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# WELCOME A STITCH

## A Sassy Beginner's Guide to Cross-Stitch



By: Chelsea Fournier

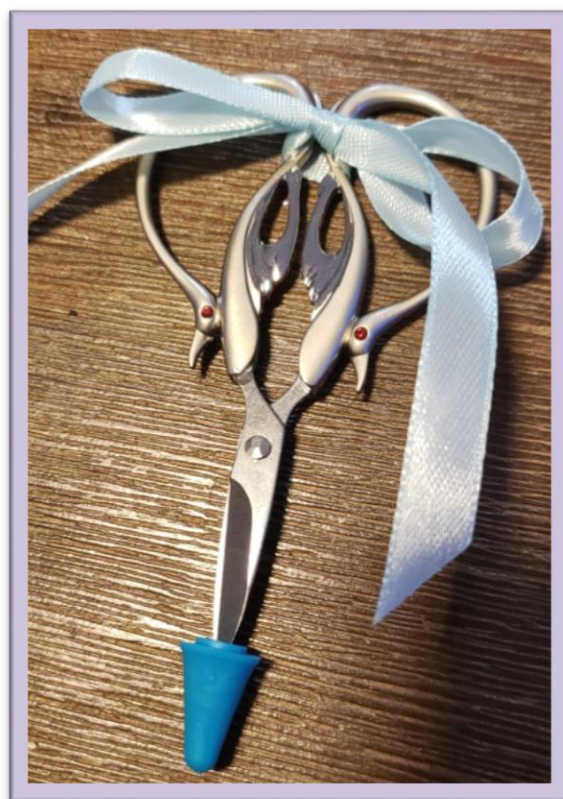
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XX

# Contents

Introduction.....	4
A brief history.....	4
Why stitch? .....	4
Quick Tip .....	4
The Basics.....	5
Supplies .....	5
Needle.....	6
Breakage and burs .....	6
Hoops and options.....	6
Fabric.....	7
Weave .....	7
Count.....	7
Colour .....	8
Preparation.....	8
Cutting to size.....	8
Securing the edges.....	8
Finding the centre .....	9
Thread (Floss).....	9
One strand or two? .....	10
Floss Storage .....	10
First Stitches .....	11
Threading the needle.....	11
Starting and securing the thread.....	12
The loop-start.....	12
The tucked-tail start .....	14
The waste-knot start.....	15
The cross-stitch.....	15
Stitch paths.....	15
Other Common Stitches.....	16
Back stitch .....	16
Straight stitch.....	16
French knot.....	16

Pattern Basics.....	19
Reading a pattern (chart).....	19
Freebie Sample Chart .....	17
Organization .....	17
For your projects .....	17
For your stash.....	17
Conclusion.....	18
Acknowledgements from Chelsea.....	18
Appendix 1: Glossary .....	19
Appendix 2: Stitches to Inches .....	22
Appendix 3: Needle Size Chart .....	24
Appendix 4: Fabric Visual.....	25
Aida Fabric .....	25
Evenweave Fabric .....	25
Appendix 5: Canadian Stitch Shops .....	26
Our Favourites:.....	26
Shop Mini-FAQ .....	27



# Introduction

Cross-stitch is more popular than ever, and we are so happy that you are here! The intent of this guide is to give new stitchers a place to start with some simple and light-hearted instructions. Solid stitching basics will help you stay engaged and make quicker progress on your projects. It is cost effective to try with minimal initial investment making it the perfect activity if you aren't sure what your next hobby is going to be. If you aren't sure about picking up stitching as a new hobby, there are some tips to making a minimal initial investment that will help you get hooked.

## A brief history

Cross-stitch is one of the oldest forms of needlework dating back to as early as the 6<sup>th</sup> century. In the early days, stitching was traditionally used to embellish household items such as doilies, handkerchiefs, and table cloths. Cross-stitch was also taught to young girls as a part of their education. You may have heard of samplers. Samplers are still exceptionally popular today, but they originated back when girls were learning how to stitch. These projects helped them learn cross-stitch alphabets and other motifs they could use in their household stitching. They were named "samplers" because the girls could always refer back to them as a "sample".

Cross-stitch, specifically counted, has come a long way since then, but the humble roots of this heritage fibre art are deep and meaningful.

## Why stitch?

These reasons can be deeply personal and vary widely, but here are a few of our favourites:

- It's cheaper than therapy. (Depending on the size of your stash...)
- It can be used as a legitimate mental health coping strategy as a part of therapy or simply self-care.
- It helps calm the soul. Just the nature of pushing your needle in and out of the fabric is rhythmic and soothing.
- In a world full of technology and distraction, stitching helps bring us back into the present moment and focuses us on the work at hand.
- Cross-stitch is truly an art. Just because you didn't design the chart doesn't mean you aren't an artist.
- Handmade family heirlooms are rare these days. Stitching meaningful pieces that can be passed down generation after generation is truly something special.
- Cross-stitch is a social hobby. Stitchers are wonderful humans. Whether it be the online community, retreats, stitch days, or just encounters at the local needle shop, the stitching community is a wonderful and inspiring thing to be a part of.
- When it comes right down to it, and perhaps most importantly, it's truly the only time you can stab something thousands of times and not go to jail. 😊

## Quick Tip

We have included a relatively expansive Glossary in [Appendix 1](#). If you have the time, read through the list of terms before you move to the next section. This will help with general comprehension of the material and instructions provided. If you find a term you aren't sure of and it's not included in the Glossary, you can always email us at [hello@chelseabuns.ca](mailto:hello@chelseabuns.ca) and we'd be glad to help. Alternatively, there's always Dr. Google.

# The Basics

There are a few cross-stitch basics you'll need to learn before we get to the fun stuff. Here we list some basic supplies and help you prepare your fabric, floss, and needle.

## Supplies

Here is what you need to get started:

- A **pattern** – There are loads of free charts online, but we've included a freebie in this guide to help get you started!
- A **needle** – Look for information on needle sizes in the appendices.
- A **hoop** – We recommend using a hoop when getting started. They are relatively affordable and will make starting your first project much easier.

Note: You can stitch "in hand" (without a device to make the fabric taught) or use one of the many options available. Options include a hoop, Q-snaps, scroll rods, or stands made specifically for cross-stitching.

- Some **fabric** – Fabric can make or break your project. You want to make sure what you choose is manageable for your skill level and will give you the right effect when the piece is complete.
- Some **floss** (thread) – All cross-stitch patterns have a legend that is associated with specific colours of floss. The number listed beside the symbol corresponds with a product number of the thread (typically DMC).
- A few **notions** – Some accessories are a must. Scissors ([our online store's specialty!](#)) and a needle threader will make your life a lot easier!

You can find beautiful accessories on Instagram, Facebook, and Etsy: Needle minders, needle tins, cute scissors, hand-dyed fabrics, just to name a few. You don't need these items to start, but as your cross-stitch collection grows you will probably end up with at least one of everything!

Remember, the stitching community is full of wonderful people! Many of them have side hustles creating the items we use daily. Be sure to look around and support those who you think are exceptionally talented! Buying from the little guy or girl, or your local needle shop, is one way we can keep needle arts localized and community based!

## Pattern

There are hundreds of cross-stitch designers out there these days. More than ever! After a bit of research, you are bound to find someone whose designs inspire you to stitch. Make sure you choose your pattern according to your skill level. We suggest starting with a small pattern, ideally under 100 stitches by 100 stitches. Larger patterns can take years even for advanced stitchers, so starting with something smaller is what we always recommend.

If you have no idea where to start, here are a few of our favourite designers who offer small stitch patterns:

- The Frosted Pumpkin Stitchery - <https://www.thefrostedpumpkinstitchery.com/>
- The Tiny Modernist - <https://www.tinymodernist.com/>
- Velvet Pony Designs - <https://www.etsy.com/shop/velvetponydesign>

Another good option are kits such as those made by a company named Dimensions. You can find these at your local craft store and at most Walmart stores. These are convenient because they include everything you need to start for a small cost. If you want to get started quickly, grab one of these and you'll be on your way in no time.



# Needle



A good needle will be your best friend. Needles are just as important as the thread and fabric you stitch with and can save you a ton of headaches if you have a good brand.

The needles used in cross-stitch are called tapestry needles. They have blunt ends and come in a variety of different sizes. Common sizes include size 24, 26, and 28; the larger the number the smaller the needle. Needles are typically made of nickel but are also available in gold plating. Those with known allergies to nickel should purchase gold needles to save their hands from irritation. We recommend Bohin for good quality needles that will last.

Needle size and fabric count go hand in hand and will give you the best and most consistent stitching result when you have it right. We have provided a handy chart in [Appendix 3](#) that will tell you what size of needle to use on what count of fabric.

## Breakage and burs

The two main problems you will likely encounter with needles are breakage and burs.

Breakage typically occurs with cheaper brands of needles as they don't have the structural integrity that the good brands do. There is nothing more annoying than going through a couple of broken needles when you are trying to make some progress on a piece.

Burs can take a while to figure out if you are new to stitching. A bur is a small imperfection, often unnoticeable to the eye, that can shred or cut your thread. You might be wondering why your thread seems to be breaking so easily for no apparent reason? If this is happening to you, switch your needle out and the problem should resolve itself. Throw the needle with the bur in the garbage (safely!) so you won't have the same problem next time.

## Hoops and options

There are many different options when it comes to how to hold your fabric. Like everything else, this comes down to personal preference. We recommend you try out every method possible to get a feel for what you like the most. A great way to do this is ask someone from the stitchy community if you can borrow from them. Stitchers typically have multiple hoops, Q-snaps, etc. and are typically more than willing to help those who are just learning the craft.

Below we have listed the most common types of hoops and frames, but please note, this list is not all inclusive.



- **Stitching in hand:** Perhaps the rawest and cheapest form of stitching. Stitching in hand means not using any type of frame or device to pull the fabric taut while you are working. Aida is usually the easiest fabric to support stitching in hand, but you can work any project on any fabric in hand if you are comfortable with it. Some stitchers find it difficult to keep their stitches consistent and tidy without the assistance of a hoop or frame to keep the fabric tight.

- **Regular embroidery hoops:** The most common type of hoop available on the market today. These hoops are most commonly made from plastic or bamboo. To use a hoop, the inner circle is removed, the fabric is laid down, and then the inner circle is replaced. This pins the fabric between the two hoops. The top of most hoops has a screw like device that you can tighten to increase the tension on the fabric.
- **Tension hoops (tension darning hoops):** Good tension hoops are challenging to find these days, but they are worth it if you can find them. Unlike regular embroidery hoops, the inner hoop of a tension hoop is metal. To remove the metal hoop, you squeeze the two end pieces together letting off the tension between the two hoops and then pull it out. When you put your fabric between the two, the tension of the inner hoop flattens and tightens the fabric nicely without the need adjust the top screw like regular hoops.
- **Q-snaps:** These frames are typically made of white PVC tubes and come in square and rectangular forms. There is a plastic piece (technically called a ribbed clamp) that snaps over the tubes to keep the fabric taught. You can mix and match the tubes depending on the size and shape of the piece you need to frame. Sizes come from 6"x6" to 20"x20" so they are exceptionally versatile depending on what you require. Stitchers love these frames because they hold fabric tighter than any other option.

