

Cross Stitch Basics

Setup: find the centre of your fabric by folding in quarters or measuring. Select the colour floss you would like to start with. It's usually best to start in the middle of the pattern. Separate the number of threads you would like to use from the floss (usually two). Thread your needle.

Each square on the design chart represents a cross stitch and each symbol represents which colour to use.

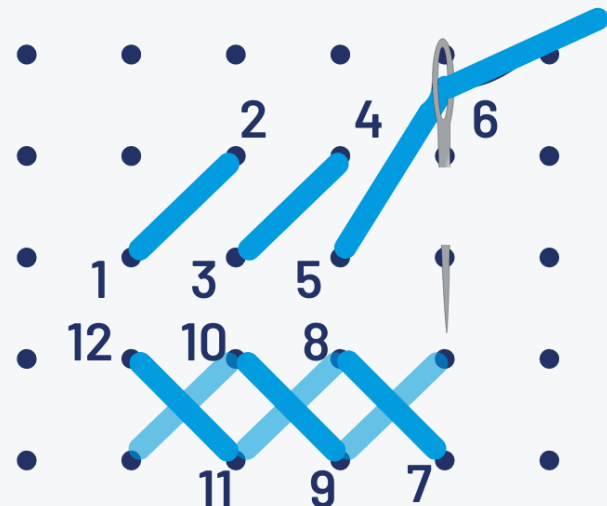
To begin, hold the loose end of thread at the back (about ½ inch) and secure it with your first few stitches. For beginners and children, you can also knot the thread to make things a little easier.

To end off the thread run the needle through the back of a few stitches to secure it.

Tips: Try to keep your tension even and don't pull your thread too tight.

Backstitches are single stitches and are represented by lines on the cross stitch pattern grid. Any backstitches should be done after all the cross stitches are finished.

Try not to let your thread become twisted, as this will skew your stitches.



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