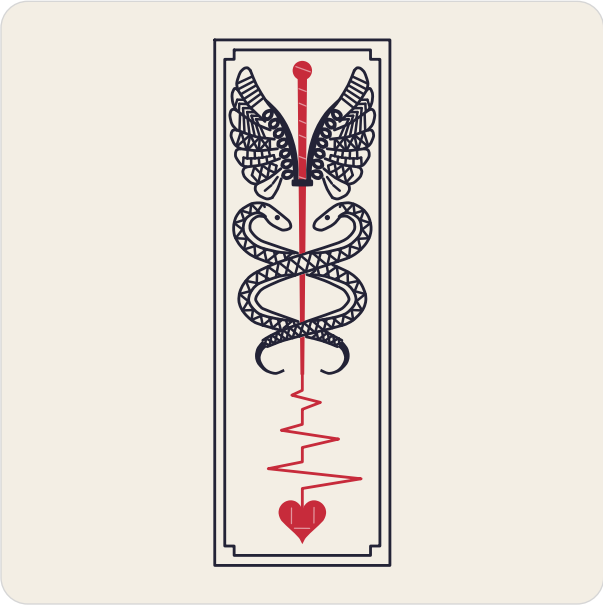
Caduceus and heartbeat bookmark

Sized for a 6 inch hoop (15 cm). The stitched design is about 1.6 × 4.7 in (4.1 × 11.9 cm).



Which color goes where.

Floss

- **DMC 310 Black**
  Outer border, snake backs, inner border, feather patterns and snakes and 7 more parts
- **DMC 321 Red**
  Rod, heartbeat, heart and finial

Stitches

- **Back stitch**, 1 to 3 strands
  Outer border, inner border, snake bellies, snakes, heartbeat, wings
- **Straight stitch**, 1 strand
  Snake backs, feather patterns
- **Satin stitch**, 2 strands
  Tail tips, rod, wing arms, collar
- **French knot**, 1 strand, two wraps
  Snake eyes
- **Padded satin stitch**, 2 strands
  Finial, heart
- **Lazy daisy stitch**, 1 strand
  Small feathers

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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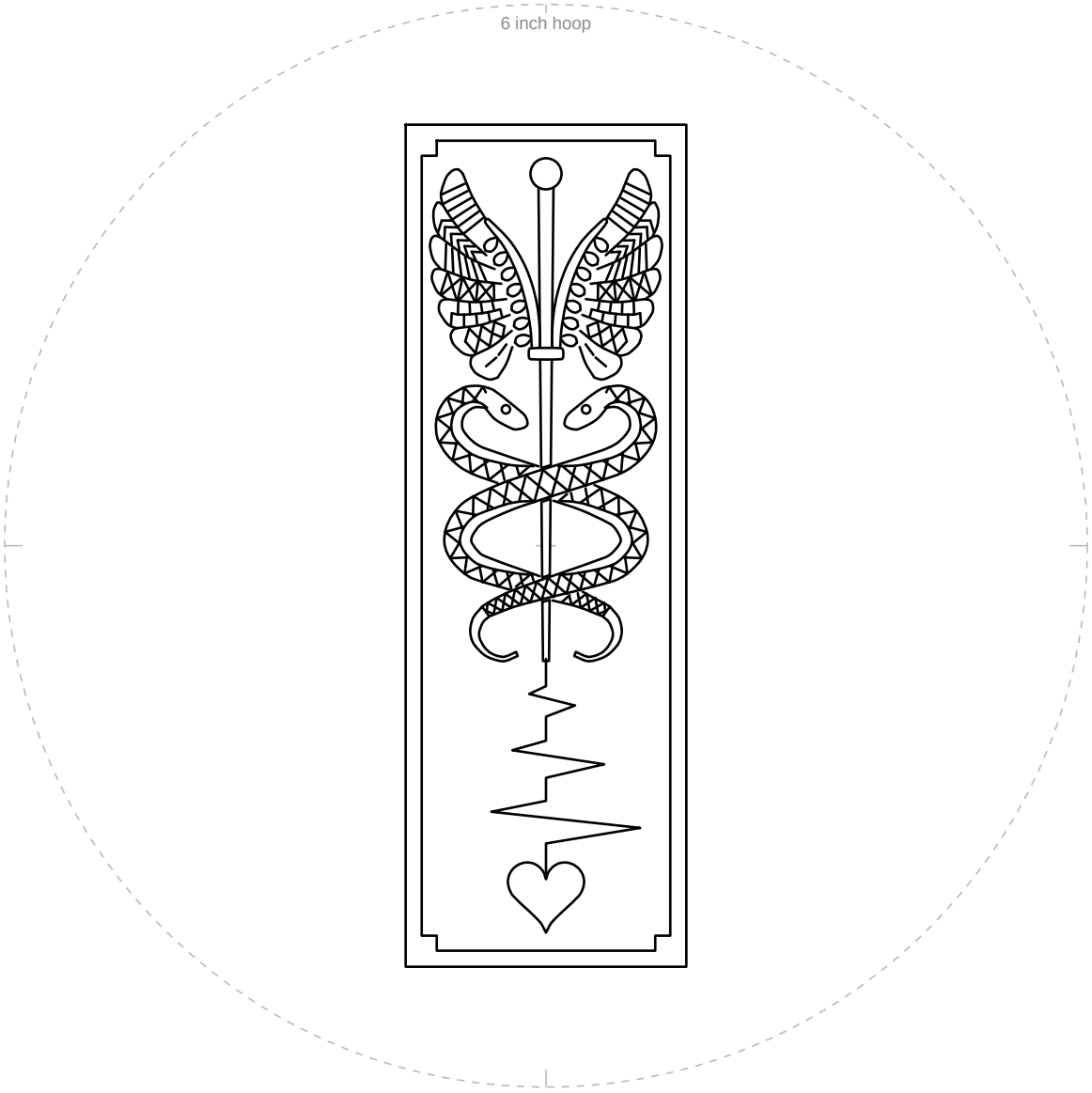
6 inch hoop