No matter what you choose, make sure you are comfortable. The more comfortable you are the more you will want to stitch, which is always the goal!

## Fabric

As you get further into cross-stitch as a hobby, you will learn that there are hundreds (if not thousands!) of choices when it comes to your projects. Fabric is no exception!

## Weave

First, we will cover the different types of weave you can choose from. The three most popular categories are as follows:

- **Aida cloth:** Typically provided in kits and a good fabric for the beginner stitcher. Its slightly stiffer weave makes it easy to stitch on without a hoop if you aren't ready to invest yet. Most common counts are 14 and 16, but Aida is available in a wide range of size counts for you to choose from. Aida is stitched "over 1".
- **Evenweave:** Beautiful and lovely to work with. There are many different types of evenweave fabrics including Lugana and Jobelan, and its application is very versatile. More experienced stitchers will swap out Aida for hand-dyed evenweave. Most common counts are 28 and 32 and this fabric is usually stitched "over 2". You can find a closeup comparison of Aida cloth and evenweave in [Appendix 4](#).
- **Linen:** The most natural and irregular fabric listed here, linen offers a more rustic look that can look gorgeous with the right chart. We don't recommend starting with linen, but if you really want to and love the look of it, go for it! Like evenweave, linen is also usually stitched "over 2".

## Count

We can't cover fabric without covering count. Each of these types of fabric comes in different counts. Fabric "count" simply refers to the number of threads of the weave of fabric per inch. When stitchers chat (and we do this a lot!), you'll hear "28 count" or "14 count". This refers to the number of threads per inch in said fabric. The count also directly relates to the finished size of your project. Count is like gauge in that the higher the count, the smaller the result.

## Colour

One of the most fun decisions is choosing the colour of your fabric. There are three main options when it comes to colour:

- **Solids:** Cross-stitch fabric is available in almost every solid colour you could imagine. Basics like white, ivory, and cream are always a good place to start and will go with almost any pattern you choose.
- **Patterns:** There are lots of patterns to choose from. Cute patterns look adorable on tan coloured fabric with white polka dots. Stripes, chevron, you name it and you can probably find it. There are also some companies who print on one side of the fabric. These prints are more complex and look gorgeous with the right stitching placed on top of it.
- **Hand-dyed:** There are lots of artisans that make hand dyed fabric for stitching these days! There are different techniques (ice dying, for example) all which give a different effect when the fabric is dry. Etsy and Instagram are both great places to find hand dyed fabrics for your projects. When in doubt, ask another stitcher and they would be happy to tell you where they got their hand dyed fabrics from.

When choosing fabric, stitchers sometimes use what's called the "floss toss". A floss toss is when you take every colour of thread called for in a pattern and toss it onto the fabric to get an idea of how all the colours go together. This is a great option as sometimes colours can fade out when your fabric is too close to the charted colours of thread. This method really gives you a good idea how everything will go together before you even start your stitching.

## Preparation

Regardless what type of fabric you choose, the process of getting it ready to stitch on remains the same. If you purchased a kit to start with, the fabric provided will already be cut to the right size for the piece you are stitching. If you decide to choose your own, you will need to make sure you cut the fabric to the right size ensuring you account for the extra necessary for stretching (we'll get to this!) and framing.

## Cutting to size

Cut your own fabric using the following steps:

1. Determine the size of your stitched pattern's width and height. This can typically be found on the kit package, the front of the design card, or in the first few pages of the .pdf file.
2. Convert that stitch count to inches (conversion chart in [Appendix 2](#)). This will give you the fabric size for the design only.
3. Add 6 inches to each measurement (horizontally and vertically) to account for stretching and framing. This converts into 3 inches per side for these final steps.
4. Carefully measure out and cut your fabric.

When in doubt, leave more of a buffer than you think you need or don't cut your fabric at all. Many stitchers have accidentally measured incorrectly only to find out after they have completed hours upon hours on a piece. This can be heartbreaking, so make sure you follow this important step carefully! Remember, measure twice, cut once!

## Securing the edges

After you have the right size of fabric, you have the option of securing your edges. It can save tons of \*insert swear words here\* and we think is worth completing even if it seems like a pain in the butt. If you don't, the weave



will likely fray and can get in the way of your stitching. That said, fabric typically only frays to a certain point, so if you want to leave the edges raw that's ok too.

If you have a serger, that's the cat's meow. Use that. Zip around the edges serging them as you go, making sure you leave enough of a stitch area to complete the project. If a serger isn't an option, a sewing machine is the next best. Set the stitch to zig-zag and go around the edge of the fabric once or twice to keep it from fraying.

Don't have either? That's ok too. Take a needle and thread and manually loop your stitches around the outside edge of the fabric until the entire edge is stitched. This works just as well but takes a little bit longer to complete.

Other guides may suggest using fabric tape or a liquid product to seal the edges. While these products are great for some applications, we don't recommend using them on your cross-stitch projects. It's important to protect your pieces from anything that could potentially deteriorate the fabric over time. If you are going to use this method considering adding extra fabric and cut off the tape when your project is complete.

## Finding the centre

The easiest and safest way to start a chart is in the middle. Here's how:

1. Fold the fabric in half, and then in half again. Your fabric should now be folded into quarters.
2. Take a needle or a pin and pin it in the adjoining corner of the fabric while folded.

When you unfold the fabric, your pin will remain in the centre. Always complete this step right before you start to stitch. This avoids you having to keep a pin in place while securing the edges and so on.

Even though we suggest it, especially for the novice stitcher, starting in the centre isn't necessarily mandatory. You may want to start in one of the four corners depending on whether you are left or right handed, if you have a special type of fabric that you want to showcase in a specific manner, or you find it easier to stitch consistently from top to bottom (or bottom to top). All these things can contribute to your decision on where to start your first few stitches.

## Thread (Floss)

While there are hundreds if not thousands of choices when it comes to fabric, thread is no different. We can break cross-stitch floss down into four major categories:

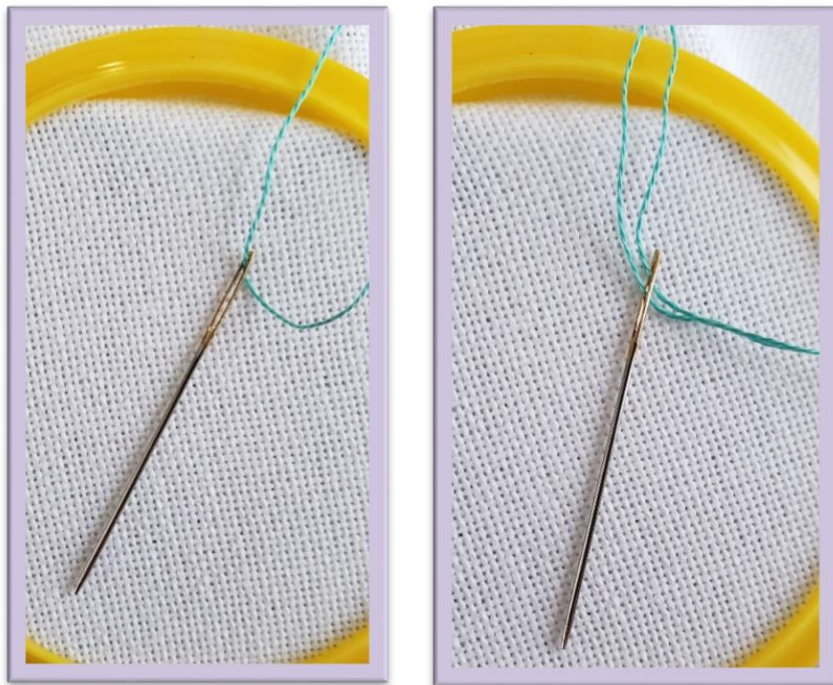
- **Regular cotton floss:** The most popular brand of cotton floss on the market today is known as [DMC](#). DMC floss is well made and reputable in the cross-stitching and embroidery circles. They offer 489 standard colours and are the floss of choice for most designers.
- **Silks:** Silks are beautiful. They are more expensive than regular cotton floss, but they are worth the investment. Silks stitch up smoothly and give a rich, plush look to your designs. They are exceptionally strong and can add dimension and texture to your projects.
- **Metallic floss and filaments:** This type of floss is stunning and will add shine to any project. [Kreinik](#) is a well-known manufacturer of metallic threads and are commonly used in patterns today. Filaments are used in conjunction with regular cotton floss or silks to add subtle shine to a particular area of a chart. Make sure you use a different needle specifically for your metallics and filaments. This type of floss will wear the eye of your needle and can destroy cotton and silk floss when you go back to them. We also recommend using a slightly bigger needle to make threading easier and to push open the weave of your fabric. This allows the thread to pass through more easily which means less friction on the fabric overall.
- **Hand-dyed (cotton and silk):** Just like there are hand-dyed fabrics, there are also hand-dyed threads. Many artisans on Etsy and the online community will make specialty threads that are variegated in

colour. This floss is stunning and can make a standard pattern a show stopper. When stitching with this type of thread, you must stitch one full cross at a time to get the impact of the variegations.

## One strand or two?

Skeins of floss consist of multiple strands of thread that make up a length. DMC's cotton thread, for instance, comes with 6 strands per length of floss. This means that for each length of thread you pull from the skein, there are 6 separate strands of floss.

When starting a project, you will need to figure out whether you should use one strand or two. Charts will frequently list this information in the instructions section. This decision goes hand and hand with what type and count of fabric you are stitching on.



For now, we will focus on the basics. The photograph on the left shows a needle threaded to stitch with one strand of floss. The photograph on the right shows a needle threaded to stitch with two strands.

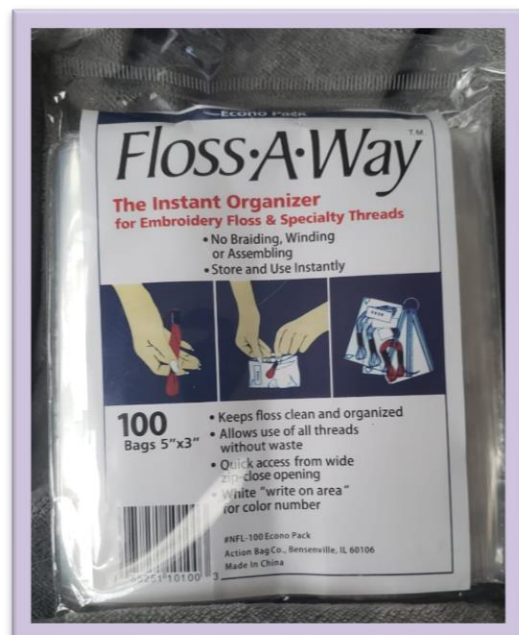
The most important thing to know about stitching and number of strands is that it directly impacts the coverage you will get on your fabric.

