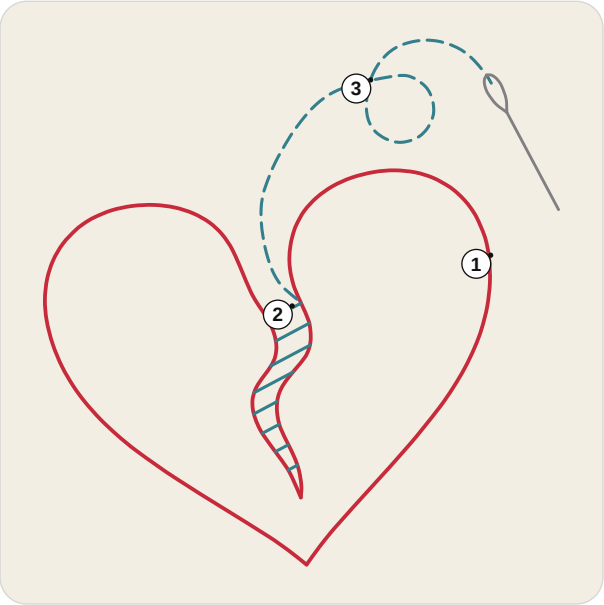
Easy broken heart being mended

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.5 × 4.6 in (11.4 × 11.7 cm).



Which color goes where. Each number is a stitch of the list.

Floss

- **DMC 321 Red**
  Heart
- **DMC 3765 Very Dark Peacock Blue**
  Thread and mending stitches
- **DMC 414 Dark Steel Gray**
  Needle

Stitch in this order

1. **Back stitch**
   6 strands: heart
   3 strands: needle
2. **Straight stitch**, 4 strands
   Mending stitches
3. **Running stitch**, 4 strands
   Thread



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.

Start each thread with a small knot on the back, and end it by running the needle under the backs of a few stitches.

A dashed line is running stitch.

Every stitch in pictures: flossfield.com/embroidery/stitches. The first time: flossfield.com/embroidery/guides/how-to-start.

Three ways to transfer the pattern

1. **Fabric you can see through**
   Tape page 2 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 2 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 3, 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 2 and 3 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.

What you need

Beginner. A 6 inch (15 cm) hoop, and a 9 inch (23 cm) square of plain cotton or linen, white or another light color. Embroidery needle: size 7 for 3 strands, size 3 for 4 to 6 (a lower number is a thicker needle). 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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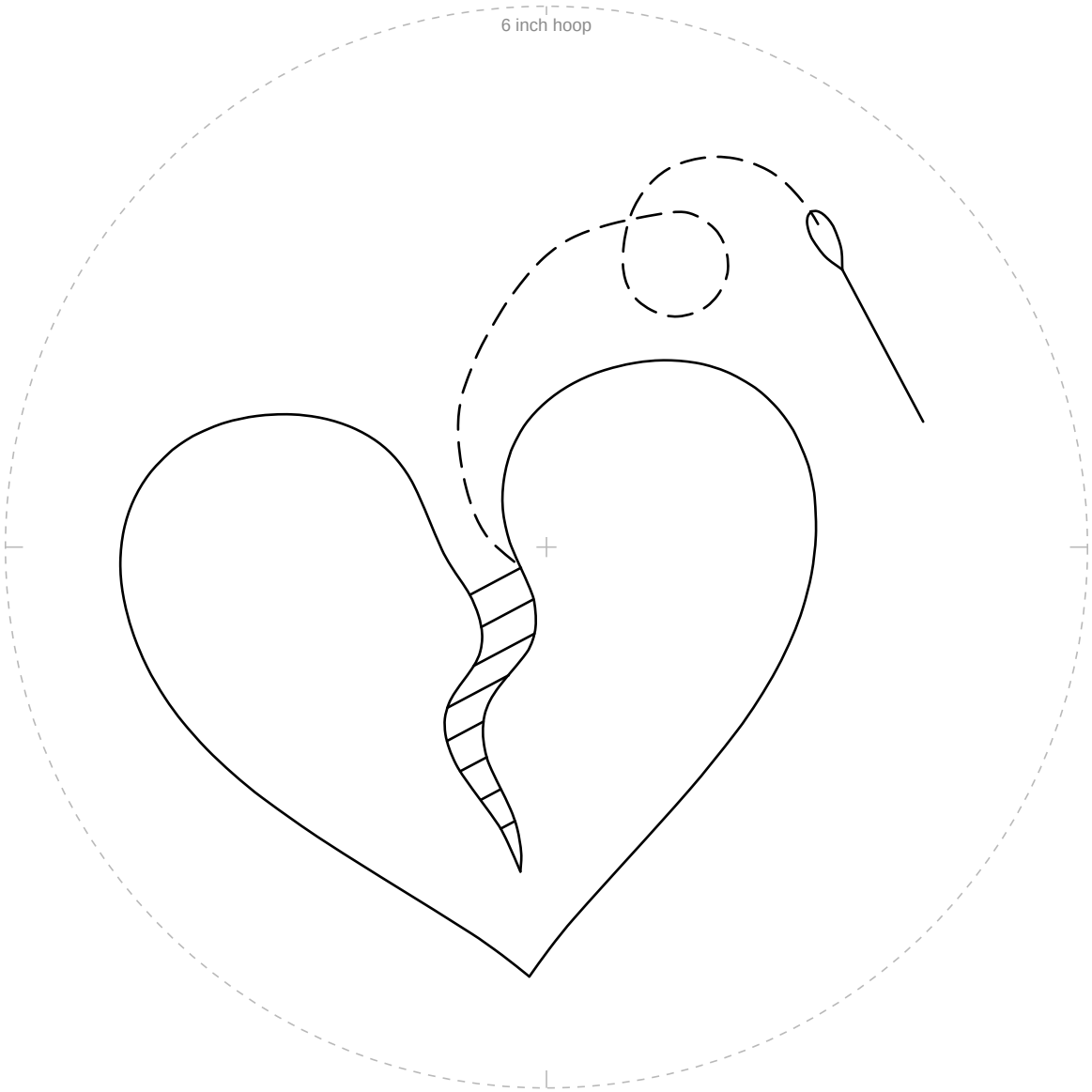
6 inch hoop

