Lacrosse sticks monogram frame

6 inch (15 cm) hoop, 4 × 4.5 in (10.2 × 11.4 cm)



Colors by number: page 2.
Fabric: wine red cotton or linen.

What you need

A 6 inch (15 cm) hoop.

A 9 inch (23 cm) square of wine red cotton or linen.

Embroidery needles, size 9, and size 3 for 4 to 6 strands.

16 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. **Straight stitch**, 2 strands
   Net
2. **Whipped back stitch**, 3 strands
   Shooting strings
3. **Stem stitch**, 2 strands
   Lines of the gold scrolls
4. **Satin stitch**, 2 strands
   Shafts, head rims, throats, collars, grip tape, butt caps, oval band, rosebuds, blue flowers
5. **Fishbone stitch**, 2 strands
   Gold scrolls, leaves, sepals
6. **Long and short stitch**, 1 strand
   Ball, rose petals
7. **Back stitch**, 2 strands
   Tape lines
8. **Stem stitch**
   2 strands: rim walls, rim edges, collar edges
   3 strands: spray stems
9. **Couching**, 6 strands
   Gold cord
10. **Split stitch**
    2 strands: throat edge
    1 strand: ball edge, petal edges
11. **French knot**, 2 strands, two wraps
    Pearls, knots of the gold scrolls, blue flower centers, rose centers

Take out lines that still show, press face down, finish the hoop or sew a pillow.

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6 inch hoop

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



1	DMC 712 Cream	7	DMC 3822 Light Straw	13	DMC 3768 Dark Gray Green
2	DMC 3865 Winter White	8	DMC 931 Medium Antique Blue	14	DMC 760 Salmon
3	DMC 3328 Dark Salmon	9	DMC 3712 Medium Salmon	15	DMC 761 Light Salmon
4	DMC 3752 Very Light Antique Blue	10	DMC 3013 Light Khaki Green	16	DMC 819 Light Baby Pink
5	DMC 739 Ultra Very Light Tan	11	DMC 3363 Medium Pine Green		
6	DMC 3820 Dark Straw	12	DMC 927 Light Gray Green		

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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 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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