



Believe, when you are most unhappy, that there is something for you to do in the world. So long as you can sweeten another's pain, life is not in vain.

—Helen Keller

Just remember in the darkest hour -- Within your heart's the power -- For making you -- A hero too -- So don't lose hope when you're forlorn -- Just keep your eyes -- Upon the skies -- Every night a star is -- Right in sight -- a star is burning bright -- a star is born. Like a beacon in the cold dark night -- A star is born. Told ya everything would turn out right."

—From the movie *Hercules: A Star is Born*

The most important thing in life is to learn how to give out love and to let it come in.

—Morrie Schwartz from "Tuesdays With Morrie"

Stitch an angel for someone today

—Kreinik

Guardian Angel

A KREINIK WEB SITE DESIGN
BY LOIS WINSTON FOR BREAST CANCER AWARENESS

Materials needed:

- Kreinik Very Fine (#4) Braid and Blending Filament as listed in color key
- 10" x 12" Charles Craft 28-ct Ivory Monaco or your favorite fabric
- Anchor or DMC embroidery floss as listed in color key
- #24 Tapestry needle

Stitch count: 58w x 94h

Instructions:

1. Using two strands of floss, one strand floss and two strands Blending Filament, or one strand of braid, cross stitch this design centered on the fabric, working over two threads of Monaco. Each square on the chart equals two fabric threads.

2. Backstitch lattice work inside wings with one strand 002HL Gold Blending Filament. Work remaining backstitch and French Knots with one strand 310 black floss.

Color Key:

- DMC 434/ANCHOR 310 Lt Brown
- ▲ DMC 436/ANCHOR 363 Tan
- DMC 818/ANCHOR 23 Baby Pink
- DMC 948/ANCHOR 1011 Vy Lt Peach Flesh
- DMC 962/ANCHOR 75 Md Dusty Rose
- DMC 3687/ANCHOR 68 Mauve
- × DMC 3688/ANCHOR 75 Md Mauve
- ∩ DMC 3803/ANCHOR 69 Md Dk Mauve
- ✂ DMC 3716/ANCHOR 25 Vy Lt Dusty Rose + Blending Filament 092 Star Pink
- ⌘ DMC 962/ANCHOR 75 Md Dusty Rose + Blending Filament 092 Star Pink
- DMC 3832 Md Raspberry + Blending Filament 092 Star Pink
- ⊕ Kreinik Very Fine (#4) Braid 092 Star Pink
- ⊖ Kreinik Very Fine (#4) Braid 3237 Rose Quartz
- ◆ DMC 310/ANCHOR 403 Black French Knots
- ≡ Kreinik Very Fine (#4) Braid 102HL Vatican Gold Hi Lustre
- ／ Backstitch DMC 310/ANCHOR 403 Black
- ／ Backstitch with 1 strand Kreinik Blending Filament 002HL lattice inside wings