

DON'T PANIC

A Stitching Pattern for our Times



I stitched this piece in 2009, in part as a tribute to the world of Douglas Adams, and his *Hitchiker's Guide* series of books, and in part as an appropriate thought to hang in my work space at the office. By trade, I am a proposal manager, specializing in high tech. I pull written responses to exacting specification requests, always under inflexible (and occasionally unreasonable) deadline, and always under high pressure. My "Don't Panic" sign has been a source of comfort and some amusement over the years, as teams dash in for help with yet another last-minute crisis.

But this being Spring of 2020, the rise of the global COVID-19 pandemic, my silly piece has taken on deeper meaning. When I posted it on my Facebook page, a number of people begged for the pattern, so they could stitch it up as a comfort piece in isolation.

I don't often release entire graphed pieces – usually I just do up components for others to compose as they will. But unusual times call for unusual efforts.

Here is *Don't Panic*. The lettering is adapted from an alphabet published in *Sajou* #325, a booklet of charted marking alphabets released before 1910 (probably in the 1890s). I found it in the collection shared by Ramzi, at <http://patternmakercharts.blogspot.com>. The border of worry beads is my own original. I have released it on <http://string-or-nothing.com> before.

Note that I just created this chart. When I originally stitched this I worked directly from the *Sajou* images, and never bothered to graph up anything or record thread consumption, finished size, total project stitch count or the like. I've gone back and tried to reconstruct that all now, but please forgive me if memory is hazy, now 11 years later.

Graph size

The total project size as graphed reading the direction of the lettering as "across" and the shorter dimension as "tall" (as in the sample photo above; measuring from the outermost edges of the borders the design is 197 units across x 113 units tall.

PLEASE TAKE TIME TO CONFIRM THESE COUNTS AND CALCULATIONS. I am quite fallible.

Here are some estimates for fabric sizes required at various counts. I provide an estimate of the stitched area, plus a "minimum needed" suggestion that includes a 2-inch (5.1 cm) margin all the way around, to allow for use of a round, snap or flat frame, and for final finishing. (I would consider a 2-inch margin to be the absolute least, and would probably allow for even more).

Aida (all measurements are rounded up)

Count	Stitched area	Minimum Needed
11	18" x 10.3" 45.8 cm x 26.2 cm	22" x 14.3" 55.9 cm x 36.4 cm
14	14.1" x 8.1" 35.9 cm x 20.6 cm	18.1" x 12.1" 46 cm x 30.8 cm
18	11" x 6.3" 28 cm x 16.1 cm	15" x 10.3" 38.1 cm x 26.2 cm
28	7.1" x 4.1" 18.1 cm x 10.5 cm	11.1" x 7.1" 28.2 cm x

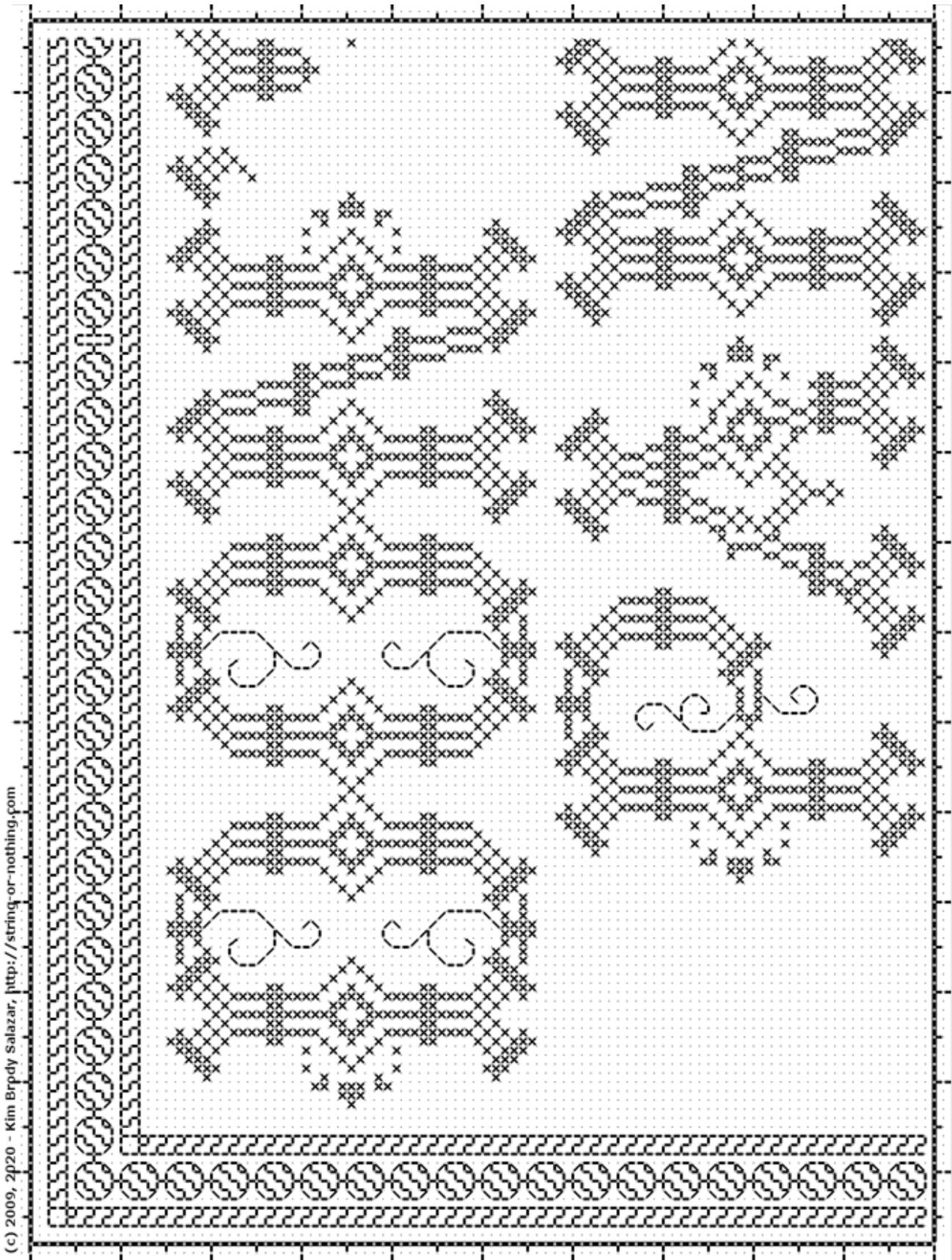
Evenweave (stitched over 2x2 threads; all measurements are rounded up)

