

18th-century Sampler



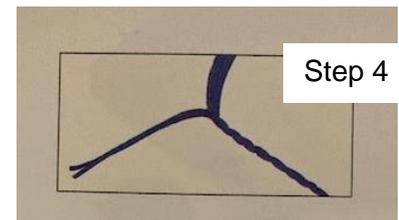
Samplers got their names from the original purpose, which was to show an example or sample of a variety of different stitches. They were used by embroiders and lace makers to remember all the different stitches they learned. By the 17th-century, they had evolved into a teaching tool for girls to practice the stitches they would need to know for mending and making clothing for their households as adults. Most 18th-century samplers were made on linen or wool cloth using silk thread and usually included the alphabet, numbers, decorative borders and images as well as the maker's name and date completed.

Materials:

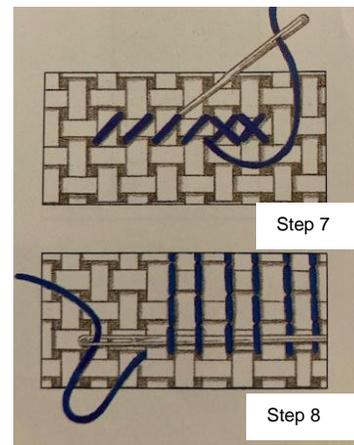
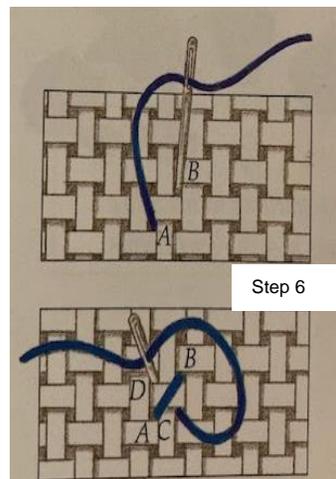
- Cross stitch cloth (11-count recommended for beginners)
- Scissors
- Embroidery floss
- Large-eyed embroidery needle (doesn't have to be an embroidery needle, just needs a fairly large eye)
- Embroidery Hoop (helpful but not necessary for practice)
- Fabric pen or pencil (optional)
- Masking Tape (optional)

Instructions:

1. Cut the aida cloth to the size you want. If you are using a pattern, it should tell you what size cloth you need and what count aida cloth. OPTIONAL: You can tape the edges of your cloth so it doesn't unravel while you are working on it.
2. If you are using an embroidery hoop, take it apart by loosening the screw. Then place the fabric over the inner hoop. Snap the outer hoop over the fabric and inner hoop and tighten the screw. (A hoop helps to keep the fabric stretched while working and will make a better end product. You do not need a hoop to just practice.)
3. Cut a piece of floss (about 18-inches).
4. The floss is made up of six strands. To cross stitch, separate just two strands of floss. (Save it because you can use the rest later.)



5. Thread the needle with those 2 strands. Tie a double knot near the other end of the floss.
6. To cross stitch, come up at A and go down at B. Then come up at C and go down at D so you make an X.
7. If you are making several stitches in a row, you can make half of all the stitches first and then go back and “cross” them.
8. When you near the end of your floss, turn to the back of the cloth and slip the needle under 4 stitches. Cut off the extra floss.
9. Cross stitch the rest of your design. You can move the embroidery hoop if necessary.



- For your first try, just see if you can make a box. Then move on to something harder like a circle.
- You can use a pencil to mark where you want your stitches to go as a guide.
- When you get good enough, you will be able to look at a pattern, like the one on the next page and simply count each box on the graph and then on your cloth to determine where each stitch will go.
- Craft stores also sell printed cross stitch that has the pattern printed on the cloth. This can be helpful if you are just learning.
- You can also find lots of patterns online to print and use.

