The Embroiderers' Guild of America
TECHNICAL EXCELLENCE CERTIFICATION IN COUNTED THREAD

STEP 1 CROSS STITCH

PURPOSE: To demonstrate proficiency in various cross stitch techniques.

DESIGN SIZE: 240 threads x 384 threads, 8.57" high by 13.71" wide on 28 count linen.

FABRIC: -28 count White or Antique White Linen. Size sufficient to stitch sampler plus a 2" unstitched border on all four sides.

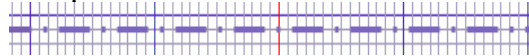**THREADS and COLORS:**
Floss: DMC or equivalent
Colors (DMC Color Codes): 310, 321, 552, 699, 720, 725, 824

DESIGN LAYOUT IMAGE and MOTIF LOCATIONS:

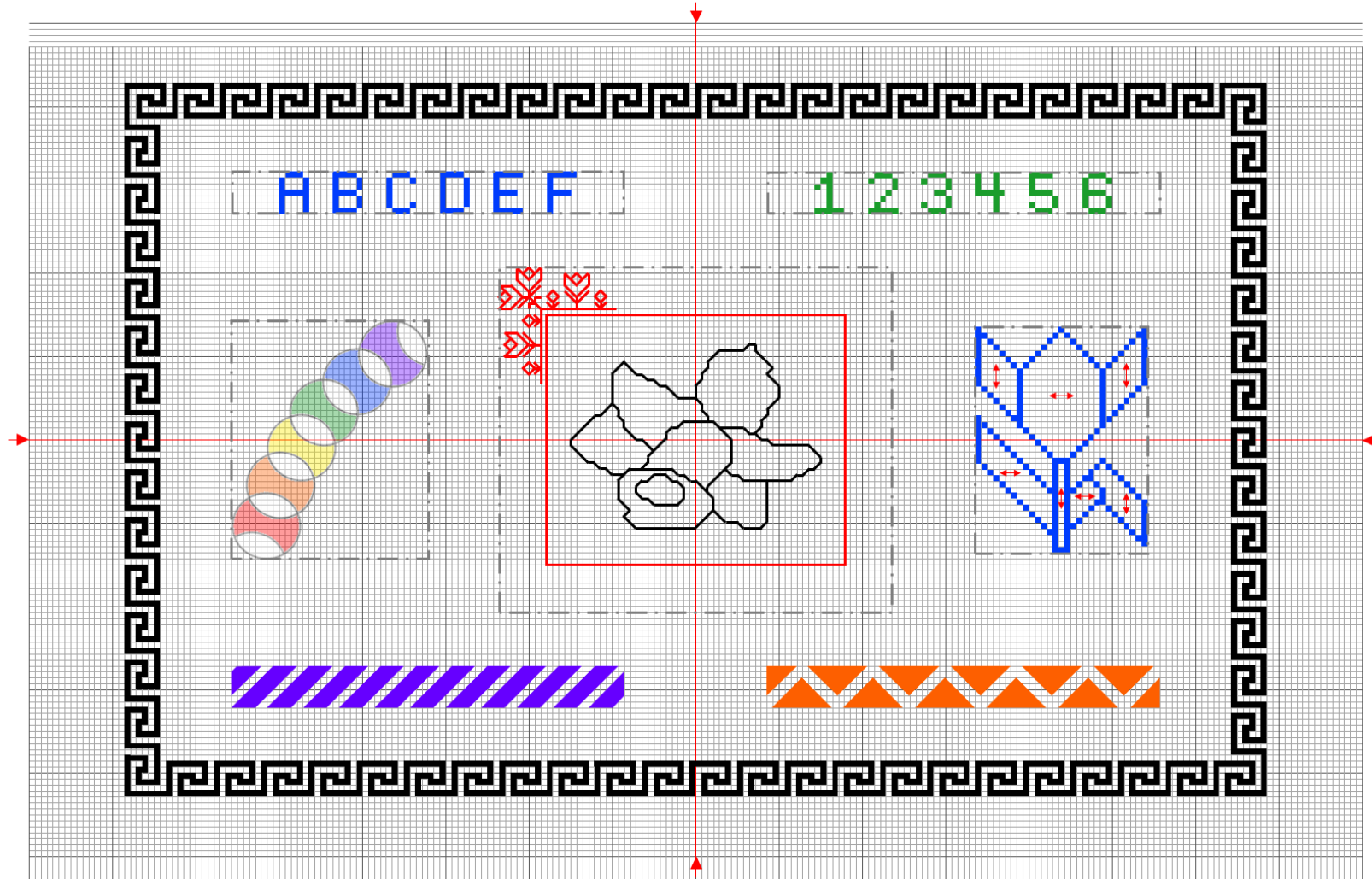Use the graph of the image on page 2 for the overall placement of each motif.

