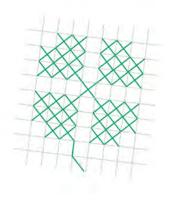


West Virginia 4-H Cross-stitch Nametags



West Virginia 4-H members have been making cross-stitch nametags for generations. These nametags tell a story about the wearer, often featuring the 4-H member's name, county and symbols to tell others about them. The nametags also often hold pins that the members have earned through 4-H.

Making your own nametag takes some planning. Think about what symbols you want to put on your nametag. Because nametag holders range in size, measure the holder that you plan to use. The navy blue WVU 4-H neck wallets will hold a nametag that is 4 inches wide by 2.75 inches high.

Stitch Counts

Cross-stitch fabric is available with various fabric counts. The fabric count on the package refers to the number of squares in 1 inch. For example, 14 count fabric means there are 14 squares in 1 inch. As the fabric count gets larger, the stitches get smaller.

Below is an example of how the finished pattern size of 56 squares wide by 36 squares high is affected by the count size:

- The finished product on 14-count fabric will be 4 inches wide by 25% inches high.
- The finished product on 16-count fabric will be 3⁵/₈ inches wide by 2³/₈ inches high.
- The finished product on 18-count fabric will be $3\frac{1}{8}$ inches wide by 2 inches high.

Stitch Types

You will see different symbols on cross-stitch patterns. The symbols tell you the type of stitch to use.

- A full X in a square Make a cross-stitch
- Half of an X in a square Make a half-stitch

- A bold line Make a backstitch
- A bold dot Make a French knot

Patterns that use more than one color thread will use different symbols in each square to tell you which color to use. There will be a key with the pattern that explains which colors are represented by which symbol.

Draft a Design

Before you make your first stitch, you will want to make a plan. We have provided a 56 square by 56 square grid below for you to plan your nametag. Based on 14-count fabric, you will finish with a 4 inch wide by 4 inch high nametag.

References

Barwick, C.G. (2019, October 16). What is fabric count in cross-stitching? Retrieved from https://www.thesprucecrafts.com/cross-stitch-fabric-count-meaning-983891.

DMC. (n.d.). How to read cross stitch charts. Retrieved from https://www.dmc.com/us/p-tutorialshow-to-read-a-cross-stitch-chart.html.

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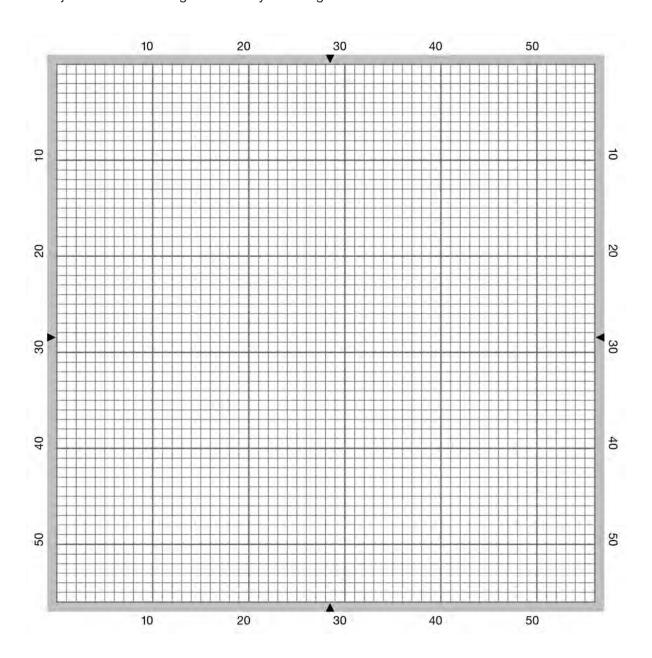
Reasonable accommodations will be made to provide this content in alternate formats upon request. Contact the WVU Extension Service Office of Communications at 304-293-4222.

