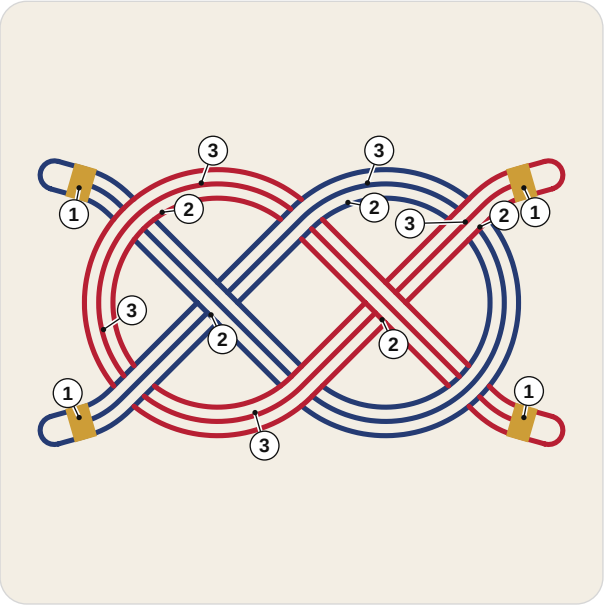
Carrick bend sailor’s knot

6 inch (15 cm) hoop, 4.3 × 2.4 in (10.9 × 6.1 cm)



A number is a row of the list.

Floss

- **DMC 336 Navy Blue**
  Left rope and navy middle line of the rope
- **DMC 304 Medium Red**
  Red middle line of the rope and right rope
- **DMC 3852 Very Dark Straw**
  Whippings on the rope ends

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 7.

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 2 taped to a sunny window, the fabric over it; trace.

Other fabric: dressmaker’s carbon paper, colored side down, page 2 on top; trace with a ballpoint.

Iron-on pen: go over page 3, 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. **Satin stitch**, 2 strands
   Whippings on the rope ends



2. **Stem stitch**, 2 or 3 strands
   Left rope, right rope

Stitch in this order, continued

3. **Chain stitch**, 2 or 3 strands
   Middle line of the rope



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

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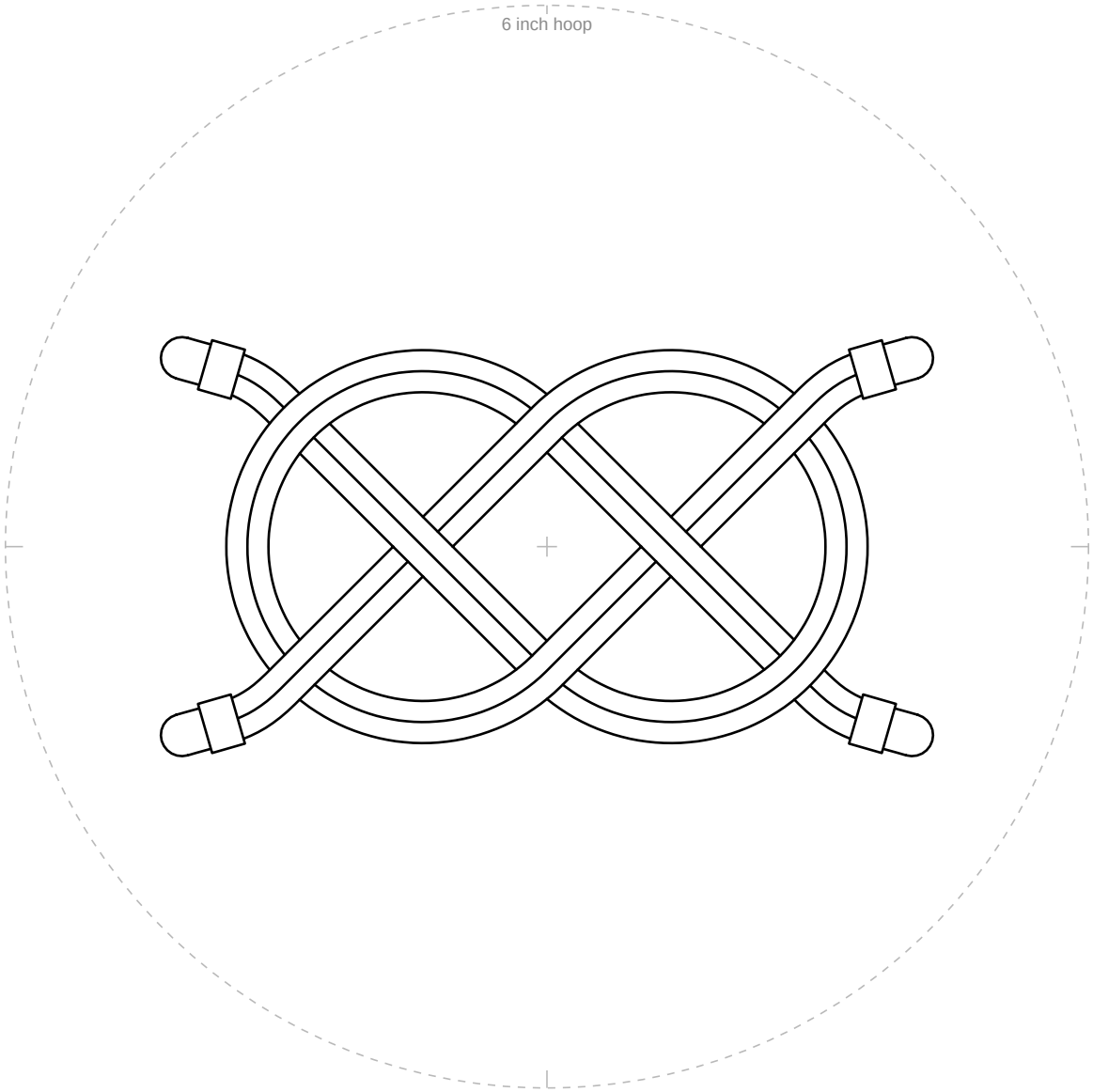
Carrick bend sailor’s knot

