

CROSS STITCH

The Tidy Back Technique



WOW...
LOOK AT
THE BACK!!!

Suzana Lima
Cross Stitch

COMPLETE COURSE + 20 PATTERNS TO PRACTISE





Suzana Lima Cross Stitch

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Cruz Tecnica do Avesso Perfeito"
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lishing

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Introduction

“Excellence is the gradual result of always striving to do better”

Pat Riley

During a life of love for cross stitch I was able to realise the shine in the eyes of those who I presented with a cross stitch gift. Eyes full of admiration and respect for my work. Admiration for the carefully crafted work in both sides of my embroidery and I could tell that they knew I have put love into it.

From that moment I understood how blessed by God I was to know how to execute such a beautiful work and from that moment I knew I had to share that gift with others, and that is how this book came about.

This is my baby! I have put so much love in this project and I hope you feel this love whilst learning each step.

Please Enjoy, and happy stitching,

Lots and Lots of love,

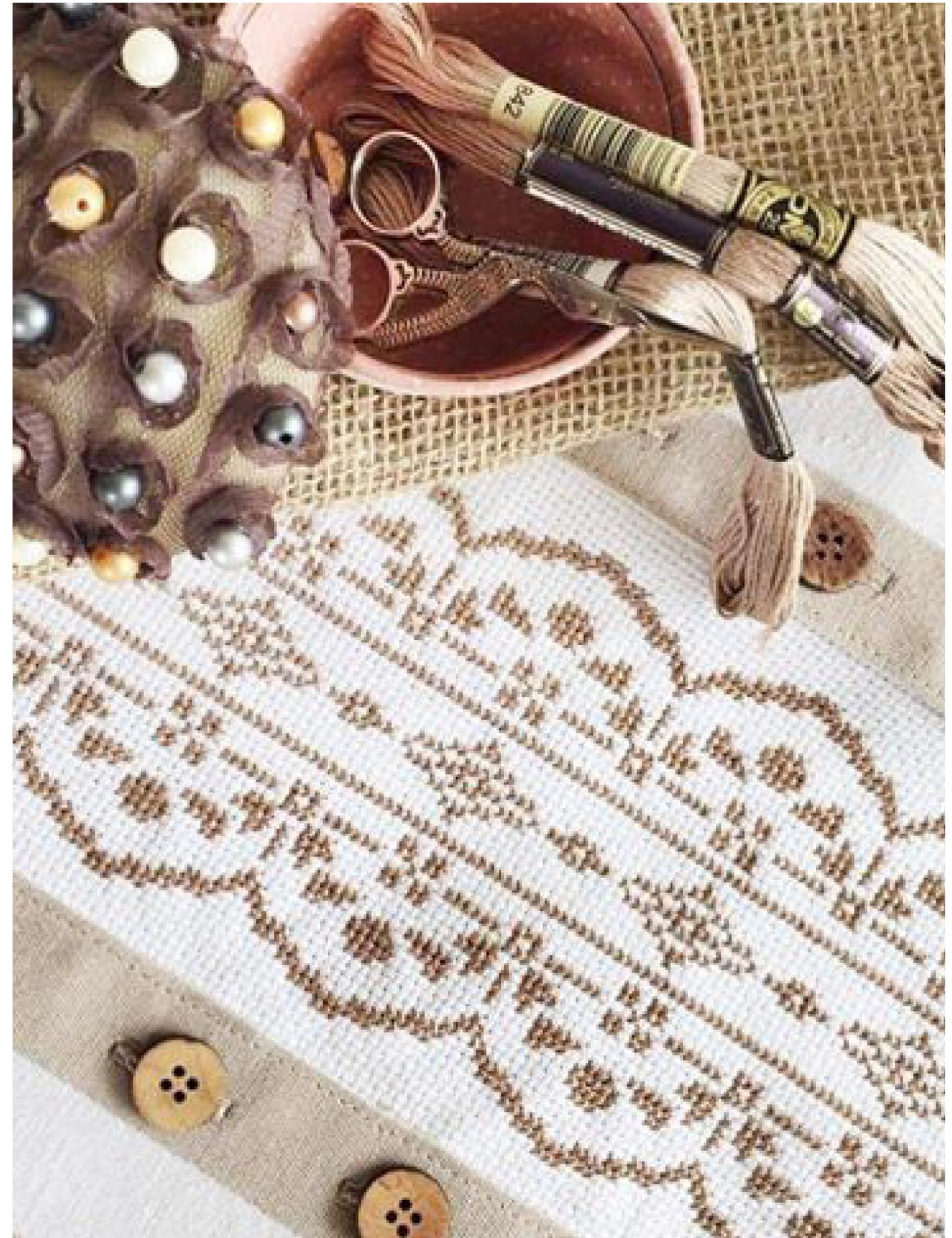
Suzana Lima

Acknowledgement

I would like to thank God for blessing me all my life and for gifting me with this technique.

Dedication

I would like to dedicate this book to my three children: Marcus Vinicius, Daniella and Luiz Otavio



Fabric

Nowadays there are a large variety of fabrics suitable to apply cross stitch. Here are the most popular and therefore the easiest ones to find in any craft shop:

AIDA: Most popular of all the fabrics in cross stitch, you can find it a large range of colours and counts, the highest the count the smallest is the space in between the holes. It's the most popular and the easiest one to apply the embroidery. Aida is the most suitable type of fabric for beginners.

EVENWEAVE FABRIC: is made up of single threads that cross each other at right-angles, and common counts are 28-count and 32-count – if you stitch a design on 14-count Aida and then again on 28-count evenweave, the finished pictures will be the same size. When stitching on evenweave, each cross is worked over two threads of the fabric, missing out alternate holes, so it's great for fractionals and speciality stitches as you can use the hole in the middle of each square, rather than piercing one with your needle. You might want to use a magnifier when stitching on this soft fabric, to help you see the holes more clearly. Also, since the weave is quite loose, it tends to fray easily, but you can bind the edges with masking tape to prevent this.

LINEN: This is the fabric of choice for luxury projects, so consider using it for heirloom pieces or special cards. It's a type of evenweave made from the fibres of the flax plant, making it soft, yet durable – it will outlast cotton, washing up beautifully every time.

Linen has a super-fine finish, so it will give your projects an elegant, traditional appearance.



