

B10 Balanced Diet

Sources:

Fabric

Zweigart/Joan Toggitt Ltd.
(732) 562-8888

Sampler Threads

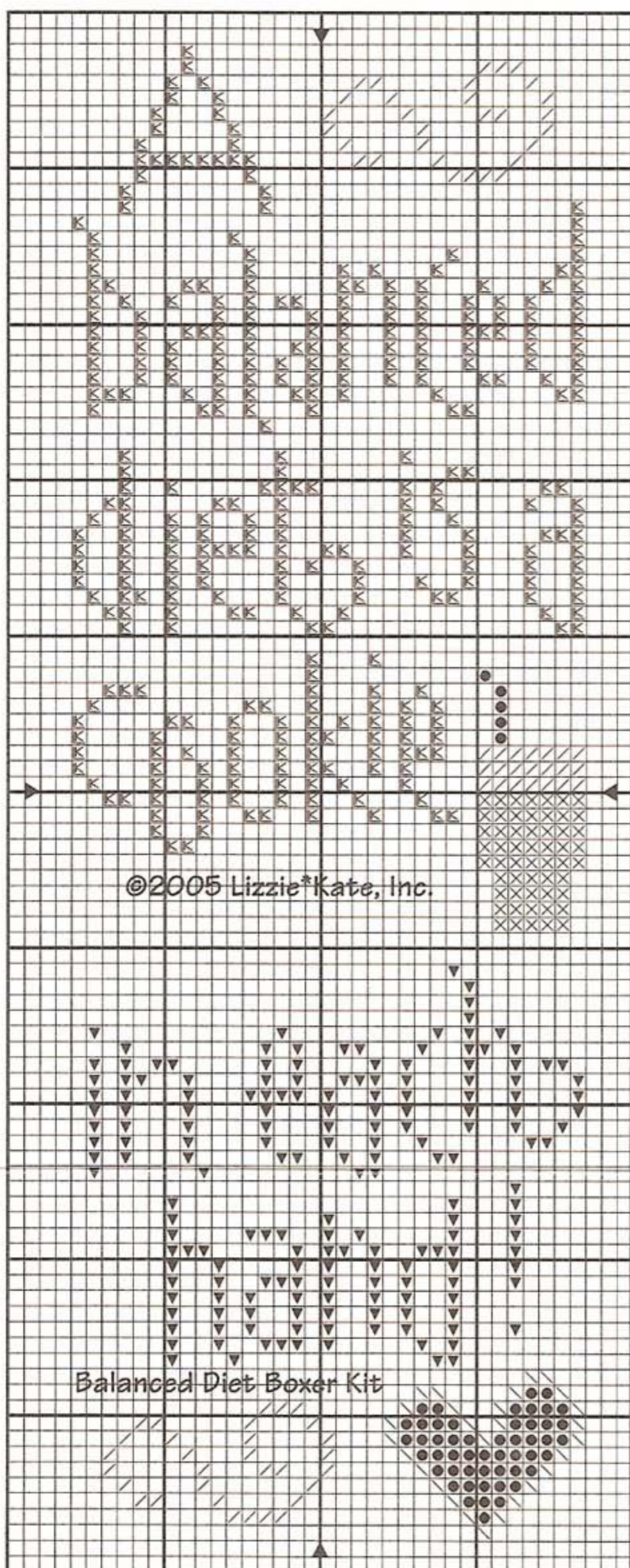
The Gentle Art
(614) 855-8346

Overdyed Threads

Weeks Dye Works
(919) 772-9166

Frame - 4" x 8.25" SCCI/OCB

East Side Mouldings
(800) 840-6077



Fabric: 28 count Mushroom Jazlyn. Stitch Count: 33W x 96H.

Approximate design size: 2.5" x 7". If using overdyed floss, one five yard skein needed of all colors. Cross stitch over two threads using two ply fibers. Attach two cookie buttons as shown in photo.

Symbol	Sampler	Weeks	DMC	Anchor
/	bluejay		322	978
K	midnight		930	1035
●	red grape		3803	896
\	tea rose		3354	74
▼		chestnut	898	360
×		whitewash	712	926

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