


## WHAT IS CROSS STITCH?



Cross stitch is a form of embroidery that dates back to the 1600 s. Unlike other forms of embroidery, cross stitch is focused around a single technique: the X-shaped stitch. Many cross stitch designs also include other basic techniques such as backstitches and quarter stitches, but the bulk of the design will consist of standard cross stitches.

Since cross stitch designs are primarily formed using evenly sized stitches, they have been described as the original pixel art. In fact, stitchers have been using pixel art from games to create their own cross stitch designs for years!

This book will show you how easy it can be to sew your favorite video game pixel art into a variety of projects to wear, hang on your walls, or give as gifts. The patterns included focus only on the basic cross stitch techniques, and are designed to be easily stitched by beginners. Even so, the book serves as a great resource for veteran stitchers.


## HOW to READ a CROSS STTCH PATERN

Cross stitch patterns tell you what you need to have on hand before beginning your stitch, specifically how much fabric you'll need and what colors of thread you will use. The pattern is placed on a grid that represents the squares on traditional cross stitch fabric.

Some patterns found online or included in kits are black and white, and only include symbols. Due to the advent of various cross stitch design programs, it is now more common to see fully colored squares with the symbols in them. Many designers will offer both options, so it's up to you to decide which version is easier for you to read or more budget-friendly for printing. To make it easier to visually distinguish the stitches, this book contains full-color patterns.


The bold arrows on the graph indicate the middle of the design. Numbers in the top and left margins mark off every tenth stitch, making it easier to determine how large the design is and to keep track of where you are.

Each colored square represents a single stitch; the symbol in each square corresponds to a specific color of thread, indicated by the number to the right of that symbol in the color key.

Note that the same symbols may be used on different patterns to represent different colors, so be sure to double-check before you start stitching.


Pick a first project that's right for You.
If you think a small, simple pattern would best help you to get your feet wet, that's perfectly fine. If you'd prefer to start with a larger project that really grabs your attention and will keep you motivated, great.! Larger doesn't necessarily mean more complicated, just a greater time investment.

## GATHERING MATERIALS

Cross stitch requires only a few basic materials: fabric, needles, thread, and scissors.
It is a relatively inexpensive craft to get started with; however, you may feel overwhelmed by choices when picking out your first materials. Here, we'll discuss the basics you need to get started. Some examples of completed stitches shown throughout the book use different materials, framing, or mounting, but we'll cover the basics to start off.

AIdA CLOTH

## Fabric

There are many different types of fabric to choose from, but 14-count Aida is the most common. It should be easily found in the embroidery section of most craft stores, and is typically what is included in kits. Most Aida today has a stiffening agent applied to it in production to keep the holes open and easy to stitch through, making it perfect for beginners.

14-count refers to the number of squares (or stitches) in an inch of fabric. To determine the size of the finished cross stitch, check your pattern for the total length and width of the design in stitches, and convert it to inches based on the fabric count. For example, a design that is 56 stitches wide and tall will be 4 inches by 4 inches on 14-count fabric. On 20-count fabric, the same design will be 2.8 inches by 2.8 inches.

Remember to leave a few extra inches around the edge of the design if you're planning to frame it or sew it onto something else.

## Needles

The needle most commonly used in cross stitching is the size 24 tapestry needle. It has a larger eye for easier threading, and its blunt tip makes accidental finger pricks less common. Aida cloth has premade holes, so you don't need your needle to be sharp in order to easily go through the fabric.

If you already have sewing needles on hand from other crafts, you can use whichever one you're most comfortable with.


## Thread

The most well-known manufacturer of embroidery thread is DMC. The numbers included with the patterns in this book correspond to DMC brand colors. However, you can use any colored embroidery thread available to you! You can pick colors yourself based on the colored blocks of the pattern, or use an online conversion chart to convert DMC numbers to other brands such as Anchor or Cosmo. Each skein contains enough thread for around 2000 stitches, so you'll usually only need one skein of each color listed in your pattern: you can store the leftover thread for future
projects. If you're feeling adventurous, you could even swap out colors in a design to make something new (what if Abigail had green hair?) or substitute metallic thread for added flair (do Junimos sparkle?). There's even glow-in-the-dark thread!