When some stitchers are just starting out, they will try a few different samples of fabric and floss combinations to see what the coverage is. This can save you from a lot of heartache if you choose the wrong combination and can't push yourself to stitch the project through to the end.

## Floss Storage

There are two main ways to store floss: bobbins and baggies. Like many other things in stitching, this is a highly personal choice. There are pros and cons to each system.

- **Bobbins:** Storing floss on bobbins is compact and beautiful if done right. It displays the item number of your threads easily and is convenient to transport. Winding floss around bobbins does take time, but the result is worth it to most stitchers. Use Sharpie fine-tip markers in an array of colours for a beautiful container of bobbins.
- **Baggies:** Floss baggies, such as Floss-A-Way bags, are also a great way to store your floss. Some stitchers choose to store their specialty threads and silks in baggies and others have their entire collection bagged. Whatever you choose, these bags are quick and easy to retrieve floss from and are super light to transport.



# First Stitches

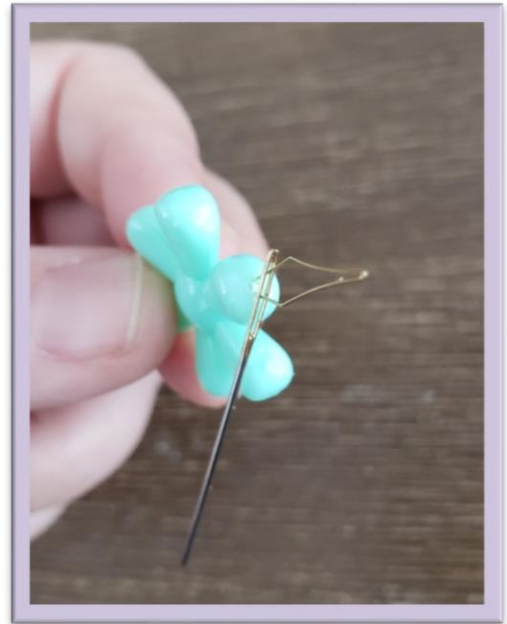
Now that you have all your supplies sorted out, we can start the fun part! We recommend that before starting a project, you take a scrap piece of cross-stitch fabric and try a few stitches to get your flow down. It can take a few stitches before you get the hang of it and practicing before starting your project may alleviate you having to deal with the infamous “frog”!

## Threading the needle

Before we go any further, you need to thread your needle. Purist stitchers will tell you a needle threader is not required, but it can save you tons of time and frustration, so we recommend grabbing one. They are a cheap little tool and you can easily find them at your local crafting store ([or on our website for \\$1/piece!](#)). You can also find self-threading needles. These are super handy if you are trying to pack lightly for a trip!

Use these easy steps to thread your needle using a needle threader:

1. Slide metal wire of needle threader through hole (eye) of the needle.



2. Put floss through wire of the needle threader.



3. Pull needle off the needle threader.



After you remove your needle in step 3, the floss will automatically end up through the eye of the needle. Using a threader will save you so much time and will help reduce optical strain.

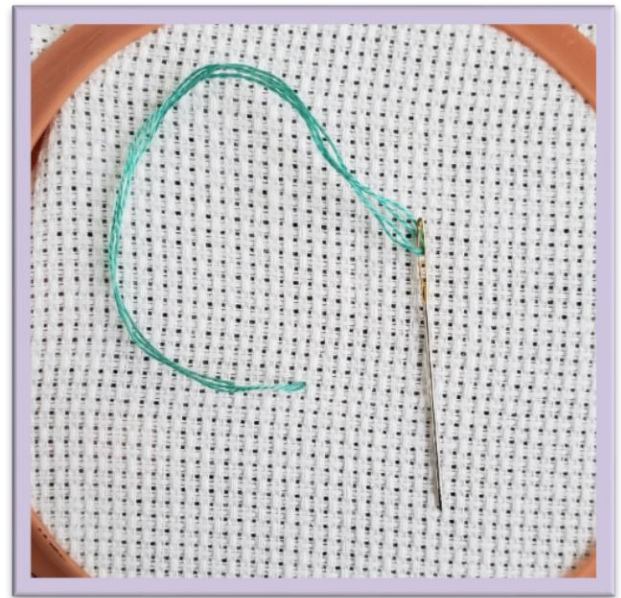
## Starting and securing the thread

There are many ways to start a thread in your fabric, but we have listed what we consider the top three: the loop-start, the tucked-tail start, and the waste-knot start.

### The loop-start

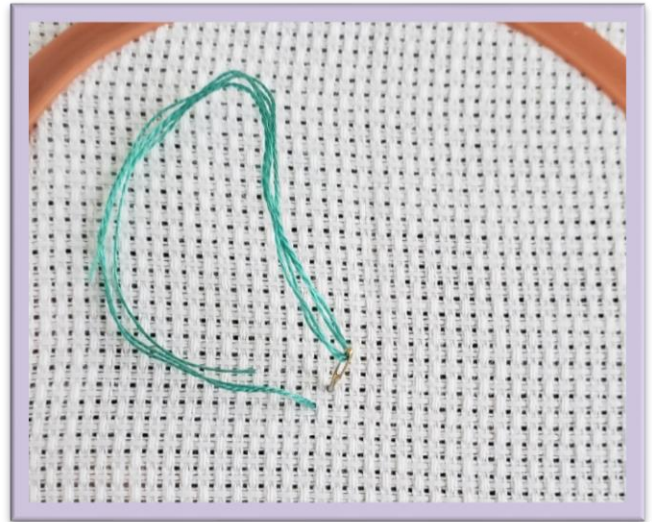
The loop start (demonstrated on Aida below) is our personal favourite. It is, in our opinion, the quickest, easiest, and cleanest way to start thread. The one caveat to the loop-start is that as described above, it can only be used if you are stitching your project with two strands at a time. Follow these simple directions to start a thread using the loop-start method:

1. Push your needle through from the back side of the fabric but do not pull the floss all the way through.

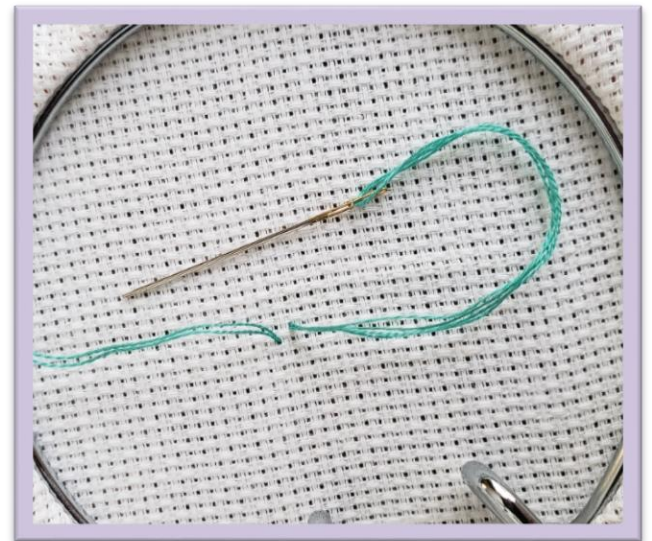




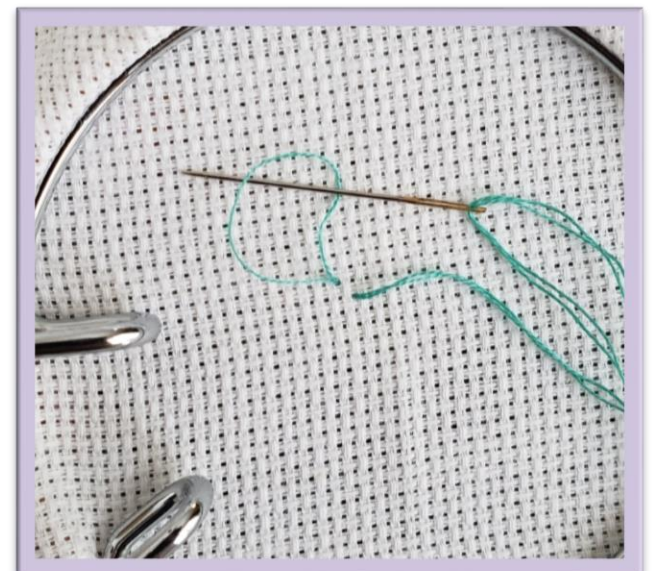
2. Complete the first half of your stitch, ensuring you still do not pull the thread through the fabric.



3. Flip your fabric over so you can see the back side. The picture illustrates how your thread should look after steps 1 and 2.

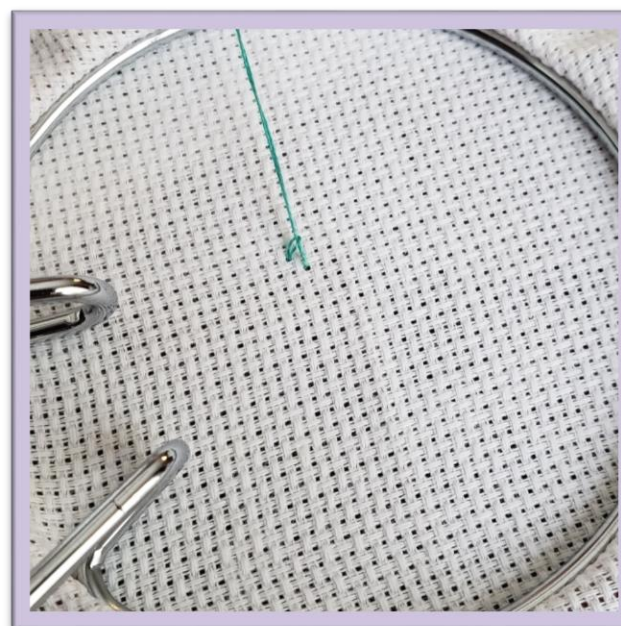


4. Slip your needle through the loop of thread didn't pull through the fabric.





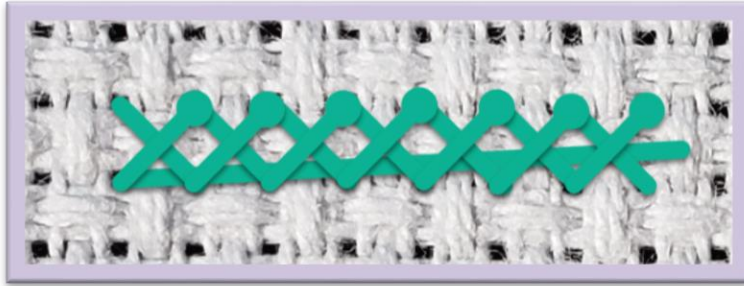
5. Pull tight (but not enough to distort your fabric!) and you have your loop-start!



