

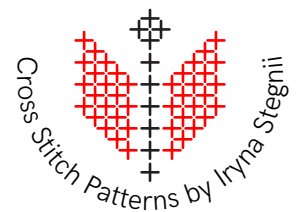
# Natal Polar Bear Cross Stitch Pattern



Stitches: 58 x 81

Size: 4 x 6 inches or 10 x 15 cm

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Here is a step-by-step guide to help you get started with cross-stitching:

### **Step 1: Gather Supplies**

- Embroidery hoop: Used to hold the fabric taut while stitching.
- Aida or Evenweave cloth: Aida fabric designed explicitly for cross-stitching, with a grid pattern of holes for easy counting. Evenweave has a finer weave, making it easier to stitch more complex designs.
- Embroidery floss: Strands of colored threads used for stitching. DMC is a popular brand for embroidery floss.
- Embroidery needles: Choose a needle that fits through the holes of your Aida cloth.
- Scissors: For cutting the floss and excess fabric.

### **Step 2: Prepare the Fabric**

- Cut a piece of Aida cloth slightly larger than your design and iron it to remove wrinkles.
- Place the fabric in the embroidery hoop, ensuring it's centered and taut. Tighten the hoop screw to secure the fabric.

### **Step 3: Understand the Pattern**

- If using a cross-stitch pattern, familiarize yourself with the symbols and colors. Each symbol represents a different color of floss.

### **Step 4: Start Stitching**

1. Thread your needle with a single strand of embroidery floss. Standard embroidery floss comprises six individual strands; you'll often use only two strands for cross-stitching.
2. Begin stitching from the center of your design or follow the pattern's starting point.
3. Make diagonal stitches to form Xs for each symbol on the pattern. You can work in rows or sections, completing one color before moving on to the next.
5. To stitch, bring the needle up through the bottom left hole of the square and down through the top right hole to create one diagonal of the X. Then, bring the needle up through the bottom right hole and down through the top left hole to complete the X.

### **Step 5: Follow the Pattern**

- Refer to the pattern to determine which color to use for each symbol. Work row by row or section by section until you've completed the entire design.

### **Step 6: Secure the Ends**

- When you finish stitching an area or run out of floss, secure the ends on the back of the fabric by weaving the thread through several stitches before trimming off the excess.

### **Step 7: Finishing**

- Remove fabric from the embroidery hoop once you've completed your cross-stitch design.
- Trim any excess fabric, leaving a border around the design.
- You can frame your finished cross-stitch or turn it into a decorative item like a pillow or wall hanging.

### **Step 8: Practice and Enjoy**

- Cross-stitching can be intricate, so practice and patience are key. As you gain experience, you'll find it more enjoyable and rewarding.

Cross-stitching is a relaxing and enjoyable hobby, so take your time and have fun creating beautiful works of art with threads and fabric. Happy stitching!

To explore my collection and start your next stitching project, visit my website at [needlepointnook.com](http://needlepointnook.com)

Have a question or need assistance? Don't hesitate to reach out to me directly at [iryana@needlepointnook.com](mailto:iryana@needlepointnook.com)

