

# SQUARE 1

By Debbie Rowley

This project is designed to introduce several aspects of counted canvas.

Begin by mounting the canvas to stretcher bars using tacks or staples. You may work with the canvas on top of the bars, or under the bars—it's a personal preference, no right or wrong way.

Find the approximate center of the canvas. You can mark the approximate center lightly with a pencil on the back of the canvas, or use a large needle to slightly enlarge a hole in the center. Also, mark the top of the canvas with an arrow or "T"; if you turn the canvas while stitching it's helpful to know the orientation, and a mark will help you keep the orientation.

## Waffle Stitch

Thread Type	As Shown	Your Choice
Variegated cotton floss	DMC Coloris 4507 (2)	

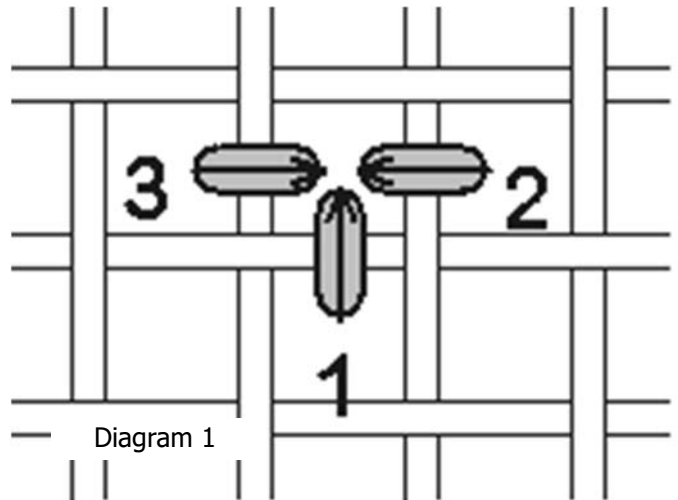
I write my instructions by including a table with each thread before the stitch where it is used, rather than a whole list all at once. The first column in the table is the thread type. This is useful if you want to make your own choices. The second column is the thread used for stitching the model, the manufacturer, the specific thread, and the color number. A number in parentheses after the color number indicates the number of strands used for the stitch. You may use more or fewer strands if you want; I tell you exactly what I used so you can make your project look just like mine if you want. The third column is for you to record your own choices, if you decide to do something different.

Pull out a length of floss from the skein, and cut it about 40" long. You can use the stretcher bars as a convenient measuring guide—the bars are 12" long, so three times the length of the bars is about 36", and half again would be 42", which should be plenty for this first stitch.

