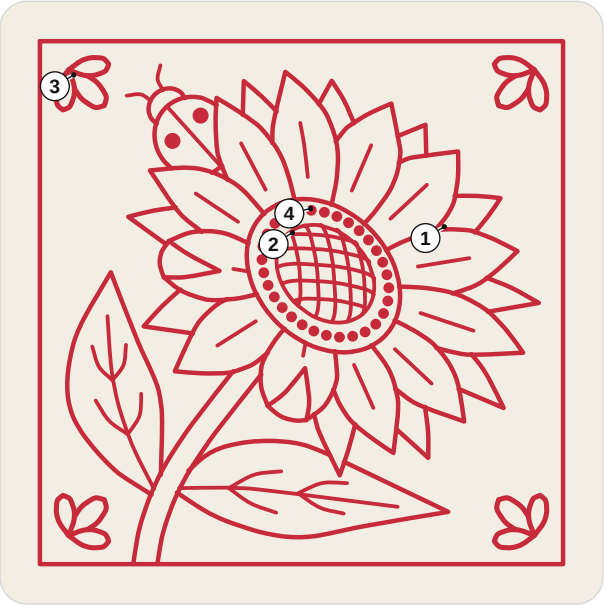
Garden redwork quilt block: sunflower

Sized for a 6 inch hoop (15 cm). The stitched design is about 3.5 × 3.5 in (8.9 × 8.9 cm).



Which color goes where. Each number is a stitch of the list.

Floss

DMC 321 Red
Petals, frame, corner sprigs, heart lattice, leaves and leaf veins and 6 more parts

Stitch in this order

1. **Stem stitch**, 2 strands
   Frame, leaves, flower stem, petals, ladybird, flower heart

2. **Back stitch**
   1 or 2 strands: ladybird
   1 strand: leaf veins, petal veins, heart lattice

3. **Lazy daisy stitch**, 2 strands
   Corner sprigs



4. **French knot**
   2 strands, two wraps
   Ladybird spots, heart ring



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.

Start each thread with a small knot on the back, and end it by running the needle under the backs of a few stitches.

Each small ring is one French knot. Each small loop is one lazy daisy: come up at its point.

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

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: the lines stay**
   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, as the pen's packet says.

Pages 2 and 3 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.

What you need

Easy. A 6 inch (15 cm) hoop, and a 9 inch (23 cm) square of plain cotton or linen, white or another light color. Embroidery needle: size 9 for 1 strand, size 7 for 2 (a lower number is a thicker needle). Skeins: one is enough. An estimate for the 6 inch hoop, from the length of each line and the area of each filled shape, with a fifth added for tails.

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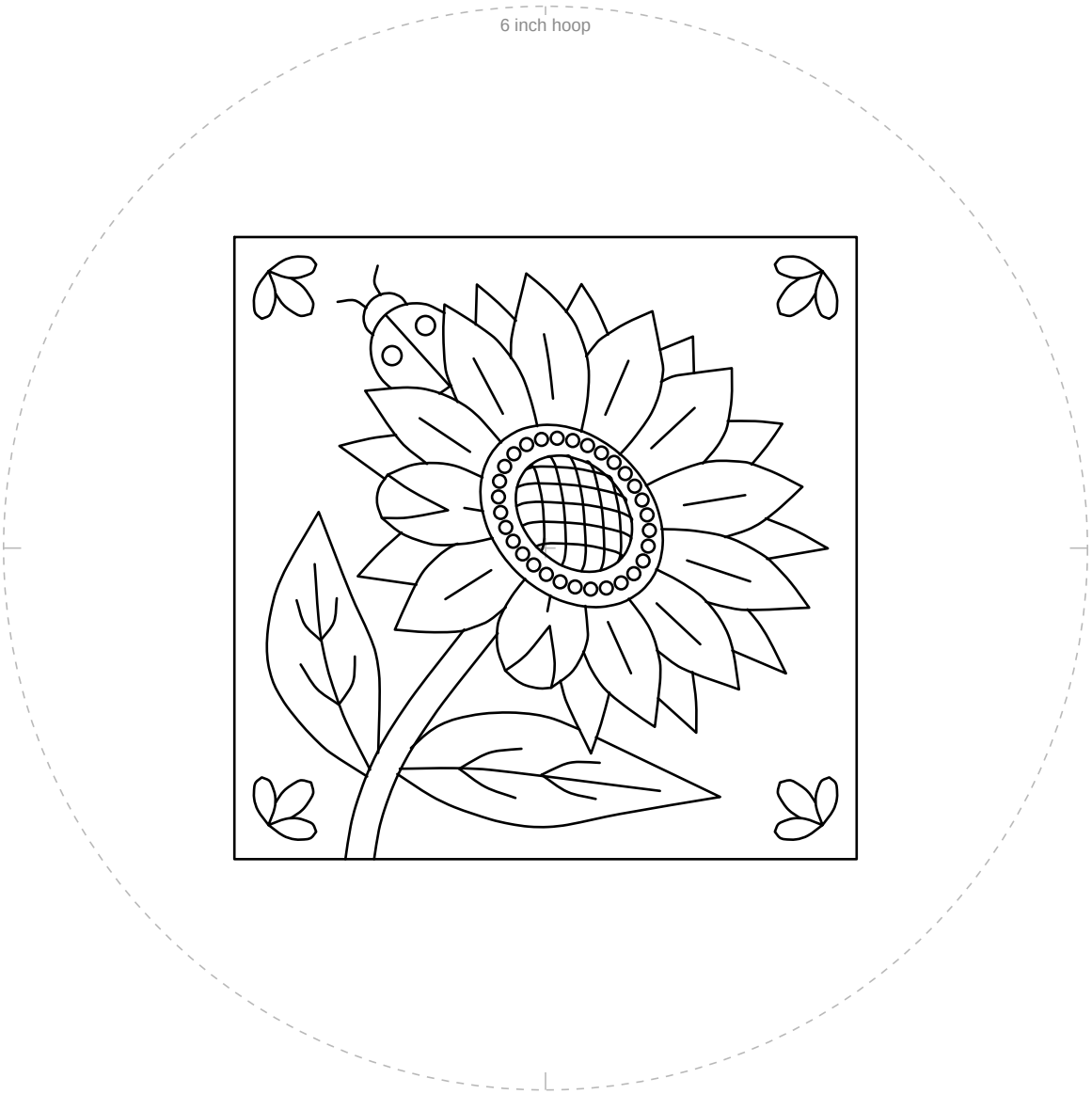
6 inch hoop