Threads per inch	Stitched area	Minimum Needed
25	15.8" x 9.1" 40.2 cm x 23.2 cm	18.8" x 13.1" 47.8 cm x 33.3 cm
28	14.1" x 8.1" 35.9 cm x 20.6 cm	18.1" x 12.1" 46 cm x 30.8 cm
32	12.4" x 7.1" 31.5 cm x 18.1 cm	16.4" x 11.1" 41.7cm x 28.2 cm
36	11" x 6.3" 28 cm x 16.1 cm	15" x 10.3" 38.1 cm x 26.2 cm

Thread

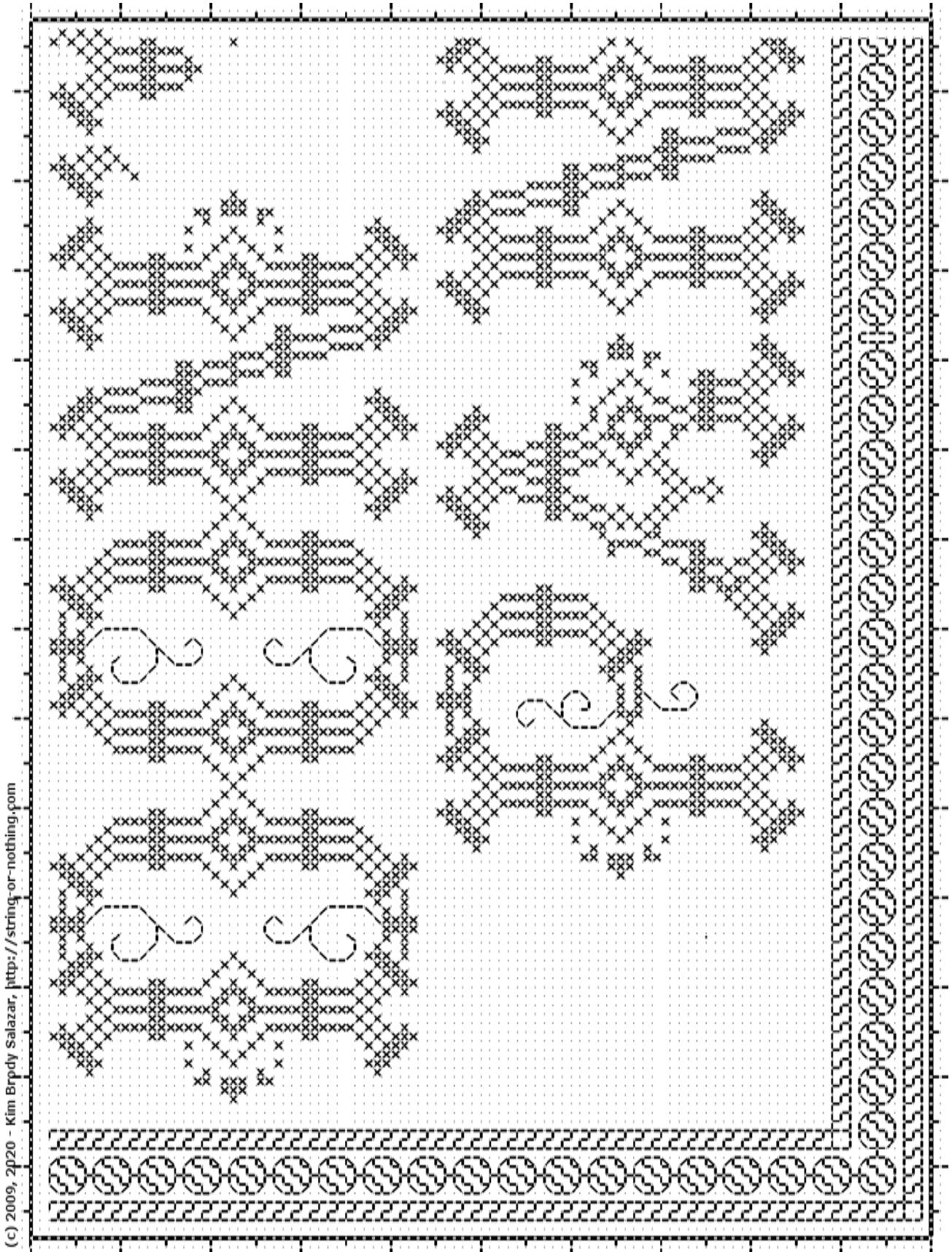
Thread is up to you. I used two strands of DMC standard floss in color #890. I don't think it took more than four skeins, and I was working on 36 count even weave, using double-running stitch and cross stitch.

