French knot heart

6 inch (15 cm) hoop, 3.8 × 3.7 in (9.7 × 9.4 cm)



Colors.

What you need

A 6 inch (15 cm) hoop.

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

An embroidery needle, size 7.

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 with a small knot on the back; end under a few stitches.

Every stitch in pictures: flossfield.com/embroidery/stitches.

New to this: flossfield.com/embroidery/guides/how-to-start.

Floss

DMC 304 Medium Red
Row 1 of the knots

DMC 3350 Ultra Dark Dusty Rose
Row 2 of the knots

DMC 152 Medium Light Shell Pink
Row 3 of the knots

DMC 3779 Very Light Rosewood
Row 4 of the knots

Stitch in this order

Where a stitch page says otherwise, follow this list.

1. **French knot**
   2 strands, two wraps
   Row 1 of the knots, row 2 of the knots, row 3 of the knots, row 4 of the knots



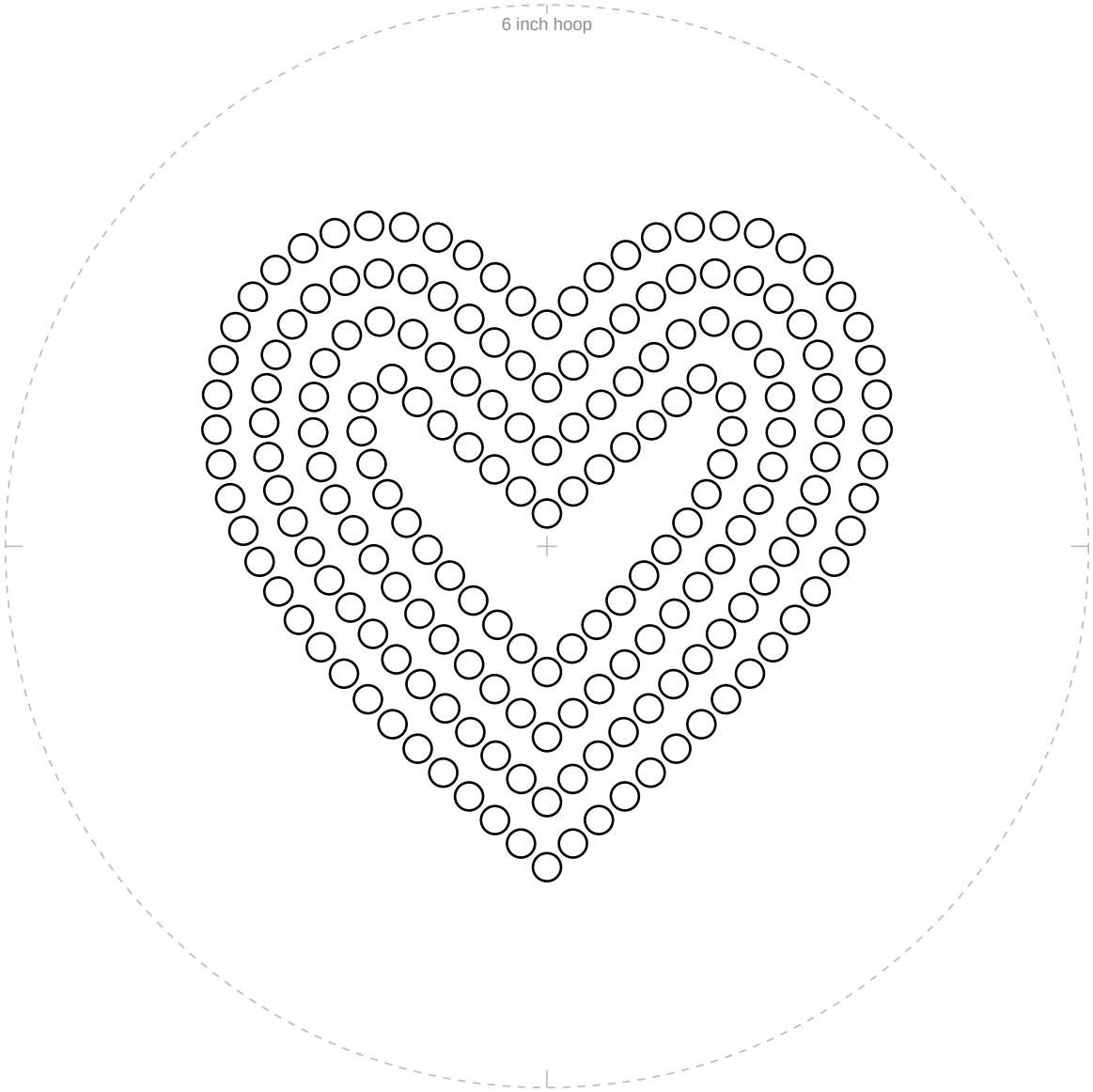
Take out lines that still show, press face down, finish the hoop.

