Lacrosse stick with morning glories

Sized for a 6 inch hoop (15 cm). The stitched design is about 3.9 × 4.6 in (9.9 × 11.7 cm).



Which color goes where: by number on page 2.

Stitch in this order

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

1. **Long and short stitch**, 1 strand
   Leaves, shaft, head rim, ball, flowers, throats, buds, tail, body, back, wing, head, throat
2. **Satin stitch**, 2 strands
   Lashing, grip tape, butt, turned edges, sepals, brow, eye, bill
3. **Split stitch**, 1 strand
   Leaf veins, head rim edges, net, flower edges, buds, feather edges
4. **Stem stitch**, strands by part on page 2
   Leaf veins, stalks, net, vine, leaf outlines, tendrils, legs, eye stripe, feet
5. **Back stitch**, 1 strand
   Leaf veins
6. **Straight stitch**, 1 strand
   Flank bars, eye light
7. **French knot**, 1 strand, two wraps
   Stamens

Floss

- **1 DMC 3363 Medium Pine Green**
  Leaves and leaf veins (middle), stalks, leaf outlines and tendrils, sepals (lighter)
- **2 DMC 3362 Dark Pine Green**
  Leaves and leaf veins (dark), vine, sepals (darker)
- **3 DMC 437 Light Tan**
  Shaft and head rim (light), body (middle), head, wing and back (lightest)
- **4 DMC 433 Medium Brown**
  Head rim, shaft and body (darkest), wing (middle), tail (darker) and 3 more parts
- **5 DMC 435 Very Light Brown**
  Head rim, shaft and body (dark), head, wing and back (light), tail (lighter)
- **6 DMC 738 Very Light Tan**
  Body (light), ball (middle), shaft and head rim (lightest), throats (darker)
- **7 DMC 801 Dark Coffee Brown**
  Head rim edges, lashing, butt and feet, back (darkest), wing (dark) and 4 more parts
- **8 DMC 841 Light Beige Brown**
  Net (darker), grip tape, ball (dark)
- **9 DMC 712 Cream**
  Net (lighter), flowers and body (lightest), ball (light), throat and 3 more parts
- **10 DMC 3364 Pine Green** Leaves and leaf veins (light)
- **11 DMC 341 Light Blue Violet**
  Flowers (middle light), buds (lightest)
- **12 DMC 3746 Dark Blue Violet**
  Flowers and buds (dark), flower edges (lighter)
- **13 DMC 340 Medium Blue Violet**
  Flowers (middle dark), buds (light)
- **14 DMC 3747 Very Light Blue Violet**
  Flowers (light), turned edges
- **15 DMC 745 Light Pale Yellow** Throats (lighter)
- **16 DMC 333 Very Dark Blue Violet**
  Flower edges (darker), flowers and buds (darkest)
- **17 DMC 3371 Black Brown**
  Feather edges and eye, wing (darkest)

Three ways to transfer the pattern

1. **Fabric you can see through**
   Tape page 3 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 3 on top, tape the layers and trace the lines firmly with a ballpoint pen.
3. **Iron-on: the lines stay**
   Go over the lines of page 4, the mirrored page, with an iron-on transfer pen, lay it ink side down on the fabric and press with a dry iron, as the pen's packet says.

Pages 3 and 4 are the pattern at actual size. Print them 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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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 3363 Medium Pine Green	**7**	DMC 801 Dark Coffee Brown	**13**	DMC 340 Medium Blue Violet
2	DMC 3362 Dark Pine Green	**8**	DMC 841 Light Beige Brown	**14**	DMC 3747 Very Light Blue Violet
3	DMC 437 Light Tan	**9**	DMC 712 Cream	**15**	DMC 745 Light Pale Yellow
4	DMC 433 Medium Brown	**10**	DMC 3364 Pine Green	**16**	DMC 333 Very Dark Blue Violet
5	DMC 435 Very Light Brown	**11**	DMC 341 Light Blue Violet	**17**	DMC 3371 Black Brown
6	DMC 738 Very Light Tan	**12**	DMC 3746 Dark Blue Violet		

