

We would like to thank Edward Xiong, a HMoob American student in Textiles and Fashion Design here at UW-Madison, from whose original design and instructions this document was derived from.

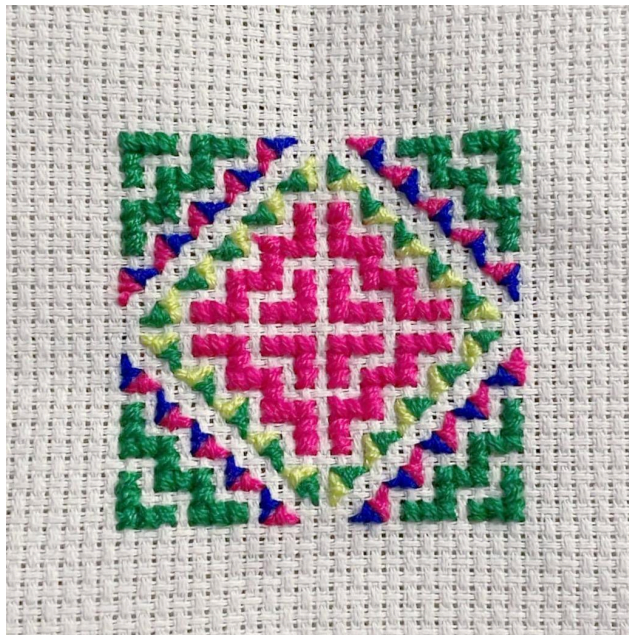
His passion for preserving and celebrating Hmong culture, brilliant eye for design, and dedication to educating his community, here on campus and beyond, was and is an inspiration to us all. It is because of his example--and his love for his community and his culture--that we share this with you all today.

Materials

- Four different colors of embroidery floss
- Four sewing needles
- One square of aida cloth

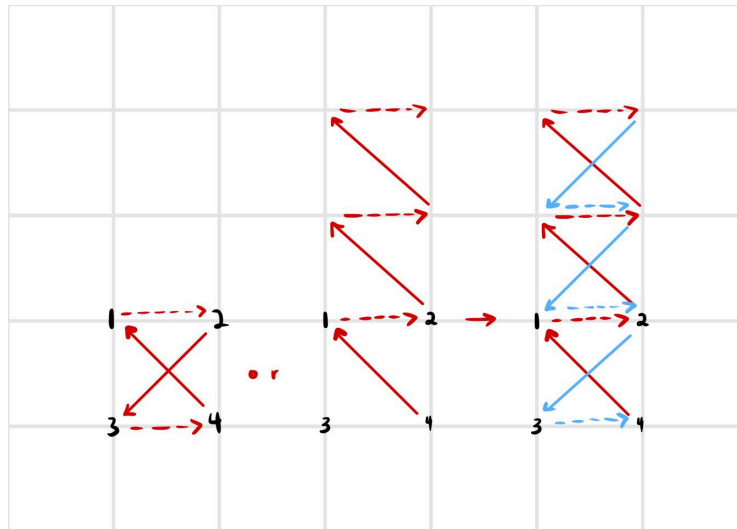
Threading the Needles

1. One floss color at a time, carefully separate the individual threads that make up the floss.
2. Taking three strands of thread of the same color, line them up and tie a knot at the very end.
3. Have your needle on hand, taking the side of the threads that have not been tied, carefully insert the strands through the hole of the needle.
4. When the needle has been threaded with all three strands, you will not be tying this end of threads. Instead, you will pull the thread through the needle until you feel comfortable that it will not slip out of the needle.
5. Set aside the remaining of the strands, you may need it later in order to complete the paj ntaub design.
6. Repeat steps 1-5 for the remaining three colors of embroidery floss, one color at a time.