## The tucked-tail start

A second and very common way to start your thread is the tucked-tail start. When you begin your first stitch, leave a tail at the back of the fabric and hold onto it with your fingers. As you stitch, make sure your tail is tucked under the stitches. When you feel the thread is secured with enough stitches, snip the excess off and continue. The graphic on the left represents what the back of your fabric should look like when you complete a row of half crosses.





When you complete the cross, the back of your fabric should look like the graphic on the left.

The circle at the end of each stitch depicts where your needle goes in through the back of the fabric.

## The waste-knot start

This method is very similar to the tucked-tail start, however in this case you tie a waste-knot in the end of your thread and start from the top of the fabric. The concept is to complete a tucked-tail start but because of the waste-knot, you don't have to worry about losing the tail and checking if it's still being contained by the stitches as you go. When your thread is secured, you snip the waste-knot off with a scissors and pull the remaining thread to the back. Snip that tail and you are good to go. Although a bit more work, we highly recommend this method.

For a great tutorial on the waste-knot start, check out this [FlossTube episode](#).

## The cross-stitch



A cross-stitch is exactly that: a stitch that looks like a cross (or X). When you put a bunch of cross-stitches together, it's much like the pixels on a television. They begin to create a beautiful picture stitch by stitch, colour by colour. Using the image and these instructions, try your first cross-stitch on your scrap piece of fabric.

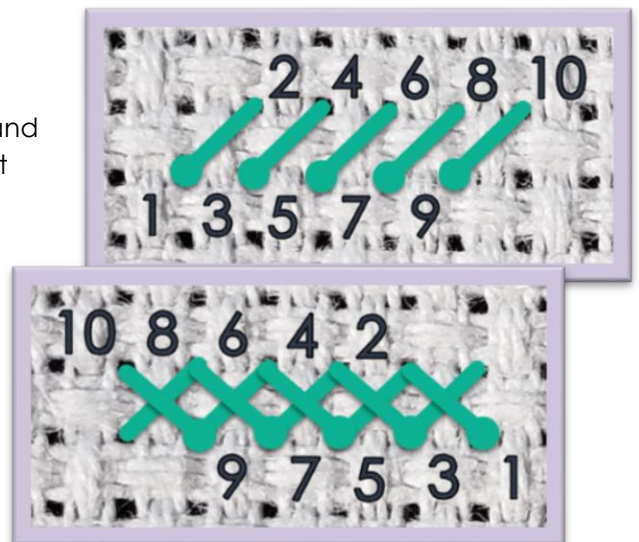
To complete a cross stitch, use the following graphic and insert your needle following the number guides. This graphic assumes you are looking at the front of your fabric, so for number 1 you would put your needle in the back of your fabric and come up through the front in that particular hole.

## Stitch paths

The path you take with your stitches is completely up to you and as you learn your habits as a stitcher, you will follow paths that make sense for certain colours and types of thread.

The graphics on the right show a normal stitch path using regular single coloured floss. Completing rows of half stitches and then moving on to finish the crosses is a quick way to stitch and helps keep things consistent.

The most important note here is that when using variegated floss, you must complete one full cross-stitch at a time to get the maximum effect of your thread's unique colours.



# Other Common Stitches

## Backstitch

The backstitch is used in patterns to highlight specific areas and give them more detail. They help define specific features that you normally wouldn't see. Historically, proper backstitch is 100% reversible as it was used to decorate the cuffs and collars on the dresses of rich lords and ladies. If the cuff flipped, the pattern would be seen no matter what! For our purpose this is not the case, but interesting none the less!

## Straight stitch

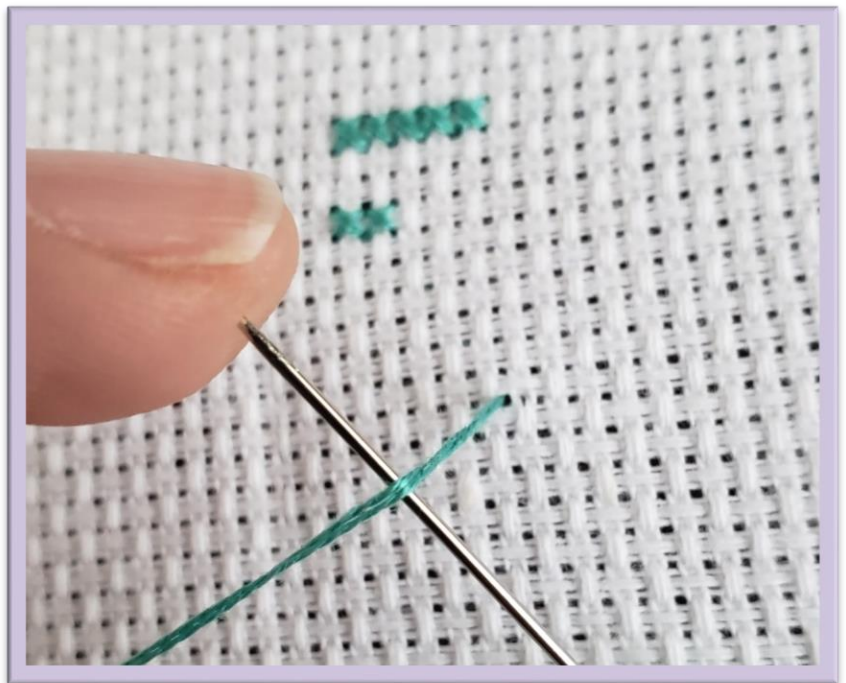
Unlike backstitch, which is done over one stitch, the straight stitch is done over multiple cross stitches. This can be done either in a straight line or diagonal. When to use a backstitch versus a straight stitch is differentiated on your chart and sometimes also explained with written instructions from the designer. The straight stitch can also be referred to as a long stitch.

## French knot

The French knot is a decorative stitch where the thread is wrapped around the needle multiple times, and then is passed back through the fabric creating a small dot of thread. These stitches are super versatile and add a different dimension to the project that calls for them. The most common use for French knots includes eyes (human, animal, etc.) and flowers.

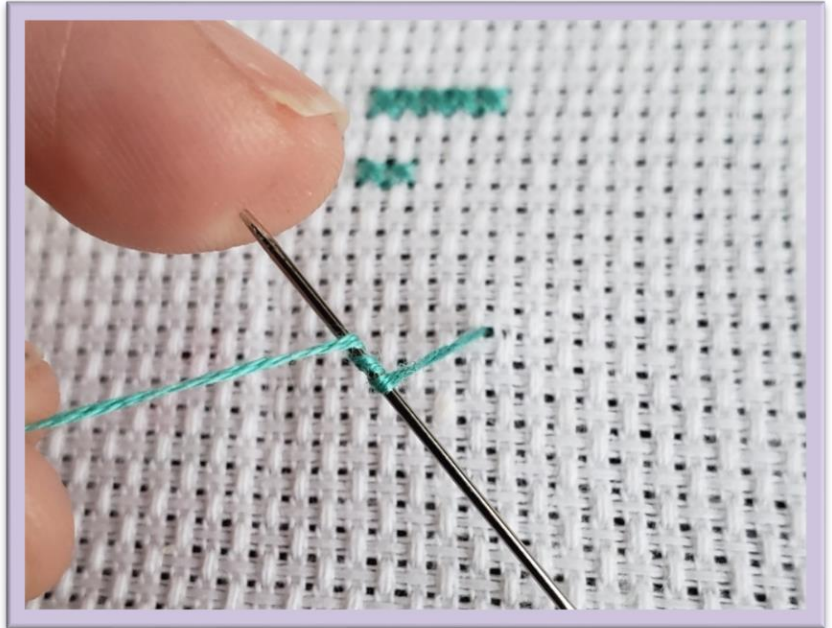
For an easy way to complete a beautiful French Knot, follow these instructions:

