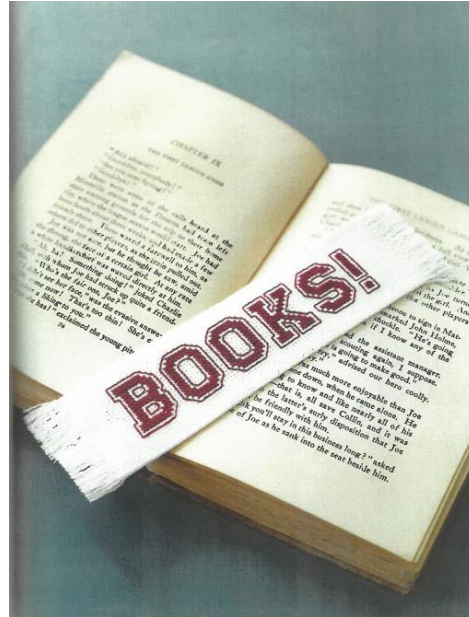


At-Home Crafts for Adults: Cross-Stitch Bookmarks



This kit includes:

- 1 premeasured and ironed AIDA cloth
- 1 embroidery hoop
- 1 needle
- 7 colors of embroidery floss – other colors are available in the Craft/Project Space on the 2nd floor of the library
- 1 piece premeasured iron-on hem tape
- 2 patterns
- 1 informational packet

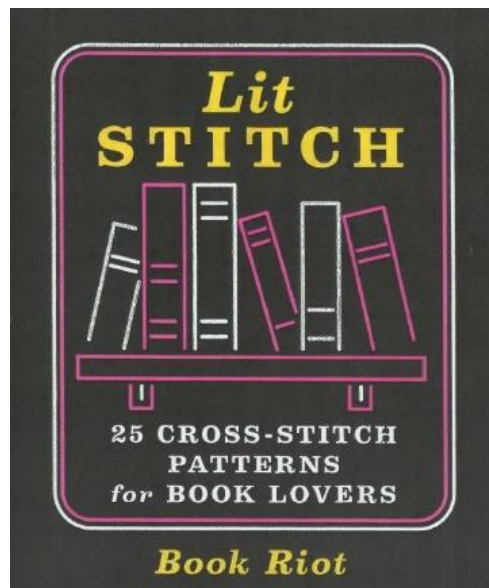
Not included:

- Iron
- Scissors
- Glue
- Ribbon

Patterns:

Both patterns are from *Lit Stitch: 25 Cross-Stitch Patterns for Book Lovers* by Book Riot. Find it on the 2nd floor under the call number: **746.443 BOOK**. More cross-stitch books are available at Topsfield Town Library and through our consortium. The internet is also a great source for a wide variety of patterns.

Feel free to play around with your design – these patterns are just a starting point. Play with colors and create an abstract design or find a fun design online. Have fun with it! If you would like more embroidery floss or different colors, the Craft/Project Space has plenty of options for you!



Basic Cross-Stitch Instructions

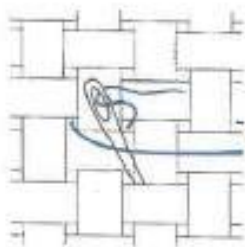
A few helpful hints to get you started:

- Each box on the pattern counts as a cross-stitch. If you see a straight line on the pattern (rather than a filled box), that means use the backstitch.
- It is important to center your design on the AIDA cloth. The black arrows on each pattern indicate the center horizontal and vertical lines.
- Each pattern calls for two threads of the floss. You can separate the strands by gently rolling the end of the floss between your thumb and index finger until the threads loosen. Gently pull two strands out and thread your needle (you may have noticed that the eye of the needle is a little bigger than your standard needle). If you want a fainter design, use 1 thread. If you want a darker design, use 2+ threads. Leave the end loose, rather than putting the ends together.
- The embroidery hoop is used to hold the cloth in place as you work through your stitches. You will have to adjust the fabric as you go. When your bookmark is complete, keep the hoop or bring it back to the library. Or, if a friend is interested in cross-stitching, pass it along to them!