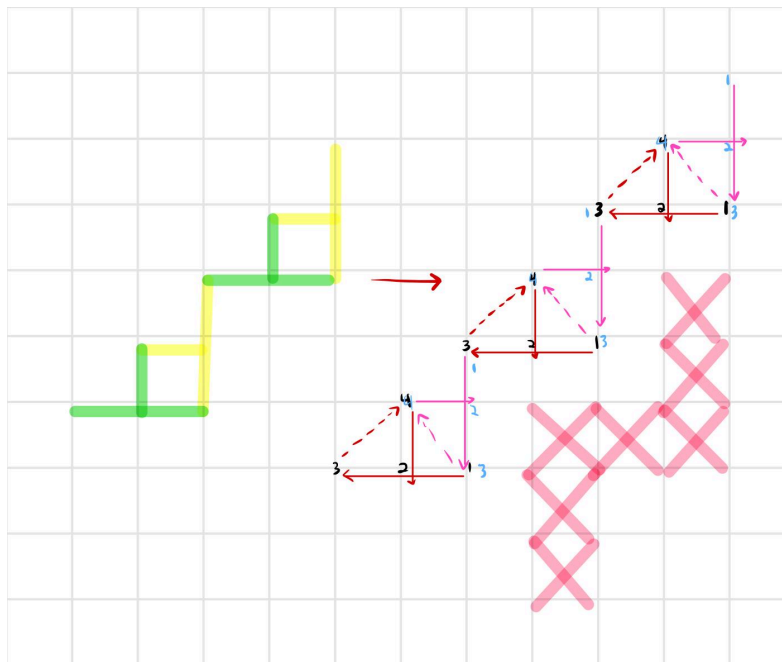
Finished Paj Ntaub

Stitching Patterns
Lub Tsev + Tus Ntaiv



1. From each square on the aida cloth, start from the right bottom corner. Insert the needle from the backside, through hole #4, bringing the needle all the way through the cloth.
2. Once the needle has gone through hole #4, make a stitch that goes through hole #1, and back through hole #2, coming through the backside.
3. While the pattern consists of clusters of three, you may repeat this pattern two more times to make a total of three cross stitches in a row. Shown with the blue and red arrows above.

Roob



Paj Ntaub Instructions

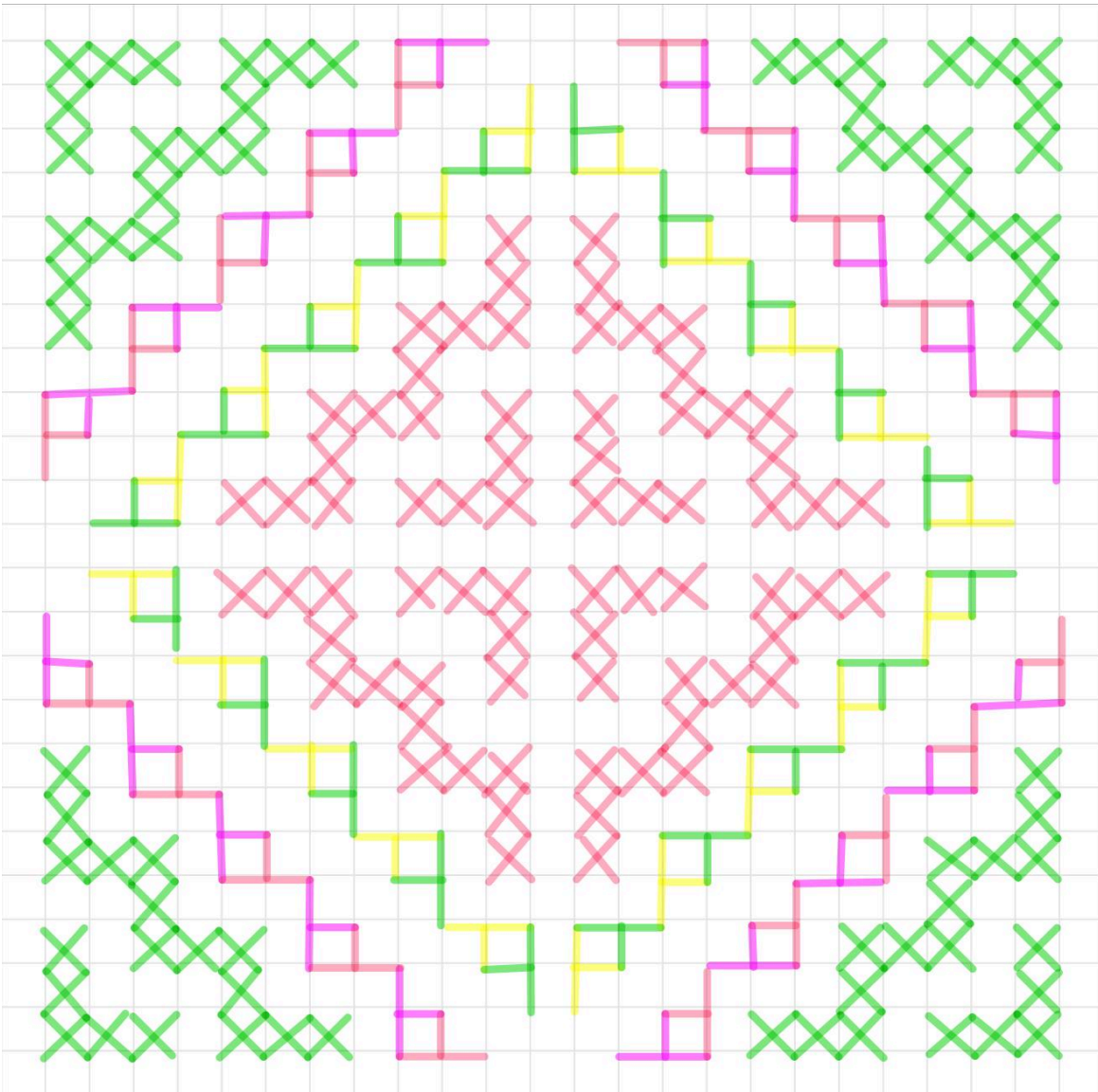
Lub Tsev (House) + Roob (Mountains) + Tus Ntaiv (Rickrack Steps)

