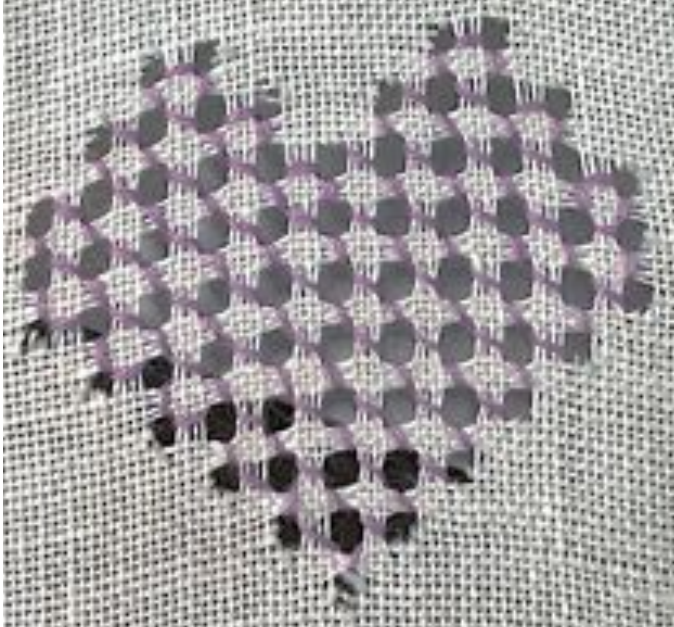


Calado Heart

By Claudia Ruiz



Materials

- 32-count Belfast linen, 8 x 8 inches.
- DMC stranded embroidery floss (white or color of choice.)
- Tapestry needle, size 22.
- Embroidery hoop, 4 inch diameter.
- Seam ripper.
- Small scissors.
- Tweezers.

Thread Removal or Drawing

This project follows a 4 x 2 removal pattern. You draw or remove two (2) threads and leave four (4.)

The shape of the drawn thread area is a heart that is 11 holes at its widest (center.)

To get started, fold the fabric twice to find the center and mark it.

Vertical thread removal

Use the seam ripper or the scissors.

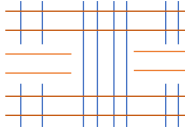
From the center, count two (2) threads to the right and cut the next two (2) vertical threads.

Go back to the center, and count two (2) threads to the left, so with the right-side threads you'll have four (4) threads, and cut the next two (2) threads to the left. See diagram below:

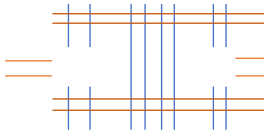


Horizontal thread removal

Go back to the center of the fabric. Cut two (2) horizontal threads from the middle of the central column, the central four (4) threads.



Draw the threads toward the right and towards the left to create the holes.

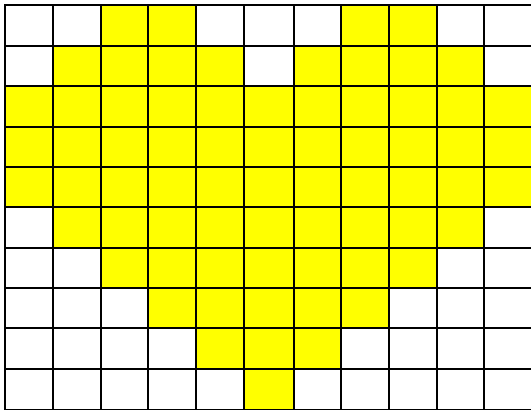


Complete the Row

To make the following holes to the right, draw the horizontal threads towards the right and cut the vertical threads as you go (2 at a time.) Do the same for the holes to the left. Do the same for the next two horizontal rows of holes, above it so you will have three (3) rows with eleven (11) holes each.

For the rows below the three (3) equal rows, make sure you work from the center out, one side at a time. The number of holes decreases as you go down, so make sure you only draw enough threads to create one hole at a time.

