Easy crossed lacrosse sticks

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.2 × 3.8 in (10.7 × 9.7 cm).



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

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.

Floss

- **1 DMC 351 Coral**
  Coral shaft, ring stripes (dark), coral shaft edge (lighter), stars (middle dark)
- **2 DMC 3820 Dark Straw**
  Ring stripes (middle), grip tape and shooting strings, stars (middle light)
- **3 DMC 3846 Light Bright Turquoise**
  Turquoise shaft and turquoise shaft edge (lighter), ring stripes and stars (light)
- **4 DMC 3765 Very Dark Peacock Blue**
  Turquoise shaft edge and turquoise shaft (darker), stars (dark)
- **5 DMC 3865 Winter White**
  Head walls, ball and ball edge (lighter), nets, throats and butt caps, stars (lightest)
- **6 DMC 318 Light Steel Gray**
  Ball, head walls and ball edge (darker)
- **7 DMC 3777 Very Dark Terra Cotta**
  Coral shaft edge (darker), stars (darkest)

Stitch in this order

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

1. **Satin stitch**, 2 strands
   Throats, grip tape, butt caps, stars



2. **Stem stitch**, 3 strands
   Ring stripes, turquoise shaft edge, shooting strings, head walls, coral shaft edge

3. **Chain stitch**, 2 strands
   Turquoise shaft, coral shaft, ball



4. **Back stitch**
   strands by part on page 2
   Nets, ball edge

What you need

Easy. A 6 inch (15 cm) hoop, and a 9 inch (23 cm) square of plain cotton or linen, in navy. Embroidery needle: size 7. Skeins: one of each color is enough. An estimate for the 6 inch hoop, from the length of each line and the area of each filled shape, with a fifth added for tails.