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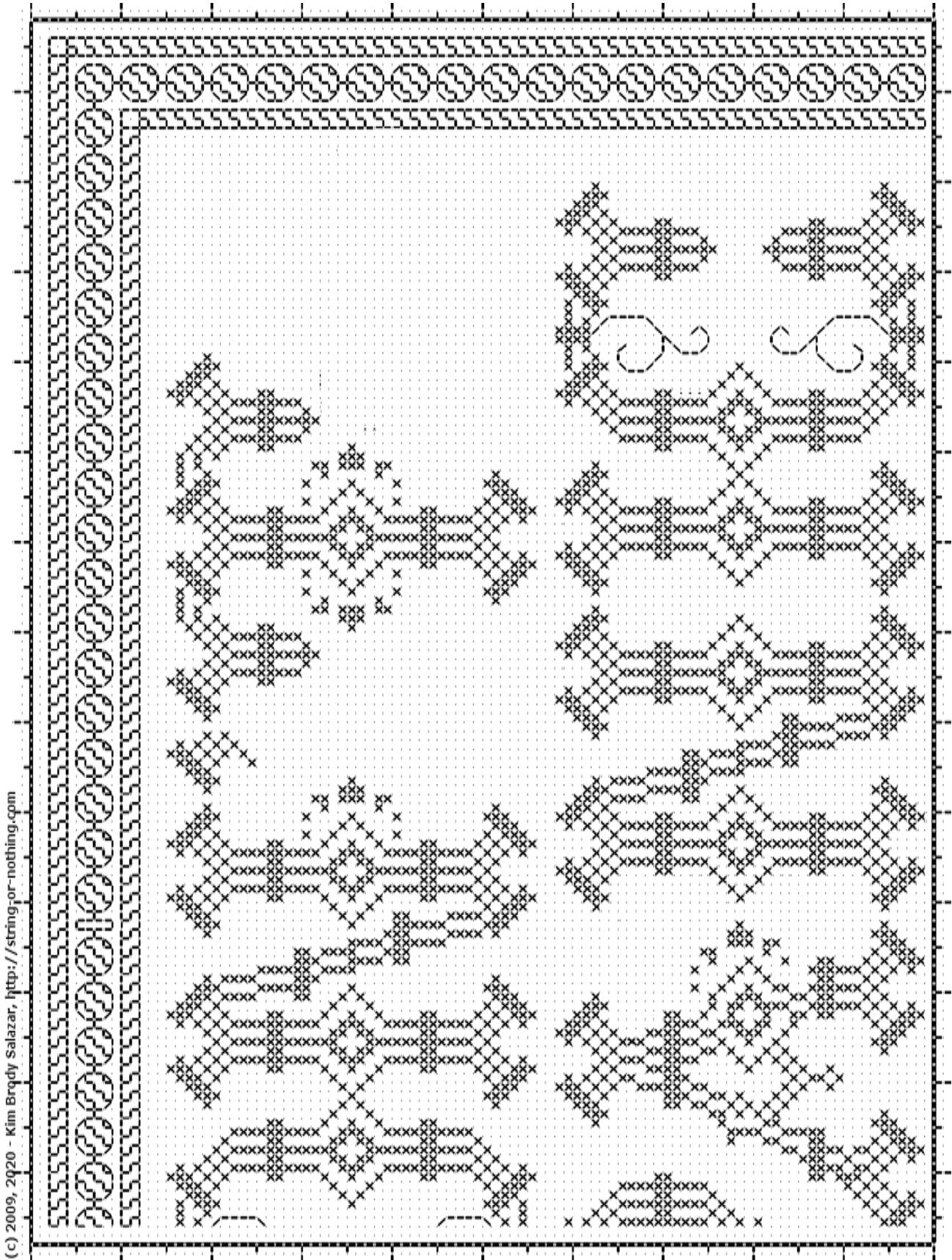