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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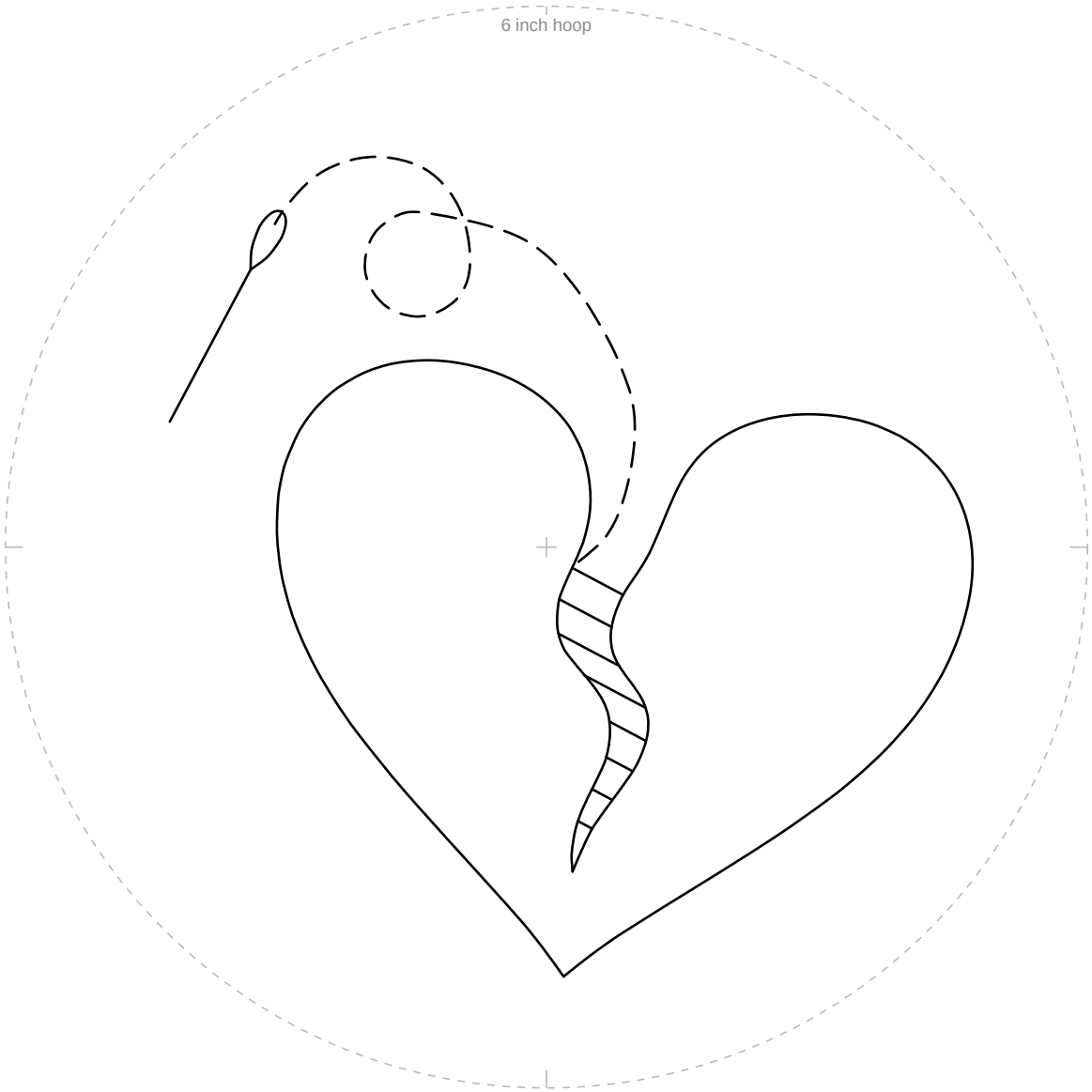
6 inch hoop

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

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