Cross-stitch Pattern Templates

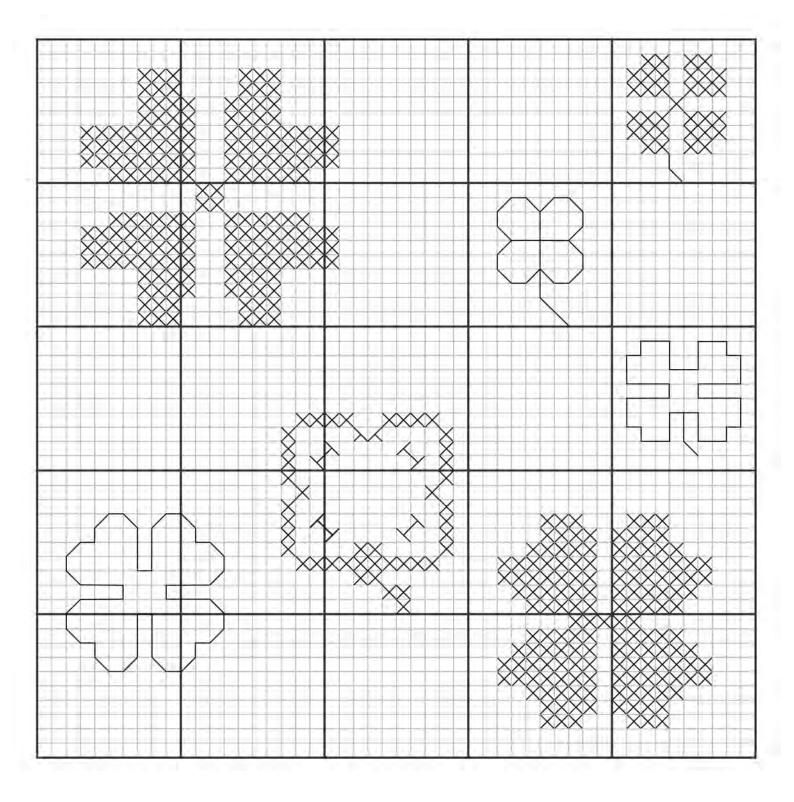
Sample Grid (56 squares × 56 squares with center markings)

If you design your nametag to fill up this entire grid below:

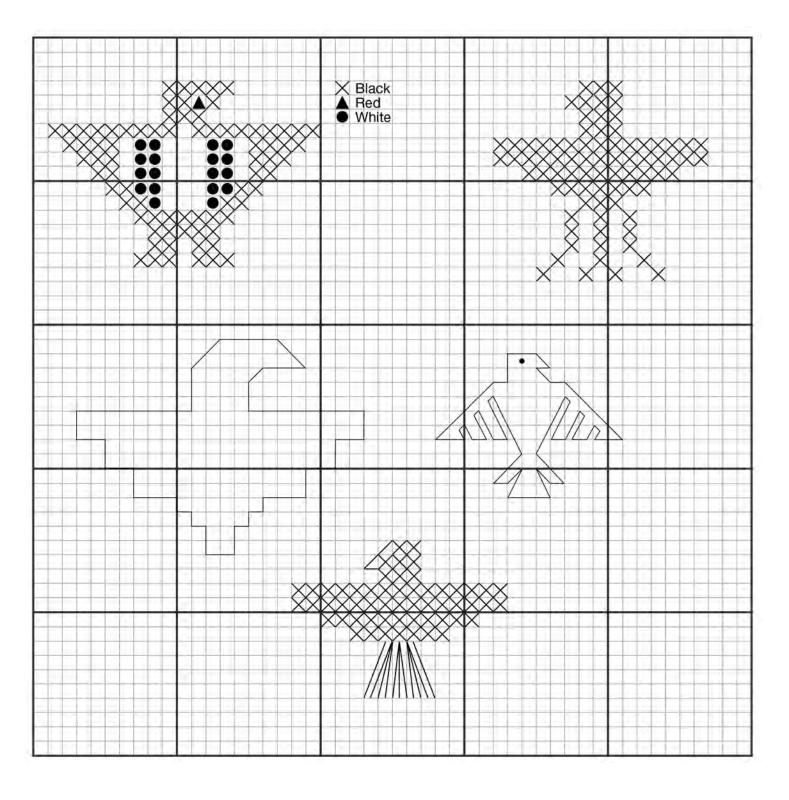
- The finished product on 14-count fabric will be 4 inches wide by 4 inches high.
- The finished product on 16-count fabric will be 35/8 inches wide by 35/8 inches high.
- The finished product on 18-count fabric will be $3\frac{1}{8}$ inches wide by $3\frac{1}{8}$ inches high Adjust the size of the grid to meet your design needs.



