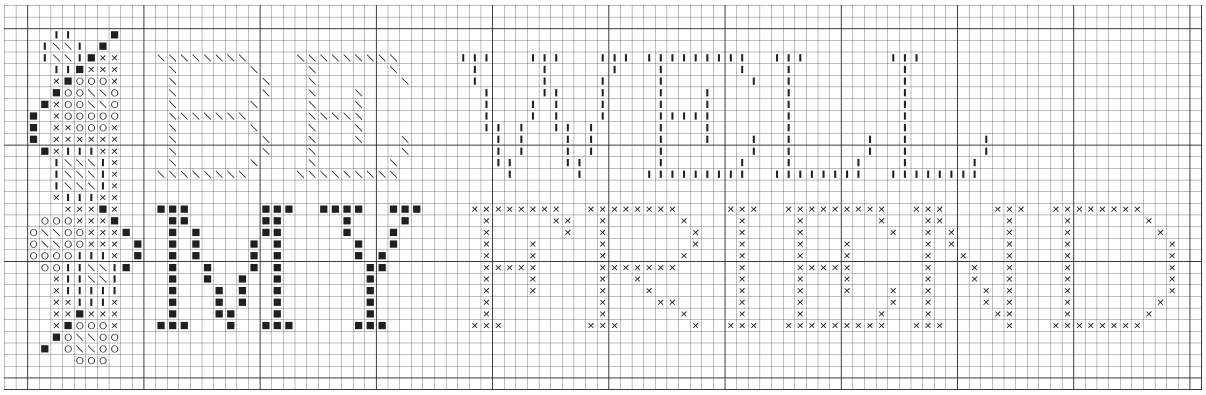


BE WELL
MY FRIEND!

AMY BRUECKEN
DESIGNS

Symbol	Weeks Dye Works	WDW#
■	Kentucky Bluegrass	2152
×	Aqua	2131
I	Grapefruit	2245
\	Red Aztec	2258
O	Sunset	2246

Stitch Count: 89 x 33

To help support, in a tiny way, my special Needlework Shops during Social Distancing, I've designed a little freebie for shops to kit up as they wish. I hope a needle and thread in your own little corner brings you comfort. I'm suggesting a neutral fabric in your favorite count and the following fibers.

Be Well

Lucy Beam Love in Stitches

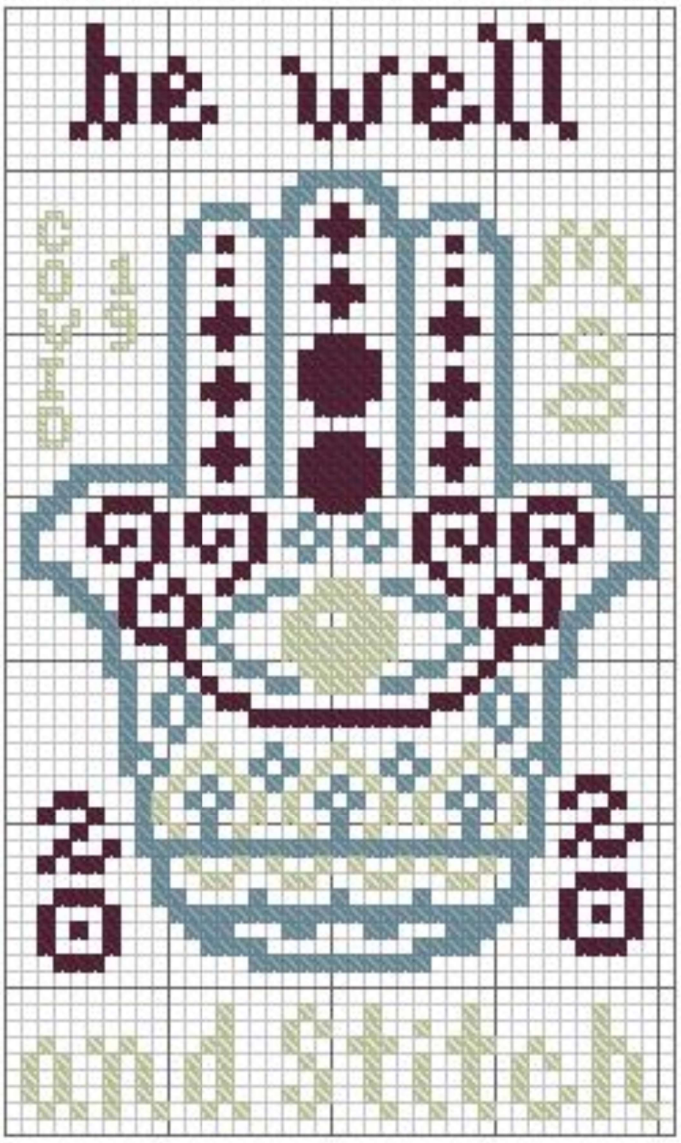
Be Well

Lucy Beam Love in Stitches

	Number	Name:	Strands	Length	Stitches
	GAK 7058	Tomato	2	1.71 yd.	129
	GAK 7078	Toffee	2	0.65 yd.	49
	GAK 7080	Endive	2	3.48 yd.	262
	GAK 8003	Expresso Bean	2	1.56 yd.	117
	GAK 8014	Carriage Black	2	8.81 yd.	660
	GAS 1020	Pebble	2	2.65 yd.	199

BENDY stitchy

No. 31



Be Well and Stitch

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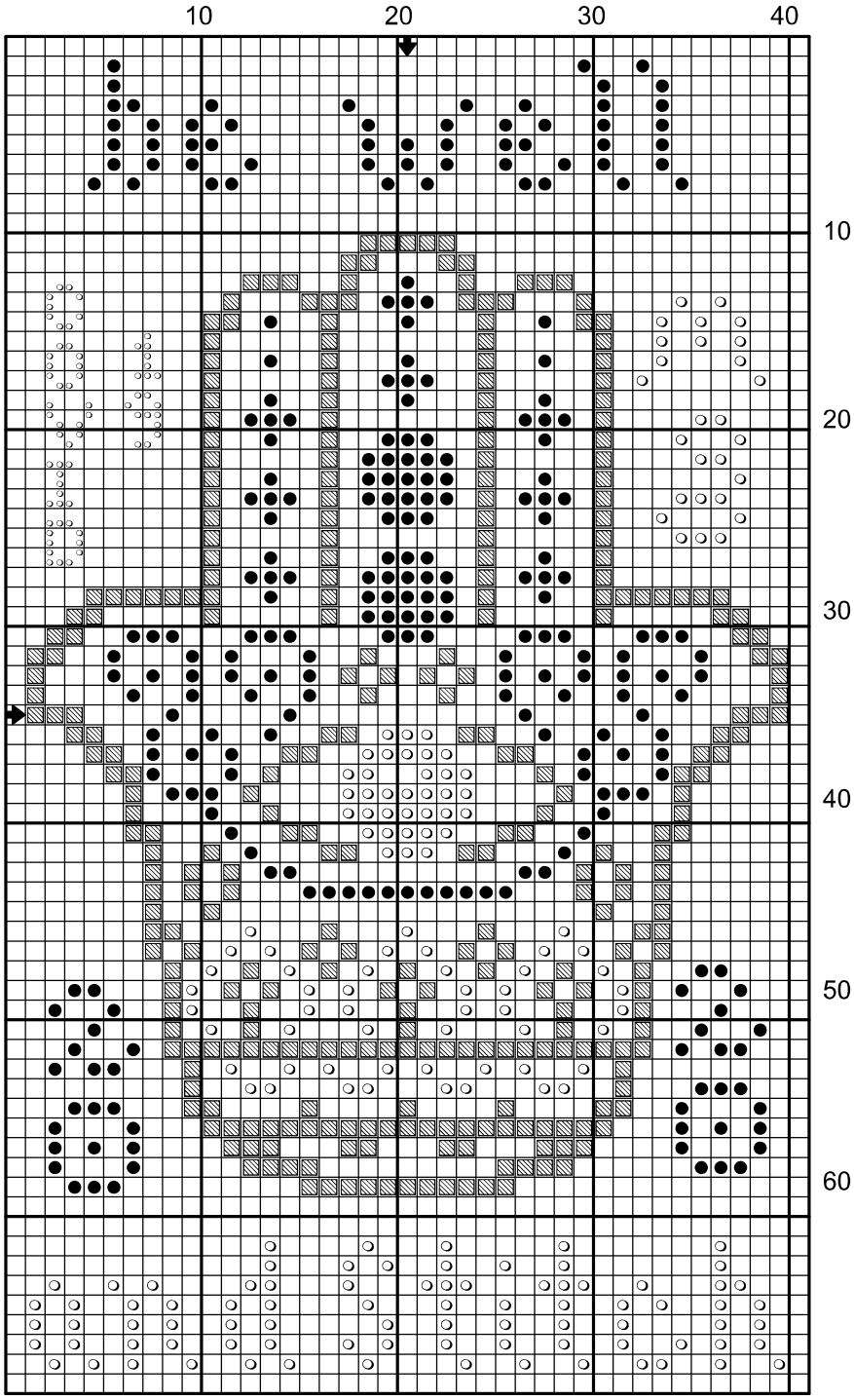
Bendy Stitchy Designs ~ #BeWellAndStitch



