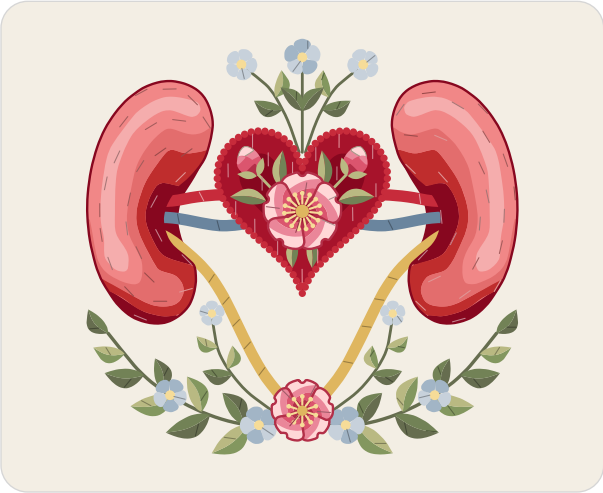
Kidney pair sharing a heart

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.6 × 4.4 in (11.7 × 11.2 cm).



Which color goes where.

Stitches

- **Stem stitch**, 2 to 3 strands
  Stems, bud stems
- **Fishbone stitch**, 2 strands
  Leaves
- **Satin stitch**, 2 strands
  Kidney hollows, ureters, veins, arteries, forget-me-nots, leaves, rose hearts
- **Long and short stitch**, 1 strand
  Kidneys, heart, rosebuds, roses
- **Split stitch**, 1 to 2 strands
  Kidney edges, rose edges
- **French knot**, 1 to 2 strands, two wraps
  Flower eyes, heart beads, rose stamens

Floss

- **DMC 520 Dark Fern Green** Leaves (darkest), stems
- **DMC 3364 Pine Green** Leaves (light)
- **DMC 3013 Light Khaki Green**
  Leaves (lightest), bud stems
- **DMC 3363 Medium Pine Green** Leaves (dark)
- **DMC 815 Medium Garnet**
  Heart (dark), kidney edges and kidney hollows, kidneys (darkest)
- **DMC 3820 Dark Straw** Ureters and rose hearts
- **DMC 931 Medium Antique Blue** Veins
- **DMC 321 Red** Heart beads and arteries, heart (light)
- **DMC 3712 Medium Salmon** Kidneys (light)
- **DMC 347 Very Dark Salmon** Kidneys (dark)
- **DMC 3328 Dark Salmon** Kidneys (middle)
- **DMC 760 Salmon** Kidneys (lightest)
- **DMC 932 Light Antique Blue** Forget-me-nots (darker)
- **DMC 3752 Very Light Antique Blue**
  Forget-me-nots (lighter)
- **DMC 3822 Light Straw** Rose stamens and flower eyes
- **DMC 498 Dark Red** Heart (middle)
- **DMC 3833 Light Raspberry**
  Roses and rosebuds (light)
- **DMC 3831 Dark Raspberry**
  Rose edges, roses and rosebuds (darkest)
- **DMC 3832 Medium Raspberry**
  Roses and rosebuds (dark)
- **DMC 963 Ultra Very Light Dusty Rose**
  Roses and rosebuds (lightest)

Stitches, continued

- **Straight stitch**, 1 strand
  Rose stamens

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.

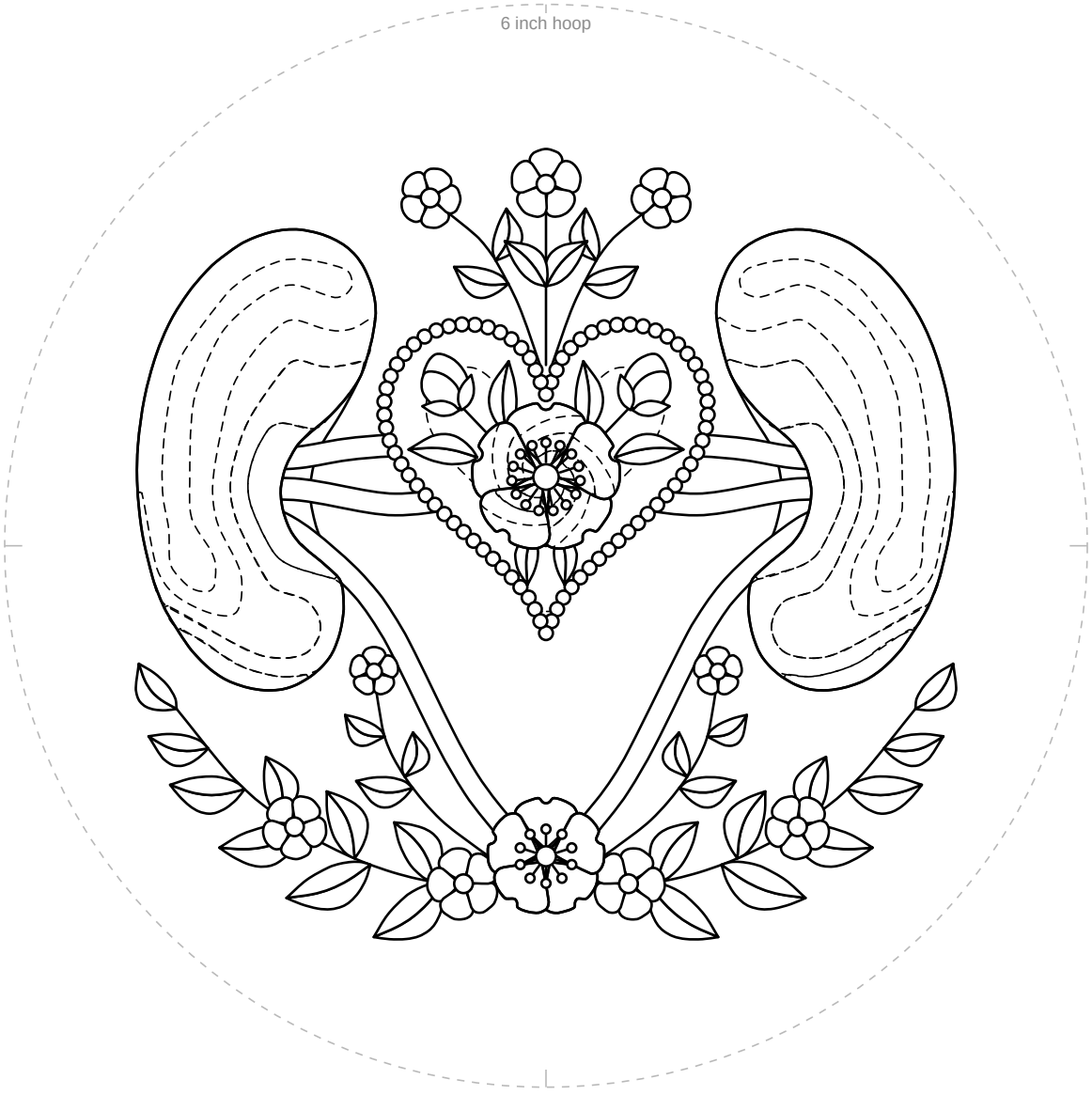
Pages 2 and 3 are the pattern at actual size. Print them at 100% with scaling turned off.

