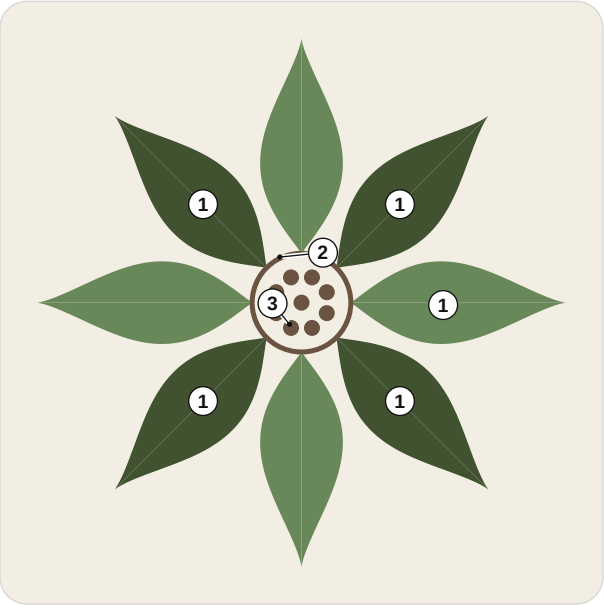
Fishbone stitch eight-leaf star

6 inch (15 cm) hoop, 4.4 × 4.4 in (11.2 × 11.2 cm)



A number is a row of the list.

Floss

- **DMC 320 Medium Pistachio Green**
  Lighter green leaves
- **DMC 986 Very Dark Forest Green**
  Darker green leaves
- **DMC 3781 Dark Mocha Brown**
  Ring at the center and knots at the center

What you need

A 6 inch (15 cm) hoop.

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

An embroidery needle, size 7.

One skein of each color (an estimate from the drawing's lines and shapes).

A water-soluble pen, and small scissors.

Onto the fabric

Fabric you can see through: page 2 taped to a sunny window, the fabric over it; trace.

Other fabric: dressmaker's carbon paper, colored side down, page 2 on top; trace with a ballpoint.

Iron-on pen: go over page 3, 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.

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. **Fishbone stitch**, 2 strands
   Leaves



2. **Stem stitch**, 2 or 3 strands
   Ring at the center

Stitch in this order, continued

3. **French knot**
   2 strands, two wraps
   Knots at the center



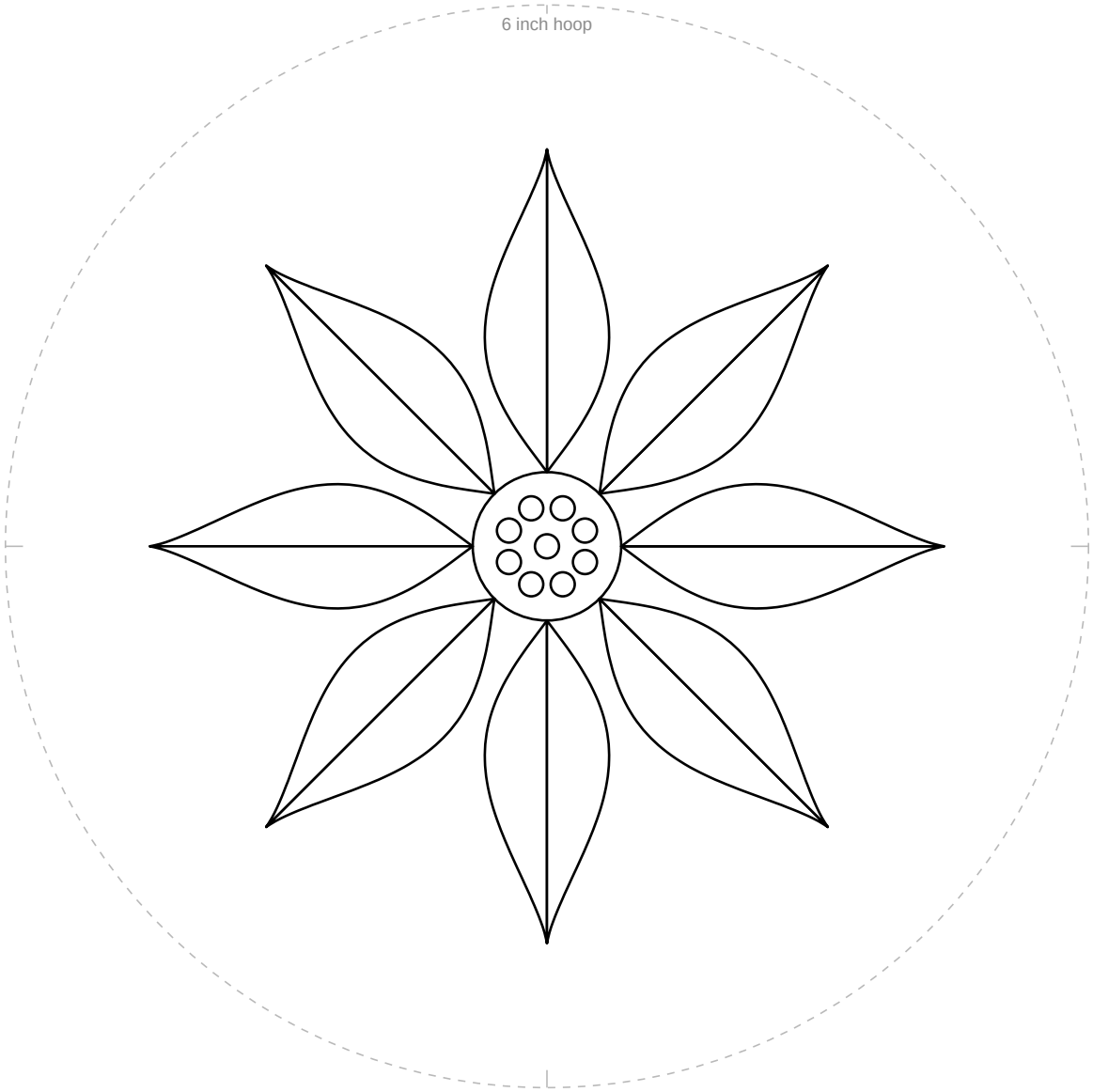
Take out lines that still show, press face down, finish the hoop.

