

Free Design

Golden Heart cross stitch design

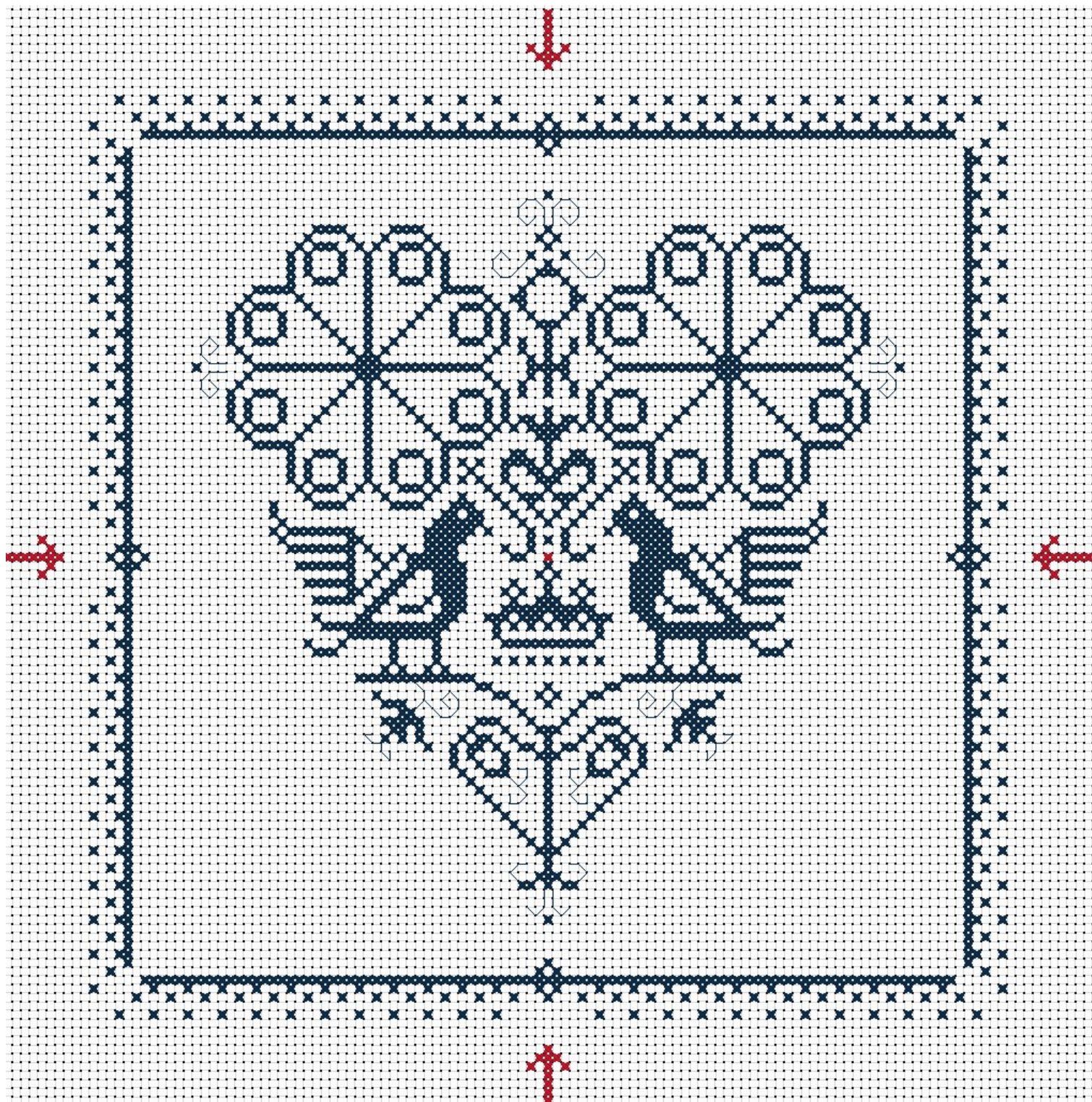


Follow the chart below to work your design (see notes overleaf reference sizing). Start from the centre marked by a **red dot** at the top of the crown (follow the arrows to where they meet!) and work your way out (the **red arrows** mark the middle of each side for reference).

Key:

X = Cross stitch

/ = Back stitch



Inspiration

This design was inspired by a cross stitch border design by Thérèse de Dillmont. You can see the original here, Book 1 page 52:

<https://archive.org/details/albumdebroderies01dill/page/n51/mode/2up>

I simplified it to make it into a freestanding motif and to have space to add beads and pearls. If you are feeling creative, why not try out your own version on the blank graph paper at the end of this PDF?

Check out videos on how to frame up your fabric, how to thread your needles and how to start and finish your threads; just search **Sarah Homfray Embroidery** on YouTube to find our channel and click on the red **SUBSCRIBE** button to bookmark our page.

You will need:-

A printer to print off this design! Enlarge it on a copier if you need to.

Threads and fabric

I used Aida fabric 18tpi and real gold embroidery thread in my video but you can use any fabric count and stranded embroidery you like, coloured or metallic! If you want to change the size of your Aida see below for finished stitching sizes.

