



FREE STANDING LACE SHE-GNOME - FREEBIE

A MACHINE EMBROIDERY ORNAMENT DESIGN FOR A 4"X 4" HOOP

DESIGNED BY KAY HINDMARCH COPYRIGHT 2025

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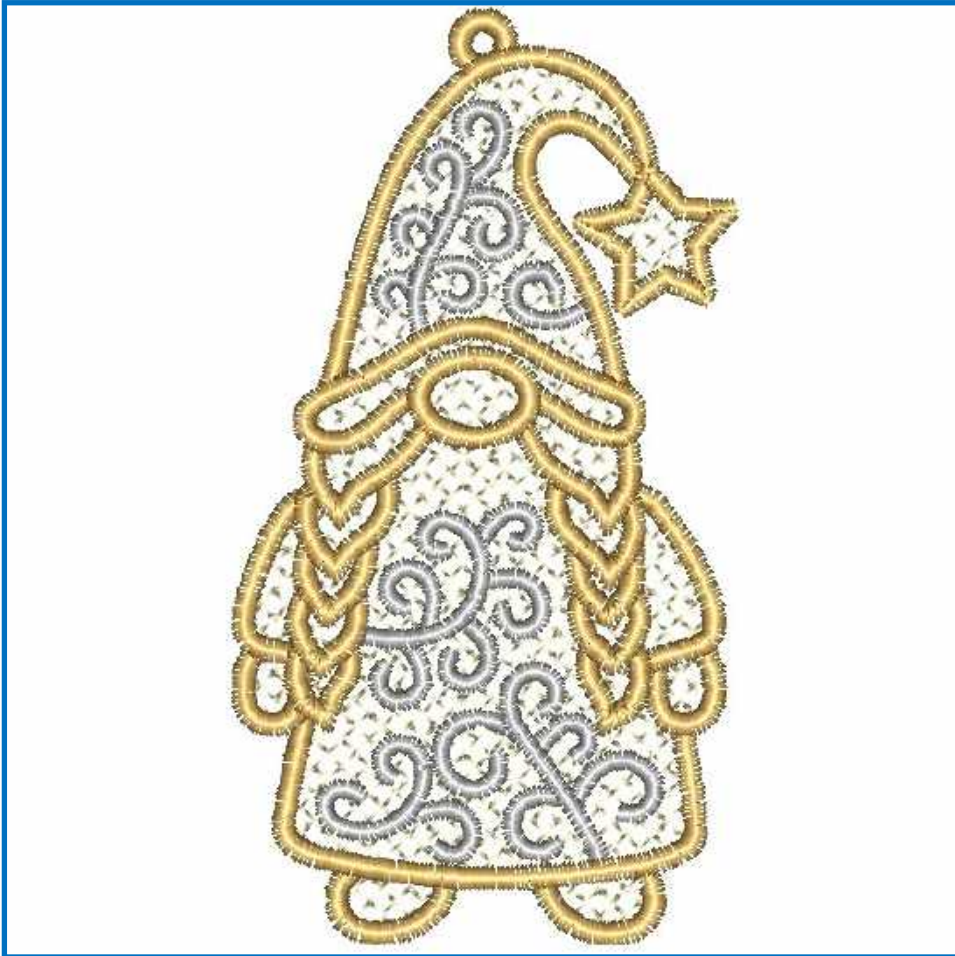
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A big thank you to Flo for proofreading these instructions.



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HOW TO CONTACT ME

INQUIRIES CONCERNING THIS DESIGN:

Please email me directly at kayscutz@gmail.com, Heather is a very busy person, she doesn't have the time or access to the information for my designs that I do as the creator. You will get a much quicker response by emailing me directly, if you don't, your email will most likely end up in a long queue, sure it will be forwarded on to me eventually but it may take some time. As I make stitch-along videos, I may not be at my desk at the time you send me a message but I do check my emails throughout the course of the day so please be patient. I will respond as quickly as possible. Please take into account too that we may be in different time zones.

Before you contact me, please read the trouble shooting pages and try any relevant suggestions given there first. Your problem might be a simple fix and get you underway again really quickly. [CLICK TO GO THERE](#).

If you are still having a problem, in order to help you efficiently I will need the following information: "Help my machine isn't seeing the file" is not good enough.

