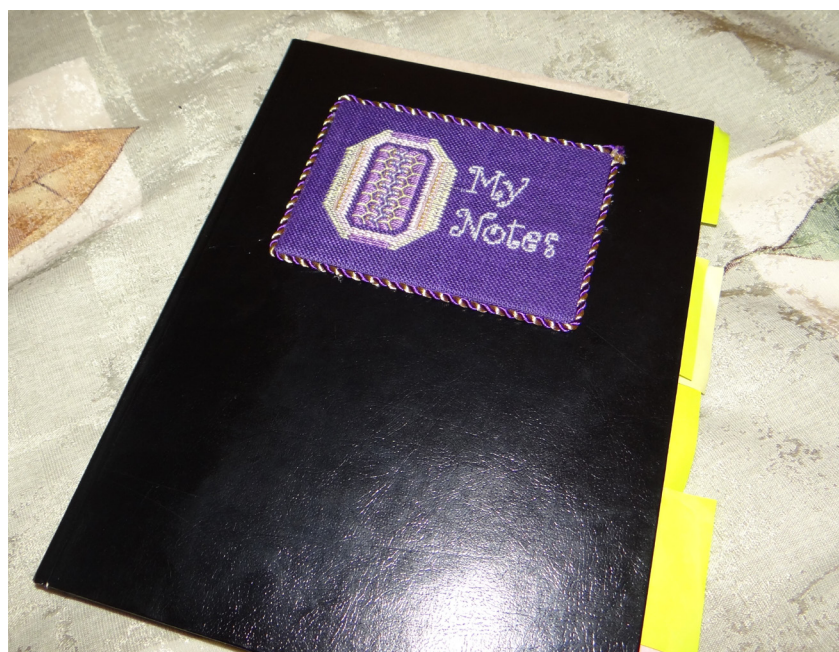
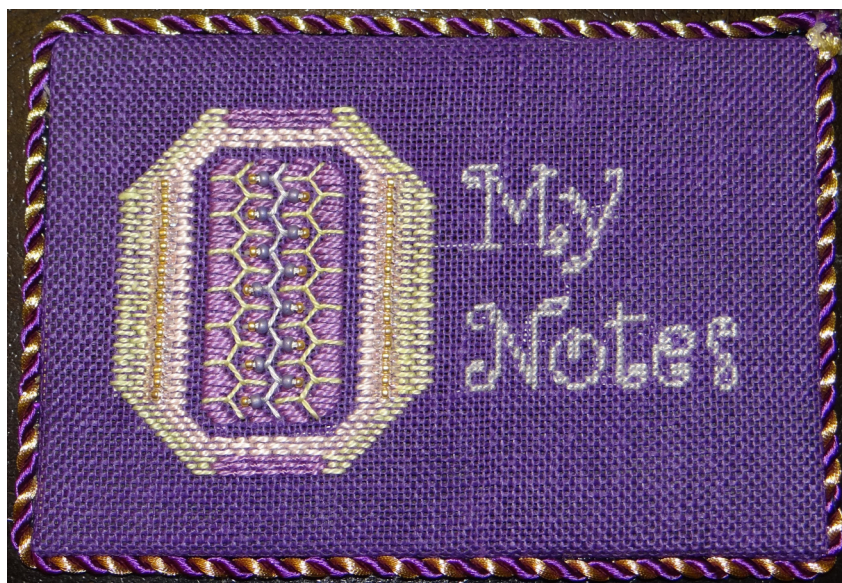


FREE GRAPH

“My Notes”

by Karen E. Dudzinski of *Textured Treasures*



Go to www.wichelt.com to download free graph and instructions.