Do the same for the two (2) rows above the three (3) equal rows.



Finish the grid by cutting the removed threads to end up with the heart below:

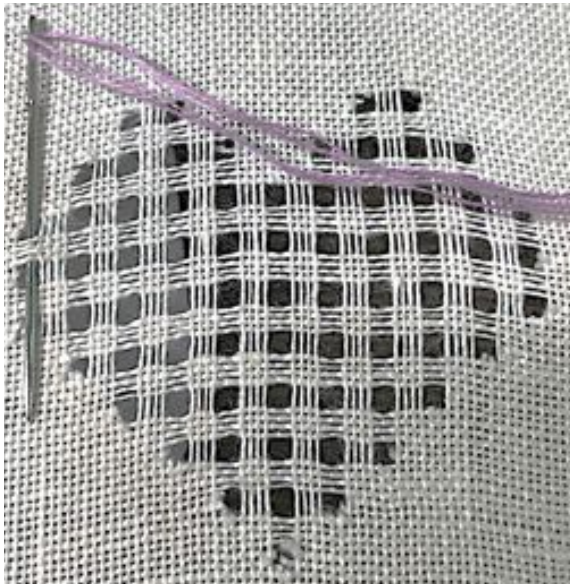


Thread Weaving

Take a single thread of the DMC floss. It should measure about 120 cm (47 inches.)
 Fold it so the ends are together and insert them through the eye of the needle.
 Start on the left side.

		1	2				3	4		
	5	6	7	8		9	10	11	12	
13	14	15	16	17	18	19	20	21	22	23
24	25	26	27	28	29	30	31	32	33	34
35	36	37	38	39	40	41	42	43	44	45
	46	47	48	49	50	51	52	53	54	
		55	56	57	58	59	60	61		
			62	63	64	65	66			
				67	68	69				
					70					

Insert the needle through hole 13 and pull it out hole 24. Do it slowly.



As you come out, you will insert the needle through the loop of the thread to secure it around the fabric thread.

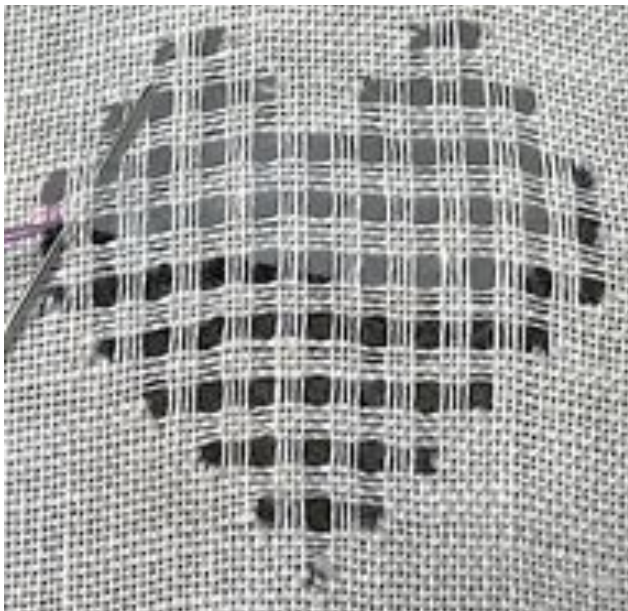


Stitch Rhythm

The stitches are done on the bias (diagonally.)

