Floral anatomical heart

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.

Stitches

- **Long and short stitch**, 1 strand
  Great veins, lung veins, aorta, lung artery, right chamber, tip lobe, left chamber, right auricle, scroll leaf lobes, bloom petals, and 4 more
- **Stem stitch**, 1 to 3 strands
  Great veins edges, lung veins edges, aorta edges, lung artery edges, left auricle edge, heart edges, right auricle edge, stems, and 9 more
- **French knot**, 1 to 2 strands, two wraps
  Left auricle, trellis lobe, knotted lobe, stamen knots, bell knots
- **Trellis stitch**, 2 strands
  Trellis lobe, scroll leaf lattice, bloom heart
- **Chain stitch**, 2 to 3 strands
  Chain lobe, coronary vein, auricle rows, scroll leaf vein
- **Satin stitch**, 2 strands
  Stems, indigo bell
- **Fishbone stitch**, 2 strands
  Sheaths, small leaves, calyx
- **Padded satin stitch**, 2 strands
  Berries
- **Straight stitch**, 1 strand
  Bell stamens

Floss

- **DMC 3042 Light Antique Violet**
  Great veins, left chamber, curled petals and scroll leaf lobes (light) and 2 more parts
- **DMC 154 Very Dark Grape**
  Bloom heart (darker), heart edges (dark), curled petal edges and 8 more parts
- **DMC 3041 Medium Antique Violet**
  Curled petals and scroll leaf lobes (dark), great veins (middle) and 3 more parts
- **DMC 224 Very Light Shell Pink**
  Right chamber and aorta (lightest), bloom petals (middle) and 6 more parts
- **DMC 347 Very Dark Salmon**
  Tip lobe (middle), aorta, tulip, right chamber and inner petals (dark) and 4 more parts
- **DMC 3328 Dark Salmon**
  Aorta, tip lobe and right chamber (light), tulip (middle light) and 3 more parts
- **DMC 815 Medium Garnet**
  Inner petals (darkest), heart edges (middle), aorta edges and 12 more parts
- **DMC 225 Ultra Very Light Shell Pink**
  Right auricle, lung artery and bloom petals (light) and 6 more parts
- **DMC 3721 Dark Shell Pink**
  Trellis lobe (middle), bloom petals (dark), bloom petal edges and 8 more parts
- **DMC 783 Medium Topaz**
  Trellis lobe (light), scroll leaf vein and coronary vein and 5 more parts
- **DMC 3363 Medium Pine Green**
  Stems (middle), scroll leaf lobes (middle dark), scroll leaf edge (light)
- **DMC 3362 Dark Pine Green**
  Scroll leaf lobes (darkest), sheaths (darker) and 4 more parts
- **DMC 3364 Pine Green**
  Scroll leaf lattice (darker), sheaths (lighter) and 6 more parts
- **DMC 336 Navy Blue** Indigo bell (darker), bell edge
- **DMC 931 Medium Antique Blue** Indigo bell (lighter)

Stitches, continued

- **Split stitch**, 1 strand
  Bell edge

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**
   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.

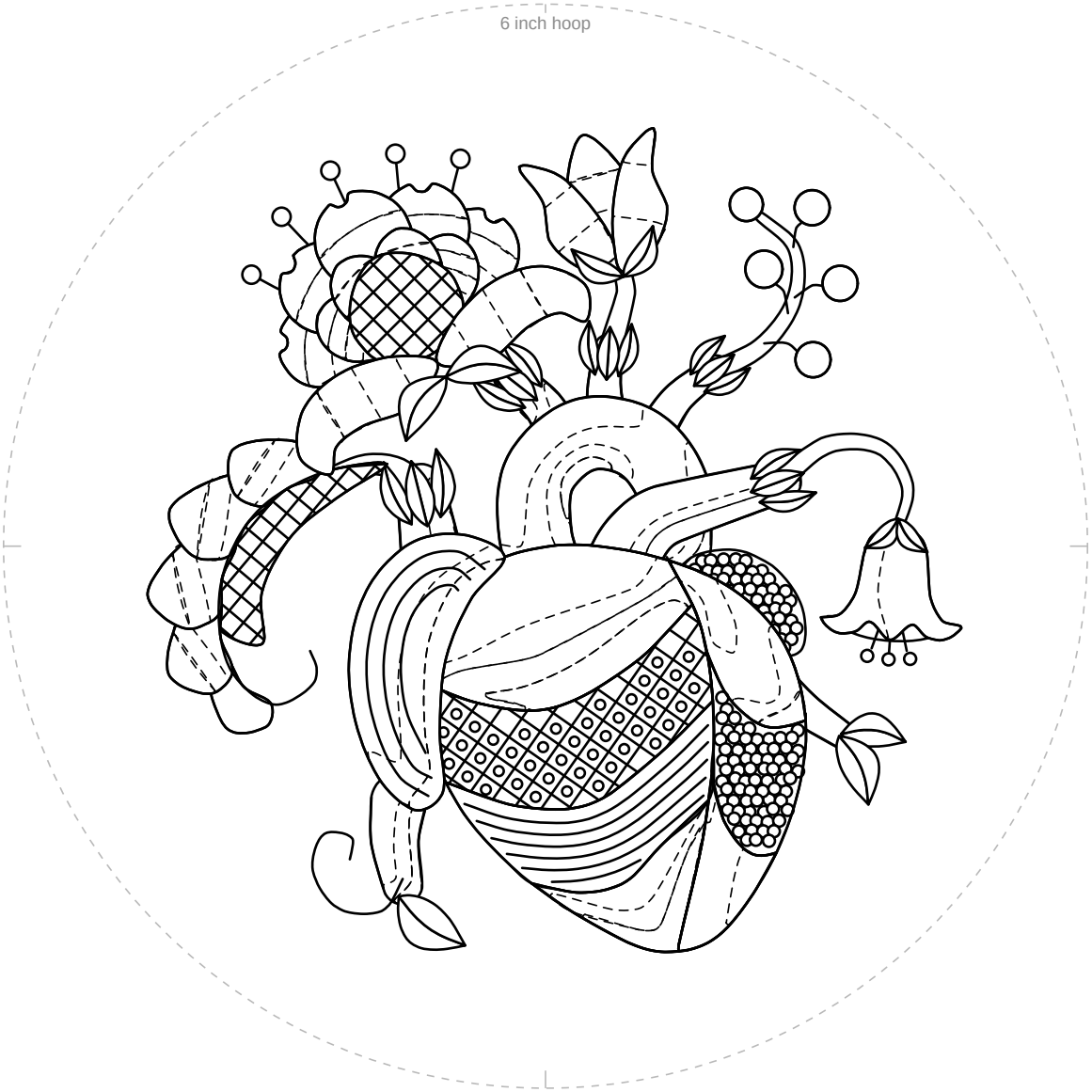
Pages 2 and 3 are the pattern at actual size. Print them at 100% with scaling turned off.

