

# Free Design

## Colourful Heart cross stitch design

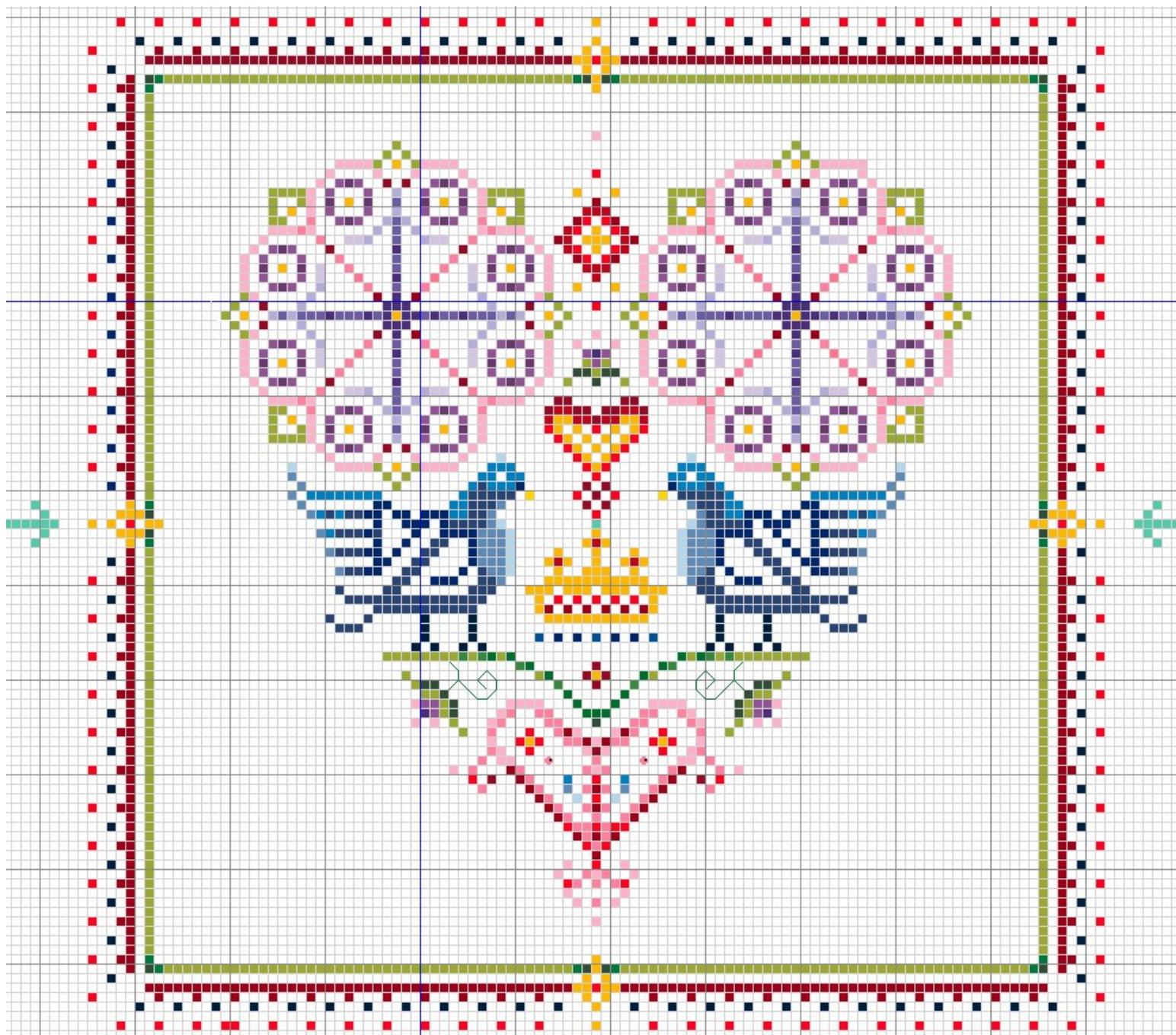


Follow the chart below to work your design (see notes overleaf reference sizing). Start from the centre marked by a **turquoise dot** at the top of the crown (follow the arrows to where they meet!) and work your way out (the **turquoise arrows** mark the middle of each side for reference).

Key:

X = Cross stitch

/ = Back stitch



## Stitched heart 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. If you are feeling creative you can change the colours and the materials you use!

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 16tpi and 3 strands of stranded embroidery cottons throughout but you can use any fabric count and thread you like, try some metallics!

## **The colours I used:**

- Pinks x 3 (light , medium and dark) – Flower outlines and large heart outline
- Purples x 3 (light, medium and dark) – Flower details
- Blue purples x 2 (dark and medium) – Flower centres
- Blues x 4 (very light, light, medium and dark) - Birds
- Reds x 3 (light, medium and dark) - Hearts
- Yellow x 1, Bright yellow – Crown and hearts
- Greens x 3 (light, medium and dark) - Leaves

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 ¾) 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 - optional
- Sewing cotton to mark the centres of your fabric

## **How to work (check out the video on this for tips on how to work).**

Stitch tacking/basting stitches through the centre of the fabric vertically and horizontally (this avoids creases in your fabric!), you can pull these out once you don't need them anymore. Start your stitching near the marked centre (each white square represents a stitch). 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.

If you are new to cross stitch use minimal colours: use 1 red, 1 blue 1 green etc until you feel competent with the stitching, once you have more experience you can add more shades of each colour to give your pieces more dimension. Or why not just take one motif and practice that in several shades to build your colour shading confidence and if you are an experienced cross stitcher you could develop 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.)**