X	Type	Color	DMC
●	GA	Witching Hour	09
○	CC	Lighthouse	05
▨	CC	Chesapeake Bay	3768

Fabric: Anything! The Black Cauldron has some beautiful new fabrics.

Stitch count: 39w x 67h

Please kit this up and stitch it in colors that make you happy. Or better yet, call your LNS and try out these BRAND NEW colors from some great dyers.

It would make my day if you would tag me onsocial media:
Instagram: @michellebendy
@bendystitchydesigns
Facebook: Michelle Bendy
Hashtags: #BendyStitchyDesigns
#BeWellAndStitch

To find other free charts in this collaborative effort, search the hashtag #bewellandstitch on Instagram or call your LNS.

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Be Well and Stitch

Stitch Count: 39w x 67h

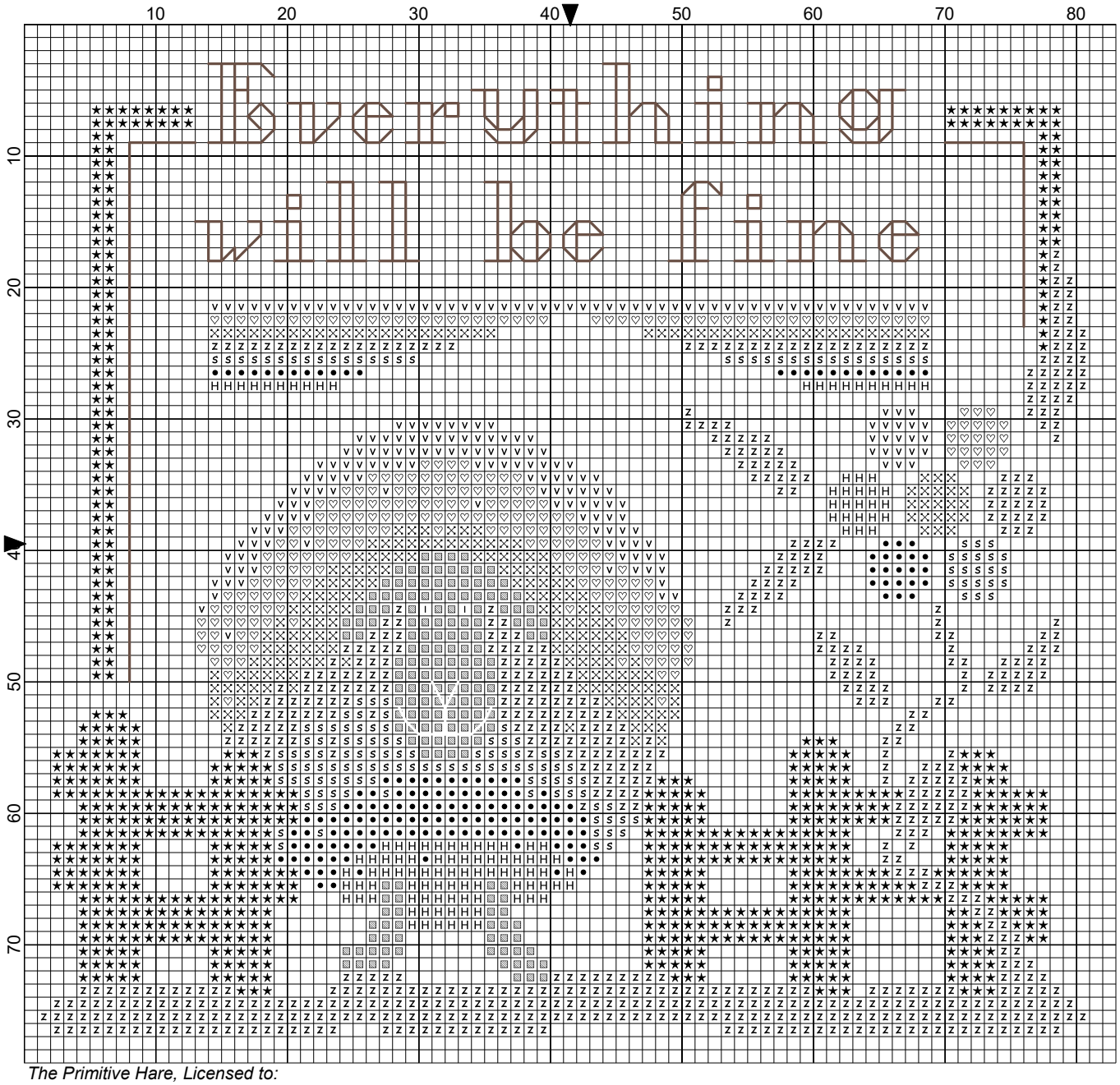
Classic Colorworks: Chesapeake Bay, Lighthouse
The Gentle Art: Witching Hour

DMC conversion: 5, 9, 3768

Fabric: choose your own adventure!

This chart is designed as part of a collaboration
with many, many very talented deisgners
in order to support our shops and
our fellow stitchers during
the COVID-19 quarantine (and beyond).
Please check out the hashtag #BeWellAndStitch
or contact your LNS for more charts in this series.