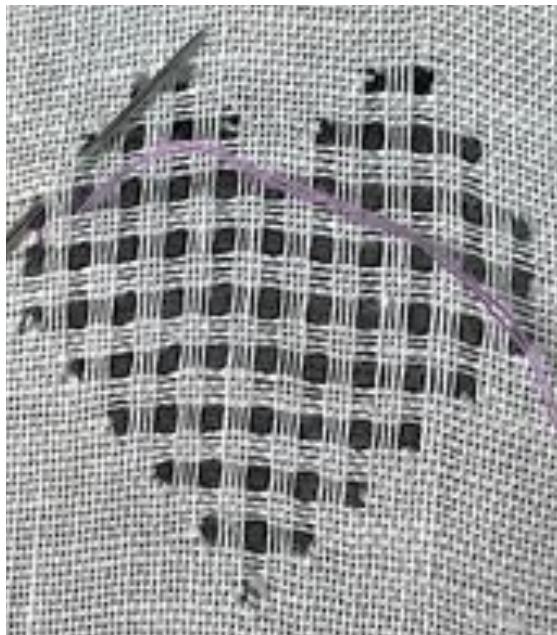
Take the needle down the hole below and bring it out the hole diagonally towards the right above.

In this case, down hole 24 and out hole 14.



Take the needle down the hole to the left and bring it out the hole diagonally towards the right above.

In this case, down hole 13 and out hole 5.

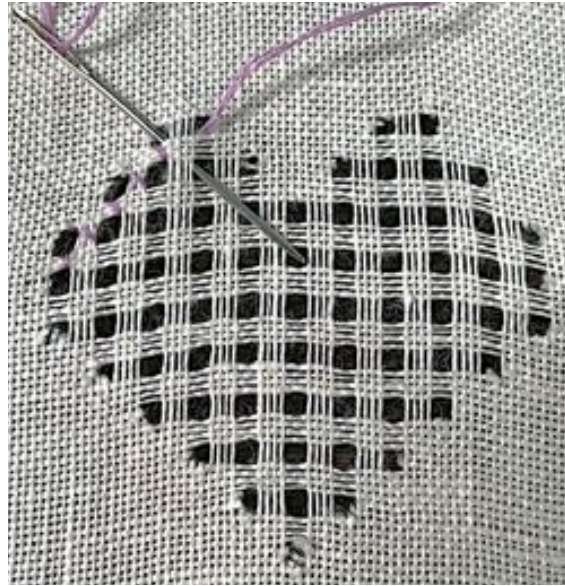


Turn around

Keep going this way until you take the last stitch you can take, which is in this case, will end in hole number 2.



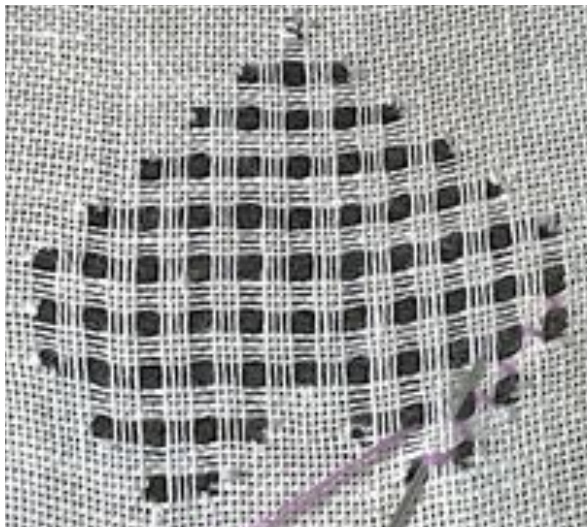
Now to turn around, take the needle down hole number 1 (on the left) and bring it out diagonally towards the right below (hole 7.)



Turn your hoop 180 degrees.

Continue the same rhythm as before

1. Take the needle down the hole below and bring it out the hole diagonally towards the right above.
2. Take the needle down the hole to the left and bring it out the hole diagonally towards the right above.