NOTE: The graph paper is 14 to the inch; each box represents two fabric threads.

The dashed and dotted lines represent the bounding box for the enclosed motif.

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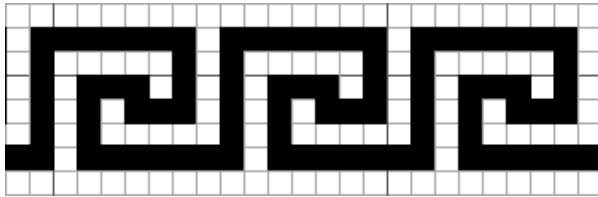### TECHNICAL EXCELLENCE CERTIFICATION IN COUNTED THREAD

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MOTIF INSTRUCTIONS: This section provides the size, thread type, color, and stitch that is to be used to complete each motif.
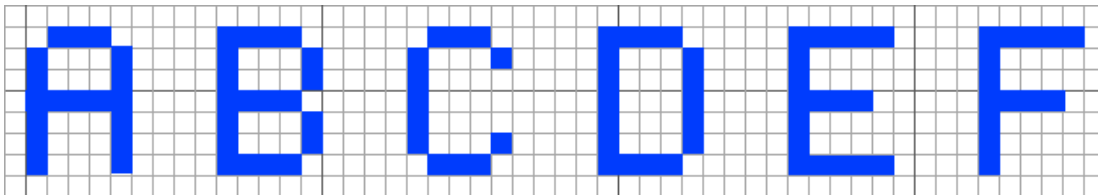
Greek Key Border
➢ Use the graph to complete a border composed of Greek Keys
➢ Each Greek Key is 12 threads high and 16 threads wide
➢ English method cross stitch
➢ DMC Floss Color: 310 Black

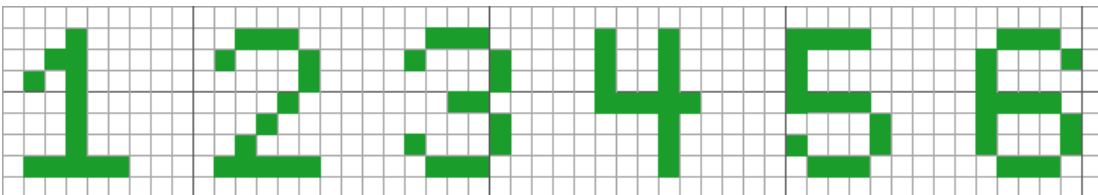

Alphabet
➢ Each letter is 14 threads high x 10 threads wide
➢ Marking cross stitch
➢ DMC Floss Color: 824 Very Dark Blue