"My Notes"

By Karen E. Dudzinski
Of *Textured Treasures*

Design Size: 1 7/8" x 2 1/8" + text area

Total image with text & border: 4 3/4" x 3 1/2"

Fabric: Wichelt 28 count Lilac Linen [7636]

Fibres:

DMC Floss: 762

DMC #8 Perle: 553, 818

Valdani12: 0543

Kreinek Torsade 2.5mm: Violet / Gold

Beads:

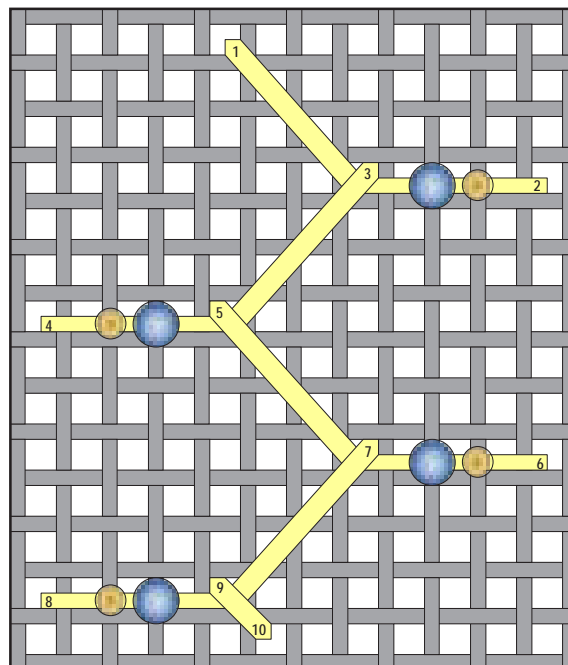
Mill Hill: 3505, 40557, 42018

Other Supplies:

beading needle, tapestry needle for perle cotton,

journal, hot glue and hot glue gun

Stitches Used (continued next page):



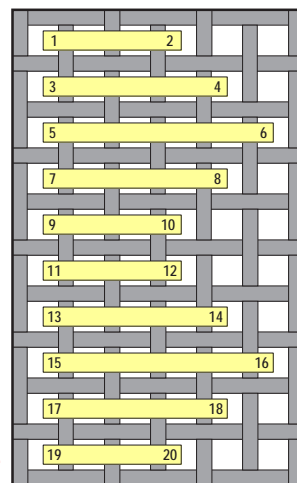
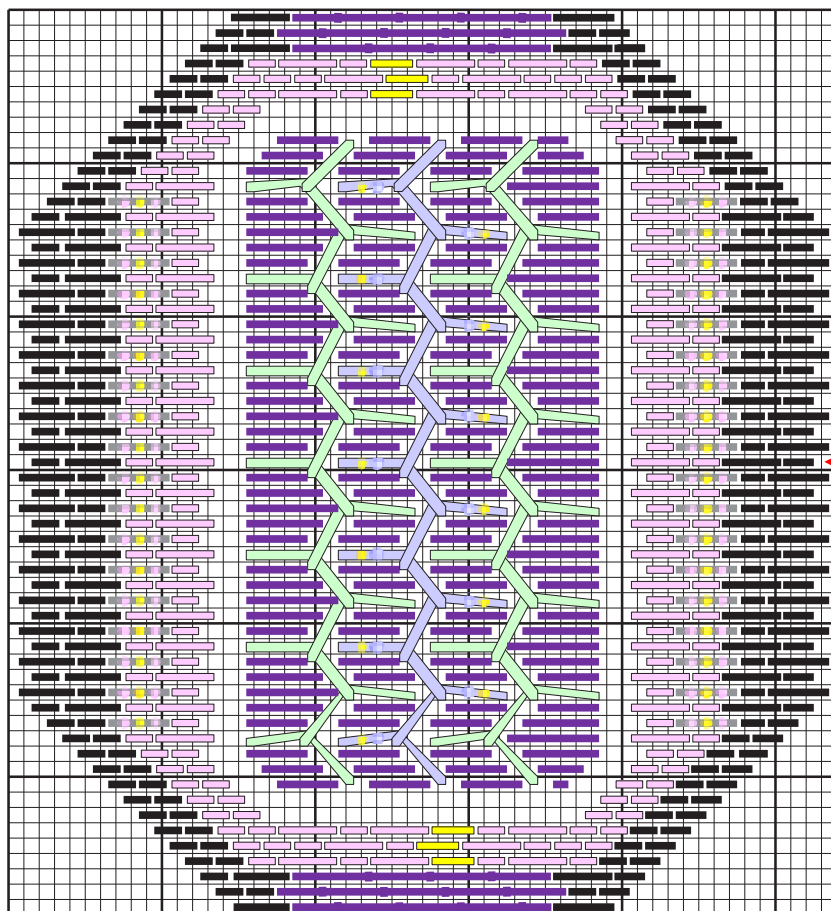
Beaded Cretan stitch