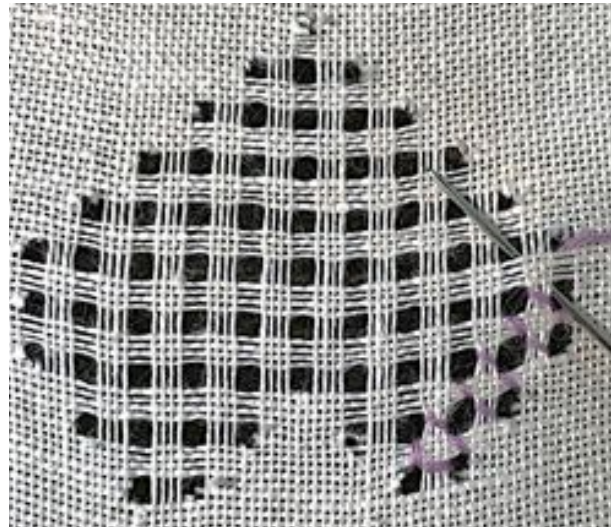


Continue until you reach the end (cannot make any more stitches.)
Turn around in a similar manner as before:

Take the last possible stitch.

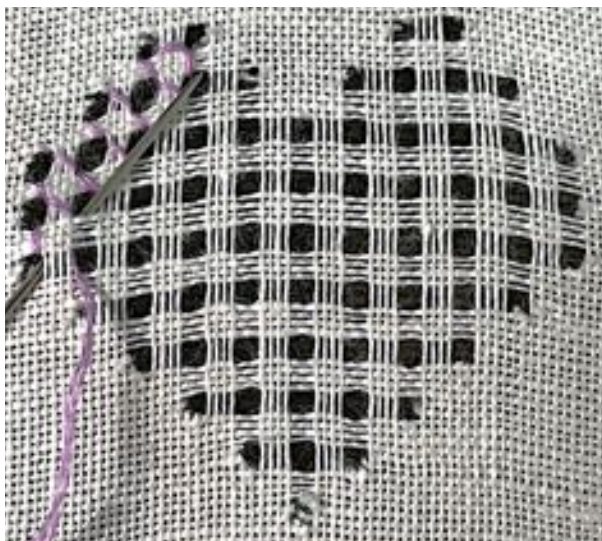


Take the needle down the hole below and bring it out diagonally towards the left above.



Turn your hoop 180 degrees

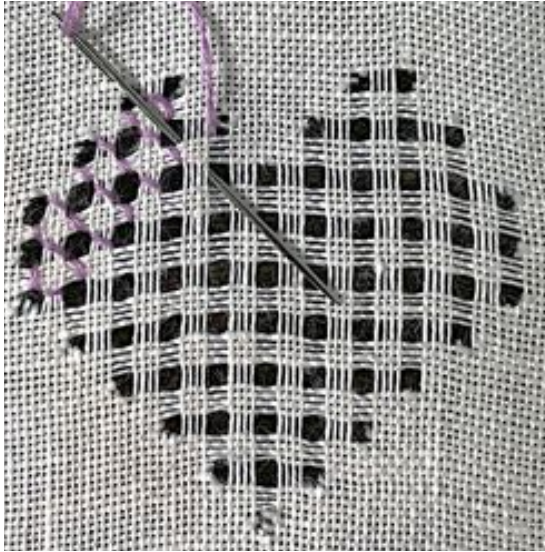
1. Take the needle down the hole to the left and bring it out the hole diagonally towards the right above.
2. Take the needle down the hole below and bring it out the hole diagonally towards the right above.



Continue until you reach the end of the grid.

Keep going this way until you take the last stitch you can take, which is in this case, will end in hole number 8.

Now to turn around, take the needle down hole number 7 (on the left) and bring it out diagonally towards the right below.



Turn your hoop 180 degrees

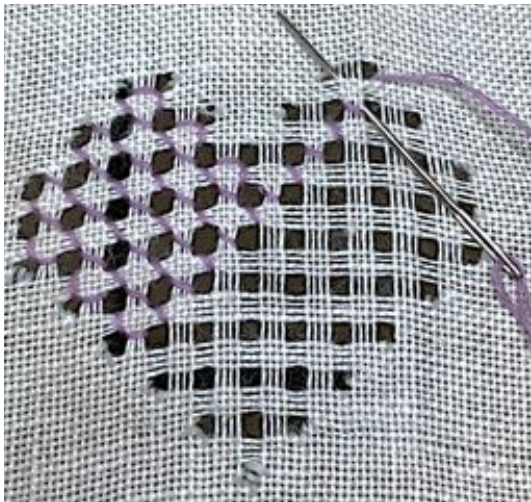
Follow the rhythm:

1. Take the needle down the hole below and bring it out the hole diagonally towards the right above.
2. Take the needle down the hole to the left and bring it out the hole diagonally towards the right above.

