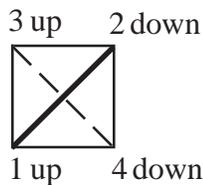


# General Counted Cross Stitch Instructions

1. Find the center of your fabric by folding it in half from top to bottom and then again from right to left. Crease the folds, then open the fabric. The center is where the two creases meet. On the chart in this kit, the center is marked with arrows on the side and the top or bottom.
2. Choose a portion of the design near the center for your first stitches. Select the thread of the color indicated in the special instructions provided with this kit. Thread your needle with the correct number of strands in the instructions -- usually two strands. (Note: Each length, or "pull," of floss in your kit has six strands. For each color, separate out two strands and thread your needle with them.)
3. Use the chart as a guide to stitch the design on your fabric. Each small square on the chart represents one square on your fabric. Count the squares from the center of your chart to the place on the design where you want to start. Find the corresponding spot on your fabric and you are ready to begin.
4. Carefully push your needle up through your starting point and pull all of the thread through except about an inch. Hold this short length of thread against the back side of the fabric. As you make your first stitch, go over this part of the thread on the back side, and the end will be secured. Alternatively, you could secure the end of the thread with a knot in the back.

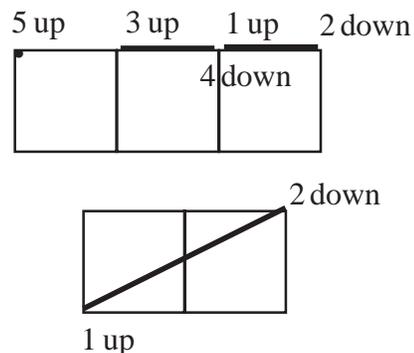
## Cross Stitching

5. The cross stitch is just an "x" done in the 1-2-3-4 sequence shown in the figure below. ("Up" refers to the needle coming up toward you from the back of the fabric. "Down" means the needle goes down into the fabric away from you.) This stitch is used to fill an area with color.



## Backstitching

6. Backstitches are linear stitches, and are used to outline shapes or to provide special detail. The backstitch is worked in the sequences shown in the figures below.



7. To secure the end of the thread when you are finished, push the needle down through the fabric for the last stitch. Run the needle under several stitches on the back side before cutting off the thread. When you stop working, store your needle in a corner of the fabric away from the design.
8. To include your name, the date, or other personalizing information as part of your project, use the alphabet and number chart below. Note that the diagonal backstitches go over two squares in N, X and Z. For G, Q and V, insert your needle halfway through the square to make a half stitch.



9. If the fabric has gotten soiled, soak it in a solution of water and a mild detergent. Wash gently, rinse well, and lay flat to dry. After it is dry, iron the fabric with the design face down.