

How to cross stitch on Linen!

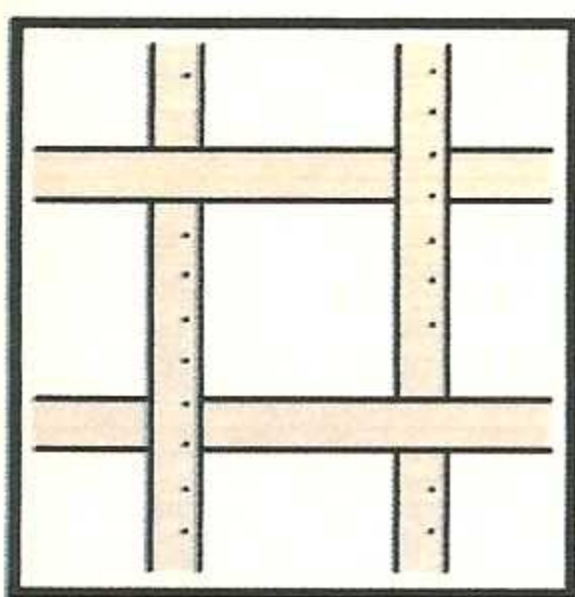
Counted Cross Stitch on linen is easy, even for first time stitcher. These general instructions will prepare you for your stitching!

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,**

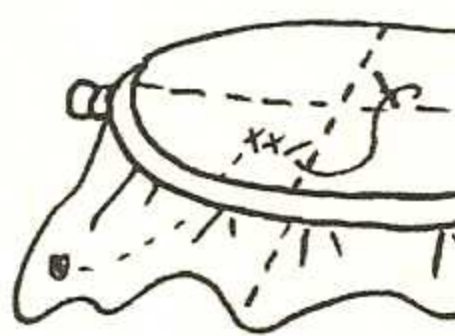


and baste a sewing thread along both the horizontal and vertical folds, which run along the middle of your fabric. Once you start stitching, these central basting lines can be used to help you position your Cross Stitches on the fabric. *A roller frame is recommended to prevent distortion and handling of the fabric.* However, if you like it better, you can place 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

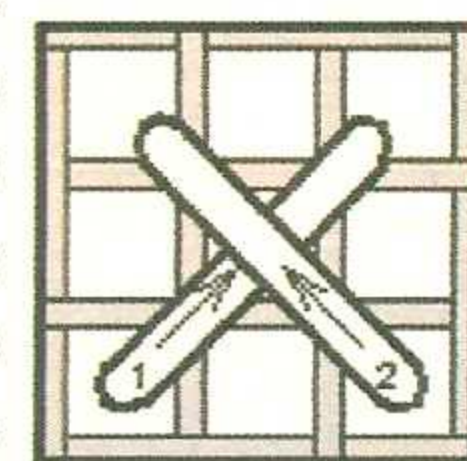


STEP 4: Count Carefully from the center of the Main Chart to Start Stitching! To find the center of the Main Chart, follow the arrows to the middle. The center of your Main Chart corresponds to the intersection of the basting on your fabric. On the Main Chart, count squares from the center to the place 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.

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!

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Winter Robin

Stitched in lively rustic tones, Winter Robin is an addition to my first three folk art bird designs. This little robin will fly right into your heart! We live in a cosy home in the country called Appletree Cottage, and robins are welcome and cheery visitors to the trees and hedges surrounding us. Hang the finished design on your wall, fashion it into a pillow for your couch, or present it either way to someone you love. Victoria Sampler provides a 'Winter Robin' Accessory Pack which contains all the overdyed threads you need for this design. - Cathy