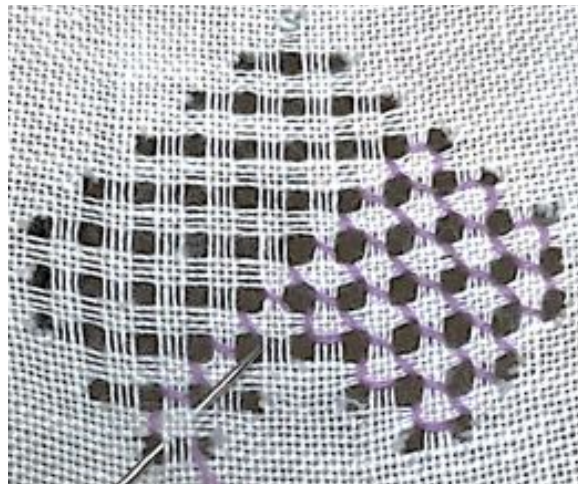


Continue up and down the heart following the same rhythm.

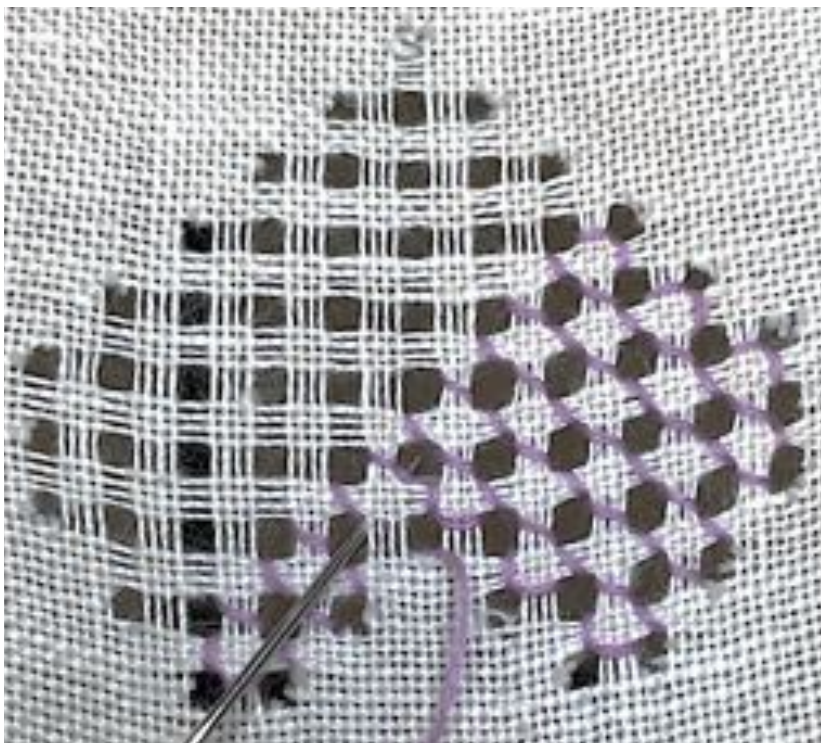
When you reach hole number 3, Turn your hoop 180 degrees