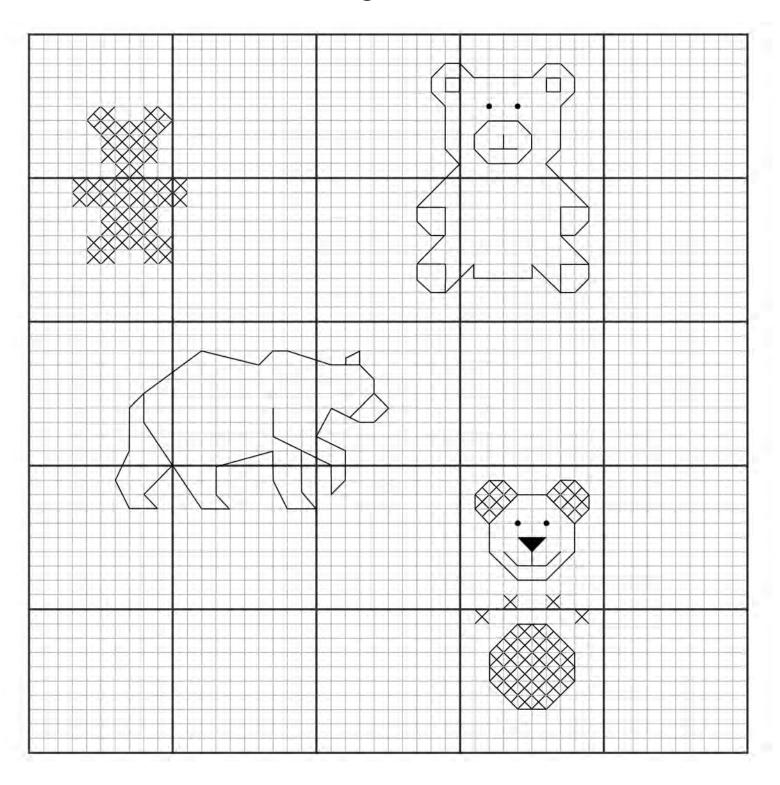
Cross-stitch Pattern Templates 4-H Clover