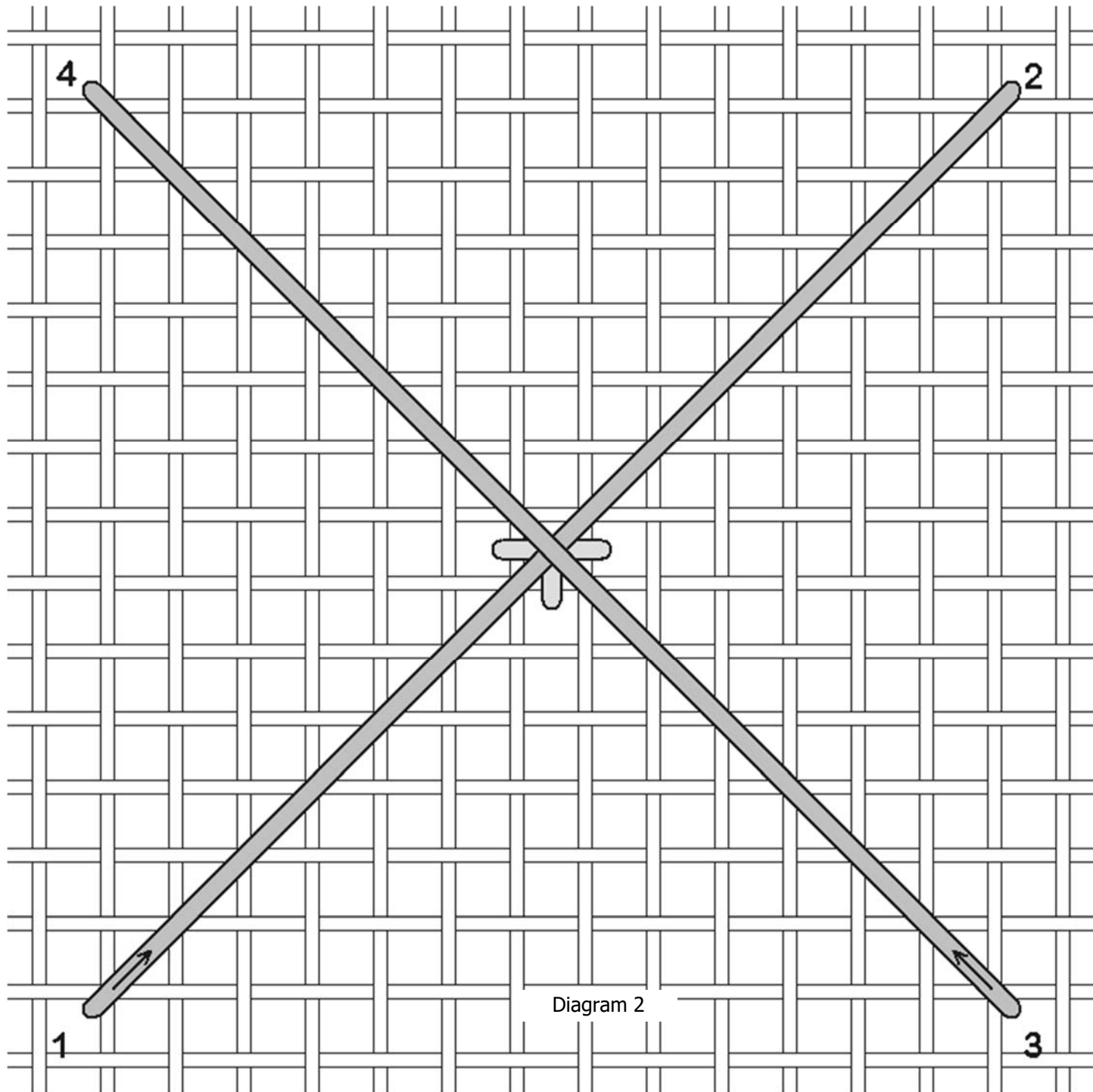
To separate the floss into strands, lightly tap the cut end and you'll see the strands separate. There are 6 strands in the skein. Pinch one strand between your finger and thumb, and slide the rest of the skein down. Repeat to remove the second strand. Put the cut length aside to use for other stitches. Combine the two separated strands, making sure the color placement is the same for both strands, and thread the needle.

Anchor the thread in the approximate center of the design using a pin stitch. A pin stitch is a small stitch over a single canvas thread. Place it so the stitch will cover it. When I make a pin stitch, I take the small stitch three times. This can be three times over the same canvas thread, in the shape of an "L" or in the shape of a "T". For this first stitch in this project, make the pin stitch in the shape of a "T" as shown in Diagram 1.

Making the pin stitch in the shape of a "T" for this stitch will make a flat anchor that will not show when the stitch is completed.



The first stitch is a waffle stitch, sometimes called a Norwich stitch. From the approximate center of the canvas count down 7 canvas threads and left 7 canvas threads. Bring the needle up at this spot, position 1 in Diagram 2. The first stitch of the waffle stitch is a large cross stitch, covering 14 canvas threads.



The pin stitch is shown for reference; you can see that the pin stitch lays under the stitches. As we go along, you'll see that the pin stitch will be completely covered.

Numbers are shown at the beginning and ending of each stitch; bring the needle up at the odd numbers and down at the even numbers.

Continuing with the same thread, make the next stitches as shown.

