a design a different way. Don't feel like you're stuck with the stitches you've laid down!



The classic DMC thread and DMC Etoile thread can be split into 6 individual strands. For this pattern we will be using **3-strands** for the entire design.

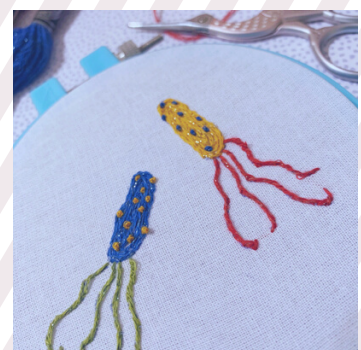


Let's talk different color combinations!

In the picture to the right for the 5-inch hoop I used the classic DMC threads in: ECRU, 502, 3328 (or 3712) This hoop is what I make in the IGTV Series you can follow along with!



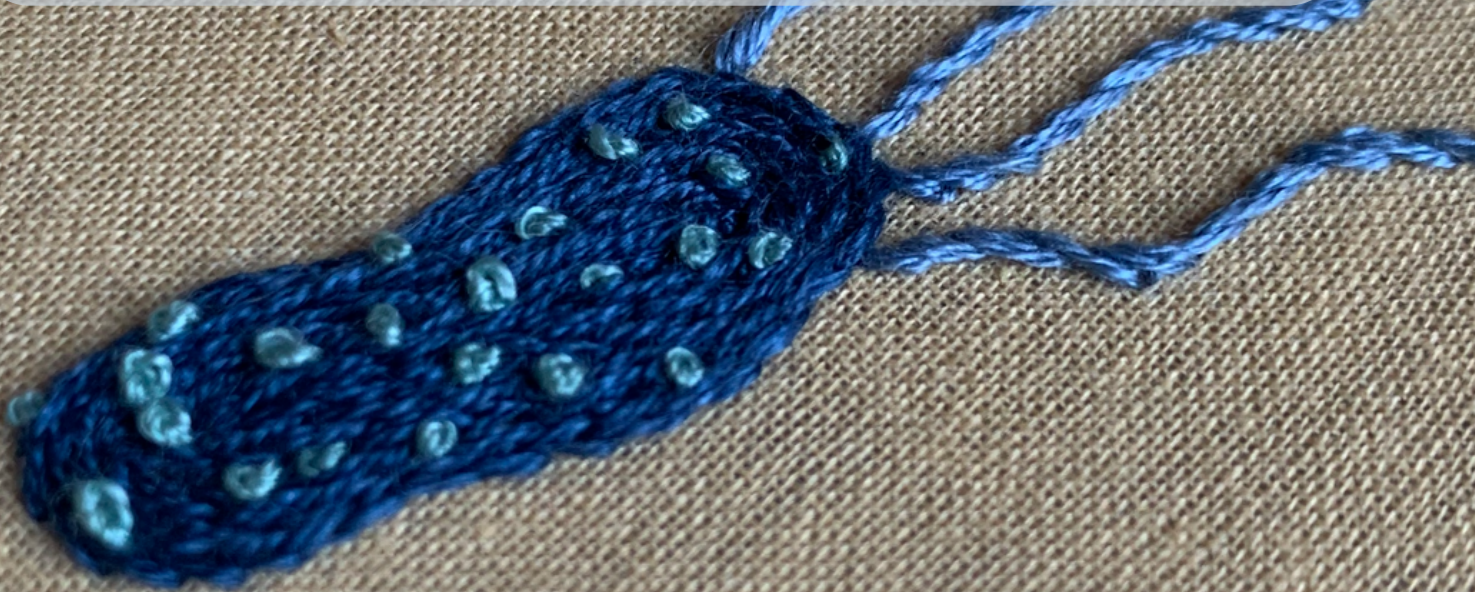
I also really enjoy using DMC Etoile threads in C798, C725, C471, C321 for this pattern.





# About H. pylori

Helicobacter pylori or H. pylori is a type of bacteria that typically lives in your digestive tract! They are known to cause sores, or ulcers, in the stomach or upper intestines. EEP!



H. pylori is a gram-negative bacteria that has a helical shape with 4-6 flagella. Originally discovered in 1982 by two Australian doctors, H. pylori was finally proven to be involved in the formation of ulcers and gastritis. Previously, many had thought these two afflictions were caused by stress, as opposed to bacteria!



# THE END!

## You did it!

Fantastic! You've finished your bacteria embroidery! I hope you enjoyed this pattern and found the tips helpful! Make sure to share your finished piece with me on social media using #StitchingWithHew ! I'd love to see it!



Feel free to contact me with any questions at all  
([stitchinghew@gmail.com](mailto:stitchinghew@gmail.com)) or via my website  
[LTHscience.com](http://LTHscience.com)

Find more of my embroidery patterns here:  
<https://www.etsy.com/shop/StitchingHew>

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