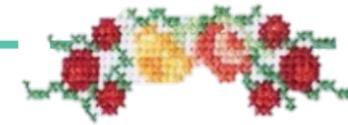


Finding the centre of your project

Independent of the shape of your fabric where you are applying your cross stitch, it will always have a centre point. Starting from this principle, to find your centre, fold your fabric in the middle, in both horizontal and vertical ways creasing it with the help of your hands or a warm iron. The creases should create a plus shape (+). The intersection of the creases will define your centre point which will help you to position your design within the fabric. Most patterns will have arrows showing where the centre point is, which should line up with the horizontal and vertical creases you created.



Before starting any project, we recommend you refer the instructions and use the suggested fabric count and size for the pattern, if you decide to use a different fabric count from the one suggested, it is important to make sure that fabric will be more than adequate size to accommodate your chosen pattern.



Counting the stitches

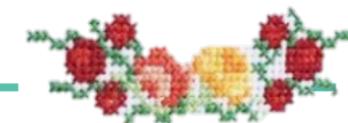
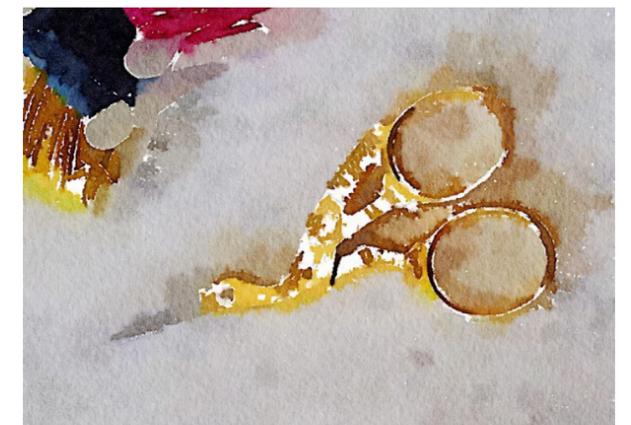
Counted cross stitch is a mathematical embroidery because, as the name already say, you will need to count how many stitches you need to create in each section of your design. It requires a lot of attention as miscounting or overcounting can be easily done and one mistake can affect the final result of your project.

Needles

The choice of your needle will depend on which type of fabric you will choose and how many strands of thread you use to embroider. The main rule is that the needle cannot be larger than the wholes of the fabric and the eye of the needle cannot be too small that can damage the thread. I recommend needle number 28

Scissors

Cross stitchers should always have two types of scissors in hand, a fabric scissor and a thread scissor. Maintaining your scissors sharp is very important to avoid damaging to the threads and fabric. One ease way to sharpen your scissor you can fold some foil and cut it several times.



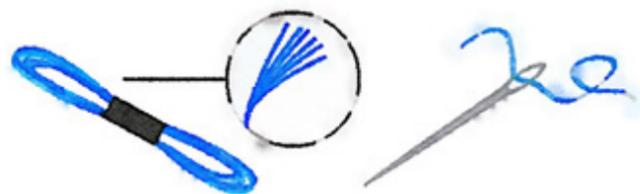


Threads

There are variety of different types of threads you can use in cross stich. The Most common is stranded cotton or floss which is composed from 6 strand which are very easy to separate. Below is a recommendation how many strands you should use for each different fabric count.

- 6 count – 6 strands
- 8 count – 6 strands
- 11 count – 3 strands
- 14 count - 2 strands
- 16 count – 2 strands
- 18 count – 2 strands

Another type of thread commonly used is Perle Cotton and Cotton a broder. Which are made of a single strand which comes in different thicknesses. The Cotton a broder tend to be less glossy than Perle Cotton as it has a pearlised effect.



Tips

- Beeswax is recommended when trying to join together two or more strands. They help to keep the threads together and give it more resistance.
- When stitching make sure that you don't pull your stitches to hard so they damage the fabric o pull them too loose so it can catch or damage the design.



- Wash your hands frequently! During cross stitch your hands can sweat so washing your hands frequently will keep your work always clean.

- Good lighting is important when cross stitching. The fabric holes are very small so good lighting is important to improve visibility.

- To improve even more the quality of your cross stitch, make sure that the overlaid stitch always going to the same direction all across your embroidery. If to the right (/) or o the left (\).

- Washing your work: Cross stitch is a very delicate embroidery, so try to avoid washing it as much as you can, however if you need to do it, make sure you never scrub or wring out the fabric. Just deep it in clean soap water for a few minutes and rinse it gently with a lot of water. Once rinsed, place the fabric on top of half of a clean and dry large white towel and fold the other half on top. Press the towel gently to remove the water excess. Do not use tumble drier or heater. Let it dry onto a flat surface in an airy place away from the sun.

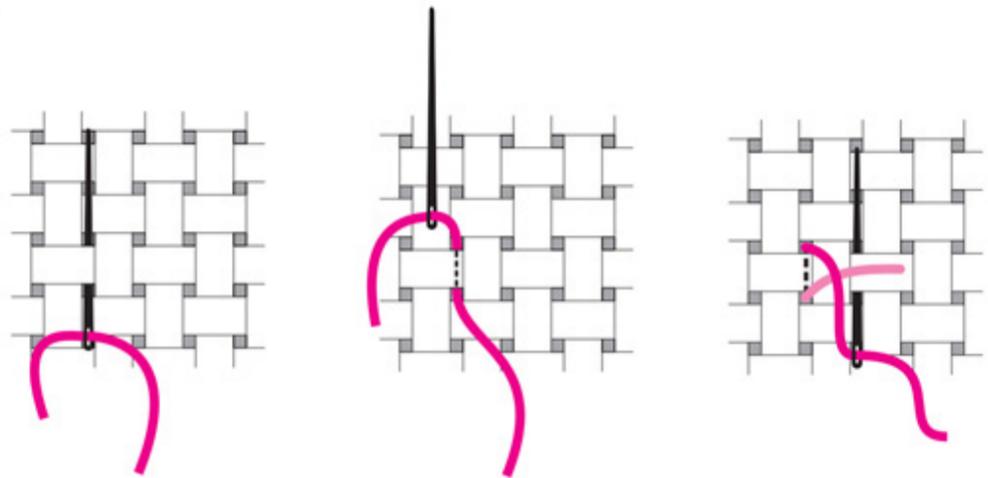


Needle Movement

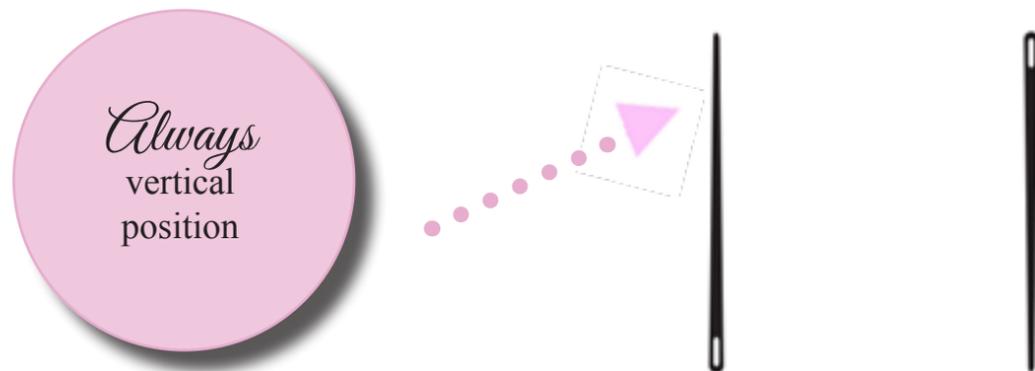
There are two important secrets to achieve the perfect finish:

