Fibonacci spiral stitch sampler

6 inch (15 cm) hoop, 4.3 × 2.7 in (10.9 × 6.9 cm)



Colors by number: page 2.
Fabric: navy cotton or linen.

What you need

A 6 inch (15 cm) hoop.

A 9 inch (23 cm) square of navy cotton or linen.

Embroidery needles, size 7, and size 3 for 4 to 6 strands.

9 colors of floss (page 2): one skein of each color (an estimate from the drawing's lines and shapes).

A white pencil, and small scissors.

Onto the fabric

Fabric that lets light through: page 3 on a bright light, the fabric over it; trace with a white pencil.

Other fabric: print page 3 on a sticky wash-away sheet, stick it on, stitch through it and rinse it away.

Or white or yellow carbon paper, colored side down, page 3 on top; trace with a ballpoint and go over a faint line with a white pencil.

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.

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.

Stitch in this order

Where a stitch page says otherwise, follow this list.

1. **Satin stitch**
   2 strands, colors 1, 2, 3, 4, 5, 6, 7
   Satin fans, coral blades, corner fans, trellis windows, little fans



2. **Stem stitch**, colors 1, 8
   3 strands: squares (color 1)
   2 strands: trellis rim

3. **Back stitch**, 2 strands, color 1
   Squares (color 1)

4. **Herringbone stitch**
   2 strands, colors 5, 6
   Herringbone bands



5. **Trellis stitch**
   2 strands, colors 7, 8
   Trellis, trellis ties



6. **Feather stitch**
   2 strands, colors 1, 2
   Feather rows



7. **Chain stitch**
   2 strands, colors 5, 6
   Chain rows



8. **Couching**, 6 strands, colors 8, 9
   Gold spiral



9. **French knot**
   4 strands, two wraps, color 9
   Gold knot



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

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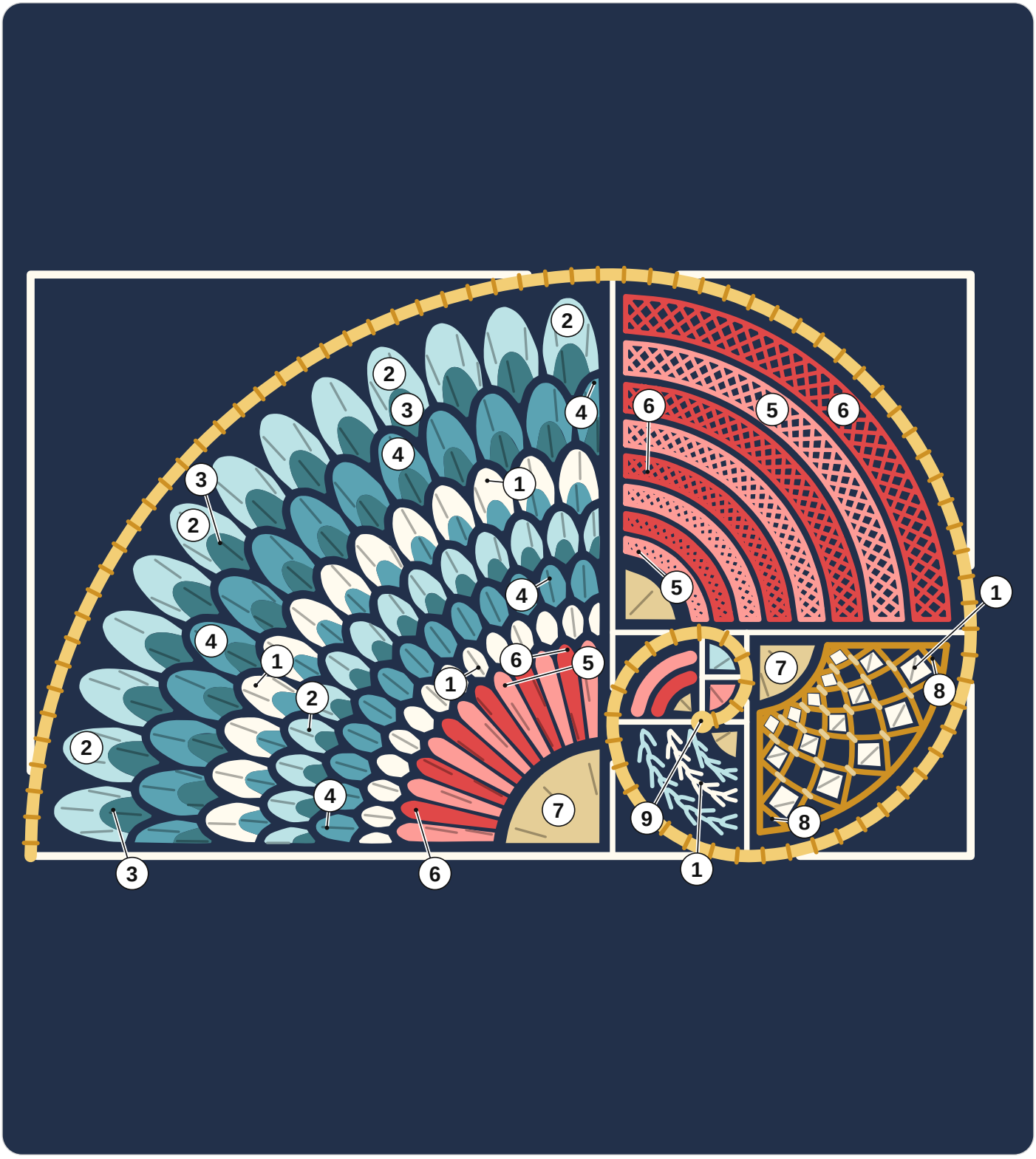
6 inch hoop