1. Place your needle under the floss.

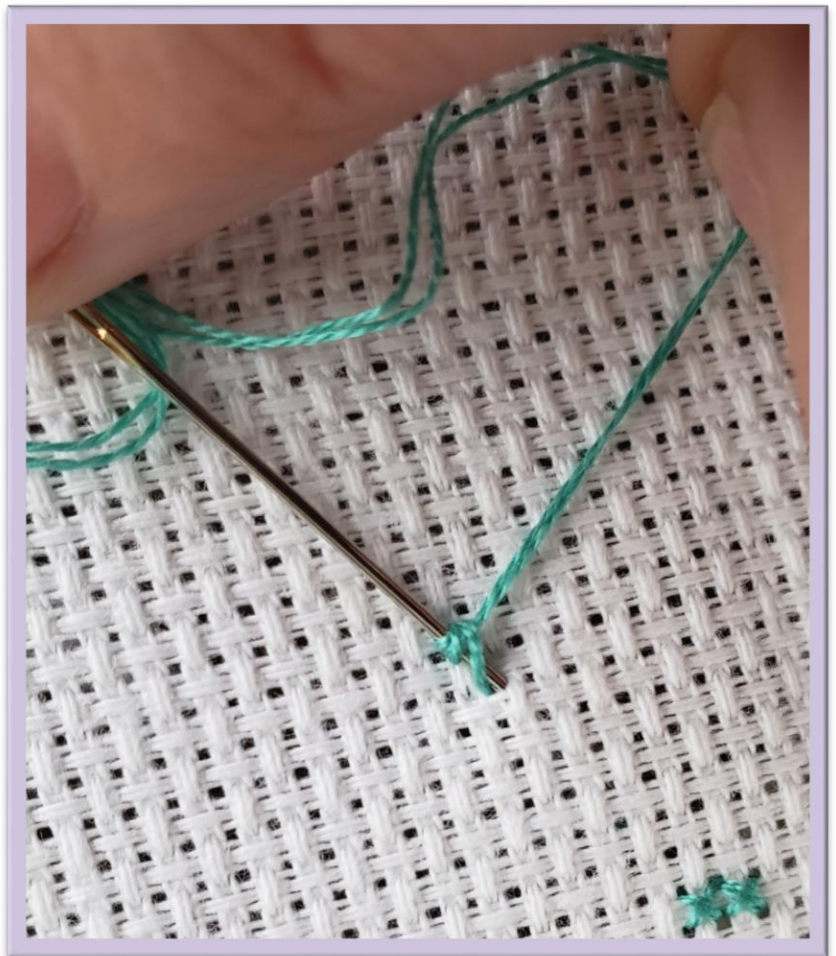




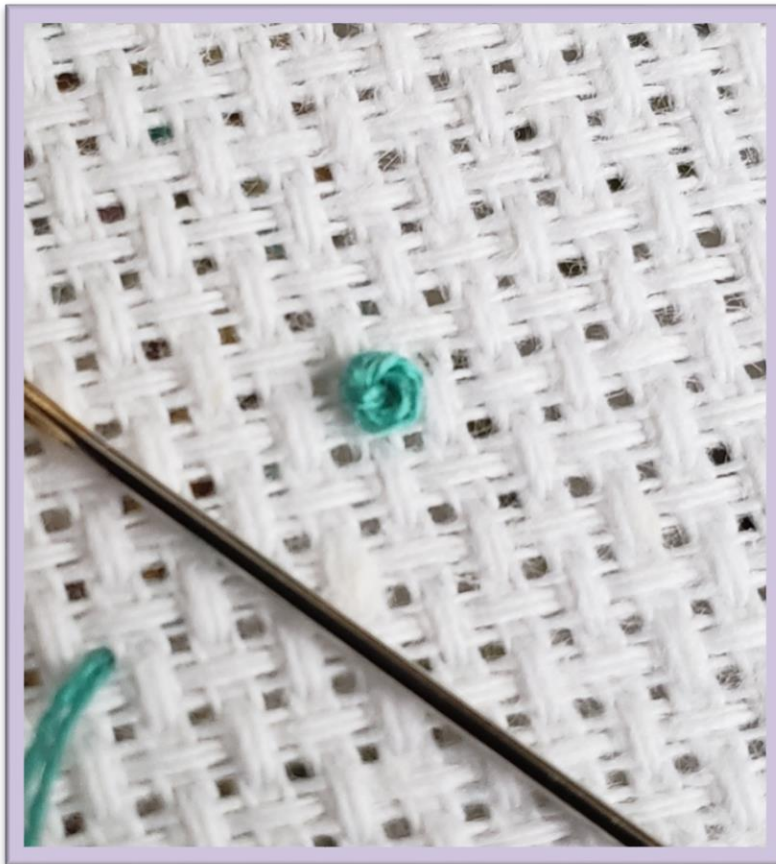
2. Loop the thread around the needle two or three times depending on the size of knot you'd like.



3. Place your needle back through the fabric skipping a thread or a piece of weave in the process.



4. Pull your thread through the knot ensuring it gathers in the process. This might take some practice so be patient!



If you find the French Knot a challenge, try the [colonial knot](#) or replace your knots with seed beads!



# Pattern Basics

There are hundreds of cross-stitch designers out there these days. After a bit of research, you are bound to find someone whose art inspires you to stitch. Once you do, it's important you know how to translate the chart into a gorgeous finished project.

## Reading a pattern (chart)

Cross-stitch patterns are laid out in 10x10 grid format. Each square of each 10x10 grid accounts for one thread if stitching on Aida, or two threads if stitching on evenweave or linen.

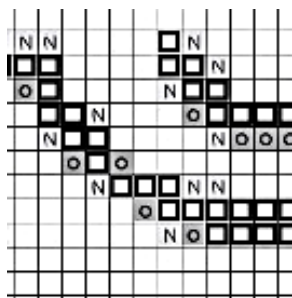
Each square of the pattern that has a symbol corresponds with a colour of thread. Colours of thread are indicated by a legend or colour chart. Designers always include a legend which is typically located in the instructions section of the chart. The legend shows what symbol corresponds with what thread colour(s). It will also tell you what brand of thread has been used and the corresponding brand item number or name. Squares that have no symbol indicated are not stitched.

Most patterns will also have a basic instructions section that should somewhat mimic what we have provided in this guide. It will also include instruction for any specialty stitches which may be incorporated into the patterns. Backstitch is typically indicated with a thick black outline around the sections that require it. The legend will indicate what colour the backstitch is in each specific section. Backstitching is also sometimes described by instructions like "around the racoon's ears" or "on the outside edge of the dress".

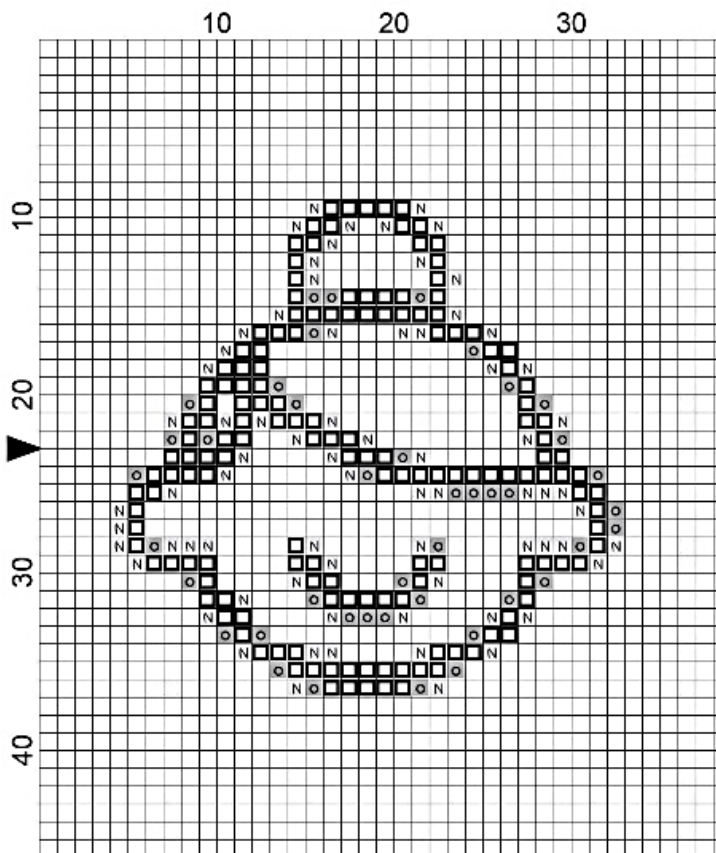
Based on the free sample chart on the following page, we have indicated a few things to look out for below:

These numbers indicate every set of 10 rows horizontally and 10 columns vertically.

Indicates the middle of the chart. The same symbol appears on the top of the chart. To easily find the centre, find where both these arrows meet in the middle of the chart.



A closeup of the chart showing the three different symbols indicated in the legend (on the next page).

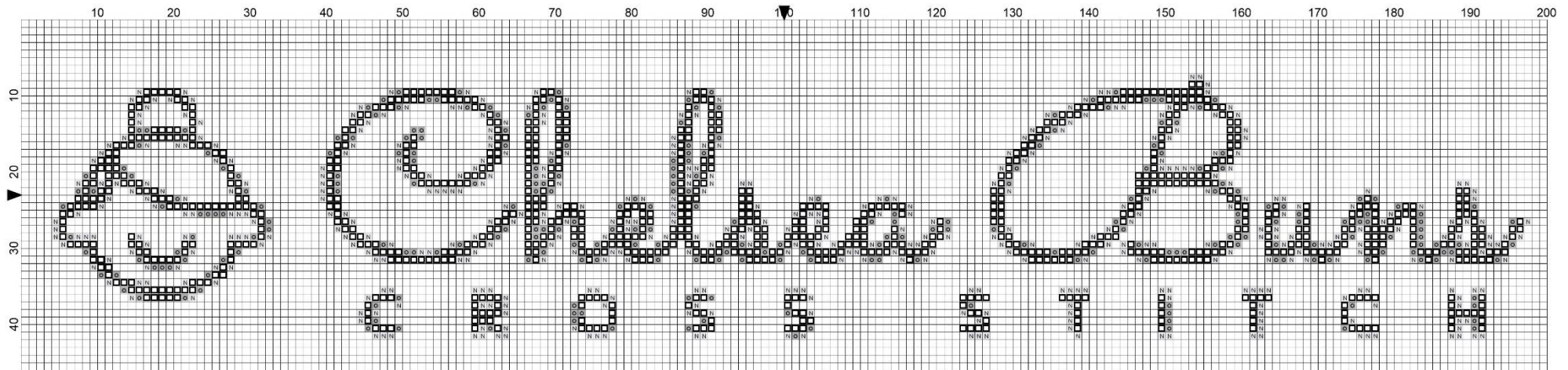




# Freebie Sample Chart

Now that you know how to read a chart, you can get started! We've included this sample chart for you to use if you'd like! We'd love to see any finished projects, so if you do decide to try this chart out, please email us at [hello@chelseabuns.ca](mailto:hello@chelseabuns.ca) or tag us on Instagram at @chelseabuncrossstitch!

Don't be afraid to swap out colours for a palette you really love! Remember, stitching something you adore will always get you closer to the finish line!



**Grid Size:** 200W x 46H  
**Design Area:** 13.86" x 2.50" (194 x 35 stitches)

## Legend: Stitches

○	DMC Cotton 4	tin - dk
■	DMC Cotton 310	black
N	DMC Cotton 762	pearl gray - vy lt

**Tip:** Most stitchers make "working copies" before they start a project. A working copy is a photocopy of a chart for personal use only. This allows a person to highlight or mark up the chart without ruining the original. It also helps to blow the chart up to a larger size, so the pattern is easier to read. Use this 8x10 page and make an 11x17 personal working copy. When you complete a set of stitches, simply highlight it on the working copy so you know exactly where you are in the pattern!

**Gentle Reminder:** Copyright should be taken seriously and helps protect the hard work of designers everywhere. Making a working copy is ok for personal use, but never make copies (electronic or otherwise) to hand out to others for free.

Have questions? Email us! We'd be happy to answer them!

@ChelseaBunsCrossStitch  
<http://www.chelseabuns.ca>  
[hello@chelseabuns.ca](mailto:hello@chelseabuns.ca)  
Chelsea Buns Cross Stitch ©



# Organization

Once you're fully hooked on the hobby (and trust us, there is a strong likelihood this will happen), you're going to want to get your projects and stash organized. It's super easy to accumulate a lot of stuff in a short period of time and understanding what you have at any given moment will ensure you don't buy duplicate patterns or notions. Who are we kidding though, we've all bought duplicate patterns and it's a great opportunity to trade with a fellow stitcher.

## For your projects

Most stitchers always have multiple projects on the go, so keeping them together with their specific items is an easy way to "grab and go" when you want to switch it up. There are a few ways you can organize your projects.

- **Project bags:** There are many different types of project bag out there to store your cross-stitch projects safely. We've broken them into a few subcategories. That said though, any bag that has a closure to keep the dust out is a good option. These are just a few of our favourites.
  - **Handmade fabric project bags:** These bags are the most expensive out of all the options, but they are also the nicest. Many crafters and quilters have put their own touch into handmade project bags. They come in all sorts of patterns and designs, some with pockets, some without and many feature a transparent side so you can see what project is in what bag.
  - **ArtLoft or artist mesh bags:** These bags are made from a transparent plastic mesh and are slightly sturdier than Ziplocs. They come in multiple different sizes and have a zipper closure.
  - **Large Ziploc bags:** When in doubt, large Ziploc bags are the way to go. They are cheap, easy to find, and will do the job perfectly.
- **Ikea Raskog Cart:** [The Raskog](#) is a 3-tiered metal utility cart that comes in chic colours and is super versatile. It features 4 caster wheels making it easy to move around and adjust in your space. Its footprint is relatively small, so it's perfect for small spaces. The middle section is adjustable, so it can be customized to different heights depending on your storage needs. The cart is metal which also makes it handy to store magnets and needle minders. There are many different utility craft carts out there now, but Ikea really started the trend. At a reasonable cost, this is a great investment to keep your projects organized beside your stitching spot.

