

# Breast Cancer Awareness



Smaller Version  
18x38

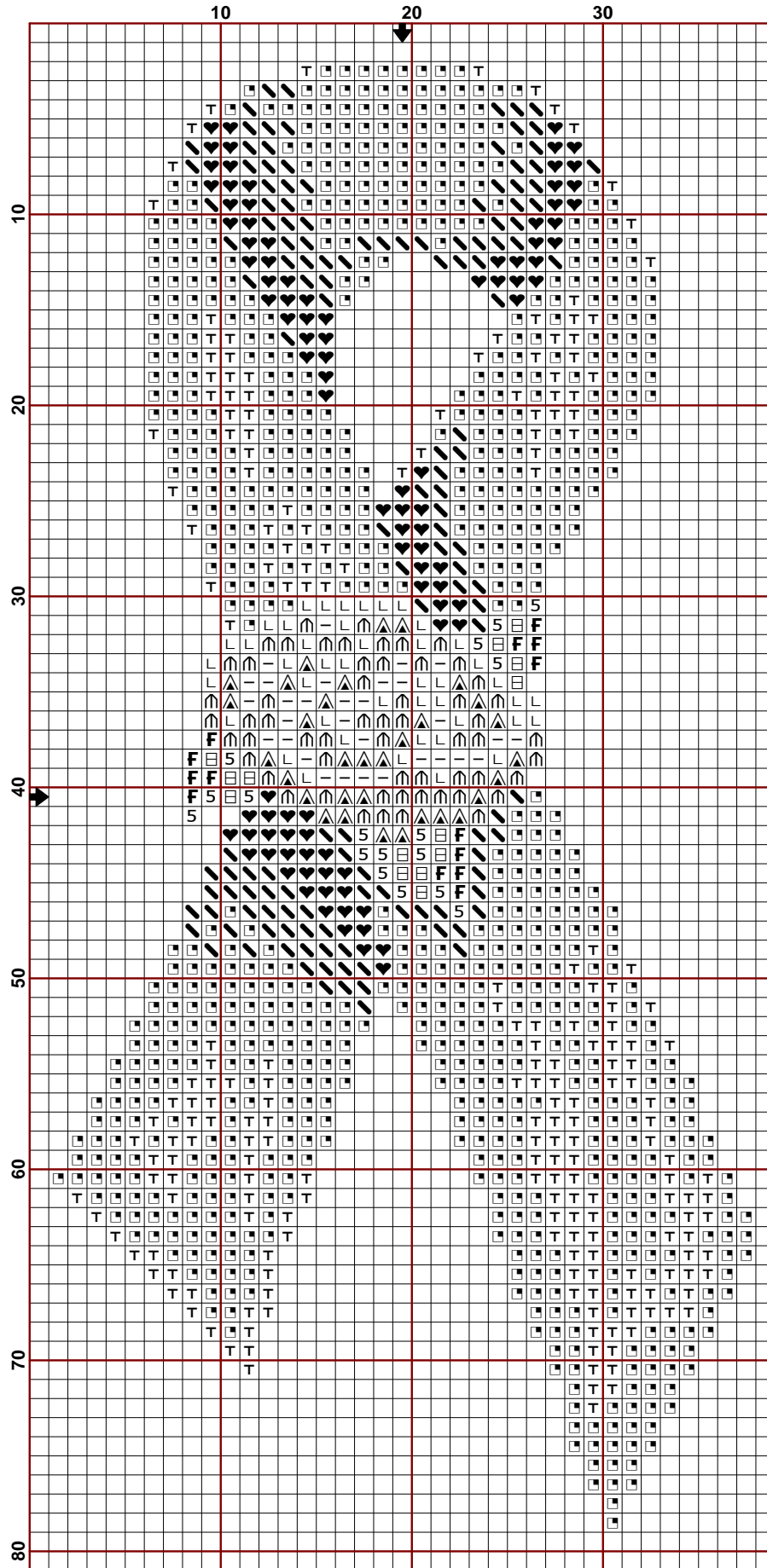


Elaine White's  
Easy version














Elaine White's New  
Easy Version

Designed by: [www.crosstitch.com](http://www.crosstitch.com)



