# Follow your heart

6 inch (15 cm) hoop, 4.7 × 4.4 in (11.9 × 11.2 cm)




Colors by number: page 2.
Fabric: pale blue cotton or linen.

## What you need

A 6 inch (15 cm) hoop.

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

An embroidery needle, size 9.

23 colors of floss (page 2): 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 3 taped to a sunny window, the fabric over it; trace.

Other fabric: dressmaker's carbon paper, colored side down, page 3 on top; trace with a ballpoint.

Iron-on pen: go over page 4, 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. **Stem stitch**, 2 strands
   Grass blades



2. **Long and short stitch**, 1 strand
   Far legs, tail, dog coat, dog head, dog ear, trousers, boots, coat, face, scarf, sleeve, turf



3. **Fishbone stitch**, 2 strands
   Leaves



4. **Satin stitch**, 2 strands
   Tongue, collar, dog nose, mittens, belt, hair, cuffs, letters



5. **Split stitch**
   2 strands: coat edge
   1 strand: face edge, scarf edge



6. **Straight stitch**, 2 strands
   Scarf fringe, brow, mouth



7. **Chain stitch**, 3 strands
   Leash



8. **Stem stitch**, 1 strand
   Leaf stalks



9. **French knot**, two wraps
   2 strands: collar tag, dog eye, buttons, knots of the hair
   1 strand: eye



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



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# Follow your 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 918 Dark Red Copper | **9** | DMC 939 Very Dark Navy Blue | **17** | DMC 322 Dark Baby Blue |
| **2** | DMC 3853 Dark Autumn Gold | **10** | DMC 838 Very Dark Beige Brown | **18** | DMC 435 Very Light Brown |
| **3** | DMC 920 Medium Copper | **11** | DMC 3371 Black Brown | **19** | DMC 434 Light Brown |
| **4** | DMC 921 Copper | **12** | DMC 433 Medium Brown | **20** | DMC 815 Medium Garnet |
| **5** | DMC 3827 Pale Golden Brown | **13** | DMC 823 Dark Navy Blue | **21** | DMC 3363 Medium Pine Green |
| **6** | DMC 3712 Medium Salmon | **14** | DMC 312 Very Dark Baby Blue | **22** | DMC 3362 Dark Pine Green |
| **7** | DMC 321 Red | **15** | DMC 3820 Dark Straw | **23** | DMC 3364 Pine Green |
| **8** | DMC 3822 Light Straw | **16** | DMC 783 Medium Topaz | | |



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# Follow your 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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# Follow your heart

**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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