Project organization is just like stitching itself, highly individualized. We encourage you to look online (Instagram is great for this!) and find ideas that you think will work for you. As time goes on you'll find your groove. Projects that are easy to get to and organized are more likely to get worked on, so make sure that whatever you decide they are easily accessible, so you can enjoy the hobby with ease!

## For your stash

Once you outgrow your project bags and your Ikea Raskog, it's probably time to admit you have a stash. The more organized your stash is, the easier you will be able to find the things you need when you need them, and the less frustration you will experience. Trust us, we know! Some stitchers will designate an entire room to their stash, while others choose a specific piece of furniture, or maybe a home office area turned into a crafting space.

Regardless of what you choose, make sure you have enough space that your items don't feel cramped or aren't being crushed in the process. Your stash is an investment in your quality of life, and you want to make sure your things are protected when they aren't in use. Check out [@BestCraftRooms](#) on Instagram for ideas!



# Conclusion

There we have it! Just like that you've reached the end of the Chelsea Buns "Life's a Stitch" how-to guide. We really hope that you learned a lot and have picked up a project in the meantime. Stitching has changed our lives and we hope it will change yours too.

Remember, just like anything else, stitching gets easier and more consistent with practice, so keep going! You'll soon be on your way to creating heirlooms your family can enjoy for decades and priceless homemade gifts for your friends.

Thanks so much for joining us and bye for now! ☺

## Acknowledgements from Chelsea

Hi Everyone!

If you've made it this far, I'm so excited you are even reading this! I just wanted to stop in and say that I am so appreciative that you are here. I really hope you found some value in what we've put together. If you have, please email me and let me know. This was a labour of love and it would mean the world to know that it even helped just one person! Drop us a line at [hello@chelseabuns.ca](mailto:hello@chelseabuns.ca) if this was the case, or even if you just want to say hi!

Chelsea Buns Cross Stitch was a pipe dream not too long ago. We registered for our business license in November 2018 and launched our store on April 1, 2019 (not an April Fools joke, I swear!). Since then I have met so many incredible people all who love to craft, create, sew, quilt, cross-stitch, and so on. It has been incredibly inspiring to see so many people purchase from our store and reach out to talk to me!

Now, the next part might make it seem like I'm some world-famous author. I assure you, I am not. But "it takes a village", and I can definitely say that I wouldn't be where I am right now without a bunch of support and encouragement from this community and my friends around me.

To Ann, you opened your store and your home to me when you barely knew me. You've encouraged me every step of the way and been nothing but a ray of light. I can't thank you enough for all of our conversations over these past couple of years. One day I'll make it to Florida to stitch by the pool! (Ann's store, Knowledge & Needles, is listed in the store directory in [Appendix 5](#))

To Lianne, thank you for showing me that badass corporate women can have successful side-hustles or full on replacement careers in the things they love. You have inspired and encouraged me from the start, even when it was super scary. Congratulations on everything you have accomplished and are creating for yourself. I literally am one of your proudest friends and biggest fans. (Lianne's Business is 1897 Schoolhouse Samplers and you can find her in many LNS, including Knowledge & Needles!)

Sending all my love and gratitude to my ladies at the Timberhouse (in no specific order): Trista, Kathy, Bonnie, Julie, Judie, Brenda, Beth, Dale, Rebecca, Sylvia, Sarah, Sheila, Mona, Sharon, Debbie, and everyone else.

This guide would not have been possible without the support of my wonderful and encouraging stitchy friends. I'd like to personally thank Danielle (Dani), Christin, and Rebecca for their love and support. Without your confidence in me and your ongoing reassurance, I'm not sure Chelsea Buns would even be a thing.

And finally, none of this would have ever been possible without you Grandma Peggy. As much of a hard-ass as you were, I love you so much. You have influenced me in ways you'll never know. Rest in peace lovely lady.

All my love in stitching,  
Chelsea

# Appendix 1: Glossary

**Aida** – Typically the fabric provided in cross-stitch kits, Aida is stiffer than other fabrics and is arguably the most popular fabric to stitch on. This fabric is great for stitching on without a hoop and an excellent choice for beginners to learn on. Popular brands include Wichelt, DMC, and Charles Craft. Aida is available in several different counts, the most popular being 14 and 16.

**Backstitch** – A basic decorative stitch that outlines a set of cross stitches in a pattern. Most often used to make patterns “pop” and add finer detail.

**Beads** – Available in hundreds of colours and sizes, beads add depth to charts and can really make them sparkle. Mill Hill is probably the most common bead supplier for stitchers and offers an array of spectacular seed beads you can add to projects.

**BAP** – Big Ass (Arse if you prefer!) Project

**Blending** – Using two or more colours of thread (or perhaps filament) simultaneously to blend the colours together when stitching.

**Confetti** – Single stitches in the same section of a chart, but of all different colours. Confetti is not for the faint of heart but is beautiful when incorporated in a chart! It gets its name because it looks like confetti is being thrown! Also warning, these can be a bit tedious and annoying, so buckle up your patience if you're in that section of a chart.

**Chart** – A cross-stitch pattern that shows you what stitches to place where, what colours belong to which symbol, and any other information you require to complete a piece.

**Count** – The number of threads of weave of fabric per inch. When stitchers chat (and we do this a lot!), you'll hear “28 count” or “14 count”. This refers to the number of threads per inch in said fabric.

**Cross Country (also known as carrying threads)** – Affectionately known as, “the back of my piece looks horrific”, cross country stitching refers to jumping over sections of stitches on the back to get to the next part of the chart that calls for a specific colour. Cross country just means you're “goin cross country” on the back of your fabric to get to the next stitch!

**DMC** – The most popular brand of basic floss (thread) used in cross-stitch. It comes in hundreds of different colours and effects.

**Evenweave** – A very popular type of cross-stitch fabric. This fabric is woven with a single thread and stitched over 2 most of the time.

**Fiddler's Cloth** – A type of cross-stitch fabric similar to Aida, but slightly more rustic looking. This cloth is slightly more irregular and gives pieces character by providing a more rustic feel.

**Floss** – Another word used for thread. Comes in many brands and colours. DMC is a major floss/thread manufacturer used for cross-stitch projects.

**Floss toss** – Taking all charted colours and “tossing” them onto a piece of fabric. This allows stitchers to see the impact of the potential fabrics they are looking at on the final project.

**Frog** – Oh the infamous frog! Stitchers blame “the frog” when they make a mistake and have to pull out previous stitches to fix it.

**Frogging** – The act of pulling the stitches out when you have made a mistake! (See Frog above!) This term was coined because frogs say, “ribbit ribbit” much alike “rip it rip it”. We hate the frog!

**Fractional Stitches** – These stitches are used when you want to smooth out the edges of more intricate designs using curves. You can use fractional stitches give a smoother edge, so you aren't stuck with the "square-ness" of regular cross stitches. Fractional stitches can be either  $\frac{1}{4}$ ,  $\frac{1}{2}$ , or  $\frac{3}{4}$  stitches.

**French Knot** – A small knot used to define small details in a pattern. If you can't get the hang of a French Knot (happens all the time), they can be replaced with colonial knots or seed beads.

**Full Coverage** – A cross-stitch piece that has stitches covering every single block of fabric horizontally and vertically. HAED (Heaven and Earth Designs) patterns are a good example of full coverage patterns.

**Full Stitches** – A full traditional cross stitch. Consists of two tent or half stitches to make a full X.

**FFO** – Finally Finished Object (some refer to this as Finally Framed Object)

**FS** – Forgotten Stash (or f\*ck stitching if you're just having a day)

**Golden Eye** – A type of needle made of nickel featuring a gold-plated eye.

**HAED** – Heaven and Earth Designs. This company has gorgeous patterns available from many different artists. They are full coverage charts, and some are very large, very complex, and have a lot of confetti.

**Half Stitch** – (see **Fractional Stitches** above) also called a 'tent stitch' this uses one diagonal stitch instead of a full cross-stitch with two threads crossing each other over a square in your fabric.

**Hardanger** – A cross-stitch fabric made of 100% cotton and 22 count. An excellent fabric for ornaments.

**Haul** – When you go to a stitchy store and buy some fantastic things to add to your stash! Search #stitchhaul or something similar on Instagram to get a good idea of what this looks like.

**Hoop** – A circular tool used by stitchers to hold their fabric taught while stitching. Typically made of plastic or bamboo.

**Jazlyn** – A 28 count evenweave fabric similar to Jobelan. Made of cotton and rayon.

**Jobelan** – A lovely type of evenweave fabric. It is softer than Aida and is typically made of cotton and rayon/modal.

**Kit** – Cross-stitch kits come with everything you need to begin a project except for things like scissors and hoops. Kits will include a chart (pattern), thread, needle, and set of instructions. Kits are great for beginners who are looking for an easy and convenient way to start.

**Linen** – Linen is very similar to evenweave. It is made from 100% linen and has a more traditional/primitive look than evenweave. This fabric is known to have "slubs" and other imperfections that add character to a finished piece. Different styles include Cashel, Belfast, and Cork. This is typically the most challenging fabric to stitch on.

**LNS** – Local Needlecraft Store/Shop

**Lugana** – A gorgeous type of evenweave fabric (our personal favourite!). It is heavy and soft. It is similar to Jobelan and very versatile. It is a blend of cotton and viscose.

**Needle Minder** – A small decorative piece with a magnet attached to the back that holds your needle for you. Often can be placed directly on fabric or a stitch cart (if you have one) so that you always know your needle is safe.

**OAP** – Old Abandoned Project

**ONS** – Online Needlecraft Store/Shop

**ORT** – Orphaned Random Threads (also known as Old Raggedy Threads). Some stitchers save "ORTs" over the course of a year and make a Christmas ornament out of them using a clear bauble.

**Parking** – A more advanced stitching technique, parking allows you to use many different needles with different floss colours on each to make it easier when stitching over larger areas. It allows you to move the thread more easily in a pattern that calls for many different colours in a small area.

**PFO** – Pulled From Oblivion (You know, the things you haven't stitched in years but still have some hope of completing!)

**PHD** – Project Half Done

**PAD** – Project All Done

**Q-Snap** – A plastic type of frame (commonly used in the hand quilting world), typically square or rectangular, which allows you to frame up your fabric while you stitch. Q-Snaps are great because they keep the fabric exceptionally tight while stitching. These are typically used as a replacement for regular cross-stitch hoops.