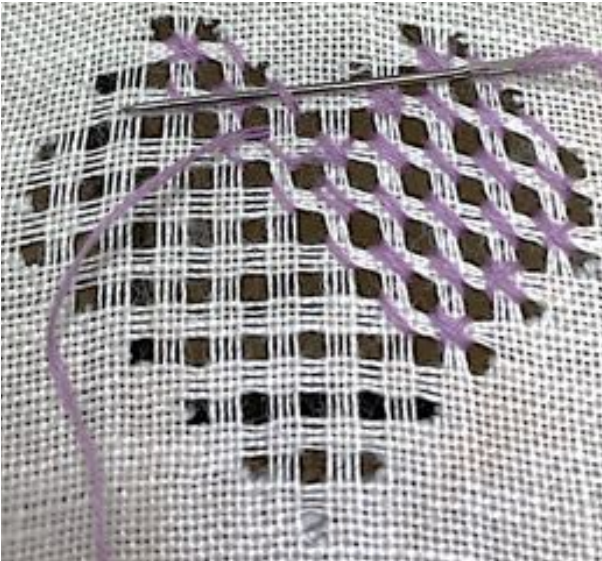
Take the needle down the hole to the left (hole number 4) and bring it out diagonally towards the right above



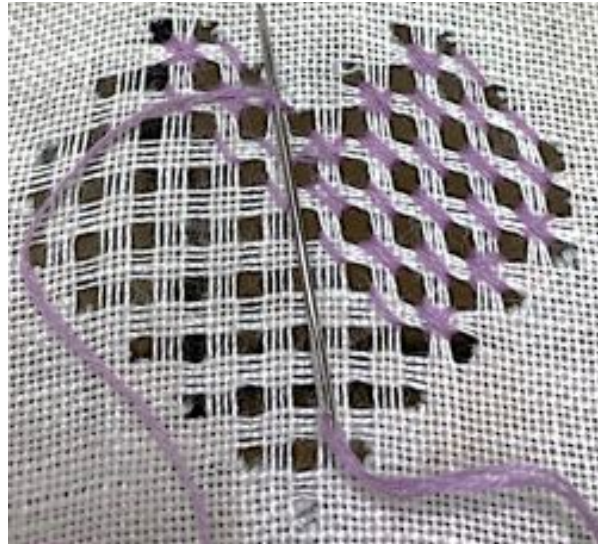
Keep going until you reach hole number 18, this is the last possible stitch.
Take the needle down the hole to the left and turn the hoop to face the back.



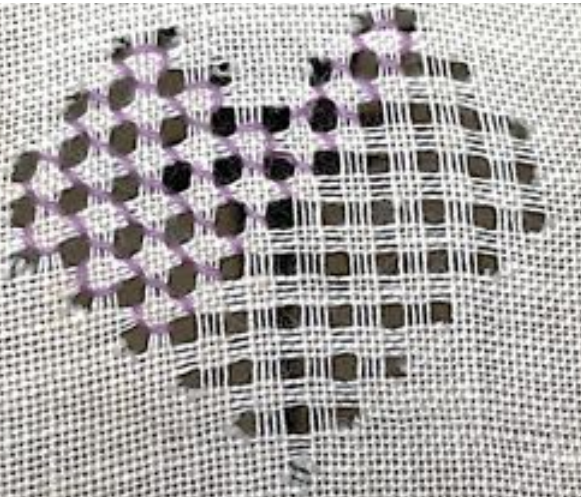
Weave the needle through the previous stitches.



Secure the thread by making a knot and cut the excess thread.



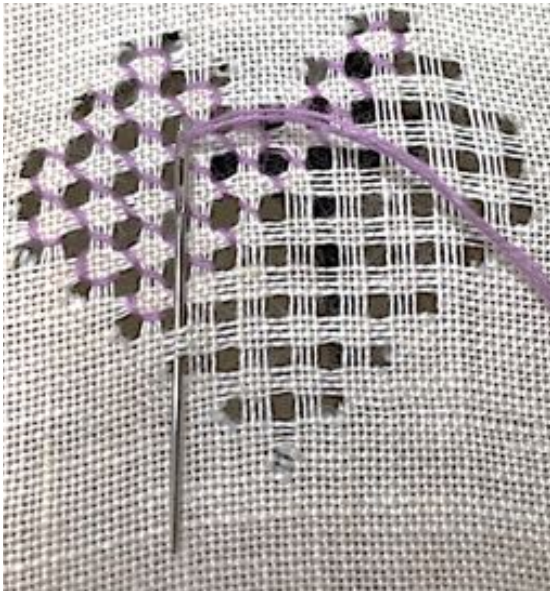
Turn the hoop right side up.



