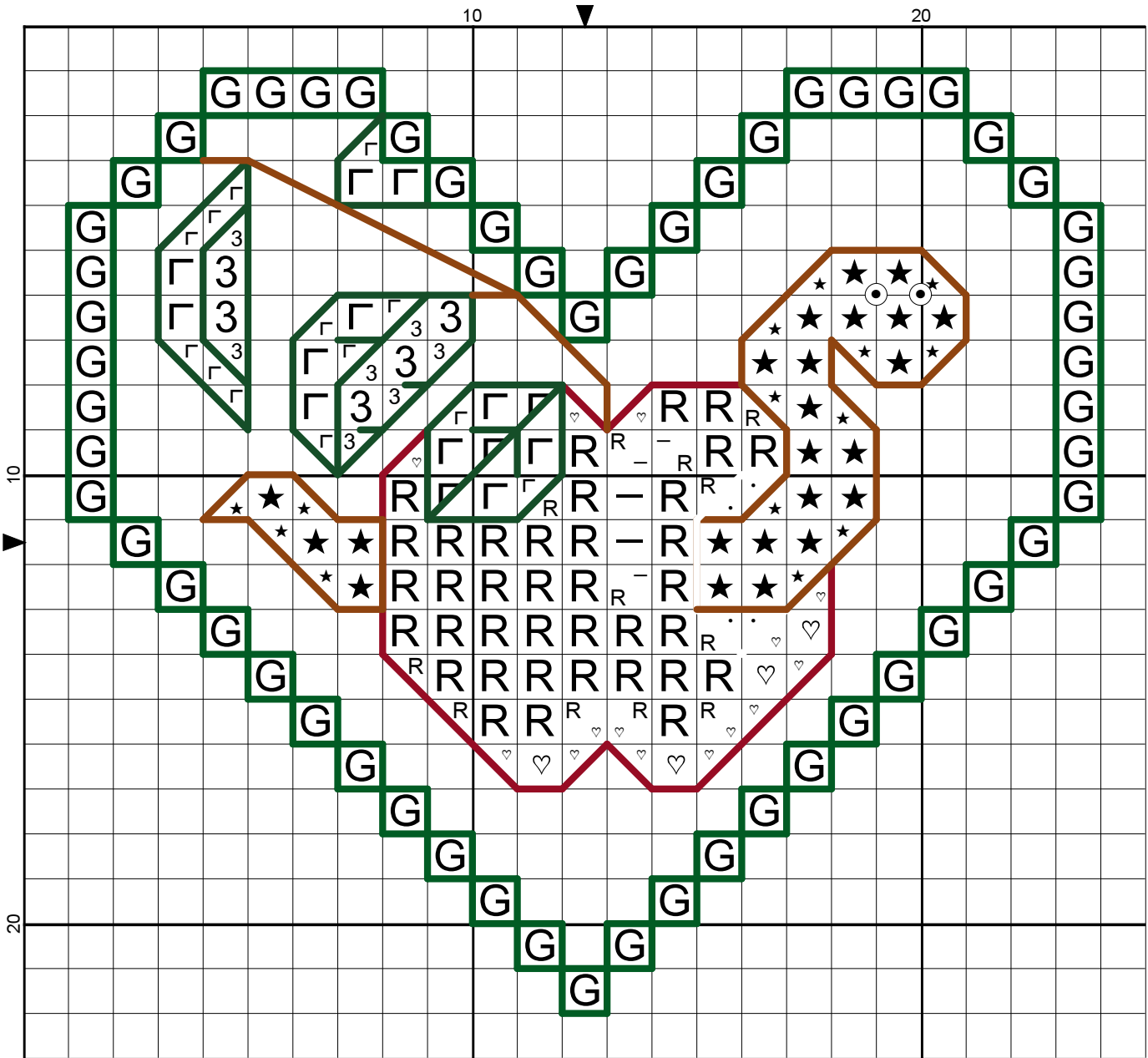















Heart - Apple a Day by Katherine Martin Tripp



Katherine Martin Tripp

Legend:

