



# Cross Stitch: Trio of Blue Wrens

***Trio of Blue Wrens***, worked by Elinor Scott (Meeniyah Branch), from a design by Dorothy Morris (formerly of Meeniyah Branch), pages 8-11, *Australian Country Women's Crafts*, published by the Country Women's Association of Victoria Inc., 1986.

Cross stitch is one of the oldest and most popular forms of embroidery. It is worked on evenweave fabric – that is, fabric which has the same number of threads per inch both horizontally and vertically. The easiest fabric to use is called Aida cloth – it is woven with the threads grouped into bundles to form a square pattern on the fabric, which in turn creates obvious little holes which make it easy for you to work out where your stitches should go. Aida cloth comes in different fabric counts. A fabric's count is the number of holes per inch, which in turn determines the number of stitches per inch. Aida in 14 count is easy to find and is a good choice for stitchers who are just starting out.

Aida also comes in a 6-count version that is perfect for teaching children to stitch or for chunky “big stitch” projects.

As you develop more skills, you can use even weave linen. These are described by their ‘thread count’ – the number of threads per inch. A common thread count is 28 threads per inch (2.5 cm), and this linen would be worked with one stitch over each two threads, so that a project worked on 28 count linen would come out the same size as the same design on 14 count Aida.





## Week Four

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### **You will need:**

- 14 count Aida or 28 count evenweave linen, 53 cm x 50 cm or size needed to suit frame
- Size 26 tapestry needle
- DMC stranded cotton (Article 117) in shades: 300, 310, 453, 613, 791, 793, 813, 840, 844, 918, 930, 931, 950, 3064.
- Small quantity of sewing thread
- Frame for mounting
- An embroidery hoop or frame helps you keep your work at an even tension, particularly if you are using linen rather than Aida; bias binding tape to wrap the hoop

### **Prepare your fabric:**

If necessary, press with a steam iron to remove any creases from fabric. Sew a zigzag stitch or overlock around all raw edges, to keep fabric from fraying. Using sewing thread, tack a line down the centre of the fabric both horizontally and vertically. This helps you to find where to begin your design. When you come to work the stitches which are on the centre lines, remove the tacking, so the tacking threads do not get caught into your work. Wrap the edges of your embroidery hoop in bias binding tape or similar so that your fabric is protected. Put your fabric in an embroidery hoop or frame if you are using one. Do not leave the embroidery in the hoop when you are not working on it, as this will cause creases in the fabric.

### **Follow the chart:**

You will need to print the chart to use as a guide while stitching. Print it at 200% or more, so that it is easier to see. Each square on the chart represents one stitch in the design. The symbols show you which colour thread to use.

### **Download the charts here:**

[Trio of Blue Wrens Chart.pdf](#)

[Blue Wren key and chart.pdf](#)



## Week Four

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### **How to work cross stitch:**

Thread your tapestry needle with two strands of thread, about 40-45 cm long. Knot your thread – this 'waste knot' will be cut off later. Take the needle and thread through from the front of the fabric to the back about 5cm (2 inches) away from where you plan to start stitching. Choose an area away from the area where you will be working your first stitches. The knot will anchor the thread while you start working. Bring your thread from the back to the front in the hole at the bottom left of your first stitch.

Work stitches from bottom left to top right for the first half of the cross, and bottom right to top left for the second half. Make sure all crosses cross in the same direction.

When you have finished the section in the colour thread you are using, pass the needle under several stitches of the same or similar colour at the back of the work and then snip off the loose end close to the stitching. Snip off the waste knot at the front of your work, draw the thread through to the back, and finish it off in the same way. Once you have made a start, you will usually be able to start your next thread by running it under some nearby stitches to anchor it, rather than needing to use a waste knot. Try to avoid using a waste knot with black thread, as it may leave a shadow on the fabric.

As each bird and foliage is not connected, each bird may be worked on its own if you want a smaller project.

When your work is completed, place it face down on a towel and press gently with a steam iron. Allow to dry completely before framing. You can take your work to be professionally framed, or do it yourself. Make sure you lace your work over a stiff board so that it is perfectly square.





Detail of *Trio of Blue Wrens*





## Week Four

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### If you need extra guidance:

For working cross stitch: <https://redgatestitchery.com/blogs/red-gate-stitchery/a-step-by-step-guide-to-cross-stitch>

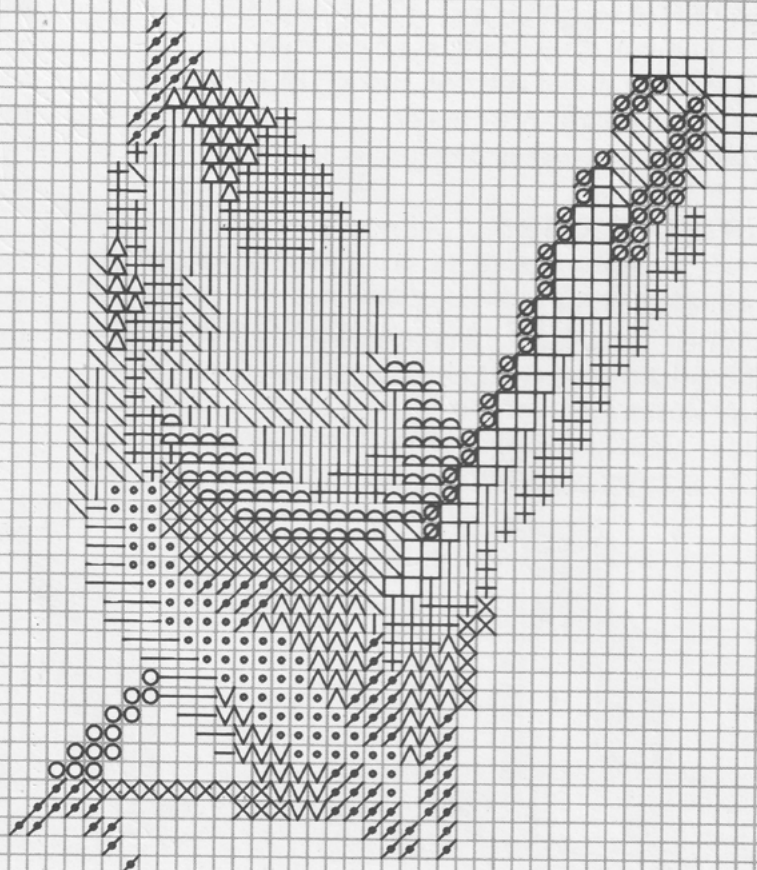
For framing: <https://www.needlenthread.com/2007/12/finish-work-how-to-frame-piece-of.html>

There are hundreds of free cross stitch designs available on the internet. Just search “free cross stitch patterns”. There are also hundreds of designs which you can buy, and either download the chart directly, or have everything you need sent to you in a kit. One of my favourite sites is [patternsonline.com](http://patternsonline.com) with over 5000 patterns to choose from.



Detail of *Trio of Blue Wrens*

o	613	Pale mustard
△	813	Clear blue
/	844	Charcoal grey
\	310	Black
⬢	918	Chestnut brown
x	300	Tan brown
△	950	Pale salmon
v	3064	Salmon fawn
.	840	Taupe brown
-	453	Pale fawn grey
+	793	Pale mid blue
□	930	Steel blue
⊗	931	Pale steel blue
	791	Dark blue







20

40

60

80

100

120