A) Try to always to keep your needle in the front of the fabric. To do that you will need to pass the tip of the needle through one hole and out through the other hole in one stroke (See Pic

1) The needle should never be entirely passed through the fabric so it disappears behind. As soon as the tip of the needle goes in through one hole it is immediately coming out through another hole, in the front of the fabric. In this way, you are able to prevent making stitches in the wrong place.



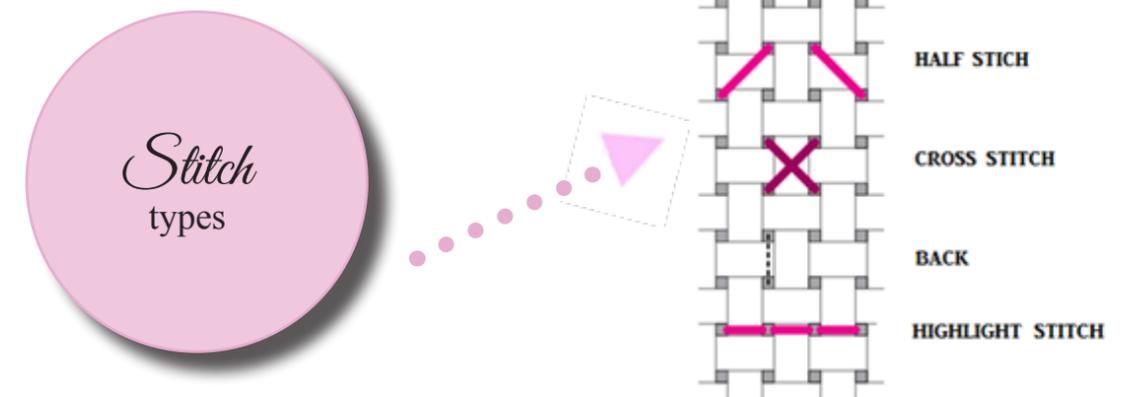
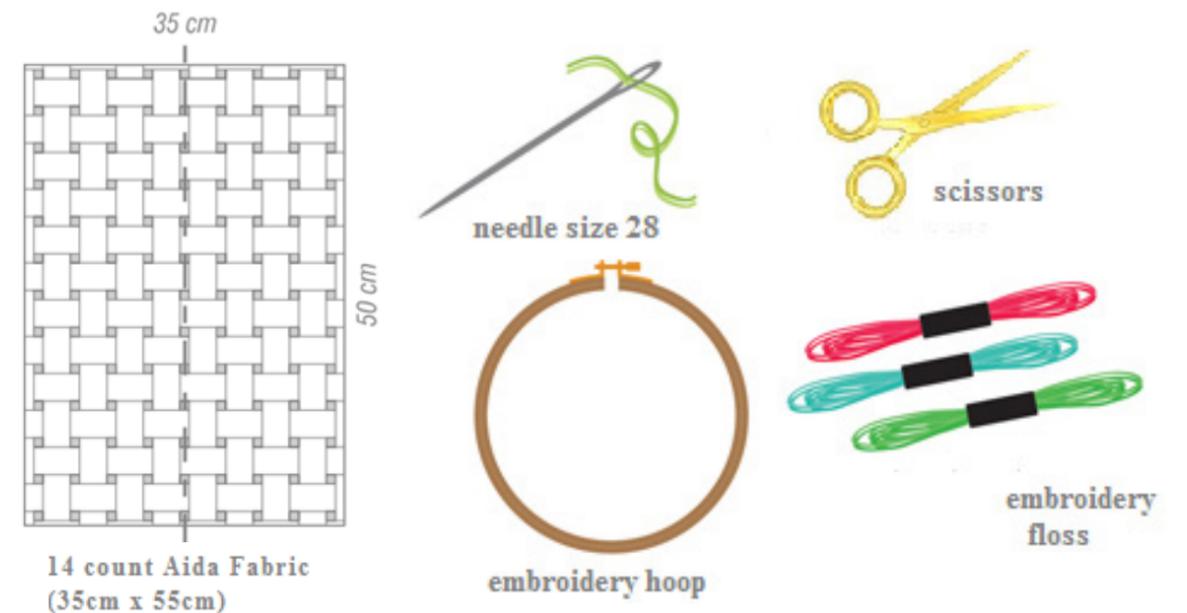
B) You must keep your needle going through the fabric vertically, whether going up or going down then the tip of the needle must never go through the fabric on a diagonal or horizontal. What's goes diagonally in the fabric is you thread and not your needle!



The Cross - The Tidy Back Technique

After long years of research in how to improve my cross stitch I have developed 10 exercises which together will teach you of how to Cross Stitch uniformly and neatly on both sides of the fabric, without knots and mess.

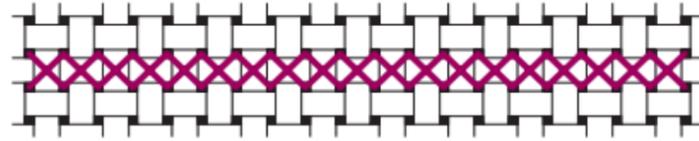
To develop these exercises, you will need:



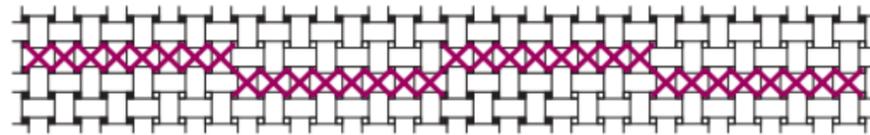
Exercises

Here are the exercises and how they should look once concluded one by one.