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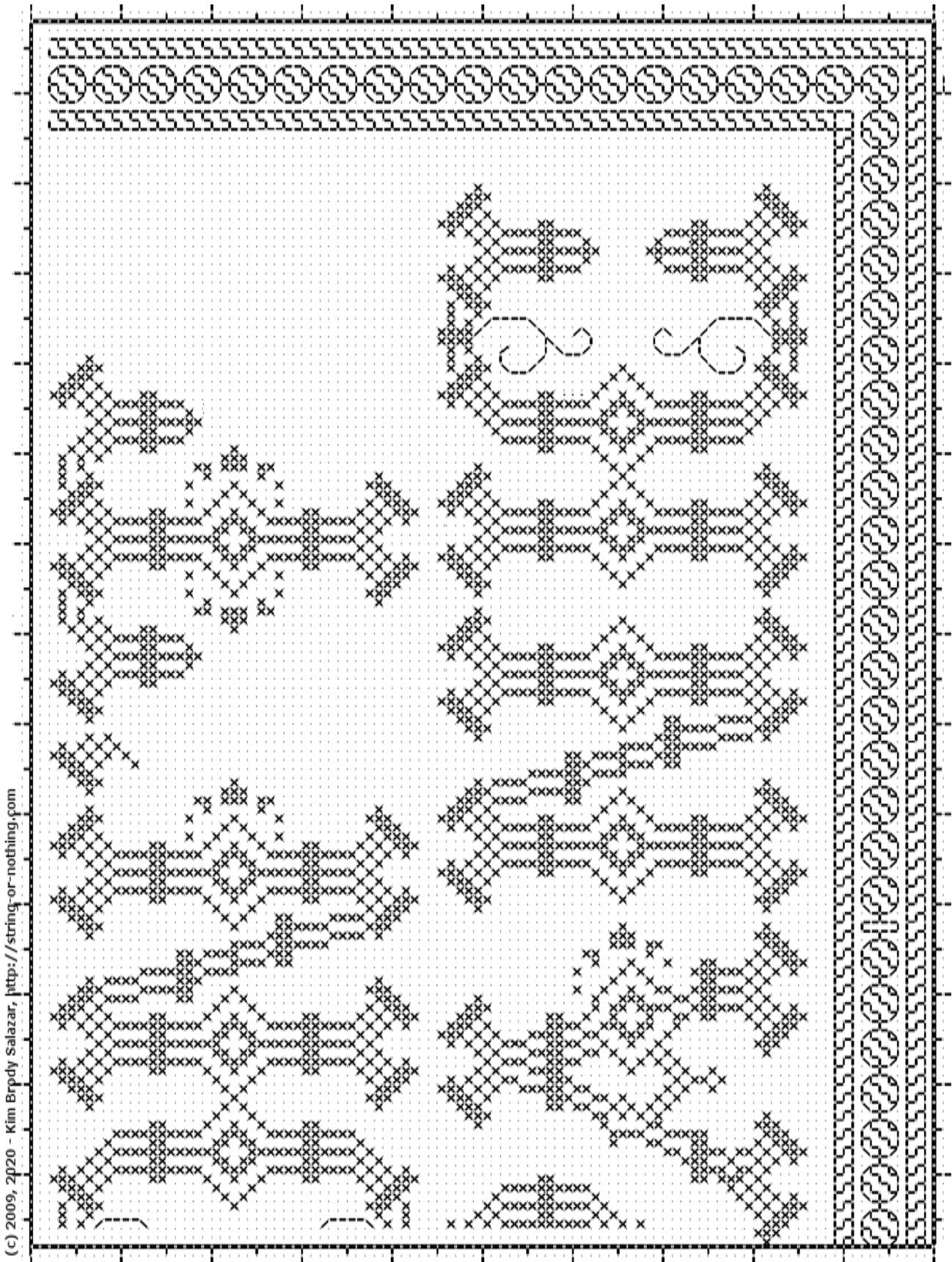
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