## Scissors

Any cutting device or regular scissors will do the trick. You don't need fancy embroidery scissors or fabric scissors; you just need to be able to cut your fabric to size, and to cleanly cut thread.

## Embroidery Hoop (Optional)

Whether or not to use a hoop when stitching is purely a matter of preference.

If you are working with fabric, it's up to you to decide whether you want to use a hoop. It will keep your fabric taut and will help keep your stitches even. For many, it's simply easier to hold a hoop than a bunch of fabric. Regardless of your preference to stitch with one or not, they're also great alternatives to framing your finished project.

Hoops come in wood or plastic, and in various colors and sizes. There are also alternatives to hoops such as PVC frames and scroll frames that you may want to research if you find yourself working on a large design in the future.


## GETTING STARTED



There is no right or wrong way to cross stitch, as long as you end up with X-shaped stitches. Every stitcher tends to stitch slightly differently as they get into a routine, and that routine can change depending on the project.

This book will outline basic methods for cross stitching, but don't be afraid to try something else if it makes sense to you. If you dive into the online cross stitch community, you'll also learn a variety of other methods and tricks for stitching.


## Where to start

Most stitchers recommend starting at the center of your design. This ensures that the design is properly centered on the fabric and that you won't run out of room. To find the center of your fabric, simply fold it in half vertically, then again horizontally. You can mark the center point with a pin or light pencil mark to make it easy to find.

The center of each pattern is marked clearly with arrows on the top and left sides. Pick a color that appears near the center of the design and find the corresponding color on the chart. This is the color you'll be starting with.

When you're starting out, don't fret too much about what your stitches look like, what the back of your fabric looks like, whether you're using a hoop or just stitching in hand. Everyone stitches differently, and skill will come in time!

Just relax and learn the basics; you can sort all that other stuff out later.

## Threading your needle

Take a close look at the end of your thread. You'll notice the thread is made up of six different strands. For most fabrics, you'll want to use only two strands. Carefully grasp two of the strands and start pulling them away from the rest. Take your time and try not to force it, or you'll end up with knots.

Now use those two strands to thread your needle and you're all set!


Threading a needle can be tricky at first.
You can use a needle
threader if you're having a hard time, or try a needle with a larger eye.

The most common mistake new stitchers make is to use too much thread. Specifically, beginners tend to use too long a length of thread or too many strands of thread. You'll want to cut a length of thread no longer than your forearm; if your thread is too long, it will twist as you stitch and


## The first stitch

For each square on your pattern, you'll be making an $X$ out of thread on your fabric matching the color represented by the symbol in that square. Each stitch in your pattern will be placed in relation to the last, and stitches will share fabric holes with the stitches around them.

To start, pick a square near the center of your project. Bring the needle up from under the fabric using the hole in the lower left corner of the square. Don't pull it through all the way; leave about a I-inch tail on the back.

Push the needle back down through the upper right corner of your square. You should have a/shaped stitch. Now bring the needle up through the lower right corner of the square and back down through the upper left to complete the $X$.


You could also make the \stitch first, and then cross it with a /
It's purely a matter of preference, but it's recommended you make all your stitches the same way throughout your design. So whichever way you do it, try to be consistent.


Continue making $X$ stitches as shown on your pattern until there are no more stitches of that color on your pattern, or you don't have enough thread left to make the next stitch.
HALF STITCHES


Try not to pull your stitches too tight; you don't want to stretch out the holes or make some stitches smaller than others. Just let the thread settle into place as you start the next stitch If the pattern contains a row of the same color, you can make half stitches all the way down the row (///) and then cross them on the way back ( $\backslash \backslash$ ); this keeps the back of your project neater, and many stitchers believe it uses less thread.

