Frog lifting a barbell

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.8 × 4.8 in (12.2 × 12.2 cm).



Which color goes where: by number on page 2.
Fabric: pale blue cotton or linen.

Stitch in this order

Filled parts from the back of the picture forward, then lines and knots.

1. **Fishbone stitch**, 2 strands
   Leaves
2. **Long and short stitch**, 1 strand
   Vine, buds, blossoms, legs, flanks, belly, feet, arms, hands, throat, head, eyelids, butterfly
3. **Satin stitch**, 2 strands
   Flank bars, toes, bar, bar ends, plates, fingers, eye rings, eyes, pupils, eye light, butterfly, butterfly body
4. **Stem stitch**, strands by part on page 2
   Leaves, bud stalks, outline, belly edge, toe edges, bar edges, plate edges, throat edge, mouth, butterfly edges, feelers
5. **Split stitch**, strands by part on page 2
   Vine edge, blossom edges, outline
6. **French knot**
   strands by part on page 2, two wraps
   Nostrils, butterfly dots

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.

Floss

- **1 DMC 501 Dark Blue Green** Leaves (middle), bud stalks
- **2 DMC 503 Medium Blue Green** Leaves (light)
- **3 DMC 895 Very Dark Hunter Green**
  Outline, mouth and nostrils, legs and arms (darkest), leaves (dark)
- **4 DMC 435 Very Light Brown**
  Vine (middle), blossom edges, belly edge and throat edge
- **5 DMC 801 Dark Coffee Brown** Vine edge, vine (dark)
- **6 DMC 738 Very Light Tan** Belly and throat (dark), vine (light)
- **7 DMC 712 Cream**
  Throat, belly and buds (light), blossoms (lightest), butterfly dots and eye light
- **8 DMC 742 Light Tangerine**
  Toes (light), eye rings and flank bars, fingers (lighter) and 4 more parts
- **9 DMC 739 Ultra Very Light Tan**
  Belly, throat and buds (middle), blossoms (light)
- **10 DMC 971 Pumpkin**
  Toes and feet (middle), hands (lighter), blossoms (darkest) and 2 more parts
- **11 DMC 904 Very Dark Parrot Green**
  Legs and arms (dark), head and eyelids (darkest)
- **12 DMC 905 Dark Parrot Green**
  Legs and arms (middle), head and eyelids (dark)
- **13 DMC 906 Medium Parrot Green** Legs, arms, head and eyelids (light)
- **14 DMC 995 Dark Electric Blue**
  Flanks and butterfly (middle), plates (shade 6 of 9)
- **15 DMC 820 Very Dark Royal Blue**
  Flanks, plate edges and butterfly (dark), plates (shade 1 of 9)
- **16 DMC 996 Medium Electric Blue**
  Flanks and butterfly (light), plates (shade 8 of 9)
- **17 DMC 907 Light Parrot Green** Head, arms, legs and eyelids (lightest)
- **18 DMC 900 Dark Burnt Orange**
  Toe edges, hands (darker), toes and feet (dark), plate edges (light) and 1 more part
- **19 DMC 318 Light Steel Gray** Bar
- **20 DMC 413 Dark Pewter Gray** Bar edges and bar ends
- **21 DMC 350 Medium Coral** Plates (shade 5 of 9)
- **22 DMC 815 Medium Garnet**
  Plate edges (middle), plates (shade 2 of 9), eyes (darker)
- **23 DMC 321 Red** Eyes (lighter), plates (shade 3 of 9)
- **24 DMC 310 Black** Butterfly edges, pupils, butterfly body and feelers

Three ways to transfer the pattern

1. **Fabric you can see through**
   Tape page 3 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 3 on top, tape the layers and trace the lines firmly with a ballpoint pen.
3. **Iron-on: the lines stay**
   Go over the lines of page 4, the mirrored page, with an iron-on transfer pen, lay it ink side down on the fabric and press with a dry iron, as the pen's packet says.

Pages 3 and 4 are the pattern at actual size. Print them at 100% with scaling turned off. Then put the fabric in the hoop: inner ring under, drawing up, tight as a drum.

