Dumbbell dinner with knife and fork

6 inch (15 cm) hoop, 4.4 × 2.9 in (11.2 × 7.4 cm)



Colors by number: page 2.

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 9.

10 colors of floss (page 2): 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 3 taped to a sunny window, the fabric over it; trace.

Other fabric: dressmaker's carbon paper, colored side down, page 3 on top; trace with a ballpoint.

Iron-on pen: go over page 4, 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.

The back is seen: no knots. Start with tiny stitches; end around the backs of four or five stitches.

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. **Stem stitch**, 2 strands
   Parsley stem

2. **Satin stitch**, 2 strands
   Napkin checks, fork and knife, handles, plate edge, vine leaves, lemon, parsley leaves, bar, dumbbell



3. **Back stitch**, 1 strand
   Cutlery edge, bar edge

Stitch in this order, continued

4. **Stem stitch**, 2 strands
   Napkin edge, plate well, vine, light

5. **Straight stitch**, 1 strand
   Grip lines



6. **French knot**
   2 strands, two wraps
   Berries



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 349 Dark Coral	**5**	DMC 798 Dark Delft Blue	**9**	DMC 702 Kelly Green
2	DMC 352 Light Coral	**6**	DMC 318 Light Steel Gray	**10**	DMC 3799 Very Dark Pewter Gray
3	DMC 415 Pearl Gray	**7**	DMC 444 Dark Lemon		
4	DMC 317 Pewter Gray	**8**	DMC 699 Green		

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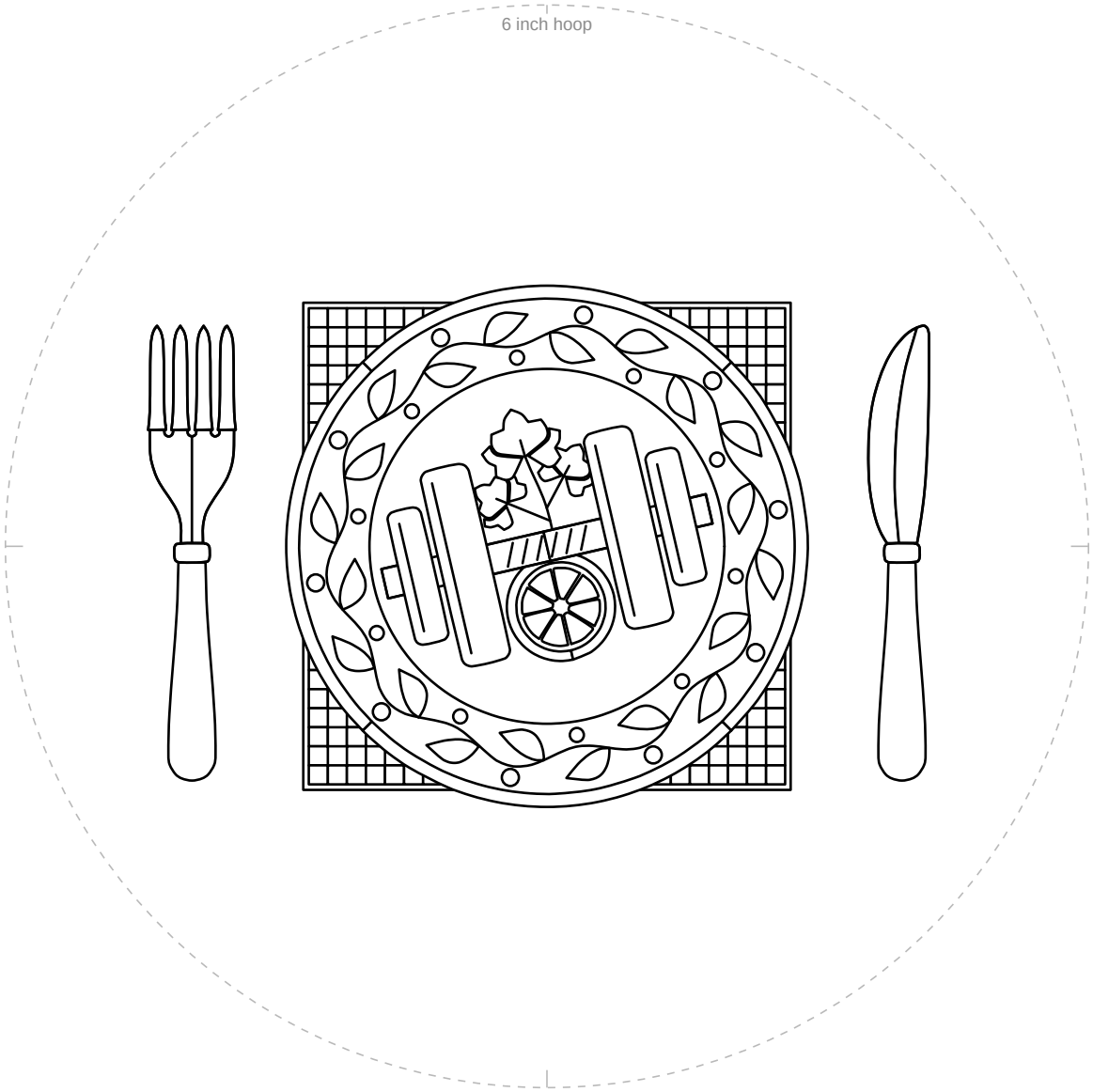
6 inch hoop

