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## Cross Stitch Pendant with Anna Maria Horner

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### Chapter 1 - Introduction

#### Overview of Cross Stitch Pendant

(light music) - Most of the time you'll find my hands occupied with some sort of sewing, needlework or handwork and I don't make jewelry too often. However, when I came up with the idea to integrate one of my favorite needle crafts, which is cross-stitch, into a modern jewelry item I got really excited. So this is a great project for you if you've never done needlework at all because it's pretty simplistic. With cross-stitch the size and direction of every stitch you make is actually dictated by the cloth itself, so it's super simple. So I'm gonna walk you through the fundamentals of cross-stitch, the materials that you'll need and then we're gonna make it into a gorgeous jewelry item. ^ (light music)

### Chapter 2 - Materials

#### Materials

- Let's go over the materials. First, we'll need to print out this color-coded graph that's gonna provide your map of how you're gonna perform these stitches. And six colors of embroidery floss. This is the six strand embroidery floss that we're gonna separate based on how thick or thin you want your stitches to be, we'll go over that soon. You want some scissors nearby. And we're gonna be choosing from a couple of different kinds of fabric to perform the stitches on, either an evenweave or an Aida cloth. I'm using Aida cloth to show you all the fundamentals of cross stitch, and this piece that I have is roughly three inches by nine inches, so it's really scrap. We'll need some thread and a hand sewing needle for the end of the project to get it turning into a jewelry item. And this interfacing, I have two different kinds. I have one simple, sort of medium weight interfacing, and I also have another product that is super sticky on both sides that's gonna help all the ribbon come together at the end to create this pendant. We'll also want some chain. The length of my chain is 20 inches, you can buy it at a craft store and attach a clasp to it. I also decided to use a few extra beads to put down the side of the pendant to make it look just a little bit more sparkly. And we'll need an iron to fuse it all together.

### Chapter 3 - Cross Stitching

#### Cross stitching basics

- Let's go over the basics of this color map that you have to make your design. Cross stitch patterns are typically shown in a graph just like this, where every block of color represents one whole stitch. And one whole cross stitch is a single stitch bar angled one way and a second bar angled over it to form an x. This particular design is 25 stitches wide and 25 stitches tall, so it's a square. You need to know how many stitches this is to be sure that the fabrics that you've chosen have enough spots to perform those stitches all the way across. And fabrics like Evenweave and Aida Cloth are noted by how many stitches there are per inch. So if an Aida Cloth is an 11 count Aida Cloth, that means that you can fit 11 stitches within one inch of the fabric, or 11 stitches square, around a square of fabric. And if you're not sure, if you just have a scrap of it, or you have some leftover materials that someone gave you, you can use a measuring device, hold it in line with your threads, and just count how many spaces for stitching there are across one inch. It's gonna be important to note the count of your material, because you'll wanna make sure that you can fit 25 across whatever piece of fabric

that you have. And keep in mind that the more stitches you have per inch, the smaller your cross stitches are actually gonna be. So if you only have an eight count, those stitches are gonna be bigger. If you have a 14 count, they're gonna be smaller to fit in that one inch. Aida Cloth is perfect for a beginner. All the holes are very obvious. That's what we're gonna do, as opposed to using the Evenweave, where you sort of have to count the threads up and down to keep your place as you go. And because I'm using Aida Cloth, it's nice and firm. It has some sizing in it, so I don't actually need to use a hoop. So I just have this nice piece of material to use. So let's get started with threading our needle. This six strand embroidery floss comes in hundreds of colors, which makes choosing what you wanna use really fun. I always start at the center of my design and work out, so I'm finding that there is a very dark navy in the center so I'm gonna go for that first. With most embroidery projects, you're only gonna wanna measure and use about 18 inches at a time, which is from your fingertips down to your forearm. So, we're gonna snip that, and now comes time to separate your threads. Now an 11 count, which we're using, is a pretty medium range, not too big, not too small. So I'm gonna use three of these six threads, just half of them. And you separate them by kind of digging your fingernails or fingers in there, and begin to pry three away from the other three. Three and three. What I do is I try and hold that separate strands with one hand while I use the second hand index finger to gently glide. Let it turn and twist under your finger and separate all the way down. And then I grab one, separate them, let them spin out, that's what they wanna do. If you don't let them spin out, they might wanna tangle on you. And I run them through my fingers a little bit too. The oils from your fingers actually calms those fibers down and gets it ready to not knot. I'm using an embroidery needle because it has a pretty nice open eye to easily thread. Slide it through. This is a single threading, we're not doubling it, cause then we'd be back at six strands again. And we're not gonna knot. We're gonna leave a free end on this tail. To find the center of the cloth, so that we're working from the center of the design, rather than just counting, I'm just gonna fold this over, lining up the sides and just sort of use my finger to pinch a crease there. So that's roughly my center.

