Journal cover, one fern

6 inch (15 cm) hoop, 2.9 × 4.5 in (7.4 × 11.4 cm)



Colors by number: page 2.
Fabric: dark green cotton or linen.

What you need

A 6 inch (15 cm) hoop.

A 9 inch (23 cm) square of dark green cotton or linen.

An embroidery needle, size 9.

15 colors of floss (page 2): one skein of each color (an estimate from the drawing's lines and shapes).

A white pencil, and small scissors.

Onto the fabric

Fabric that lets light through: page 3 on a bright light, the fabric over it; trace with a white pencil.

Other fabric: print page 3 on a sticky wash-away sheet, stick it on, stitch through it and rinse it away.

Or white or yellow carbon paper, colored side down, page 3 on top; trace with a ballpoint and go over a faint line with a white pencil.

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. **Fishbone stitch**
   2 strands, colors 4, 5, 6, 7, 8, 9, 10
   Filled leaflets



2. **Satin stitch**
   2 strands, colors 1, 7, 9, 10, 11, 12, 13, 14
   Ribbon marker, spine bands, filled leaflets (color 10), curled tip, furled leaflets, fiddleheads, scales



3. **Chain stitch**, 2 strands, color 2
   Cover edge



4. **Straight stitch**, 2 strands, color 3
   Spine stitches



5. **Back stitch**
   1 strand, colors 3, 4, 5, 7, 8, 10
   Panel rule, leaflet veins, lines of the small outlined leaflets

6. **Stem stitch**
   2 strands, colors 2, 4, 7, 8, 9, 10, 14, 15
   Spine line, outlined leaflets, midrib

7. **Lazy daisy stitch**
   1 strand, color 10
   Loops of the small outlined leaflets



8. **French knot**
   2 strands, two wraps, color 1
   Corner knots



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

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A number is a color of the list. Fine lines show which way the stitches lie: do not stitch them.



1	DMC 301 Medium Mahogany	**6**	DMC 937 Medium Avocado Green	**11**	DMC 400 Dark Mahogany
2	DMC 523 Light Fern Green	**7**	DMC 989 Forest Green	**12**	DMC 3826 Golden Brown
3	DMC 746 Off White	**8**	DMC 368 Light Pistachio Green	**13**	DMC 3364 Pine Green
4	DMC 3347 Medium Yellow Green	**9**	DMC 164 Light Forest Green	**14**	DMC 434 Light Brown
5	DMC 469 Avocado Green	**10**	DMC 369 Very Light Pistachio Green	**15**	DMC 738 Very Light Tan

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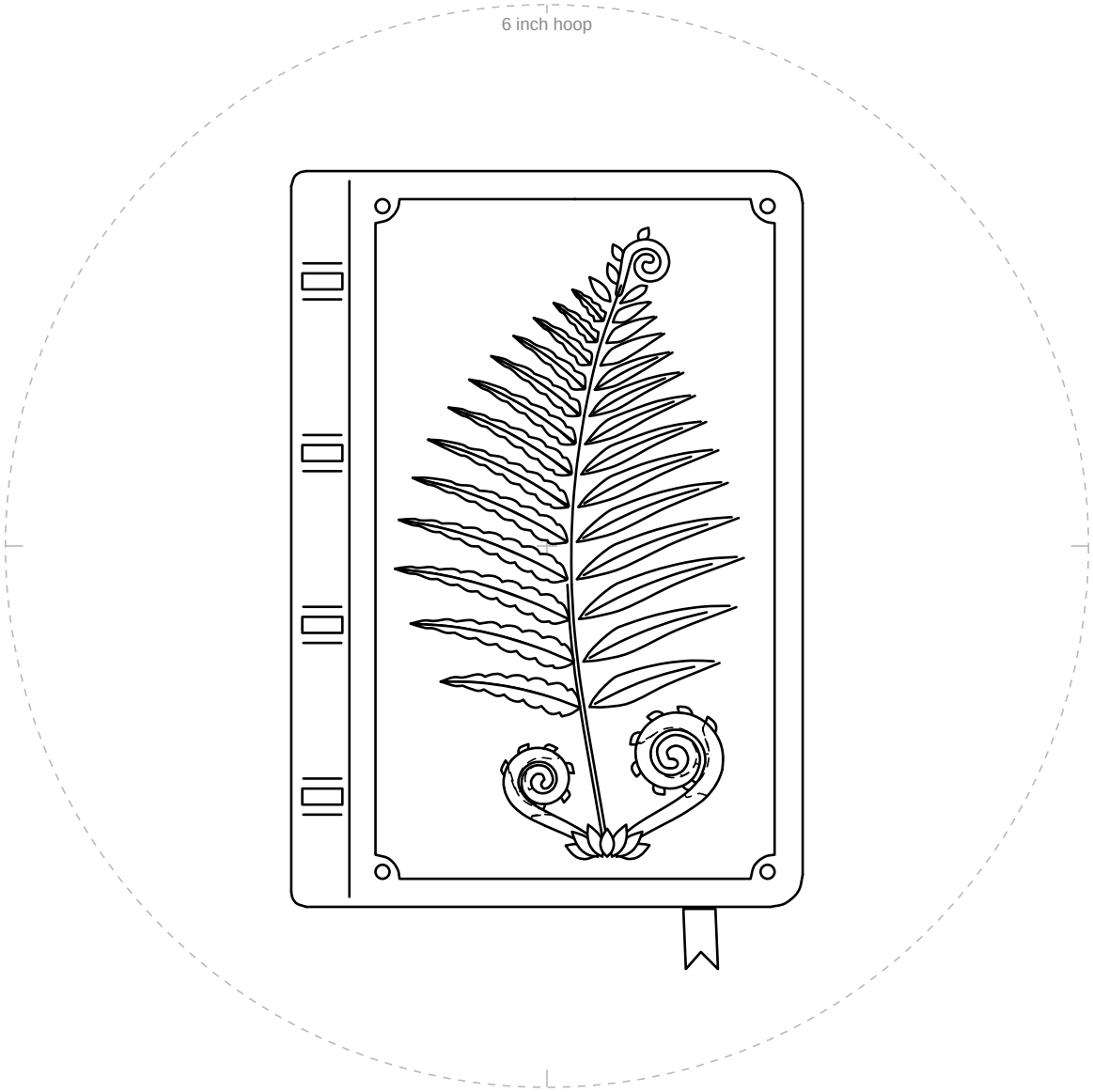
6 inch hoop

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 loop is one lazy daisy, begun at its point; 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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