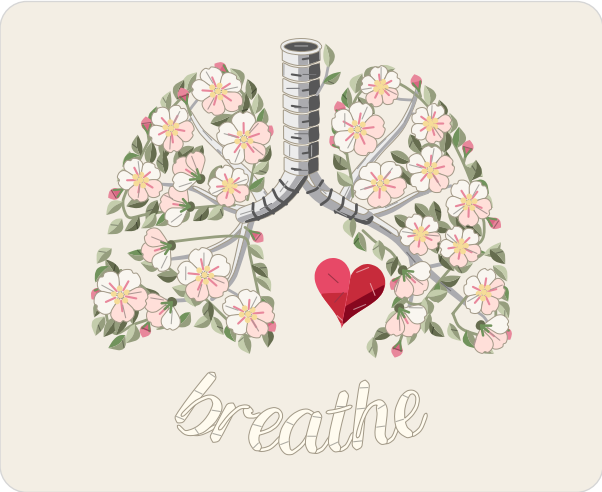
Breathe lungs with flowers and heart

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.5 × 4.4 in (11.4 × 11.2 cm).



Which color goes where.

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.

Floss

- **DMC 318 Light Steel Gray**
  Birch boughs and birch trunk (middle), twigs (lighter)
- **DMC 762 Very Light Pearl Gray**
  Birch boughs and birch trunk (light), trunk rim
- **DMC 413 Dark Pewter Gray**
  Birch trunk and birch boughs (dark), bark marks and trunk top
- **DMC 522 Fern Green**
  Leaves (light), twigs (darker)
- **DMC 520 Dark Fern Green**
  Leaves (darkest), sepals (darker)
- **DMC 524 Very Light Fern Green**
  Leaves (lightest)
- **DMC 3347 Medium Yellow Green**
  Leaves (dark), sepals (lighter)
- **DMC 3733 Dusty Rose**
  Petal throats, buds (lighter)
- **DMC 3731 Very Dark Dusty Rose** Buds (darker)
- **DMC 818 Baby Pink** Blossom petals (darker)
- **DMC 3865 Winter White** Blossom petals (lighter)
- **DMC 3822 Light Straw** Blossom hearts
- **DMC 321 Red** Heart (middle)
- **DMC 815 Medium Garnet** Heart (dark)
- **DMC 3801 Very Dark Melon** Heart (light)
- **DMC 712 Cream** Word

Stitches

- **Stem stitch**, 2 to 4 strands
  Twigs, bark marks
- **Long and short stitch**, 1 strand
  Birch boughs
- **Fishbone stitch**, 2 strands
  Leaves
- **Padded satin stitch**, 2 strands
  Buds, blossom petals, birch trunk, heart
- **Straight stitch**, 2 to 4 strands
  Sepals, petal throats, bark marks
- **Satin stitch**, 2 strands
  Sepals, trunk top, word
- **French knot**, 1 strand, two wraps
  Blossom hearts
- **Back stitch**, 3 strands
  Trunk rim

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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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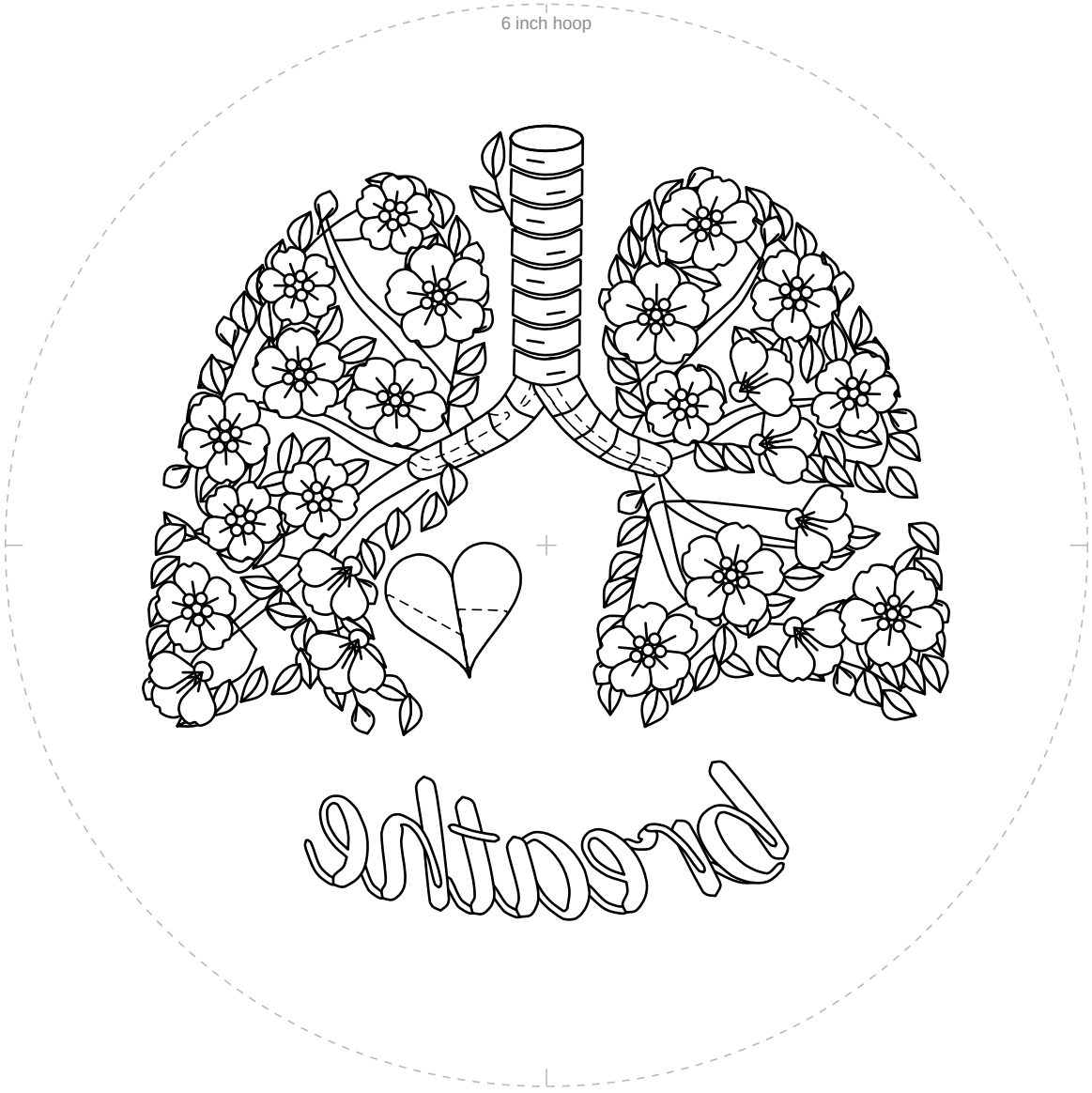
6 inch hoop

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



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