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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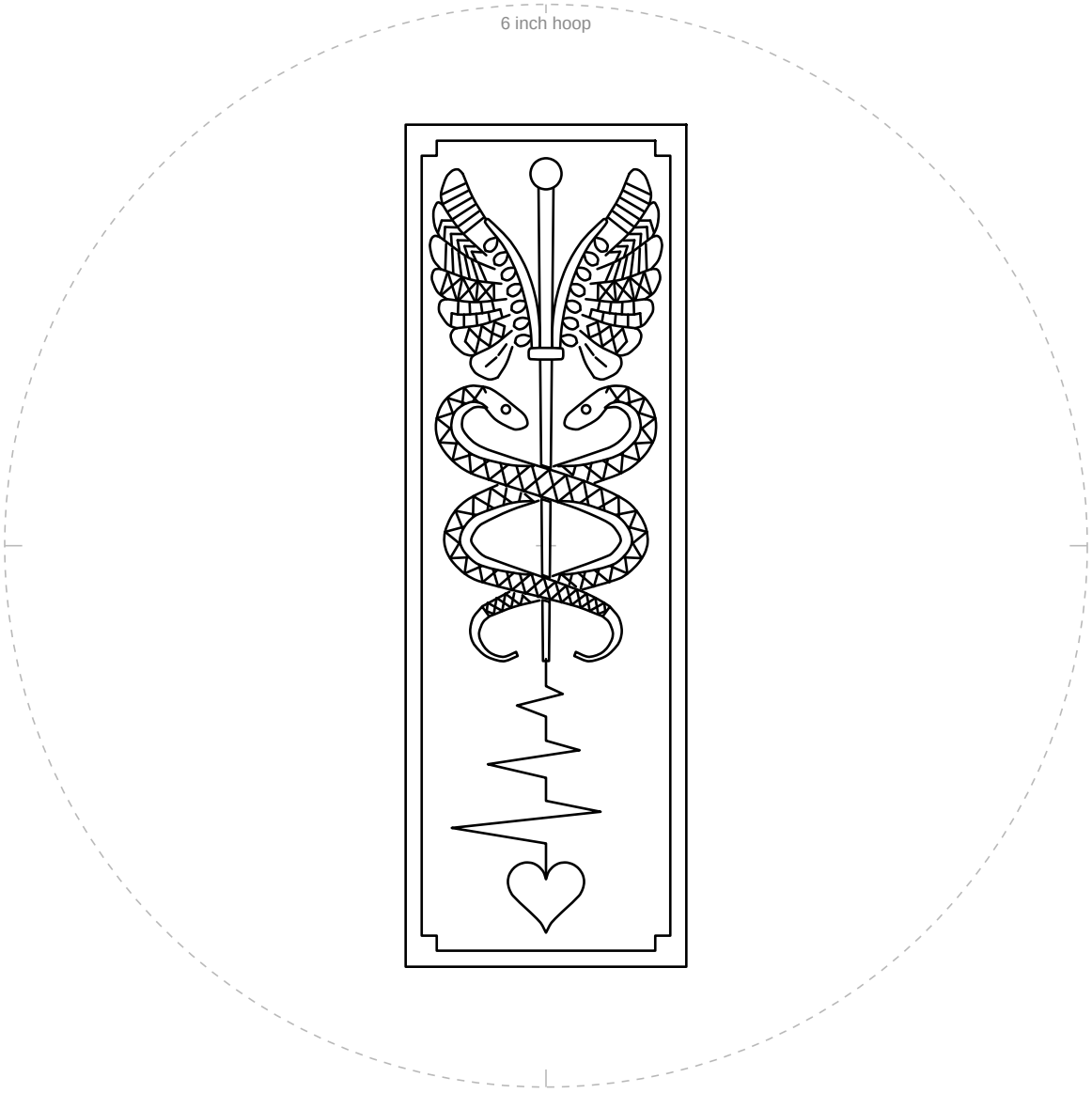
6 inch hoop

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

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