Visit
BendyStitchyDesigns.com
for the latest information
on upcoming designs



The Primitive Hare, Licensed to:

Everything will be fine

Author: Isabella Abbiati
Copyright: The Primitive Hare
Grid Size: 83W x 79H
Design Area: 14,51 cm x 13,43 cm (80 x 74 stitches)

Legend:

V	DMC	776	pink - md	S	DMC	504	blue green - vy lt	I	DMC	5200	snow white
♡	DMC	352	coral -lt	•	DMC	341	blue violet - lt	★	DMC	8	driftwood - dk
⊠	DMC	744	yellow - pl	H	DMC	554	violet - lt				
Z	DMC	3348	yellow green - lt	▨	DMC	310	black				

Backstitch Lines:

DMC-5200 snow white

DMC-8 driftwood - dk

Be Well Mini Bouquet

Fabric: 40 ct Lakeside Linens Examplar but any neutral coloured fabric and 32 or 36 ct fabric can be used.

Design Count: 43 x 51

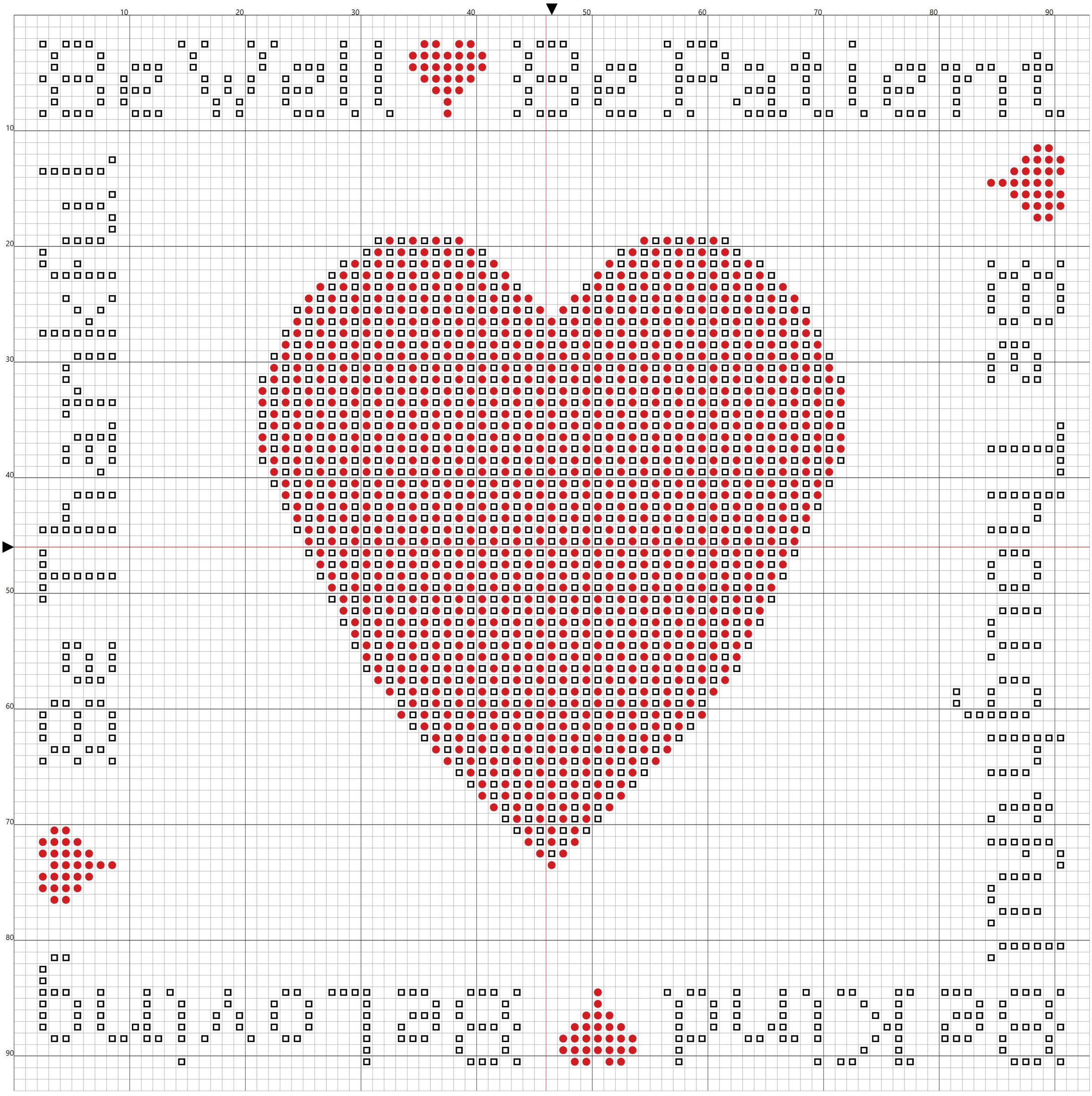
Design Size: 2 x 2 ¼" on 40 ct.

Cross stitch using 1 strand on 36 and 40 ct and 2 strands on 32 ct in the colours noted.
Backstitch words in Molasses.

Classic Colorworks		Weeks Dye Works	
▲	Wilderness	^	Cocoa
The Gentle Art		×	Grits
≡	Holly Berry Red	ш	Lily Pad
◆	School House Red	○	Merlot
Weeks Dye Works			Molasses
↓	Bees Knees	I	Peony
/	Chestnut	⩙	Yukon Gold

Copyright © 2020 Jeannette Douglas Designs complimentary design

Be Well



By Samplers Not Forgotten

© 2020 NeedleWorkPress

	ROSE	DMC 760
	CLARET	DMC 816
	TAN	DMC 436
	BROWN	DMC 801
	DARK GREEN	DMC 986
	MEDIUM GREEN	DMC 470
	GRAY GREEN	DMC 3072
	GOLD	DMC 3820
	DARK BLUE	DMC 312
	MEDIUM BLUE	DMC 322
	OFF WHITE	DMC 3865

We selected basic DMC colors for "Refuse to Wilt" so you could color match to your favorite cotton overdye or silk. We had some random silk sitting nearby as we selected colors. Beautiful greens include Classic Colorworks Belle Soir in Beanstalk & Gloriana 12-strand silk in Olivine. We also love Gumnut Stars 708 (golden yellow).

BE WELL
Refuse to Wilt

Inspired by a flower basket from an antique sampler, this free chart can be stitched with suggested colors or scraps in your stitching basket. It measures 75 stitches wide x 50 stitches high. The approximate design size over two threads of linen would be:

	Wide	High
28ct	5.4″	3.6″
32ct	4.7″	3.1′
36ct	4.2″	2.8″
40ct	3.75″	2.5″

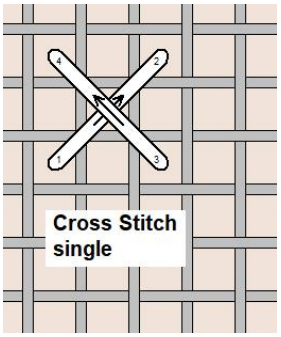
We look forward to seeing how you adapt and adjust this chart to make it your own. Be well,