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6 inch hoop

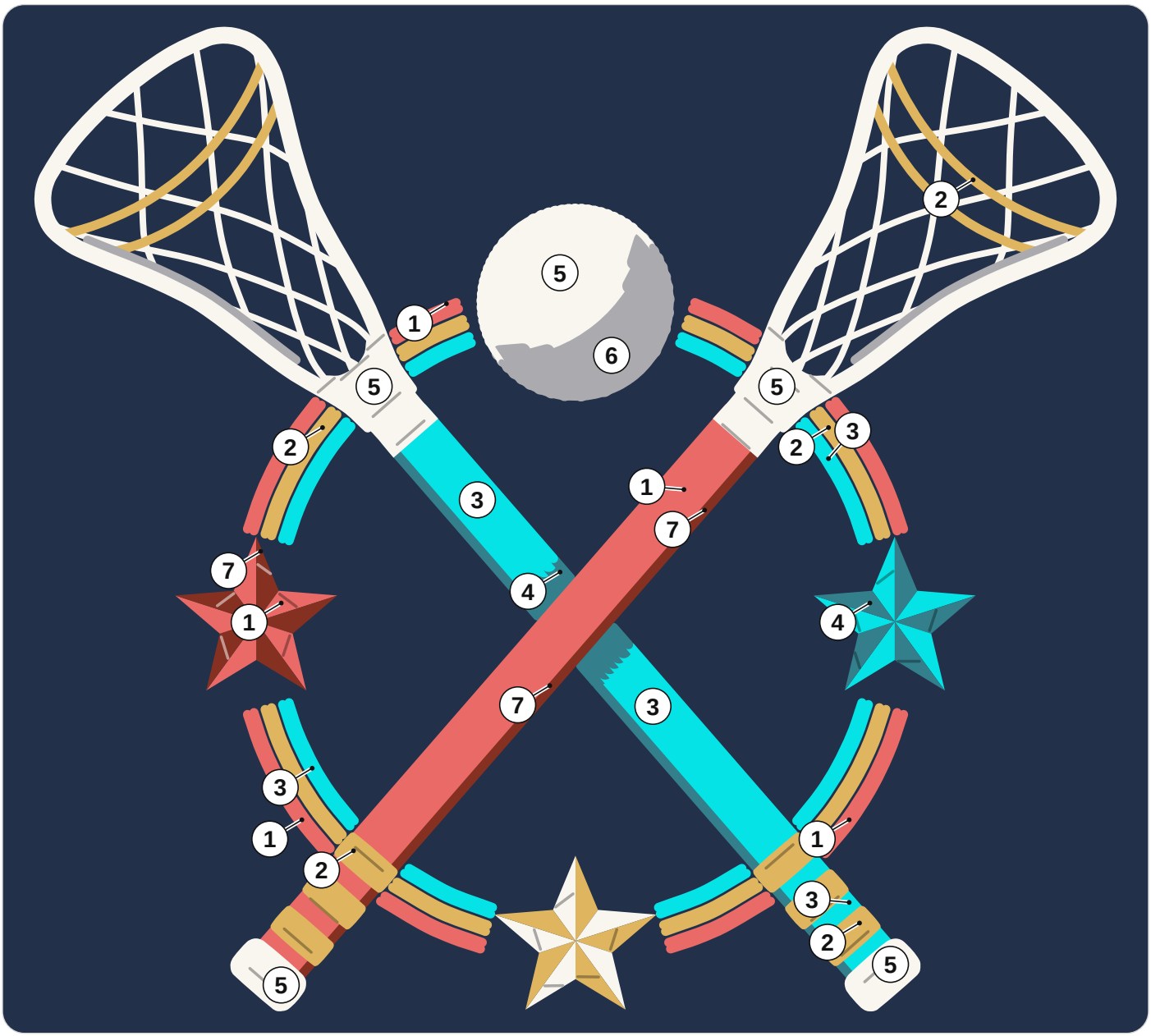
How to read it

Floss is six strands. Cut 18 inches (45 cm), pull out the number given one at a time, and lay them together.

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.

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.



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3 DMC 3846 Light Bright Turquoise
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5 DMC 3865 Winter White
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How many strands

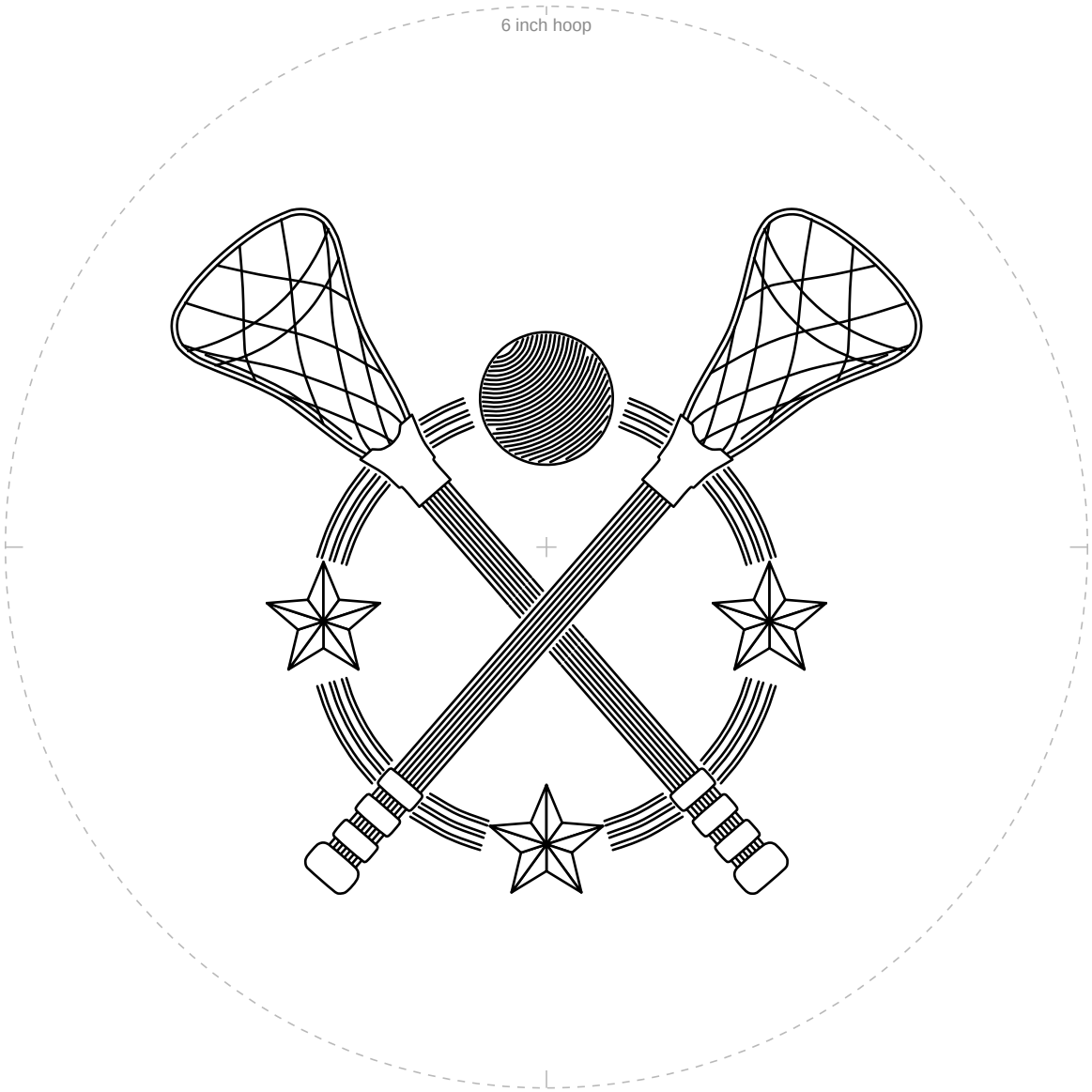
Back stitch. 3 strands: ball edge; 2 strands: nets.

