

# XSTITCH



ISSUE 1 · **FIGHT THE POWER** · KATE BLANDFORD



# FIGHT THE POWER

**AUTHOR:** KATE BLANDFORD  
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**GRID SIZE:** 57W X 60H  
**DESIGN AREA:** 3.06" X 3.22" (55 X 58 STITCHES)

## LEGEND:

0		[2]	DMC	818	BABY PINK	(448 STITCHES)
1		[2]	DMC	993	AQUAMARINE - LT	(917 STITCHES)

## ABOUT THE DESIGNER:

KATE BLANDFORD FUSES A LOVE OF MUSIC, CROSS STITCH AND DESIGN TO CREATE A MIX OF ALTERNATIVE CROSS STITCH KITS, PATTERNS AND HOME DECOR. HER WORK WAS ONCE DESCRIBED AS 'SHABBY CHIC FOR SATANISTS', PROBABLY DUE TO HER LOVE OF EMBROIDERY, TWEE SKULLS AND SLAYER.



CONTEMPORARY CROSS STITCH



HI, I'M MR X STITCH AND I'M HERE TO TEACH YOU THE BASICS OF CROSS STITCH. YOU'RE IN LUCK, IT'S NOT GOING TO TAKE LONG FOR YOU TO GET THE HANG OF IT, SO LET'S CRACK ON! BEFORE WE START, IF YOU'VE NEVER CROSS STITCHED BEFORE, STOP AND HAVE A LOOK AT THE WORLD AROUND YOU FOR A MINUTE. IT'S ABOUT TO CHANGE FOREVER..!

NOT SURE HOW TO START?  
CLICK HERE FOR OUR TUTORIAL!

## GETTING STARTED

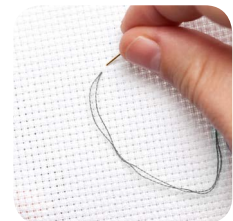
TO MAKE LIFE EASY, WE'LL START WITH THE **LOOP TECHNIQUE!** YOU'LL NEED A LENGTH OF THREAD, NO LONGER THAN YOUR FOREARM, AND YOU'LL WANT ONE STRAND. EMBROIDERY FLOSS HAS SIX STRANDS, BUT IN MOST CASES WE USE ONE STRAND, FOLDED OVER TO TWO PLY.

TO PULL OUT ONE STRAND, HOLD ALL THE THREADS BETWEEN YOUR THUMB AND FOREFINGER, FIND THE STRAND YOU WANT AND PULL IT OUT, WHILE STILL HOLDING THE OTHER THREADS.



FOLD THE THREAD IN HALF AND PUT BOTH ENDS THROUGH THE NEEDLE, SO YOU'VE GOT A LOOP AT ONE END YOU NORMALLY START IN THE MIDDLE OF THE PATTERN, SO YOU DON'T RUN OUT OF SPACE, AND SO YOU NEED TO COUNT THE NUMBER OF STITCHES IN THAT CENTRE SECTION AND BEGIN STITCHING.

START ON THE UNDERSIDE OF THE FABRIC AND COME UP THROUGH ONE OF THE HOLES IN THE FABRIC - BE SURE TO GO THROUGH THE HOLE RATHER THAN THE FABRIC - MAKING A FORWARD SLASH TO THE HOLE DIAGONALLY UP AND RIGHT.



WITH YOUR FIRST STITCH ONLY, ON THE BACK OF THE FABRIC, PUT THE NEEDLE THROUGH THE LOOP AND PULL GENTLY. IT'LL SECURE THE THREAD IN A NICE NEAT WAY. TASTY!

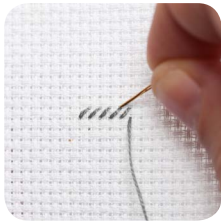
IN THIS INSTANCE I'M STARTING WITH FORWARD SLASHES, BUT IF BACK SLASHES ARE MORE COMFORTABLE FOR YOUR BOTTOM STITCH, GO FOR IT. WE WON'T JUDGE YOU.



YOU CAN STITCH FROM TWO HOLES - TOP OR BOTTOM. SOMETIMES YOU'LL STITCH TOP TO BOTTOM, SOMETIMES BOTTOM TO TOP. IT JUST DEPENDS ON WHAT DIRECTION YOU'RE HEADING. DON'T SWEAT IT.

