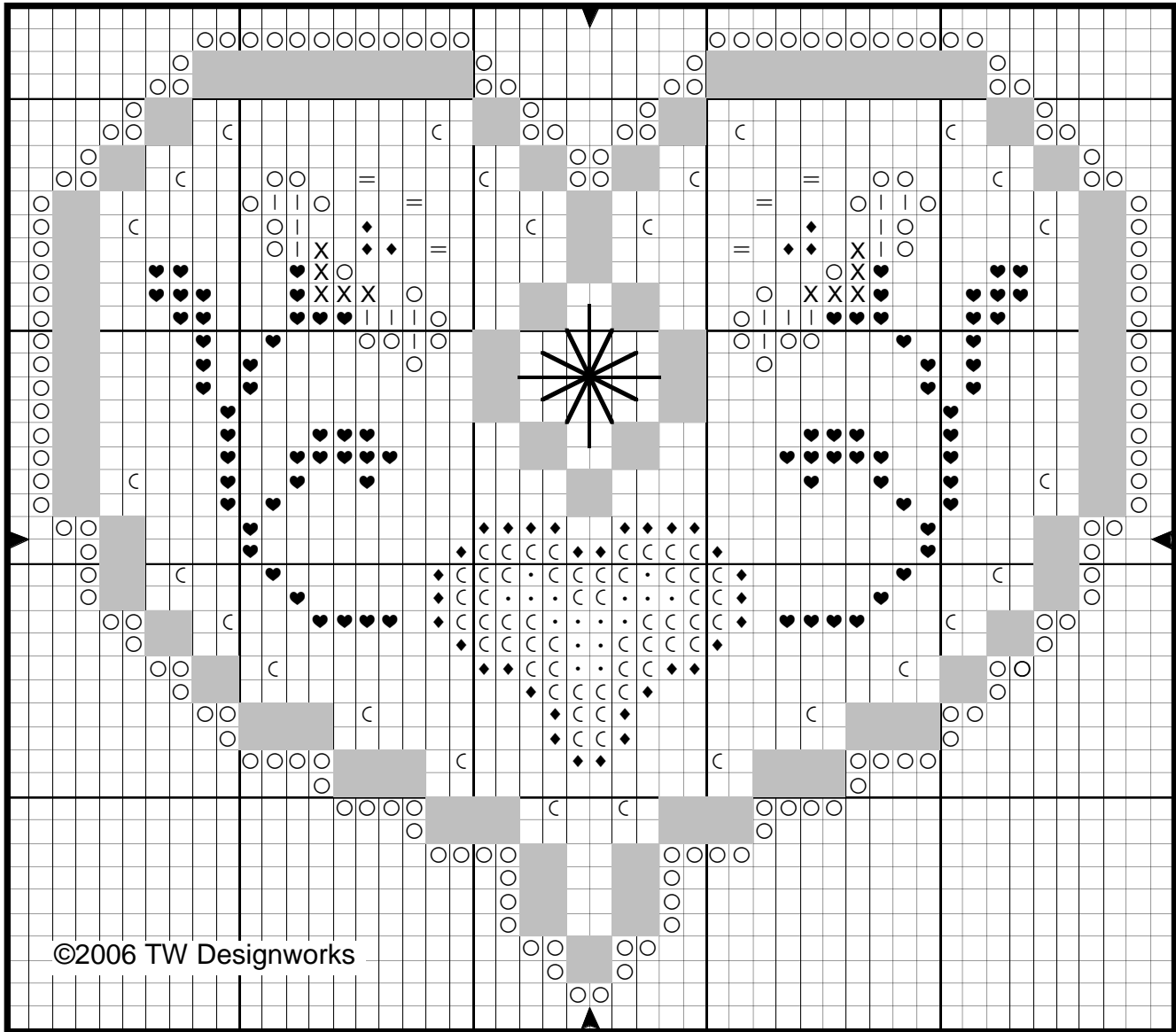


Country Heart

by Teresa Wentzler, TW Designworks

Designed for "Understanding Stitching Over-one and Over-two"

