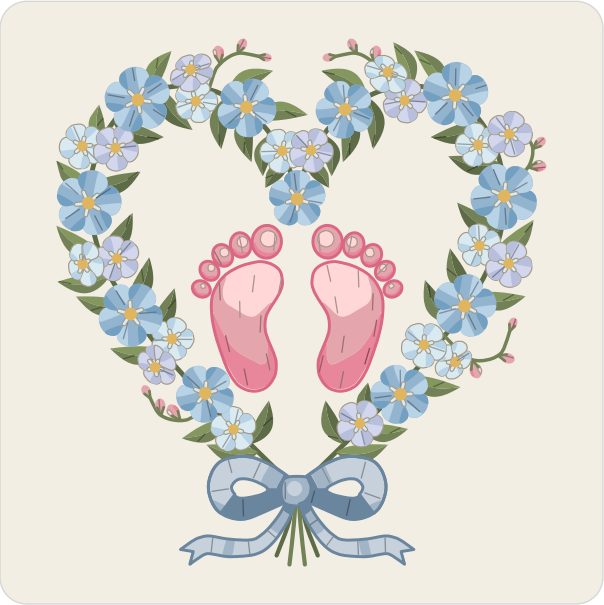
Baby footprints in a forget-me-not heart

6 inch (15 cm) hoop, 4.2 × 4.5 in (10.7 × 11.4 cm)



Colors by number: page 2.

Stitch in this order

Where a stitch page says otherwise, follow this list.

1. **Stem stitch**, colors 1, 3
   4 strands: heart vine
   2 strands: bud stalks
   3 strands: cut stems
2. **Fishbone stitch**, 2 strands, colors 1, 2, 3
   Leaves
3. **Satin stitch**
   2 strands, colors 4, 5, 6, 7, 8, 10, 11, 12, 13, 14, 15, 16
   Buds, forget-me-not petals, bow tails, bow loop insides, bow loops, bow knot, toes
4. **Long and short stitch**, 1 strand, colors 4, 5, 6
   Footprints
5. **Straight stitch**, colors 3, 7
   3 strands: bud cups
   2 strands: forget-me-not stars
6. **Split stitch**, 1 strand, colors 15, 17
   Bow outline, footprint outline
7. **French knot**, 2 strands, two wraps, color 9
   Forget-me-not centers

Take out lines that still show, press face down, finish the hoop.

What you need

A 6 inch (15 cm) hoop.

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

Embroidery needles, size 9, and size 5 for 4 strands.

17 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.

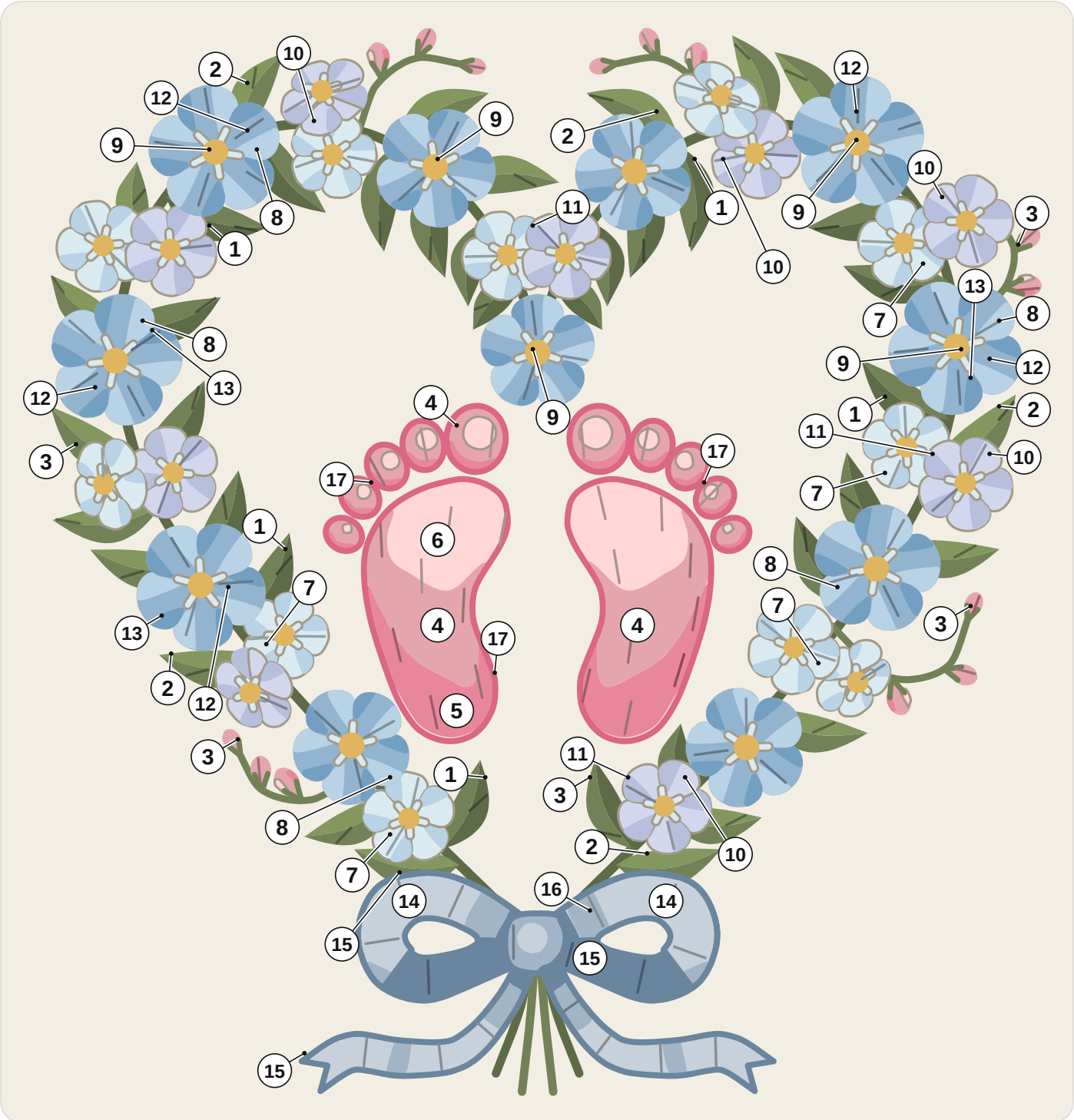
New to this: flossfield.com/embroidery/guides/how-to-start.

