Easy rainbow stitch sampler

6 inch (15 cm) hoop, 4.7 × 3.7 in (11.9 × 9.4 cm)



Colors by number: page 2.
Fabric: pale blue cotton or linen.

Stitch in this order

Where a stitch page says otherwise, follow this list.

1. **Satin stitch**, 2 strands
   Yellow band, sun, needle
2. **Herringbone stitch**, 3 strands
   Orange band (color 2)
3. **Stem stitch**, 3 strands
   Orange band (color 2), green band, cloud edge
4. **Whipped back stitch**, 3 strands
   Blue band
5. **Chain stitch**, 3 strands
   Red band, clouds
6. **Running stitch**, 4 strands
   Thread
7. **Lazy daisy stitch**
   3 strands: green leaves
   2 strands: sun rays
8. **French knot**
   2 strands, two wraps
   Red bud, violet band

Take out lines that still show, press face down, finish the hoop.

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.

Start a filling with tiny stitches, a line with a small knot; end under stitches on the back.

Every stitch in pictures: flossfield.com/embroidery/stitches.

New to this: flossfield.com/embroidery/guides/how-to-start.

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.

Buy: 7 colors of floss (page 2), one skein of each color (an estimate from the drawing's lines and shapes), embroidery needles size 7, and size 5 for 4 strands, a 6 inch (15 cm) hoop, a 9 inch (23 cm) square of pale blue cotton or linen, a water-soluble pen.

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.

Easy rainbow stitch sampler

6 inch hoop

A number is a color of the list. Fine lines show which way the stitches lie: do not stitch them.



1 DMC 666 Bright Red
2 DMC 740 Tangerine
3 DMC 743 Medium Yellow
4 DMC 702 Kelly Green
5 DMC 3843 Electric Blue
6 DMC 208 Very Dark Lavender
7 DMC BLANC White

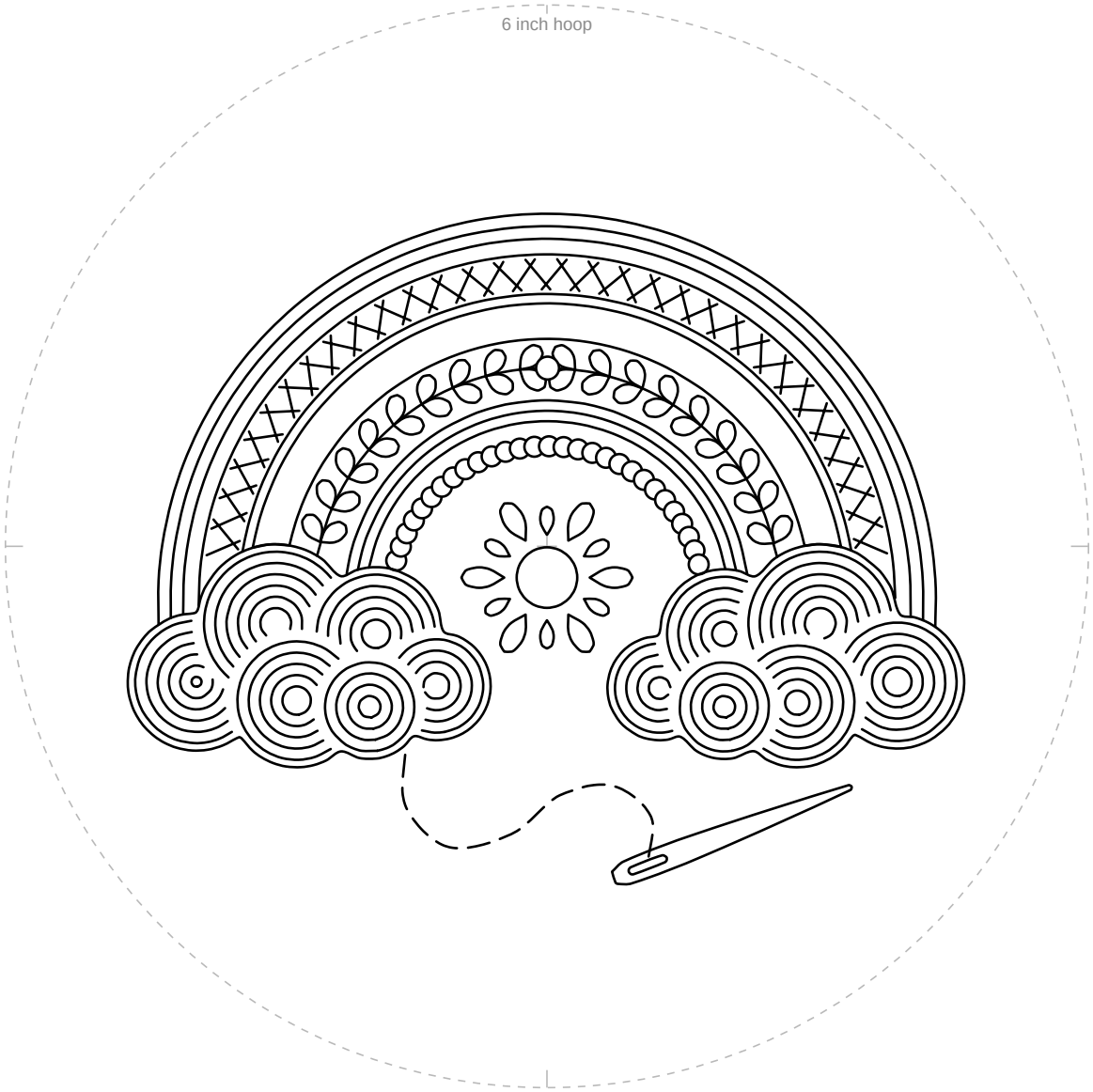
For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.