CreativFestival, October 19-22, 2006, Toronto



Symbol	DMC
.	blanc white
=	676 gold
◆	760 pink, dk.
C	761 pink, lt.
X	931 blue, dk.
O	932 blue, med.
I	3752 blue. lt.
♥	501 green

Stitch Count: 48W X 42H (over-one)
24W X 21H (over-two)

Finished design size: @ 3" X 2-1/2"

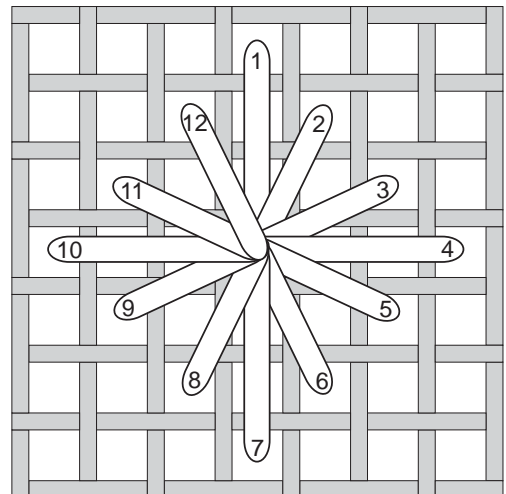
Fabric: 18-count oatmeal Floba from Zweigart®

Instructions:

~Read the chart for over-one stitching.
~The over-two stitches are indicated by the gray areas.

~Cross stitch **over-two** using four strands of floss. Cross stitch **over-one** using two strands of floss.

~Stitch diamond eyelet using 2 strands 676.



diamond eyelet stitch

In this class, we'll cover:

~ **Over-two stitching:**

What it means to read a chart for over-two, and how the stitches look done over-two.

~ **Over-one stitching:**

What it means to read a chart for over-one, and how the stitches look done over-one.

~ **How Over-two and Over-one "fit" together:**

How you can stitch both over-one and over-two in the same design.

~ **Demystifying fabric "counts":**

How to figure out what size your stitching will be on different "count" fabrics.

You've seen the following in the instructions for cross stitch designs:

"This design is stitched over-two...",

or

"This design is not suitable for aida fabrics..."

There are a couple things that you need to realize immediately:

1. The design should be stitched on a linen-type evenweave fabric, **not aida**.

and

2. There *may* be techniques other than **over-two** stitching used in the design... such as **over-one** stitching.

***ALWAYS* read the instructions of a design AND UNDERSTAND THEM before beginning to stitch!** I can't stress this enough.