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

Fishbone stitch eight-leaf star

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

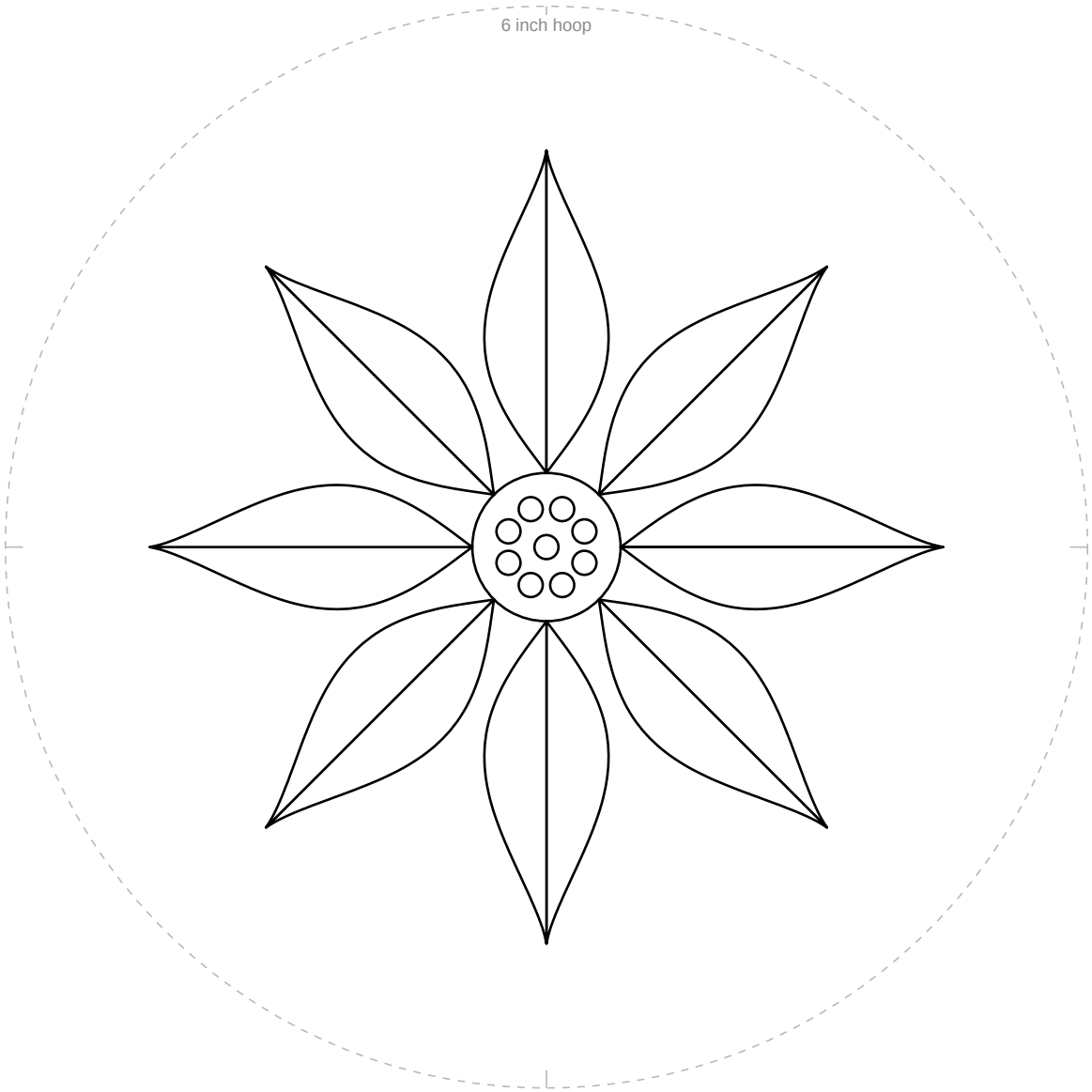
Not 1 inch (25.4 mm)? Print again at 100%.

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

Fishbone stitch eight-leaf star

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.