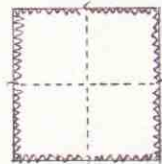MAIN CHART

How to cross stitch on Linen!

Counted Cross Stitch on linen is easy, even for first time stitcher. These general instructions will prepare you for your stitching!
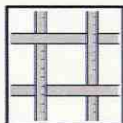
STEP 1: Unpack your kit. Lay out your materials, identify and label them, comparing them to the list of materials. **Overcast or zig zag** raw edges of fabric to prevent unraveling. **Fold the fabric in half twice, and baste** a sewing thread along both the horizontal and vertical folds, which run along the middle of your fabric. Once you start stitching, these central basting lines can be used to help you position your Cross Stitches on the fabric. *A roller frame is recommended to prevent distortion and handling of the fabric.* However, if you like it better, you can place the fabric in a 6" hoop. Linen creases more than cotton, so wrap the inner hoop with some strips of bandaging and take fabric out of hoop when you are not working on it.

STEP 2: Check your Main Chart to begin. *Each square on the Main Chart represents **two** horizontal and **two** vertical fabric threads intersecting on your evenweave fabric.* Each **symbol** on the Main Chart represents a Cross Stitch on the fabric. The legend shows the colour floss represented by each symbol. You will need to choose the correct colour of floss to start with. Find one symbol on your chart that is at, or near the center of the Main Chart, and look in the legend to see what colour thread is associated with this symbol. That is the colour of thread you start with!
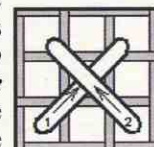
STEP 3: Prepare your embroidery Floss. Because you are going to use 2 strands of overdyed floss for each Cross Stitch, we suggest you begin with the **waste knot method**. The thread in your kit is a **cotton overdyed floss**, and can be separated into 6 separate strands. It occasionally runs if washed, so if you plan to wash your finished stitching, test the materials first. Place 1/4" pieces of floss on a paper towel, spritz with water. If any floss bleeds, just rinse the entire thing in mild solution of vinegar water until the water runs clear. To start stitching, you need to separate one strand at a time from the rest of the strands. Use thumb and forefinger of one hand to pull a single strand out, while holding the floss tightly with the other hand. Pull until the entire strand is clear. Don't worry, it won't tangle!

STEP 4. Count Carefully from the center of the Main Chart to Start Stitching! *To find the center of the Main Chart, follow the arrows to the middle.* The center of your Main Chart corresponds to the intersection of the basting on your fabric. On the Main Chart, count squares from the center to the place where you want to begin. Count the same amount of DOUBLE fabric threads from the center of your fabric to begin stitching where you want. **Remember:** *Each square on the main chart represents **two** fabric threads.* Counting Fabric Threads: Counted needlework on linen requires that you count the fabric threads between stitches. However, working on Aida may have trained you to count holes instead of fabric threads. With linen, the hole you are counting from is called "0", the next hole is "1", the next hole is called "2" and so on.

STEP 5: Start Stitching! *Follow the symbols for colour, and* use two strands of floss on 28ct for each Cross Stitch. Make sure that all the top arms face the same way in the entire Cross Stitch design. ***With overdyed floss it is important to complete each Cross Stitch before moving on to the next stitch.*** Both the Cross Stitch and Backstitch can be started with a waste knot as follows: make a knot at the end of the thread, and push needle through the front of the fabric near the zigzag edge. Come up at the appropriate spot and begin stitching. Later, cut the knot from the front of the fabric, pull the tail to the back and carefully weave through stitches already in place. Give yourself plenty of thread.

Fleece Navidad

This little wooly sheep is bleating a Christmas greeting to you! I've used blended needles of softly hued overdyed cottons to show the snow, a sheep with a warm wooly coat, and glorious surrounding boughs of holly and Christmas greens. My husband and I live in a cosy home in the country called Appletree Cottage. We love to walk through the farmland around us and at one spot, very near by, are five sheep. The one with the little black head always catches my eye. He was so adorable this winter...just covered with snow. I had to show you! Victoria Sampler provides a Fleece Navidad Accessory Pack which contains all the overdyed threads you need for this design. - Cathy

Design area: 109h x 85w (7.8"high x 6" wide)
Model: 28ct Dirty Linen Cashel
(Cut fabric: 14" high X 12" wide)

INSTRUCTIONS:

1. TREES, HOLLY AND SHEEP: Cross Stitch according to symbols on the Main Chart with 2 matching strands of floss. **NOTE:** A portion of the sheep was stitched with a blended needle of 1 strand of Weeks Chestnut and 1 strand of Gentle Art Picket Fence. Remember to stitch one cross at a time for maximum colour changes. Using 2 strands of Weeks Bark Backstitch the holly branch at the top. Straight Stitch the pine needles with 2 strands of Weeks Seaweed.

2. LETTERING: Backstitch the lettering with 2 matching strands of Weeks Juniper. Use 2 matching strands of Weeks Juniper to Cross Stitch the dot above the " i ".

Symbols and Materials:

✳	Blended Needle 1 strand each - GA - Picket Fence (white) and Weeks - Chestnut (red browns med)
·	GA - Picket Fence (white)
⋈	GA - Grecian Gold (multi golds)
●	GA - Black Crow (black)
♥	Weeks - Turkish Red (multi reds)
✖	Weeks - Holly (blue greens dk)
	Weeks - Seaweed (blue greens med)
○	Weeks - Juniper (olive greens dk)
↙	Weeks - Lucky (yellow greens lt)
■	Weeks - Molasses (browns vy dk)
◀	Weeks - Chestnut (red browns med)
	Weeks - Bark (green browns)
	#24 tapestry needle

FINISHING SUGGESTIONS Pillow: Using a matching fabric as a backing, and perhaps adding some strips of contrasting fabric on the front to frame around the outside of the design, sew front to back and stuff to form a pillow for Christmas! Frame: Use a 10" x 8" opening, stretch the design on a dark acid free mat board, and fit into a Rustic Frame. The frame you see on the front was made by Cathy's husband using authentic recycled boards found near a weathered barn. He mitered the corners, nailed them carefully together, and added a hanger on the back.