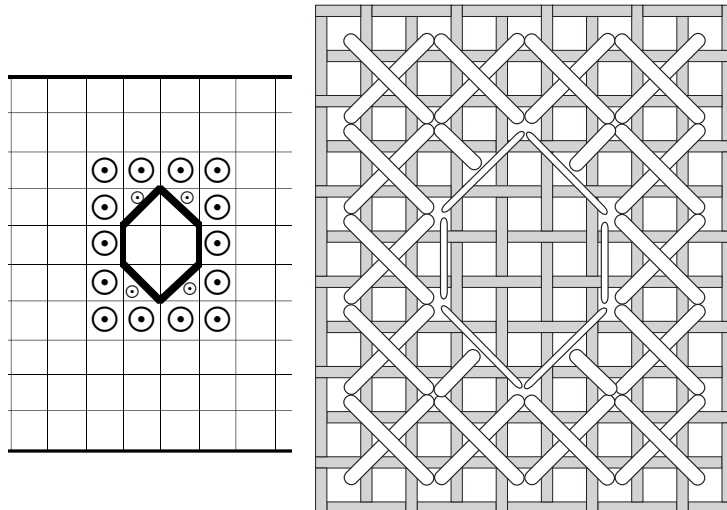
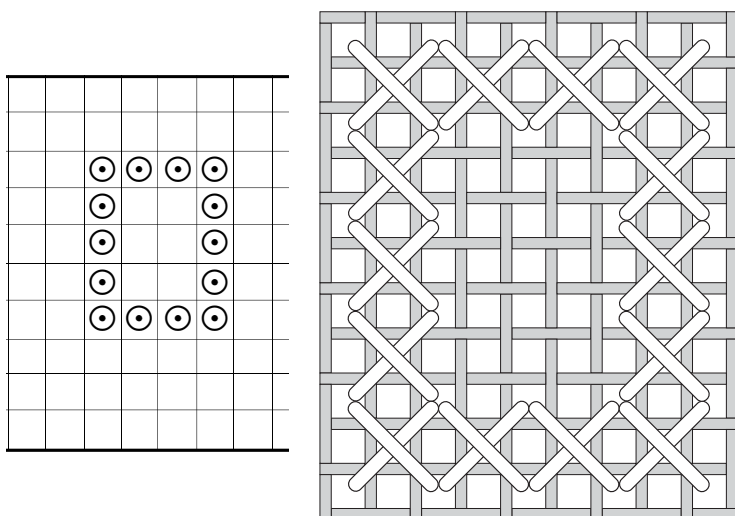
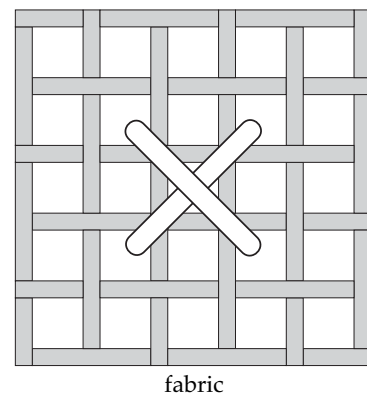
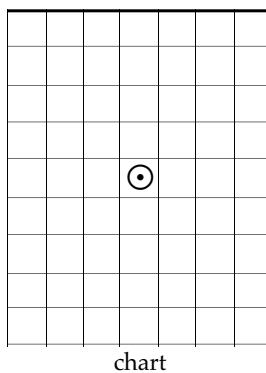
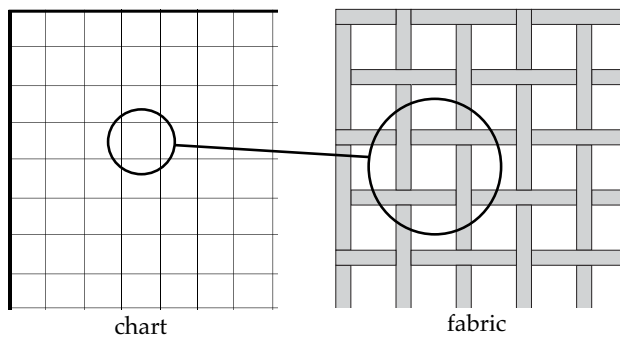
It's heartbreaking to put a lot of time into a project and then realize that it can't be finished properly because it's stitched on the wrong type of fabric!

Many times, stitchers have contacted me *after* they have stitched the majority of a design and then wonder why the over-one part doesn't "fit". Invariably, they've stitched the design on aida! I then have the sad job of telling them that it's not really possible to finish the design correctly. And it could all have been avoided had they read and understood the directions before beginning to stitch!

After taking this class, the above won't happen to you!

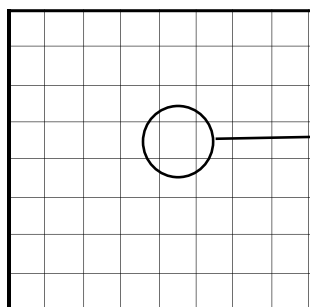
Over-two Stitching

This means that each full cross stitch covers 2 fabric threads high by 2 fabric threads wide. When reading a chart for over-two stitching, each block of the chart grid equals 2 fabric threads high by 2 fabric threads wide. Sometimes instructions will say to stitch "two over two". This means: use two strands of floss and stitch over-two fabric threads. It is erroneous however, to assume that all over-two stitching is always done using 2 strands of floss! ALWAYS refer to the directions for floss strand usage!

