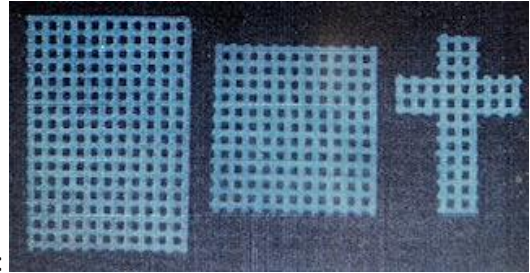




CWL supporting prisoners with **A Cross in my Pocket**



Using 7 count plastic canvas cut three pieces:



1. the cross shape is two holes wide and 12 holes from top to bottom; at the cross arms it is 8 holes wide.
2. the back piece is 11 holes wide and 16 holes high
3. the square front piece is 11 holes by 11 holes

Odd ends of wool – any colours and a tapestry needle

Use colours as you wish for the cross; the two rows of stitching on the rectangular piece and for the square piece



These stitches are worked diagonally (see photo for length of each stitch). For the cross whipstitch around the border making two stitches at each outside corner one going each way.

Stitch inside the cross as well as the cross shape on the front square piece; each stitch goes diagonally over one plastic canvas junction.

Assemble the pocket by placing the square piece over the bottom of the rectangular piece and matching the plastic canvas holes whipstitch around the top border beginning with the top of the square piece going from right to left.

When you get to the end of the row start going through both of the plastic canvas layers connecting them together as you continue stitching down and around the bottom and up the next side over the top and back to where you started sewing them together.

Members often create their own pattern with different stitches but it is crucial to follow the recommended canvas and size.