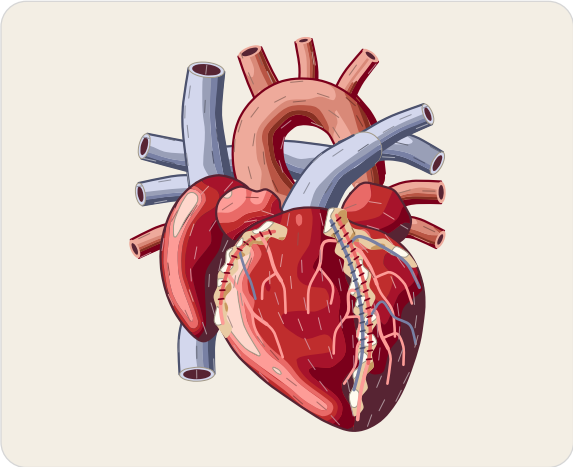
Anatomical heart

Sized for a 6 inch hoop (15 cm). The stitched design is about 3.6 × 4.4 in (9.1 × 11.2 cm).



Which color goes where.

Stitches

- **Long and short stitch**, 1 strand
  Lung arteries, lung veins, lower great vein, aorta, aorta branches, pulmonary trunk, upper great vein, right atrium, left atrium, and 3 more
- **Split stitch**, 1 strand
  Lung arteries edges, lung veins edges, lower great vein edges, aorta edges, aorta branches edges, pulmonary trunk edges, upper great vein edges, edges
- **Satin stitch**, 2 strands
  Lung arteries rims, lung arteries openings, lung veins rims, lung veins openings, lower great vein rims, lower great vein openings, and 4 more
- **Stem stitch**, 2 to 4 strands
  Artery branches, vein branches
- **Couching**, 5 to 6 strands
  Coronary vein, coronary arteries

Floss

- **DMC 3747 Very Light Blue Violet**
  Lung arteries, pulmonary trunk and upper great vein (lightest) and 4 more parts
- **DMC 158 Medium Very Dark Cornflower Blue**
  Lung arteries and pulmonary trunk (darkest), lung arteries edges and 6 more parts
- **DMC 161 Gray Blue**
  Lung arteries, upper great vein and pulmonary trunk (dark) and 3 more parts
- **DMC 160 Medium Gray Blue**
  Lung arteries, upper great vein, pulmonary trunk and lower great vein (light)
- **DMC 154 Very Dark Grape**
  Left ventricle (darkest), right atrium (shade 1 of 7), edges and 7 more parts
- **DMC 758 Very Light Terra Cotta**
  Lung veins, aorta and aorta branches (lightest), aorta branches rims and lung veins rims
- **DMC 814 Dark Garnet**
  Right ventricle and right atrium (shade 2 of 7), left ventricle (dark) and 8 more parts
- **DMC 3777 Very Dark Terra Cotta**
  Aorta, lung veins and aorta branches (dark)
- **DMC 3830 Terra Cotta**
  Aorta, lung veins and aorta branches (middle)
- **DMC 3778 Light Terra Cotta**
  Aorta, aorta branches and lung veins (light)
- **DMC 498 Dark Red**
  Right ventricle and right atrium (shade 3 of 7), left atrium and left ventricle (middle)
- **DMC 347 Very Dark Salmon**
  Right ventricle and right atrium (shade 4 of 7), left ventricle and left atrium (light)
- **DMC 351 Coral**
  Right ventricle and right atrium (shade 5 of 7) and 3 more parts
- **DMC 352 Light Coral**
  Right atrium and right ventricle (shade 6 of 7), artery branches
- **DMC 353 Peach** Right ventricle and right atrium (shade 7 of 7)
- **DMC 738 Very Light Tan** Fat (middle)
- **DMC 436 Tan** Fat (dark)
- **DMC 712 Cream** Fat (light)

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.