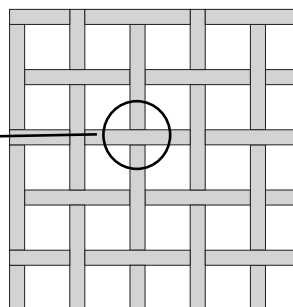


Over-one Stitching:

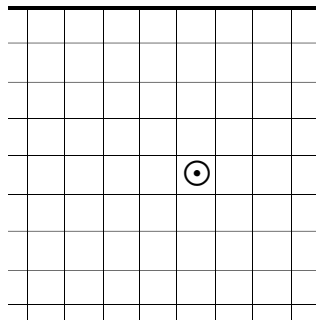
This means that each full cross stitch covers 1 fabric thread high by 1 fabric thread wide. When reading a chart for over-one stitching, each block of the chart grid equals 1 fabric thread high by 1 fabric thread wide. Sometimes instructions will say to stitch "one over one". This means: use 1 strand of floss and stitch over-one fabric thread. Please don't assume, however, that all over-one stitching is always done using 1 strand of floss! ALWAYS refer to the directions for floss strand usage within a design!



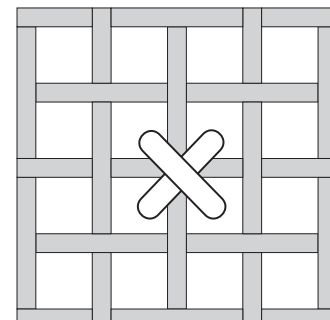
chart



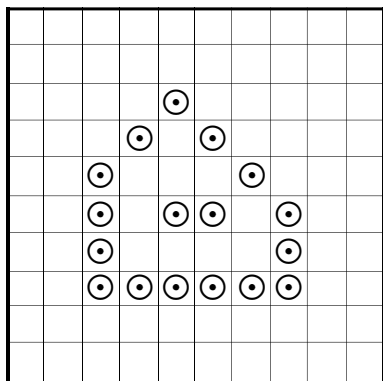
fabric



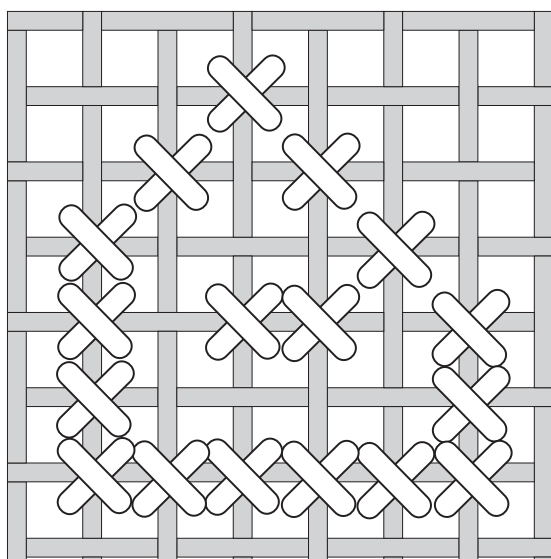
chart



fabric



chart

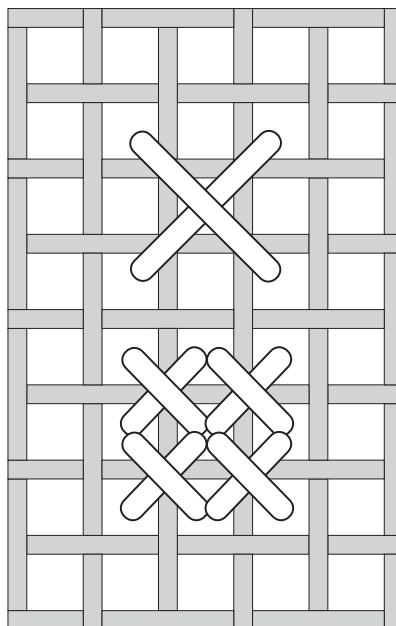


fabric

How Over-one and Over-two "Fit Together":

When both over-two and over-one are used in the same design, the thing you need to remember is that 4 over-one cross stitches fit into the same amount of fabric space as one full cross stitch done over-two. (See illustration at right----->)

Because of this, when there is a separate over-one chart, it *appears* that it's too big to fit into the space allotted for it on the main over-two chart... 4 times too big, in fact! (This is the point where those who have stitched on aida realize that something is dreadfully amiss.) Just read all of the directions before beginning. If you don't understand, try to contact the designer and ASK!!



