

# Follow your heart

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.2 × 4.4 in (10.7 × 11.2 cm).



Which color goes where.

## Floss

- **DMC 986 Very Dark Forest Green**  
Branches and darker half of each leaf
- **DMC 320 Medium Pistachio Green**  
Lighter half of each leaf
- **DMC 152 Medium Light Shell Pink**  
Blossom petals
- **DMC 3852 Very Dark Straw**  
Blossom centers and ring of knots in each blossom
- **DMC 208 Very Dark Lavender**  
Lettering and hearts

## Stitches

- **Stem stitch**, 2 or 3 strands  
Branches, lettering
- **Satin stitch**, 2 strands  
Leaves (each half slanted to the center vein, in its own color), blossom petals, hearts
- **French knot**, 2 strands, two wraps  
Blossom centers, ring of knots in each blossom

## Three ways to transfer the pattern

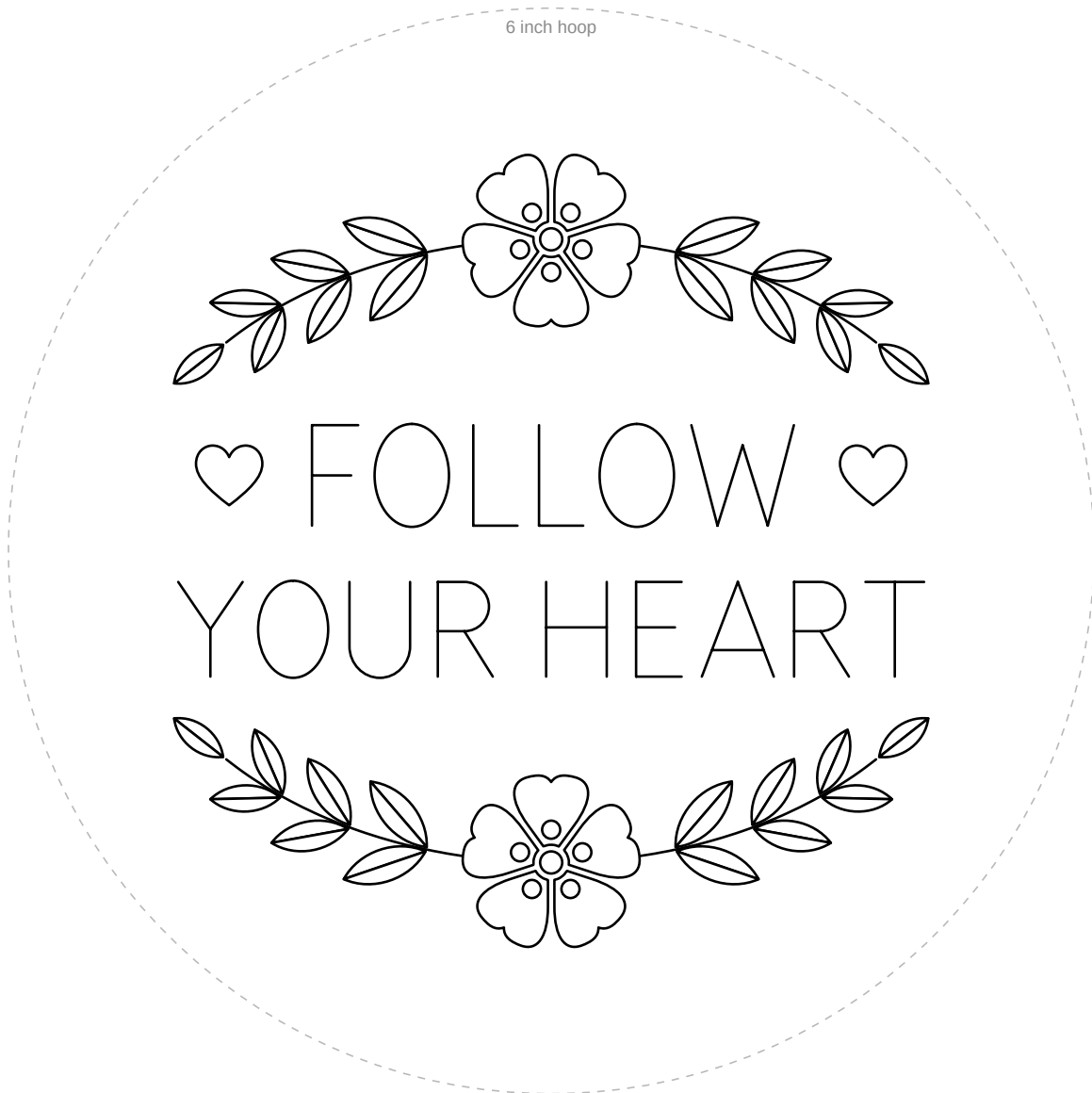
1. **Fabric you can see through**  
Tape page 2 to a sunny window or lay it on a light box, tape the fabric over it and trace the lines with a sharp pencil or a water-soluble pen.
2. **Fabric you cannot see through**  
Lay dressmaker's carbon paper colored side down on the fabric with page 2 on top, 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.

# Follow your 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.



Check square: 1 inch (25.4 mm) on each side.  
If it measures anything else, print again at 100% with scaling off.

# Follow your 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.



Check square: 1 inch (25.4 mm) on each side.  
If it measures anything else, print again at 100% with scaling off.