

Adult Take and Make: Tails & Tales Cross-Stitch

Program Inventory:

- Embroidery skein with 2 colors (black and red)
- 1 embroidery hoop (approx. 3 in diameter)
- 1 embroidery needle (may be metal or plastic)
- Cross-stitch fabric
- Template

Please have the following on hand to complete the program:

- Scissors
- Ruler
- Pencil

Instructions:

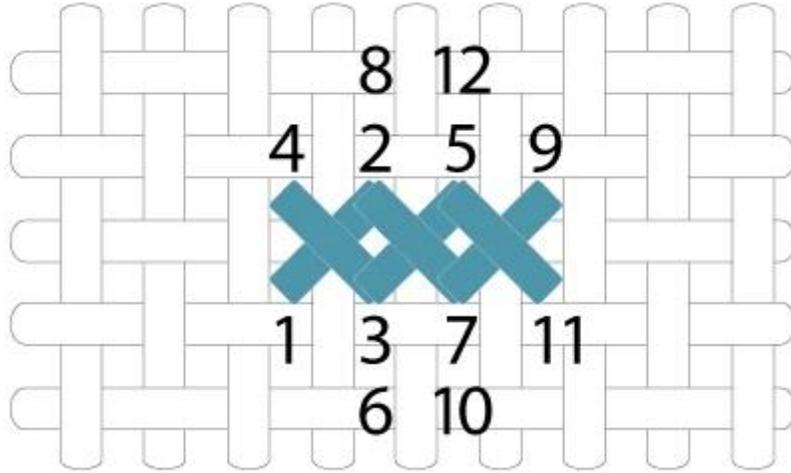
1. Cut out the template you prefer to use. Place behind the fabric and, using a pencil, trace it onto the fabric. This will make it easier for your project.



2. Open the embroidery hoop by unscrewing the top piece and separating the inner circle from the outer circle.
3. Over the inner circle, place the cross-stitch fabric, lining it up so your traced template is centered. Insert the pairing into the outer circle and adjust until the fabric is taut.
4. Tighten the top piece to secure fabric in place.
5. Cut the first thread you want to use into a strand measuring 18 – 20 inches. Larger chunks will result in knotting.
6. Thread your needle by inserting the thread through the eye at the top.
7. Following along with your traced pattern, begin sewing following the instructions on the next page:

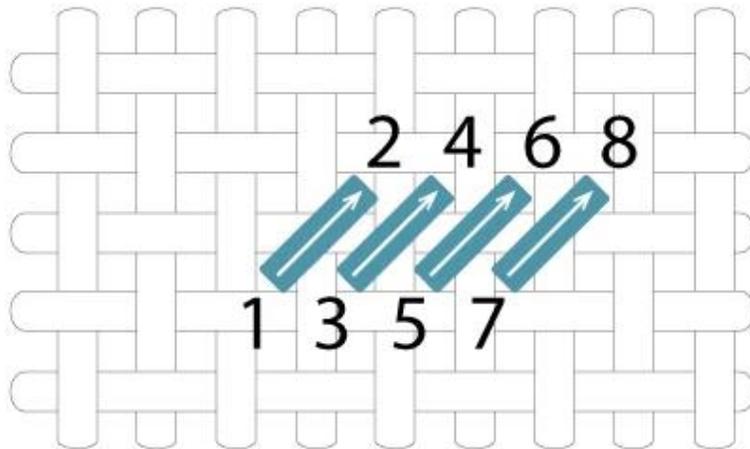
a. Individual Cross-stitches

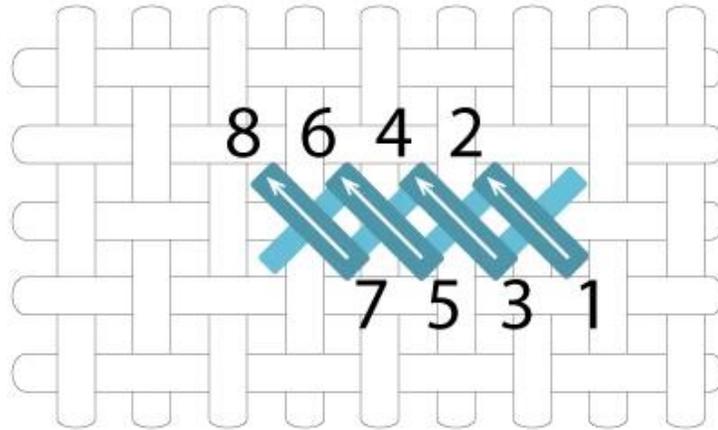
- i. Insert the needle from the back to the front. Pull the thread diagonally across and insert into the back. Pull from the back to the front again to the right or left of the last stitch. Then pull the thread diagonally across once more and insert into the back. This should make a single X.



b. Row of Stitches:

- i. Pull the thread from the back of the fabric to the front, leaving a tail of less than an inch. You will cover the tail as you do more stitches, so do not worry about a knot.
- ii. Next, insert the needle from the front to the back in the hole diagonally across from the first hole. Keep the tail in place as you go until it is secured by the thread.
- iii. Repeat until the line (row) is with these diagonal stitches. Come back down the same line, crossing the first diagonals using the opposite holes of the fabric. This should result in an "x" shape, from which cross-stitch is named.
- iv. Here are some diagrams for clarity:



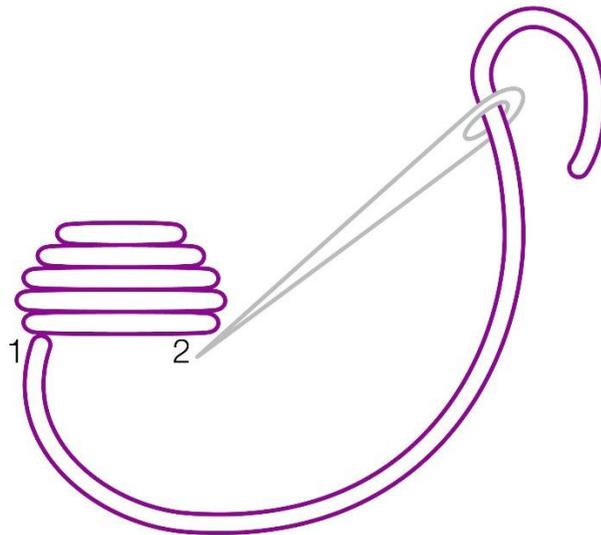


c. Other stitches:

- i. You might notice in the finished product picture, a few non-X stitches. In those cases, we only did a partial X, making the diagonal lines, to emphasize a curve. This is not necessary, but if you want to make something stand out, that may be a solution.

d. Satin Stitch:

- i. For the heart, you will make straight lines going from left to right, starting at the bottom with 2 holes and gradually making your way up. You may want to refer to your template sheet for reference for how many squares will be necessary for your heart-shape. See below for a satin-stitch example.



› Mollie Johanson



8. Ending your thread
 - a. To finish off a thread, you will insert the needle through 3 completed stitches, dragging the tail through, and then pull then needle off. Cut off any excess, but not too close that the pattern comes loose.
9. Once you have finished your embroidery, show it off! Hang it up, gift it to a friend, or look for other patterns to try with this new hobby.



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