Blood vessels of the body, red and blue

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.8 × 4.8 in (12.2 × 12.2 cm).



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

Stitch in this order

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

1. **Long and short stitch**, 1 strand
   Body, heart, hair
2. **Satin stitch**, 2 strands
   Veins, arteries, vena cava, pulmonary vessels, aortic arch, heart, upper chamber, red branch buds, blue branch buds
3. **Split stitch**, strands by part on page 2
   Body edge, face
4. **Stem stitch**, strands by part on page 2
   Arteries, veins, heart lines, ring, red cord, ring, blue cord, red branch, blue branch
5. **Straight stitch**, 2 strands
   Lips

Floss

- **1 DMC 3774 Very Light Desert Sand** Body (light)
- **2 DMC 3779 Very Light Rosewood**
  Body (darkest), face (light)
- **3 DMC 950 Light Desert Sand** Body (dark)
- **4 DMC 948 Very Light Peach**
  Body (lightest), body edge
- **5 DMC 797 Royal Blue** Veins and vena cava
- **6 DMC 498 Dark Red**
  Arteries and aortic arch, heart (dark)
- **7 DMC 321 Red**
  Ring, red cord and red branch, heart (light)
- **8 DMC 815 Medium Garnet**
  Heart lines, heart (darkest)
- **9 DMC 666 Bright Red**
  Red branch buds, heart (lightest)
- **10 DMC 820 Very Dark Royal Blue**
  Pulmonary vessels
- **11 DMC 3834 Dark Grape** Heart, upper chamber
- **12 DMC 301 Medium Mahogany** Hair (lightest)
- **13 DMC 898 Very Dark Coffee Brown**
  Hair (darkest), face (dark)
- **14 DMC 300 Very Dark Mahogany** Hair (dark)
- **15 DMC 400 Dark Mahogany**
  Hair (light), face (middle)
- **16 DMC 3722 Medium Shell Pink** Lips
- **17 DMC 799 Medium Delft Blue**
  Ring, blue cord and blue branch
- **18 DMC 809 Delft Blue** Blue branch buds

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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Blood vessels of the body, red and blue

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.

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 3774 Very Light Desert Sand	**7**	DMC 321 Red	**13**	DMC 898 Very Dark Coffee Brown
2	DMC 3779 Very Light Rosewood	**8**	DMC 815 Medium Garnet	**14**	DMC 300 Very Dark Mahogany
3	DMC 950 Light Desert Sand	**9**	DMC 666 Bright Red	**15**	DMC 400 Dark Mahogany
4	DMC 948 Very Light Peach	**10**	DMC 820 Very Dark Royal Blue	**16**	DMC 3722 Medium Shell Pink
5	DMC 797 Royal Blue	**11**	DMC 3834 Dark Grape	**17**	DMC 799 Medium Delft Blue
6	DMC 498 Dark Red	**12**	DMC 301 Medium Mahogany	**18**	DMC 809 Delft Blue

How many strands

Split stitch. 1 or 2 strands: face; 1 strand: body edge.
Stem stitch. 2 to 5 strands: red branch, blue branch; 3 strands: ring, red cord, ring, blue cord; 1 or 2 strands: arteries, veins; 1 strand: heart lines.

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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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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.
If it measures anything else, print again at 100% with scaling off.

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