FREE CROSS STITCH + EMBROIDERY PATTERN

Cross Stitch vs Embroidery Heart Sampler

One heart, two techniques: a counted chart for Aida and a true-size template for cotton

SKILL LEVEL	SIZE	HOOPS
Beginner	**1.5 in wide (14 ct)**	**Two 4 in hoops**
FLOSS	**CROSS STITCH**	**TIME**
DMC 321, 3708, 815	**21 x 19 stitches**	**About 1–2 hours each**

Materials

- Cross stitch: 6 x 6 in of 14-count white Aida, size 24 tapestry needle
- Embroidery: 6 x 6 in of white cotton or linen, size 7 embroidery needle, water-soluble pen
- Stranded cotton floss, less than 1 skein each: DMC 321 red, DMC 3708 light pink, DMC 815 dark red
- Two 4 in embroidery hoops, small scissors

Stitch key

XS	cross stitch (full X)	**FK**	French knot
BS	backstitch	**ct**	count (holes per inch)
SS	satin stitch	**str**	strands of floss

Both hearts are the same size, so you can compare them side by side when you are done.

Heart 1 · Cross stitch (counted)

Prepare	Fold the Aida in half both ways to find the centre. Put it in the hoop, drum tight.
Fill	With 2 strands of DMC 321, work every 'x' square on the chart as one full cross. Work in rows: all the / first, then come back with the \. Keep every top leg in the same direction. (235 XS)
Highlight	With 2 strands of DMC 3708, work the 'o' squares on the upper left lobe. (8 XS)
Outline	With 1 strand of DMC 815, backstitch along the thick line, one stitch per square edge. (88 BS)

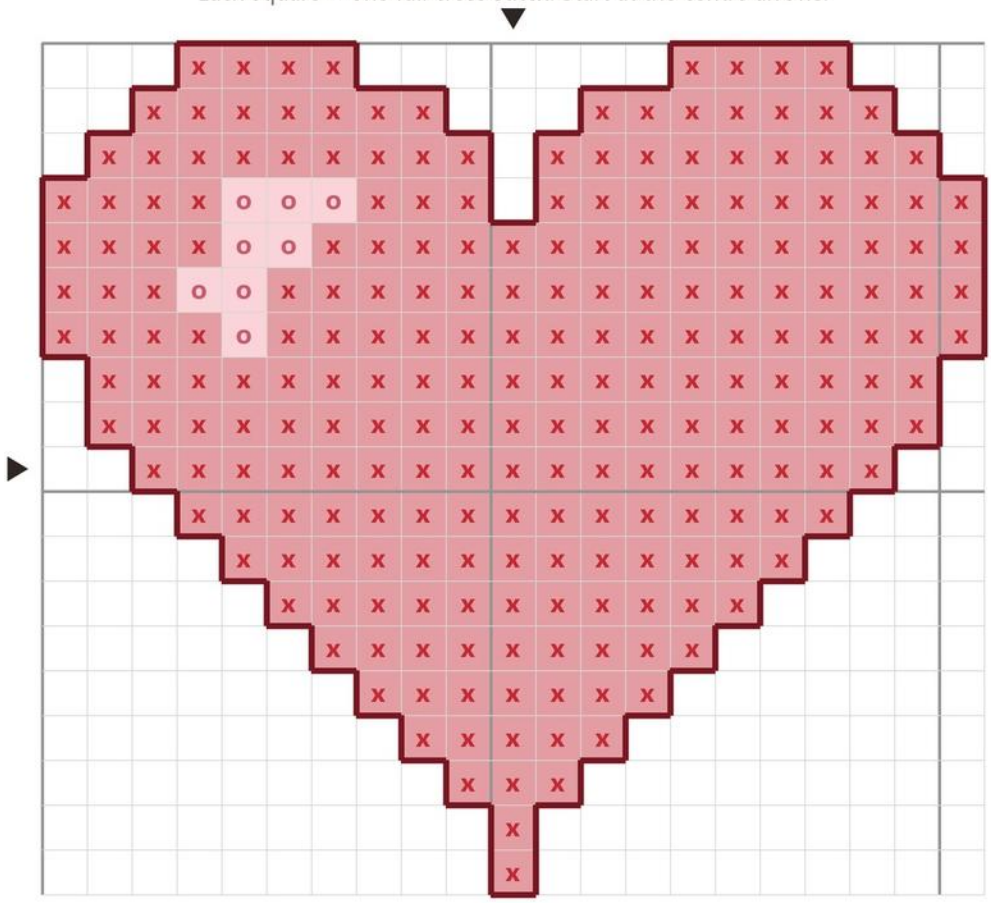
Heart 2 · Embroidery (free)

Transfer	Trace the heart and the three dots from the template page onto the cotton with a water-soluble pen.
Fill	With 2 strands of DMC 321, satin stitch the heart with slanted stitches from edge to edge. Keep them close, but do not overlap.
Outline	With 1 strand of DMC 815, backstitch right on the drawn line in small, even stitches.
Knots	With 2 strands of DMC 3708, make a French knot (2 wraps) on each dot. Rinse to remove the pen lines.

Cross Stitch Heart · Counted Chart

21 x 19 stitches · 14-count Aida = 1.5 in wide · 2 strands for cross stitch, 1 strand for backstitch

Each square = one full cross stitch. Start at the centre arrows.