De-mystifying Fabric Counts

When you're stitching over-two, it's important to understand fabric counts, so you can determine what size your finished stitching will be.

You may see something like this in a cross stitch pattern:

Stitch count: 88H X 63W

Model: stitched over-two on 28-count Lugana from Zweigart

With the above information, you have all you need to determine the size of your finished piece.

28-count means that there are 28 fabric threads per inch. Remember, when you stitch over-two, each full cross stitch covers 2 threads high by 2 threads wide. So you simply divide the 28 by 2 to get the number of stitches per inch. $28 \div 2 = 14$ stitches per inch.

Next, you'll determine the size of the finished piece. Take the stitch count: 88H X 63W:

88 divided by 14 = 6.29 inches

63 divided by 14 = 4.5 inches

So, your finished design will measure about 6-1/4" high by 4-1/2" wide.

The key is understanding that the larger the number in the count of the fabric, the more stitches per inch you'll have, and therefore the smaller your design will be.

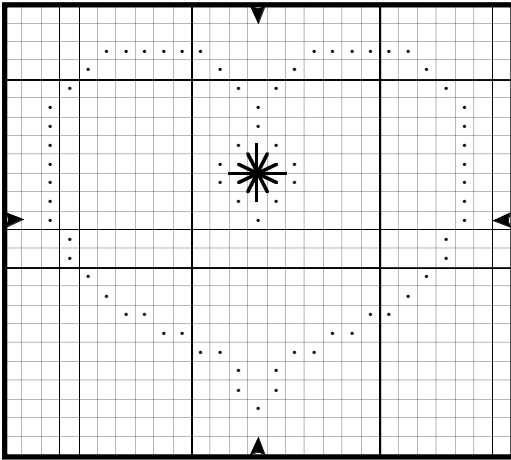
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Understanding Stitching Over-one and Over-two

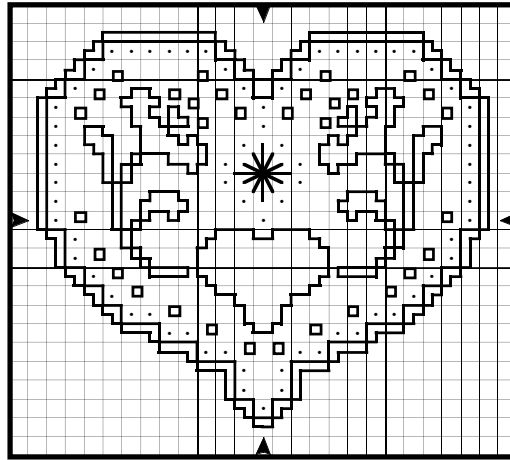
Unfortunately, there is no “standardized” method for charting both over-two and over-one stitching within the same design. Sometimes, the techniques have their own separate charts; sometimes they are charted together...it depends on the size/complexity of the design. (Most of my designs have separate charts for over-one areas.)

The Country Heart design for this class is shown below charted in different ways. Each example has it's own advantages... but I've chosen to make the chart on page one the master chart for this design, as I believe it is the easiest to understand.

