Be still and know, book and flowers

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.9 × 4.9 in (12.4 × 12.4 cm).



Which color goes where.

Stitches

- **Stem stitch**, 1 to 3 strands
  Fern stems, fennel stem, scabious stems, daisy stems, and 4 more
- **Satin stitch**, 2 strands
  Fern leaves, grass blades, foxglove stem, and 17 more
- **Long and short stitch**, 1 strand
  Foxglove bells, scabious petals, page edges, pages, and 2 more
- **Fishbone stitch**, 2 strands
  Foxglove leaves, fennel bracts, scabious leaves, and 2 more
- **Back stitch**, 1 to 2 strands
  Fennel leaves, fennel rays, flower on the page, feelers
- **Straight stitch**, 1 strand
  Fennel leaves, flower on the page, feelers
- **French knot**, 1 strand, two wraps
  Fennel flowers, scabious hearts, daisy hearts, and 3 more
- **Split stitch**, 1 strand
  Daisy edges, page edges, page outline, wing edges, and 2 more
- **Running stitch**, 1 strand
  Lines of the page
- **Lazy daisy stitch**, 1 strand
  Flower on the page
- **Padded satin stitch**, 2 strands
  Moth body

Floss

- **DMC 3345 Dark Hunter Green**
  Fennel stem and fern stems and 6 more parts
- **DMC 3346 Hunter Green** Fennel rays and 4 more parts
- **DMC 3347 Medium Yellow Green**
  Fern leaves (lighter) and 3 more parts
- **DMC 3053 Green Gray** Foxglove leaves (lighter) and 7 more parts
- **DMC 3052 Medium Green Gray** Foxglove cups and 3 more parts
- **DMC 3051 Dark Green Gray** Foxglove stem and 7 more parts
- **DMC 3836 Light Grape** Foxglove bells (light), foxglove buds (darker)
- **DMC 3834 Dark Grape** Foxglove throats and feelers and 3 more parts
- **DMC 3835 Medium Grape** Foxglove bells (dark) and 2 more parts
- **DMC 153 Very Light Violet** Foxglove bells (lightest)
- **DMC 782 Dark Topaz** Fennel flowers (darker) and 3 more parts
- **DMC 725 Medium Light Topaz** Fennel flowers (lighter) and 2 more parts
- **DMC 3747 Very Light Blue Violet**
  Scabious buds and scabious petals (light)
- **DMC 340 Medium Blue Violet** Scabious petals (dark) and 2 more parts
- **DMC 341 Light Blue Violet** Scabious petals and scabious buds (middle)
- **DMC 3033 Very Light Mocha Brown** Pages (middle) and 5 more parts
- **DMC 3032 Medium Mocha Brown** Daisy edges and 7 more parts
- **DMC 3865 Winter White** Pages, daisy petals and moth body (light)
- **DMC 760 Salmon** Avens petals (light) and 2 more parts
- **DMC 347 Very Dark Salmon** Avens petals (dark) and 2 more parts
- **DMC 3328 Dark Salmon** Avens petals (middle) and 3 more parts
- **DMC 924 Very Dark Gray Green** Cover and cover edge and 1 more part
- **DMC 926 Medium Gray Green**
  Lines of the page, flower on the page (lightest)
- **DMC 154 Very Dark Grape** Words

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.

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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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6 inch hoop

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



1 in
25.4 mm

Check square: 1 inch (25.4 mm) on each side.
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