Get well soon

6 inch (15 cm) hoop, 3.9 × 4.1 in (9.9 × 10.4 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.

An embroidery needle, size 9.

23 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**, 2 strands
   Flower stem

2. **Long and short stitch**, 1 strand
   Headboard, bedposts (color 1), pillow, bear ears, inner ears, bear face, muzzle, paws, balloon, bird, bird wing



3. **Satin stitch**, 2 strands
   Headboard rail, carved heart, bedposts (color 2), bedpost caps, bedpost knobs, rosy cheeks, eyes, nose, scalloped edge, sheet, patches, quilt binding, wording, balloon knot, ribbon, bird tail, bird eye, beak, flower petals



4. **Fishbone stitch**, 2 strands
   Leaf



5. **Split stitch**
   1 strand: board lines, bedpost edges, fur edges, ribbon edges
   2 strands: brows, mouth, toes

6. **Stem stitch**
   2 strands: pillow piping, scallop line, sheet edge (color 1), quilt lines, balloon string, bird legs
   3 strands: ribbon tails

7. **Back stitch**, 2 strands
   Sheet edge (color 5)

8. **Straight stitch**
   2 strands: eye highlights, wing bars
   1 strand: nose highlight, bird eye highlight



9. **French knot**
   2 strands, two wraps
   Flower center



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

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A number is a color of the list. Fine lines show which way the stitches lie: do not stitch them.



1	DMC 931 Medium Antique Blue	**9**	DMC 801 Dark Coffee Brown	**17**	DMC 3822 Light Straw
2	DMC 930 Dark Antique Blue	**10**	DMC 435 Very Light Brown	**18**	DMC 3363 Medium Pine Green
3	DMC 932 Light Antique Blue	**11**	DMC 352 Light Coral	**19**	DMC 3820 Dark Straw
4	DMC 3750 Very Dark Antique Blue	**12**	DMC 437 Light Tan	**20**	DMC 782 Dark Topaz
5	DMC 351 Coral	**13**	DMC 738 Very Light Tan	**21**	DMC 3364 Pine Green
6	DMC BLANC White	**14**	DMC 712 Cream	**22**	DMC 3733 Dusty Rose
7	DMC 762 Very Light Pearl Gray	**15**	DMC 3371 Black Brown	**23**	DMC 3731 Very Dark Dusty Rose
8	DMC 433 Medium Brown	**16**	DMC 349 Dark Coral		

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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; a broken line inside a shape is where two shades meet: trace it, do not stitch it.



1 in
25.4 mm

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

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Get well soon

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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