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

Kidney pair sharing a heart

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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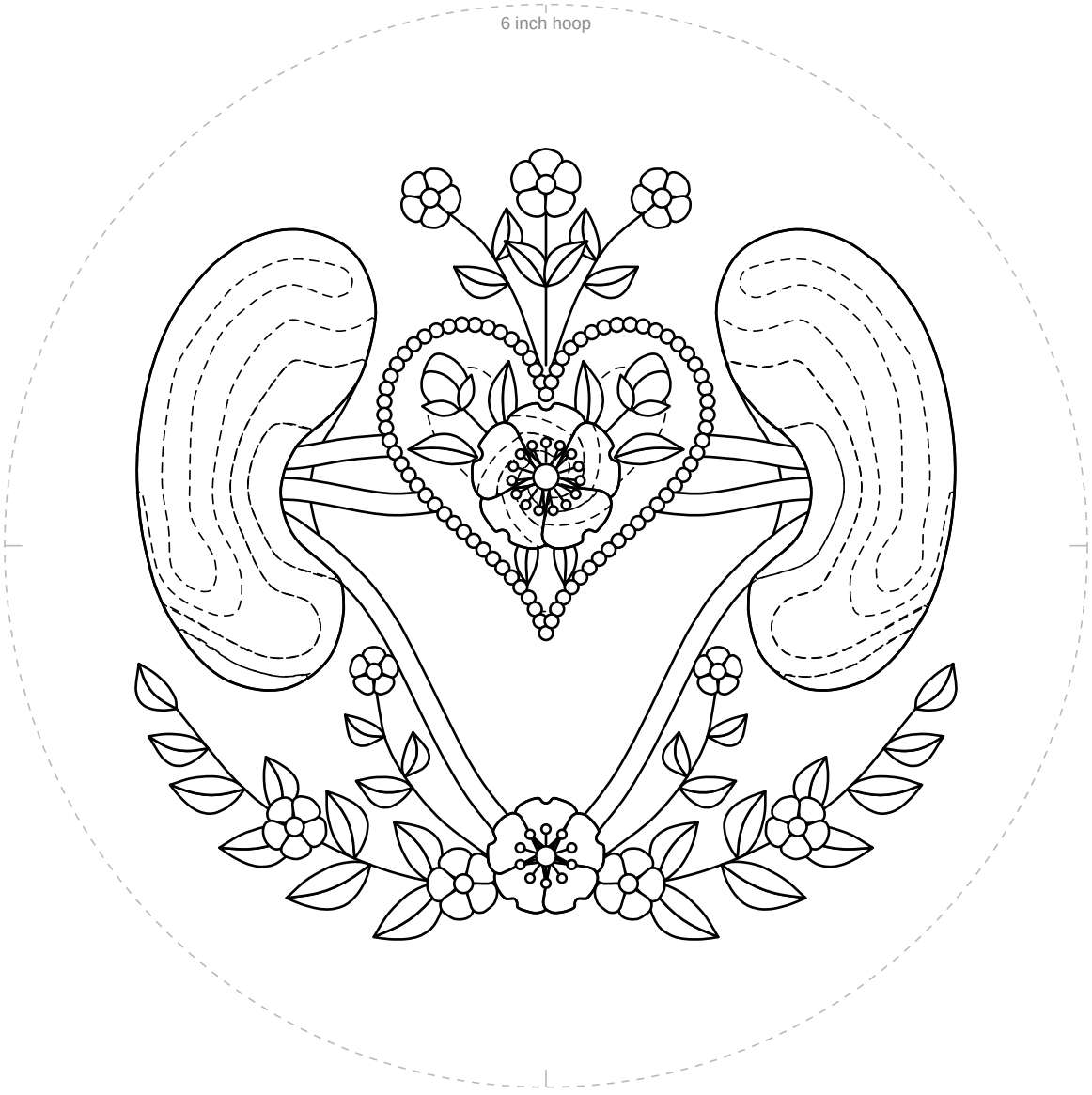
Kidney pair sharing a heart

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

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