If you're partway through a stitch and find that it doesn't match up with your previous stitches, you can gently pull the threads from the front in reverse to undo the last few squares. If there's a lot to undo, you can rip them out quickly with a seam ripper so you can get back to stitching!

Once you're done with a length of thread, flip your project over and tuck your needle under the bits of thread from the stitches you've already made. By pulling the needle under these other stitches, you'll secure the thread in place and prevent your stitches from coming loose.

Now pick the next color near the stitches you've already made and repeat the process! Instead of leaving a tail of thread, you can tuck the new thread under the previous stitches to keep it pinned. Keep filling out the grid until you've finished all the colors and have completed your project!

Be sure to share photos on social media so we can compliment you on your hard work!

TIP: Thread will naturally become twisted as you work, and this can lead to uneven stitches or knots in your thread.
Every once in a while, stop what you're doing and hold up your project to let your needle dangle on its thread. The thread will spin and eventually settle into a neutral position.


## Advanced Tip:

If a stitch is more than 4 or 5 squares away, it may be better to leave it for later. A rogue strand of thread across the back can show through to the front if it's not covered up by other stitches later, especially if it's a dark color.


## DESIGN YOUR OWN!

## OTHER CRAFTS

Throughout this book, you'll find a lot of individual items and character patterns rather than large designs intended for hanging. While you're free to stitch each of the patterns in the book as it's presented, we encourage you to be creative and put together your own full designs based on individual sprites and other pieces!

Whether you're customizing a design by adding someone's name or arranging items into a unique pincushion pattern, it's best to plan everything out before you begin. The last thing you want is to get halfway through your stitching only to find out that you don't have enough fabric or that your letters don't line up quite right.

The simplest planning method is to draw your design out on graph paper. You don't need to draw the full design, just an outline to give you an idea of where all the elements will be in relation to one another in the finished piece. You can even cut out these smaller elements and rearrange them on the page until you're happy with the layout, then tape them down and use that sheet as a reference point.

This is especially useful when adding words or phrases to your designs, in order to make sure they're centered properly and all fit on your fabric. You'll want to put special care into arranging the letters so they have the same number of spaces between them, and are all on a straight line.

You can also use programs like PCStitch, WinStitch, or Pic 2Pat to make your own patterns from scratch!
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fun to design



If Stardew Valley's alphabet feels too large for the design you're creating, look online to find other types of lettering to personalize your design.

We encourage you to apply the patterns in this book to other areas of crafting as well; with a little bit of creative color substitution and reduction, your favorite patterns can be brought to life using any number of materials and techniques!

Here are just a couple of examples:

## Fusion Beads

These plastic beads are arranged on a pegboard and melted together using a regular household iron. A number of bead brands are available, such as Perler and Hama each in their own unique colors, and beads from different brands can be combined in a project for a more expansive palette!

Standard fusion beads are larger than cross stitches at about five beads per inch, so the finished project will come out much larger. Aida cloth commonly measures 14 stitches per inch, so the same design in beads will be about three times the size of a cross stitch project.

Mini beads are also available, which are quite a bit smaller—over 12 beads per inch—and closer in size to cross stitches.

We recommend starting out with smaller, simpler projects (like Junimos!') when using fusion beads, since ironing beads evenly can take some practice.

## Seed Beads

Small glass beads used in bead weaving. These beads are woven together with thread using a number of different stitching methods.

Seed beads are available in several sizes, from about 4 all the way down to 19 beads per incheven smaller than a single cross stitch!

There are plenty of great resources and tutorials in print and online about making your own fusion bead and seed bead projects!

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Be sure to share photos on social media so we can
compliment you on your hard work.
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    Lightly draw a grid on your surface, then fill in the squares to create your pixel painting masterpiece!