Sizing:

Worked on 18 count Aida, this design will come out 15.5cm (6") square

Worked on 16 count Aida, this design will come out 17cm (6 ¾") square

Worked on 14 count Aida, this design will come out 19.5cm (7 ½) square

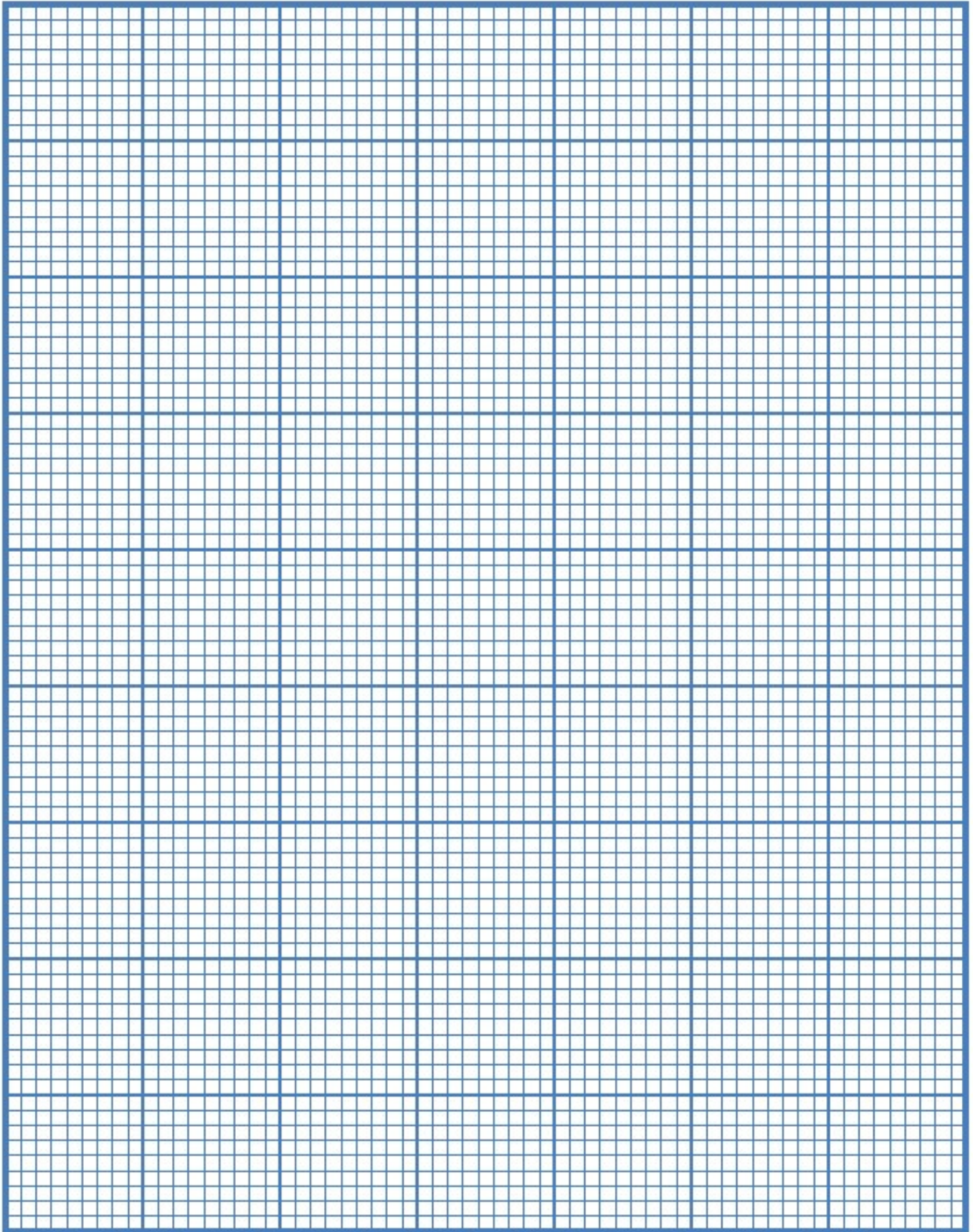
Other items you will need:

- Embroidery scissors
- Tapestry needles to match the thread you are using
- Embroidery hoop or stretcher bar frames
- Beads for embellishment
- Sewing cotton to mark the centres of your fabric

How to work (see the video to help you!)

Stitch tacking/basting stitches through the centre of the fabric vertically and horizontally; I like to count where the middle is rather than fold creases into my fabric to find the centre, you can pull these out once you don't need them anymore. Start your stitching near the centre where the threads cross (the dots on the graph represent the holes in the fabric). I worked the central motifs first to give me some stitches to count from then the large flowers and the birds. Work all the cross stitches first, and then work the back stitch details before adding on beads and sequins (or any other embellishments you like!). Mount as desired.

Have a go at your own design!



Sarah is happy for you to use her version of this design for your own personal use but not for any commercial use please without Sarah's permission (e.g. selling it on, teaching, selling the finished embroidery etc.)

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