If you've never cross-stitched before and are unsure of how to start a project, please see the recommended videos on the Craft/Project Space page on the library's website or visit the 2nd floor of the library.

Starting your piece:

To start a thread off, thread your needle and pull it through your fabric from back to front, but do not pull it all the way through. Leave a 1-inch (2.5 cm) tail hanging in the back and hold it down securely with your finger. Then complete the first stitch, passing the needle from front to back. Then, when you begin your second stitch from back to front, ensure that the back of this second stitch loops over the tail, thereby closing over it and securing it.

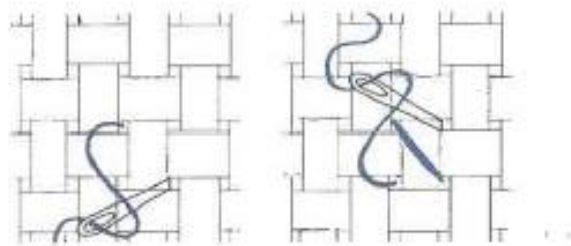


Starting your stitches: The cross-stitch

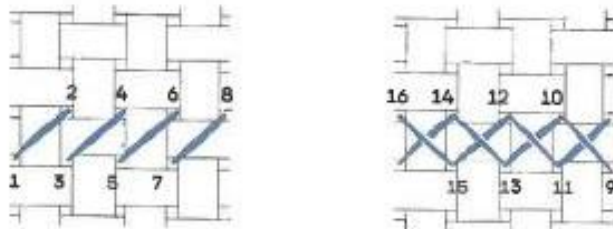
One basic cross-stitch is comprised of two diagonals. You'll start with your needle and thread in the back of the fabric and pull it through to the front through one of the holes in the grid. Then, from the front of the fabric, push your needle back through the hole diagonally down and to the right.

Then pull your thread from the back to front on the upper right hole of the square. And finally, push your needle and thread from the front to back in the lower left hole of the square.

It doesn't matter which diagonal you complete first so long as you are consistent throughout your piece.



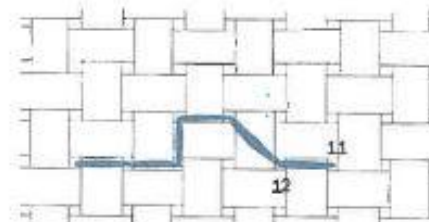
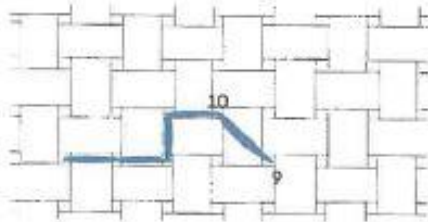
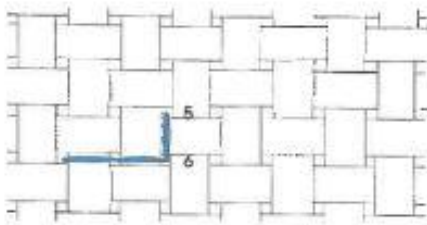
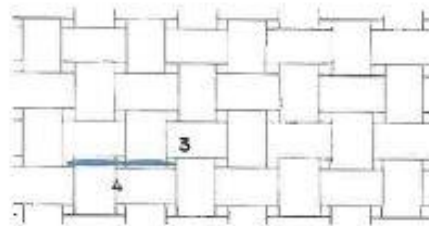
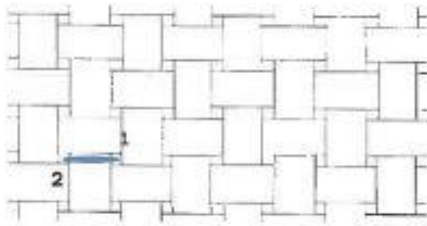
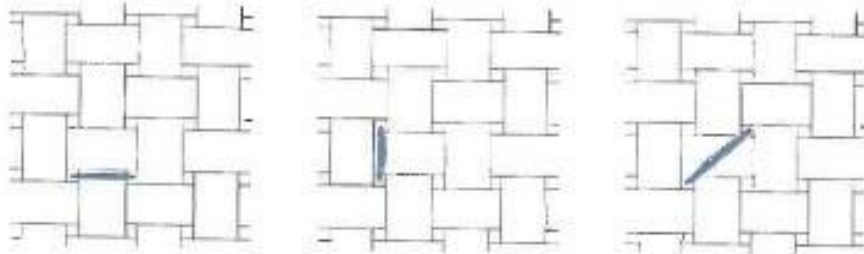
When a pattern has multiple stitches of a color in a row, you should do the whole row in just one of the diagonals first, and then complete the whole row of opposite diagonals. This also helps keep the back of the piece looking tidy.