- | | | | | | | | | |
|-------------------------------------------------------------------------------------|---------|-----------------|-------------------------------------------------------------------------------------|---------|-------------------------|---------------------------------------------------------------------------------------|-----------|---------------|
|  | DMC-321 | christmas red |  | DMC-891 | carnation - dk |  | DMC-3776 | mahogany - lt |
|  | DMC-699 | christmas green |  | DMC-911 | emerald green - md |  | DMC-White | white |
|  | DMC-816 | garnet |  | DMC-955 | nile green - lt | | | |
| Backstitches: | | | | | | | | |
|  | DMC-400 | mahogany - dk |  | DMC-816 | garnet | DMC-White white | | |
|  | DMC-699 | christmas green |  | DMC-890 | pistachio green - ul dk | | | |
| French Knots: | | | | | | | | |
|  | DMC-310 | black | | | | | | |

Heart - Apple a Day



Author: Katherine Martin Tripp
Company: Extra Mile Mercantile
Copyright: Katherine Martin Tripp
Website: www.better-cross-stitch-patterns.com
Fabric: Evenweave
Grid Size: 25W x 23H
Design Area: 2.56" x 2.33" (23 x 21 stitches)

Legend:

	[3] DMC-310	ANC-403	black		[3] DMC-911	ANC-230	emerald green - md
	[3] DMC-321	ANC-47	christmas red		[3] DMC-955	ANC-206	nile green - lt
	[3] DMC-699	ANC-923	christmas green		[3] DMC-3776	ANC-1048	mahogany - lt
	[3] DMC-816	ANC-1005	garnet		[3] DMC-White	ANC-1	white
	[3] DMC-891	ANC-35	carnation - dk				

Backstitch Lines:

	DMC-400	mahogany - dk		DMC-890	pistachio green - ul dk
	DMC-699	christmas green		DMC-White	white
	DMC-816	garnet			

French Knots:

⊙ DMC-310 black

In the Photograph:

I embroidered "Heart - Apple a Day" on 18-count Aida stitched over two threads. I used DMC floss: 3 strands for cross stitches, 2 strands for backstitches and French knots.

Stitch Complexity:

Full cross stitches, 1/4 cross stitches, 3/4 cross stitches, French knots, backstitches.

How to Cross Stitch this Design:

If you already know how to cross stitch, the Quick Start checklist below will get you on your way. Just learning? Simply return to "Home" and click on the "Getting Started" button on the left. There, you will find links to detailed instructions and diagrams.

Quick Start

Step 1 - Review this Chart

Eliminate surprises by reading these instructions and reviewing the chart thoroughly before you begin stitching. Identify and learn any unfamiliar stitches listed in "Stitch Complexity" above.

Step 2 - Select and Prepare Your Fabric

To stitch the design exactly as it is shown in the photograph, simply use the materials as described. If you have a favorite fabric type and thread count, or if you have a specific size in mind for the finished piece, translate inches to thread count to determine your initial fabric size. Next, decide how you'll display the finished design and add enough inches to the length and width before cutting it. Be generous.

Treat the outside edges of your fabric to prevent fraying. Find and mark the center. Baste in gridlines to match the gridlines on the pattern (basting the gridlines is optional on these small heart patterns).

Step 3 - Select and Prepare Your Floss

Use the colors listed above or substitute ones of your own. If using fabric with a different thread count, you may need to adjust the number of strands of floss you'll use. Still uncertain? Work a few sample stitches in the corner of your fabric.

If you are stitching this design on something that will be worn or washed, it may be necessary to launder the floss before stitching.

As you use each color, cut the floss into strips of 15" to 18". For fuller and thicker stitches, separate all six strands and then recombine them into the number of strands you will ultimately use.