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.



1 in
25.4 mm

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

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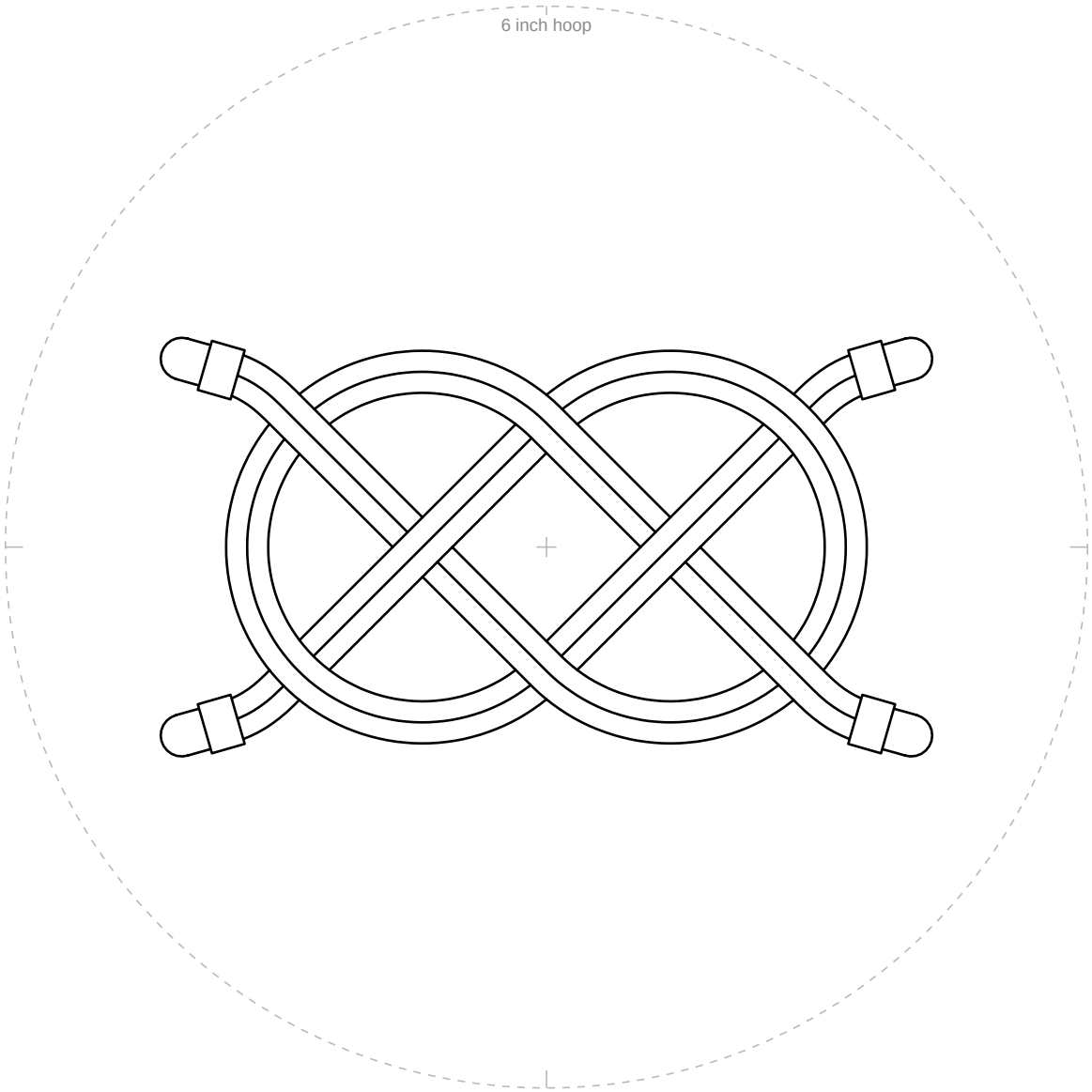
Carrick bend sailor’s knot

6 inch hoop

For an iron-on pen only. Go over the lines, press ink side down.



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