

CROSS STITCH ON GINGHAM

True Gingham fabric has no right or wrong side. The checkered pattern is created by weaving dyed cotton yarn/fibers. Gingham fabric has been around for several hundred years. As a fashion fabric it comes and goes, but remains popular for aprons, children's wear, tablecloths and seasonal shirts and blouses. Gingham can be the base for embroidery techniques such as Chicken Scratch and cross stitch.

1. Find the center of your fabric and a starting place approximately 3 inches from the bottom edge of fabric. Place your fabric in an embroidery hoop, pull it taut, but not too tight that the fabric does not give; Thread your needle and bring the needle from the under side to the top of the fabric in your beginning square; you will bring the thread up in the left lower corner of square, cross to the upper right hand corner of square and go down in the fabric.
2. The key is to make all your crosses in the same direction and start each one in the same position such as the left lower corner.
3. Following a chart, you will make half-crosses across a row. After you have made the correct number of beginning half-crosses, you will then finish the cross by going the opposite direction (come up in the right lower corner and go down in the upper left-hand corner) This creates an 'X' in the square. You will do this to complete the stitches across the row.

Tips for success:

Do not 'carry' the thread too far across the fabric without making stitches. Finish off the thread and start a new piece of thread to start a new row or area.

Remember to have an even tension on thread and do not pull too tight or not pull tight enough.

It is easier to see the squares on darker fabric—as a beginner this can be helpful!

Outlining your work can enhance the finished design, but it is not necessary.



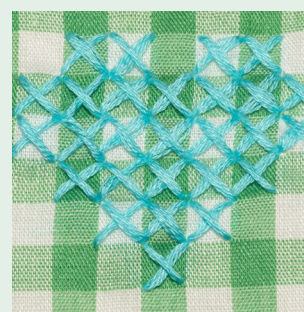
1.



2.



3.



Number of strands of Embroidery Floss:

Design preference, but usually 3 strands are good for clothing or accessories.

Do not use knots in your work. Pull the ending thread under previous stitches to finish and at the beginning catch the tail in your work as you go.

PATRIOTIC HEART

In this design it does not matter which color square you start on. You can start on any color square, but center your design and make sure you leave enough room around the design for finishing. You can finish this by making a pincushion, small pillow or wall-hanging.

				b	b	b	b				r	r	r	r					
		b	b	w	b	w	b	b			w	w	w	w	w	w	w		
	b	b	w	b	w	b	w	b	b	r	r	r	r	r	r	r	r	r	
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SUPPLIES NEEDED:

6 inch embroidery hoop

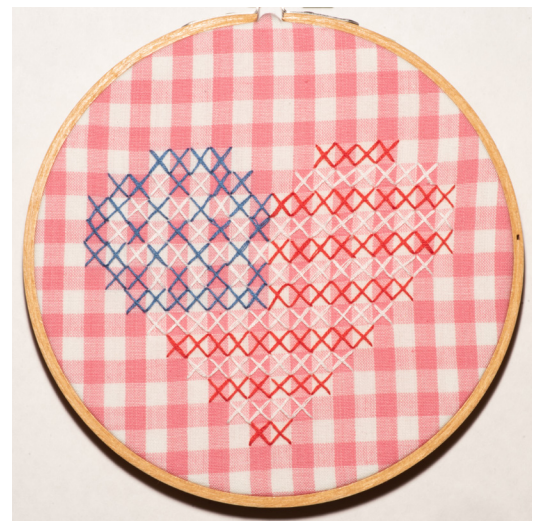
Use 3 strands of floss for this design.

Key: r = red floss; w = white floss; b = blue floss

Embroidery needle with a big enough eye to pass
3 strands or more through-size 7, 8 or 22, 24.

Needle threader can help with threading.

Small scissors or snips.



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