### Cross stitching

- To begin the cross-stitch, we're gonna enter the needle from the back. You've probably noticed these nice obvious holes at the corner of each box for the cross-stitch, and you enter through one of those. Pull the needle up. Look at the back. You want to leave about a one-inch tail. And hold it down with your finger, we're gonna do our stitches right over that tail to keep it in place. The cool thing about Aida cloth is that you can see through it. And I can actually see this dark colored tail. You're gonna go at an angle now to the next hole across and down. And pull through. Now we're gonna go directly above where we exited the fabric. And pull through. The section of my design that I'm doing right now is at the very center. I noticed before I started stitching that this design has five navy colored stitches in a row. So I'm starting at the top of that row. I've just completed one cross-stitch. Now we obviously, we started this first stitch up at the top left corner. We obviously can't start this one the top left corner right below it, because we'd be coming right back out of the hole that we just went into and we would undo our stitch. So we do want to still make the underneath bar the first bar that we make in the cross-stitch at this same angle. So we're gonna rather start from the lower right corner. And let's have a look at the back. You see how this tail is in position now to get caught by the next stitch? That's what we want. So let's enter at the lower right corner. And pull through. And then exit at the top left corner. Half the stitch is done. Top right, down to bottom left. If there are any rules to cross-stitch, I would say that you always want whatever

stitch is underneath to be headed in the same angle, and whatever stitches are on top to be headed in the same angle. The reason for this is that the way that the light spills across the top of a worked surface, is gonna do so in a more even and uniform and beautiful way if all your top threads are headed at the same angle. Some people like to perform all their underneath bars first, and then go back and do their crossover bars. For whatever reason, I tend to enjoy just completing one whole cross-stitch at a time. Pretty simple, right? What's really fun with cross-stitch is starting to complete certain elements and seeing your design take shape. I'm continuing with this navy design at the center. Building out to one side with three stitches. You don't want to make too many big jumps with the thread even within one element. You won't see them from the back, but after you've made a lot of stitches, you'll start building up a lot of thread bulk in the back. Which particularly for this project, you really don't want, 'cause we want our pendant to lay nice and flat. So that's one side. Now I'm gonna move over to the other side. One little nifty trick about finding your spot and getting your needle through, is you can kind of scrape your needle along the underside, and the way it sounds, you can kind of tell when you're passing over holes. And this is the last stitch of navy for this one little element on the left side. So we're gonna hide our tail in the back. I'm gonna flip this over now. Look at that, pretty. I'm gonna flip it over. I'm just going to pass the needle underneath some of these stitches, not passing through any of the fabric, just the stitches. Slide through, and clip. Every time you finish a color and an element, go ahead and trim and finish. You don't want any dangling threads underneath to move over to an element that's farther away, because you'll end up not only getting those tangled with other work that you'll be doing, but you might very well see those from the right side of the work. So now we're gonna move on to the purple stitches. As you can see, that's the next color in this little graph. It's not a bad idea to go ahead and pre-cut several lengths of each color, just to have them ready to go. If you don't like to stop once you've gotten started. I love working in three strands, because that means that you already have another strand ready to go waiting for you. Set that one aside for later. And rethread. And now hiding our tail at the beginning of this next color is super simple, 'cause there's already some stitches on the back waiting to be woven under. It's a really good idea to keep your design in your hand oriented the same way throughout the whole stitching process instead of continually turning it depending on which area you're working, because you can better keep in line your top stitch angle and you're underneath stitch angle without getting confused, and then your hand kind of gets in the rhythm of always doing the underneath stitch from top left to bottom right and the top stitch from top right to bottom left. So I'm just following along on my color map. And I see I've got two stitches of purple right above the navy. What's cool about a design that is symmetrical in both directions, is that you will be eventually referring to your own cross-stitch for reference on where to stitch next as you will be the color map. I've been continuing around the central design with this darker pink, but I wanted to point out what happens when we come to these white spaces here, which is basically just a skip stitch. Cross-stitch traditionally has lots of open air in the design. In other words, you're gonna see the cloth in some portions of the design. And in terms of our color graph, that just means we're skipping these spots. So I've threaded a lighter pink now, which comes next in the sequence of the design, but between the lighter pink and the darker pink there's some open squares that I'm gonna show you how to skip over. Starting out to the right of the element here with my lighter pink. And it looks like we're gonna have about four cross-stitches to do before we sort of skip over a blank area between the light pink and the dark pink. One of the lovely things about cross-stitch is the scale and how portable it is. You can take it anywhere with you. Not just out of your house, but in every corner of the house. I sort of have mid progress works sitting in various spots all over my house, so I