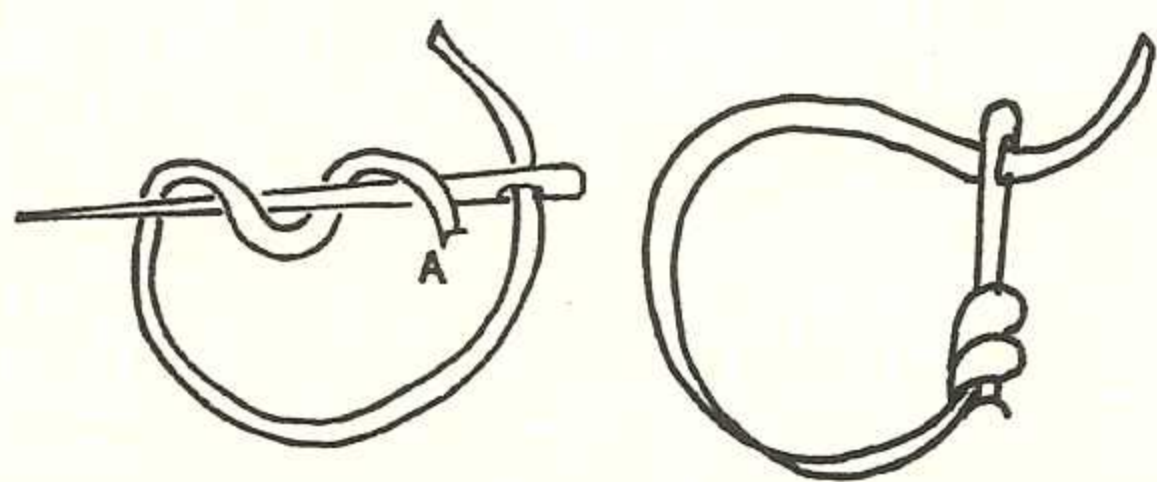
Design area: 105h x 83w (7.5"high x 6" wide)

Model: 28ct "Dirty Linen" Cashel Linen
(Cut fabric: 13.5" high X 12" wide)

INSTRUCTIONS:

1. WINTER ROBIN AND HOLLY: Using 2 strands of floss Cross Stitch according to symbols on Main chart. **Note:** When Cross Stitching with overdyed floss use 2 matching strands. Stitching with a blended needle use 1 strand of each colour. Remember to stitch one cross at a time for maximum colour changes. Work Tent Stitch at the bottom of the eyes on top of the Cross Stitch with 1 strand of Kreinik #4 Braid #010HL black. Using a Blended Needle of 1 strand of Weeks Moss and 1 strand of Weeks Bark Backstitch stems.

2. LETTERING: Backstitch lettering with 2 matching strands of Weeks Swamp Water. Work French Knots with 2 strands of Weeks Swamp Water according to symbols on Main Chart. **Note:** Wrap thread around needle twice for each French Knot.



Symbols and Materials:

- DMC Floss #310 - black
- Bundle A**
- Π Blended Needle 1 strand each-
 - Gentle Arts - Flax (tans med)
 - Gentle Arts - Summer Meadow (yellows)
- Gentle Art - Picket Fence (white)
- ♥ Gentle Art - Buckeye Scarlet (reds)
- Weeks - Blue Spruce (blue greens med)
- ◆ Weeks - Swamp Water (black browns dk)
- Bundle B**
- ◄ Blended Needle 1 strand each -
 - Weeks - Moss (yellow greens)
 - Weeks - Bark (greeny brown)
- ↙ Gentle Arts - Oatmeal (multi cream white)
- * Gentle Arts - Burnt Orange (multi orange)
- ✕ Gentle Arts - Maple Syrup (brown med)
- Kreinik #4 Braid #010HL - metallic black
- #24 tapestry needle

FINISHING SUGGESTIONS Pillow: Using a matching fabric for the backing, and perhaps add 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 your country decor. **Frame:** Use a 9.5" x 9" opening, stretch the design on a 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.

Wholesale Credits: "Winter Robin" Leaflet & Accessory Pack from **The Victoria Sampler**
28ct Cashel linen from Joan Toggitt Ltd.
Overdyed cotton floss from Weeks Dye Works and Gentle Art
#4 Braid from Kreinik Manufacturing Ltd.