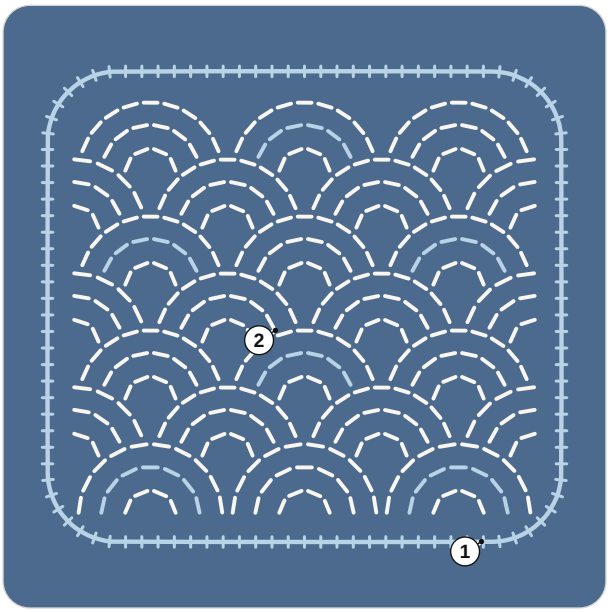
Easy waves knee mend in running stitch

Sized for a 6 inch hoop (15 cm). The stitched design is about 4 × 3.7 in (10.2 × 9.4 cm).



Which color goes where. Each number is a stitch of the list.
Fabric: denim blue cotton or linen.

Floss

- **DMC 3325 Light Baby Blue**
  Patch edge and pale waves
- **DMC 3865 Winter White**
  Waves

Stitch in this order

1. **Straight stitch**, 3 strands
   Patch edge
2. **Running stitch**, 5 strands
   Waves, pale waves



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.

On denim start with a small firm knot inside, which the cloth hides. End each thread by running the needle under the backs of a few stitches.

A fine broken line inside a shape is where two shades meet: trace it, do not stitch it.

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

Two ways onto denim

1. **A wash-away sheet, the sure way**
   Print page 2 on a sticky wash-away sheet, smooth it onto the denim, stitch through both and rinse it away.
2. **White or yellow carbon paper**
   Lay it colored side down on the fabric with page 2 on top, tape the layers and trace firmly with a ballpoint pen. Go over a faint line with a white pencil.

Page 2 is the pattern at actual size (page 3 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.

What you need

Beginner. A 6 inch (15 cm) hoop, and a 9 inch (23 cm) square of plain cotton or linen, in denim blue. Embroidery needle: size 7 for 3 strands, size 3 for 4 or 5 (a lower number is a thicker needle). Skeins: 2 of DMC 3325; one of each other color. 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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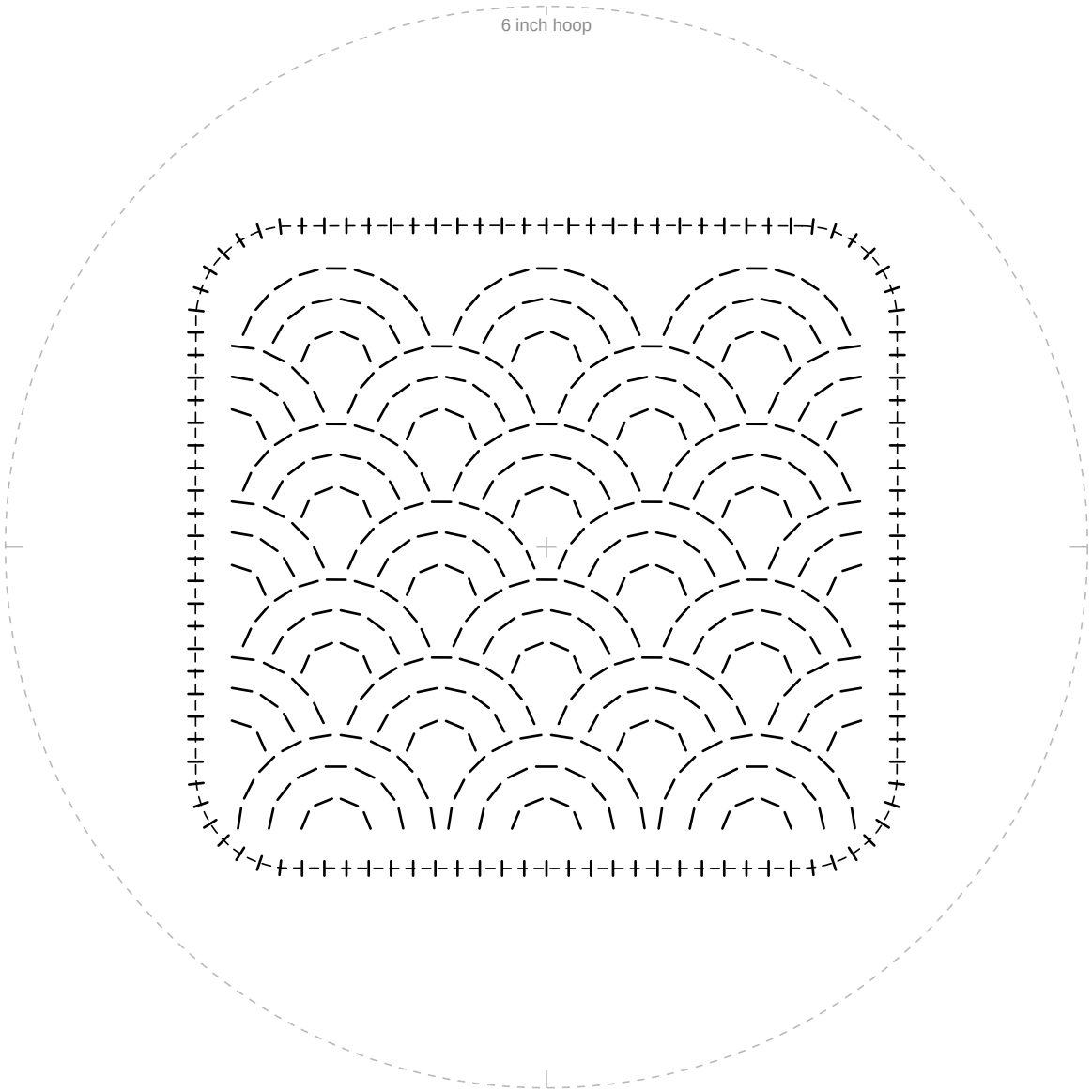
6 inch hoop