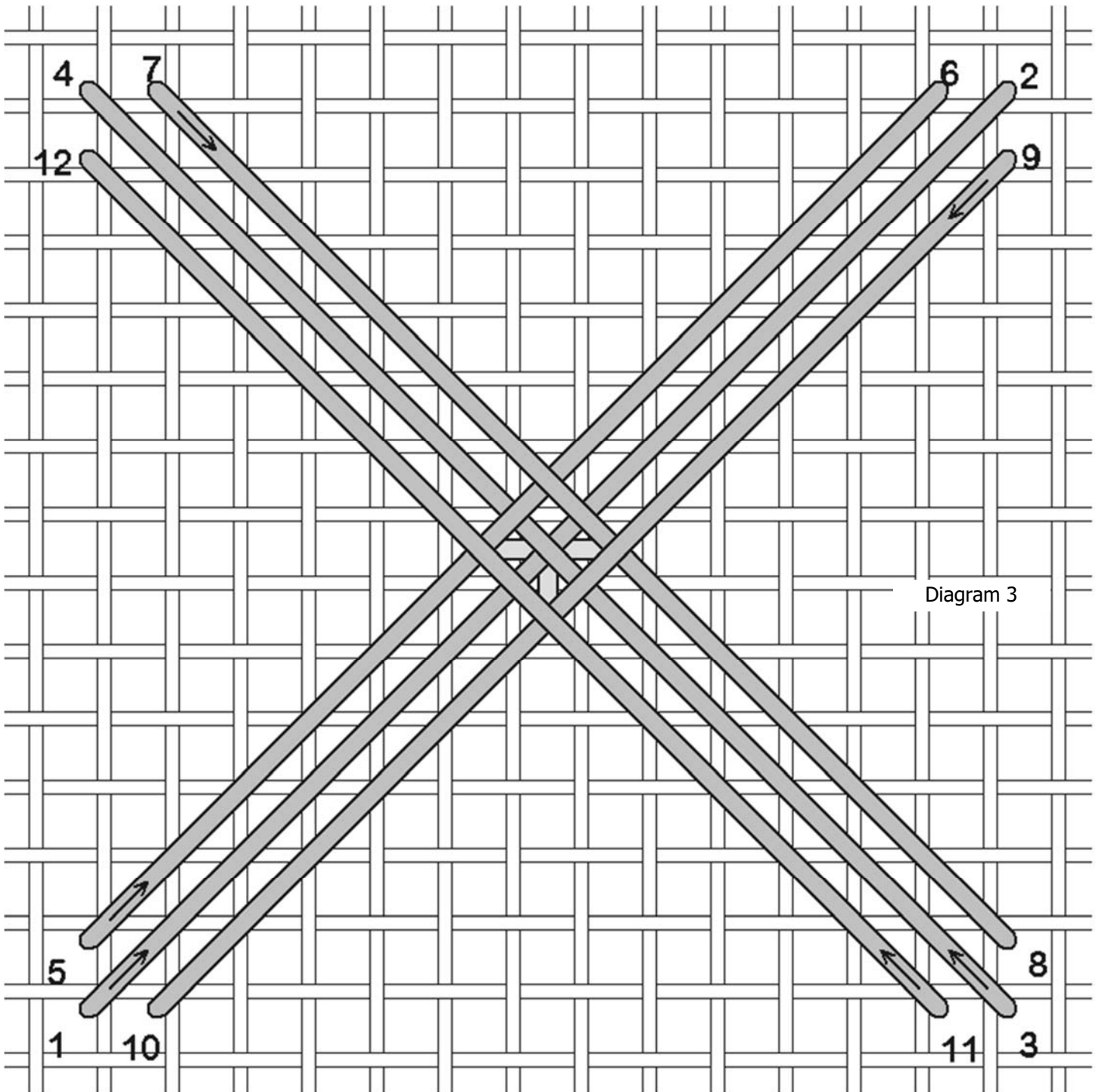


Diagram 3

A waffle stitch makes an open square on the back of the canvas. Understanding this will help you keep track of where the needle needs to come up and go down.

Continue stitching the waffle stitch as shown in Diagram 4. Bring the needle up at the odd numbers and down at the even numbers, filling in the holes along the edges of the waffle stitch until all the holes are filled. Before ending the waffle stitch, slide the last stitch, stitch 51, under stitch 45, between the previous stitches and the canvas. This puts a thread on top of every thread all the way around the waffle stitch.