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Easy crossed lacrosse sticks

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

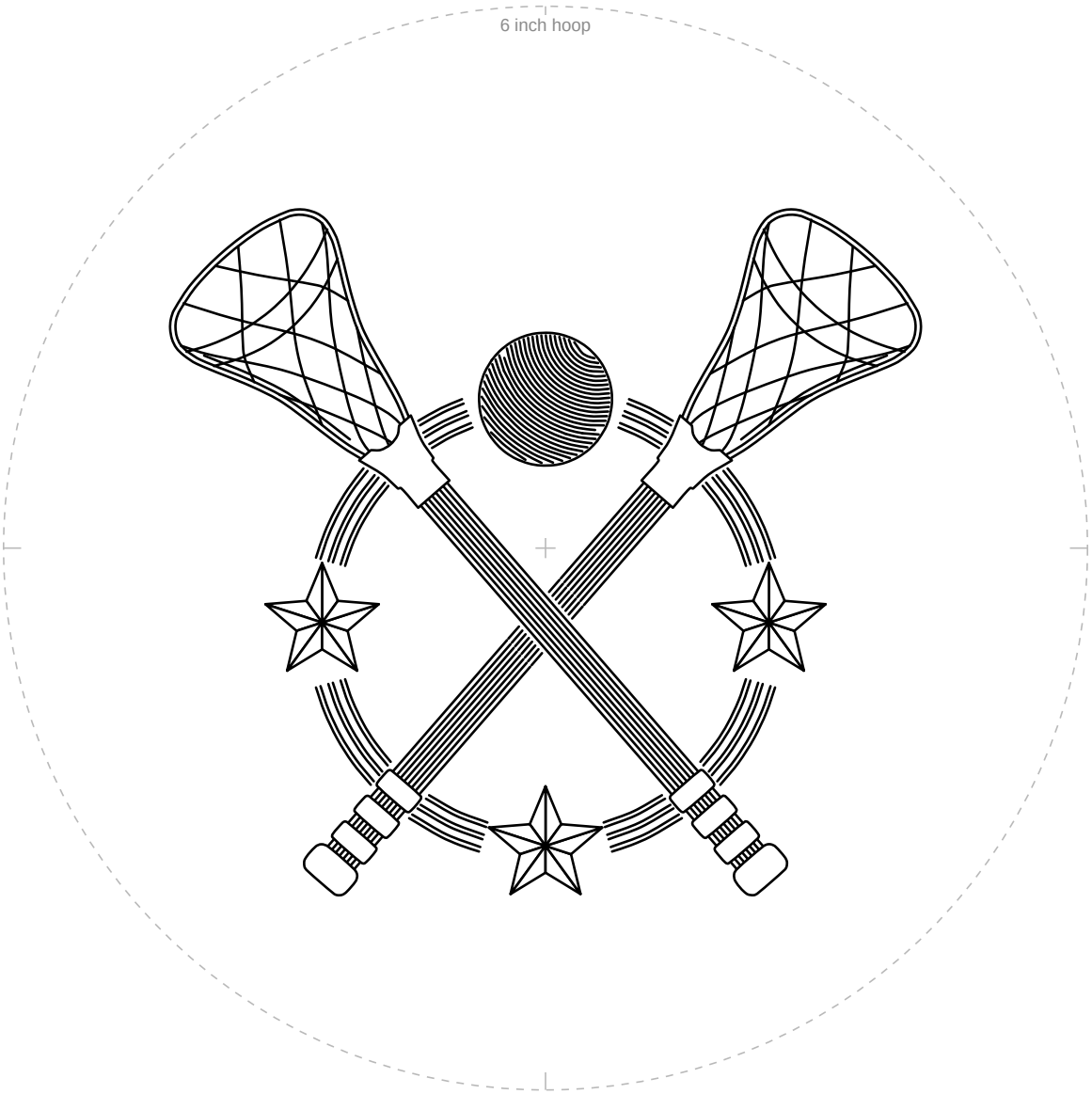
Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

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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.
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