Anatomical hand bones with poppy

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.3 × 4.7 in (10.9 × 11.9 cm).



Which color goes where.

Three ways to transfer the pattern

1. **Fabric you can see through**
   Tape page 2 to a sunny window or lay it on a light box, tape the fabric over it and trace the lines with a sharp pencil or a water-soluble pen.
2. **Fabric you cannot see through**
   Lay dressmaker's carbon paper colored side down on the fabric with page 2 on top, tape the layers and trace the lines firmly with a ballpoint pen.
3. **Iron-on**
   Go over the lines of page 3, the mirrored page, with an iron-on transfer pen, lay it ink side down on the fabric and press with a dry iron.

Pages 2 and 3 are the pattern at actual size. Print them at 100% with scaling turned off.

Floss

- **DMC 712 Cream**
  Finger bones, palm bones, forearm bones and wrist bones (lightest)
- **DMC 3790 Ultra Dark Beige Gray**
  Palm bones, finger bones, forearm bones and wrist bones (darkest)
- **DMC 841 Light Beige Brown**
  Bone edges and stamens, palm bones and finger bones (dark) and 3 more parts
- **DMC 822 Light Beige Gray**
  Finger bones, palm bones, wrist bones and forearm bones (middle)
- **DMC 3865 Winter White**
  Palm bones, finger bones, wrist bones and forearm bones (light)
- **DMC 3363 Medium Pine Green** Stem
- **DMC 814 Dark Garnet**
  Petals (darkest), petal edges (darker), marrow
- **DMC 503 Medium Blue Green**
  Leaves and bud (light), seed pod (darker)
- **DMC 502 Blue Green** Leaves and bud (dark)
- **DMC 504 Very Light Blue Green**
  Leaf ribs, leaves and bud (lightest), seed pod (lighter)
- **DMC 501 Dark Blue Green**
  Leaves and bud (darkest), pod rays
- **DMC 498 Dark Red**
  Petals and bud petals (dark), petal edges (lighter)
- **DMC 321 Red** Petals and bud petals (middle)
- **DMC 349 Dark Coral** Petals and bud petals (light)
- **DMC 351 Coral** Petals (lightest)
- **DMC 310 Black** Petal blotches
- **DMC 3822 Light Straw** Anthers

Stitches

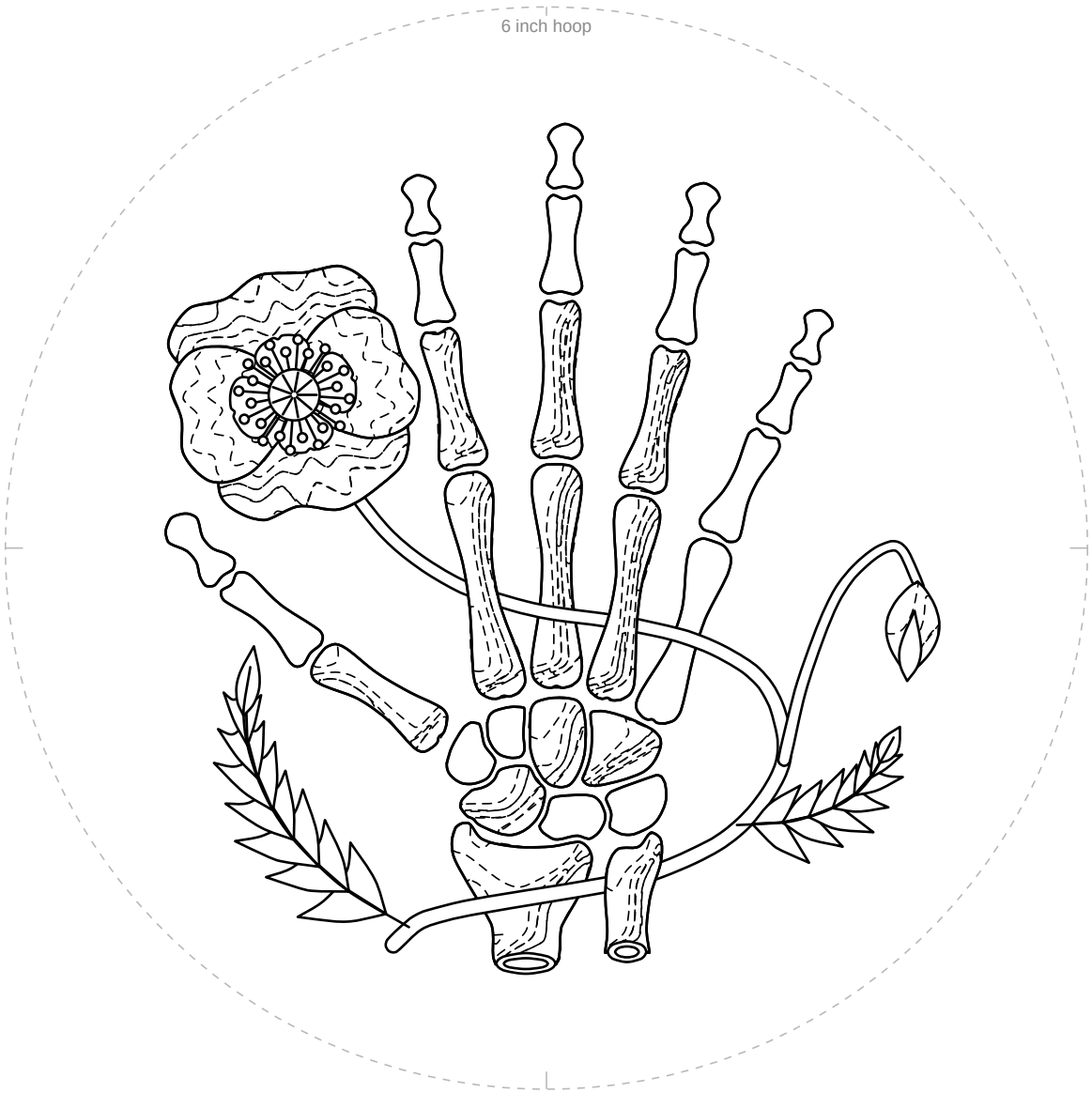
- **Long and short stitch**, 1 strand
  Forearm bones, wrist bones, palm bones, finger bones, leaves, petals, petal blotches, bud, bud petals
- **Split stitch**, 1 strand
  Bone edges, petal edges
- **Satin stitch**, 2 strands
  Stem, cut ends, marrow, seed pod
- **Stem stitch**, 1 strand
  Leaf ribs
- **Straight stitch**, 1 strand
  Stamens, pod rays
- **French knot**, 1 strand, two wraps
  Anthers