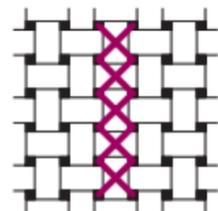
STEP 1



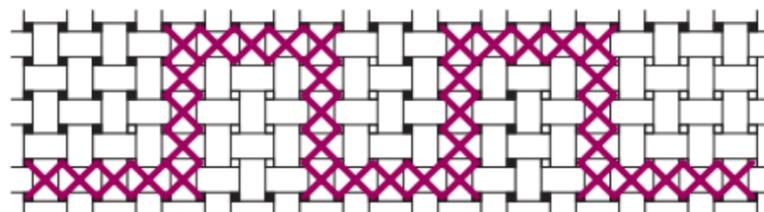
STEP 2



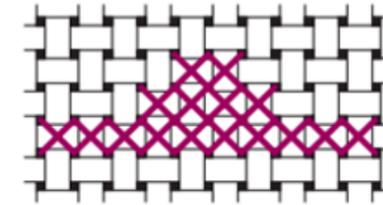
STEP 3



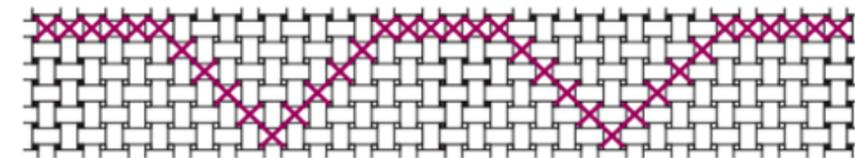
STEP 4



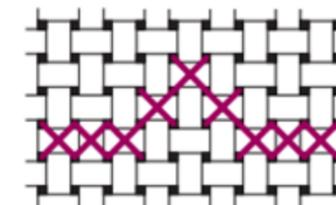
STEP 5



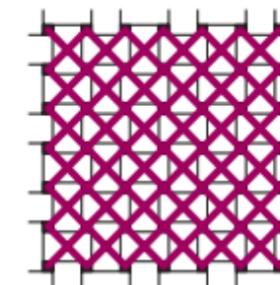
STEP 6



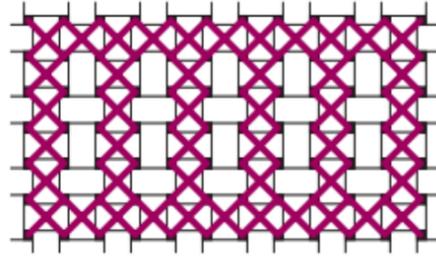
STEP 7



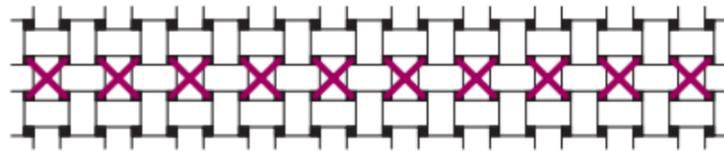
STEP 8



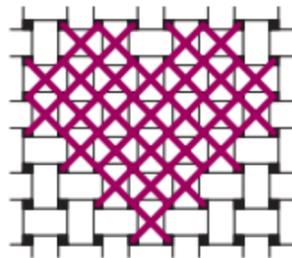
STEP 9



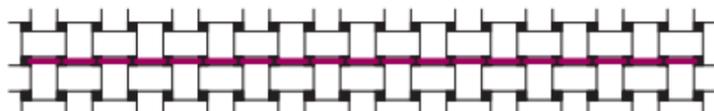
STEP 10



PROPOSED EXERCISE

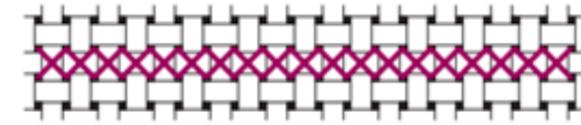


HIGHLIGHT



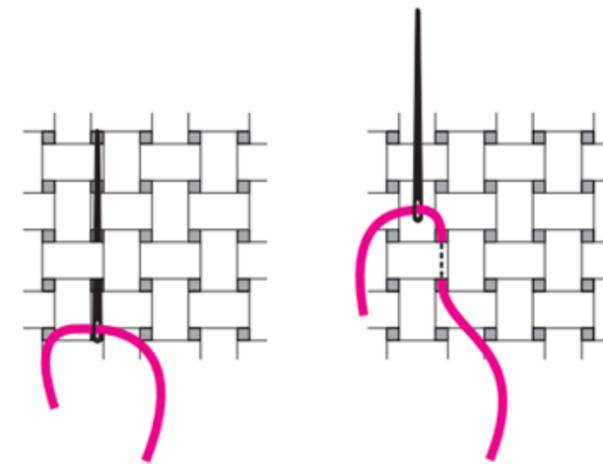
Step 1

Be aware that every exercise will start and finish in the same way.



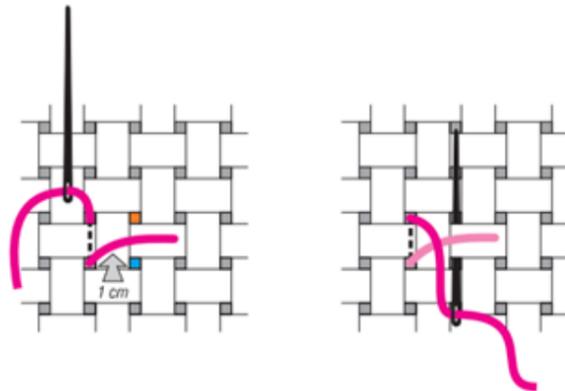
STARTING AND FINISHING YOUR PROJECT:

- Find the centre of the fabric as mentioned on page X.
- Prepare your needle with the thread (No Knots)
- Choose the side you want to start your stitches, if to the left or to the right. On the demonstration, we will be working from the left to right starting from the centre point.
- Introduce the needle with the tip facing upwards entering from the front of your fabric going through a hole and exiting through the hole above as per picture. (Remember to keep your needle always in the vertical position!)

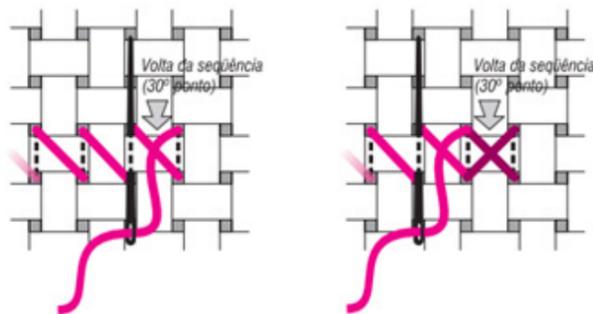


- Leave 1 cm of the thread in front of the fabric. Create a half stitch (diagonal stitch) over the leftover thread (To do this you can keep the leftover 1 cm of thread secured with your finger, crossing the needle over to the hole on the downward diagonal - coloured in blue, and exiting through the hole above coloured in orange, repeating the sequence to the right over the leftover thread and continuing it. You should do 30 half stitches.

