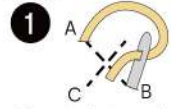# Cross Stitch Kit - Plants

Kit Includes

› 3 x Aida clothes
› 8 x embroidery threads
› 2 x embroidery needles
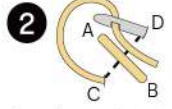› 3 x 10cm bamboo hoops

Before You Begin

- Prepare the Aida cloth on the embroidery hoop by separating the 2 circles and laying the fabric over the inner one. Place the larger circle over the top and press down to secure the fabric. Tighten the screw and gently pull the fabric edges to ensure it's taut.

- Embroidery thread is made up of 6 strands of thread twisted together. For cross stitch you will only use 2 strands of thread cut into 1 metre lengths to be more manageable. To separate the threads, pinch the end of the thread in between your thumb and forefinger to spread out the strands. Take 2 strands in your other hand and pinch the remaining thread in between your thumb and forefinger and gently pull the 2 strands of thread up. Continue to slowly pull until entirely separated. The thread will gather, but it should not tangle.

- A cross stitch pattern uses a graph divided into 10 stitch x 10 stitch sections to help count stitches. Each small square represents 1 stitch. Use the colour key to match the thread colours. Mark off your completed stitches on the design chart to keep track of your progress.

- Begin stitching in the centre, working outwards. Arrows on the top and side of the graph indicate the central point.

- To complete your hoop, turn it over and trim the excess fabric from the edges. Alternatively, trim the fabric and fold it over the inner part of the back side of the hoop. Use hot glue to secure the fabric.
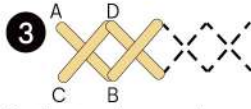
How To Stitch

Single

1 Using the holes in the fabric, bring the needle up through point A. Leave a 1 inch thread tail underneath the fabric and hold it in place with your finger. Take the needle diagonally across and insert it down through B. Position the tail of thread underneath the cross in the centre and hold it in place.
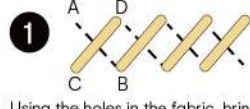
2 Bring the needle back up at C, catching the loose thread tail underneath and holding it in place. Then insert the needle down through D to complete a single cross.
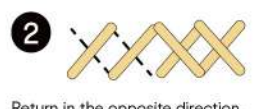
3 Continue to make a row of crosses. Follow the same technique for a vertical row.
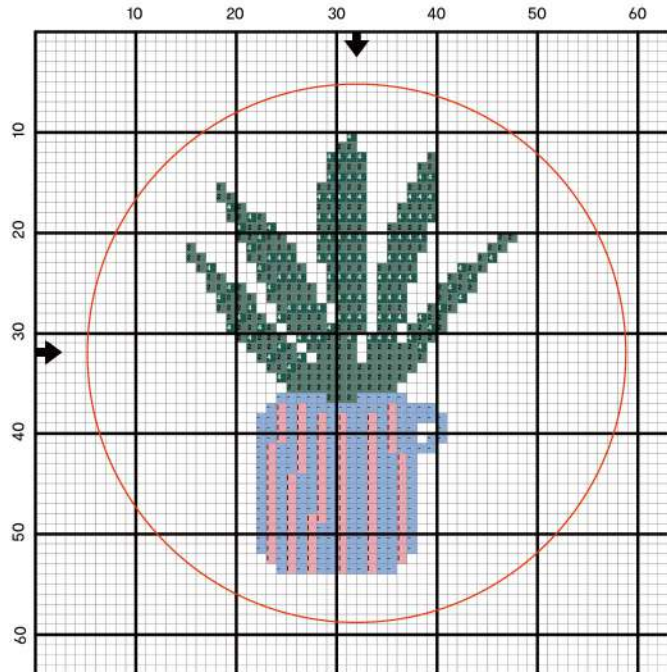
Row

1 Using the holes in the fabric, bring the needle up through point C and down through D. Continue along the row with diagonal stitches. Keep hold of the tail of thread underneath the fabric so it does not pull through.

2 Return in the opposite direction, completing the crosses by connecting the ends with diagonal stitches. Catch the loose tail of thread within the crosses to hold it in place. Follow the same technique for a vertical row.

Design Chart

Colour Key

4	Dark Green
2	Green
.	Light Green
5	Yellowish Pink
-	Light Blue
3	Orange
I	Pink
/	Dark Blue