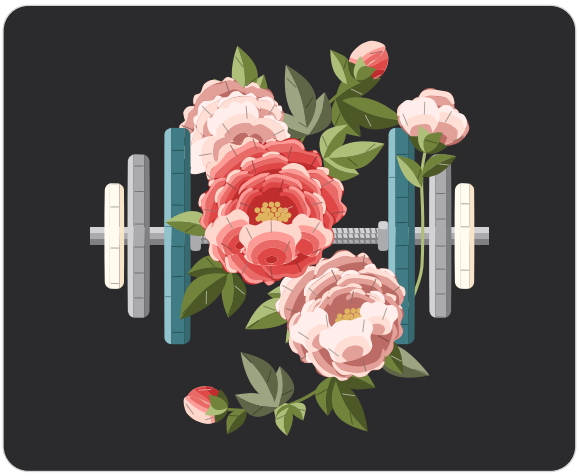
Barbell with peonies

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



Which color goes where: by number on page 2.
Fabric: charcoal cotton or linen.

Stitch in this order

Filled parts from the back of the picture forward, then lines and knots.

1. **Fishbone stitch**, 2 strands
   Leaves
2. **Long and short stitch**, 1 strand
   Coral buds, blush petals, opening bud, coral petals
3. **Satin stitch**, 2 strands
   Sepals, bar, bar ends, cream plates, steel plates, teal plates, bar collars
4. **Stem stitch**, 3 strands
   Stems
5. **Couching**, 4 strands
   Bar grip
6. **French knot**, 1 to 2 strands, two wraps
   Flower hearts

Floss

- **1 DMC 469 Avocado Green**
  Leaves and sepals (middle), stems (darker)
- **2 DMC 936 Very Dark Avocado Green**
  Leaves (darkest), sepals (dark)
- **3 DMC 3053 Green Gray** Leaves (light)
- **4 DMC 3051 Dark Green Gray** Leaves (dark)
- **5 DMC 471 Very Light Avocado Green**
  Leaves (lightest), sepals (light), stems (lighter)
- **6 DMC 352 Light Coral** Coral petals and coral buds (light)
- **7 DMC 347 Very Dark Salmon**
  Coral petals and coral buds (darkest)
- **8 DMC 350 Medium Coral**
  Coral petals and coral buds (dark)
- **9 DMC 351 Coral** Coral petals and coral buds (middle)
- **10 DMC 353 Peach** Coral petals and coral buds (lightest)
- **11 DMC 3722 Medium Shell Pink**
  Blush petals and opening bud (darkest)
- **12 DMC 152 Medium Light Shell Pink**
  Blush petals and opening bud (dark)
- **13 DMC 225 Ultra Very Light Shell Pink**
  Blush petals and opening bud (light)
- **14 DMC 819 Light Baby Pink**
  Blush petals and opening bud (lightest)
- **15 DMC 415 Pearl Gray**
  Steel plates, bar ends, bar grip and bar (light), bar collars (lighter)
- **16 DMC 318 Light Steel Gray**
  Steel plates, bar ends, bar and bar grip (middle), bar collars (darker)
- **17 DMC 414 Dark Steel Gray**
  Steel plates, bar ends, bar grip and bar (dark)
- **18 DMC 712 Cream** Cream plates (lighter)
- **19 DMC 739 Ultra Very Light Tan** Cream plates (darker)
- **20 DMC 598 Light Turquoise** Teal plates (light)
- **21 DMC 3809 Very Dark Turquoise** Teal plates (middle)
- **22 DMC 3808 Ultra Very Dark Turquoise**
  Teal plates (dark)
- **23 DMC 3820 Dark Straw** Flower hearts

Three ways onto dark fabric

1. **Light shines through it**
   Lay page 3 on a bright light box, tape the fabric over it and trace the lines with a white marking pencil or pen.
2. **No light shines through**
   Print page 3 on a sticky wash-away sheet, smooth it onto fabric that can be washed, stitch through both and rinse it away.
3. **White or yellow carbon paper**
   Lay it colored side down on the fabric with page 3 on top, tape the layers and trace firmly with a ballpoint pen. Go over a faint line with a white pencil.

Page 3 is the pattern at actual size (page 4 is its mirror, for an iron-on pen on a light fabric). Print it at 100% with scaling turned off. Then put the fabric in the hoop: inner ring under, drawing up, tight as a drum.

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Barbell with peonies

6 inch hoop

How to read it

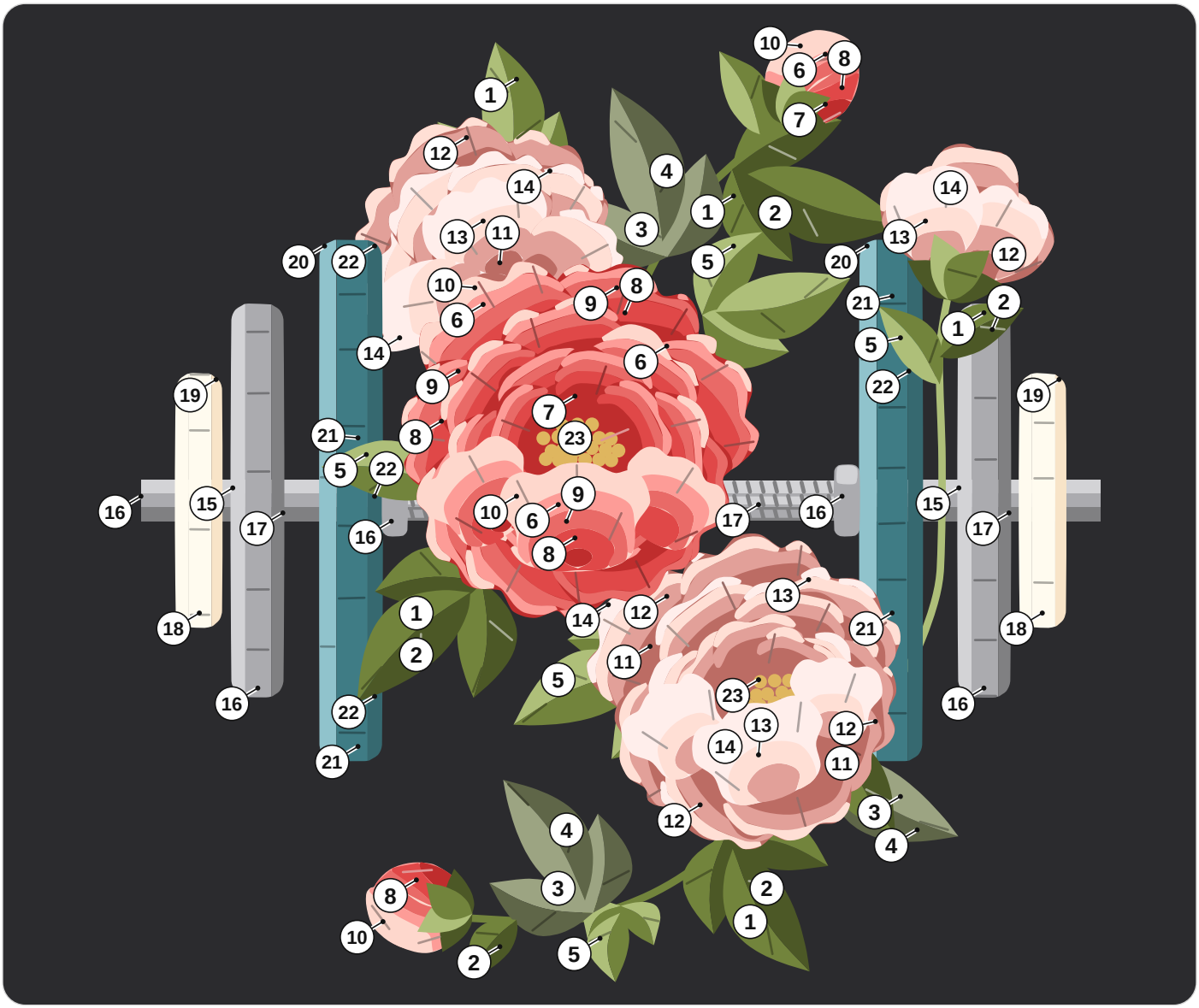
Floss is six strands. Cut 18 inches (45 cm), pull out the number given one at a time, and lay them together.

Inside a filled shape start with two or three tiny stitches, which the filling covers. Start a line with a small knot on the back. End each thread by running the needle under the backs of a few stitches.

Each small ring is one French knot. A fine broken line inside a shape is where two shades meet: trace it, do not stitch it.

A number on the picture is a color of the list of floss on page 1. The fine lines on the colors show which way the stitches lie.

Every stitch in pictures: flossfield.com/embroidery/stitches. The first time: flossfield.com/embroidery/guides/how-to-start.



1	DMC 469 Avocado Green	9	DMC 351 Coral	17	DMC 414 Dark Steel Gray
2	DMC 936 Very Dark Avocado Green	10	DMC 353 Peach	18	DMC 712 Cream
3	DMC 3053 Green Gray	11	DMC 3722 Medium Shell Pink	19	DMC 739 Ultra Very Light Tan
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5	DMC 471 Very Light Avocado Green	13	DMC 225 Ultra Very Light Shell Pink	21	DMC 3809 Very Dark Turquoise
6	DMC 352 Light Coral	14	DMC 819 Light Baby Pink	22	DMC 3808 Ultra Very Dark Turquoise
7	DMC 347 Very Dark Salmon	15	DMC 415 Pearl Gray	23	DMC 3820 Dark Straw
8	DMC 350 Medium Coral	16	DMC 318 Light Steel Gray		

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Barbell with peonies

6 inch hoop

Print at 100% and check the square below with a ruler. Fold the fabric in four: the folds meet the four ticks of the ring.



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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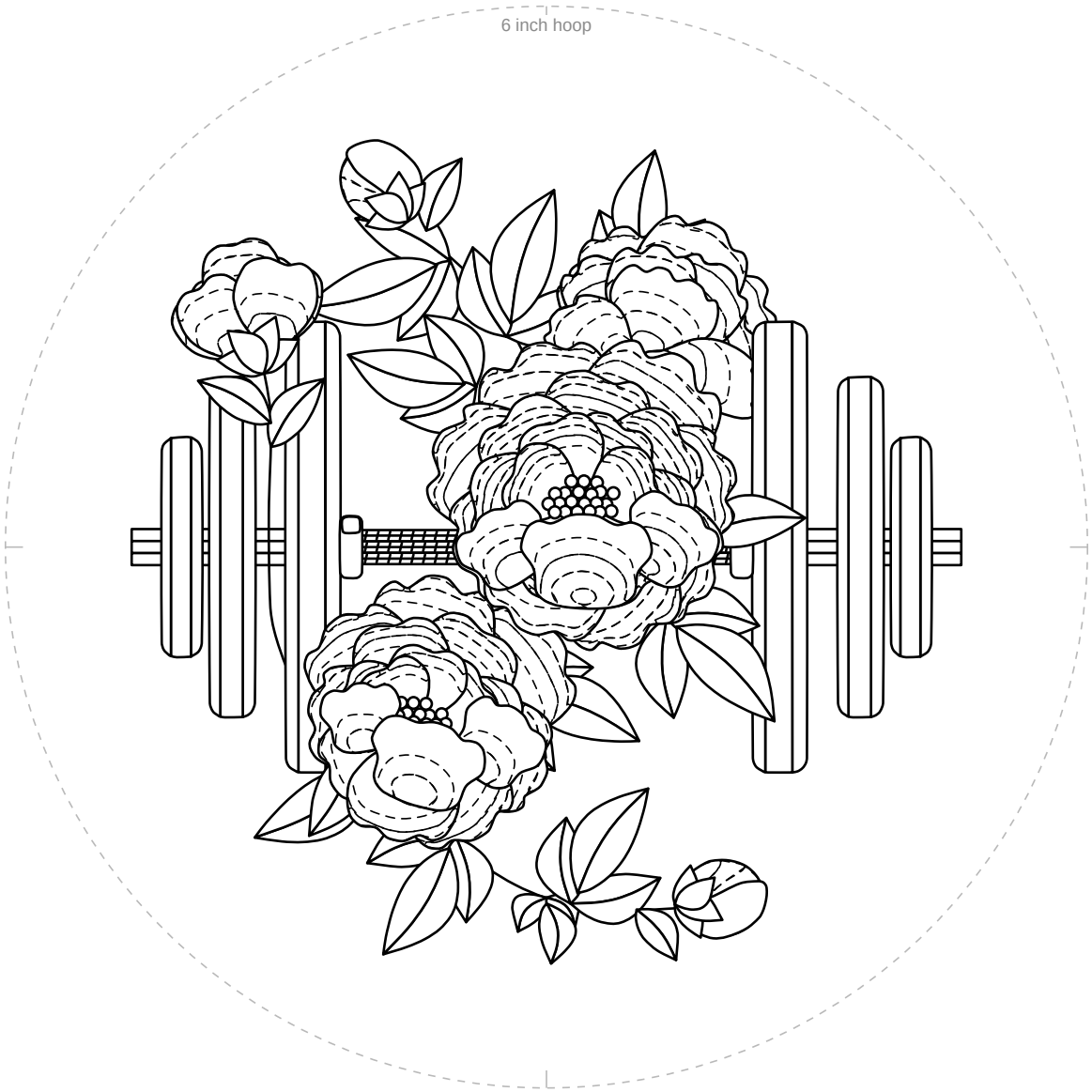
Barbell with peonies

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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