Heart medallion sampler

6 inch (15 cm) hoop, 4.8 × 4.8 in (12.2 × 12.2 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 7.

5 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. **Satin stitch**, 2 strands, colors 3, 4
   Solid heart (in two halves that meet down its middle, each half slanted to the seam), ring of hearts (each in two halves that meet down its middle, each half slanted to the seam)



2. **Fishbone stitch**
   2 strands, color 5
   Vine leaves



3. **Chain stitch**
   2 or 3 strands, color 2
   Chain stitch heart, chain stitch circle, border



4. **Stem stitch**
   2 or 3 strands, colors 2, 3, 5
   Stem stitch heart, circles, vine stem

5. **Lazy daisy stitch**
   2 strands, color 3
   Ring of lazy daisy stitches



6. **French knot**
   2 strands, two wraps, color 1
   Knots round the heart, knots between the hearts



Take out lines that still show, press face down, finish the hoop.

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.

Heart medallion sampler

6 inch hoop

A number is a color of the list.



1 DMC 3852 Very Dark Straw
2 DMC 815 Medium Garnet
3 DMC 3350 Ultra Dark Dusty Rose
4 DMC 3831 Dark Raspberry
5 DMC 320 Medium Pistachio Green

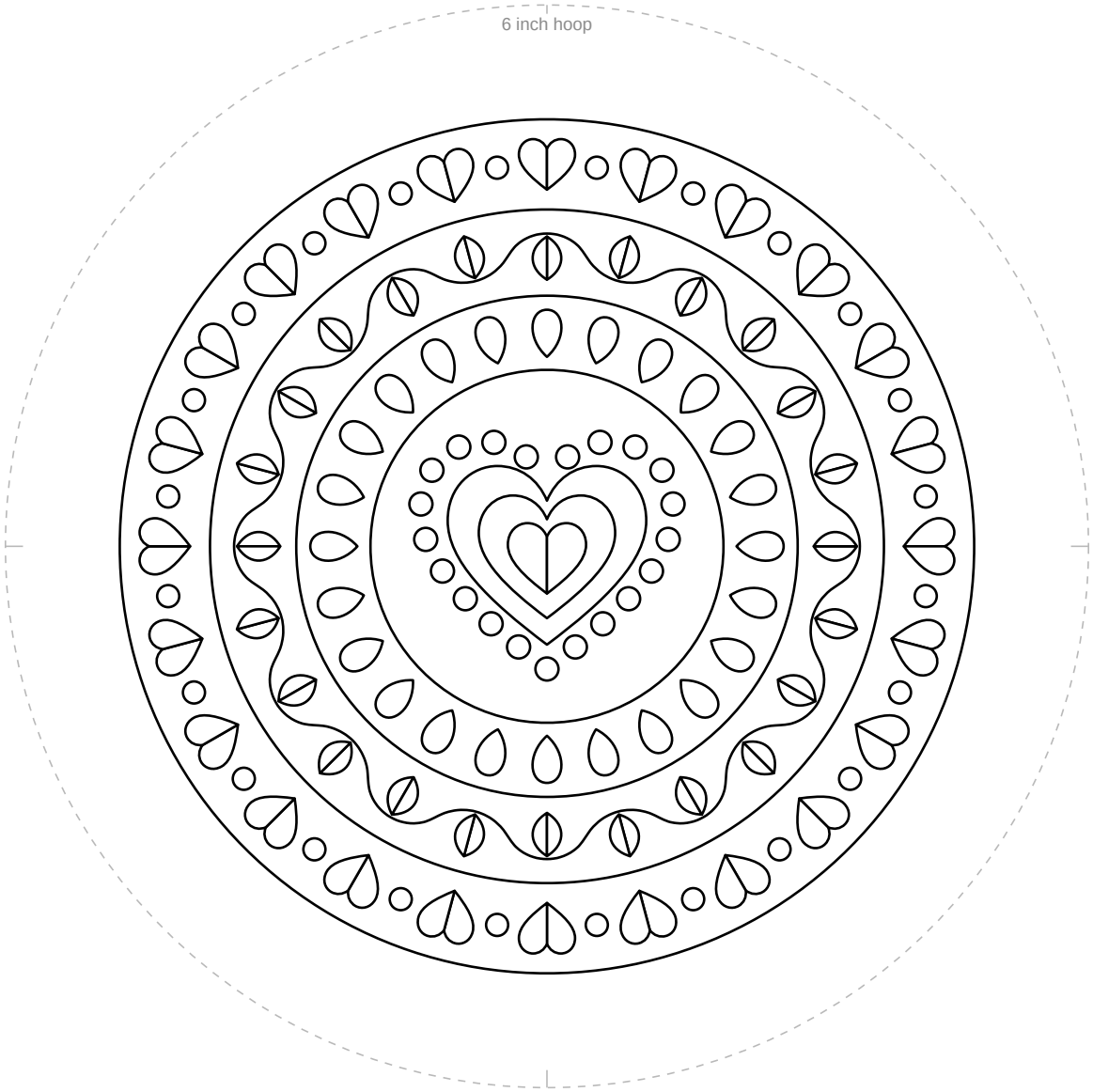
For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.