Easy rainbow stitch sampler

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; a loop is one lazy daisy, begun at its point; a dashed line is running stitch.



1 in
25.4 mm

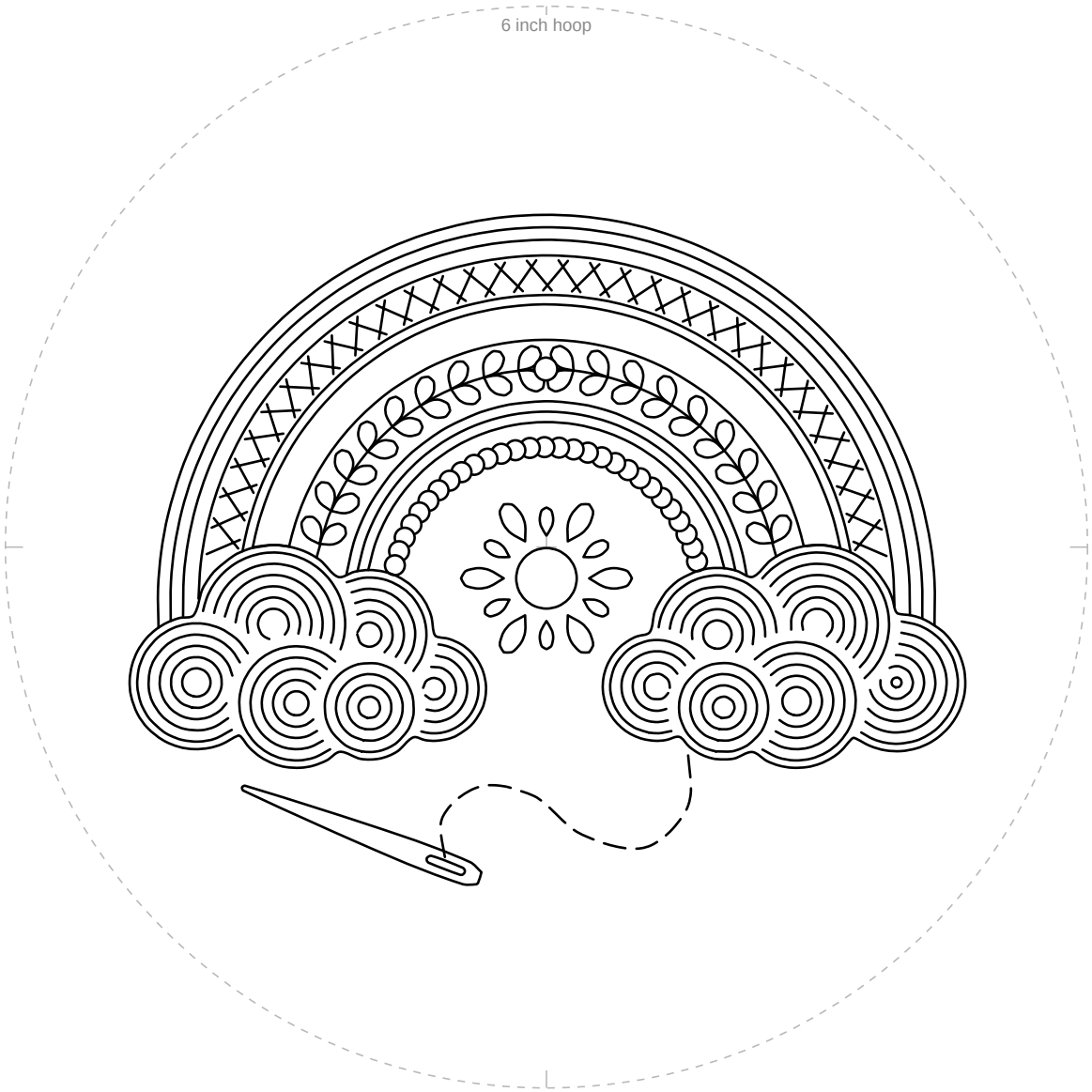
Not 1 inch (25.4 mm)? Print again at 100%.

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.

Easy rainbow stitch sampler

6 inch hoop

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



1 in
25.4 mm

Not 1 inch (25.4 mm)? Print again at 100%.

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.