Aster vine heart

6 inch (15 cm) hoop, 4.1 × 4.3 in (10.4 × 10.9 cm)



Colors by number: page 2.

What you need

A 6 inch (15 cm) hoop.

A 9 inch (23 cm) square of white or light cotton or linen.

An embroidery needle, size 7.

5 colors of floss (page 2): one skein of each color (an estimate from the drawing's lines and shapes).

A water-soluble pen, and small scissors.

Onto the fabric

Fabric you can see through: page 3 taped to a sunny window, the fabric over it; trace.

Other fabric: dressmaker's carbon paper, colored side down, page 3 on top; trace with a ballpoint.

Iron-on pen: go over page 4, the mirrored page, and press it ink side down as the pen's packet says. The lines stay.

Then hoop it, inner ring under, tight as a drum.

How to read it

Floss has six strands: cut 18 inches (45 cm), pull out the number named one at a time, and lay them together.

Start a filling with tiny stitches, a line with a small knot; end under stitches on the back.

Every stitch in pictures: flossfield.com/embroidery/stitches.

New to this: flossfield.com/embroidery/guides/how-to-start.

Stitch in this order

Where a stitch page says otherwise, follow this list.

1. **Satin stitch**, 2 strands
   Leaves (each half slanted to the center vein, in its own color), purple rays of the aster, lilac rays of the aster, aster center



Stitch in this order, continued

2. **Stem stitch**
   2 or 3 strands, color 1
   Branches

3. **French knot**
   2 strands, two wraps, color 5
   Aster center knot



Take out lines that still show, press face down, finish the hoop or sew a pillow.

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A number is a color of the list.



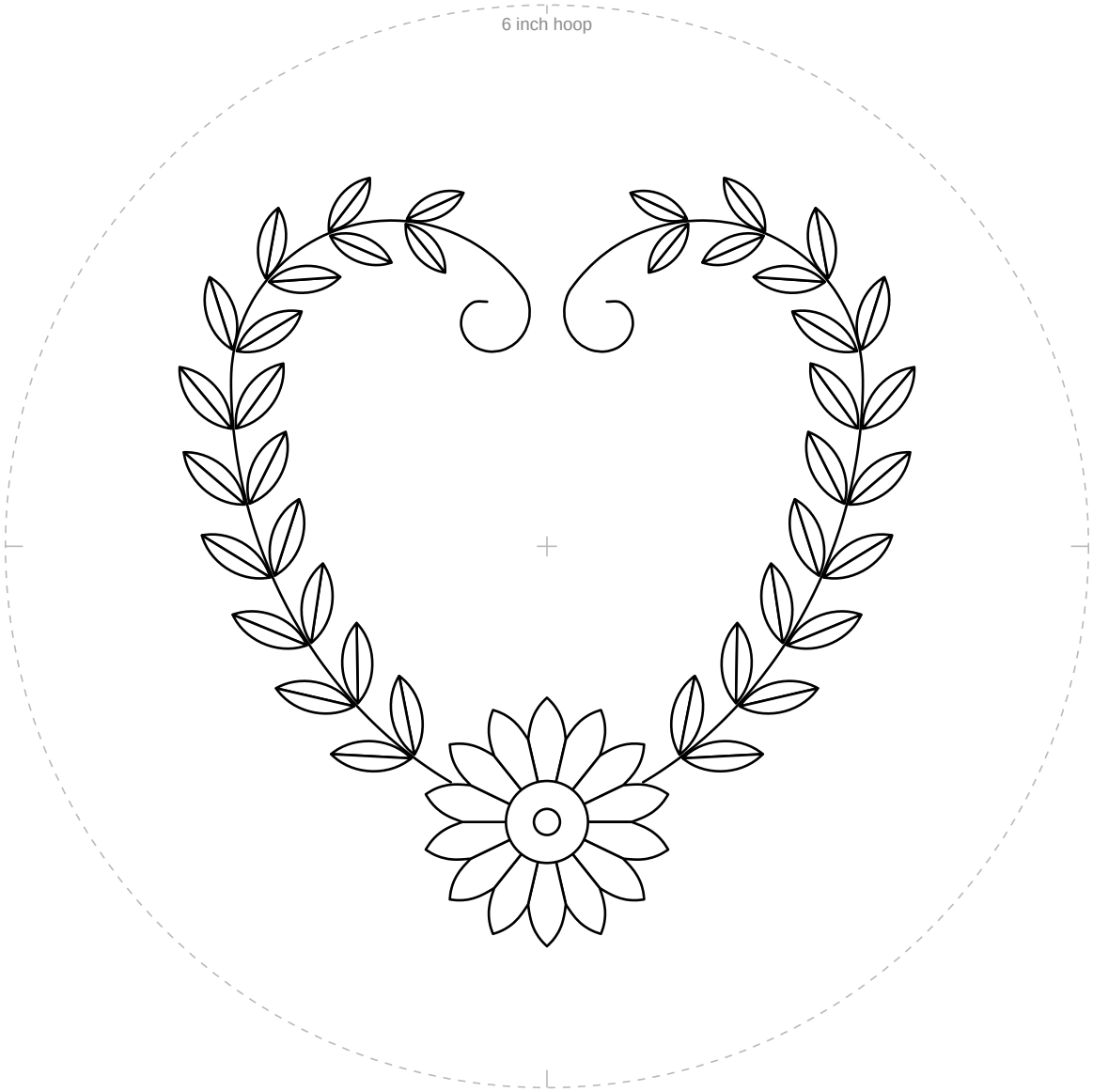
1 DMC 986 Very Dark Forest Green
2 DMC 320 Medium Pistachio Green
3 DMC 208 Very Dark Lavender
4 DMC 210 Medium Lavender
5 DMC 3852 Very Dark Straw

