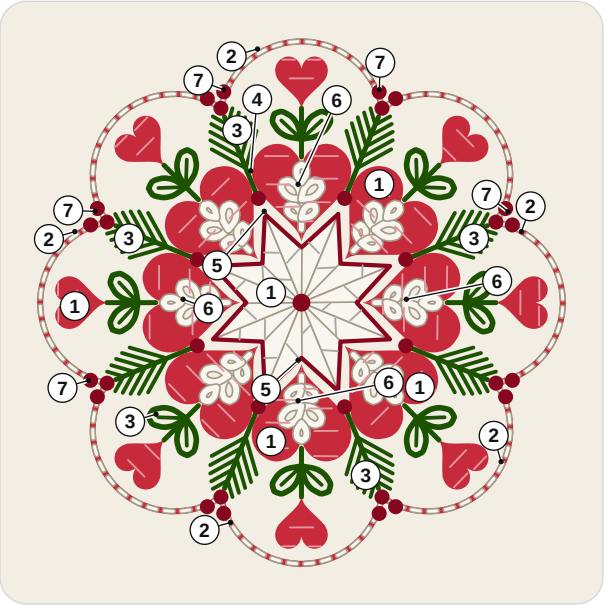
Folk heart mandala

6 inch (15 cm) hoop, 3.1 × 3.1 in (7.9 × 7.9 cm)



A number is a row of the list.

What you need

A 6 inch (15 cm) hoop.

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

Embroidery needles, size 9, and size 5 for 4 strands.

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.

Floss

DMC 321 Red
Large hearts and small hearts, scalloped cord (darker)

DMC 3865 Winter White
Star and heart sprigs, scalloped cord (lighter)

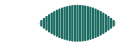
DMC 895 Very Dark Hunter Green
Fir sprigs, heart leaves and heart stems

DMC 815 Medium Garnet
Berries and star edge

Stitch in this order

Where a stitch page says otherwise, follow this list.

1. **Satin stitch**, 2 strands
   Large hearts, small hearts, star



2. **Whipped back stitch**, 4 strands
   Scalloped cord

3. **Straight stitch**
   3 strands: fir sprigs (DMC 895)
   1 strand: lines of the heart leaves



4. **Stem stitch**, 2 strands
   Fir sprigs (DMC 895), lines of the heart sprigs, heart stems

5. **Back stitch**, 2 strands
   Star edge

6. **Lazy daisy stitch**
   1 strand: loops of the heart sprigs
   2 strands: loops of the heart leaves



7. **French knot**
   2 strands, two wraps
   Berries



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

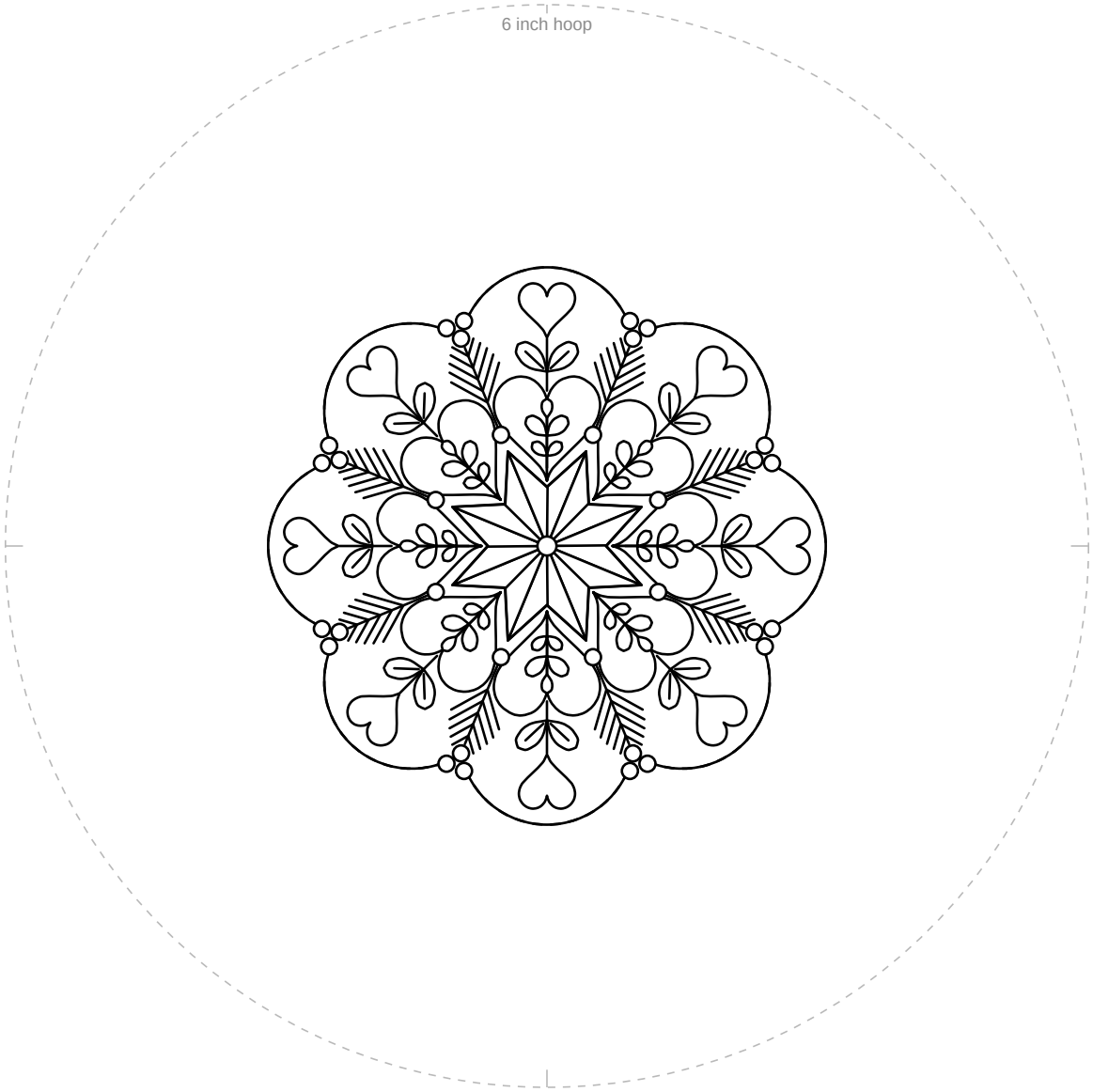
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Folk heart mandala