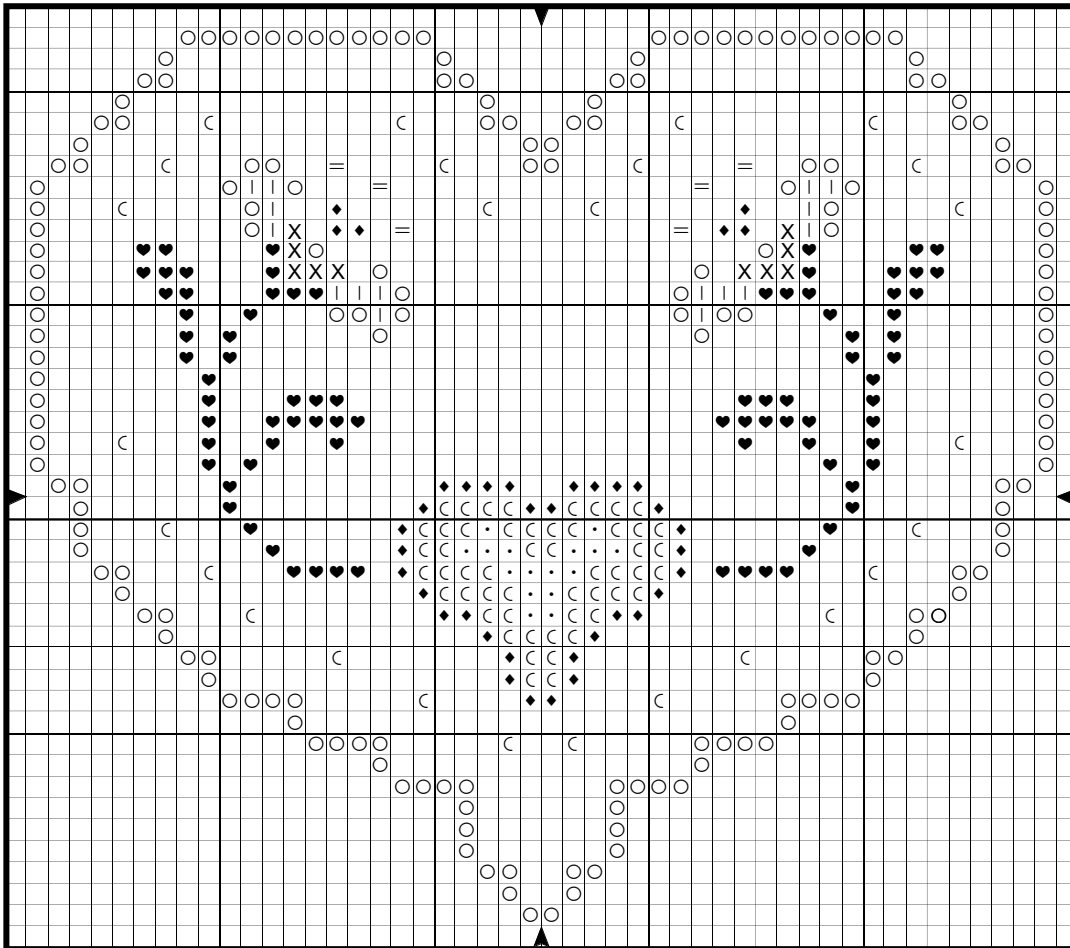
I hope you'll enjoy the design!



over-two chart only



over-two chart with over-one indications



over-one chart only

De-mystifying Fabric Counts

(cont'd. from page 3)

Conversely, the smaller the number in the count of the fabric, the fewer stitches you'll have per inch; therefore the size of your finished stitching will be larger.

Examples:

Say you'd like to make the aforementioned fictional design smaller. So, you'd choose a fabric with a higher threads per inch count... perhaps 32-count? Divide 32 by 2 and you get 16 stitches per inch. Next, divide the 88H by 16 and you get 5.5 inches. Next divide the 63W by 16 and you get 3.98 inches. So, the same design stitched on 32 count fabric will be 5-1/2" high by nearly 4" wide.

An example which would give you a bigger finished design? If you want it larger, you need to choose a fabric with a lower number in the thread count: say an 18-count fabric this time. Divide the 18 by 2 and you get 9 stitches per inch. Then divide the 88H by 9 and you get 9.78 inches. To get the width, divide 63W by 9 and you come up with 7 inches exactly. So, your finished design would be significantly larger at @ 9-3/4" high by 7" wide.

Please note that I've listed both the over-two stitch count, **and** the over-one count for the **Country Heart** design.

Normally, only one count is given... in most cases I usually give the over-two count, as I generally only accent my designs with over-one. (Please note that the over-one count is double the over-two count! :-))

If you have any questions about the above, please ask!