

Let's Start Stitching!

The Joyful Expressions Jewel Case Kits come with 14 Count Aida cloth, which has 14 squares to every inch. The squares in Aida cloth are an obvious part of the weave.

You will also find that the tapestry needle in your kit has a blunt point, which is easier to slide through your fabric without catching on a thread. In the kit is a 7" (17.78cm) square piece of Aida cloth, which is larger than the finished product, so you can use a hoop or frame to keep the fabric taut while working your design. Another helpful aid is a magnet board with magnet bars to hold the pattern. The magnet bars can be used help keep track of where you are on the pattern. Working top to down works better than bottom up. Stitch in good lighting and always wash your hands before starting.

To determine where to start, you will want to find the center of your fabric by folding in half then half again. The chart shows you center points from the top and sides so you can determine the center point there as well. Another method is to figure out a starting corner based on the finished size of the design. Don't worry about being exact. The chart is designed for 14 stitches per inch and is graphed for you in squares of 10 stitches.

All your cross-stitches will be created with **two** strands. The floss comes in six strands so you will need to "separate out" strands. Backstitches are usually single strands unless specified, such as lettering.

The kits already have the colors separated and numbered for you using Anchor floss. Based on the chart and the color number, locate your starting color floss.

You may thread your needle with two strands, make a small knot and start stitching if you wish, but knots can be messy and sometimes pull through.

Knotless stitching – Experts advise cutting one strand at twice your comfortable stitching length. Fold the strand in half matching the ends. Thread these ends through the eye of the needle leaving a loop on the end. Start your stitch up from underneath your fabric and create your first ½ cross-stitch on the topside of the fabric being sure **not to pull** the thread entirely through. Turn the fabric over and you will see the loop of thread on the backside. Pass your needle through the loop and pull the thread all the way though until the loop and thread lie snug against the fabric. See, no knots!

To end a color, finish off on the backside of your fabric by sliding your needle under several previously made stitches. Repeat until secure and snip off.

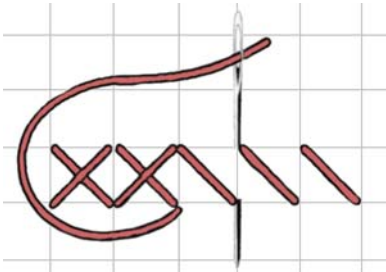
Display your finished piece where it will be a constant reminder of our Lord's Word and Truth. May this artwork be a blessing to all who view it.

"And my soul shall be Joyful in the Lord". Psalms 35:9

www.joyfulexpressions.us

Only 3 Stitches to Learn!

No fussy 1/2 stitches, no combining colors, just the fun stuff!



1. Basic Cross Stitch

Always have your top stitch cross over in the same direction and keep the tension even on every stitch for a smooth appearance

Single stitch

One stitch at a time

Create your first stitch coming up from underneath your fabric in a bottom corner of a square, cross diagonally and return your needle through the opposite upper corner. Next, come back up from underneath your fabric at the opposite lower corner of the square and then again, cross diagonally and return your needle into the opposite top corner.

2. Back Stitch

Usually used to outline an object in a contrasting color or used in lettering

Come up from under, one row ahead of the start point then bring your needle back to and into the start point.

Skip a row underneath, come back up and go back through the last point you had previously come up. Continue following pattern, usually one square at a time.



Continuous rows of cross stitches

Ideal for a smooth look

First make the bottom cross stitches across in a row then go back, crossing over the first row. (*see diagram above*)



3. French Knot

Creates periods at end of sentences or accents

Bring the floss out of the required position, hold the floss down with the thumb and encircle the needle two times. Still holding the thread firmly with your thumb, pull up and gently allow a knot to form to desired size at the top of your fabric. Return your needle into the fabric back one a 1/2 row, past your starting point and insert it. Pull gently as not to pull entire french knot through to the backside.