How many strands

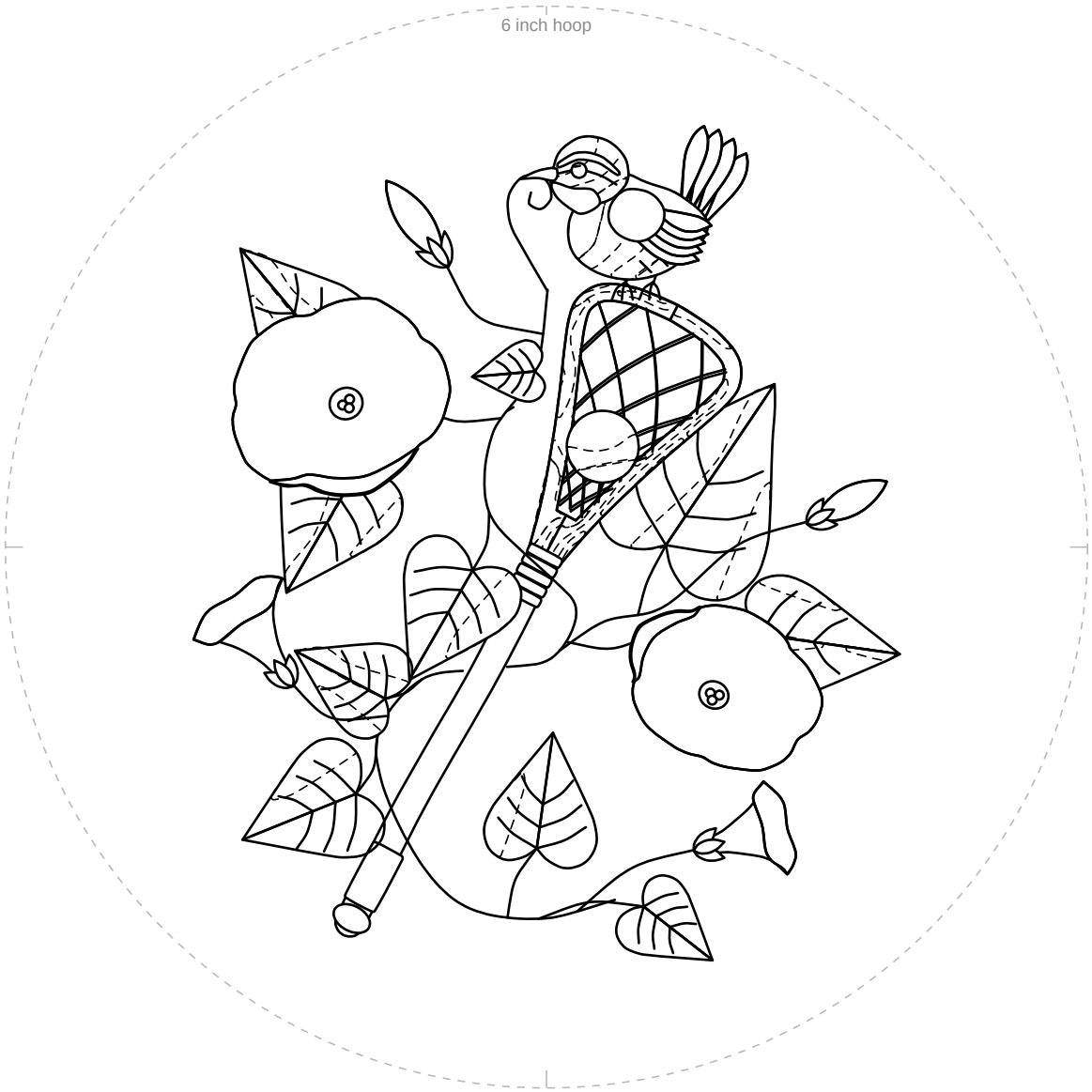
Stem stitch. 3 strands: vine, legs; 2 strands: stalks, net, leaf outlines, eye stripe, feet; 1 or 2 strands: leaf veins; 1 strand: tendrils.