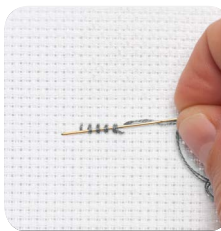


**CROSS STITCH IS MADE OF TWO STITCHES - BOTTOM AND TOP - AND THERE'S ONLY ONE RULE: MAKE SURE THAT YOUR BOTTOM STITCH GOES IN THE SAME DIRECTION.\*\***



THEN DO YOUR NEXT FORWARD SLASH AND KEEP GOING UNTIL YOU'VE REACHED THE END OF THE ROW. DON'T PULL YOUR STITCHES TOO TIGHTLY AND DON'T RUSH - ENJOY THE JOURNEY AND THE MARVELLOUS MOMENTS OF MINDFULNESS.

BELIEVE IT OR NOT, YOU SIMPLY DO BACKSLASHES BACK THE WAY YOU CAME TO FORM THE LITTLE XS YOU WILL COME TO KNOW AND LOVE. THEN IT'S JUST A QUESTION OF REPEATING THE PROCESS TO COMPLETE THE PATTERN.

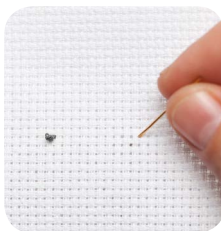


WHEN YOU GET TO ABOUT AN INCH OF THREAD LEFT, ON THE BACK OF THE FABRIC, WHEEL YOUR NEEDLE THROUGH AT LEAST THREE OF THE STITCHES AND PULL THE THREAD THROUGH. THAT'LL HOLD THE THREAD IN PLACE AND YOU CAN CUT OFF THE EXCESS.

## THE WASTE KNOT TECHNIQUE

WITH THE WASTE KNOT TECHNIQUE, YOU'LL WANT TWO STRANDS OF THREADS, NO LONGER THAN YOUR FOREARM, AND YOU'LL TIE A KNOT IN THE END. THIS CAN BE DONE BY WRAPPING THE THREAD AROUND THE END OF YOUR FINGER, ROLLING THE THREAD OFF AND THEN PULLING THE END ALL BEING WELL, THE THREAD SHOULD FORM A KNOT BIG ENOUGH TO STOP THE END OF THE THREAD FROM GETTING THROUGH THE HOLES IN THE FABRIC.

YOU HAVE TO WORK OUT WHAT DIRECTION YOU'LL BE STITCHING IN - RIGHT TO LEFT, UP TO DOWN, WHATEVER - AND THEN YOU'LL PLACE YOUR KNOT AWAY FROM THE SECTION YOU'RE STITCHING, BUT IN THE DIRECTION THAT YOU'LL BE STITCHING. BEAR WITH ME ON THIS!



YOU PLUNGE YOUR NEEDLE THROUGH THE FABRIC FROM THE TOP SIDE, AND THE KNOT WILL HOLD THE THREAD IN PLACE. YOU'LL THEN MOVE TO THE PLACE WHERE YOUR FIRST STITCH WILL BE AND COME UP FROM BENEATH TO DO YOUR BOTTOM STITCH.

YOU'LL NOTICE THAT THE THREAD HAS BEEN HELD ALONG THE UNDERSIDE OF THE FABRIC, AND AS YOU START STITCHING, IN THE DIRECTION OF THE KNOT, YOUR STITCHES WILL SECURE THAT THREAD IN PLACE (TECHNICAL TERM - COUCHING). ONCE YOU'VE STITCHED A FEW STITCHES, YOU SHOULD BE ABLE TO PULL YOUR KNOT GENTLY UPWARDS AND SNIP IT OFF WITH THE THREAD HELD IN PLACE BY YOUR NEW STITCHES!



**EACH TIME YOU STITCH YOU PUT A HALF TWIST IN THE THREAD; OCCASIONALLY YOU SHOULD DROP THE NEEDLE AND LET THE THREAD UNWIND A BIT. THIS AVOIDS IT BUNCHING UP AT THE BACK AND FORMING SURPRISE KNOTS.**

**\*\*THIS RULE CAN BE BROKEN WITHOUT ANY LOSS OF LIFE. DON'T SWEAT IT TOO MUCH.**





# XSTITCH

A MODERN CROSS STITCH MAGAZINE

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IF YOUVE ENJOYED THIS PATTERN,  
BE SURE TO TELL THE DESIGNER  
AND SHOW US WHAT YOU DID WITH IT!

GOOD TIMES!