Starting your stitches: The backstitch

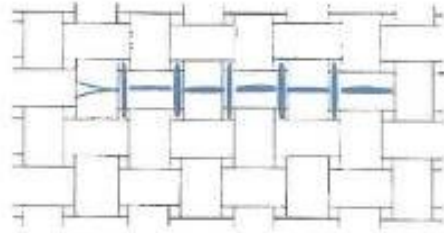
The backstitch is for making continuous lines and is used for some text and outlines. A single stitch of backstitch will either go along one side of a square in the grid or across the diagonal of a square in the fabric, whatever your pattern calls for.

When you add another stitch of backstitch to your continuous line, you come up from the back of the fabric one square away from the existing line and stitch backward to connect the two. This is what puts the “back” in backstitch.

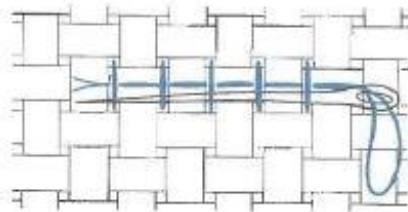


Finishing your piece:

Continue to secure the tail with the backs of the next few stitches. The back of your work will look like this:



To secure your thread tail at the end of stitching, simply slide your needle and thread under the backs of your stitches and pull all the way through. We recommend snipping off excess through as close as possible, leave a short thread end to prevent any knots as you continue stitching. This is where a pair of small scissors (like embroidery scissors) can come in handy.



Washing your piece:

As you stitch, your piece may get a bit dirty from your hands or your environment. You'll want to wash your piece with mild soap (dish or baby soap works well) in cold-to-tepid water to prevent any bleeding of the colors. You can fill a tub or sink with soapy water and do some gentle swishing. If some of the areas of the fabric are particularly dirty, you can apply soap on your finger (or try a clean toothbrush) and scrub the offending areas. Try to keep the deep scrubbing or direct soap application to the fabric and not the stitches themselves. Lay on a clean towel to dry.

If the fabric has any wrinkles, you can iron it. Use your cotton setting and iron the piece facedown, with a towel underneath, so you don't squash any of your stitches.

Finishing your bookmark

1. After washing, drying, and ironing your piece (as needed), fold the extra width of the fabric back so that the edges overhang a little bit. Iron the edges, if needed or just use your fingers. Trim the excess if the edges overhang too much. The pieces have been preironed to help with the folding, but feel free to adjust and trim as necessary or desired.
2. Fray the top and bottom edges by pulling a vertical thread out of the fabric. The pattern recommends fraying 10 rows on either end, but you can experiment with how much fray you'd like. See cover photos for example. To secure the frayed line, run a very small amount of glue along each of the bottom edges. **If you are doing the rainbow book design, there is not enough fabric for the fraying. You can either leave it with a straight edge or drop a color from the pattern.**
3. Locate hem tape in kit. Fold in one flap of the bookmark. Place the tape on top of the edge of the folded piece. Fold over second flap, overlapping with the first and covering the tape. Trim as needed.
4. Use a preheated iron on a medium setting. No steam.
5. Place and hold iron over folded flaps for 3 seconds. Repeat as needed. Do not iron the tape directly as it will leave a residue on your iron.
6. Flip over bookmark and gently iron for 3 seconds.
7. If desired, run a small amount of glue down the seam and cover with a thin ribbon.
8. Voila! You are now the proud creator of your very own cross-stitch bookmark! If you feel so inclined, take a photo of your project and share it with us! We'd love to see it! Email us or tag us on Facebook or Instagram.