

I ♥ the USA

A cross-stitch on clothing project

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The project is cross stitching on clothing using waste canvas. The example was done on a tee shirt but most any type of clothing can be used.

Supplies:

Article of clothing – please pre-wash

Waste canvas - 10 count 5"x 5"; (it comes in 14 ct and 18 ct also) %

Floss – white (blanc), red # 321 , blue # 336 (DMC numbers)

Needles - Tapestry (for tees) or chenille for even weave fabric, size 20 or big enough for 3 strands of floss; 2 strands for 14 or 18 count.

6" hoop

Sewing thread- any color

Marker pen

Iron on Interfacing

% mainly available online or check your local needlework or craft shop.

Directions:

1. Trace the heart on p. 4 onto the waste canvas using some type of marker pen: erasable, fine Sharpie, pencil – lines will be removed at the end
2. Pin the waste canvas onto the clothing in the place you wish.
3. Sew it in place, around the edges, using one strand of sewing thread, a color is preferable to make it easier to remove.
4. Put it into a hoop, but NOT drum tight- just enough to hold in place.
5. There is no chart for this – just do the cross stitching as it is on the front cover picture. The crosses are made from one large hole to the next. There are double threads between the holes.
6. Be sure all the crosses go in the same direction.
7. Make sure all the threads are securely anchored, so it can withstand washing, but not attached to the waste canvas.
8. When stitching is complete, remove from hoop and remove basting thread.

9. Spray lightly with cool water or use a sponge to dampen. This will make it easier to remove the waste canvas. Let it sit for a few minutes.
10. Remove the canvas threads one by one or at most two. Pliers can be used if the threads are difficult to pull out. Let it dry.
11. Apply iron on interfacing to the back to help protect the stitching in the wash. Make it the heart shape.

Tips:

After the waste canvas is attached to the clothing, use a hoop to do the stitching. Just attach it loosely – not the usual “drum tight”.

The top third is rows of blue, your choice when to stop. Then there are the red & white stripes – each row of stripes is two rows of crosses. There will be a bit of compensation, especially at the bottom tip. The stars are two crosses one rotated 45 degrees; use one strand of white floss. Pattern is random.

Use a color of clothing that has enough contrast – mine in white was not a good choice.

Be sure to anchor the stitches firmly on the back. It will need to withstand washings. You will use iron-on interfacing when done to prevent stitches from coming loose. Do not stitch into the canvas, just through the LARGE holes. The blue lines are just there to aid in counting.

Heart Pattern

This heart is from basic shapes in WORD

It is about 3" x 3"



Steps along the way