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1. From hole #1, thread the needle from the backside, pulling the needle all the way through.
2. Once the needle is all the way through to the front side of the aida cloth, from right to left, skip a hole and thread the needle through hole #3.
3. From the backside, moving to the top of the square, insert the needle through hole #4.
4. From hole #4, the needle should be on the front of the cloth, thread the needle through hole #2, making sure to catch the line of thread (from hole #1 to hole #3) inside.
5. Now your needle is on the backside of the aida cloth. From hole #2, move one hole to the left and two holes down, continue this stitching pattern to make a total of five roob of the same color. To make the second color of roob, turn the aida cloth 90 °

Embroidery Pattern

Lub Tsev (House) + Roob (Mountains) + Tus Ntaiv (Rickrack Steps)



Paj Ntaub Instructions

Lub Tsev (House) + Roob (Mountains) + Tus Ntaiv (Rickrack Steps)

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Embroidering Lub Tsev (All Pink (center of design)) and Tus Ntaiv (Green steps that border the Roob)

1. Find the center of the aida cloth by folding it in half twice, unfold it and pick between the four sides to begin (LUB TSEV).
2. Using the stitching pattern described above, make three cross stitches up (LUB TSEV AND TUS NTAIV).
3. Once the three stitches are complete, turn the aida cloth 90° and make two cross stitches up (LUB TSEV AND TUS NTAIV).
4. Without cutting the thread, skip a square and continue the stitching pattern; three squares up, turn the cloth, two squares, repeat (the remaining stitches should be two squares to make three cross stitches total in a row) (LUB TSEV AND TUS NTAIV).
5. Once the pattern is complete, you may tie the thread on the backside and cut the thread (LUB TSEV AND TUS NTAIV).
6. To complete lub tsev, repeat steps 1-5 three more times.

Embroidering the Roob - Green and Yellow Triangles, and Pink and Purple Triangles (Bordering Lub Tsev)

1. From one end of lub tsev, skip a square to begin embroidering the roob.
2. Make sure to use one color at a time before continuing with a second color for the roob.
3. Follow the roob stitching pattern, as described above, and make a total of five roob with the first color.
4. Without cutting the thread, turn the aida cloth and skip one square to continue embroidering the roob on the following side. Repeat these steps to make a total of four roob to border lub tsev.
5. Once four roob of the same color are complete, you may tie the back and cut the thread.
6. Taking the second color of thread, repeat steps 1-5 to complete the two-colored roob.