Cast thy burden upon the Lord, oil lamp

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.7 × 4.9 in (11.9 × 12.4 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 and knots.

1. **Fishbone stitch**, 2 strands
   Olive leaves
2. **Satin stitch**, 2 strands
   Olives, lamp opening, wick hole
3. **Long and short stitch**, 1 strand
   Lamp handle, lamp foot, lamp body, lamp top, lamp spout, flame, flame heart
4. **Stem stitch**, strands by part on page 2
   Olive stems, olive leaves, olive stalks
5. **Split stitch**, strands by part on page 2
   Olive edges, lamp edges, lamp rim, lamp rim light, flame edge, words
6. **Straight stitch**, strands by part on page 2
   Olive lights, lamp tongues, wick, rays, stars
7. **French knot**
   strands by part on page 2, two wraps
   Lamp beads, ray tips, star hearts, little stars

Floss

- **1 DMC 642 Dark Beige Gray** Olive stems and olive stalks
- **2 DMC 523 Light Fern Green**
  Olive leaves (middle light), olive lights (darker)
- **3 DMC 3052 Medium Green Gray** Olive leaves (middle dark)
- **4 DMC 927 Light Gray Green**
  Olive leaves (lightest), olive lights (lighter)
- **5 DMC 3768 Dark Gray Green** Olive leaves (darkest)
- **6 DMC 3363 Medium Pine Green** Olive leaves (dark)
- **7 DMC 3013 Light Khaki Green** Olive leaves (light)
- **8 DMC 3041 Medium Antique Violet** Olives (light)
- **9 DMC 3740 Dark Antique Violet**
  Olive edges (darker), olives (darkest)
- **10 DMC 733 Medium Olive Green** Olives (lightest)
- **11 DMC 730 Very Dark Olive Green**
  Olive edges (lighter), olives (dark)
- **12 DMC 3776 Light Mahogany**
  Lamp top (middle), lamp handle and lamp body (light), lamp spout and lamp beads (darker)
- **13 DMC 400 Dark Mahogany**
  Lamp body (darkest), lamp foot (darker), lamp rim and lamp edges and 5 more parts
- **14 DMC 301 Medium Mahogany**
  Lamp body and lamp top (dark), lamp handle (middle), lamp foot (lighter)
- **15 DMC 402 Very Light Mahogany**
  Lamp body (lightest), lamp spout and lamp beads (lighter), lamp top (light)
- **16 DMC 742 Light Tangerine**
  Flame edge and lamp rim light, flame (middle)
- **17 DMC 744 Pale Yellow** Flame (light), flame heart (darker)
- **18 DMC 721 Medium Orange Spice** Flame (dark)
- **19 DMC 3078 Very Light Golden Yellow**
  Flame heart (lighter), star hearts
- **20 DMC 3822 Light Straw** Stars and rays
- **21 DMC 3820 Dark Straw** Little stars and ray tips
- **22 DMC 739 Ultra Very Light Tan** Words

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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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.

Each small ring is one French knot. 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 642 Dark Beige Gray	9	DMC 3740 Dark Antique Violet	17	DMC 744 Pale Yellow
2	DMC 523 Light Fern Green	10	DMC 733 Medium Olive Green	18	DMC 721 Medium Orange Spice
3	DMC 3052 Medium Green Gray	11	DMC 730 Very Dark Olive Green	19	DMC 3078 Very Light Golden Yellow
4	DMC 927 Light Gray Green	12	DMC 3776 Light Mahogany	20	DMC 3822 Light Straw
5	DMC 3768 Dark Gray Green	13	DMC 400 Dark Mahogany	21	DMC 3820 Dark Straw
6	DMC 3363 Medium Pine Green	14	DMC 301 Medium Mahogany	22	DMC 739 Ultra Very Light Tan
7	DMC 3013 Light Khaki Green	15	DMC 402 Very Light Mahogany		
8	DMC 3041 Medium Antique Violet	16	DMC 742 Light Tangerine		

How many strands

Stem stitch. 3 strands: olive stems; 2 strands: olive stalks; 1 strand: olive leaves.
Split stitch. 3 strands: words; 2 strands: lamp rim light; 1 or 2 strands: lamp rim; 1 strand: olive edges, lamp edges, flame edge.
Straight stitch. 1 to 4 strands: stars; 3 strands: wick; 2 strands: rays; 1 strand: olive lights, lamp tongues.
French knot. 1 or 2 strands: star hearts, little stars; 1 strand: lamp beads, ray tips.

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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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