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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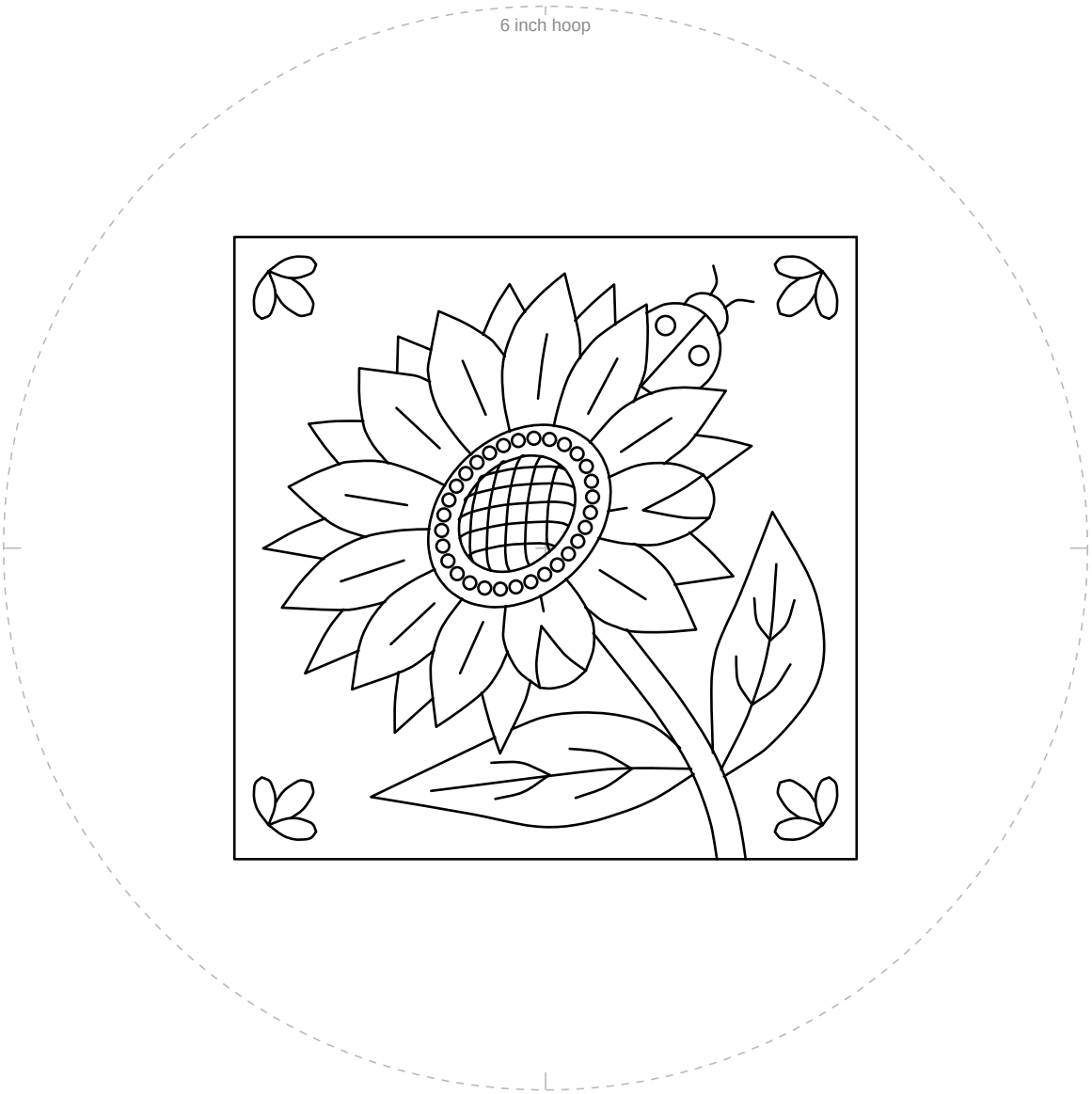
6 inch hoop

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

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