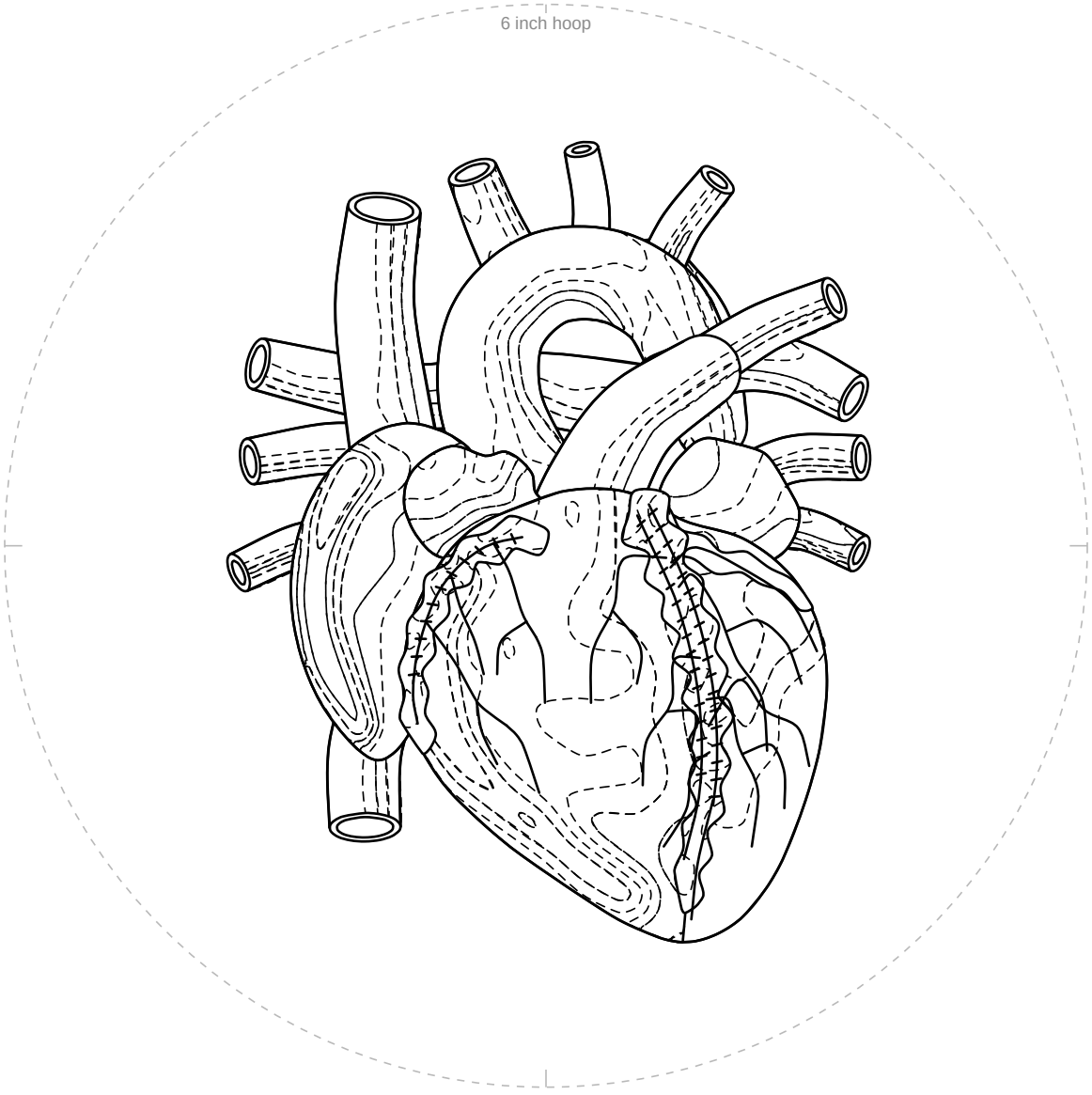
Pages 2 and 3 are the pattern at actual size. Print them at 100% with scaling turned off.

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

Anatomical heart

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.