Step 1

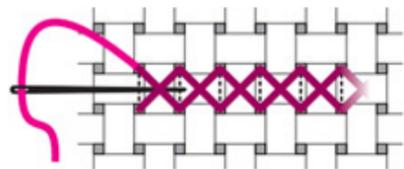


- Once you counted 30 stitches on the right, start to do the same procedure to the right creating the cross stitches until the centre point.

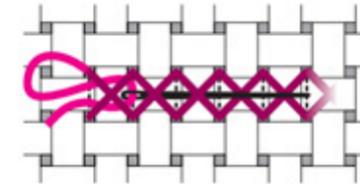


- Once you reach the centre, continue to left creating 30 half stitches, and cross the back creating your cross stitches until the centre again. Make sure the needles is in the front of the fabric.

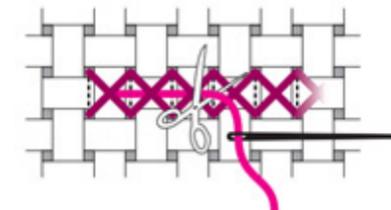
FINISHING YOUR PROJECT



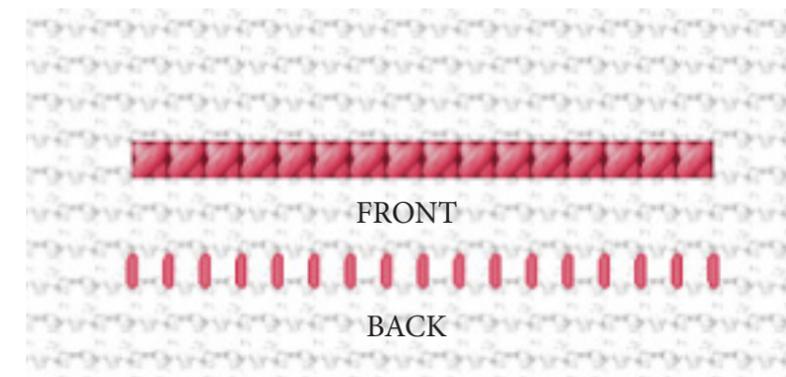
- Introduce the needle in the horizontal direction, from the front of your fabric, starting under the last cross stitch created
- Go through under 3 cross stitches.



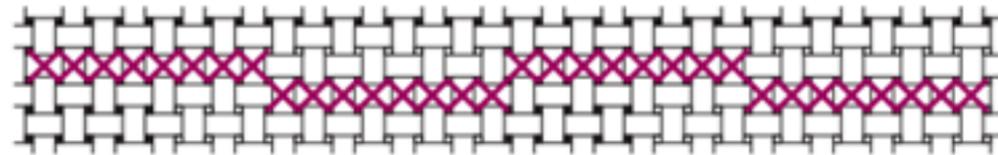
- Exiting the needle from the third stitch still in front of the fabric, gently, with a pair of thread scissors, cut the excess thread as close and possible to the stitch, but carefully to not damage it.



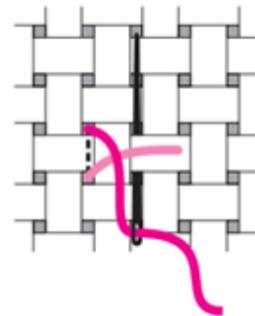
- Now you can look at the back! It should look very neat!



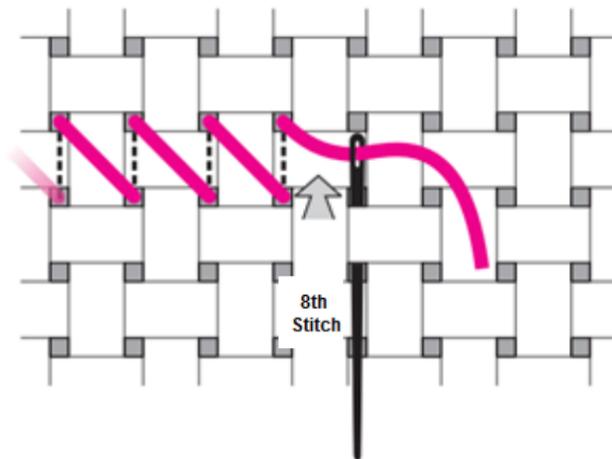
Step 2



- Create a sequence of 8 half stitches from the centre of the fabric

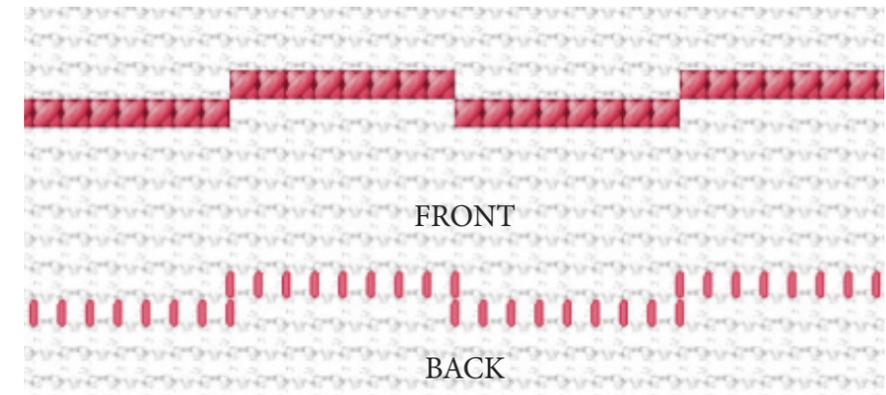


- The end of the 8th stitch has to start with the needle tip vertically facing downwards though the last hoke of the half stitch exiting the hole just below it though the front of the fabric.

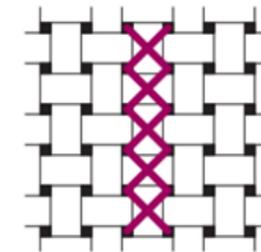


- Continue with a new row of 8 half-stitches to the right and once you finish the 8 half-stitches complete the last stich with a cross stitch until you complete every half stitch to the centre. Repeat the same procedure to the left and tie up loose ends as explained on step one

Note: The first row of 8 half stiches need to be done using the needle with the tip facing upwards apart from the 8th stitch, which needs to be done with the needle tip facing downwards making it possible to start the row below.