1. What is the make and model of your embroidery machine?
2. What hoop size you are using and what is it's code if there is one?
3. What is the name of the design you are doing, along with the name and size of the file you are trying to stitch out?
4. Are you opening the file or files in any software before they are loaded into your machine, if so what are you using and why?
5. Have you set the hoop size that you are using in your machines settings before you loaded it into your machine?
6. Have you checked that the size you want to stitch will fit your hoop? An 8"x 12" file wont fit in a 7.9"x 11.5" hoop, it is very easy to pick the wrong file size by mistake. Have you tried a smaller size in your machine, for instance a 6"x 9" instead of an 8"x12"?
7. Please send me a photo of your hoop and a photo of any message that you are getting on your embroidery machine. If there is a stitching problem I need a clear photo of what you have stitched and the problem.
8. Please provide any other relevant information that you think I might need to help you.

PAYMENT INQUIRIES:

Please address any payment inquiries to: help@kreativekiwi.com

INSTRUCTIONS

WARNING: - You are strongly advised NOT to open these files in any embroidery software prior to transferring them to your machine. Doing so could prevent them from stitching out properly and could prevent your machine from stopping in the right places, giving you very unexpected results. You should simply unzip the files and transfer the one(s) you are going to stitch out directly onto a USB key or via a data cable directly into your machine. All the files are stitch ready.

DESCRIPTION

A free standing lace gnome freebie that can be used as a tree ornament or as a key fob; make it in one or multiple thread colours.

HOOP SIZES

4"x 4" hoop

THE FILES

4X4-FSL-SHE-GNOME-FREEBIE

WHAT YOU WILL NEED

- 2 layers of washaway stabilizer.
- T-pins or pins with heads on to secure your stabilizer in the hoop. These are essential if you are not using a magnetic hoop.
- Iridescent mylar - optional. You can buy iridescent mylar on Amazon, it is also known as florists cellophane. This gives a beautiful sparkly appearance to your ornament. You could also use organza instead of mylar if you prefer.
- Ribbon or fishing line if you are making a tree ornament or keyring hardware if you are going to make a key fob.

- Matching bobbin and thread colours as follows;
 - The background
 - For the decorative scrolls on the robes
 - The gnome border

Note: You can stitch the whole design in one colour if you prefer.

IMPORTANT FREE STANDING LACE STITCHING TIPS

- Pin your stabilizer to prevent any movement if you do not have a magnetic hoop. This is an essential step, it keeps your stabilizer taut and prevents it from pulling down between the hoop frames. Any misalignment of the stitches due to movement will prevent them from locking together. It is very important that the stitches do lock to prevent everything from unravelling as there is no fabric to hold it all together.
- Slow your machine down to the slowest setting for your machine, yes it will take longer to stitch but this allows the top and bobbin threads to lock together properly and it prevents the top thread from snagging.
- Use a matching bobbin and thread colour throughout. You can wind your bobbins using the top threads.
- **Always use two layers of washaway stabilizer**, the stitches need to be fully supported during the stitching process. **You cannot use any other type of stabiliser for free standing lace as it has to be washed out after the stitching is finished.**



4X4-FSL-GNOME

With XXX being your chosen hoop size

QUICK STITCH SEQUENCE

COLOUR 1 - MYLAR or ORGANZA PLACEMENT OUTLINE - (sky blue)

COLOUR 2 - THE BACKGROUND MESH - (beige)

COLOUR 3 - THE DECORATIVE DETAIL - (silver)

COLOUR 4 - THE GNOME SATIN STITCH BORDER - (khaki)



STEP 1

VIEW FROM THE FRONT OF THE HOOP

- Hoop 2 layers of washaway stabilizer, and, if you are using a traditional hoop, you must pin around the top edge of your hoop to anchor the stabilizer in your hoop. If you are not sure how to pin your stabilizer we have a [VIDEO](#) showing you how to do it. This step is critical for free standing lace, any movement will prevent the threads from meshing together and they could come apart.
- Load a matching bobbin and thread colour for the background mesh into your machine. If you are using only one thread colour throughout, load your chosen matching bobbin and thread into your machine.



STEP 2

VIEW FROM THE FRONT OF THE HOOP

- If you are adding mylar, remove the hoop from your machine.
- Place your layer of mylar over the outline.
- Tape it in place with masking tape so it cannot move during stitching.
- STITCH COLOUR 2 - To stitch the mesh background.

IMPORTANT

Although adding mylar is optional, you must still stitch this step as it forms the mesh foundation for the rest of the design to lock onto, without it, the stitching will unravel.



