

EMS (Edition Message Samplers)
Kate Pemberton 2004
Instruction sheet for cross stitch patterns



I am so pleased that you want to cross stitch one of the *EMS* designs. Please upload images of your work in progress or your completed work to <http://ems.endfile.com> to the 'your EMS' section – it really doesn't matter how far you get with it, but please share your achievements. Email me if you have any problems. Have fun! - Kt

A kit has been created with everything you will need; it includes the fabric, thread, needle, pattern, and instructions. You can purchase this kit on <http://ems.endfile.com>. If you prefer to get your own materials you will find them in craft shops and haberdashery stores. You may have to buy a larger amount of Aida fabric and cut it to size.

Materials

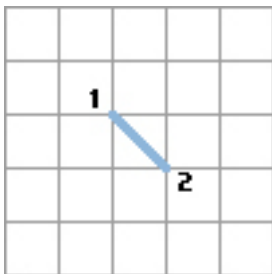
- A piece of 14 count Aida (Cross stitch fabric) in white. 10"x10" or 25cmsq
- a cross stitching / embroidery needle
- A skein of black embroidery cotton. (stranded)
- scissors

Prepare to stitch

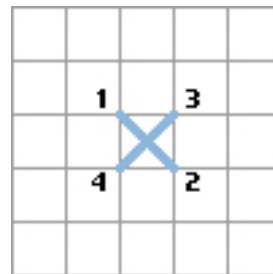
1. Cut a length of embroidery thread that you can use to sew with, not too long. You will find that embroidery thread is stranded and can be divided into six strands. Separate two strands from your length of thread, and thread your needle.
2. Fold the fabric in half, open it out again and fold in half the other way to find the centre of the fabric (this is done for you in the kit). Find the rough centre of your chosen design; start to sew from the centre out. Each black block on the pattern stands for 1 stitch.

Start to stitch

The grid on the diagram is your fabric. Where lines cross represents a hole in the fabric.



Bring the thread up from the reverse of the fabric through hole 1, then back down through hole 2.



Come up through hole 3 and back down hole 4. That's 1 stitch!

Repeat these steps for every stitch, making sure that the top half of each stitch lies in the same diagonal direction. By using the pattern provided and counting between stitches and spaces, you will begin to build up the design; this is why it is called 'counted cross stitch'. Double check you're counting to prevent having to undo stitches. Good luck.

On completion, iron your fabric face down on a soft towel to avoid squashing stitches.