From the heart

6 inch (15 cm) hoop, 4.9 × 4.6 in (12.4 × 11.7 cm)



Colors by number: page 2.

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.

9 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**
   4 strands: branches
   3 strands: legs

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



3. **Satin stitch**, 2 strands
   Buds, tulip cups, tulips, tails, bills, breasts, breast bands, heads, collars, eyes, wings, wing scallops, shoulders, heart, heart center, rosettes, rosette centers, words



4. **Stem stitch**, 2 strands
   Feet, crests, berry stalks

5. **Back stitch**, 1 strand
   Heart seam

6. **Split stitch**
   1 strand: wing edges, edges of the words
   2 strands: heart edge

7. **French knot**, two wraps
   2 strands: breast knots, crest knots, wing knots, twig knobs, berries
   1 strand: eye centers



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

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.

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From the 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 3362 Dark Pine Green	**4** DMC 3852 Very Dark Straw	**7** DMC 815 Medium Garnet
2 DMC 3363 Medium Pine Green	**5** DMC 311 Medium Navy Blue	**8** DMC 823 Dark Navy Blue
3 DMC 347 Very Dark Salmon	**6** DMC 680 Dark Old Gold	**9** DMC 932 Light Antique Blue

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From the 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%.

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From the 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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