Numbers
➢ Each number is 14 threads high x 10 threads wide
➢ Reversible cross stitch
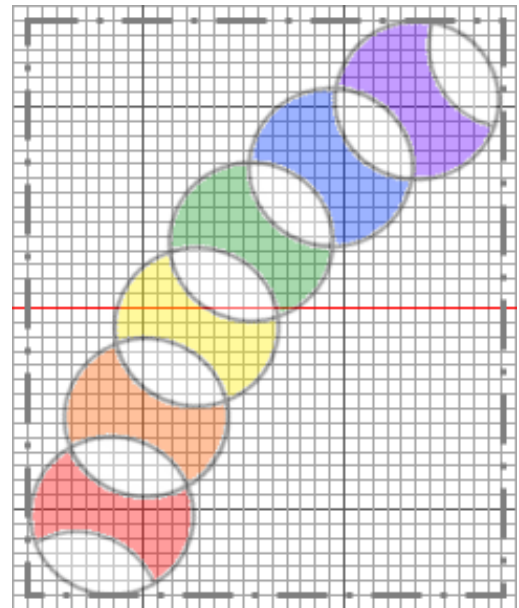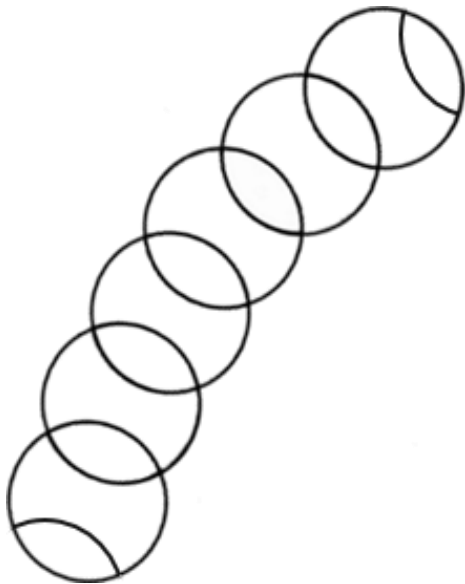➢ DMC Floss Color: 699 Green

The Embroiderers' Guild of America
TECHNICAL EXCELLENCE CERTIFICATION IN COUNTED THREAD

Rainbow

➢ Stitched area bounding rectangle is 80 threads high x 66 threads wide; each circle is 22 threads in diameter
➢ DMC Floss
➢ Colors: 321, 552, 824, 699, 725, 720, 321, 552, (in this order from top to bottom)
➢ Danish method cross stitch
➢ Use the white spaces of the rainbow to blend the color change seamlessly from the previous color to the new color shown on the chart starting from the top, as follows:
  ❖ Red blending into Purple
  ❖ Purple to Blue
  ❖ Blue to Green
  ❖ Green to Yellow
  ❖ Yellow to Orange
  ❖ Orange to Red
  ❖ Red blending into Purple
➢ Use compensating stitches to make smooth curved edges

Use the actual size template to place the Rainbow properly within its bounding rectangle. Use the enlarge/reduce button on the copier to resize the template to fit the space on the sampler. The template must touch both the upper right corner and lower left corner of the bounding box.
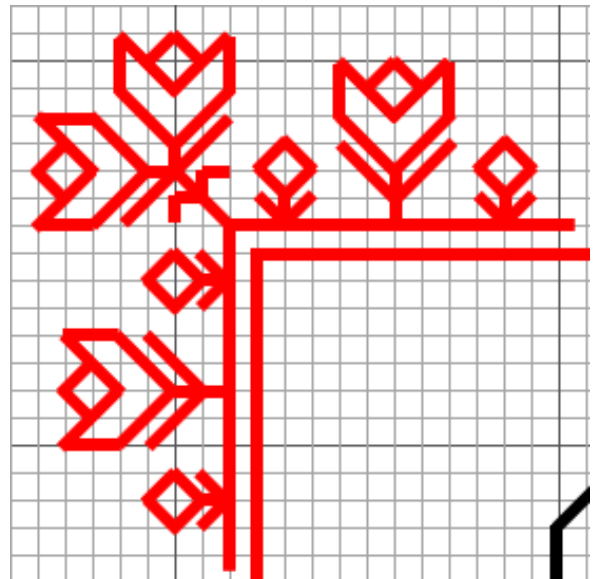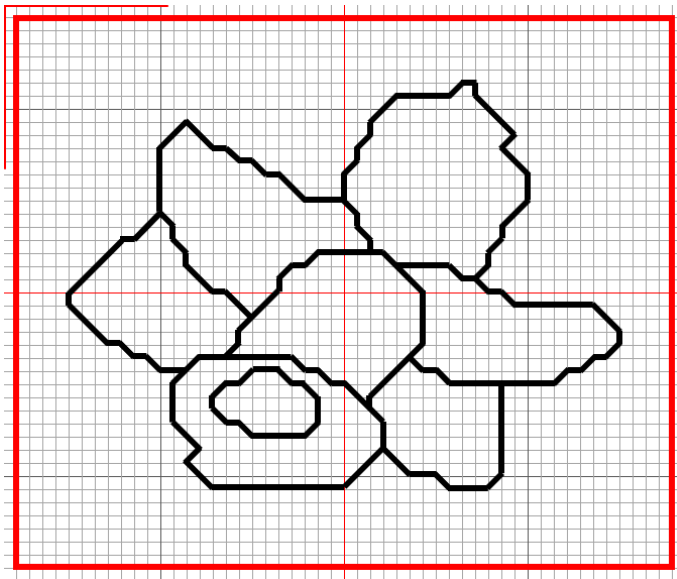
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Page 4