DMC 321 red
235 cross stitches

DMC 3708 light pink
8 cross stitches

DMC 815 dark red
backstitch outline (88 stitches)

Finished size: 1.5 in on 14 ct · 1.31 in on 16 ct · 1.17 in on 18 ct

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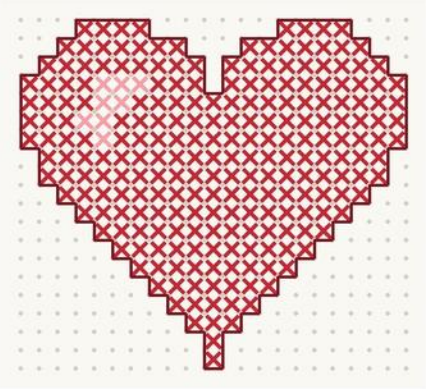
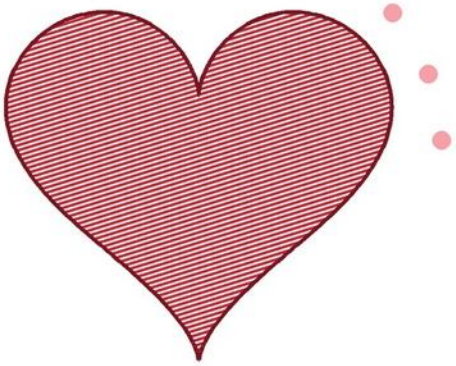
Cross Stitch vs Embroidery · Same Heart, Two Ways





CROSS STITCH		EMBROIDERY
Aida / evenweave (counted holes)	**Fabric**	Any woven fabric: cotton, linen, denim
Grid chart: 1 square = 1 stitch	**Pattern**	Drawn line design traced on the fabric
One stitch: the X (+ backstitch)	**Stitches**	Many: satin, backstitch, French knot...
Pixel-like, flat, even texture	**Look**	Smooth curves, raised texture, shading
Blunt tapestry needle (24)	**Needle**	Sharp embroidery needle (7–9)
Easiest: just count and cross	**Learn**	Easy to start, more to master

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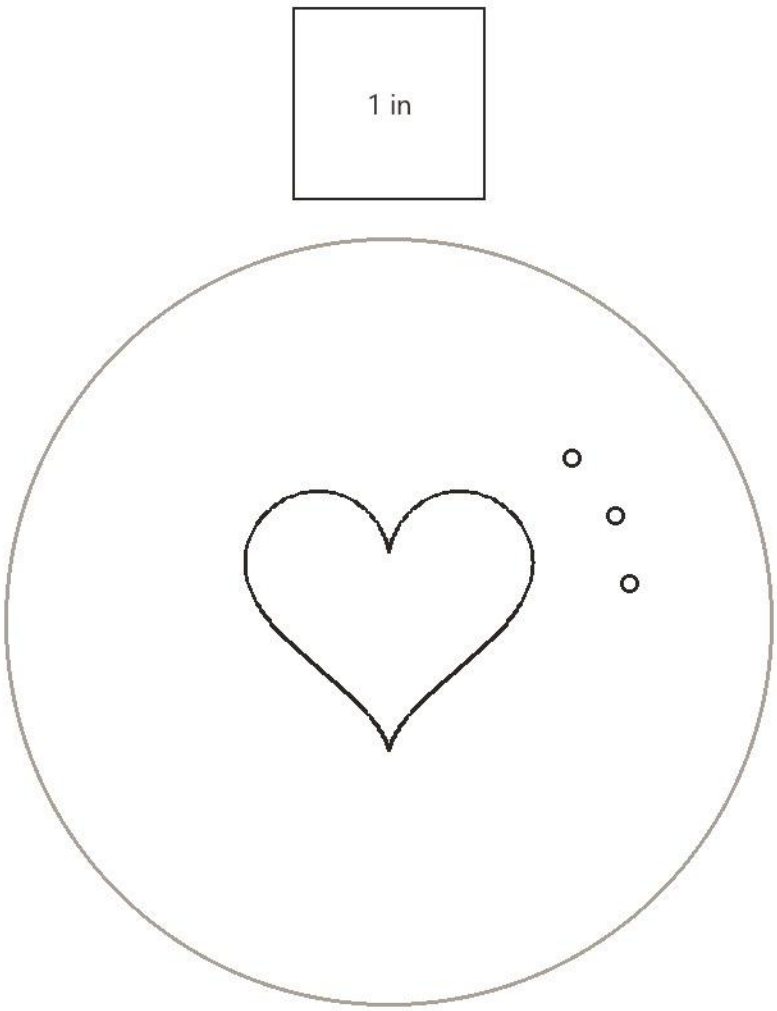
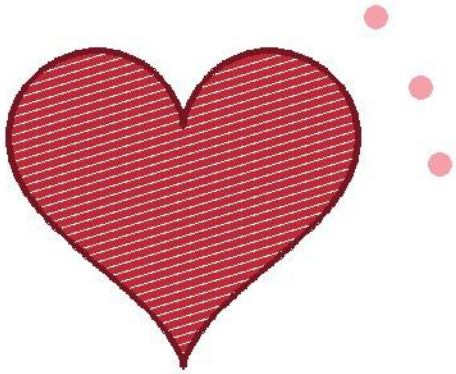
Embroidered Heart · True-Size Template

Print at 100% (no scaling). Check: the square below must measure exactly 1 in.



How to stitch it (preview, not true size)



1 Satin stitch fill

DMC 321, 2 strands. Slanted stitches edge to edge, close together, inside the line.

2 Backstitch outline

DMC 815, 1 strand. Small even stitches (about 1/10 in) right on the drawn line.

3 French knots

DMC 3708, 2 strands, 2 wraps. One on each dot.