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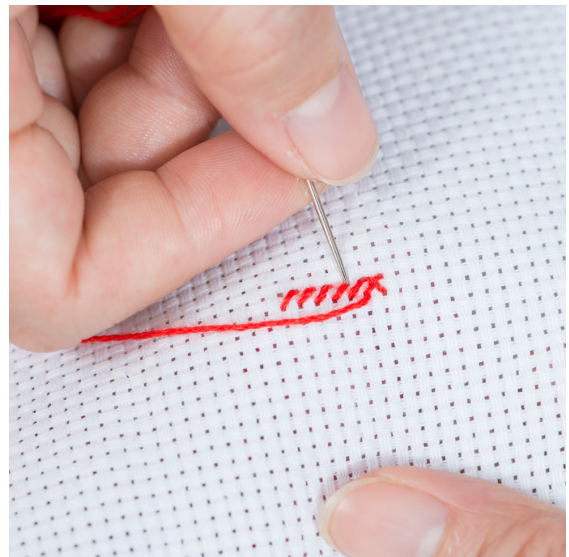
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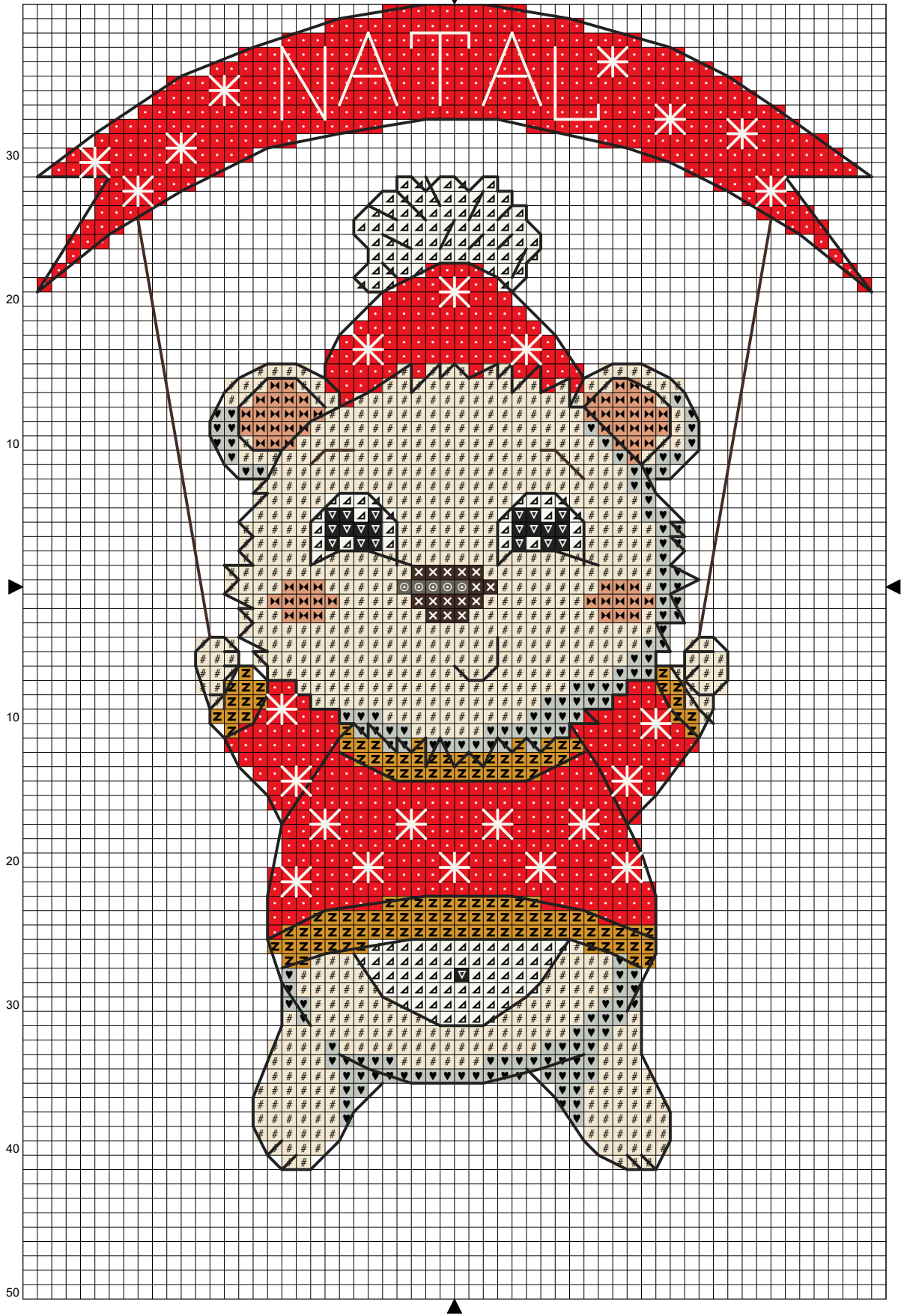
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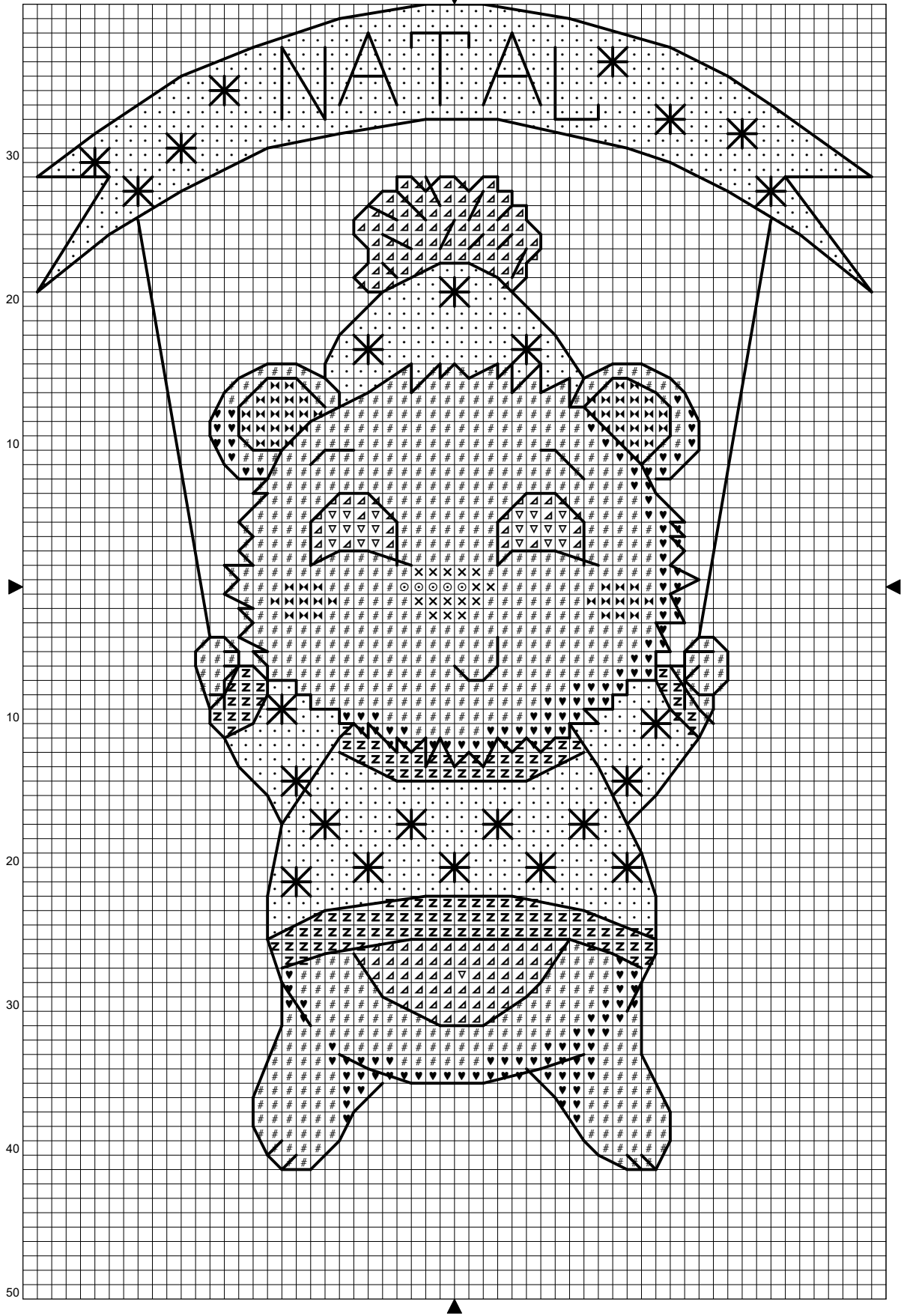
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Happy stitching!

Warm regards,  
Iryna Stegnii  
Needlepoint Nook







## Instructions and Symbol Key for Design "Christmas Polar Bear"

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**Fabric:** 14 count Aida

**Stitches:** 58 x 81      **Size:** 4.14 x 5.79 inches or 10.52 x 14.70 cm

**Colours:** DMC

Use 2 strands of thread for cross stitch

<u>Sym</u>	<u>No.</u>	<u>Colour Name</u>	<u>Sym</u>	<u>No.</u>	<u>Colour Name</u>
	310	Black		3865	Winter white
	3031	Dark Mocha brown		646	Platinum grey
	3771	Sandy rose		3072	Pale pearl grey
	712	Cream		606	Red orange
	3820	Maze yellow			

Use 1 strand of thread for backstitch

	DMC 310	Black
	DMC 3865	Winter white
	DMC 3031	Dark Mocha brown

This chart has been designed and printed with our best intentions of being without mistakes. However, the possibility of human error, printing mistakes or the variation of individual stitching does exist, and we regret that we cannot be responsible for this.

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