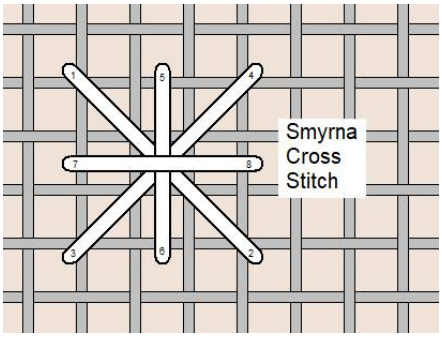
Vickie & Maegan

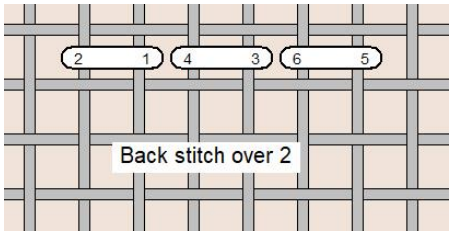
NeedleWorkPress

Queenstown Sampler Designs

Free Chart







Barbara L. Hutson
Queenstown Sampler Designs
284 Wye Knot Court
Queenstown MD 21658
www.queenstown-sampler-designs.com

luhu stitches

be well, be joyful

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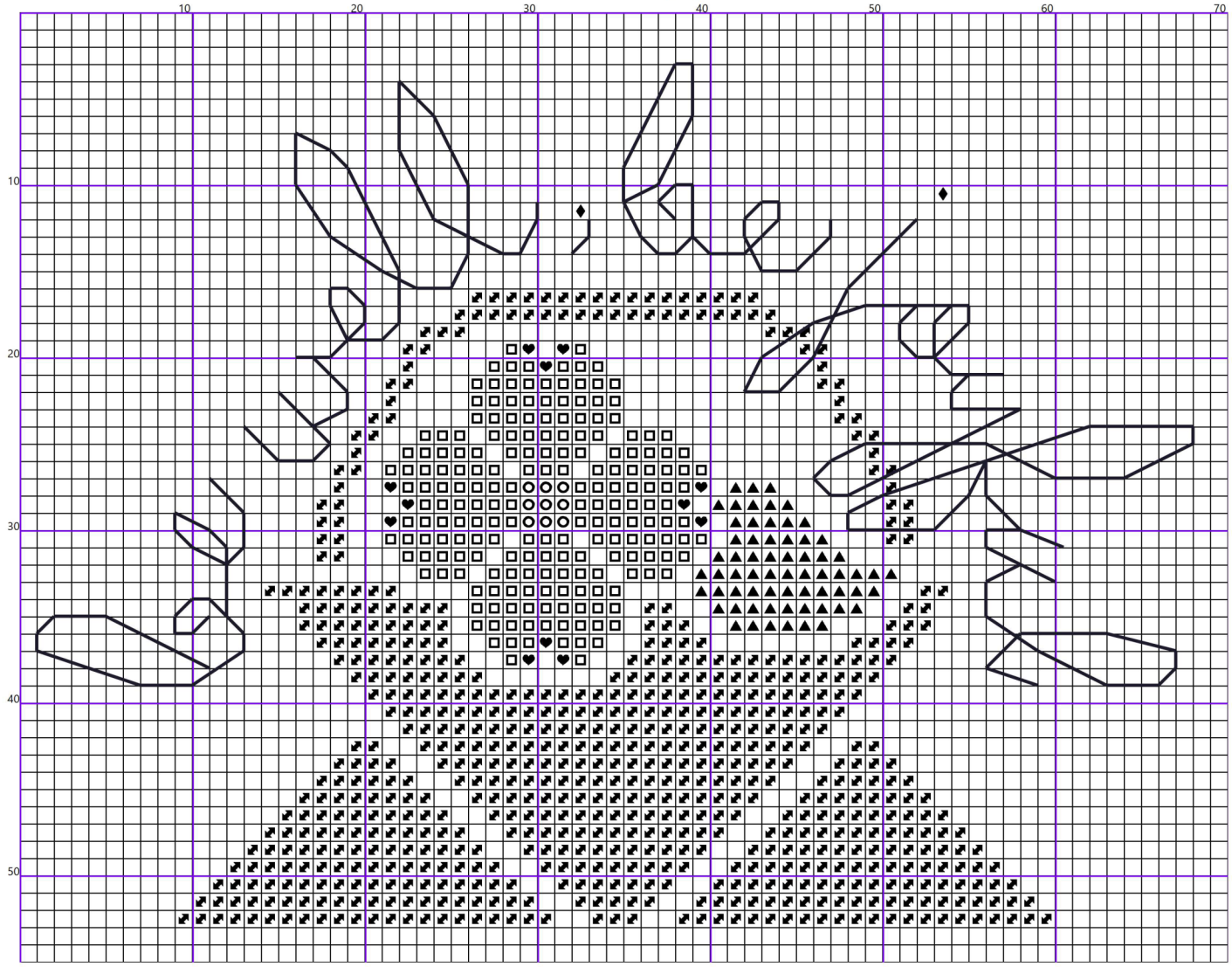

	Number	Description
♥	DMC 349	Coral dark
○	DMC 445	Lemon light
♦	DMC 939	Navy Blue very dark
□	DMC 3865	Winter White
▲	DCV 4045	Evergreen Forest vr
⬋	DCV 4140	Driftwood vr

DCV = DMC Color Variations...the basket and leaf are stitched in these and will provide interest to the large blocks of color

Words are backstitched in DMC 939

Fabric recommendation is Picture This Plus 28Count Icon Lugana. Stitch 2 over 2.

Stitch count is 50 high and 67 wide

My brethren, count it all joy when you fall into various trials...

James 1:2

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#bewellandstitch... a free Heartstring Samplery design by Beth Twist... for those Sheltering in Place

Author: Beth Twist
Company: Heartstring Samplery
Copyright: 2020... All Rights Reserved...
Website: www.thetwistfamily.blogspot.com
Grid Size: 83W x 54H
Design Area: 5.79" x 3.71" (81 x 52 stitches)

Legend:

CCC	254	Chesapeake Bay
CCC	255	Mariner's Compass
DMC	310	black
DMC	3859	rosewood - lt
GAF	0440	Maple Syrup
GAF	7100	Ruby Slipper
WDW	1240	Dirt Road
WDW	2194	Lily Pad

Backstitch Lines:

CCC-254 Chesapeake Bay CCC-255 Mariner's Compass DMC-310 black

You may or may not want to stitch in the little "COVID19" that I charted above the bird. I wanted to include this as a reminder to myself of the unprecedented time that we are living in and the motivation behind this free chart. You could instead leave that area unstitched, or put in a simple initial and date. This free chart is part of a movement of several of your favorite cross stitch designers hoping to encourage both safe and careful practices, but also wanting to help support the needlework shop businesses whose doors may be temporarily closed by the new federal regulations. In that light, I chose to call for some of the brand new thread colors recently released at the 2020 Nashville Needlework Market. If you also want to try out a lovely new linen color, I recommend Picture This Plus "Vellum" on the count of your choosing.

To find the other free charts in this collaborative series, search the hashtag #bewellandstitch or give your LNS a call.