**Pattern Name:** Breast cancer awareness ribbon  
**Designed By:** M. Schier ©crosstitch.com  
**Fabric:** Aida 14, White  
 37w X 77h Stitches  
**Size(s):** 14 Count, 2-5/8w X 5-1/2h in  
 16 Count, 2-1/4w X 4-3/4h in  
 18 Count, 2w X 4-1/4h in

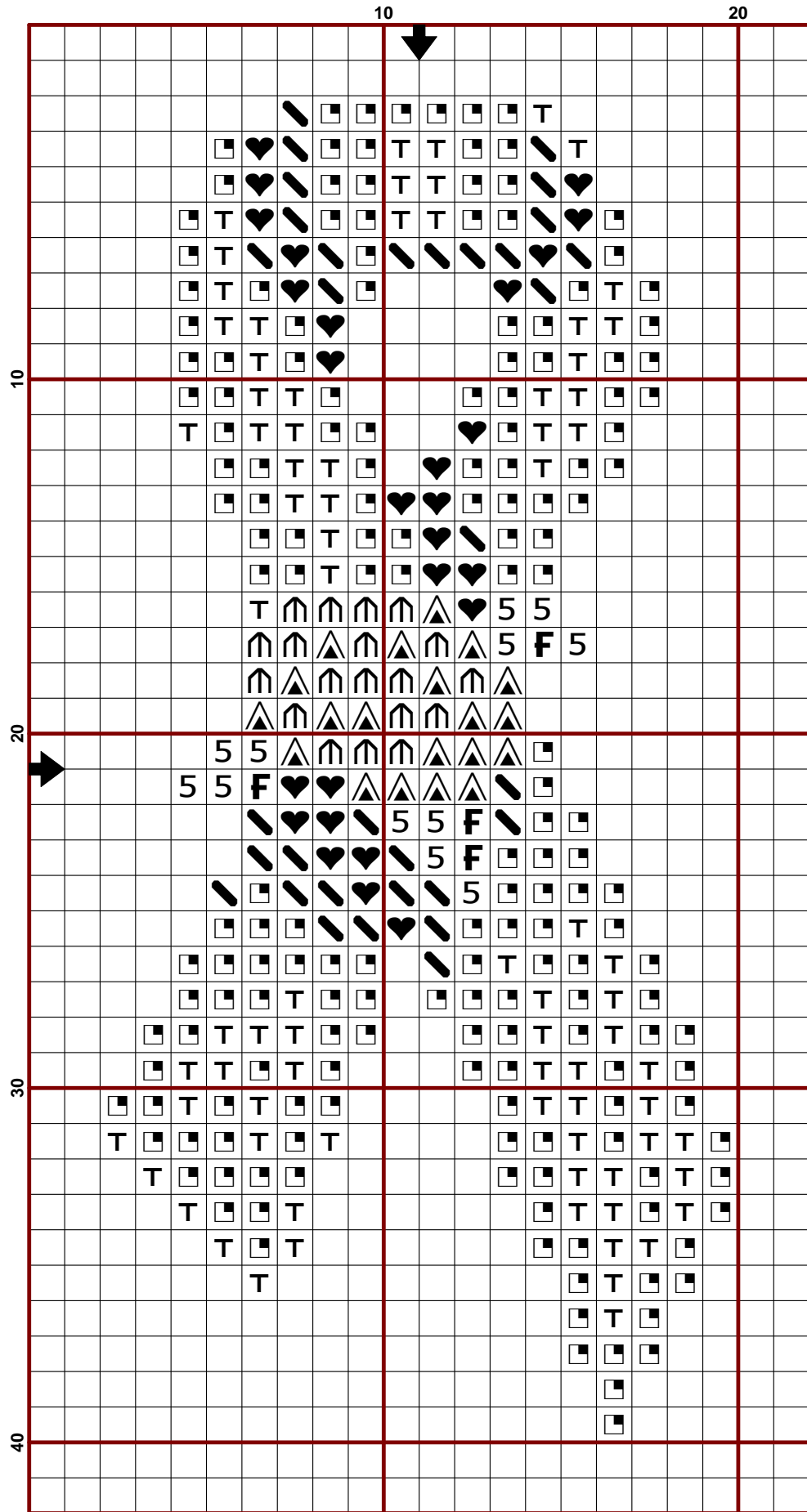
**Floss Used for Full Stitches:**

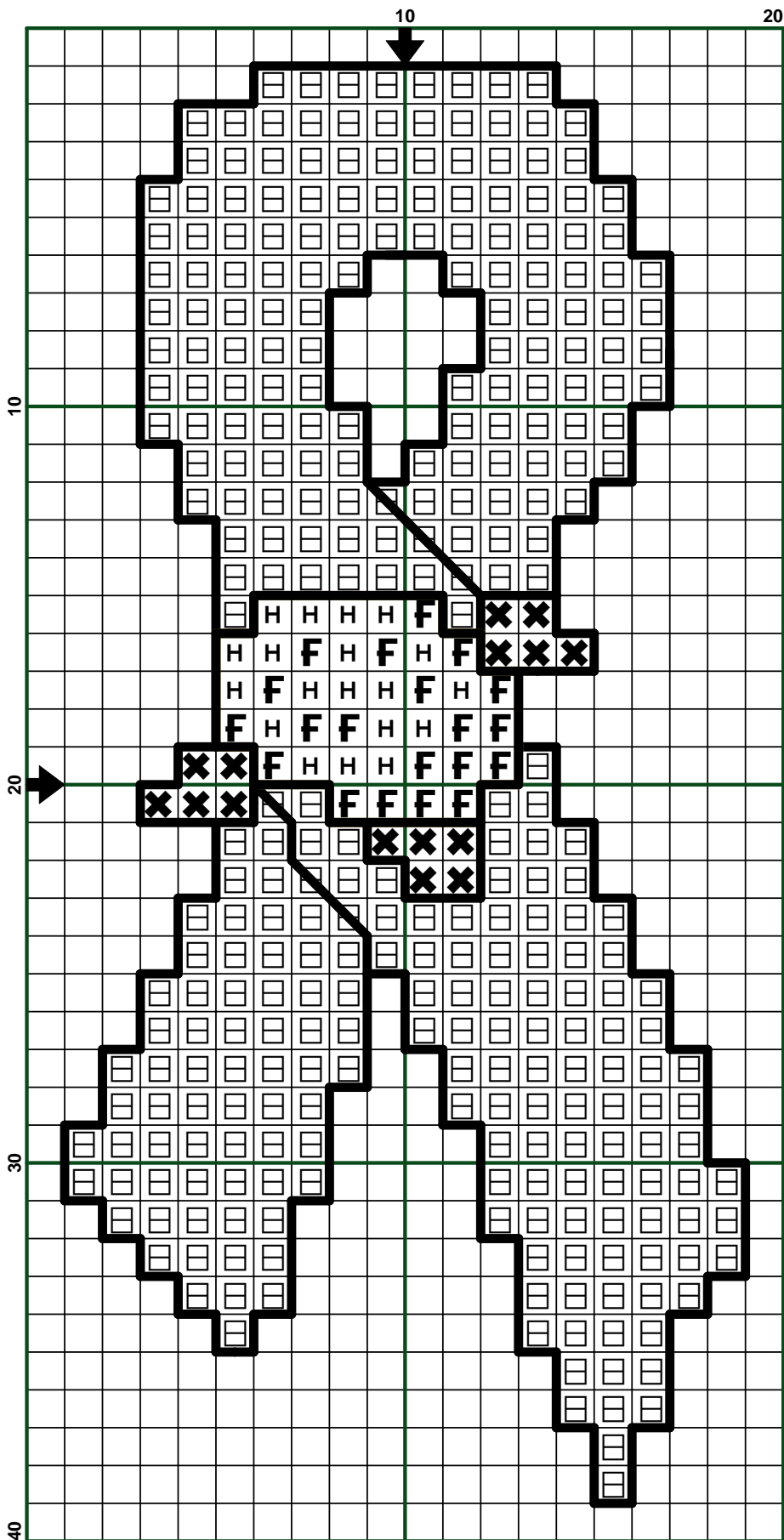
Symbol	Strands	Type	Number	Color
	F	2	DMC 469	Avocado Green
	⊞	2	DMC 470	Avocado Green-LT
	5	2	DMC 471	Avocado Green-VY LT
	L	2	DMC 727	Topaz-VY LT
	∩	2	DMC 743	Yellow-MD
	↘	2	DMC 961	Dusty Rose-DK
	⊞	2	DMC 962	Dusty Rose-MD
	-	2	DMC 3078	Golden Yellow-VY LT
	T	2	DMC 3716	Dusty Rose-VY LT
	△	2	DMC 3820	Straw-DK
	♥	2	DMC 3832	Raspberry-MD

