

torah stitch by stitch

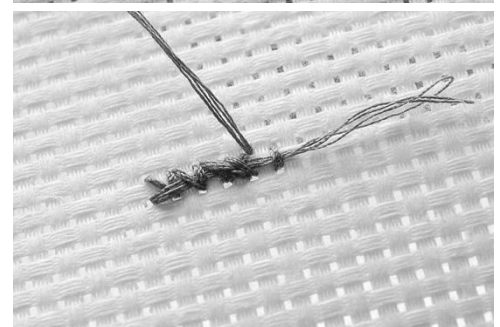
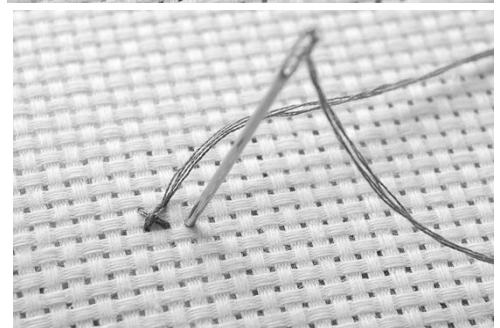
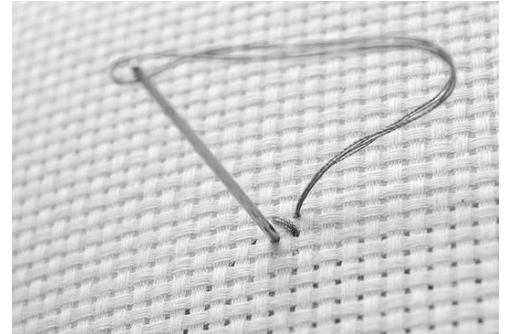
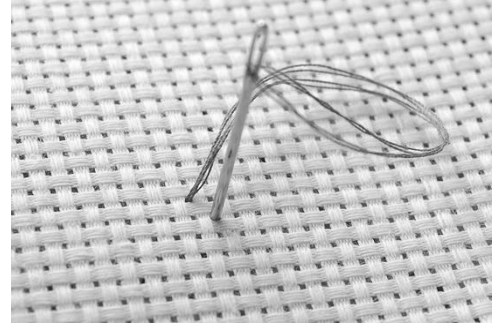
INSTRUCTIONS FOR CROSS STITCHING YOUR PANEL

Materials

- #14 aida cloth: 100% cotton open weave fabric that has 14 mesh squares/inch and enough stiffness that you do not need to use an embroidery hoop.
- #24 tapestry needle: blunt end; size recommended for this aida cloth
- 6-strand embroidery floss (4 skeins of DMC colour #310): 100% cotton.
Use 3 strands at a time.

Method

1. Cut a piece of floss approx 18"-24" (45-60 cm) long.
2. Separate and "fluff" 3 strands; recombine into a single length.
3. Thread needle.
4. Starting from the one corner of the stitch, bring the needle through from the back, holding a tail about 1" (2.5 cm) on the back of the cloth for an anchor.
5. Insert the thread from front to back into the diagonal corner.
6. Bring it back up through the corner 3 and down through corner 4, forming an X. Each time you should pull the thread all the way through so that it is flush with the fabric surface.
7. Do your next stitch so that it uses two of the same holes as the previous stitch.
8. Repeat, making sure your stitches overlap your anchor thread on the back of the fabric.
9. To end a thread, weave the thread still in the needle under several completed stitches at the back.



Transferring the lettering

(optional)

If you feel nervous about following the design from the grid, trace the lettering onto the aida cloth. Your printout is "size as"; ie 14 squares/inch corresponding to the aida.
Use a pencil or soluble chalk (ie **not** oil-based). Also readily available at needlework or craft stores are "vanishing markers". Because lines you draw disappear in 24-48 hours, write only a few words at a time.

BE SURE TO INCLUDE THE ATTRIBUTIONS DOCUMENT
WHEN YOU SEND YOUR COMPLETED PANEL.

more tips . . .

Finesse

focussing your mind: If you wish, you may say the Hebrew blessing chanted in daily prayers, or any other "mantra" that feels right to you.
Praised are You, our God, Sovereign of the Universe, who has sanctified us with mitzvot, and commanded us to engage in words of Torah.

aida cloth care: Your panel has been edge-stitched to avoid fraying. Do not cut away any fabric.

Work with clean hands.

Do not wash the cloth before or after stitching.

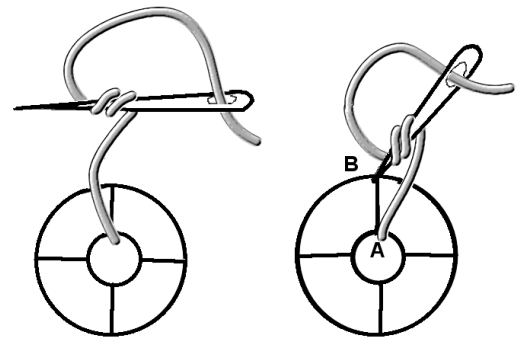
tension: All four edges of your finished panel should remain straight and at 90°.

consistency: Be sure to have all of the stitches cross in the same direction; for example, the top layer of each cross could go from upper right to lower left.

no knots: . . . and no glue either

trimming threads: Leave about ¼" (.5 cm) of thread at the beginning and end beyond the anchoring stitches. Anything shorter tends to work through to the front.

optional *taggim* (crowns on specified letters): The pistil stitch is a straight stitch with an attached French knot.
Come up at A. Holding the thread, wrap the needle 2-3 times clockwise. Keep the thread taut while bringing the needle down at B.



Finally The latest technology isn't likely to help with the stitching, so just settle in and ENJOY!



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*** torahstitchbystitch.temmagentles.com ***