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# Friends Enrich Our Lives

Designed by Ursula Michael

**FABRIC:** 28-ct white linen

**THREADS:** • Kreinik Fine (#8) Braid 9294, Blending Filament 032, Cord 007C, cord 041C, Japan #5 001J, Japan #7 001J, Medium (#16) Braid 092, Very Fine (#4) Braid 007, 1/8" Ribbon 092, Very Fine (#4) Braid 095, Japan #1 001J, • DMC floss in colors listed in color key and instructions

**OTHER:** 9 white seed beads for flower centers







**DESIGN SIZE:** 78w x 103h

*NOTE: Each square on the chart equals two fabric threads.*





## This design features couching in 4 places. Why couch?

- The Medium (#16) Braid makes a nice border that is super flexible for curves and geometrics. Backstitching the border of the large heart wouldn't have looked as smooth.
- Due to the way they are made, following traditional Japanese embroidery methods, the Japan threads are not passing threads; they must lie on the surface of a fabric and be couched down with another thread. Here the silver Japan threads add an elegant, classic look and ultimate refinement as an outer border.
- Band samplers such as this one provide a good spot for couching flat ribbons such as the 1/8 Ribbon in Star Pink. Securing it with a contrasting thread in a cross stitch rather than a tacking stitch in a matching color makes a visually interesting decoration.

## Color Key for cross stitches:


-  Fine (#8) Braid 9294 Periwinkle (1x)
-  DMC 818 (2x) + Blending Filament 032 Pearl (1x)
-  DMC 3354 (2x) + Blending Filament 032 Pearl
-  DMC 3822 Lt Straw (2x)
-  DMC 3348 Lt Yellow Green (2x)
-  DMC 3347 Md Yellow Green (2x)

## Color Key for backstitch:

-  DMC 793 (2x), words, 'arrow' band
-  DMC 3350 (1x), ribbons and corner hearts
-  Cord 041C (1x), yellow flowers, center of large heart
-  Very Fine (#4) Braid 007 (1x), small hearts

## Special instructions:

- Backstitch the words "Friends Enrich Our Lives" with 2 strands DMC 793 Cornflower Blue.

- Backstitch the cross-stitched ribbons and corner hearts with 1 strand DMC 3350.
- Backstitch the yellow flowers with 1 strand Cord 041C Confetti Blue.
- Backstitch the blackwork-style center of the large heart with 1 strand Cord 041C.
- Couch Medium (#16) Braid 092 Star Pink with Cord 007 Pink around the center heart. Come up at the top point (securing the thread end on the back), and couch down right through the center of the braid. This method of couching enables you to achieve the soft curves of the heart shape, and the tacking stitch of Cord is barely visible in the braid.
- Backstitch the small hearts with Very Fine (#4) Braid 007 Pink.
- For the row beneath the small hearts, make a large 'x' with one strand DMC 793, then work an upright cross with Fine (#8) Braid 9294.
- The next band consists of 1/8" Ribbon laid on the surface of the fabric (secure ends on the backside), and couched with cross stitches of DMC 3347 (2 strands).
- In the next row, lay Japan #5 001J and couch at the top and bottom points of the curves with Cord 007C in a vertical stitch. Secure ends of Japan #5 on the back.
- The row of 'arrows' is simply backstitching using one strand DMC 793.
- Backstitch the small heart at the bottom center with Very Fine (#4) Braid 007.
- The last band is Very Fine (#4) Braid 095 Starburst in Herringbone Stitch.
- To create the outer border, lay two strands of Japan #7 001J silver side by side on the surface of the fabric and couch with a side-to-side tacking stitch every 1/4 of an inch using Japan #1 001J. To begin, secure the thread ends on the backside and come up through the fabric at one of the corner points.
- Attach one white bead to each flower center using Cord 041C. (On chart, symbol )