**Notes:**

Also includes 18x38 size pattern: 1-1/4"x2-5/8" on 14 count.





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**Pattern Name:** Elaine White's 'easy' ribbon  
**Designed By:** © Crosstitch.com  
**Fabric:** Aida 14, White  
 18w X 38h Stitches  
**Size(s):** 14 Count, 1-1/4w X 2-5/8h in  
 16 Count, 1-1/8w X 2-3/8h in  
 18 Count, 1w X 2h in

**Floss Used for Full Stitches:**

Symbol	Strands	Type	Number	Color
 □	2	DMC	603	Cranberry
 ✕	2	DMC	702	Kelly Green
 H	2	DMC	743	Yellow-MD
 F	2	DMC	3820	Straw-DK

**Floss Used for Back Stitches:**

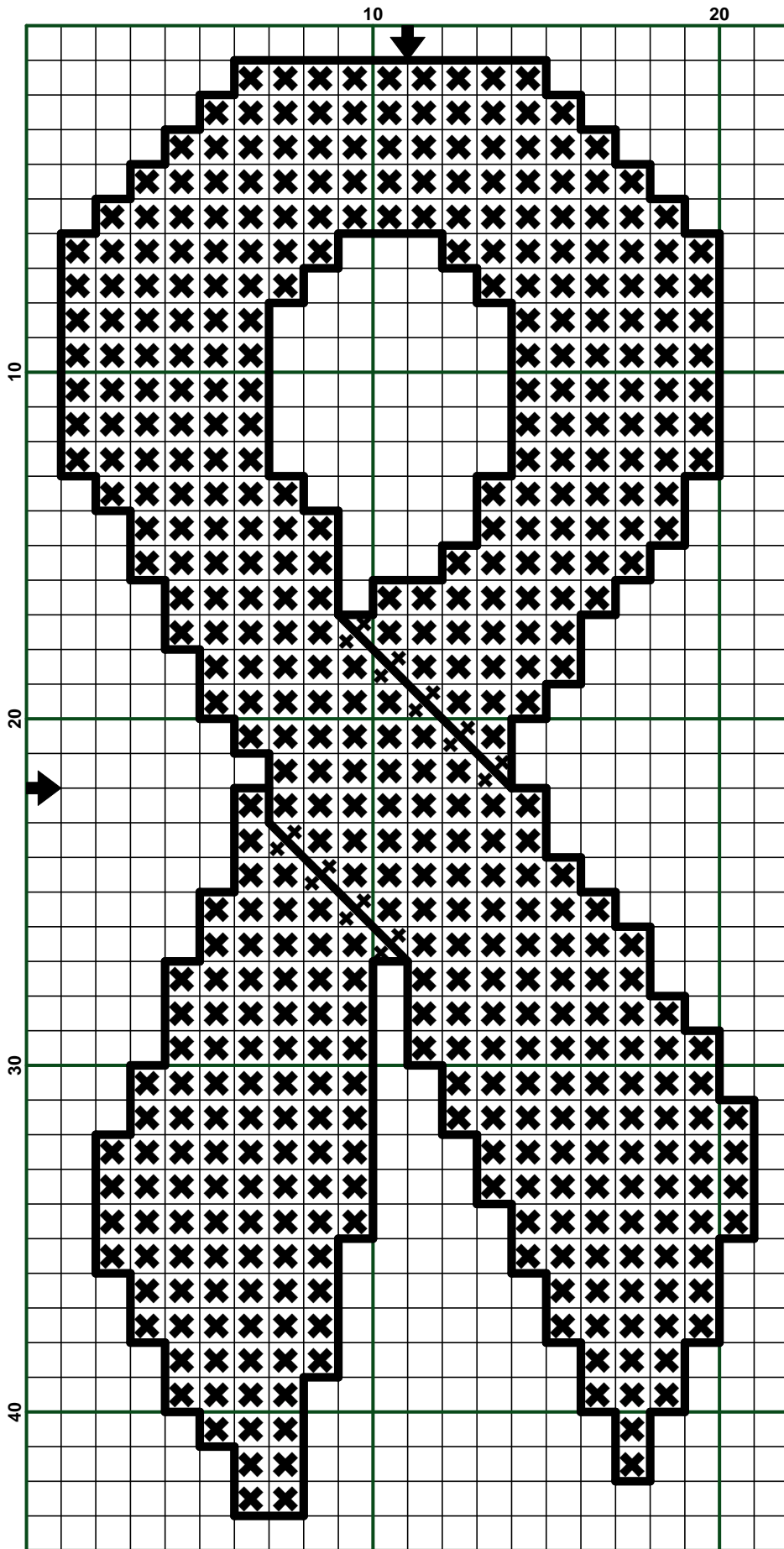
Symbol	Strands	Type	Number	Color
	1	DMC	601	Cranberry-DK
	1	DMC	699	Christmas Green
	1	DMC	3820	Straw-DK
	1	DMC	3829	Old Gold-VY DK

**Notes:**

While in hospital for breast cancer treatment I have designed a bit easier version of your ribbon design. I am stitching these and giving them to other patients and friends and family. Please feel free to post it on your website for other people to use!


Thanks,

Elaine White, Sussex England.




**Pattern Name:** Elaine White's new 'Easy' Ribbon  
**Designed By:** © Crosstitch.com  
**Fabric:** Aida 14, White  
 20w X 42h Stitches  
**Size:** 14 Count, 1-3/8w X 3h in


**Floss Used for Full Stitches:**

Symbol	Strands	Type	Number	Color
 ✕	2	DMC	603	Cranberry


**Floss Used for Half Stitches:**

Symbol	Strands	Type	Number	Color
 ✕	2	DMC	603	Cranberry

**Floss Used for Quarter Stitches:**

Symbol	Strands	Type	Number	Color
 ✕	2	DMC	603	Cranberry

**Floss Used for Back Stitches:**

Symbol	Strands	Type	Number	Color
 —	1	DMC	601	Cranberry-DK

**Notes:**

Thanks to Elaine White from West Sussex, England for designing the 2 'easy' patterns to stitch for her family members while she's in Hospital for treatment. We wish her a speedy recovery.

"Now that breast cancer awareness month has come round again, I have been amusing myself with another 'easy' chart. My battle with breast cancer continues but we are all determined to remain cheerful and positive. Various creative projects including cross-stitch have proved to be good therapy."

