Winged caduceus

6 inch (15 cm) hoop, 4.1 × 5 in (10.4 × 12.7 cm)



Colors by number: page 2.
Fabric: navy cotton or linen.

What you need

A 6 inch (15 cm) hoop.

A 9 inch (23 cm) square of navy cotton or linen.

Embroidery needles, size 9, and size 3 for 4 to 6 strands.

9 colors of floss (page 2): one skein of each color (an estimate from the drawing's lines and shapes).

A white pencil, and small scissors.

Onto the fabric

Fabric that lets light through: page 3 on a bright light, the fabric over it; trace with a white pencil.

Other fabric: print page 3 on a sticky wash-away sheet, stick it on, stitch through it and rinse it away.

Or white or yellow carbon paper, colored side down, page 3 on top; trace with a ballpoint and go over a faint line with a white pencil.

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. **Couching**, 6 strands, colors 3, 4
   Rod



2. **Satin stitch**
   2 strands, colors 5, 6, 7, 8
   Bronze snake, peacock snake, snake heads



3. **Stem stitch**, 1 strand, colors 6, 7
   Mouths

Stitch in this order, continued

4. **Padded satin stitch**
   2 strands, colors 1, 2, 3, 4
   Long feathers, middle feathers, short feathers, wing edge, finial, collar



5. **French knot**
   2 strands, two wraps, color 9
   Eyes



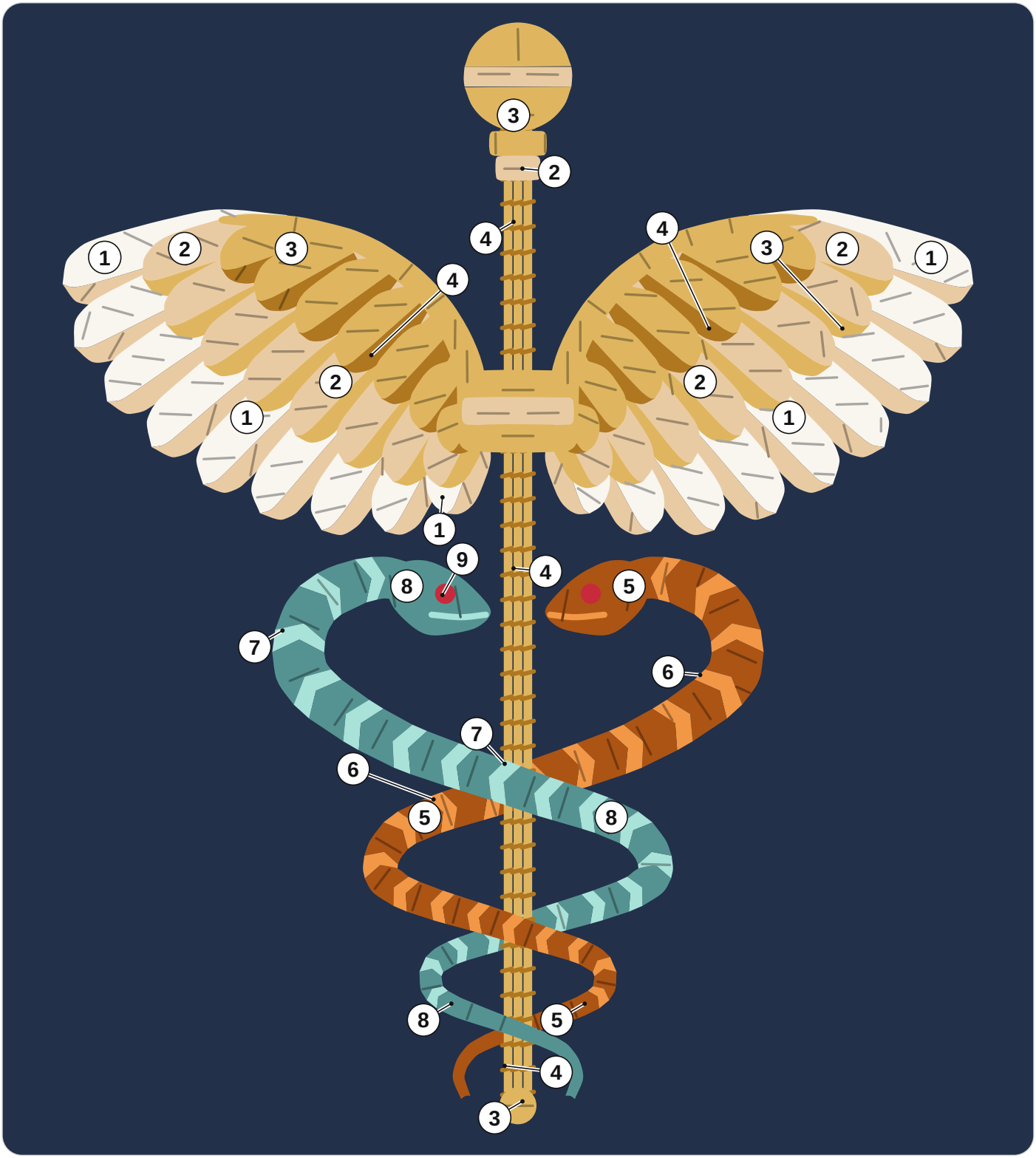
Take out lines that still show, press face down, finish the hoop.

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A number is a color of the list. Fine lines show which way the stitches lie: do not stitch them.



1	DMC 3865 Winter White	**4**	DMC 782 Dark Topaz	**7**	DMC 964 Light Seagreen
2	DMC 738 Very Light Tan	**5**	DMC 920 Medium Copper	**8**	DMC 3848 Medium Teal Green
3	DMC 3820 Dark Straw	**6**	DMC 3853 Dark Autumn Gold	**9**	DMC 321 Red

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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.



1 in
25.4 mm

Not 1 inch (25.4 mm)? Print again at 100%.

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