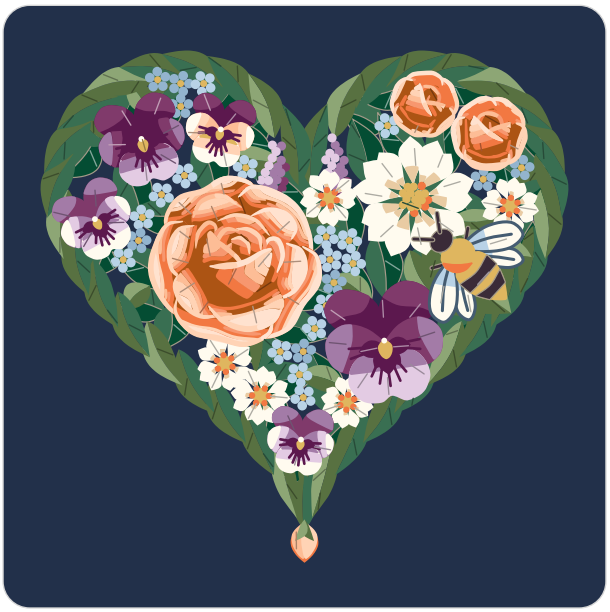
Flower filled heart

6 inch (15 cm) hoop, 4.4 × 4.2 in (11.2 × 10.7 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.

An embroidery needle, size 9.

21 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. **Fishbone stitch**
   2 strands, colors 1, 2, 3, 4
   Leaves, leaf edge



2. **Long and short stitch**
   1 strand, colors 6, 8, 9, 10, 11, 13, 14, 15, 16, 17, 18, 19
   Small roses (colors 13 and 14), pansies, apricot rose



3. **Satin stitch**
   2 strands, colors 1, 3, 4, 6, 7, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20
   Daisies, rose lips, small roses (color 13), pansy faces, pansy centers, leaves (color 1), bee wings, bee, hanging bud, bud cups



4. **Straight stitch**, colors 19, 20
   1 strand: edges of the pansy faces
   2 strands: bee legs



5. **Split stitch**, 1 strand, color 21
   Bee wing edges

6. **Padded satin stitch**
   2 strands, color 6
   Daisy centers



7. **French knot**
   two wraps, colors 5, 6, 7, 8, 9, 10, 11, 13
   2 strands: forget-me-nots, grape hyacinth, knots of the pansy centers
   1 strand: forget-me-not centers, knots of the daisy centers



8. **Turkey work**
   2 strands, colors 6, 13
   Knots of the bee



Take out lines that still show, press face down, finish the hoop or sew a pillow.

In a 6 inch hoop the French knots are drawn smaller than about 2 mm (a little over 1/16 in). Use one strand of floss for them there, or choose a larger hoop.

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Flower filled heart

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 501 Dark Blue Green	8	DMC 552 Medium Violet	15	DMC 722 Light Orange Spice
2	DMC 500 Very Dark Blue Green	9	DMC 209 Dark Lavender	16	DMC 3856 Ultra Very Light Mahogany
3	DMC 987 Dark Forest Green	10	DMC 211 Light Lavender	17	DMC 951 Light Tawny
4	DMC 989 Forest Green	11	DMC 712 Cream	18	DMC 3825 Pale Pumpkin
5	DMC 3755 Baby Blue	12	DMC 738 Very Light Tan	19	DMC 550 Very Dark Violet
6	DMC 3820 Dark Straw	13	DMC 721 Medium Orange Spice	20	DMC 3371 Black Brown
7	DMC 3325 Light Baby Blue	14	DMC 920 Medium Copper	21	DMC 930 Dark Antique Blue

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Flower filled heart

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



1 in
25.4 mm

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

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