



# Polstitches Designs

## Stitching Exercise for Hand Dyed Threads

Design Size 35 x 33 stitches  
Grid fabric into 10 x 10 st squares (Optional)

Choose any skein/colour combination that you would like to stitch with. Perhaps you would like every petal a different colour or perhaps you would like to use the same thread for all the petals but use a different stitching method for each one. The options are endless.....

Colour in the stitching area with a coloured pencil to help distinguish between the different coloured areas on the chart.

Flower (5 petals and central area.) Choose a different method from those listed below for each individual petal and centre of the flower.

- Using two strands of floss begin the first row of your chosen petal and stitch one complete stitch at a time working horizontally.
- Using two strands of floss begin the first row of your chosen petal and stitch the bottom half of your cross stitch horizontally along your first row and then when reaching the end come back and complete the cross stitch.
- Using two strands of floss begin the first row of your chosen petal and stitch one complete stitch at a time working vertically moving on to the next row when you have completed the first.
- Using two strands of floss begin the first row of your chosen petal and stitch the bottom half of your cross stitch vertically along your first row, and then when reaching the end come back and complete the cross stitch.
- Taking two strands of floss and turning one strand backwards stitch each complete stitch working in a circular motion from outside edge to central stitches.
- Stitch complete stitches using one of the methods above but beginning with the loop start.
- Taking two strands of floss and randomly stitch in your stitching area till your area is completely full of stitches. Maybe you want all one colour contained in your skein at the top of your petal, very handy when using a shading effect in your stitching.
- Look for a colour for the background and border perhaps you feel that a solid dyed skein would compliment the variegated colour you have used on the flower. Consider the finished effect you require before making your choice.

Finally and most exciting of all consider how you can incorporate the above effects into your everyday stitching. Perhaps you are stitching a block green leaf in a floral chart and feel that the leaf could do with a bit of variegation...Let your mind wander before turning the page!