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TECHNICAL EXCELLENCE CERTIFICATION IN COUNTED THREAD

Assisi

➢ 116 threads high x 132 threads wide (includes border)
➢ Outline the Daffodil using the Back-Stitch and DMC Floss, Color: 310, black
➢ Use DMC Floss, Color: 321, Red for the Daffodil fill and border
➢ Stitch the Daffodil fill using Swedish Tvistom (Long arm cross)
➢ Stitch a reversible border using the Holbein stitch

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Page 5

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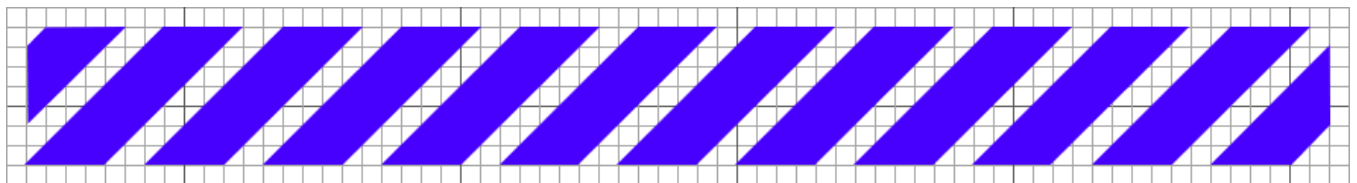## TECHNICAL EXCELLENCE CERTIFICATION IN COUNTED THREAD

Tulip

➢ 76 threads high x 58 threads wide
➢ English method cross stitch outline
  indicated by blue boxes on the graph, using
  DMC Floss Color: 824 Dark Blue
➢ Leaves, and Stem
  Montenegrin cross stitch
  DMC Floss Color: 699 Green
➢ Flower petal filling:
  Montenegrin cross stitch
  DMC Floss Color: 725 Topaz.
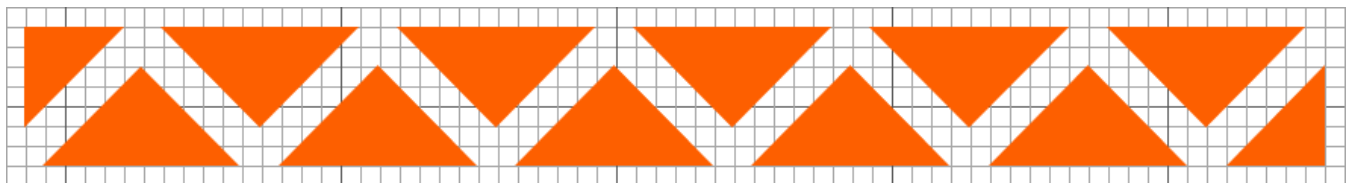 The arrows on the diagram indicate the direction of the fill
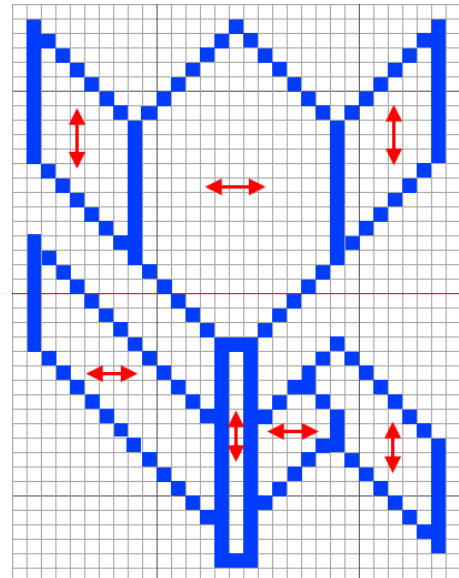
Rectangle with Stripe Fill

