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Materials

I have deliberately not listed recommended materials as this cross stitch has been designed to be made up from bits and bobs from your stash. You are very welcome to change the colours, there are six in total, maybe favouring a pink and teal or raspberry and sky-blue palette instead? It can be stitched, knitted, quilted, crocheted, mosaicked (is that a word?) ... Just take your pick.

| Colour | 0 | \wedge | • | • • | + |
|--------|---|----------|---|------|---|
| Thread | | | | | |

Stitching

Every square of the chart represents a single cross stitch. The embroidery thread is made up of six strands and, if working on a 14-count fabric, you stitch the design using two of these strands. Starting at the centre of the chart, identify the colour of the first stitch and thread you needle with the correct thread. Bring your needle up through a hole at the centre of the material leaving a tail of thread hanging at the back of your work. As you make your first stitches try and catch the tail in the back of these stitches so that it is securely held in place.

There is no rule for the direction the stitches should lie but just make sure that all your crosses are facing the same way to get the neatest finish. To make your first cross-stitch bring your needle up through the first hole (1) and then pas it back down through the diagonal hole (2) to make a half-cross stitch. To complete the full cross-stitch, bring the needle up through (3) and pass it back down through the diagonal hole (4). Stitching these individual crosses is known as the English method.

You can also work rows of half crosses; up (1), down (2), up (3), down (4) etc ... And then work back along the row to complete the crosses, the Danish method. Both work well and you can switch between the two.