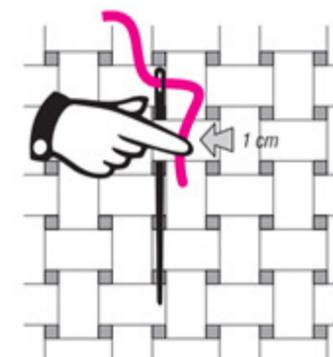
Step 3



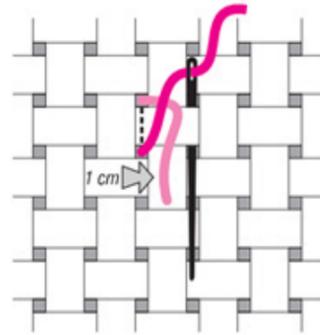
VERTICAL ROW

Referring to Step one it is possible to understand how to create a vertical row. The only difference is that you will need to do every step in the vertical position instead of in the horizontal position. In this example, we will work with 5 stitches row in the vertical position.

- Introduce the needle with the tip facing upwards entering from the front of your fabric going through a hole and exiting though the hole immediately above as per picture.

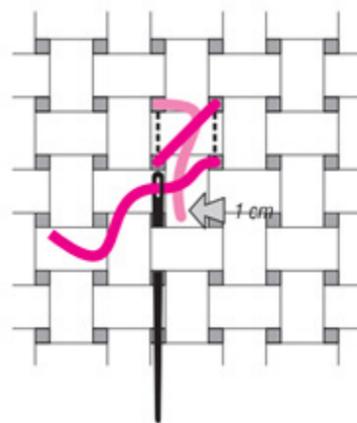


- Secure 1 cm of thread to hide under the stitches
- Introduce the needle with the tip facing downward in the hole diagonally and immediately above to create the first half-stitch as per picture.

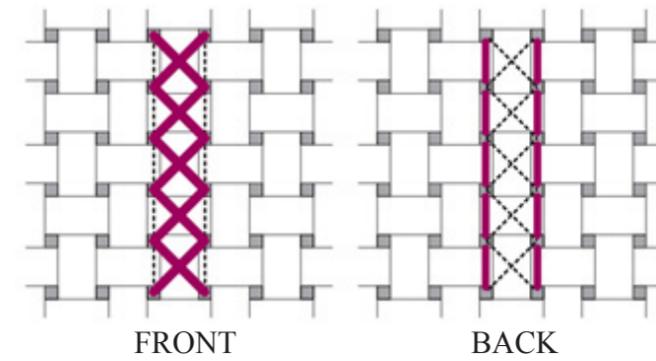


- Now create the second half stitch using the hole diagonally and immediately below
- Use the first 3 stitches to hide your loose thread

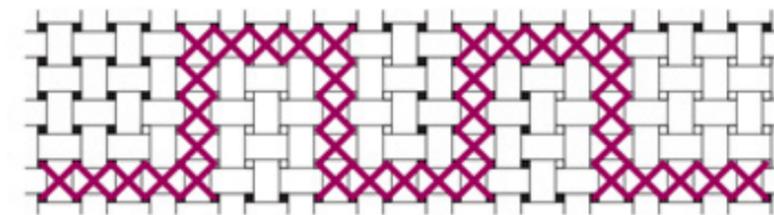
The direction of the stitches will be defined by the position of the needle. If it is going upwards, the needle will be facing up. If going downwards, the needle will be facing down.



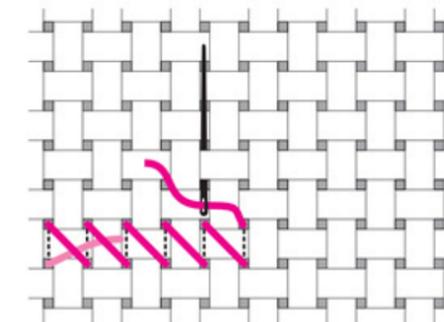
NOTE: You don't need to change the position of the fabric, (you don't have to turn it to see the reverse side) you can keep it the in the same position during the entire project.



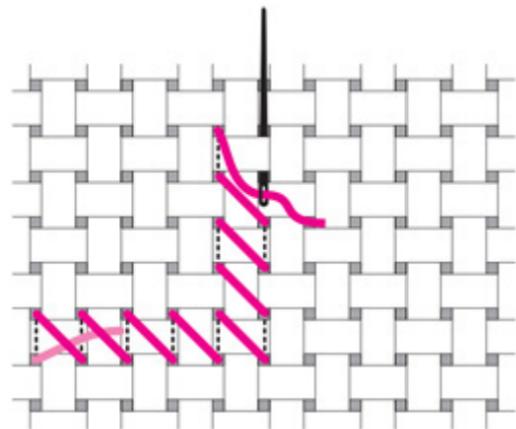
Step 4



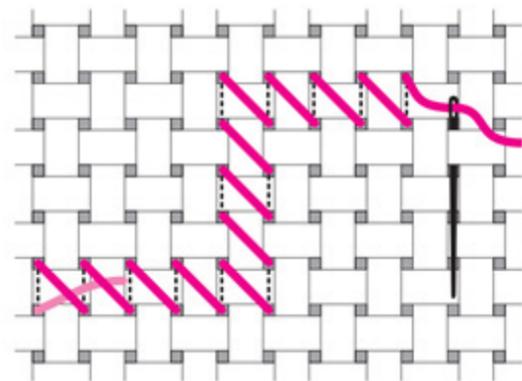
- Start a sequence of 5 half stitches horizontally (2 holes before the centre of the fabric so that you middle stitch of the horizontal sequence meets the vertical centre of the fabric.
- Once you create the 5th stitch, bring your needle, with the tip facing upwards, to the hole diagonally and immediately above it to create your vertical sequence of stitches.



- Create 4 half stitches in the vertical position as your 1st stitch will be the connecting stitch that ended your first horizontal sequence

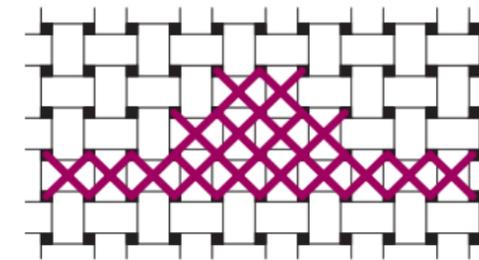


- The 4th stitch of this new vertical sequence
Once you finish your 4th stitch, bring your needle to the whole immediately and diagonally below to create the next horizontal sequence to the right of another 4 stitches.

