

Have a heart

A heart-shaped pillow is an ideal aft. It adds a cozy touch to any orner and serves as a reminder of oving thoughts all year round.

The pillow shown here is done in chicken scratch," one of today's most popular crafts. It is available as a kit, complete with embroidery lloss, needle, design chart, intructions and enough red angham for the pillow and ruffle. To order kit C-3110, send \$10 to

Ellen Appel Crafts, your newspaper's name, Box 1144, Laguna Beach, CA 92652. (California residents please add 6½ percent sales tax.) To learn more about making chicken scratch projects in different shapes and sizes, just read on.

Chicken scratch is a craft that helps you make gingham look like lace. Because the designs are solid

bands of stitches, you don't have to be a stitchery expert to follow most

To make a heart or any other shape, you stitch an outline in dark floss and then fill in the shape with white stitches. The gingham boxes help keep stitches even and patterns symmetrical.

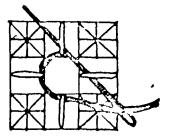
If you can make a cross-stitch, you can learn chicken scratch stitches. The "smyrna cross," or double cross-stitch, is the basic stitch. Ordinary stitches and circles fill in the remaining spaces.

Whether you make a heart, another shape or simpel border, you'll find chicken scratch fast and easy to do.

Here are directions for making chicken scratch shapes:

MATERIALS: Gingham fabric; white and dark-colored floss; needle; graph paper and pencil, or chicken scratch chart. Optional: embroidery hoop.

DRAWING YOUR OWN DESIGN: Note: Skip this paragraph if you have a chicken scratch chart. 1. Think of the graph paper as the squares in your gingham fabric. 2. Mark squares in your graph to correspond with the white squares in the gingham. 3.





Draw a heart or other shape by connecting the white squares. 4. Locate and mark the center of your

STITCHING THE DESIGN: 1. Find the center of your fabric. 2. Count squares to find the starting point of your design. 3. Position fabric in hoop. 4. Thread needle with three strands of dark floss. 5. Following your chart, make a double cross-stitch on each white square in your outline.

DOUBLE CROSS-STITCH: 1. Make a cross-stitch as usual on the gingham square. 2. Take a vertical stitch over the cross-stitch. 3. Take

a horizontal stitch over the crossstitch (a).

FILLING IN THE DESIGN: 1. Thread needle with three stands of white floss. 2. Make a double crossstitch on each dark square inside the outlined shape. 3. Working across, sew a horizontal stitch between all the white squares. 4. Working up and down, sew a vertical stitch between all the white squares.

5. Stitch circles on the white squares by passing the needle under vertical and horizontal stitches (b). 6. Repeat if desired for a thicker circle.

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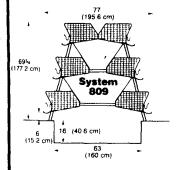


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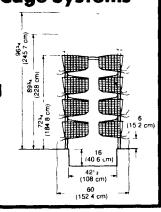


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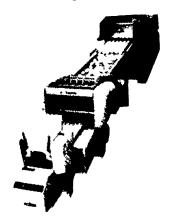
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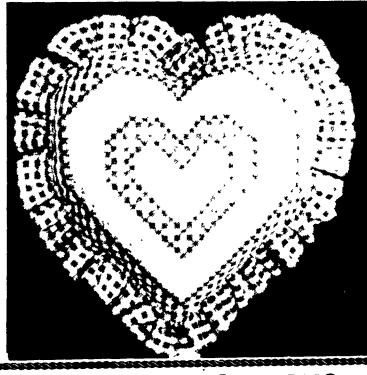
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