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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

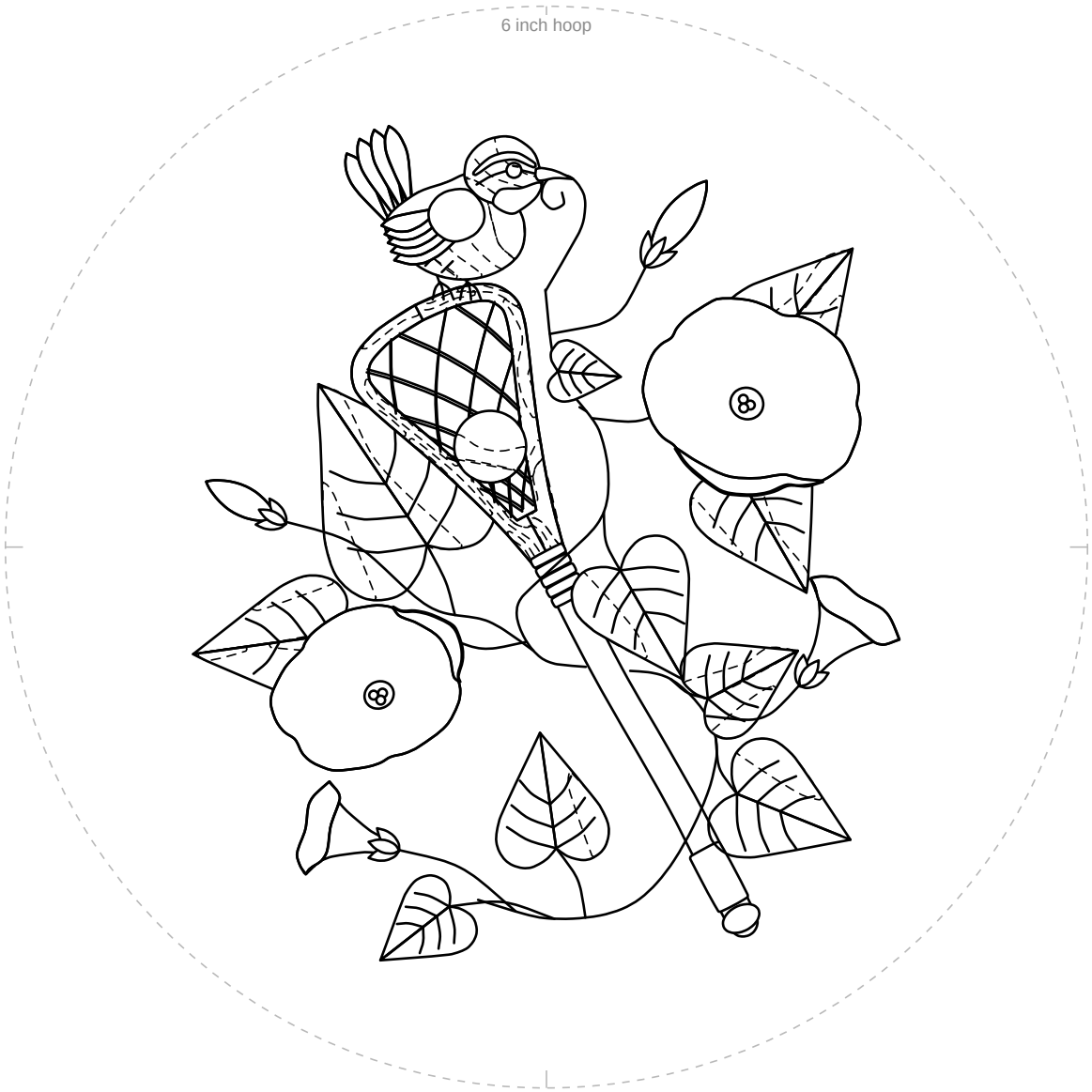
Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

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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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