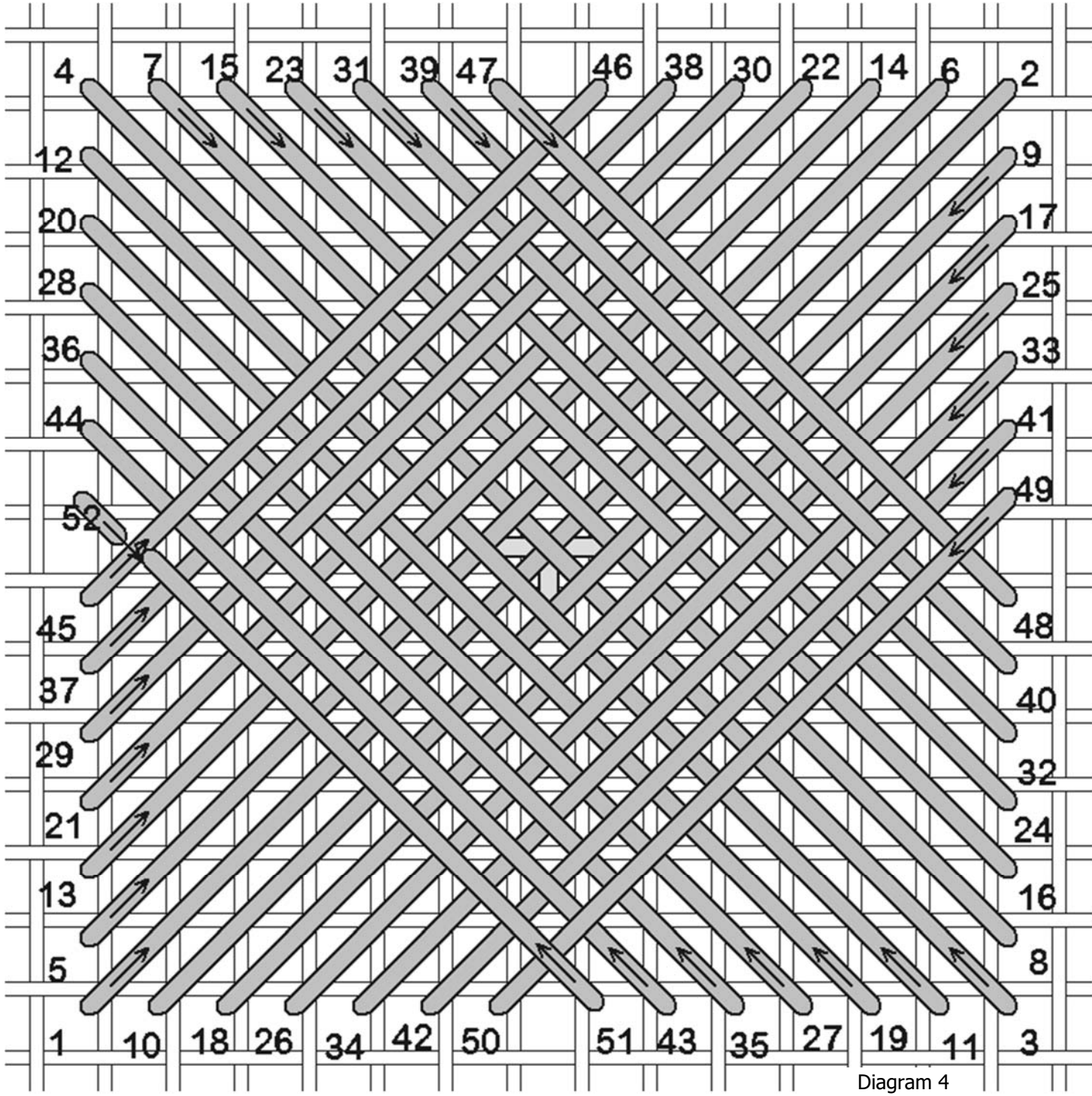


Diagram 4

End off the thread. There are several ways to end off but for this stitch, I like to take a pin stitch going over the same canvas thread 3 times. Gently separate the stitches of the waffle on the front of the canvas, make the pin stitch from the front, and carefully clip off the thread. Smooth the waffle stitches back over the pin stitch.

Diagram 5 shows the pin stitch to end. When carefully placed and stitched, the pin stitch will not be visible. When using a pin stitch to end, make sure to do it from the front so you don't catch the threads of the stitch.