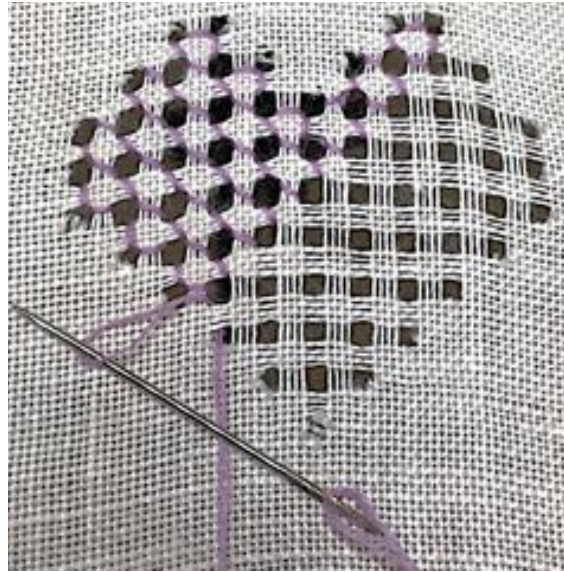
Start a new thread like before:

Fold a single thread of floss in half and insert the ends through the needle.

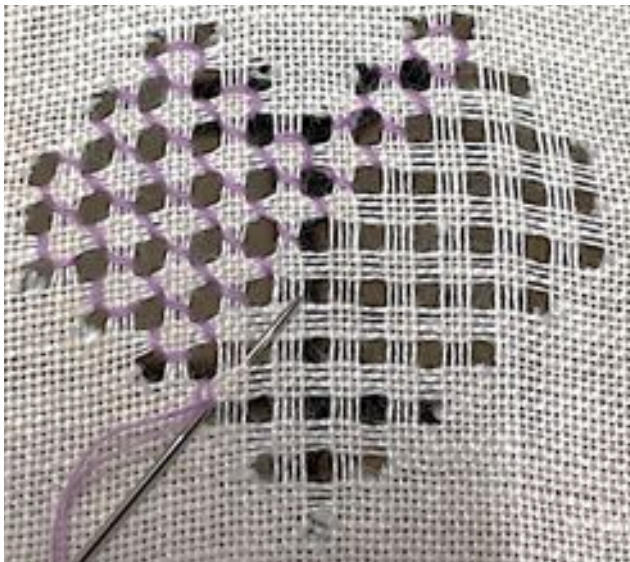
Take the needle down hole number 56 and bring up hole number 62.



As you come out, you will insert the needle through the loop of the thread to secure it to the fabric thread.

