Knitted or crochet crosses

Using double knitting yarn and 4mm needles cast on 10 stitches

Knit 28 rows (also known as garter stitch)

Cast on 6 stitches at the beginning of the next 2 rows

Knit 10 rows

Cast off 6 stitches at the beginning of the next 2 rows.

Knit 14 rows

Cast on 6 stitches at the beginning of the next 2 rows

Knit 10 rows

Cast off 6 stitches at the beginning of the next 2 rows

Knit 28 rows on remaining 10 stitches

Cast off leaving tail for sewing up.

Fold in half and sew

For crochet version use the above instructions but replace knit (garter stitch) with double crochet.