#bewellandstitch... a free Heartstring Samplery design by Beth Twist... for those Sheltering in Place

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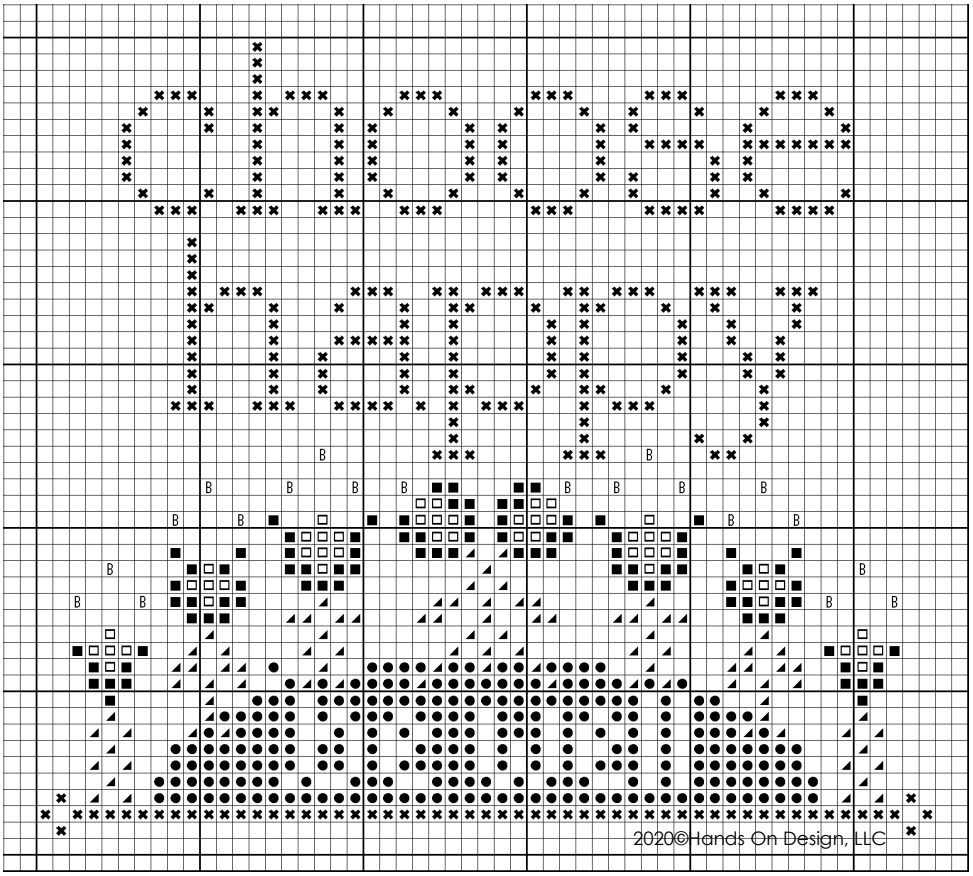
Choose Happy

Sometimes, it is a conscious choice to be happy & now, more than ever, we might just have to say these words out loud…'I choose happy'.

A conversation among a group of designers has come together as a tiny but mighty movement to create a project of free designs for stitchers. Imagine a basket or bowl filled to the brim with wellness needlework! Follow the hashtag #bewellandstitch to stay in the loop with this project.

Once you have your free charts in hand, please consider, if you are able, placing an order with your needlework shop for threads or fabrics, embellishments or trims. Many shops are offering specials as they continue to serve stitchers. As always, you can find a list of shops that carry Hands On Design charts on my website.

Cathy, Hands On Design #handsondesign #bewellandstitch #choosehappy



I plan to stitch my model on 36ct Weeks Dye Works Linen with the colors listed below. Please choose a linen/aida and a color palette that makes you happy.

- ■ WDW Aztec Red [3328]
- □ WDW Capri [597]
- ◢ WDW Pepperoncini [166]
- ● WDW Grasshopper [580]
- B WDW Yukon Gold [3822]
- ✖ WDW Flatfish [610]

Stitch Count: 55 x 59

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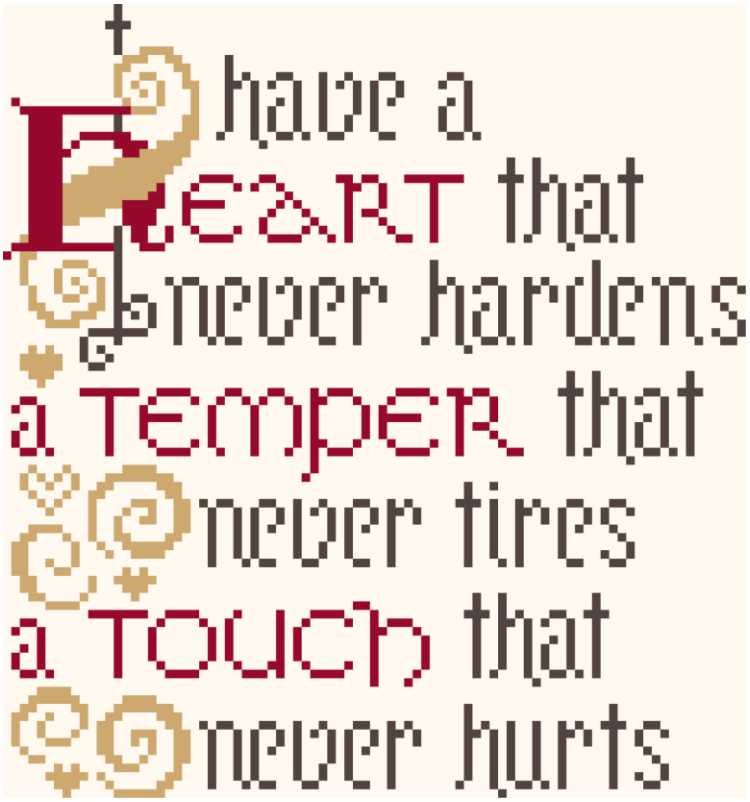
ERICA MICHAELS
NEEDLEART DESIGNS

Have a Heart

A quotation from Charles Dickens



Take care of yourself,
your family,
your neighbor,
and your community.

BE WELL

www.ericamichaels.com

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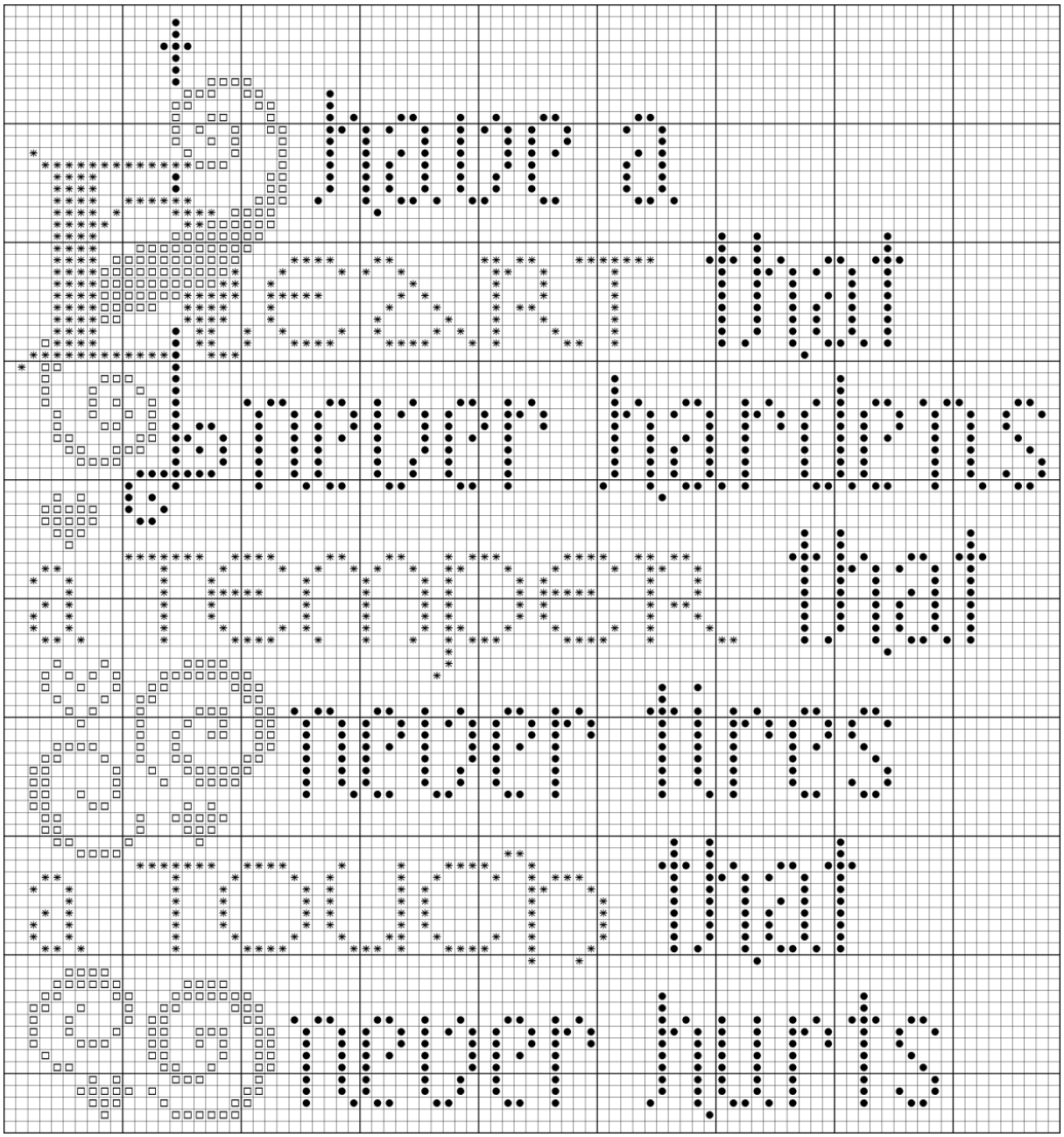
Have a Heart

