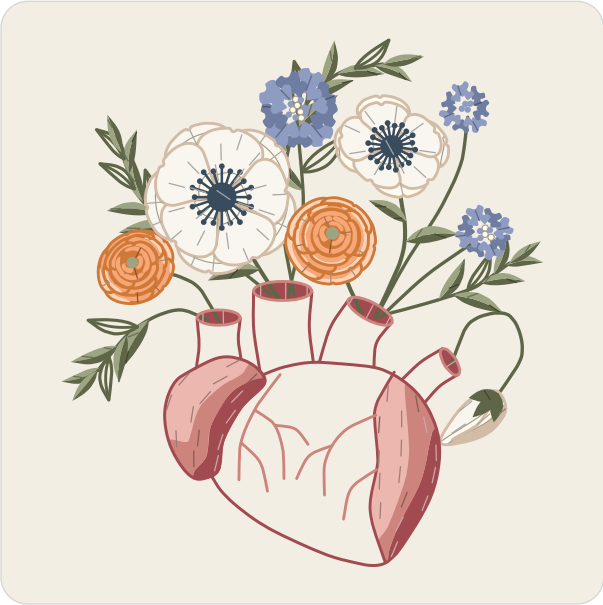
Anatomical heart with flowers

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.2 × 4.6 in (10.7 × 11.7 cm).



Which color goes where.

Stitches

- **Satin stitch**, 2 strands
  Openings, scabious petals, ranunculus hearts, bud leaves
- **Stem stitch**, 1 to 3 strands
  Stems, olive leaves
- **Fishbone stitch**, 2 strands
  Olive leaves
- **Back stitch**, 1 strand
  Olive leaves
- **French knot**, 1 strand, two wraps
  Scabious hearts, stamens
- **Long and short stitch**, 1 to 2 strands
  Ranunculus petals, anemone petals, bud, filled lobes
- **Split stitch**, 1 to 3 strands
  Petal edges, heart outline, heart lines
- **Straight stitch**, 1 strand
  Stamens
- **Padded satin stitch**, 2 strands
  Anemone hearts

Floss

- **DMC 3721 Dark Shell Pink**
  Heart outline (darker), filled lobes (dark), openings
- **DMC 3051 Dark Green Gray**
  Olive leaves (darker), stems and bud leaves
- **DMC 3053 Green Gray**
  Olive leaves (lighter), ranunculus hearts
- **DMC 793 Medium Cornflower Blue**
  Scabious petals (darker)
- **DMC 794 Light Cornflower Blue**
  Scabious petals (lighter), scabious hearts (darker)
- **DMC 712 Cream**
  Anemone petals and bud (light), scabious hearts (lighter)
- **DMC 3776 Light Mahogany**
  Ranunculus petals (dark), petal edges (darker)
- **DMC 402 Very Light Mahogany**
  Ranunculus petals (middle)
- **DMC 3856 Ultra Very Light Mahogany**
  Ranunculus petals (light)
- **DMC 3782 Light Mocha Brown**
  Petal edges (lighter), anemone petals and bud (dark)
- **DMC 3865 Winter White**
  Anemone petals and bud (middle)
- **DMC 3750 Very Dark Antique Blue**
  Stamens and anemone hearts
- **DMC 224 Very Light Shell Pink**
  Filled lobes (light)
- **DMC 223 Light Shell Pink**
  Filled lobes (middle), heart lines, heart outline (lighter)

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.

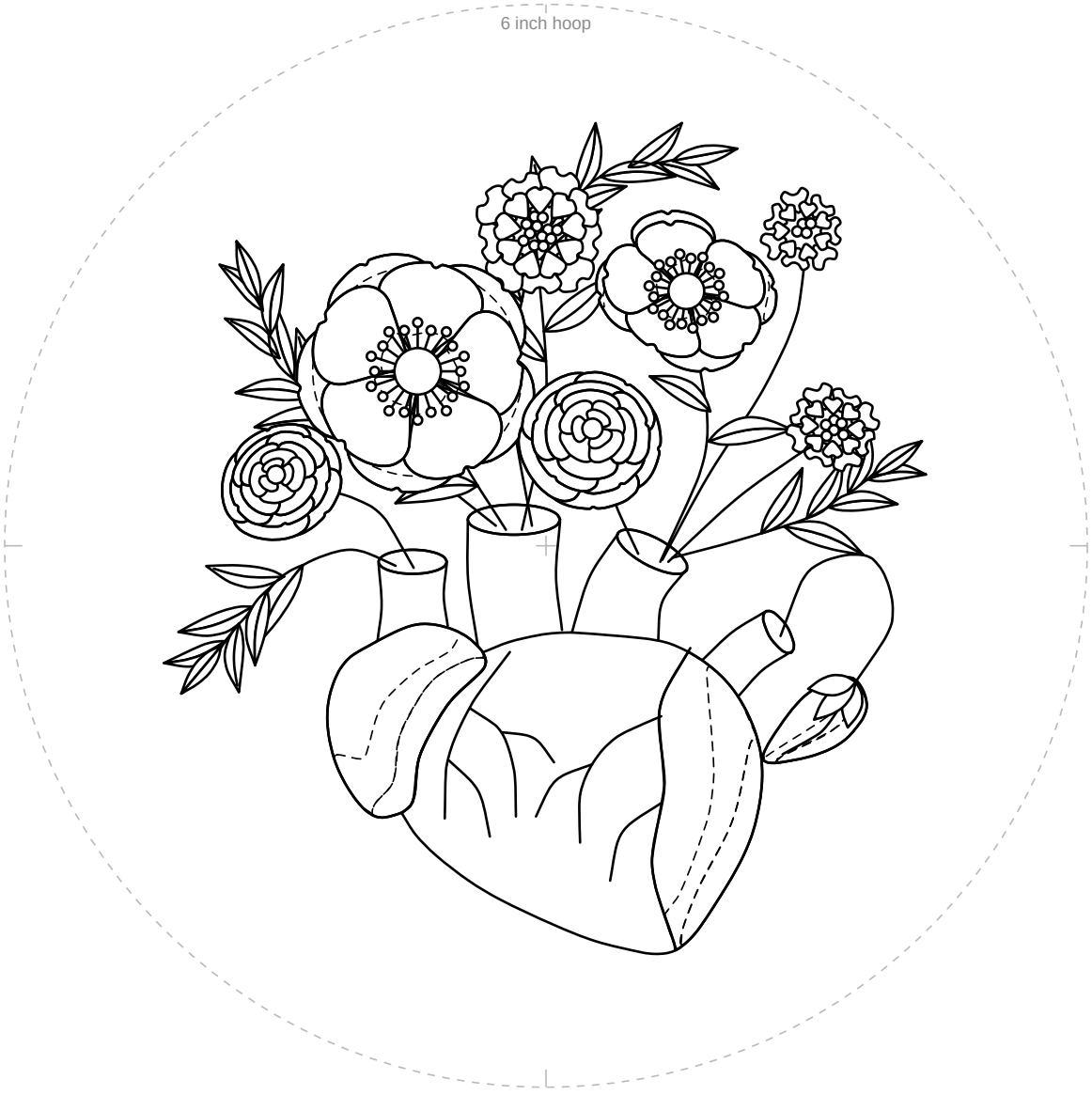
Pages 2 and 3 are the pattern at actual size. Print them at 100% with scaling turned off.

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

Anatomical heart with flowers

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 or copies of it.

Anatomical heart with flowers

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 or copies of it.