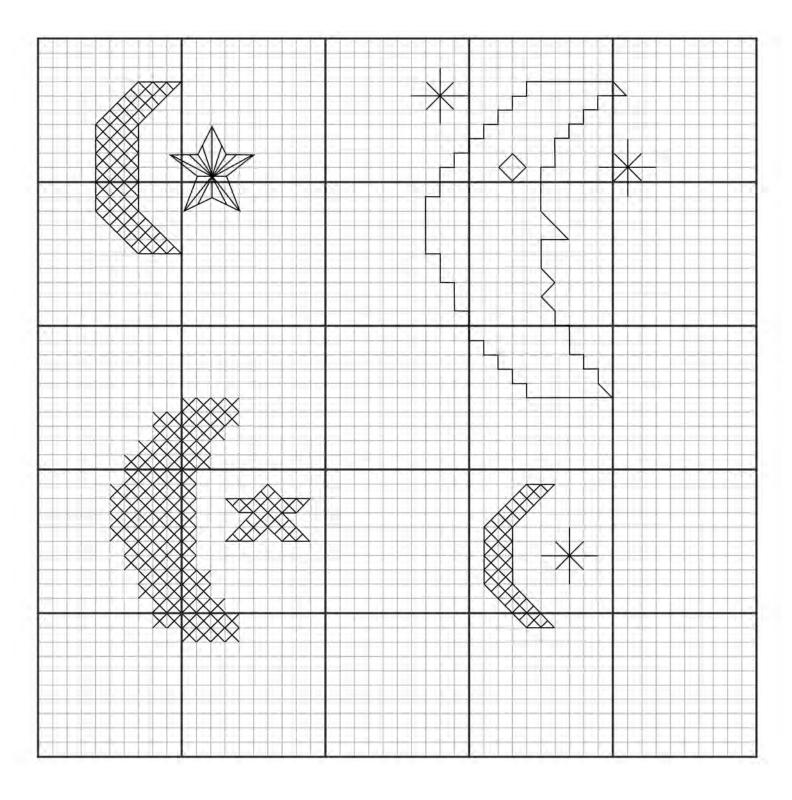
Cross-stitch Pattern Templates Delaware Thunderbird



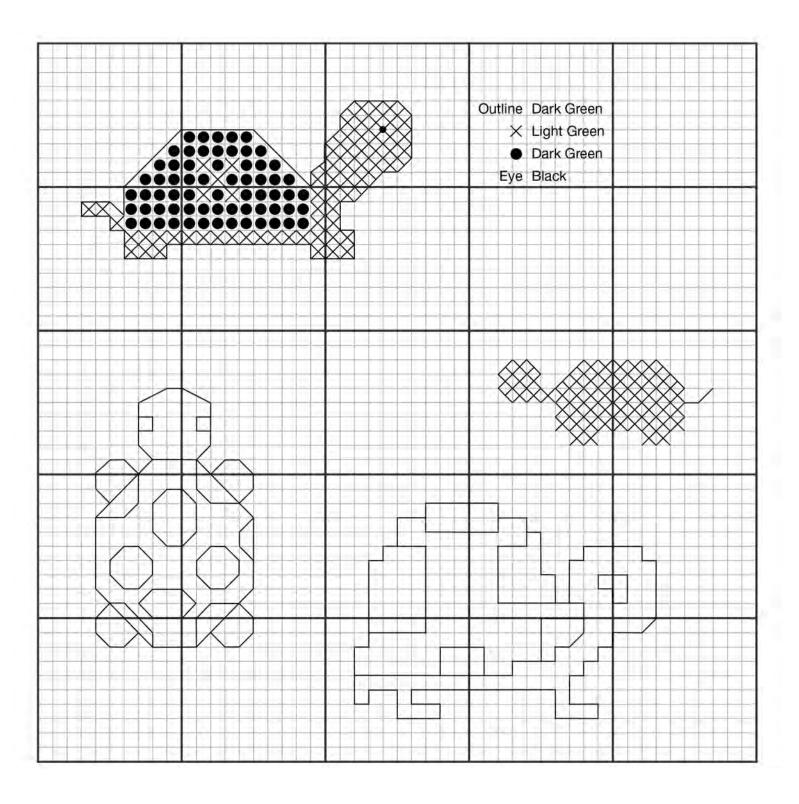
Cross-stitch Pattern Templates Mingo Bear