ERICA MICHAELS
NEEDLEART DESIGNS



Stitch count: 87 wide x 93 high. Suggested fabrics: any neutral will do nicely; I've looked at French Vanilla from R&R Reproductions and Picadill White Legacy linen. Three thread options are noted here - Weeks Dye Works cotton, Belle Soie silk from Classic Colorworks and DMC.

✳	WDW *Crimson*	Belle Soie Silk: *Rose of Sharon*	DMC 902
□	WDW *Schneckley*	Belle Soie Silk: *Pecan Pie*	DMC 831/832
●	WDW *Swamp Water*	Belle Soie Silk: *Briar Patch*	DMC 3371

www.ericamichaels.com

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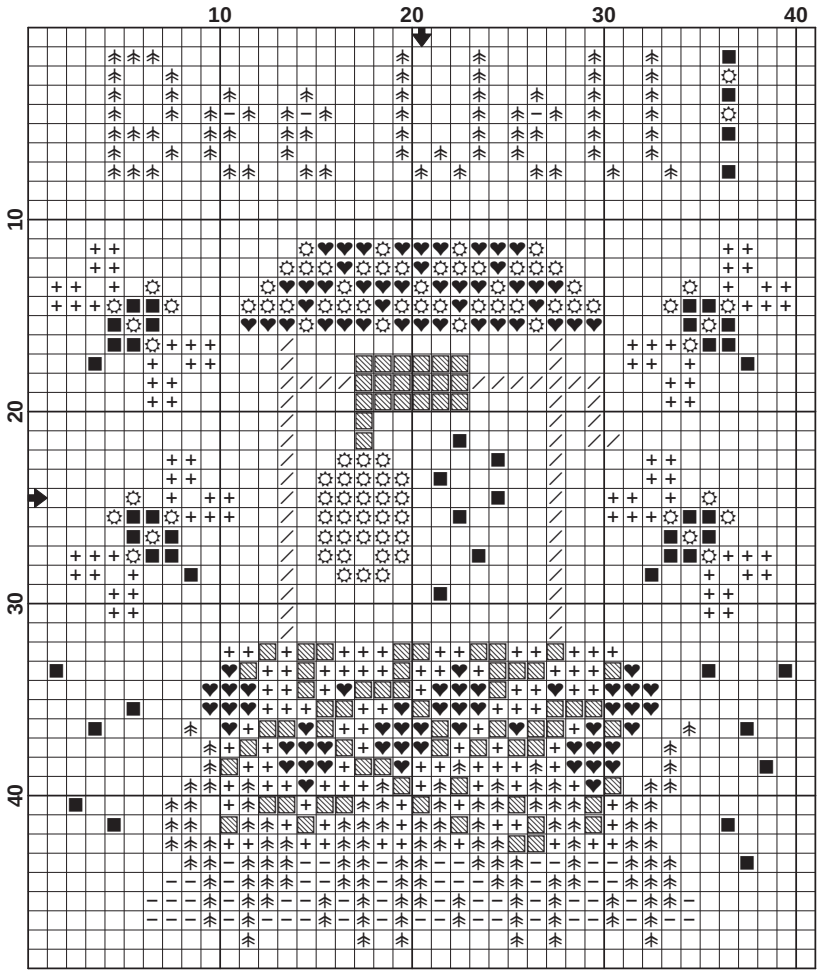
Ink Circles

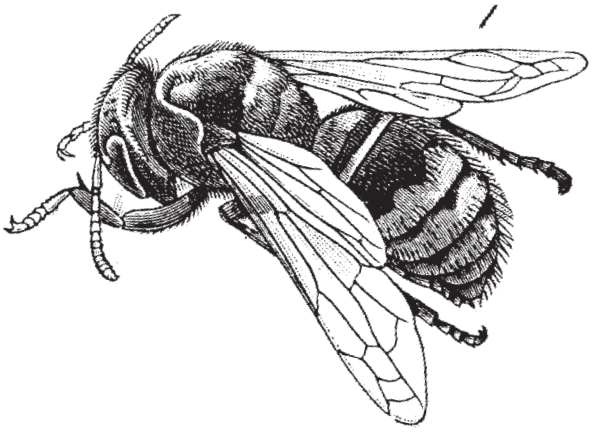
Ink Spot #20:

Bee Well

Size: 39w x 47h



	DMC	Color
■	310	Black
⅄	469	Avocado Green
–	472	Avocado Green-UL LT
☼	742	Yellow-DK
+	0024	White Lavender
/	3802	Antique Mauve-VY DK
♥	3831	Raspberry-DK
▨	3864	Mocha Beige-LT