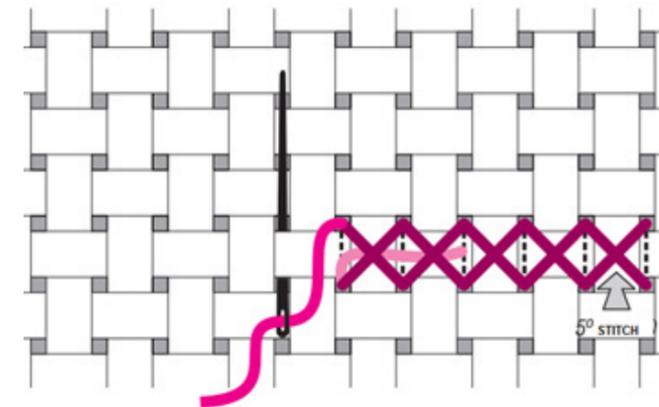


- Finish the 4th stitch with the tip of needle facing downwards entering the hole immediately and vertically below it to start your vertical sequence, going downwards.
- Once you finish the 4th stitch continue again to the right and in the end, start creating your cross stitches going back to the beginning and creating the same sequence to the left. Tie loose ends as explained previously.

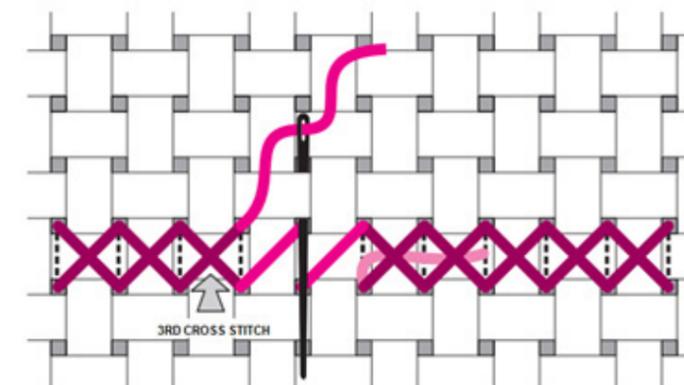
Step 5



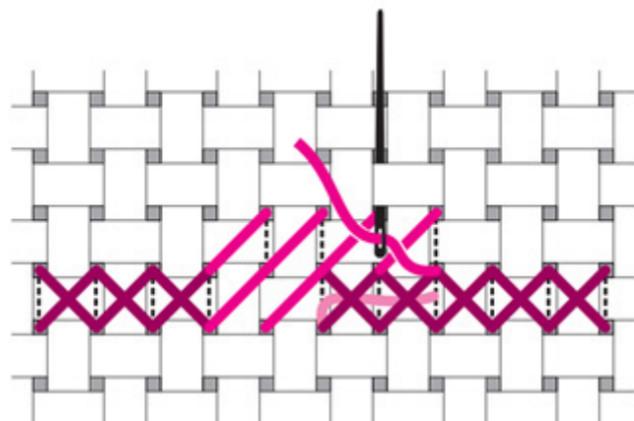
- Start to stitch from the centre of the design to the right as explained previously.
- Create a sequence of 5 stitches to the right and go back closing them until the starting stitch.



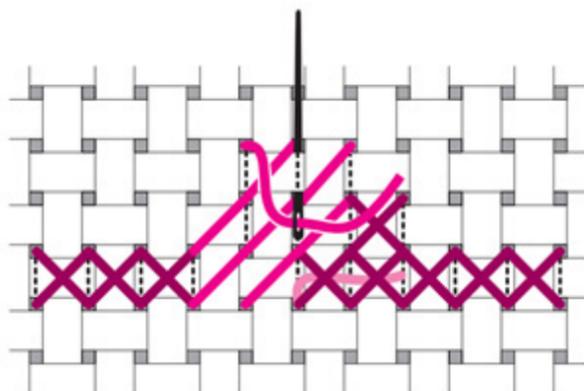
- Repeat the same procedure to the left until you cross the 3rd cross stitch as per picture.



- On your 3rd stitch you need to introduce your needle immediately and diagonally to the right above hole, with the tip of the needle facing downwards you will create a sequence of 4 half stitches to the right and go back crossing only the first stitch with the tip of the needle facing upwards and coming out in the hole vertically and immediately above, as per picture.

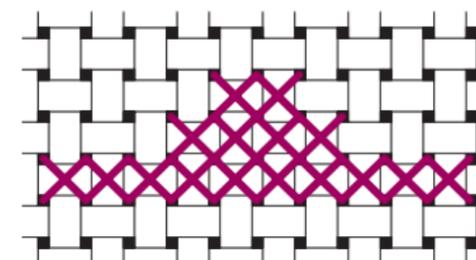


- Create 2 half stitches on the above row and cross them back creating 2 cross stitches, introducing the needle on the last stitch with the tip of the needles facing downwards.

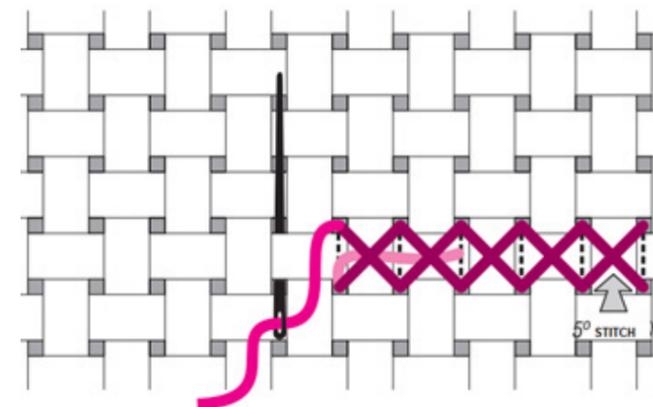


- Finish the 4th stitch with the tip of needle facing downwards entering the hole immediately and vertically below it to start your vertical sequence, going downwards.
- Once you finish the 4th stitch continue again to the right and in the end, start creating your cross stitches going back to the beginning and creating the same sequence to the left. Tie loose ends as explained previously.