**Railroading** – To pass the needle between two strands of floss allowing the threads to lie more consistently and neater.

**RAK** – A "Random Act of Kindness" is when one stitcher does something lovely for someone else. Typically, this involves a stitcher gifting a certain pattern, or a beautiful hand dyed floss, just to show their appreciation for the recipient.

**RR** – A "Round Robin" refers to a cross-stitch project that is passed from one stitcher to another until its completed. This is a great way to create sentimental pieces that all your stitchy friends have contributed to.

**SABLE** – Stash Acquired Beyond Life Expectancy (Yes, it happens, quite often.)

**SAL** – A "Stitch-A-Long" is a project that is broken down into smaller parts that many people stitch together on a specified timeline. Each pattern is released in separate charts and make a larger chart when finished. This is a great way to get started and meet new people in the stitching community!

**SIP** – Stitching In Progress

**Skein** – Floss comes in lengths called a skein. For example, 8m of DMC floss comes wrapped in loops, bound by two pieces of paper which tell you the colour code.

**Stash** – The collection of cross-stitch related notions, patterns, fabric, etc. that we (and now you!) accumulate as the years go by.

**Stitching in hand** – Stitching on a project without the use of a hoop, Q-snap, other frame or device.

**Stitching Over 2** – This term is used when you are stitching on evenweave or linen fabric. It means that your needle skips over two threads of the weave of fabric before putting the needle back through the fabric to complete the stitch (or half stitch). When using Aida fabric, you are stitching over one.

**TOAD** – Trashed Object Abandoned In Disgust

**UFO** – Unfinished Object

**Waste Canvas** – Allows you to stitch on fabrics that are not typically cross-stitch friendly. It is used as a guide and is removed after the fact so only the stitching remains.

**WIP** – Work In Progress

**Working Copy** – A photocopy of an original chart for personal use only. Used to highlight stitches you have completed and track your progress in a specific pattern.

If you think a term is missing here that might be helpful, please email [hello@chelseabuns.ca](mailto:hello@chelseabuns.ca) and we will add it to our next revision!

# Appendix 2: Stitches to Inches

Stitch Count	6 ct	8 ct	9 ct	11 ct	14 ct	18 ct	22 ct	28 ct	32 ct
20	3 3/8	2 1/2	2 1/4	1 7/8	1 3/8	1 1/8	7/8	3/4	5/8
21	3 1/2	2 5/8	2 3/8	1 7/8	1 1/2	1 1/8	1	3/4	5/8
22	3 5/8	2 3/4	2 1/2	2	1 5/8	1 1/4	1	3/4	3/4
23	3 7/8	2 7/8	2 1/2	2 1/8	1 5/8	1 1/4	1	7/8	3/4
24	4	3	2 5/8	2 1/8	1 3/4	1 3/8	1 1/8	7/8	3/4
25	4 1/8	3 1/8	2 3/4	2 1/4	1 3/4	1 3/8	1 1/8	7/8	3/4
26	4 3/8	3 1/4	2 7/8	2 3/8	1 7/8	1 1/2	1 1/8	7/8	7/8
27	4 1/2	3 3/8	3	2 1/2	1 7/8	1 1/2	1 1/4	1	7/8
28	4 5/8	3 1/2	3 1/8	2 1/2	2	1 1/2	1 1/4	1	7/8
29	4 7/8	3 5/8	3 1/4	2 5/8	2 1/8	1 5/8	1 3/8	1	7/8
30	5	3 3/4	3 3/8	2 3/4	2 1/8	1 5/8	1 3/8	1 1/8	1
31	5 1/8	3 7/8	3 1/2	2 7/8	2 1/4	1 3/4	1 3/8	1 1/8	1
32	5 3/8	4	3 1/2	2 7/8	2 1/4	1 3/4	1 1/2	1 1/8	1
33	5 1/2	4 1/8	3 5/8	3	2 3/8	1 7/8	1 1/2	1 1/8	1
34	5 5/8	4 1/4	3 3/4	3 1/8	2 3/8	1 7/8	1 1/2	1 1/4	1 1/8
35	5 7/8	4 3/8	3 7/8	3 1/8	2 1/2	2	1 5/8	1 1/4	1 1/8
36	6	4 1/2	4	3 1/4	2 5/8	2	1 5/8	1 1/4	1 1/8
37	6 1/8	4 5/8	4 1/8	3 3/8	2 5/8	2	1 5/8	1 3/8	1 1/8
38	6 3/8	4 3/4	4 1/4	3 1/2	2 3/4	2 1/8	1 3/4	1 3/8	1 1/4
39	6 1/2	4 7/8	4 3/8	3 1/2	2 3/4	2 1/8	1 3/4	1 3/8	1 1/4
40	6 5/8	5	4 1/2	3 5/8	2 7/8	2 1/4	1 7/8	1 3/8	1 1/4
41	6 7/8	5 1/8	4 1/2	3 3/4	2 7/8	2 1/4	1 7/8	1 1/2	1 1/4
42	7	5 1/4	4 5/8	3 7/8	3	2 3/8	1 7/8	1 1/2	1 3/8
42	7	5 1/4	4 5/8	3 7/8	3	2 3/8	1 7/8	1 1/2	1 3/8
43	7 1/8	5 3/8	4 3/4	3 7/8	3 1/8	2 3/8	2	1 1/2	1 3/8
44	7 3/8	5 1/2	4 7/8	4	3 1/8	2 1/2	2	1 5/8	1 3/8
45	7 1/2	5 5/8	5	4 1/8	3 1/8	2 1/2	2	1 5/8	1 3/8
46	7 5/8	5 3/4	5 1/8	4 1/8	3 1/2	2 1/2	2 1/8	1 5/8	1 1/2
47	7 7/8	5 7/8	5 1/2	5 1/4	3 3/8	2 5/8	2 1/8	1 5/8	1 1/2
48	8	6	5 3/8	4 3/8	3 3/8	2 5/8	2 1/8	1 3/4	1 1/2
49	8 1/8	6 1/8	5 1/2	4 1/2	3 1/2	2 3/4	2 1/4	1 3/4	1 1/2
50	8 3/8	6 1/4	5 1/2	4 1/2	3 5/8	2 3/4	2 1/2	1 3/4	1 5/8
51	8 1/2	6 3/8	5 5/8	4 5/8	3 5/8	2 7/8	2 3/8	1 7/8	1 5/8
52	8 5/8	6 1/2	5 3/4	4 3/4	3 3/4	2 7/8	2 3/8	1 7/8	1 5/8
53	8 7/8	6 5/8	5 7/8	4 7/8	3 3/4	3	2 3/8	1 7/8	1 5/8
54	9	6 3/4	6	4 7/8	3 7/8	3	2 1/2	1 7/8	1 3/4
55	9 1/8	6 7/8	6 1/8	5 1/4	3 7/8	3	2 1/2	2	1 3/4
56	9 3/8	7	6 1/4	5 1/8	4	3 1/8	2 1/2	2	1 3/4
57	9 1/2	7 1/8	6 3/8	5 1/8	4 1/8	3 1/8	2 5/8	2	1 3/4
58	9 5/8	7 1/4	6 1/2	5 1/4	4 1/8	3 1/4	2 5/8	2 1/8	1 7/8
59	9 7/8	7 3/8	6 1/2	5 3/8	4 1/4	3 1/4	2 5/8	2 1/8	1 7/8
60	10	7 1/2	6 5/8	5 1/2	4 1/4	3 3/8	2 3/4	2 1/8	1 7/8
61	10 1/8	7 5/8	6 3/4	5 1/2	4 3/8	3 3/8	2 3/4	2 1/8	1 7/8
62	10 3/8	7 3/4	6 7/8	5 5/8	4 3/8	3 1/2	2 7/8	2 1/4	2
63	10 1/2	7 7/8	7	5 3/4	4 1/2	3 1/2	2 7/8	2 1/4	2
64	10 5/8	8	7 1/8	5 7/8	4 5/8	3 1/2	2 7/8	2 1/4	2