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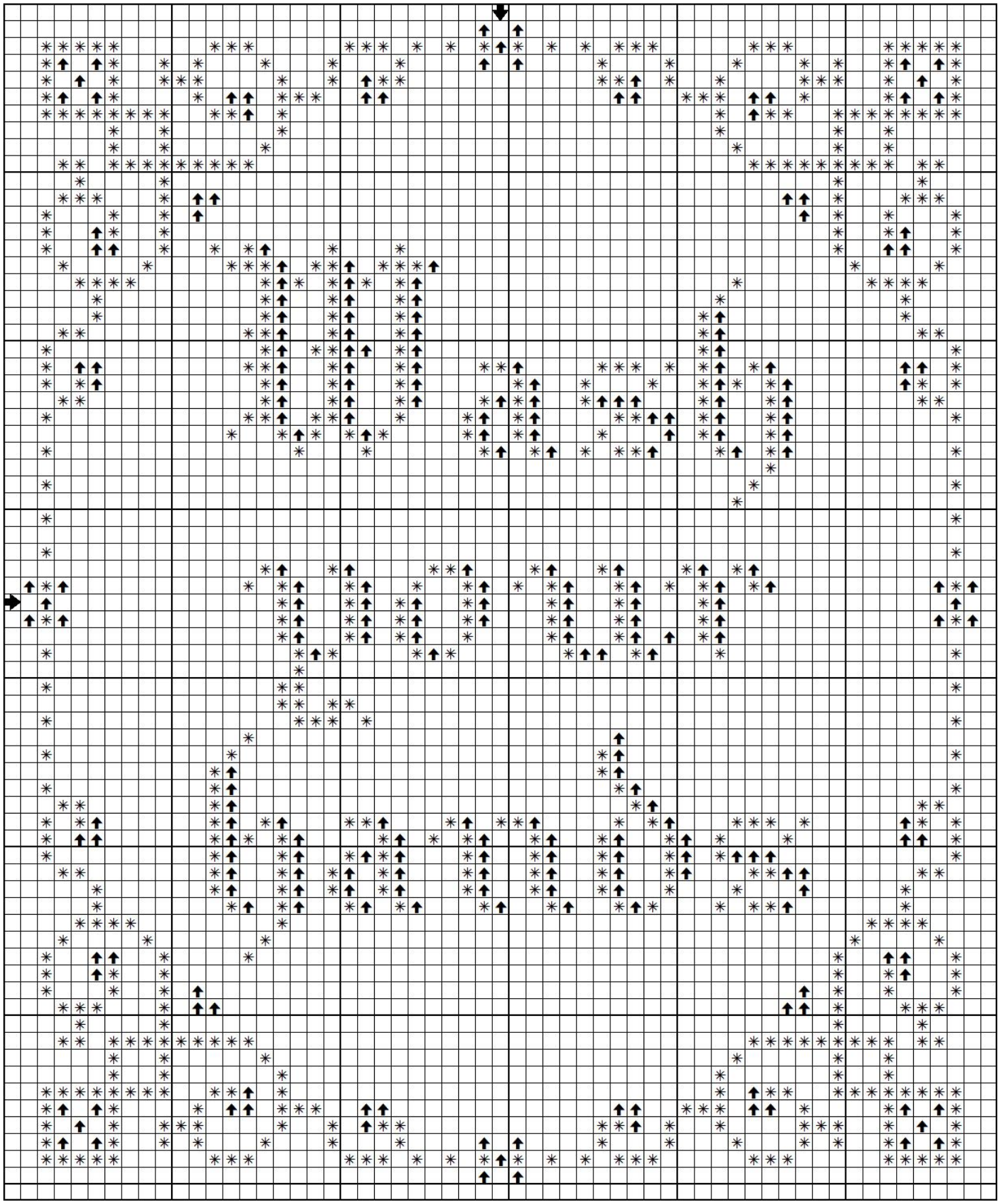

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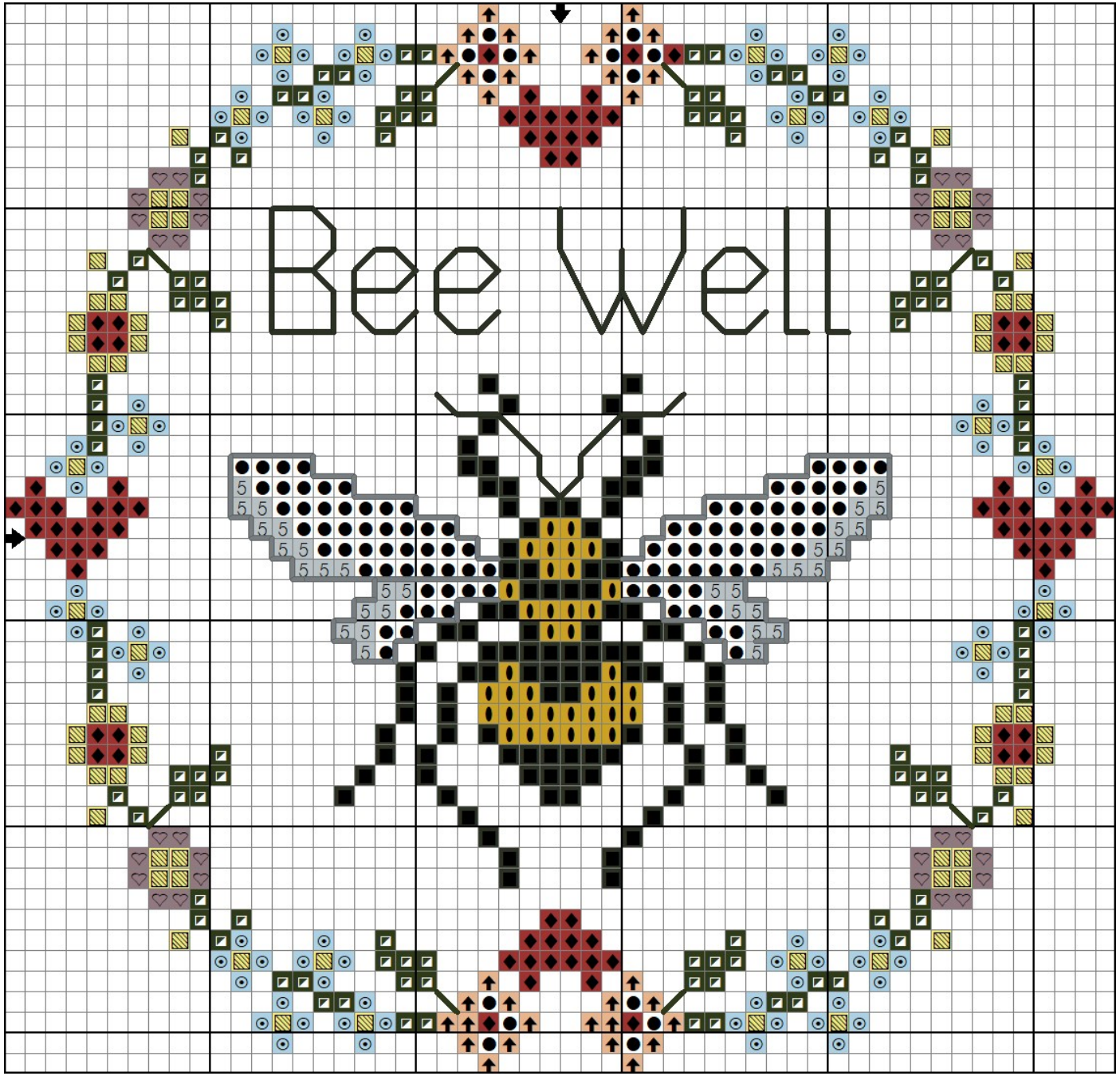

The Blackberry Rabbit

TheBlackberryRabbit.com

Symbol	Threads
◆	DMC 304
■	DMC 310
5	DMC 415
▨	DMC 727
⊙	DMC 827
♡	DMC 3041
◪	DMC 3051
▲	DMC 3771
⬮	DMC 3852
●	DMC B5200

Backstitch in Wreath DMC 3051, Wings 415 and Legs 310

www.TheBlackberryRabbit.com

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Fox and Rabbit
DESIGNS

Symbol	Threads
★	Weeks Dye Works 1223 Schneckley
■	Weeks Dye Works 1295 Blackboard
→	Weeks Dye Works 2107 Blue Jeans
O	Weeks Dye Works 2197 Oscar
♦	Weeks Dye Works 2276 Camellia

www.FoxAndRabbitDesigns.com
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We are living in trying times at the moment. Each day brings changes to how we live our daily lives. It is to say the least, stressful. In a conversation with fellow cross stitch designers, we decided one small way in which we could help our stitchers was to create a project of free designs. Each stitch you take as you work on the **#bewellandstitch** designs will bring solace to your needlework soul, Calm amongst the Crazy. As you complete each design, finish them into bowl fillers for a springtime basket of hope. And please do share your progress on social media, so we can share in the journey together. Be sure to follow the hashtags **#bewellandstitch** and **#summerhousestitcheworkes**, so you can join in the movement! But most of all, Pray, Hope, Be Well & Do Not Panic!

