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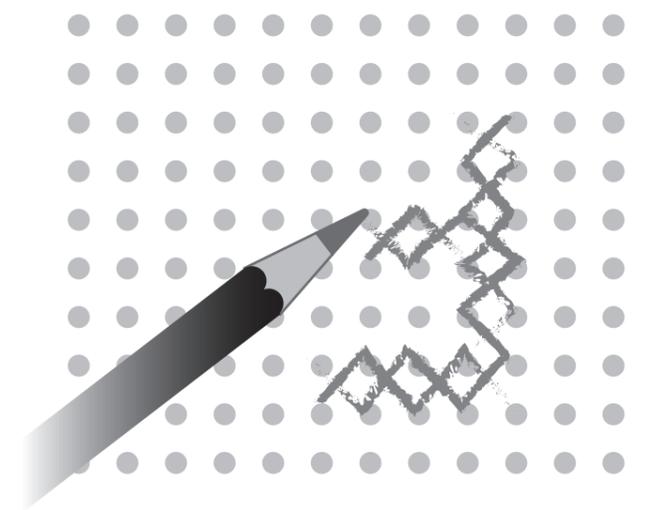
D E F G H I

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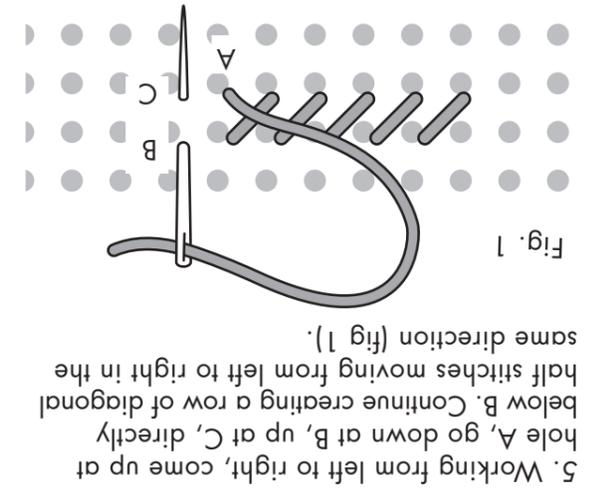
HOW TO MAKE

1. Decide what encouraging power word you would like to stitch. Use the alphabet stitch chart overlaid as a guide. Practice writing out your word on a piece of paper.
2. Once you have done this use a pencil to mark your letters on the binca.



3. Cut a length of thread approx 60cm long. Thread your tapestry round end needle.
4. Start with your needle and thread at the back of fabric and bring your needle through a hole towards the front, leaving about 3 cm tail of thread at the back. As you begin stitching, hold the tail against the back of the fabric so the first few stitches catch the tail and secure it.

5. Working from left to right, come up at hole A, go down at B, up at C, directly below B. Continue creating a row of diagonal half stitches moving from left to right in the same direction (fig 1).



WHAT YOU WILL NEED:

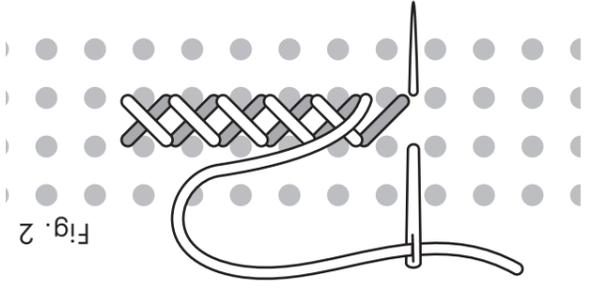
- BINCA FABRIC (or fabric with an even and open weave)
- A TAPESTRY ROUND END NEEDLE
- EMBROIDERY THREAD
- PAPER
- PENCIL
- SCISSORS

Cross stitch is a form of counted thread embroidery and it is one of the easiest stitches to learn. It is made of X-shaped stitches on fabric with an even and open weave like Binca or linen.

Encouraging over words are words that make you feel good, strong or happy. For instance:



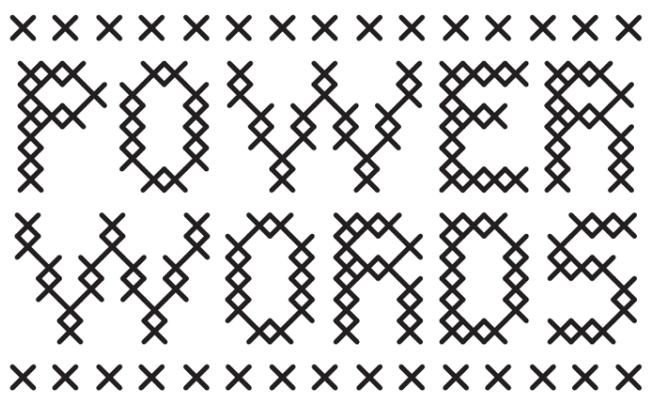
6. Once you finish the row of half stitches, return, working from right to left into exactly the same holes to create the completed cross stitches. Always keep the needle vertical.



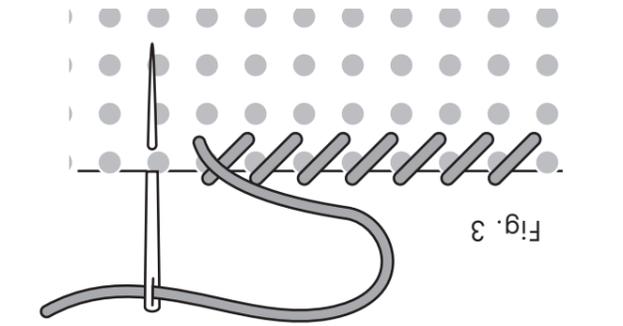
7. Switch to a new piece of thread when a few inches of thread remain on your needle. Turn your work over and make a little stitch, catching a couple of threads and then cut off the remaining thread. Begin the next stitch with a new piece of thread.
8. Enjoy stitching at your own pace.

9. What are you going to do with your embroidery now? You could use it as a book mark, or sew it onto your bag or jacket, or give it to a friend.

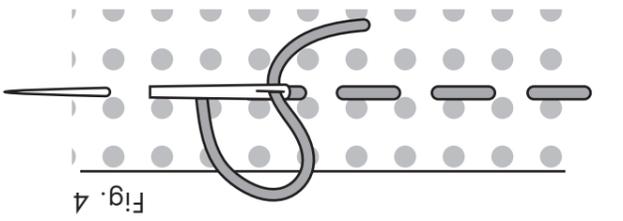
HOW TO CROSS STITCH



10. Once you've decided what to do with your power word, you can cut the binca to the shape that you want. Leave at least 3 binca holes all the way around your word.



11. To stop the edges fraying, whip stitch around the edges. Whip stitch is like sewing the first half of cross stitch (fig. 3). Or you could do a running stitch around, one hole away from the edge (fig. 4).



Share a photo of your cross stitch power word online @dlwp @emmacarlow #summersewingcircle #letscreate

PLEASE TURN OVER FOR ALPHABET STITCH CHART
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