always have something to work on wherever I might land. When you're coming up through these holes that have already been occupied by some of the neighboring stitches, try and take extra care to just nestle your needle right up next to them, instead of coming up through the threads and splitting them. It'll keep all your stitches looking nice and rounded and smooth on the edges. So I've done one, two, three, and now we're going straight down now to the next stitch, which is gonna create this open air in between the dark pink and the light pink. So I'm skipping that, and jumping down over and across, up and down, that's all it is. Keeping your place with the relative designs. I'm gonna keep cross-stitching around the perimeter of this design concentrically working out. Cutting my threads at the end of every color section, reweaving with every one of them until this design is complete.

## **Chapter 4 - Create Pendant**

### Create pendant

- I have completed my cross stitch design. I've stitched out from the center, working towards all four corners in this beautiful symmetrical design. And I love how the white of the fabric really interacts with the colors of the floss to create a pretty high contrast design. If these aren't your favorite colors, no big deal, choose your favorite six floss colors. Maybe lay all your floss colors together to have a look at them before you decide what you wanna stitch with. To prepare this finished work for a pendant we need to do a little trimming. I've already got my piece trimmed out with a few extra inches on both these two sides and then just about 3/8 to a 1/4 of an inch on these sides. I have two different kinds of interfacing here. I have just a simple light to medium weight interfacing, it's not fusible on either side. But I also have this Steam-A-Seam, which is a fusible kind of really tacky material. And I like to use this instead of buying a fusible interfacing because this is super sticky and it's gonna help you keep all your folding back in place as you prepare the pendant. And both of these pieces, again, are cut to the exact size of my finished cross stitch design. I've also got my iron hot and ready to go. And I'm just gonna use my hands to start prepping the sides of the material to be folded back. Because all we want showing is our pretty cross stitch square. And I'm doing this from the right side so that I have a good idea of what is showing. I don't necessarily want a white edge. If you want a little white edge, that's okay. Your necklace. So what I'm gonna do is peel these layers off the Steam-A-Seam, and basically turn this interfacing into a sticky sticker. You know what, I need two of these sticky sticker guys, actually. So I'm just gonna grab another piece of Steam-A-Seam and trim a second one out with some bigger scissors. I'm gonna hold those papers and use them as the pattern. I have million and one uses for Steam-A-Seam. Comes in very handy. Okay. Got my second piece. Scissors and papers aside. And now I'm gonna flip over that interfacing, peel the papers off the Steam-A-Seam and make the back side of the interfacing sticky, too. Kinda just have to press and rub to get it off the paper. Alright. See, it wants to stick to my cutting mat, too. Both sides are sticky now. I'm gonna flip the work over and lay the sticki-fied interfacing right on top of the back of the work. And now I can fold those sides in and press against it. And if this were just regular fusible interfacing it wouldn't be so tacky and this would be a little more difficult. Let's have a check on the front. Nice. Kind of massage it. Fidget with it a little bit to get it pretty. And now it's time to start turning this over as well. But before we turn it completely over let's pinch in another little hem on it. So just some nice neat folding. Take your time. This stuff isn't so sticky that you can't reposition it if you're not happy with how you're getting everything turned in. So continue to neatly fold all your edges in. If it does wanna pop up on you and move out of the way of your perfect folds, just heat it up with an iron a little bit and it's gonna make it melt and be a little