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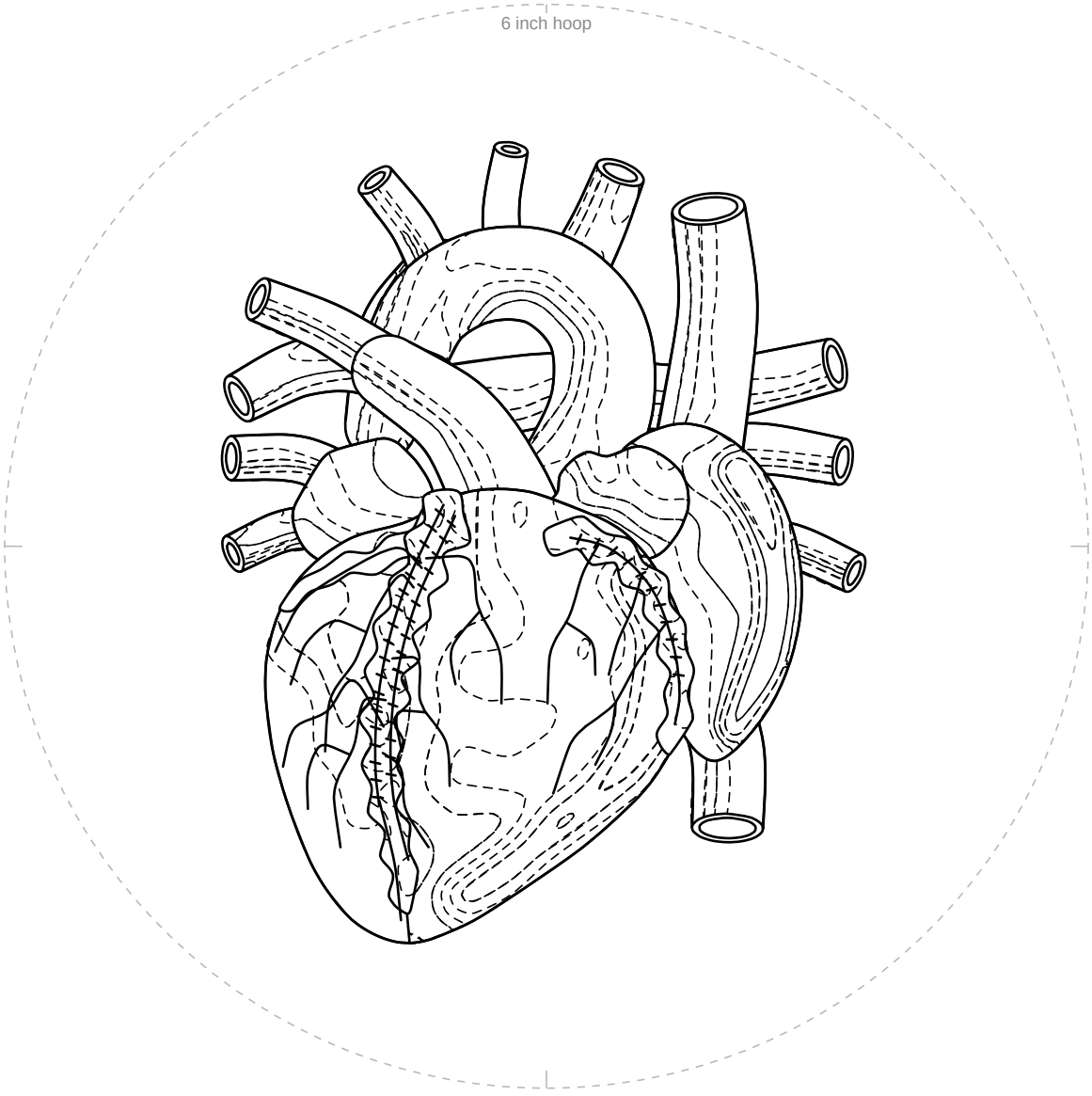
Anatomical heart

6 inch hoop

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



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