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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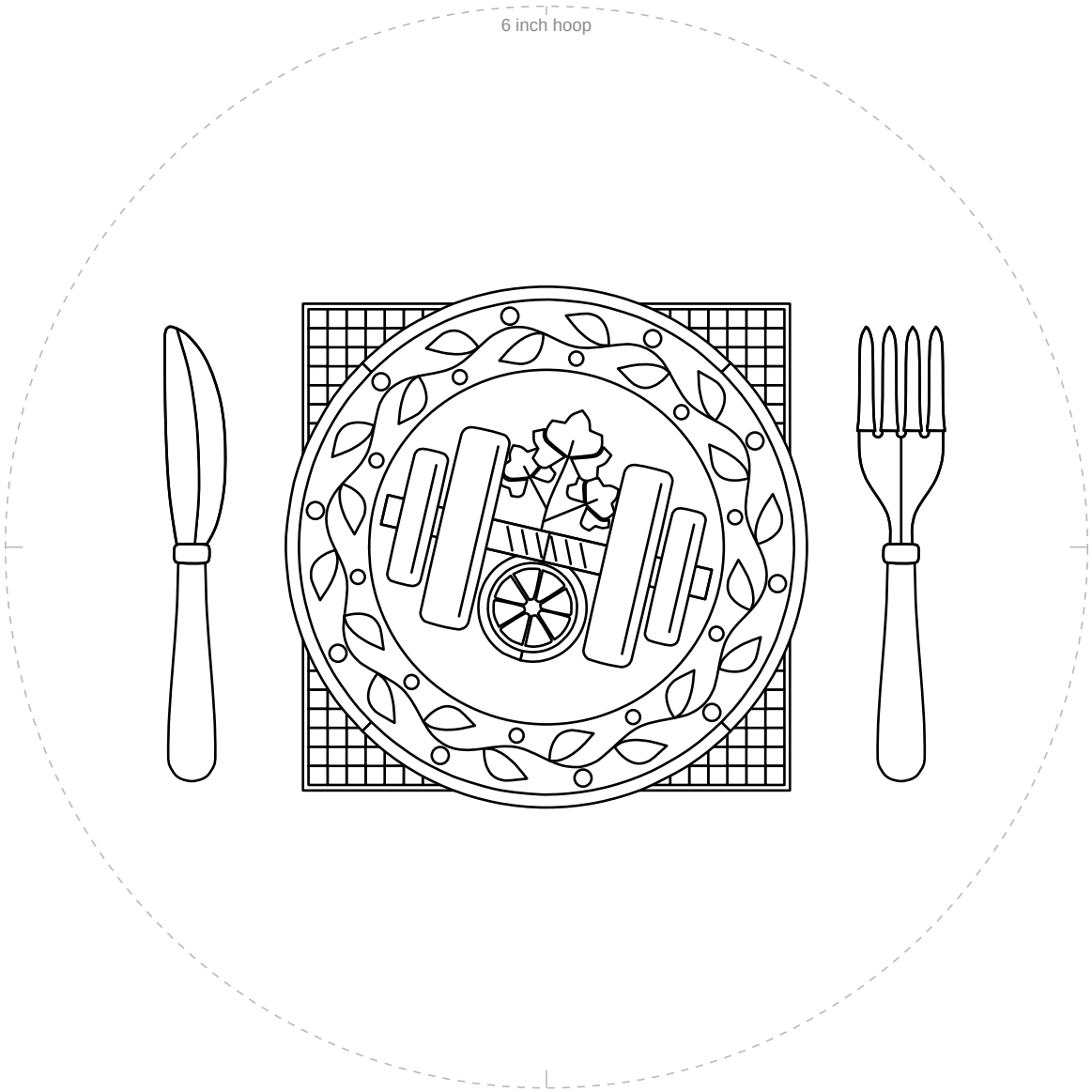
6 inch hoop

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



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