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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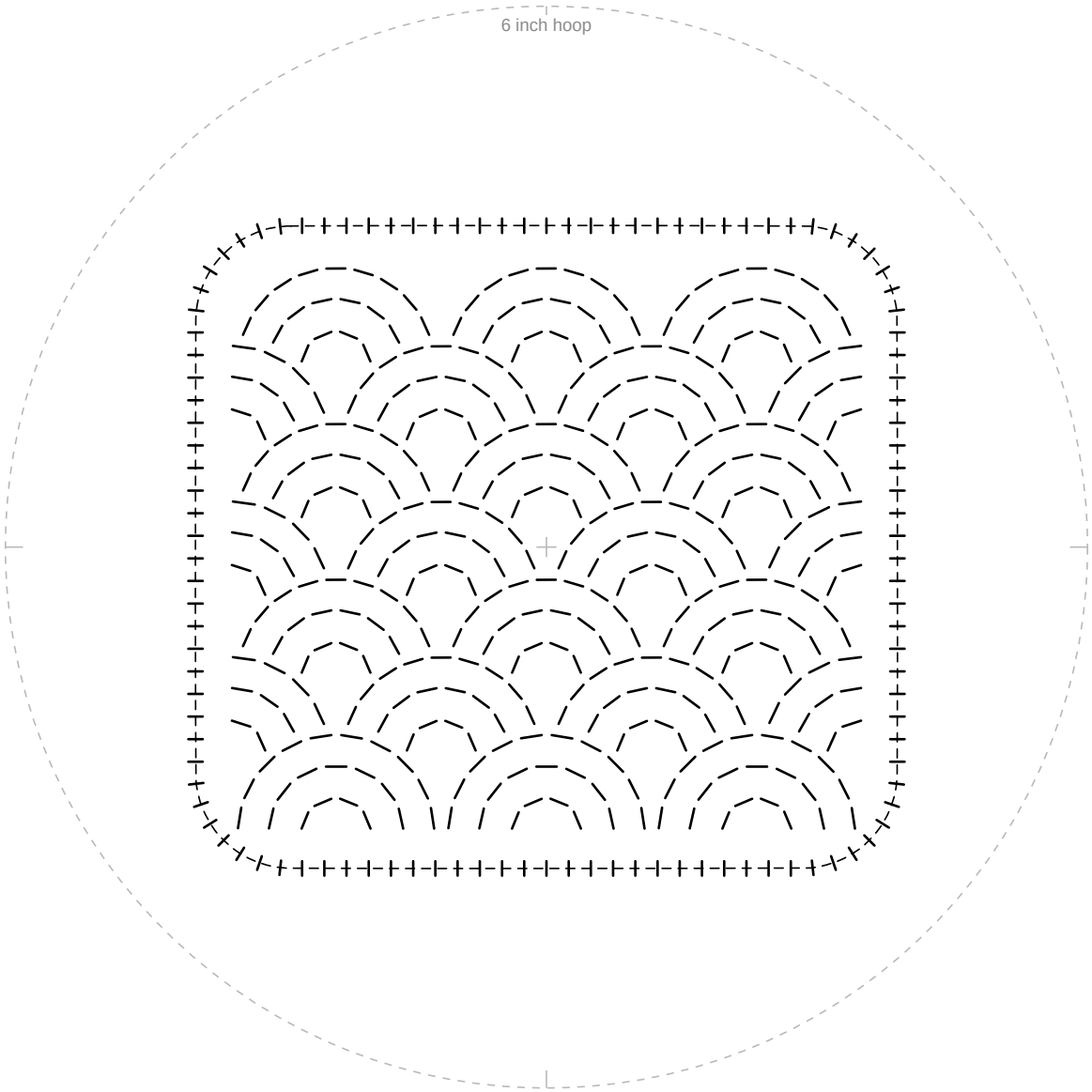
Easy waves knee mend in running stitch

6 inch hoop

Mirrored. Trace this page with an iron-on transfer pen or pencil, then press it ink side down on the fabric.



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