

A CROSS STITCH LAB  
FREE PATTERN

# BACKSTITCH FONT FOUR

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abcdefghijklmnopq  
rstuvwxyz  
1234567890

ABCDEFGHI  
JKLMNOPQ  
RSTUVW

XYZ  
abcdefghijklmnop  
qrstuvwxyz

# Backstitch Font Free Pattern

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a b c d e f g h i j k l m n o p q

r s t u v w x y z

1 2 3 4 5 6 7 8 9 0

A B C D E F G H I

J K L M N O P Q

R S T U V W

X Y Z

a b c d e f g h i j k l m n o p

q r s t u v w x y z

## Reading cross stitch patterns

The grid on a cross stitch chart, or pattern, corresponds to the grid created by the weave of the fabric. Each square on the pattern represents a stitch. Symbols in the squares indicate what color the stitches are.

## Where to start

A good place to start stitching is often the middle of the design. Fold your fabric to find its center point.

## How to stitch

**STEP 1:** Starting from the back side of the fabric, bring the needle up through a hole toward the front of the work, leaving a couple of inches of thread at the back.

Next pass your needle through a hole diagonally across from where you started, bringing it through the loop of thread you left in back. Give a little tug to secure the thread.

**STEP 2:** Continue stitching following the diagram on the next to complete a row of half stitches, going up at 1, down at 2, up at 3, down at 4, and so on.

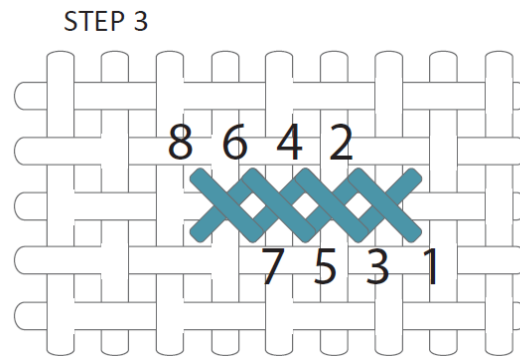
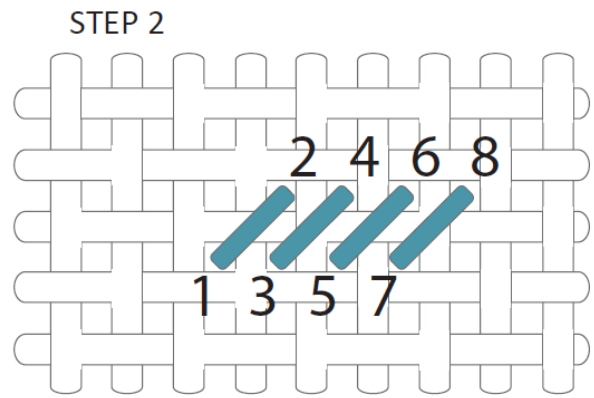
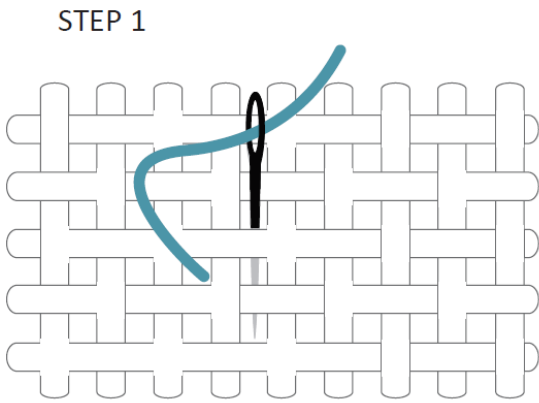
**STEP 3:** Now return making a row of half stitches in the other direction, going up at 1, down at 2, up at 3, down at 4, and so on.

**STEP 4:** Keep stitching until you reach the end of the thread (or until you run out of stitches in your pattern). On the back side of the fabric, pass the needle through at least three completed stitches to secure the thread.

**TIP:** It doesn't matter which direction you stitch in – that is, whether you start with half stitches that slant to the right (////) or to the left (\\\\), but pick one and be consistent. All your X's should be crossed in the same direction.

**TIP:** Be careful not to pull your stitches too tight or you'll distort the weave of the fabric. The stitches should lie flat against the fabric but not pull against it. Try to use a nice even tension.

**TIP:** Avoid long jumps across the back that might show through the fabric, particularly across areas that aren't stitched. When moving to a new area of the design, you should end your thread and then begin it again at the new spot. **TIP:** As you stitch, the thread will tend to get twisted. Every once in a while, let your needle and thread hang freely to let it unwind.



### Backstitching

Backstitches are depicted as straight lines on the cross stitch pattern. You should wait until all your cross stitches are done before you start in on the backstitch outline. When backstitching, use only a single strand of floss as opposed to the double strand you used when cross stitching.

Start on the back of your fabric by running the needle through at least three stitches to secure the thread. Make short vertical or horizontal stitches following the pattern.