STEP 3

VIEW FROM THE FRONT OF THE HOOP

- Load your matching bobbin and thread colour for the decorative scrolls of the robe and hat into your machine.
- STITCH COLOUR 3 - The scroll pattern of the robe and hat.
- If you have added organza, cut away the excess fabric, it's important to cut as close to the stitch line as you can, otherwise the threads will poke through the satin stitch border later on. Take great care not to cut any stitches.



STEP 4

VIEW FROM THE FRONT OF THE HOOP

- Load your matching bobbin and thread colour for the satin stitch border of the gnome into your machine.
- STITCH COLOUR 4 - The satin stitch border of the gnome.
- Remove the hoop from your machine.
- Tear off the excess mylar, if you have used any.



STEP 5

VIEW FROM THE BACK OF THE HOOP

- Turn your hoop over so the back of the hoop is facing up.
- Cut around the edge of the gnome to free your work from the hoop. Take care not to cut the stitches.



STEP 6

DISSOLVING THE STABILIZER

You don't need to rinse out all traces of the stabilizer from your gnome ornament; leaving some residue in will allow it to become stiff once it has dried completely, which is ideal for either tree ornaments or the key fobs.

- Drop your gnome into a bowl of warm water to dissolve the washaway stabilizer.



FINSIHING YOUR GNOME ORNAMENT

- Remove the ornament from the water, pat it dry with a towel.
- Let your gnome ornament dry flat .
- Add a hanging loop using either with fishing line or ribbon or add your keyring hardware to finish your gnome.
- Congratulations, your gnome is now complete.



FINSIHING YOUR GNOME ORNAMENT

Thank you for choosing this design to be a part of your machine embroidery design collection.

INSPIRATION AND ACKNOWLEDGMENTS



4X4 STITCHED BY DAWN

A big thank you Dawn for testing this design.

INSPIRATION AND ACKNOWLEDGMENTS



4X4 STITCHED BY FLO

A big thank you to Flo for testing this design.

INSPIRATION AND ACKNOWLEDGMENTS



4X4 STITCHED BY NANCY

A big thank you to Nancy for testing this design.

INSPIRATION AND ACKNOWLEDGMENTS



4X4 STITCHED BY PAM

A big thank you to Pam for testing this design.



ANOTHER DESIGN THAT YOU MIGHT LIKE TO MAKE

If you love gnomes, then you will love making Freya the large Festive She-Gnome applique.

She comes with 5 different arm options she can hold
A bauble, a Bible, a book of carols, a bowl and empty hands
to hold whatever you fancy. She's a great companion for

Sven another large festive gnome applique

There is a stitch along video at the bottom of the
product page in the link below.

[TAKE ME THERE](#)

USEFUL LINKS

[TAKE ME THERE](#)

Kreative Kiwi Embroidery stitch along videos.

[TAKE ME THERE](#)

Kreative Kiwi Embroidery's inspirational blog.

[TAKE ME THERE](#)

Kay's Cutz YouTube channel, dedicated to teaching machine embroidery step by step.

[TAKE ME THERE](#)

How to hoop your stabilizer properly.

[TAKE ME THERE](#)

How to personalise a design with names, letters and dates using your embroidery machine's fonts.

[TAKE ME THERE](#)

Check out the new designs on Kreative Kiwi's website. New designs are added regularly.

[TAKE ME THERE](#)

Kreative Kiwi Embroidery's Facebook Group.

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TROUBLESHOOTING

- The design isn't stitching in it same order as the instructions, or the stitching has gaps in it or the stitches are really dense.

Are you opening the file(s) in any software before you load the files in your machine? Doing so could prevent them from stitching out properly and could prevent your machine from stopping in the right places, giving you very unexpected results.

If this happens you should delete the files you have already unzipped, unzip the downloaded file again and transfer the file(s) you are going to stitch out directly onto a USB key or via data cable directly onto your machine. All the files are stitch ready, you do not need to put them through software first.

Have you enlarged the file? This can cause gaps in the stitches, in which case restitch it at the original size.

Have you reduced the file? This can cause the stitches to become very dense and distorted, this can cause thread and needle breakages, in which case restitch it as the original size.

- My machine cant see the files.