Heart medallion sampler

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 loop is one lazy daisy, begun at its point.



1 in
25.4 mm

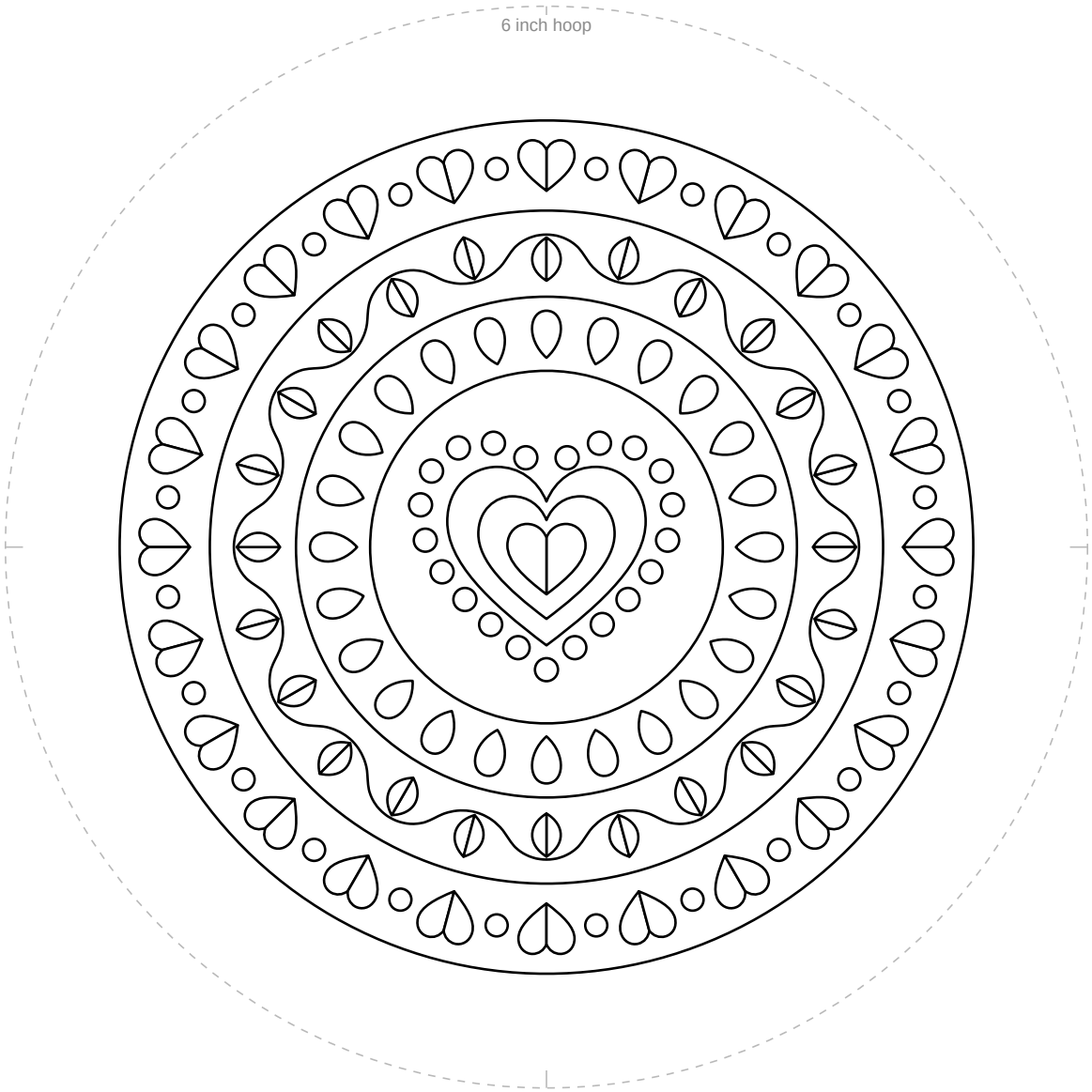
Not 1 inch (25.4 mm)? Print again at 100%.

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.

Heart medallion sampler

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%.

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.