



Legend:  
■ DMC-310

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# PDF: You Are Loved

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**Website:** [subversivecrossstitch.com](http://subversivecrossstitch.com)  
**Grid Size:** 45W x 45H  
**Design Area:** 2.29" x 2.07" (32 x 29 stitches)

## Legend:

■ [2] DMC 310 black (204 stitches)

Thanks for ordering a PDF from Subversive Cross Stitch! Ain't technology grand?

You will need 14-count cross stitch material, embroidery floss (see chart for color legend), a size 24 tapestry needle, possibly a hoop (see below), scissors, good lighting and patience! If you don't feel like a trip to the craft store, we sell materials on our website.

**Embroidery hoop:** You may or may not need an embroidery hoop to hold the fabric taut while you stitch. It will help if you're a beginner and have a hard time keeping the thread from pulling too tight and bunching the fabric. It doesn't matter what material it's made of - plastic, wood, whatever. Just make sure the hoop clamps the material all the way around - a 5" or 6" hoop is a good size.

**To Begin:** Find the approximate center of the pattern. Then, find the approximate center of the fabric. Begin stitching something that's near the center of the pattern. Working this way (from the center out) will ensure that you don't stitch right off the material. It's called counted cross stitch because you're counting the squares in the fabric to create the design.

**The stitch:** Our patterns are very simple and almost always require only the basic "X" stitch. In some patterns you may see some straight lines in the design - stitch those exactly as they are on the chart. They're like half-stitches. Remember, cross stitch is a lot like connect the dots!

**Thread:** Start with some cotton six-strand embroidery floss. We recommend DMC. Cut a piece of floss that is about 18" long. You'll see that what looks like one string is actually 6 smaller strands. You will use **only 2 strands** at a time. This is **SUPER IMPORTANT!**

To begin stitching, either tie a small knot in one end of the floss or leave a short tail and make the first stitches over it to hold it flat. Bring the threaded needle up from the back of the fabric. (for animated instructions, see the [HOW TO page on subversivecrossstitch.com!](http://www.subversivecrossstitch.com)) Relax as you stitch. The stitches should lie flat on the fabric and not distort the fabric.

**Stitching Tips:** There are two methods. The first method is to work a row of half stitches (////), then work back (\\\\) to complete the "X"s. Use this method for most stitching. The second method is to complete each X as you go. Use this method for vertical rows of stitches.

The main thing is that each "X" crosses in the same direction. That is, the top thread of the "X" should always slant in the same direction (either \ or /). It doesn't matter which way they slant, but if they're mixed the finished piece will look uneven.

**Finishing:** It's a good idea to wash the finished piece. Just hand wash it in some cold water with Woolite or very diluted detergent. Let it dry fully, and press with an iron if needed. I'm kind of informal about these things, just be careful not to scorch the final product! If it does scorch, don't despair - it will usually disappear when washed again if it's the color of toast (mmm, toast) and the fabric isn't actually damaged.

To finish, I use Stitchery Tape, that's the best. You can find this on my website, it's made specifically for this purpose and is acid-free. This means it'll last forever and never discolor.

The main thing is to enjoy the delicious thrill of embroidering snarky messages in the last place people expect to see them. Don't worry about perfection, enjoy the ride!

p.s. We sell kits at our site if you're interested: <http://www.subversivecrossstitch.com> Basic Kits include instructions, pattern, thread, and die-cut material; Deluxe Kits also have one needle and a hoop. I also sell basic supplies. Don't forget to share your masterpieces on social media! #subversivecrossstitch

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