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6 inch hoop

How to read it

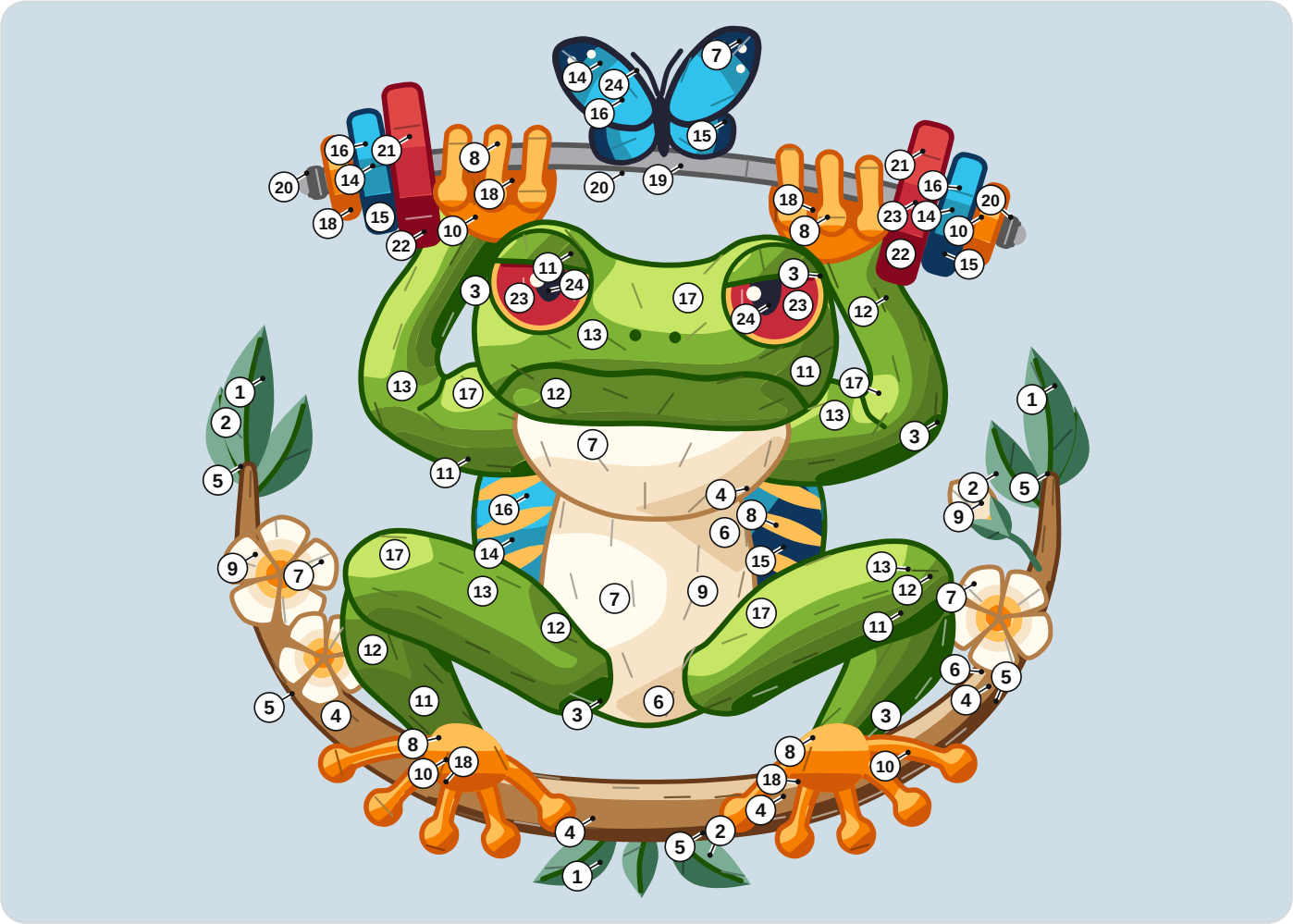
Floss is six strands. Cut 18 inches (45 cm), pull out the number given one at a time, and lay them together.

Inside a filled shape start with two or three tiny stitches, which the filling covers. Start a line with a small knot on the back. End each thread by running the needle under the backs of a few stitches.

Each small ring is one French knot. A fine broken line inside a shape is where two shades meet: trace it, do not stitch it.

A number on the picture is a color of the list of floss on page 1. The fine lines on the colors show which way the stitches lie.

Every stitch in pictures: flossfield.com/embroidery/stitches. The first time: flossfield.com/embroidery/guides/how-to-start.



1	DMC 501 Dark Blue Green	**9**	DMC 739 Ultra Very Light Tan	**17**	DMC 907 Light Parrot Green
2	DMC 503 Medium Blue Green	**10**	DMC 971 Pumpkin	**18**	DMC 900 Dark Burnt Orange
3	DMC 895 Very Dark Hunter Green	**11**	DMC 904 Very Dark Parrot Green	**19**	DMC 318 Light Steel Gray
4	DMC 435 Very Light Brown	**12**	DMC 905 Dark Parrot Green	**20**	DMC 413 Dark Pewter Gray
5	DMC 801 Dark Coffee Brown	**13**	DMC 906 Medium Parrot Green	**21**	DMC 350 Medium Coral
6	DMC 738 Very Light Tan	**14**	DMC 995 Dark Electric Blue	**22**	DMC 815 Medium Garnet
7	DMC 712 Cream	**15**	DMC 820 Very Dark Royal Blue	**23**	DMC 321 Red
8	DMC 742 Light Tangerine	**16**	DMC 996 Medium Electric Blue	**24**	DMC 310 Black

How many strands

Stem stitch. 3 strands: bud stalks, mouth; 2 or 3 strands: butterfly edges; 2 strands: bar edges, plate edges; 1 or 2 strands: outline; 1 strand: leaves, belly edge, toe edges, throat edge, feelers.
Split stitch. 2 strands: outline; 1 strand: vine edge, blossom edges.
French knot. 2 strands: nostrils; 1 strand: butterfly dots.

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6 inch hoop

Print at 100% and check the square below with a ruler. Fold the fabric in four: the folds meet the four ticks of the ring.



1 in
25.4 mm

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

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6 inch hoop

Mirrored. Trace this page with an iron-on transfer pen or pencil, then press it ink side down on the fabric.



1 in
25.4 mm

Check square: 1 inch (25.4 mm) on each side.
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