Believe in yourself

6 inch (15 cm) hoop, 4.9 × 4.9 in (12.4 × 12.4 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 9.

22 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. **Stem stitch**, 1 strand
   Sun ring

2. **Long and short stitch**
   1 strand: sun, far hills, water, monarch wings, caterpillar leaf, bank
   2 strands: monarch wing borders



3. **Fishbone stitch**, 2 strands
   Milkweed leaves, vine leaves



4. **Satin stitch**
   2 strands: glints, monarch body, stems, caterpillar legs, caterpillar, horns, caterpillar head, head stripes, reeds, cattails, frame, vine, letters
   1 strand: caterpillar eyes, milkweed flowers



5. **Split stitch**, 1 strand
   Wing edges, caterpillar edge, edges of the caterpillar eyes

6. **Straight stitch**, 1 strand
   Body bands, edges of the reeds



7. **Stem stitch**
   1 strand: water line, lines of the feelers, lines of the milkweed leaves
   2 strands: leaf veins, lines of the reeds, frame lines

8. **French knot**, two wraps
   1 strand: pearl spots, knots of the feelers, flower centers
   2 strands: knots of the caterpillar eyes



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 744 Pale Yellow	9	DMC 598 Light Turquoise	17	DMC 469 Avocado Green
2	DMC 742 Light Tangerine	10	DMC 3811 Very Light Turquoise	18	DMC 3012 Medium Khaki Green
3	DMC 745 Light Pale Yellow	11	DMC 3371 Black Brown	19	DMC 3013 Light Khaki Green
4	DMC 729 Medium Old Gold	12	DMC 741 Medium Tangerine	20	DMC 680 Dark Old Gold
5	DMC 3836 Light Grape	13	DMC 970 Light Pumpkin	21	DMC 154 Very Dark Grape
6	DMC 153 Very Light Violet	14	DMC 900 Dark Burnt Orange	22	DMC 3835 Medium Grape
7	DMC 3809 Very Dark Turquoise	15	DMC 3865 Winter White		
8	DMC 597 Turquoise	16	DMC 936 Very Dark Avocado Green		

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Believe in yourself

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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Believe in yourself

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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