I am enough

6 inch (15 cm) hoop, 3.5 × 4.1 in (8.9 × 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.

Embroidery needles, size 9, and size 3 for 4 or 5 strands.

11 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. **Long and short stitch**
   colors 1, 2, 3, 4, 5, 11
   1 strand: shadow, foot, petals, pale ring, bud (colors 4, 5 and 11)
   2 strands: inside of bowl, bowl



2. **Fishbone stitch**
   2 strands, colors 6, 7
   Leaves (colors 6 and 7), bud (colors 6 and 7)



3. **Satin stitch**
   2 strands, colors 4, 5, 6, 7, 8, 9
   Stems, painted border, painted leaves, painted flower, gold seams, leaves (colors 6 and 7), flower center, lettering



4. **Stem stitch**, colors 4, 6, 7
   2 strands: painted lines, rim, painted scrolls
   1 strand: lines of the stems

5. **Couching**, 5 strands, colors 9, 10
   Lines of the gold seams



6. **Split stitch**, 1 strand, colors 4, 5
   Bowl edge, petal edges

7. **Straight stitch**, 1 strand, color 8
   Lines of the stamens



8. **French knot**, two wraps, color 8
   1 strand: knots of the stamens
   2 strands: knots of the flower center



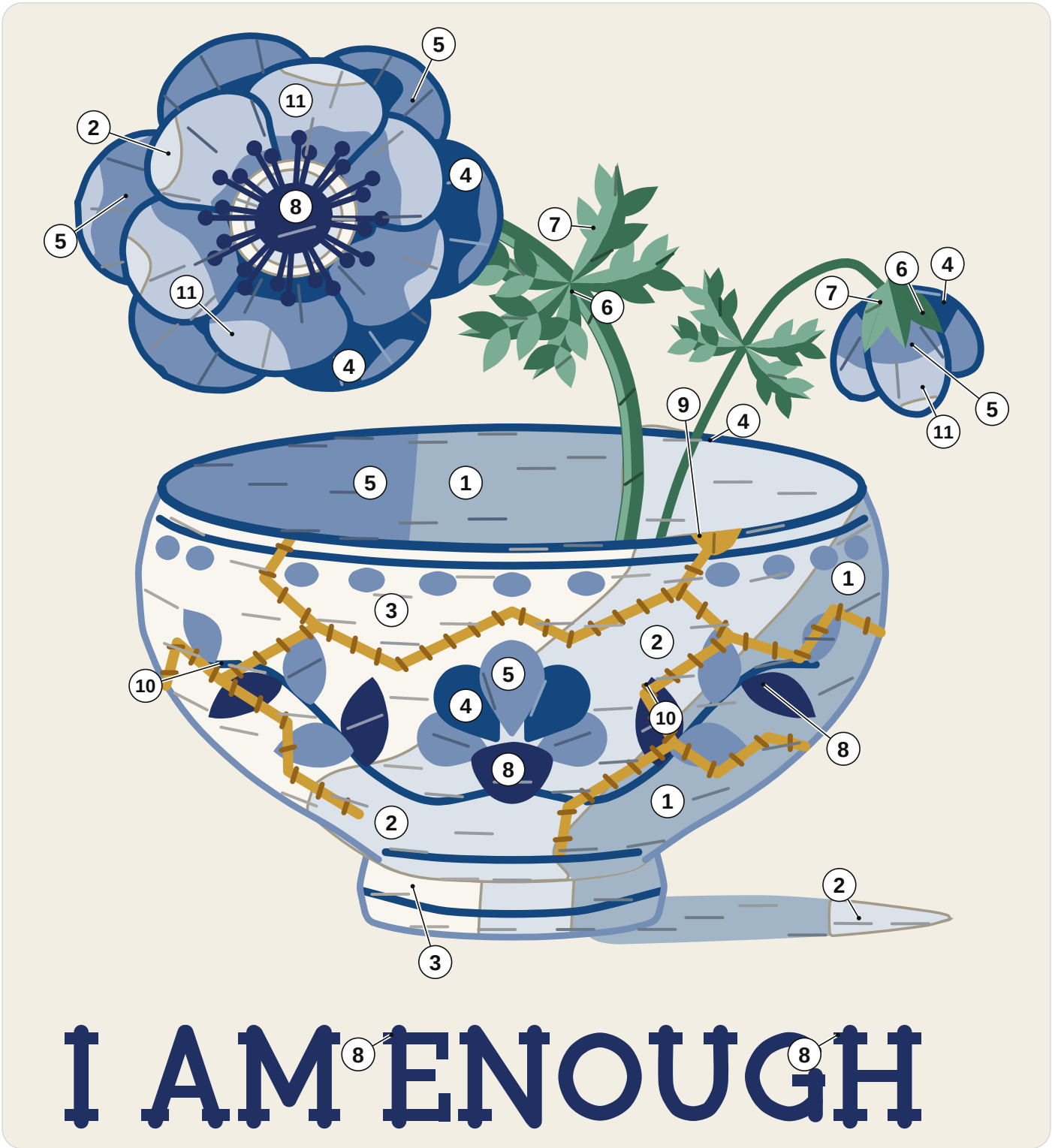
Take out lines that still show, press face down, finish the hoop or sew a pillow.

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

I am enough

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 932 Light Antique Blue	**5**	DMC 799 Medium Delft Blue	**9**	DMC 3852 Very Dark Straw
2	DMC 3753 Ultra Very Light Antique Bl...	**6**	DMC 501 Dark Blue Green	**10**	DMC 780 Ultra Very Dark Topaz
3	DMC 3865 Winter White	**7**	DMC 503 Medium Blue Green	**11**	DMC 800 Pale Delft Blue
4	DMC 797 Royal Blue	**8**	DMC 823 Dark Navy Blue		

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

I am enough

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%.

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

I am enough

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.