Step 4 - Stitch the Design

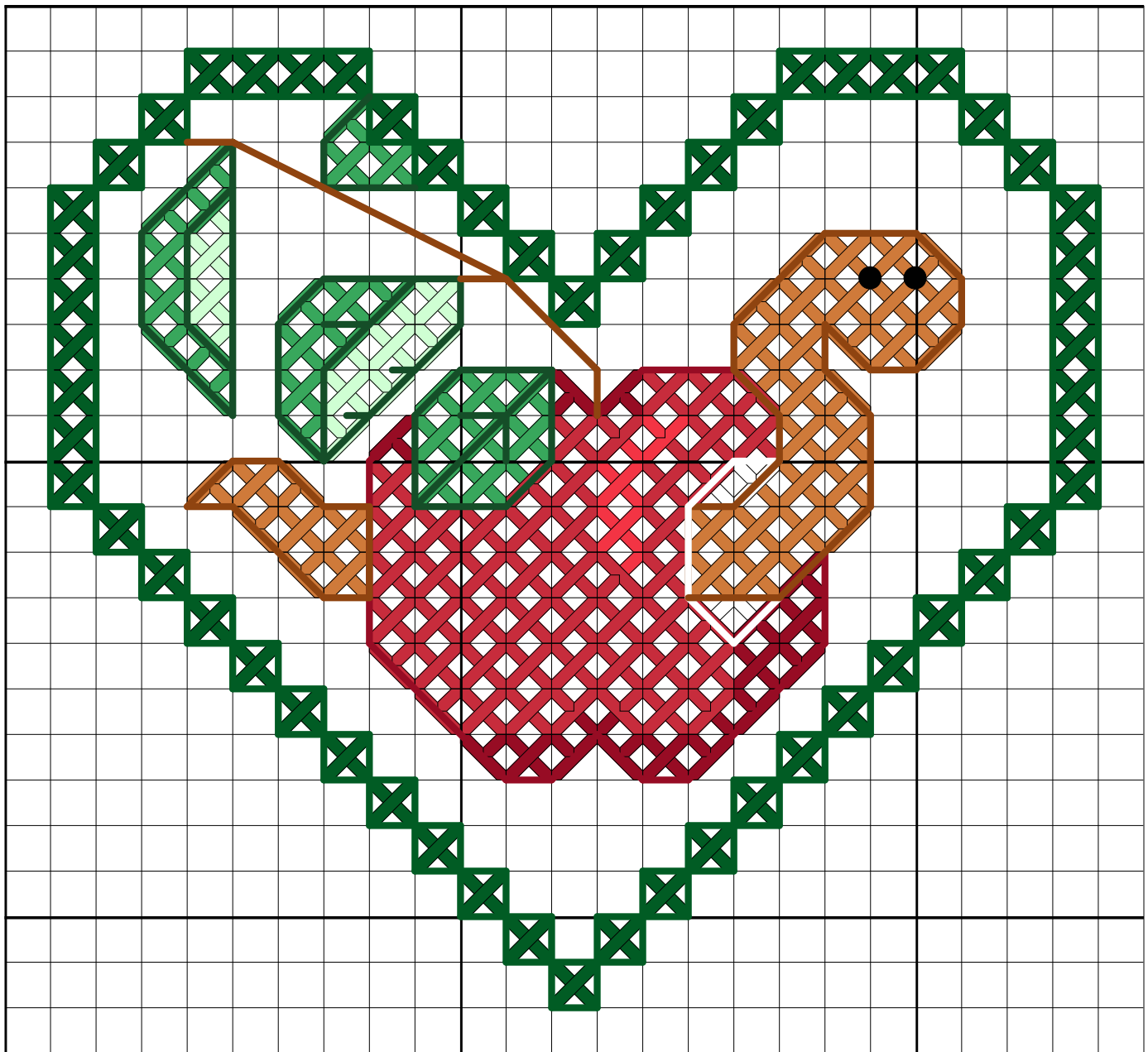
Each square containing a symbol represents one cross stitch; the legend indicates which color to use. Squares containing more than one symbol are stitched with a combination of a 1/4 cross stitch and a 3/4 cross stitch. Likewise, squares with only a single, smaller symbol tucked into one corner represents either a 1/4 cross stitch or a 3/4 cross stitch alone. If there is a French knot on top of a cross stitch, the symbol representing it may obscure the symbol for the underlying cross stitch. Use common sense and refer to the photograph for clarification.

From the center of your fabric, count down to the bottom-most point of the heart border and place your first stitch there. Continue stitching the rest of the border and you'll coast through counting the rest of the pattern.

If you are working over two threads, on fabric such as linen, the placement of the first stitch is critical. To prevent puckering and provide stability, the first diagonal of the first cross stitch must start and end where a vertical fabric thread crosses over a horizontal thread.

Work cross stitches and quarter stitches first. Think three-dimensionally: begin with the subjects farthest away in the background, then work your way forward. Therefore, objects in the front of the design are the last ones stitched. Work the backstitches in the same back-to-front manner with this exception: backstitch the heart border last. Finally, add any French Knots and specialty stitches.

"Heart - Apple a Day" by Katherine Martin Tripp



- Legend:
- DMC-321 ■ DMC-699 ■ DMC-816 ■ DMC-891 ■ DMC-911 ■ DMC-955 ■ DMC-3776 □ DMC-White
 - Backstitches:
 - DMC-400 — DMC-699 — DMC-816 — DMC-890 DMC-White
 - French Knots:
 - DMC-310