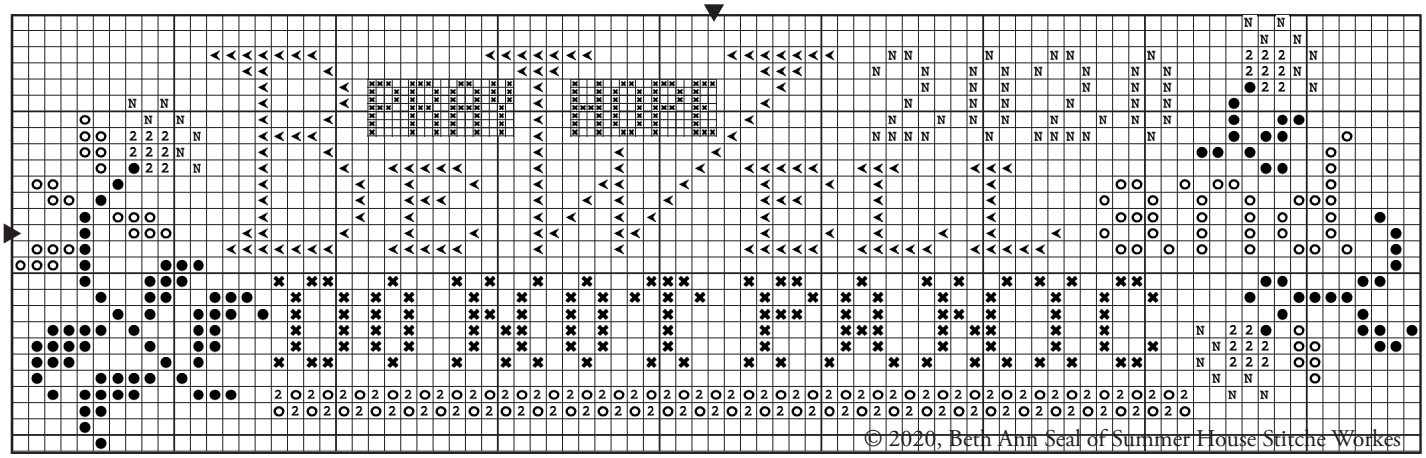
Once you have your free charts in hand, please consider placing an order from your favorite needlework shop for the threads, fabric or trims. Shops need your patronage to get through this crisis! Check the list of shops that carry Summer House charts on my website. Enjoy the Stitch!! *Beth*

Cross stitch over two linen threads with one or two strands of floss, depending on your fabric count. The words Pray & Hope are stitched over one linen thread, so use one strand of floss for those words. The alternating line of stitches below the words, "Do Not Panic," can be stitched as cross stitches or herringbone stitch. I plan to use herringbone stitch for mine.

Stitch Count: 87 (w) x 27 (h)

Fabric: Count and color of your choice, I will use a 36 or 40 ct., as those are my favorites.

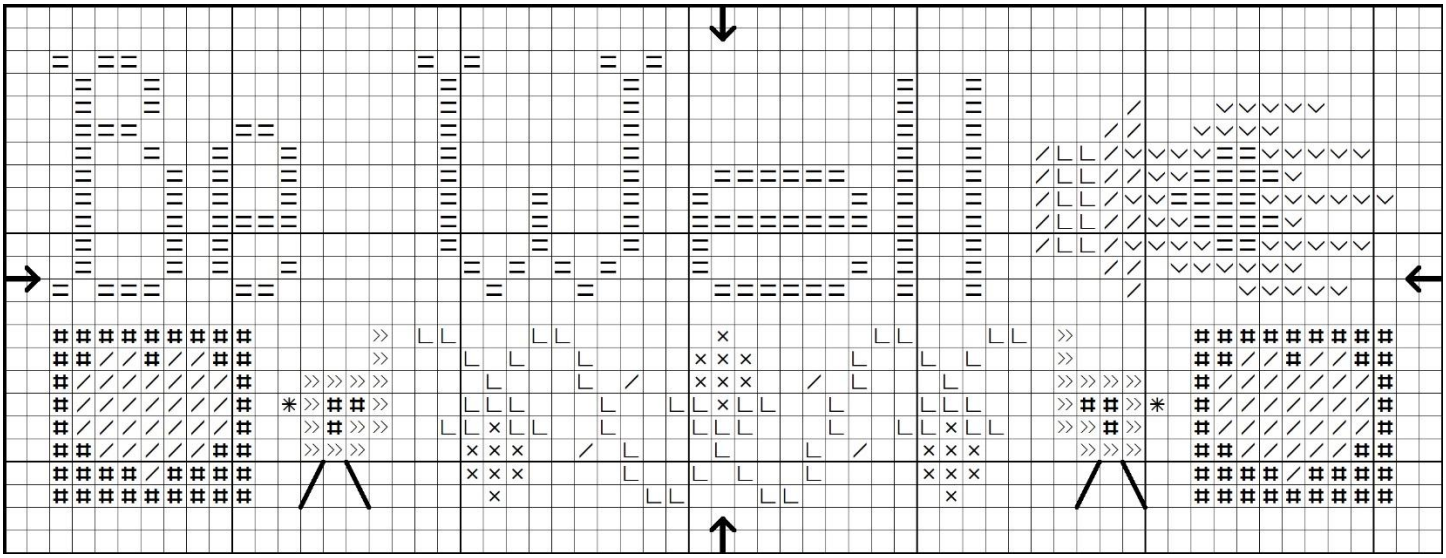
Floss: DMC or choose your own!



FLOSS KEY:	DMC				
Jade Vy Dk	561	●	Golden Olive Dk	830	➤
Moss Green	581	○	Old Gold Dk	680	N
Antique Blue Med	931	×	Desert Sand	3064	2

be well

a free design from Cecilia Turner



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Codes	Classic Colorworks	DMC
>>	Dublin Bay	926
L	Eve's Leaves	3053
/	Snowball	white
X	Licorice Red	304
V	Brown Hen	842
=	Cherry Tomato	309
*	Black Coffee	310
	Weeks Dye Works	**DMC**
#	Hibiscus	963

Stitch Count: 59W x 20H

I suggest stitching on 32 count Wren linen from Picture This Plus over 2 threads with 2 strands thread.

Backstitch the birds' legs in 1 strand Black Coffee.

Your physical health *and* your emotional well-being are important. Be mindful of both. Stitching helps!

Be well,

Cecilia

www.heartinhand.com