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Baby footprints in a forget-me-not heart

6 inch hoop

A number is a color of the list. Fine lines show which way the stitches lie: do not stitch them.



1	DMC 3362 Dark Pine Green	7	DMC 775 Very Light Baby Blue	13	DMC 334 Medium Baby Blue
2	DMC 3364 Pine Green	8	DMC 3325 Light Baby Blue	14	DMC 3752 Very Light Antique Blue
3	DMC 3363 Medium Pine Green	9	DMC 3820 Dark Straw	15	DMC 931 Medium Antique Blue
4	DMC 3354 Light Dusty Rose	10	DMC 3747 Very Light Blue Violet	16	DMC 932 Light Antique Blue
5	DMC 3733 Dusty Rose	11	DMC 341 Light Blue Violet	17	DMC 3731 Very Dark Dusty Rose
6	DMC 963 Ultra Very Light Dusty Rose	12	DMC 3755 Baby Blue		

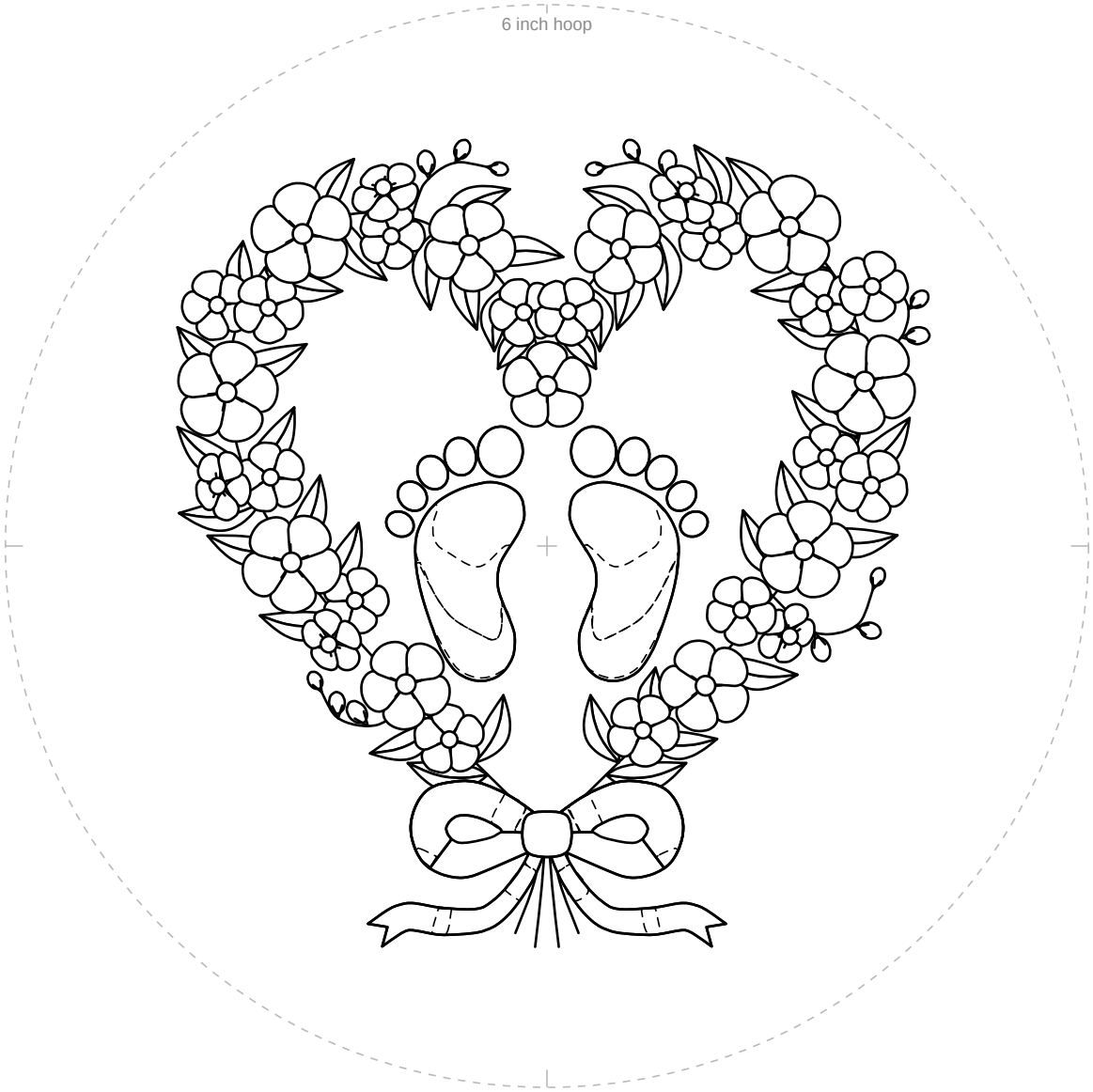
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Baby footprints in a forget-me-not heart

