

Cross-stitch Basics

Materials

1. Fabric
 - usually Aida or Linen, both evenweave fabrics with grid-like blocks for stitching
2. Embroidery hoop (not included in kit)
 - keeps fabric taught while stitching
 - remove when not stitching to avoid stretching fabric
3. Thread
 - embroidery floss
 - made of 6 individual strands
 - design chart identifies number of strands to use
 - usually 2 for cross-stitch and 1 for back stitch
 - cut floss in 18 inch lengths for ease of use
4. Needle
 - needle is inserted in the spaces between the threads of the cloth
 - use blunt-pointed tapestry needles (#20 — #26)
5. Design chart
 - drawn on graph paper
 - each square represents a stitch
 - symbols on the chart are keyed to a color chart, identifying the color to be used for each stitch
 - arrows along the sides indicate the center of the chart
 - begin to count stitches from the center square

How to Begin

1. Find the center of your fabric.
 - fold fabric in half horizontally and pinch tightly to crease
 - repeat in the opposite direction
 - center is where creases intersect
2. Match the center of the fabric with the center of the chart.
3. Thread the needle with specified number of strands of floss.
4. Insert the needle in front of fabric an inch from where you want to start stitching, leaving a short "tail" of floss.
5. Come up, from the back, in the square you want to stitch and complete your first cross-stitch.
6. Continue with several more stitches.
7. Pull the "tail" of floss through from the back and cut off close to the fabric. (Don't knot the thread.)

Basic Stitches

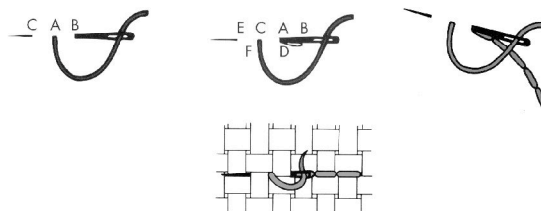
1. Cross-stitch

- most common stitch
- use when symbol on Design Chart takes up entire square
- top thread of the "x" should always slant in the same direction.



2. Backstitch

- generally used for outlining or lettering
- use when chart shows straight line or dotted line joining two corners of a square



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