I survived cancer with gold laurel

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.6 × 4.6 in (11.7 × 11.7 cm).



Which color goes where: by number on page 2.
Fabric: navy cotton or linen.

Three ways onto dark fabric

1. **Light shines through it**
   Lay page 3 on a bright light box, tape the fabric over it and trace the lines with a white marking pencil or pen.
2. **No light shines through**
   Print page 3 on a sticky wash-away sheet, smooth it onto fabric that can be washed, stitch through both and rinse it away.
3. **White or yellow carbon paper**
   Lay it colored side down on the fabric with page 3 on top, tape the layers and trace firmly with a ballpoint pen. Go over a faint line with a white pencil.

Page 3 is the pattern at actual size (page 4 is its mirror, for an iron-on pen on a light fabric). Print it at 100% with scaling turned off. Then put the fabric in the hoop: inner ring under, drawing up, tight as a drum.

Floss

- **1 DMC 772 Very Light Yellow Green**
  Leaf backs (lighter), pale leaves (lightest)
- **2 DMC 523 Light Fern Green**
  Pale leaves (dark), leaf backs (darker), bud stalks
- **3 DMC 524 Very Light Fern Green**
  Pale leaves (light)
- **4 DMC 522 Fern Green**
  Stems (lighter), pale leaves (darkest), berry stalks
- **5 DMC 3820 Dark Straw**
  Gold leaves (light), berries (middle), stars (darker)
- **6 DMC 3829 Very Dark Old Gold**
  Gold leaves (darkest), stems (darker)
- **7 DMC 3822 Light Straw**
  Words, gold leaves (lightest), stars (lighter), berries (light)
- **8 DMC 783 Medium Topaz**
  Gold leaves and berries (dark)
- **9 DMC 3823 Ultra Pale Yellow**
  Buds

Stitch in this order

Filled parts from the back of the picture forward, then lines and knots.

1. **Satin stitch**, 2 strands
   Pale leaves, gold leaves
2. **Padded satin stitch**, 2 strands
   Berries
3. **Back stitch**, 1 to 2 strands
   Leaf backs
4. **Stem stitch**
   strands by part on page 2
   Stems, berry stalks, bud stalks, words
5. **Straight stitch**, 2 strands
   Stars
6. **French knot**
   2 strands, two wraps
   Buds, words

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

I survived cancer with gold laurel

6 inch hoop

How to read it

Floss is six strands. Cut 18 inches (45 cm), pull out the number given one at a time, and lay them together.

Inside a filled shape start with two or three tiny stitches, which the filling covers. Start a line with a small knot on the back. End each thread by running the needle under the backs of a few stitches.

Each small ring is one French knot.

A number on the picture is a color of the list of floss on page 1. The fine lines on the colors show which way the stitches lie.

Every stitch in pictures: flossfield.com/embroidery/stitches. The first time: flossfield.com/embroidery/guides/how-to-start.



1	DMC 772 Very Light Yellow Green	**4**	DMC 522 Fern Green	**7**	DMC 3822 Light Straw
2	DMC 523 Light Fern Green	**5**	DMC 3820 Dark Straw	**8**	DMC 783 Medium Topaz
3	DMC 524 Very Light Fern Green	**6**	DMC 3829 Very Dark Old Gold	**9**	DMC 3823 Ultra Pale Yellow

How many strands

Stem stitch. 2 to 4 strands: stems; 3 strands: words; 2 strands: berry stalks; 1 strand: bud stalks.

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

I survived cancer with gold laurel

6 inch hoop

Print at 100% and check the square below with a ruler. Fold the fabric in four: the folds meet the four ticks of the ring.



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.

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

I survived cancer with gold laurel

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.
If it measures anything else, print again at 100% with scaling off.

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