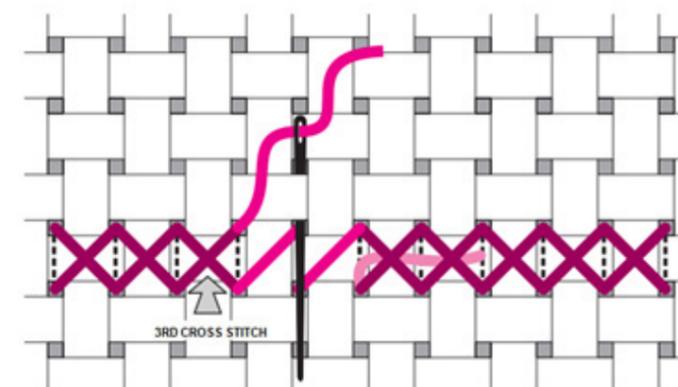
Step 5



- Start to stitch from the centre of the design to the right as explained previously.
- Create a sequence of 5 stitches to the right and go back closing them until the starting stitch.

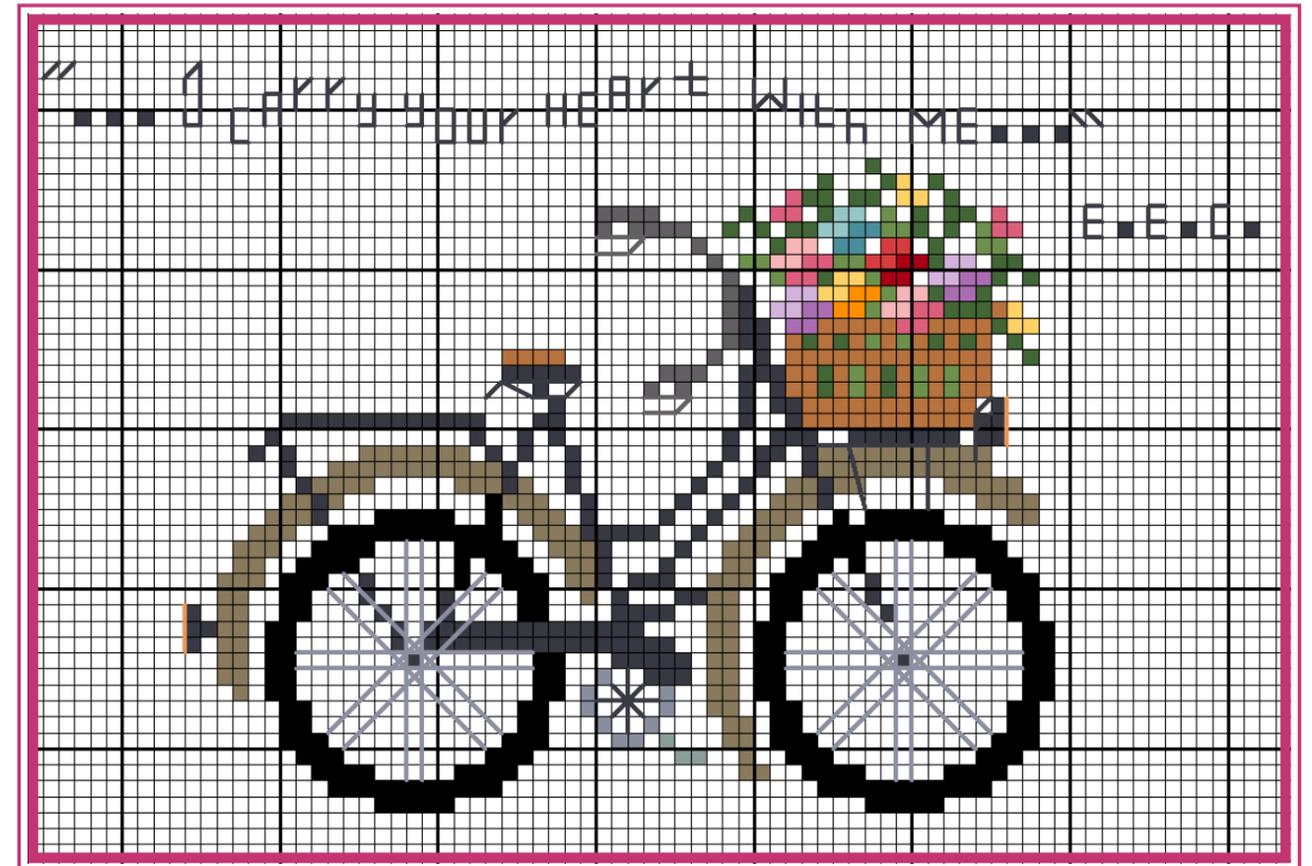


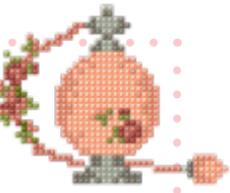
- Repeat the same procedure to the left until you cross the 3rd cross stitch as per picture.





Colour	Cat. No.	Brand	Type	Stitches	Skeins
	351	D.M.C.	Stranded Cotton	4	0.1
	817	D.M.C.	Stranded Cotton	4	0.1
	963	D.M.C.	Stranded Cotton	8	0.1
	962	D.M.C.	Stranded Cotton	14	0.1
	211	D.M.C.	Stranded Cotton	8	0.1
	209	D.M.C.	Stranded Cotton	8	0.1
	3811	D.M.C.	Stranded Cotton	4	0.1
	597	D.M.C.	Stranded Cotton	4	0.1
	927	D.M.C.	Stranded Cotton	3	0.1
	989	D.M.C.	Stranded Cotton	22	0.1
	987	D.M.C.	Stranded Cotton	44	0.1
	744	D.M.C.	Stranded Cotton	10	0.1
	742	D.M.C.	Stranded Cotton	4	0.1
	3827	D.M.C.	Stranded Cotton	4	0.1
	356	D.M.C.	Stranded Cotton	1	0.1
	436	D.M.C.	Stranded Cotton	72	0.1
	642	D.M.C.	Stranded Cotton	151	0.1
	318	D.M.C.	Stranded Cotton	27	0.1
	317	D.M.C.	Stranded Cotton	30	0.1
	413	D.M.C.	Stranded Cotton	276	0.2
	310	D.M.C.	Stranded Cotton	219	0.2





Colour	Cat. No.	Brand	Type	Stitches	Skeins
	471	D.M.C.	Stranded Cotton	36	0.1
	470	D.M.C.	Stranded Cotton	6	0.1
	948	D.M.C.	Stranded Cotton	169	0.1
	754	D.M.C.	Stranded Cotton	98	0.1
	758	D.M.C.	Stranded Cotton	70	0.1
	356	D.M.C.	Stranded Cotton	28	0.1
	3072	D.M.C.	Stranded Cotton	35	0.1
	647	D.M.C.	Stranded Cotton	49	0.1