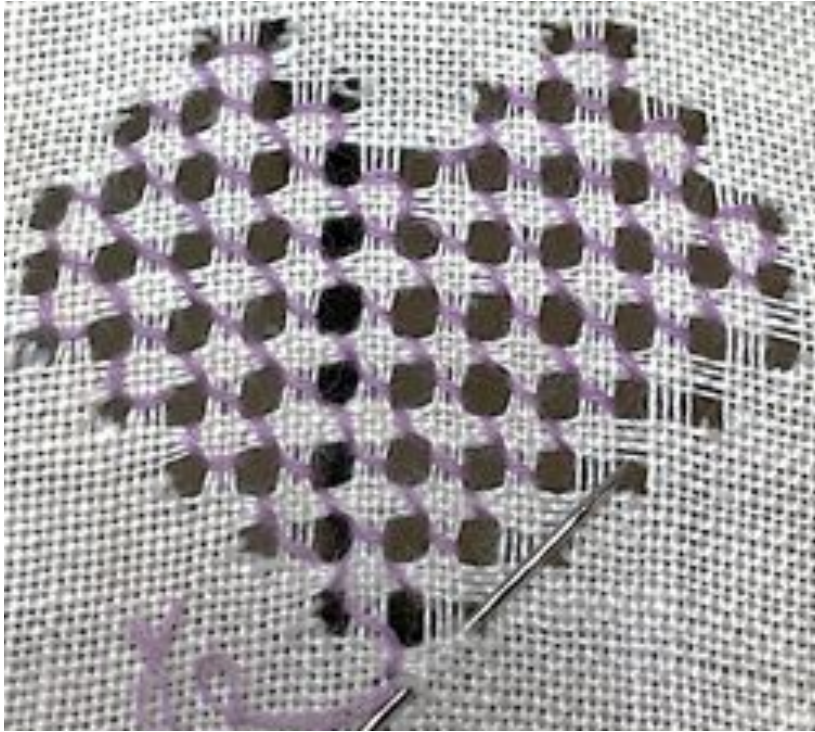


Take the needle down through hole number 62 and bring it out diagonally towards the right above

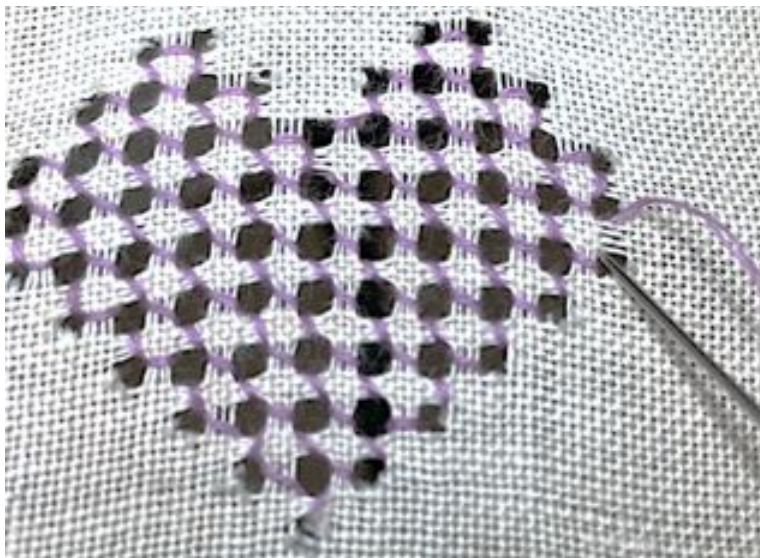


Continue the rhythm as before

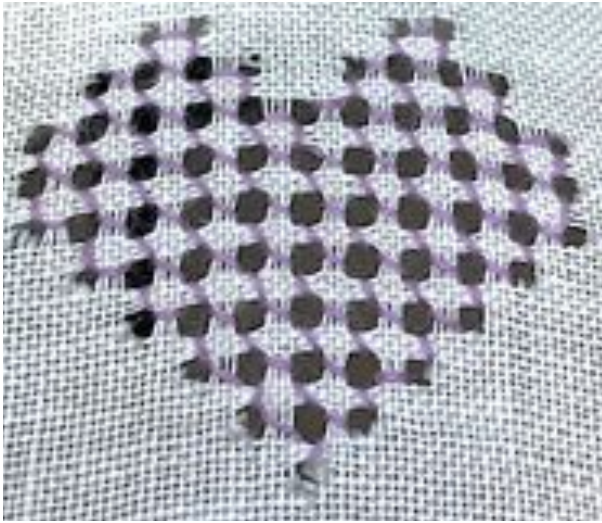
This is the last row



For the last stitch, take the needle down hole number 45 and turn the hoop to face the back. End the thread like before, weaving through the previous stitches. Knot it and cut the excess thread.



The heart is finished



Finish the project with a hem stitch to make a napkin, coaster or handkerchief.