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF.

Anatomical hand bones with poppy

6 inch hoop

Print at 100% (actual size). Do not scale or fit to page. Check the square below with a ruler before you trace.



1 in
25.4 mm

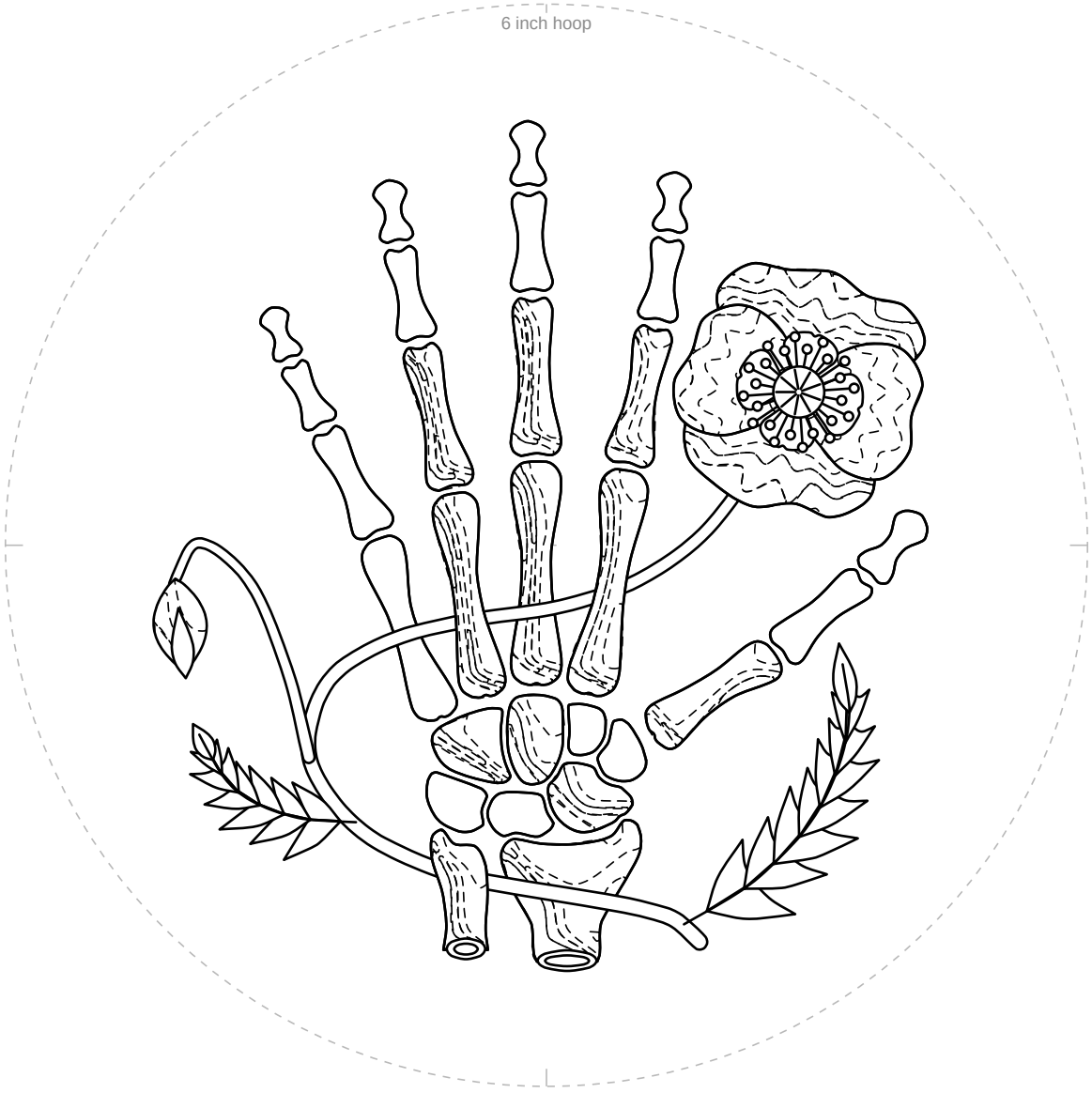
Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF.

Anatomical hand bones with poppy

6 inch hoop

Mirrored. Trace this page with an iron-on transfer pen or pencil, then press it ink side down on the fabric.



1 in
25.4 mm

Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF.