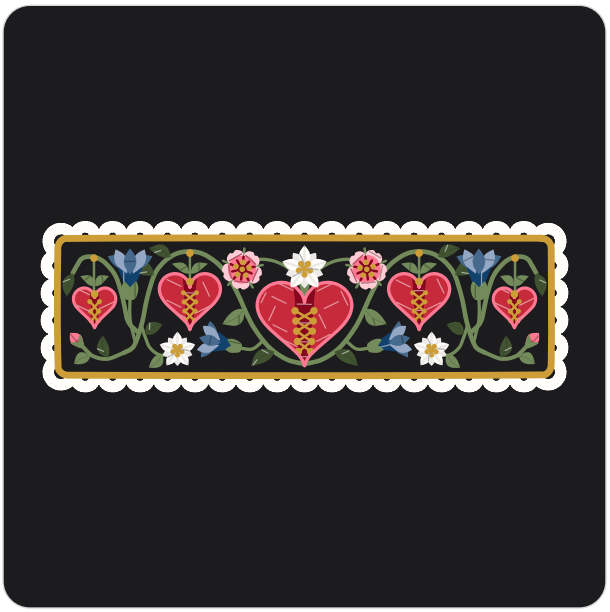
Hearts and flowers folk trim

6 inch (15 cm) hoop, 4.7 × 1.5 in (11.9 × 3.8 cm)



Colors by number: page 2.
Fabric: black cotton or linen.

What you need

A 6 inch (15 cm) hoop.

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

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

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

A white pencil, and small scissors.

Onto the fabric

Fabric that lets light through: page 3 on a bright light, the fabric over it; trace with a white pencil.

Other fabric: print page 3 on a sticky wash-away sheet, stick it on, stitch through it and rinse it away.

Or white or yellow carbon paper, colored side down, page 3 on top; trace with a ballpoint and go over a faint line with a white pencil.

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.

The back is seen: no knots. Start with tiny stitches; end around the backs of four or five stitches.

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. **Straight stitch**, 2 strands
   Small hangers, lines of the cups



2. **Stem stitch**
   4 strands: vine
   2 strands: stems

3. **Fishbone stitch**, 2 strands
   Leaves (colors 3 and 4)



4. **Satin stitch**, 2 strands
   Gentians, cups, edelweiss, alpine roses, bodice panels, leaves (color 3)



5. **Buttonhole stitch**, 2 strands
   Scallops



6. **Chain stitch**, 2 strands
   Rail



7. **Straight stitch**
   1 strand: edelweiss veins, lines of the gold lacing
   2 strands: lines of the alpine rose centers



8. **Stem stitch**, 2 strands
   Heart edge

9. **Padded satin stitch**, 2 strands
   Hearts



10. **French knot**, 1 strand, two wraps
    Edelweiss centers, knots of the alpine rose centers, knots of the gold lacing



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

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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 BLANC White	**5**	DMC 798 Dark Delft Blue	**9**	DMC 3708 Light Melon
2	DMC 3852 Very Dark Straw	**6**	DMC 796 Dark Royal Blue	**10**	DMC 3705 Dark Melon
3	DMC 988 Medium Forest Green	**7**	DMC 809 Delft Blue	**11**	DMC 815 Medium Garnet
4	DMC 986 Very Dark Forest Green	**8**	DMC 3024 Very Light Brown Gray	**12**	DMC 321 Red

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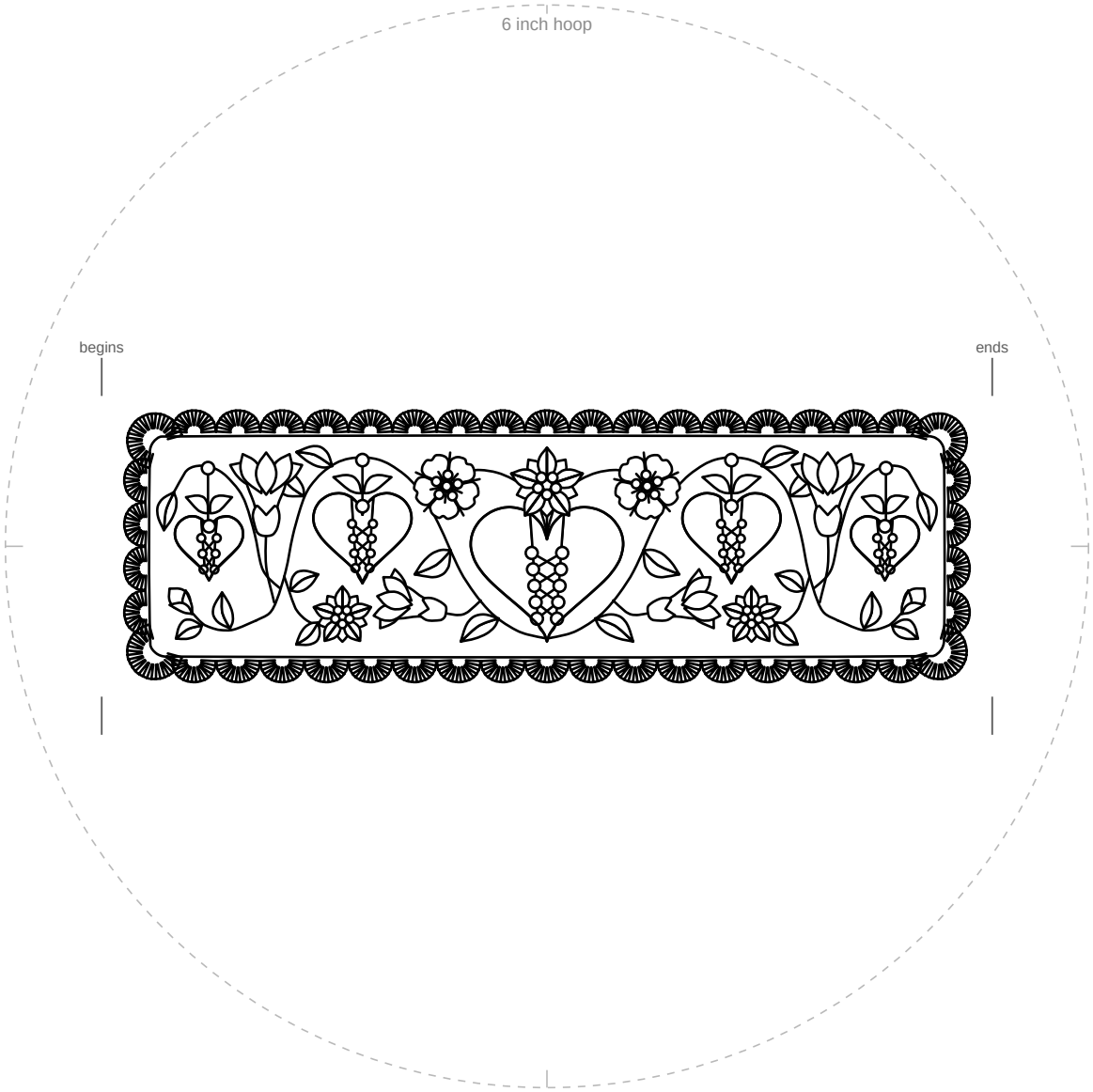
Hearts and flowers folk trim

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

For a longer border, trace it again with the mark “begins” on the mark “ends”.
Not 1 inch (25.4 mm)? Print again at 100%.

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