Life is an adventure, mountain lake

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: by number on page 2.

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.

Floss

- **1 DMC 823 Dark Navy Blue**
  Words, circle, far shore, mountain and water, spruce (dark) and 7 more parts
- **2 DMC 334 Medium Baby Blue**
  Mountain shade (middle), mountain in the water (lighter), snow lines
- **3 DMC 312 Very Dark Baby Blue**
  Spruce (light), mountain in the water (darker), mountain shade (dark) and 1 more part
- **4 DMC 3325 Light Baby Blue**
  Mountain shade (light), moon, canoe rim (lighter)
- **5 DMC 311 Medium Navy Blue**
  Spruce (middle), far trees, canoe and canoe in the water

Stitch in this order

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

1. **Long and short stitch**, 1 strand
   Mountain shade
2. **Satin stitch**, 2 strands
   Paddle, canoe, trunk, spruce
3. **Padded satin stitch**, 2 strands
   Moon
4. **Stem stitch**, strands by part on page 2
   Circle, far ridge, mountain, mountain ridges, words
5. **Straight stitch**, strands by part on page 2
   Mountain shade, far trees, paddle, grass
6. **Back stitch**, 1 strand
   Far ridge, snow lines, far shore, canoe rim, moon edge
7. **Running stitch**, strands by part on page 2
   Water, mountain in the water, canoe in the water
8. **Split stitch**, 1 strand
   Canoe rim
9. **French knot**, 2 strands, two wraps
   Words

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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 dashed line is running stitch. 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 823 Dark Navy Blue
2 DMC 334 Medium Baby Blue
3 DMC 312 Very Dark Baby Blue
4 DMC 3325 Light Baby Blue
5 DMC 311 Medium Navy Blue

How many strands

Stem stitch. 3 strands: words; 2 strands: circle, mountain; 1 strand: far ridge, mountain ridges.
Straight stitch. 2 strands: paddle; 1 strand: mountain shade, far trees, grass.
Running stitch. 2 strands: mountain in the water; 1 strand: water, canoe in the water.

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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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