65	10 7/8	8 1/8	7 1/4	5 7/8	4 5/8	3 5/8	3	2 3/8	2
66	11	8 1/4	7 3/8	6	4 3/4	3 5/8	3	2 3/8	2 1/8
67	11 1/8	8 3/8	7 1/2	6 1/8	4 3/4	3 3/4	3	2 3/8	2 1/8
68	11 3/8	8 1/2	7 1/2	6 1/8	4 7/8	3 3/4	3 1/8	2 3/8	2 1/8
69	11 1/2	8 5/8	7 5/8	6 1/4	4 7/8	3 7/8	3 1/8	2 1/2	2 1/8
70	11 5/8	8 3/4	7 3/4	6 3/8	5	3 7/8	3 1/8	2 1/2	2 1/4
71	11 7/8	8 7/8	7 7/8	6 1/2	5 1/8	4	3 1/4	2 1/2	2 1/4
72	12	9	8	6 1/2	5 1/8	4	3 1/4	2 5/8	2 1/4
73	12 1/8	9 1/8	8	6 5/8	5 1/4	4	3 3/8	2 5/8	2 1/4
74	12 3/8	9 1/4	8 1/4	6 3/4	5 1/4	4 1/8	3 3/8	2 5/8	2 3/8
75	12 1/2	9 3/8	8 3/8	6 7/8	5 3/8	4 1/8	3 3/8	2 5/8	2 3/8
76	12 5/8	9 1/2	8 1/2	6 7/8	5 3/8	4 1/4	3 1/2	2 3/4	2 3/8
77	12 7/8	9 5/8	8 1/2	7	5 1/2	4 1/4	3 1/2	2 3/4	2 3/8
78	13	9 3/4	8 5/8	7 1/8	5 5/8	4 3/8	3 1/2	2 3/4	2 1/2
79	13 1/8	9 7/8	8 3/4	7 1/8	5 5/8	4 3/8	3 5/8	2 7/8	2 1/2
80	13 3/8	10	8 7/8	7 1/4	5 3/4	4 1/2	3 5/8	2 7/8	2 1/2
81	13 1/2	10 1/8	9	7 3/8	5 3/4	4 1/2	3 5/8	2 7/8	2 1/2
82	13 5/8	10 1/4	9 1/8	7 1/2	5 7/8	4 1/2	3 3/4	2 7/8	2 5/8
83	13 7/8	10 3/8	9 1/4	7 1/2	5 7/8	4 5/8	3 3/4	3	2 5/8
84	14	10 1/2	9 3/8	7 5/8	6	4 5/8	3 7/8	3	2 5/8
85	14 1/8	10 5/8	9 1/2	7 3/4	6 1/8	4 3/4	3 7/8	3	2 5/8
86	14 3/8	10 3/4	9 1/2	7 7/8	6 1/8	4 3/4	3 7/8	3 1/8	2 3/4
87	14 1/2	10 7/8	9 5/8	7 7/8	6 1/4	4 7/8	4	3 1/8	2 3/4
88	14 5/8	11	9 3/4	8	6 1/4	4 7/8	4	3 1/8	2 3/4
89	14 7/8	11 1/8	9 7/8	8 1/8	6 3/8	5	4	3 1/8	2 3/4
90	15	11 1/4	10	8 1/8	6 3/8	5	4 1/8	3 1/4	2 7/8
91	15 1/8	11 3/8	10 1/8	8 1/4	6 1/2	5	4 1/8	3 1/4	2 7/8
92	15 3/8	11 1/2	10 1/4	8 3/8	6 5/8	5 1/8	4 1/8	3 3/8	2 7/8
93	15 1/2	11 5/8	10 3/8	8 1/2	6 5/8	5 1/8	4 1/4	3 3/8	2 7/8
94	15 5/8	11 3/4	10 1/2	8 1/2	6 3/4	5 1/4	4 1/2	3 3/8	3
95	15 7/8	11 7/8	10 1/2	8 5/8	6 3/4	5 1/4	4 3/8	3 3/8	3
96	16	12	10 5/8	8 3/4	6 7/8	5 3/8	4 3/8	3 3/8	3
97	16 1/8	12 1/8	10 3/4	8 7/8	6 7/8	5 3/8	4 3/8	3 1/2	3
98	16 3/8	12 1/4	10 7/8	8 7/8	7	5 1/2	4 1/2	3 1/2	3 1/8
99	16 1/2	12 3/8	11	9	7 1/8	5 1/2	4 1/2	3 1/2	3 1/8
100	16 5/8	12 1/2	11 1/8	9 1/8	7 1/8	5 1/2	4 1/2	3 5/8	3 1/8
101	16 7/8	12 5/8	11 1/4	9 1/8	7 1/4	5 5/8	4 5/8	3 5/8	3 1/8
102	17	12 3/4	11 3/8	9 1/4	7 1/4	5 3/4	4 5/8	3 5/8	3 1/4
103	17 1/8	12 7/8	11 1/2	9 3/8	7 3/8	5 3/4	4 5/8	3 5/8	3 1/4
104	17 3/8	13	11 1/2	9 1/2	7 3/8	5 3/4	4 5/8	3 3/4	3 1/4
105	17 1/2	13 1/8	11 5/8	9 1/2	7 1/2	5 7/8	4 3/4	3 3/4	3 1/4
106	17 5/8	13 1/4	11 3/4	9 5/8	7 5/8	5 7/8	4 7/8	3 3/4	3 3/8
107	17 7/8	13 3/8	11 7/8	9 3/4	7 5/8	6	4 7/8	3 7/8	3 3/8
108	18	13 1/2	12	9 7/8	7 3/4	6	4 7/8	3 7/8	3 3/8
109	18 1/8	13 5/8	12 1/8	9 7/8	7 3/4	6	5	3 7/8	3 3/8
110	18 3/8	13 3/4	12 1/4	10	7 7/8	6 1/8	5	3 7/8	3 1/2
111	18 1/2	13 7/8	12 3/8	10 1/8	7 7/8	6 1/8	5	4	3 1/2
112	18 5/8	14	12 1/2	10 1/8	8	6 1/8	5 1/8	4	3 1/2

# Appendix 3: Needle Size Chart

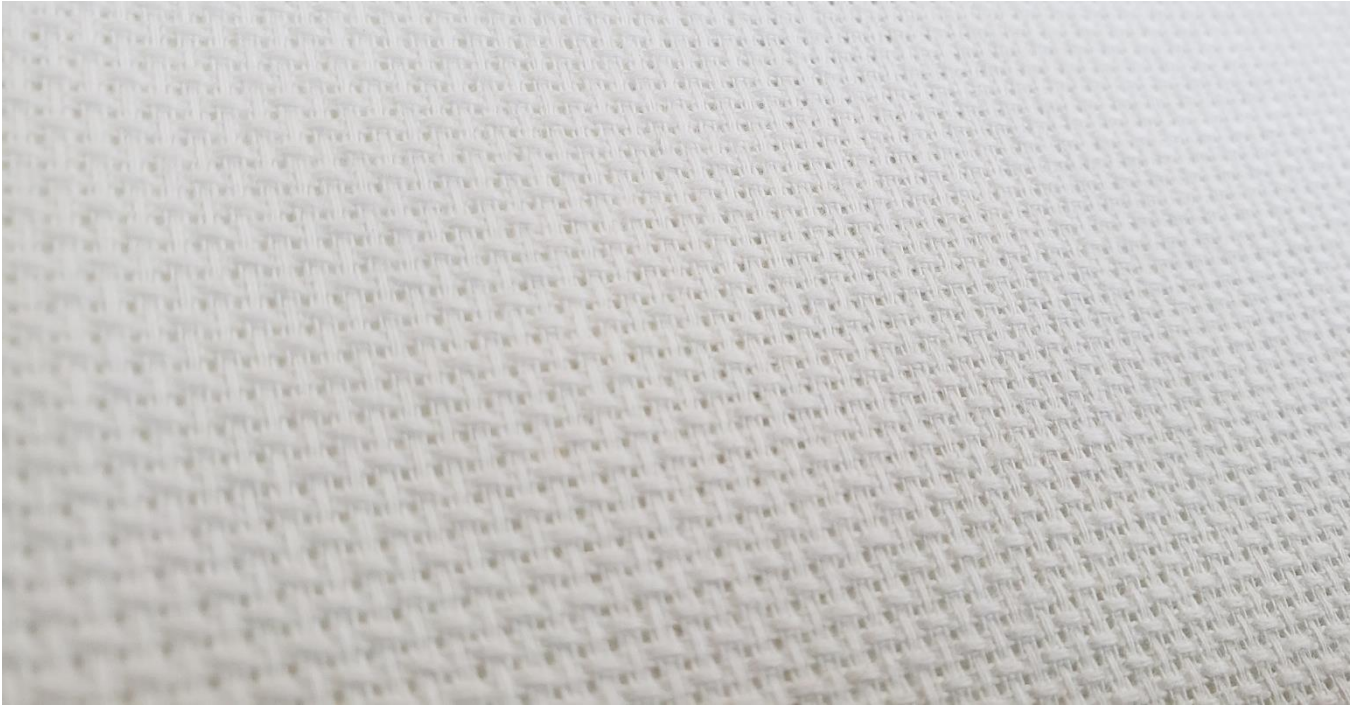
Use the following handy chart to find out what needle size would suit your project best:

Aida	Linen	Needle size
6 Count		Size 18
8 Count		Size 20
11 Count		Size 22
14 Count	28 Count	Size 24
16 Count	32 Count	Size 26
18 Count	36 Count	Size 28

Remember, the larger the number the smaller the needle!

# Appendix 4: Fabric Visual

## Aida Fabric



## Evenweave Fabric



# Appendix 5: Canadian Stitch Shops

Note to Shops – If you would like to be included in our directory, please email your details to [hello@chelseabuns.ca](mailto:hello@chelseabuns.ca) and we will include you in the next edition!

## Our Favourites:

### Knowledge & Needles

Address: 190 Smith Street, Brighton, Ontario, K0K 1H0  
Local: 613-475-4843  
Email: [balych@kos.net](mailto:balych@kos.net)  
Website: <http://knowledgeandneedles.com/>

### Stitch-It Central

Address: 1161 Hamilton Road East, London, Ontario, N5W 1B1  
Local: 519-601-5901  
Website: <https://www.stitchitcentral.ca/>

### Button & Needlework Boutique

Address: 614 View Street, Victoria, British Columbia, V8W 1J4  
Local: 250-384-8781  
Website: <http://www.buttonedup.com/>

### Cindy's Needle Art

Address: 9078 Leslie Street Unit 9, Richmond Hill, Ontario, L4B 3L8  
Toll Free: 888-709-9399  
Local: 905-709-7759  
Email: [cindysneedleart@yahoo.ca](mailto:cindysneedleart@yahoo.ca)  
Website: <http://www.cindysneedleart.com/index.html>

### Craft Connection, The

Address: 12413 115 Ave NW, Edmonton, Alberta, T5M 2Z9  
Local: 780-452-5213  
Website: <https://www.thecraftconnection.ca/>

### Gitta's

Address: 271 Lakeshore Road East, Mississauga, Ontario, L5G 1G8  
Toll Free: 1-866-660-4127  
Local: 905-274-7198  
Email: [questions@gittas.com](mailto:questions@gittas.com)  
Website: <http://www.gittas.com/>

## Traditional Stitches

Address: 261051 Bearspaw Road, Calgary, Alberta, T3R 1H6  
Toll Free: 1-866-208-9650  
Local: 403-208-9650  
Email: [janice@traditionalstitches.com](mailto:janice@traditionalstitches.com)  
Website: <https://www.traditionalstitches.com/>

## Sheena's Gallery

Address: 953 St. Mary's Road, Winnipeg, Manitoba, R2M 3R9  
Toll Free: 1-877-255-3531  
Local: 204-255-3534  
Website: <https://www.sheenagallery.com/>

## Trillium Lace

Address: 122 Kent, Gatineau, Quebec, J8X 3K6  
Local: 819-772-4867  
Email: [info@trilliumlace.ca](mailto:info@trilliumlace.ca)  
Website: <http://www.trilliumlace.ca/>

# Shop Mini-FAQ

## Chelsea, doesn't advertising your competition hurt your business?

Maybe? But I'm of the belief that if an actual brick and mortar stitching shop exists, I should help promote it. From rent or mortgage, to hydro, those shops have more overhead than I ever will and nowadays, real shops are closing left and right. It is up to us, the customers, to help these stores stay alive so they can continue to provide a part of the stitching community that you will never get from an online store!

Don't get me wrong, I love my store and what I'm trying to build, but there's nothing like holding and touching the things you want to take home with you! Much love to little needle shops everywhere. There are enough scissors collectors and stitch-a-holics out there for all of us to be successful! ❤️

## Chelsea, I really wish you carried \*this cool thing\* on your website. Can you help?

Hopefully! E-mail us at [hello@chelseabuns.ca](mailto:hello@chelseabuns.ca)! I'd be more than willing to see if I can find \*that cool thing\* from my suppliers and manufacturers. I am just a tiny shop right now, so I am very select in what I stock, but I always want to know about things my fellow stitchers are having a hard time finding. I build and maintain relationships with the vendors I order from and typically they will go to the wall for me to find what I am looking for. It never hurts to ask, so click the email above and let me know what you're looking for!

## Chelsea, I'm in the National Capital Area! Can I pickup my order or see your stock?

Absolutely! Just pop me an email at [hello@chelseabuns.ca](mailto:hello@chelseabuns.ca) and we will coordinate or choose local pickup when checking out. If you aren't sure and want to see something in person before you order, let me know and we can make an appointment for you to come and see the stock. Just be aware, it's a stitchy fantasy land in my loft office! Come over at your own risk! 😊