

Stitch Life

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INSTRUCTIONS AND SYMBOL KEY

Fabric: 14 count

Stitches: 86 x 87

Size: 16 x 16cm

Anchor Stranded Cotton

Use **2** strands of thread for cross stitch

Use **1** strand of thread for backstitch

Sym	No.
=	1
⊗	28
◇	70
←	89
4	238
▼	245
⊕	255
>	297
★	305
●	359
▲	410
⊞	1090
♥	1098
·	27
▣	35
▵	87
■	164
\	239
+	254
#	293
S	303
↘	316
■	403
⊞	433
⊙	1092
—	403



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GETTING STARTED

Centre the hoop securely over the design.

FINISHING THE HOOP

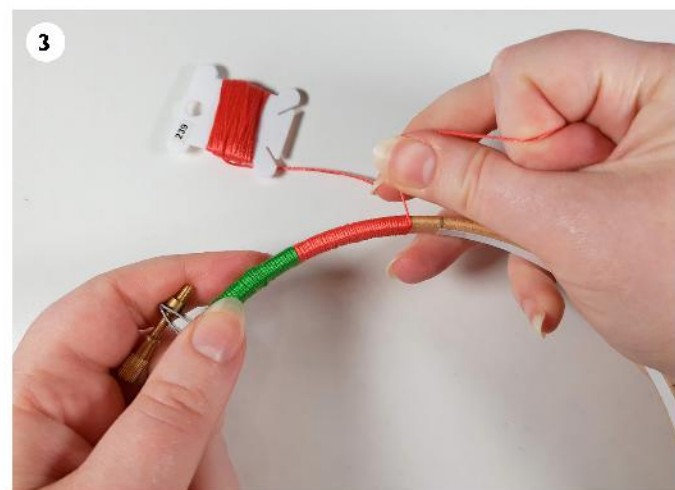
1. Use a pencil or pen to mark where the backstitch lines align with the hoop. Remove the embroidery and inner hoop. You will need to keep the embroidery near to hand for colour reference.



2. Stick a continuous strip of double-sided tape around the inside edge of the outer hoop. Remove the tape backing on the first section of the hoop, up to the first marked line. Repeat to cover the hoop.



3. Begin wrapping your thread, all 6 strands of the skein, around the hoop. Choose a colour thread that lines up with that colour in your embroidery. I suggest you choose the most predominant colour in the section. Where there is no colour, wrap white thread around the hoop. Make sure your thread ends are stuck to the inside of the hoop, so they are secure and concealed.



4. Place your embroidery into the hoop, lining up the colours with the hoop colours. Make sure your fabric is stretched tight. Trim away excess fabric leaving a 2cm border of fabric.



5. Turn the hoop over and use machine thread to sew a row of running stitches around the outside. Firmly pull the ends of the thread to gather the fabric edge to secure the stitching at the back.



6. Place a circle of white felt over the back of the hoop and tack it in place to protect the back of the stitching.