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; a broken line inside a shape is where two shades meet: trace it, do not stitch it.



1 in
25.4 mm

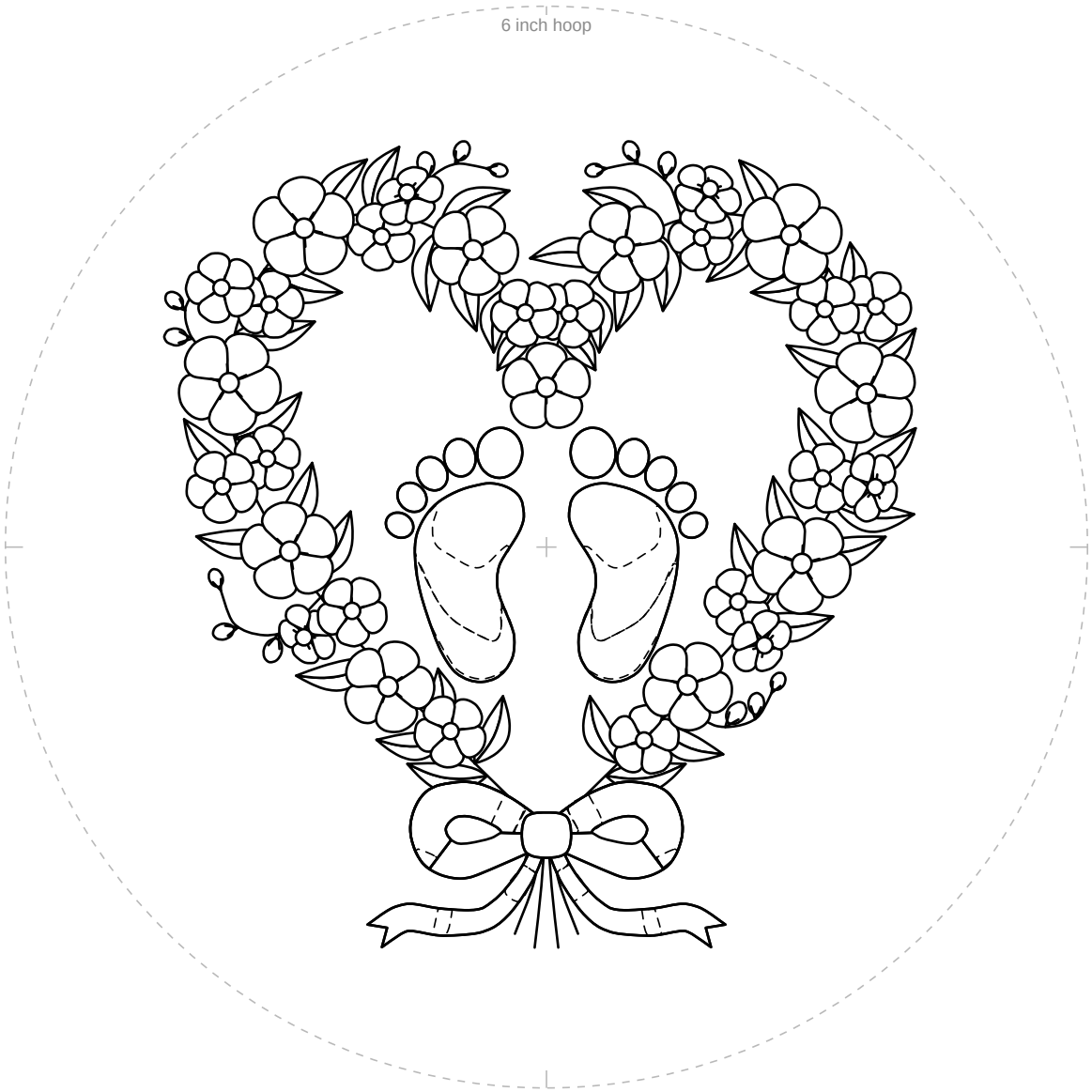
Not 1 inch (25.4 mm)? Print again at 100%.

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Baby footprints in a forget-me-not heart

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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