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 loop is one lazy daisy, begun at its point; a dashed line is whipped back stitch.



1 in
25.4 mm

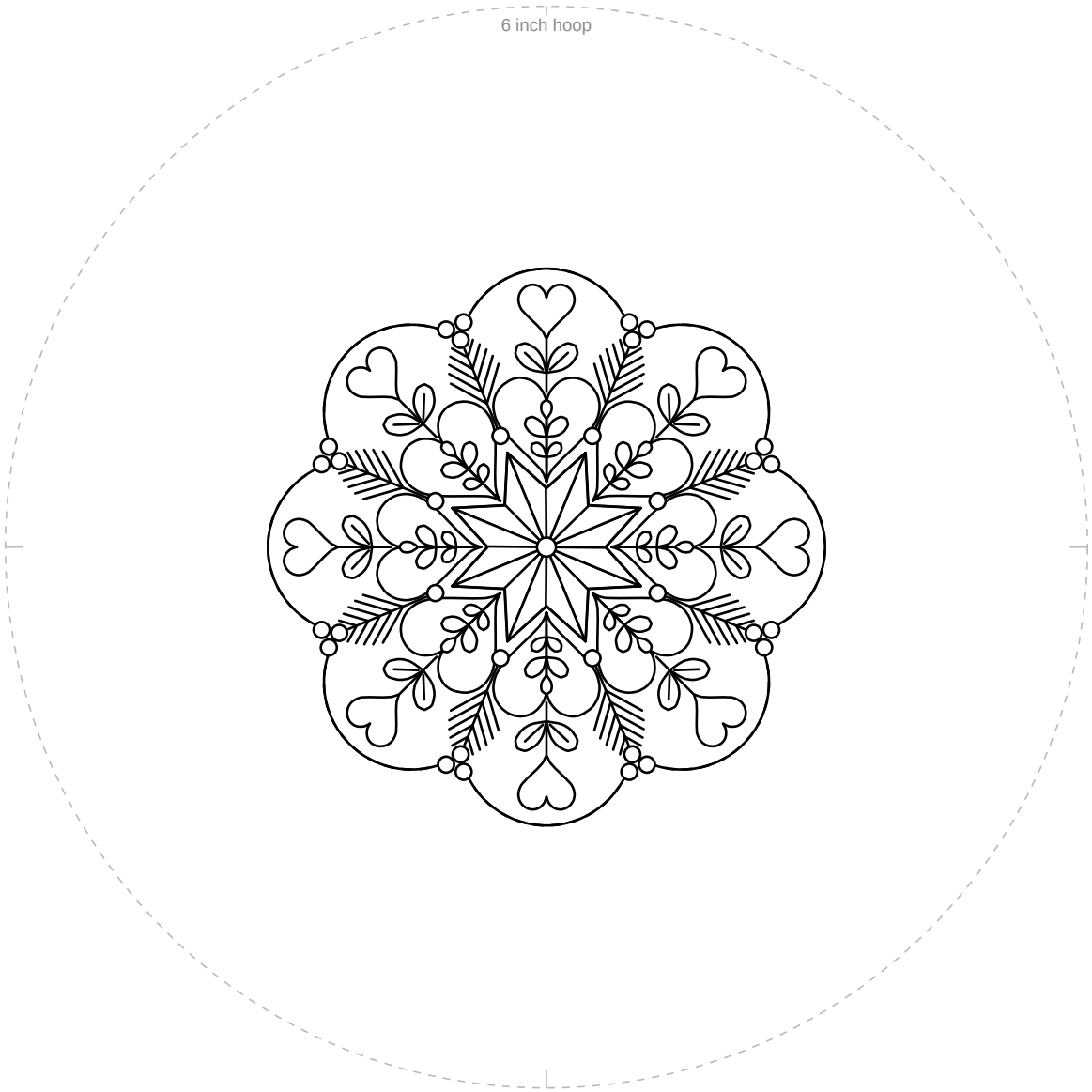
Not 1 inch (25.4 mm)? Print again at 100%.

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Folk heart mandala

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%.

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