Have you checked that the size you want to stitch out will actually fit in your machine? It is very easy to pick the wrong file size by mistake. A 10"x 16" design wont fit in an 8" x 12" hoop and an 8"x 12" design wont fit a 7.9"x 11.5" hoop. The size of a design is always determined by the segment with the largest dimensions. Even if smaller parts of the design might fit in a smaller hoop, the largest one will not, that file is the one that determines the hoop size for a design. The hoop sizes are given in these instructions, please check them before choosing the size you are going to make. If they are too big your machine will not see them or will tell you to use a larger hoop.

Have you emptied your USB key, too many files can be a problem.

- Janome owners - Have you set the hoop size that you are using in your machines settings before loading your hoop into your machine?

If you don't, your machine might not be able to see them or it will tell you that you need a larger hoop, you cannot rely on your machine to automatically choose the correct size hoop for you. If you are not sure how to do this please refer to the user manual for your machine.

TROUBLESHOOTING CONTINUED

- Your thread keeps breaking

Are you using the correct size needle? Most machines use a 75/11 embroidery needle for regular thread.

Has your thread caught on anything and caused it to break?

- Your thread shredding when you use metallic threads?

Metallic threads need a 90/14 needle or they will shred just for the fun of it. Slow your machine down to its slowest setting, no faster than 350 stitches per minute, loosen your top thread tension by three, use a thread stand so the thread can pull off the spool without twisting, if it twists it can jam in the eye of your needle and shred or it might even break your needle.

- My needle keeps breaking.

Have you checked to see if the thread is catching on anything in the vicinity of your machine?

Are you stitching through several layers of fabric that together are quite thick or through layers of denser fabric such as vinyl? If so your upper thread tension may be too tight, try loosening it off a bit. You can put it back to where it was after you have finished.

Is your needle bent or has it hit the throat plate? If so change it.

- I am getting a birds nest under my fabric.

Have you put your bobbin in the right way? On most machines the thread comes off the bobbin anti-clockwise, if you are not sure which way it has to be for your machine, look it up in your user manual.

Is your foot too high for the thickness of the fabrics you are stitching? If so lower it.

- My machine is skipping stitches.

Slow your machine down so it gives the bobbin thread a chance to catch the top thread.

INCHES TO METRIC CONVERSION CHART

| INCHES | CM |
|--------|-----|
| 1/4 | 0.6 |
| 1/2 | 1.2 |
| 3/4 | 1.9 |

| INCHES | CM |
|--------|------|
| 1-0 | 2.5 |
| 1 1/4 | 3.2 |
| 1 1/2 | 3.8 |
| 1 3/4 | 4.5 |
| 2 | 5.1 |
| 2 1/4 | 5.7 |
| 2 1/2 | 6.4 |
| 2 3/4 | 7 |
| 3 | 7.6 |
| 3 1/4 | 8.3 |
| 3 1/2 | 8.9 |
| 3 3/4 | 9.5 |
| 4 | 10.2 |
| 4 1/4 | 10.8 |

| INCHES | CM |
|--------|------|
| 4.5 | 11.4 |
| 4.75 | 12 |
| 5 | 12.7 |
| 5.25 | 13.3 |
| 5.5 | 14 |
| 5.75 | 14.6 |
| 6 | 15.3 |
| 6.25 | 15.8 |
| 6.5 | 16.5 |
| 6.75 | 17.2 |
| 7 | 17.8 |
| 7.25 | 18.4 |
| 7.5 | 19.1 |
| 7.75 | 19.7 |

| INCHES | CM |
|--------|------|
| 8 | 20.3 |
| 8.25 | 21 |
| 8.5 | 21.6 |
| 8.75 | 22.3 |
| 9 | 22.8 |
| 9.25 | 23.5 |
| 9.5 | 24.1 |
| 9.75 | 24.8 |
| 10 | 25.4 |
| 10.25 | 26 |
| 10.5 | 26.7 |
| 10.75 | 27.3 |
| 11 | 28 |
| 11.25 | 28.6 |

| INCHES | CM |
|--------|------|
| 11.5 | 29.3 |
| 11.75 | 29.8 |
| 12 | 30.5 |
| 12.25 | 31.1 |
| 12.5 | 31.8 |
| 12.75 | 32.4 |
| 13 | 33 |
| 13.25 | 33.7 |
| 13.5 | 34.3 |
| 13.75 | 34.9 |
| 14 | 35.5 |
| 14.25 | 36.2 |
| 14.5 | 36.8 |
| 14.75 | 37.4 |