Grizzly bear with mountains inside

6 inch (15 cm) hoop, 4.3 × 3.4 in (10.9 × 8.6 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.

21 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 stems

2. **Long and short stitch**, 1 strand
   Ground, far legs, sky, peaks, snow (colors 17 and 20), lake, near slope



3. **Satin stitch**, 2 strands
   Flower leaves, far ear, claws, snow (colors 17 and 20), far shore, firs, nose



4. **Split stitch**
   2 strands: outline
   1 strand: edges of the nose, mouth

5. **Straight stitch**, 1 strand
   Lights, lines of the stars



6. **Stem stitch**, 1 strand
   Grasses

7. **Padded satin stitch**, 2 strands
   Sun



8. **French knot**, two wraps
   2 strands: fireweed, lupine, knots of the stars
   1 strand: eye



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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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 936 Very Dark Avocado Green	8	DMC 336 Navy Blue	15	DMC 745 Light Pale Yellow
2	DMC 3362 Dark Pine Green	9	DMC 939 Very Dark Navy Blue	16	DMC 932 Light Antique Blue
3	DMC 3363 Medium Pine Green	10	DMC 437 Light Tan	17	DMC 3752 Very Light Antique Blue
4	DMC 3722 Medium Shell Pink	11	DMC 3041 Medium Antique Violet	18	DMC 930 Dark Antique Blue
5	DMC 791 Very Dark Cornflower Blue	12	DMC 3778 Light Terra Cotta	19	DMC 931 Medium Antique Blue
6	DMC 500 Very Dark Blue Green	13	DMC 3856 Ultra Very Light Mahogany	20	DMC 3865 Winter White
7	DMC 501 Dark Blue Green	14	DMC 3855 Light Autumn Gold	21	DMC 502 Blue Green

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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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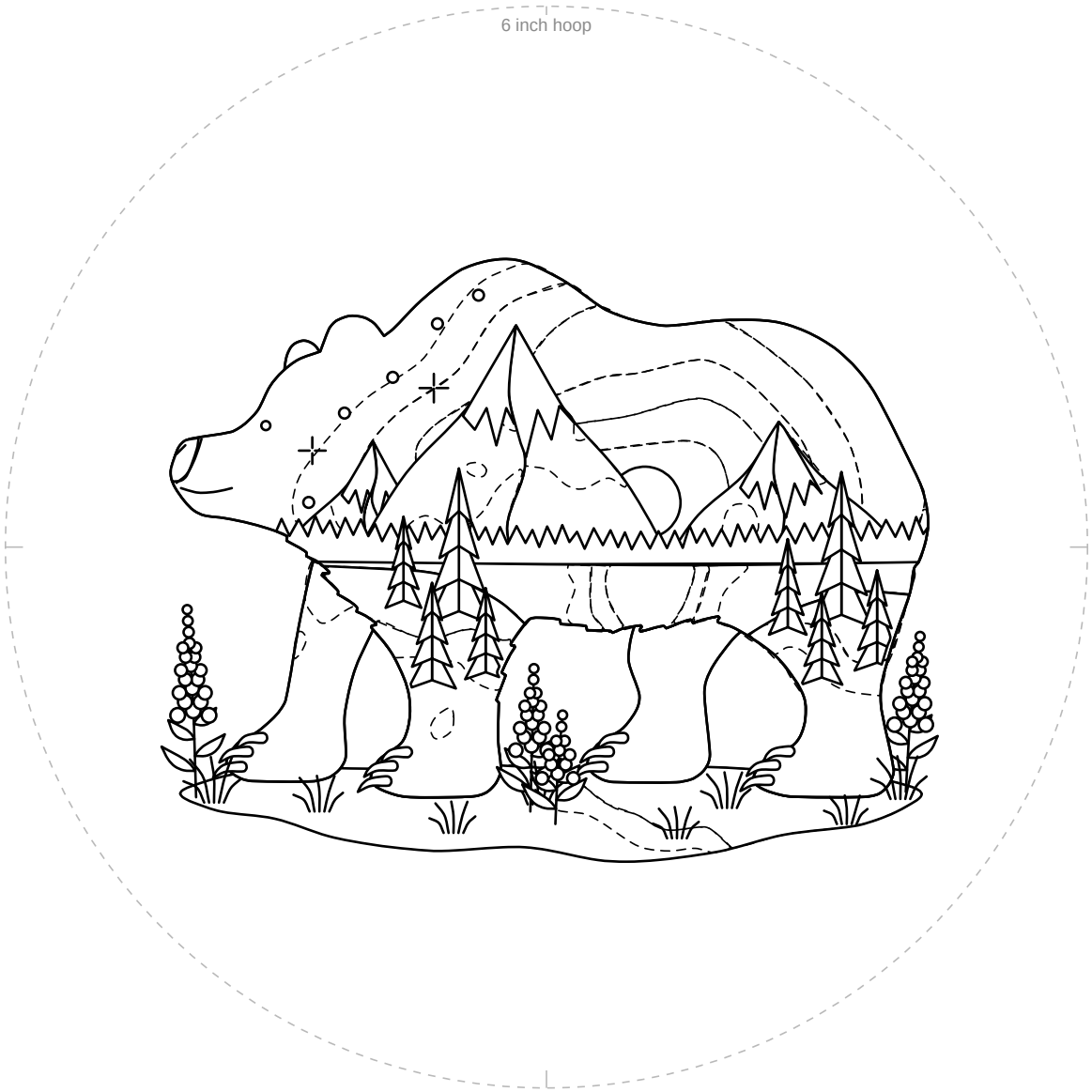
6 inch hoop

For an iron-on pen only. Go over the lines, press ink side down.



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