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



1	DMC 712 Cream	**4**	DMC 597 Turquoise	**7**	DMC 676 Light Old Gold
2	DMC 3811 Very Light Turquoise	**5**	DMC 352 Light Coral	**8**	DMC 783 Medium Topaz
3	DMC 3809 Very Dark Turquoise	**6**	DMC 350 Medium Coral	**9**	DMC 3821 Straw

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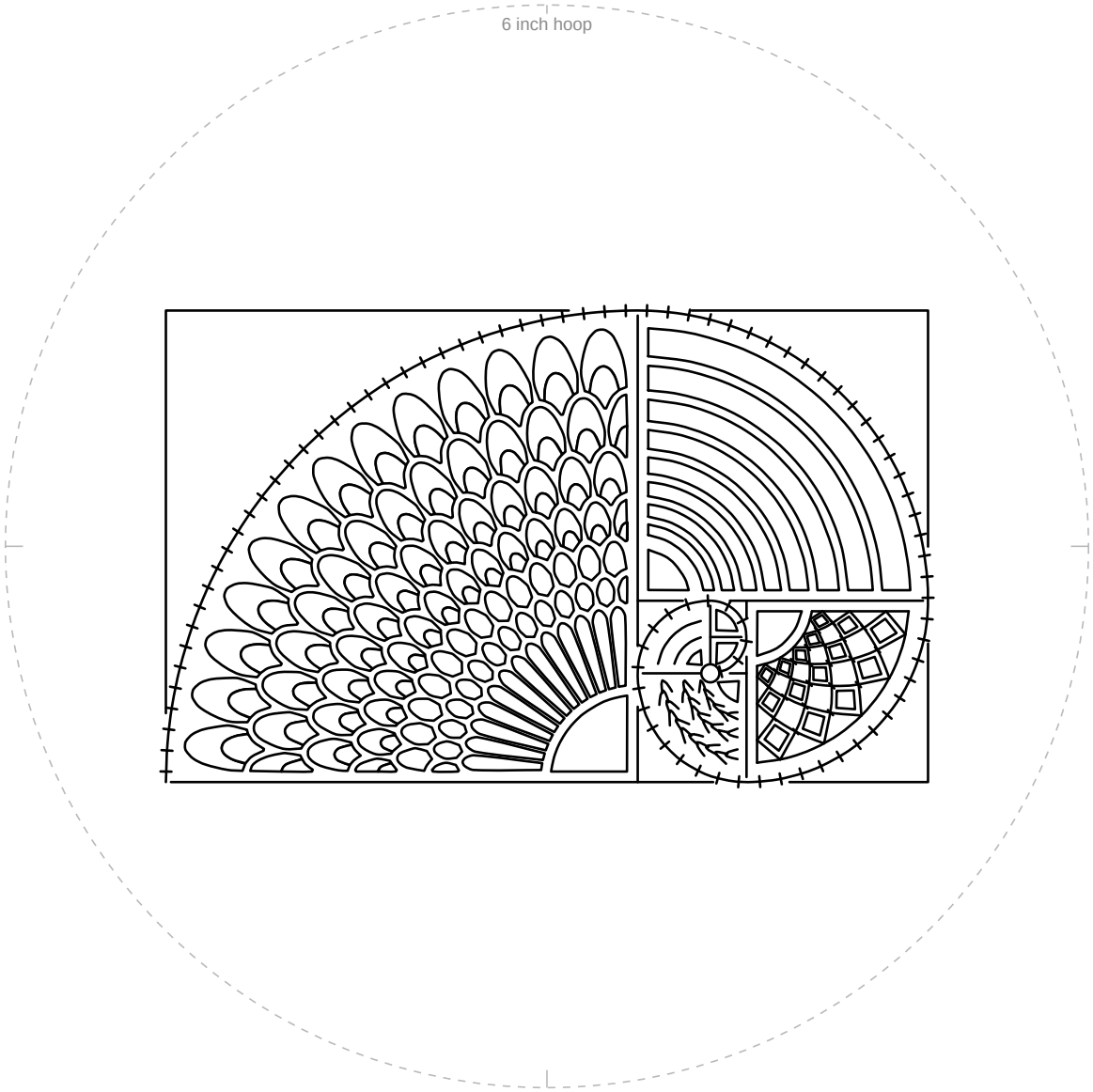
6 inch hoop

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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