Lacrosse player at sunset

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.7 × 4.8 in (11.9 × 12.2 cm).



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

Stitch in this order

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

1. **Long and short stitch**, 1 strand
   Sun, far hills, near hills, clouds, turf, far arm, back leg, ponytail, neck, shirt, head, hair, front leg, kilt, near arm
2. **Satin stitch**, 2 strands
   Grass blades, shoes, hair tie, stick, hands, stick head
3. **Padded satin stitch**, 2 strands
   Ball
4. **Split stitch**, strands by part on page 2
   Sun edge, hair lines, net, outline, seam lines, kilt pleats
5. **Stem stitch**, 2 strands
   Field edge, field crest, clock stalks
6. **Straight stitch**, 1 strand
   Dandelion clocks, seeds, finger lines
7. **French knot**
   strands by part on page 2, two wraps
   Clock hearts, seeds

Floss

- **1 DMC 722 Light Orange Spice**
  Sun (shade 4 of 7), sun edge (middle dark)
- **2 DMC 350 Medium Coral**
  Sun (shade 1 of 7), ball and hair tie
- **3 DMC 351 Coral** Sun (shade 2 of 7), sun edge (darkest)
- **4 DMC 3340 Medium Apricot**
  Sun (shade 3 of 7), sun edge (dark)
- **5 DMC 3854 Medium Autumn Gold**
  Sun (shade 5 of 7), sun edge (middle light)
- **6 DMC 3855 Light Autumn Gold**
  Sun (shade 6 of 7), sun edge (light)
- **7 DMC 745 Light Pale Yellow**
  Sun (shade 7 of 7), sun edge (lightest)
- **8 DMC 3836 Light Grape** Far hills
- **9 DMC 3834 Dark Grape** Near hills
- **10 DMC 3687 Mauve** Clouds (middle)
- **11 DMC 3835 Medium Grape**
  Clouds (dark), kilt pleats, hair lines, seam lines and finger lines
- **12 DMC 3688 Medium Mauve** Clouds (light)
- **13 DMC 734 Light Olive Green**
  Turf (lightest), field crest
- **14 DMC 500 Very Dark Blue Green**
  Turf (darkest), field edge, seeds (darker)
- **15 DMC 501 Dark Blue Green**
  Turf and grass blades (dark)
- **16 DMC 3363 Medium Pine Green**
  Turf and grass blades (middle)
- **17 DMC 3012 Medium Khaki Green**
  Turf (light), clock hearts
- **18 DMC 502 Blue Green**
  Grass blades (light), clock stalks
- **19 DMC 3823 Ultra Pale Yellow**
  Dandelion clocks, seeds (lighter)
- **20 DMC 35 Very Dark Fuchsia**
  Outline, front leg, back leg, kilt, shirt, ponytail and near arm and 9 more parts

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.

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Lacrosse player at sunset

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 fine broken line inside a shape is where two shades meet: trace it, do not stitch it.

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 722 Light Orange Spice	8	DMC 3836 Light Grape	15	DMC 501 Dark Blue Green
2	DMC 350 Medium Coral	9	DMC 3834 Dark Grape	16	DMC 3363 Medium Pine Green
3	DMC 351 Coral	10	DMC 3687 Mauve	17	DMC 3012 Medium Khaki Green
4	DMC 3340 Medium Apricot	11	DMC 3835 Medium Grape	18	DMC 502 Blue Green
5	DMC 3854 Medium Autumn Gold	12	DMC 3688 Medium Mauve	19	DMC 3823 Ultra Pale Yellow
6	DMC 3855 Light Autumn Gold	13	DMC 734 Light Olive Green	20	DMC 35 Very Dark Fuchsia
7	DMC 745 Light Pale Yellow	14	DMC 500 Very Dark Blue Green		

How many strands

Split stitch. 2 strands: net, outline; 1 strand: sun edge, hair lines, seam lines, kilt pleats.
French knot. 2 strands: clock hearts; 1 strand: seeds.

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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.

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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.

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