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

French knot 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.



1 in
25.4 mm

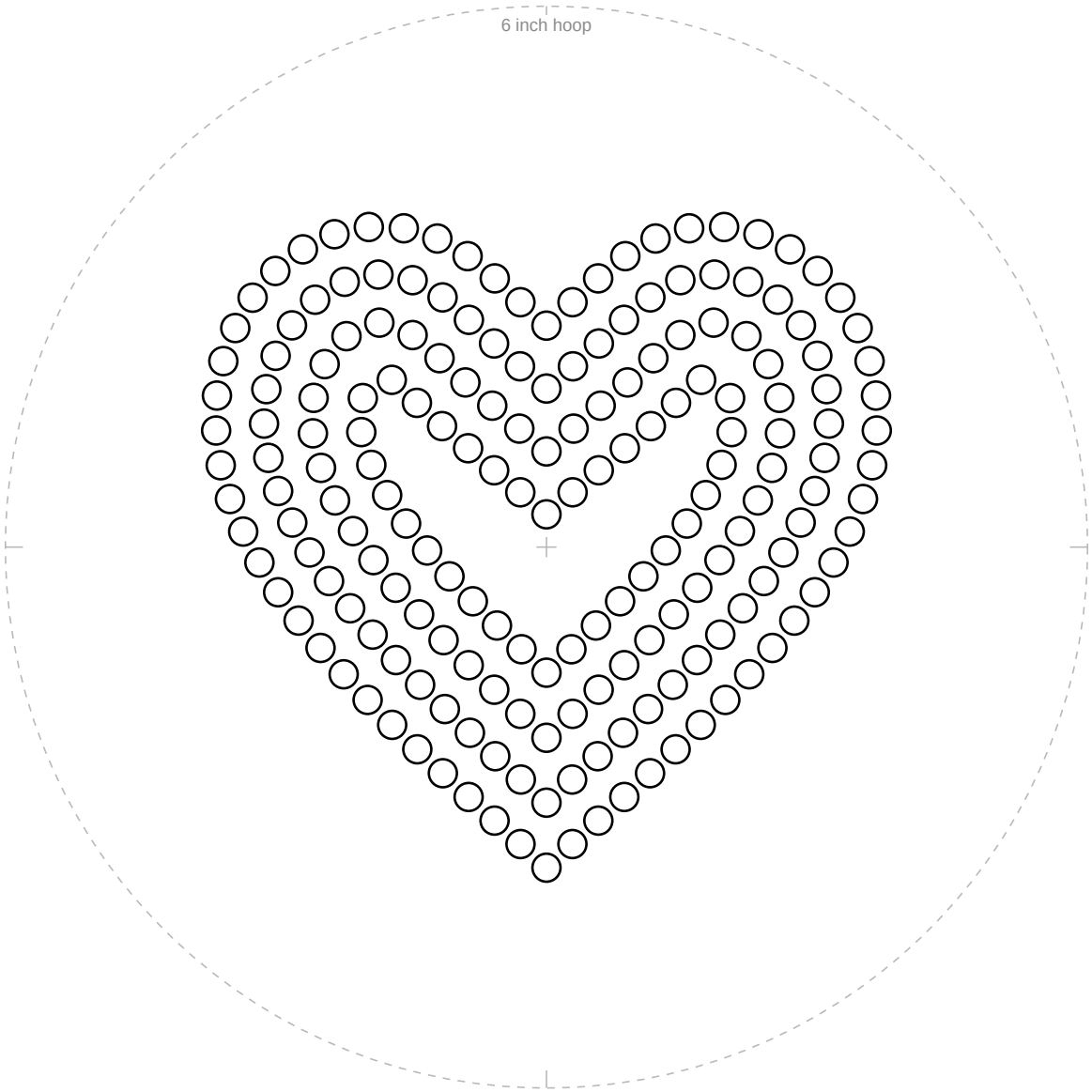
Not 1 inch (25.4 mm)? Print again at 100%.

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

French knot 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%.

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