He healeth the broken in heart, flowers

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.9 × 4.9 in (12.4 × 12.4 cm).



Which color goes where.

Stitches

- **Stem stitch**, 1 strand
  Stems, antennae
- **Lazy daisy stitch**, 1 to 2 strands
  Open leaves, aster petals, oat grass
- **Satin stitch**, 2 strands
  Leaves, cosmos petals, cups, poppy petals, buttercup petals, poppy buds, butterfly wings, butterfly body
- **French knot**, 1 to 2 strands, two wraps
  Aster centers, cosmos centers, lace florets, poppy centers, forget-me-nots, forget-me-not eyes, buttercup centers, butterfly spots, words
- **Split stitch**, 1 to 3 strands
  Cosmos edges, poppy edges, buttercup edges, butterfly edges, words
- **Straight stitch**, 1 to 2 strands
  Lace umbels, cornflower petals, forget-me-not stalks, lavender, clover heads, oat grass, butterfly veins

In a 6 inch hoop the shortest lazy daisy loops 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

- **DMC 3362 Dark Pine Green** Stems and leaves (dark)
- **DMC 3363 Medium Pine Green**
  Stems and leaves (middle), open leaves, forget-me-not stalks and cups
- **DMC 3364 Pine Green**
  Stems and leaves (light), lace umbels, poppy centers (lighter)
- **DMC 209 Dark Lavender** Aster petals, lavender (lighter)
- **DMC 3820 Dark Straw**
  Lace florets, aster centers, cosmos centers and forget-me-not eyes
- **DMC 3688 Medium Mauve**
  Cosmos petals, clover heads (lighter)
- **DMC 3687 Mauve** Cosmos edges, clover heads (darker)
- **DMC 798 Dark Delft Blue**
  Cornflower petals (darker), butterfly wings (dark)
- **DMC 799 Medium Delft Blue**
  Cornflower petals (lighter), butterfly wings (middle)
- **DMC 3712 Medium Salmon** Poppy petals (lighter)
- **DMC 3328 Dark Salmon**
  Poppy edges and poppy buds, poppy petals (darker)
- **DMC 823 Dark Navy Blue**
  Butterfly edges, butterfly veins, butterfly body and antennae, poppy centers (darker)
- **DMC 809 Delft Blue** Forget-me-nots, butterfly wings (light)
- **DMC 726 Light Topaz** Buttercup petals and butterfly spots
- **DMC 782 Dark Topaz**
  Buttercup edges and buttercup centers
- **DMC 3041 Medium Antique Violet** Lavender (darker)
- **DMC 3045 Dark Yellow Beige** Oat grass
- **DMC 930 Dark Antique Blue** Words

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**
   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.

Pages 2 and 3 are the pattern at actual size. Print them at 100% with scaling turned off.

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6 inch hoop

Print at 100% (actual size). Do not scale or fit to page. Check the square below with a ruler before you trace.



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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