➢ Size is 14 threads high x 132 threads wide
➢ Upright cross stitch without compensation
➢ DMC Floss Color: 552 Violet - Medium

Rectangle with Triangle Fill

➢ Size is 14 threads high x 132 threads wide
➢ Italian cross stitch with compensation
➢ DMC Floss Color: 720 Orange Spice - Dark

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The Embroiderers' Guild of America
TECHNICAL EXCELLENCE CERTIFICATION IN COUNTED THREAD

RESOURCES

* These books are available and may be borrowed from the national headquarters. This is a partial listing. Please feel free to use any other books you may find on embroidery and document them in your bibliography.

CROSS STITCH EMBROIDERY

Andrle, Patricia and Rudnicki, Lesley. *Sampler Motifs and Symbolism.* New York: Hillside Samplings, 2003.

Cargill, Katrin. *Traditional Needle Arts Cross Stitch.* California: Thunder Bay Press, 1994.

Davidson, Mildred. *Plimoth Colony Samplers.* *

_____. *The Dowell Simpson.* *

DMC Library. *Assisi.* Mulhouse, France. 1974.

_____. *Samplers: A journey through Embroidery.* *

Eaton, Jan and Mundle, Liz. *Cross stitch and Sampler Book.* 1988. *

Eaton, Jan. *Cross Stitch Embroidery.* 1995. *

Fawdry, Marguerite and Brown, Deborah. *Book of Samplers.* *

Goldberg, Rhoda Ochser. *The New Dictionary of Counted-Thread Embroidery Stitches.* New York: Three Rivers Press, 1998.

Gostelow, Mary. *Cross Stitch Book, The.* *

_____. *Mary Gostelow's Embroidery Book.* New York: E.P. Dutton, 1979.*

Greenoff, Jane. *The New Cross Stitcher's Bible.* CSG [Cross Stitch Guild] 2010. Does not name the stitch.*

Keyes, Brenda. *The Sampler Company's Book of Alphabets Motifs & Borders.* United Kingdom: The sampler Company, 1999. *

Kooler, Donna. *555 Cross Stitch Sampler Motifs.* Arkansas: Leisure Arts, Inc. 2008.

Mitten, Amy. *Autopsy of the Montenegrin Stitch – Exhumed*! Amy Mitten Designs (Website)

O'Steen. Darlene. *The Proper Stitch: a Guide for Counted Thread,* Alabama: Symbol of Excellence Publishers., 1994. * Names stitch!

Sampler & Antique Needlework. Alabama: Symbol of Excellence Publishers, Inc., 1994.

Thomas, Mary. *Mary Thomas's Embroidery Book.* NY: Dover Publications, 1983. *

Online: *Beginner's Cross Stitch & Tutorial from Peacock & Fig*

Online: *Reversible Cross Stitch Version 2 from Hands Across the Sea Samplers*

ASSISI EMBROIDERY

Bossert, Helmuth. *Folk Art of Europe*. New York, NY: Rizzoli. 1990.

Cornelius, Rosemary, Peg Doffek and Sue Hardy. *Exploring Assisi*. Ellington, CT: Self-Published, 1976. *

The Embroiderers' Guild of America
TECHNICAL EXCELLENCE CERTIFICATION IN COUNTED THREAD

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De Dillmont,ThD.Me. Library. *Assisi Embroidery*. Mullhouse, France 1972. [reprint.]

Fairfield, Helen. *Counted Thread Embroidery*. New York, NY: St. Martin's, 1987. *

Gostelow, Mary. *Embroidery: Traditional Designs, Techniques, Projects and Patterns from All Over the World*. New York: Arco Publications, 1983.

Leszner, Eva Marie. *Assisi Embroidery: Old Italian Cross-stitch Designs*. Batsford 1988. *

Ness, Pamela Miller. *Assisi Embroidery*. New York, NY: Dover, 1979.

Ricami D'Assisi, Album 1. Milano, Italy: Casa Editrice Mani Di Fata, 1973.

Thomas, Mary. *Mary Thomas' Embroidery Book*. New York, NY: Dover, 1983. *

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Page 8