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

Floral anatomical heart

6 inch hoop

Print at 100% (actual size). Do not scale or fit to page. Check the square below with a ruler before you trace.



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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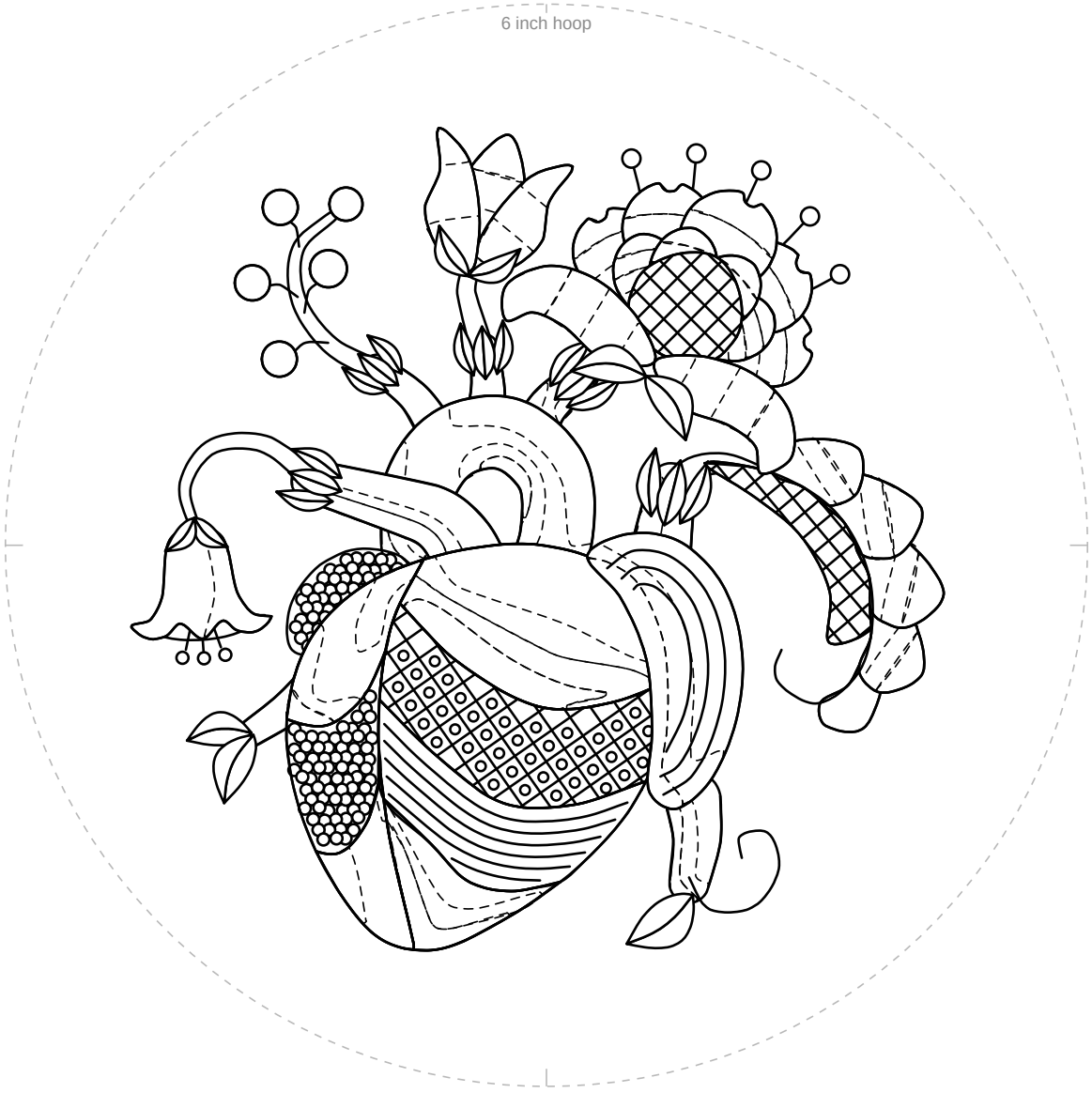
Floral anatomical heart

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

Check square: 1 inch (25.4 mm) on each side.
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