more tacky and stay in place. You might notice, too, that I'm working with a plush towel as an ironing board. When you're working with any embroidery or cross stitch that has a nice sort of uneven surface that we don't wanna smash, you wanna lay a towel on your ironing board or your work surface, and turn the work right side down into the towel so that those uneven surfaces of your stitches can settle down into the plush towel and not be flattened by the ironing. We're only gonna fold back one side for now and set the work aside. I have my length of chain here that I bought from a craft store and had it cut to the length I want, which is 20 inches. And I'm just gonna use my hands as tools to attach the findings to the end, to attach the clasp. I'm just gonna bend these little rings open, just enough to slide them into the last link of my chain. And then bend it back. I don't tend to have a lot of jewelry supplies around, but if you make jewelry, even a little bit, you probably have some tools that'll help you do this. And now I'm gonna bend open the second one. Open just enough, I think, to slide my clasp onto. And now also slide the last link on the other side of the chain. Both the clasp and the chain are now linked onto this last little ring. So we have a necklace. Including the chain into the necklace is just as simple as you might think. You lay it over. But just to keep it in a nice position, let's find the halfway point by holding our two ends together and letting that folded end of the chain settle into the center. And lay it down smoothly. And now let's tuck in one more edge. The idea is to get this folded edge in line with this folded edge. So if we have to open back up and re-fold that is simple enough. We're gonna fold right over the chain. Now it looks like it's meeting up pretty well. Let's have a look at it from the front. I'm seeing a little bit of white on the front so I'm gonna tuck my edge a little deeper. And don't be afraid to enlist the help of the iron for any of this. Probably wanna keep it away from your metal, especially if it's not real gold chain. This one definitely is not. Alright. Let's fold back again. Keeping all our little edges tucked in. Make sure your chain is flat. Okay, I think we're looking pretty good. Now we're gonna settle it right side down into that plush towel, so we don't crush any of our pretty plump stitches. We're gonna use the steam iron to press. This fusing that we're doing with this fusible product and the fabric is just to secure it in place. This isn't the final solidifying factor. We're gonna do a little hand stitching to keep all our elements in place. Nice! How 'bout that? Okay, so now just a little bit more hand stitching and a little bit of gold dazzle down the sides and we're almost there.

#### Whipstitch and add beading

- We're now at the final steps of this pretty little pendant, and those are whipstitching the back seam closed, and then we'll also whipstitch the side but include a little bit of beading with every stitch. To do that, we just need to thread a double-stranded needle. And we're threading, pull all the way through. Let's tie a knot. Okay. So you can see all these little folds happening here. I'm gonna enter the needle from the side at one end of the seam that we've created and just come out of the fold. Aida fabric is pretty thick stuff, so you might want one of your sturdier needles to do this. We're gonna be able to tuck that tail out of the way when we go to sew up the side. So whipstitching is just passing from one side to the other. And we're not gonna worry about showing our stitches. We're not gonna hide them. We're not ashamed them. We wanna see 'em. So it's sort of like performing a backstitch towards yourself through both layers. Whip it good. We're gonna continue whipstitching across until we come to the other side, and then knot to finish. Okay, looks like we have room for about one more stitch here. So let's take it at the very outer corner. And let's just do another nice little backstitch to sink those two corners together. All right, now I'm gonna just tie a knot by first making a tiny little backstitch close to where the thread is coming out of the material. And before pulling the slack all the way through, I'm gonna pass the needle through the

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loop once and twice, gently tugging and getting that knot down to the bottom. And let's hide the tail by sinking into one of the layers. Back out again. Okay, nice and smooth. Let's move on to one of the side edges now by threading a new double-stranded needle. This whipstitching along the edges is going to include a few gold beads, which I think really makes this project a little extra sparkly. You don't have to put 'em in there if you don't want to, but I like the way it drives home the jewelry look of the cross-stitch pendant. Okay, we're gonna start at the very bottom. Enter the needle inside the fold. Come out just at the tip. Let's press that tail and knot in. Now, like I promised, we're gonna do some gold beads. I always start from my right and move left. I'm going to put some gold beads down on the table. And instead of trying to fiddle with these beads with your fingers, you can just use your needle to pick it up. So we're using a small beading needle so that it can fit over the eye of the needle. After you've got the beads slid on, just make a whipstitch from the front of the pendant to the back. And that bead is just gonna settle on the side. And now let's pick up another one. Come here, you. Even with these beading needles, every now and then the hole in the bead is a little inconsistent in size and it might not fit over. For the most part, you can find plenty of beads in your collection to fit and slide on. So every time I whipstitch, I'm going through the front and into the back. You wanna make sure that these loops of thread don't get caught on any neighboring beads. There we go. Let's go for another one. You don't even have to slide it all the way down the thread before you enter the fabric. So this is the process of closing up the sides, as well as beading them. If you don't wanna include beads, that's okay. You can just whipstitch the sides shut to make your own pendant. Just continue to bead and whipstitch this side in this exact manner all the way down the rest of this edge, knot and hide your tail, and then you can repeat on the other side. Knot and hide your tail at the end, and then you're gonna end up with this gorgeous finished cross-stitch pendant.