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6 inch hoop

Print at 100% and measure the square. Trace the black lines only. The gray ring is the hoop: fold the fabric in four and lay the folds on its ticks.
On the drawing a ring is one French knot: mark a dot.



1 in
25.4 mm

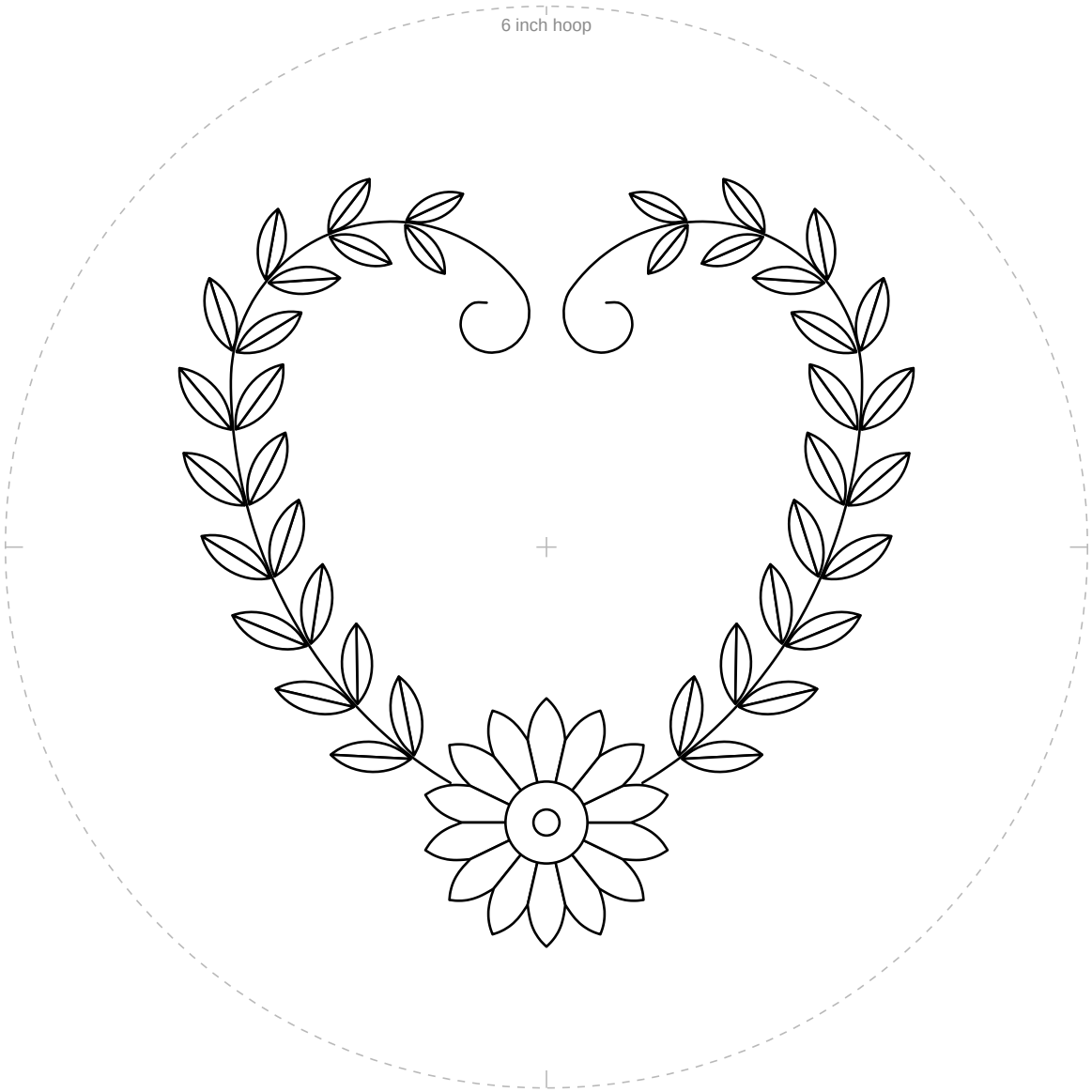
Not 1 inch (25.4 mm)? Print again at 100%.

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6 inch hoop

For an iron-on pen only. Go over the lines, press ink side down.



1 in
25.4 mm

Not 1 inch (25.4 mm)? Print again at 100%.

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