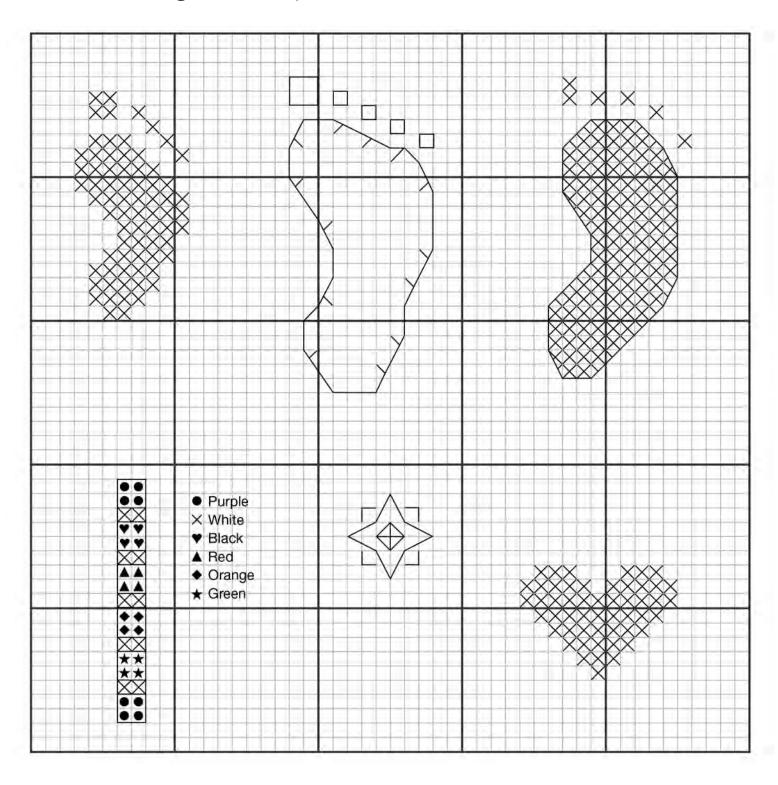
Cross-stitch Pattern Templates Cherokee Moon



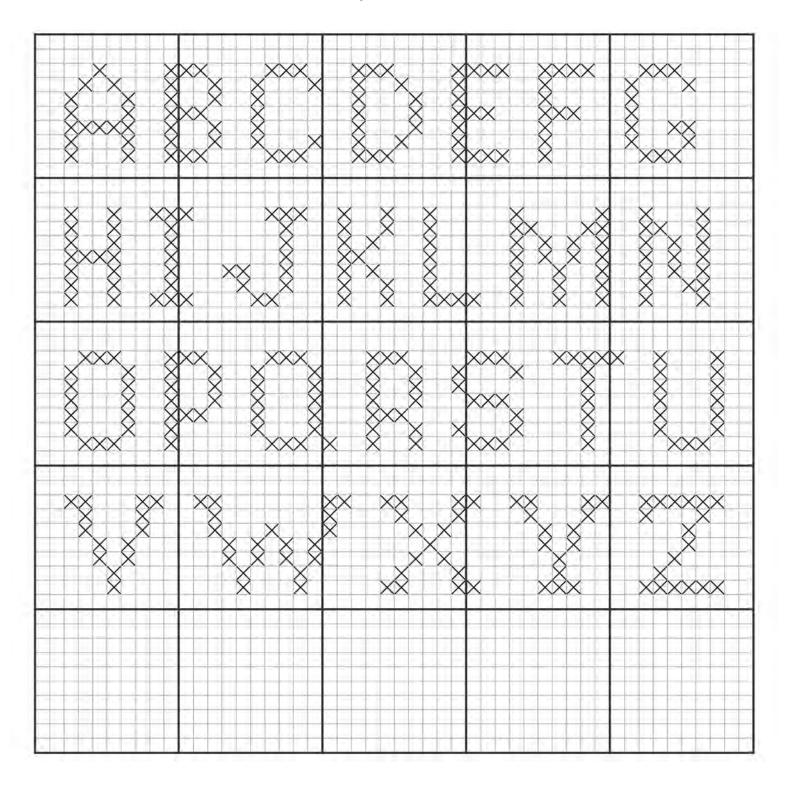
Cross-stitch Pattern Templates Seneca Turtle



Cross-stitch Pattern Templates Big Foot, Spirit Stick, All Stars, Heart



Cross-stitch Pattern Templates Alphabet



Cross-stitch Pattern Templates

Alphabet, Tribe Names, Common West Virginia 4-H Words