... Elaine White.



# Crosstitch.com General Cross Stitch Instructions

## **1. Working With Patterns**

Designs are stitched using DMC embroidery floss to place X's on the fabric corresponding to symbols on the chart. Each symbol on the chart represents one X on the fabric. The different symbols on the chart represent different colors of DMC floss. Crosstitch.com patterns are designed using only full stitches so you can stitch away without worrying about partial stitches. Patterns printed on multiple pages can be stitched page by page, or you may want to tape the pages together.

## **2. Fabric**

Even though it's listed on the pattern, you are free to choose any type, count or color of evenweave fabric to stitch on such as aida or linen, etc. The only thing that will change is the dimensions of your finished piece if you should choose a different count of fabric. The stitched sizes using some common fabric counts are listed on the pattern. The look of the cloth in the background is also important when choosing a fabric so you should consider both the texture and the color. Make sure to add at least 6-8 inches of extra fabric to allow for finishing and framing.

## **3. Needle**

Counted cross stitch should be done with a tapestry needle. Again, there are no set rules but generally you use a #22 needle if the fabric is 14 count or less, a #24 or #26 needle if the fabric count is 16-18 count, and a #26 needle if the fabric is finer than 18. The floss thickness and number of strands used may also affect your choice of needle size.

## **4. Number of Strands**

The number of strands of floss will be shown on the pattern but, as with most things in cross stitch, it is open to individual choice. Traditionally, you want a certain amount of the background cloth to remain visible but some people prefer a fuller look. Some common choices are 2-3 strands for 14 count, 2 strands for 18 count, and 3-4 strands for 11 count. Try a few stitches on a scrap of the project's fabric to see if you like the look. Before you stitch, separate the floss into individual strands and then recombine them.

## **5. How to Stitch**

The design should be centered. Find the center of the fabric by folding it in half, then folding it in half the other way. Locate the center of the design, marked by arrows, on your chart. You can either start stitching in the middle or count the number of squares (stitches) over from the center on both the chart and the fabric to where you want to start. The top left is a common starting place.

Do not use any knots to start or end. To begin stitching, bring the threaded needle up from the back of the fabric leaving about a 1" tail of thread behind the fabric. Stitch the next 5 or 6 stitches over the tail. Clip off extra thread. To end off, weave your needle back through the last 5 or 6 stitches and clip the thread short so as not to leave a loose tail.

There are two methods to stitch. The first method is to work a row of half stitches  $////$ , then work back  $\\|\\|\\|$  to complete the X's. Use this method for most stitching. The second method is to complete each X as you go. Use this method for vertical rows of stitches or isolated stitches. In all cases the X's should be crossed in the same direction or the finished piece will look uneven. That is, the top thread of the X should always slant in the same direction. It does not matter which way they slant, as long as they are consistent. As you stitch the thread can twist so you should frequently let the needle and thread hang free until it un-twists.

## **6. Carrying Threads Over**

Sometimes a color will have only a few stitches and then jump to another area. Most of the time you should end off and start again, other times you can carry the thread along the back. Just jumping from area to area is easier than starting and stopping, but sometimes the thread will show through. This can be a problem if you jump a dark thread over an unstitched area of light fabric. In general, you can carry the thread to another area if the jump is short, and you are jumping over a stitched area. Also, you shouldn't stop stitching at the pattern page boundaries. If a particular color goes into the next pattern page you should switch pages and keep stitching, otherwise the page transitions could be visible on the stitched piece.

## **7. Keeping your place**

Mark the stitches you've completed on the chart with a highlighter or transparent marker. You may find the darker markers (pink, blue, green) are easier to see than yellow. You may find it useful to make a photocopy of your chart for marking purposes. (It is a violation of copyright laws to make additional copies, on paper or electronically, to sell or give away though.)

**Enjoy!**