Chin up with sunflowers

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.8 × 4.4 in (12.2 × 11.2 cm).



Which color goes where: by number on page 2.
Fabric: pale blue cotton or linen.

Stitch in this order

Filled parts from the back of the picture forward, then lines and knots.

1. **Satin stitch**, 2 strands
   Stems, bracts, tail, wing bars, cap, bill, eye, seed in the bill, bow, bow inside, words
2. **Long and short stitch**
   strands by part on page 2
   Leaves, petals, bracts, back petals, seed hearts, body, rump, wing
3. **Split stitch**, strands by part on page 2
   Leaf veins, bract edges, body edges, bow edges, words
4. **Stem stitch**, strands by part on page 2
   Leaf veins, stems, legs
5. **Straight stitch**, strands by part on page 2
   Tail edges, legs, wing edges, bill line, bow folds

Floss

- **1 DMC 3346 Hunter Green**
  Stems (middle), bracts and leaves (dark)
- **2 DMC 895 Very Dark Hunter Green**
  Leaves and bracts (darkest), bract edges, stems (dark)
- **3 DMC 3347 Medium Yellow Green**
  Leaves, stems and bracts (light), seeds (shade 5 of 7)
- **4 DMC 471 Very Light Avocado Green**
  Leaf veins, bracts and leaves (lightest), seeds (shade 7 of 7)
- **5 DMC 972 Deep Canary** Back petals (light), petals (middle light)
- **6 DMC 780 Ultra Very Dark Topaz** Back petals and petals (dark)
- **7 DMC 783 Medium Topaz**
  Back petals (middle), petals (middle dark), seeds (shade 6 of 7)
- **8 DMC 975 Dark Golden Brown** Back petals and petals (darkest)
- **9 DMC 725 Medium Light Topaz**
  Petals (light), back petals (lightest), body (dark)
- **10 DMC 726 Light Topaz**
  Petals (lightest), body (light), wing bars (darker)
- **11 DMC 3371 Black Brown**
  Seed hearts and wing (darker), seeds (shade 1 of 7), eye
- **12 DMC 898 Very Dark Coffee Brown**
  Seed hearts (lighter), seeds (shade 2 of 7)
- **13 DMC 433 Medium Brown**
  Seeds (shade 4 of 7), legs and seed in the bill
- **14 DMC 801 Dark Coffee Brown** Seeds (shade 3 of 7), bill line
- **15 DMC 3799 Very Dark Pewter Gray** Wing (lighter), tail and cap
- **16 DMC 3865 Winter White**
  Rump and wing bars (lighter), wing edges, tail edges and eye light
- **17 DMC 733 Medium Olive Green** Body edges, body (darkest)
- **18 DMC 727 Very Light Topaz** Body (lightest), rump (darker)
- **19 DMC 721 Medium Orange Spice** Bill
- **20 DMC 322 Dark Baby Blue** Bow (light)
- **21 DMC 336 Navy Blue**
  Words, bow edges, bow inside and bow folds, bow (darkest)
- **22 DMC 312 Very Dark Baby Blue** Bow (dark)
- **23 DMC 3755 Baby Blue** Bow (lightest)

Stitches, continued

6. **French knot**, strands by part on page 2, two wraps
   Seeds, eye light

Three ways to transfer the pattern

1. **Fabric you can see through**
   Tape page 3 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 3 on top, tape the layers and trace the lines firmly with a ballpoint pen.
3. **Iron-on: the lines stay**
   Go over the lines of page 4, the mirrored page, with an iron-on transfer pen, lay it ink side down on the fabric and press with a dry iron, as the pen's packet says.

Pages 3 and 4 are the pattern at actual size. Print them 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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Chin up with sunflowers

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.

Begin with no knot on the back where it is seen and washed, as on a towel, a napkin or clothes; for a piece in a hoop a small knot is fine. End each thread by whipping it around the backs of four or five stitches, with one small hitch.

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 3346 Hunter Green	**9**	DMC 725 Medium Light Topaz	**17**	DMC 733 Medium Olive Green
2	DMC 895 Very Dark Hunter Green	**10**	DMC 726 Light Topaz	**18**	DMC 727 Very Light Topaz
3	DMC 3347 Medium Yellow Green	**11**	DMC 3371 Black Brown	**19**	DMC 721 Medium Orange Spice
4	DMC 471 Very Light Avocado Green	**12**	DMC 898 Very Dark Coffee Brown	**20**	DMC 322 Dark Baby Blue
5	DMC 972 Deep Canary	**13**	DMC 433 Medium Brown	**21**	DMC 336 Navy Blue
6	DMC 780 Ultra Very Dark Topaz	**14**	DMC 801 Dark Coffee Brown	**22**	DMC 312 Very Dark Baby Blue
7	DMC 783 Medium Topaz	**15**	DMC 3799 Very Dark Pewter Gray	**23**	DMC 3755 Baby Blue
8	DMC 975 Dark Golden Brown	**16**	DMC 3865 Winter White		

How many strands

Long and short stitch. 2 strands: leaves, petals, bracts, back petals, seed hearts; 1 strand: body, rump, wing.
Split stitch. 2 strands: words; 1 strand: leaf veins, bract edges, body edges, bow edges.
Stem stitch. 4 strands: stems; 2 strands: leaf veins, legs.
Straight stitch. 2 strands: legs; 1 strand: tail edges, wing edges, bill line, bow folds.
French knot. 2 strands: seeds; 1 strand: eye light.

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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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