Load beads after coming up at 1, 3, 5 etc., checking position at each subsequent 3, 5 7, etc.

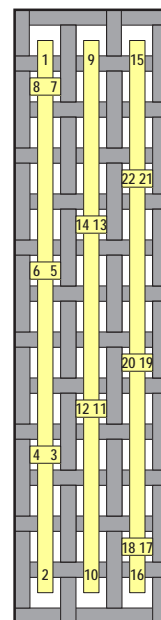
Instructions:

1. Fold the fabric in half lengthwise and widthwise. From the centre point, marked on the chart with a small red arrow, stitch the pale green portion of the outer border with Parisian stitch and one strand of Valdani 12 perle cotton.
2. At the top and bottom of the outer border, use a single strand of DMC #8 Perle – 553 and Bokhara Couching.
3. Next, use the lighter Perle cotton – 818 for the inner Parisian stitch border, taking note to leave the long stitches adjacent to the green for the beading in step 4. Note that there are 3 stitches at the top and 3 at the bottom, shown in yellow, that are only 3 units (where all the other stitches are 2 or 4 units long).
4. Each group of 3 beads [42018 – 40557 – 42018] is attached with one long stitch, over 4, and a single strand of DMC 762.
5. A single strand of DMC #8 553 is used for the Satin stitch that provides the background for steps 6 and 7. NOTE: most stitches in this zone are over 4.
6. Next, use 2 strands, or a doubled single strand, of DMC 762 to stitch the Beaded Cretan stitch down the centre of the motif. The beads in order are 3505 followed by 40557. Come up at 1, thread on the two beads, go down at 2. Come up at 3, making sure beads are pushed close to 2, and pull thread to tautness. Thread on two more beads, go down at 4 and continue, following the stitch diagram. NOTE: on my notebook I inadvertently stitched the design and then turned it upside-down before stitching the letters so the Cretan stitches appear to be worked from the bottom up, not top-down as the stitch diagram and chart on the next page show. My apologies for any confusion. ☺
7. On either side of the beaded Cretan stitch, use the Valdani mint green perle to stitch two columns of regular Cretan stitch. Follow the Beaded Cretan stitch diagram, but omit the beads.
8. Finally, use a single strand DMC 762 to Cross stitch the letters for "My Notes", using the chart on the next page.
9. Finish by affixing the fabric to a 4 1/2" x 3" card (I laced mine on the back after putting a piece of dark construction paper beneath the stitching). Hot glue to your journal cover, and then hot glue the Torsade border around the final design.

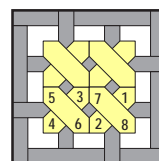
Stitch Charts & Stitches Used (continued):



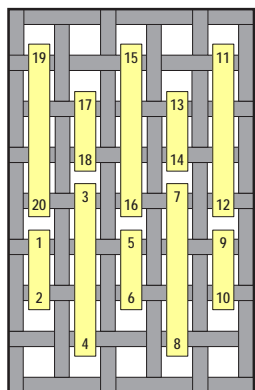
Satin stitch
varied length, over 3 to 5



Bokhara
Couching



Cross Stitch
(over 1)



Parisian

