Love yourself

6 inch (15 cm) hoop, 3.6 × 4.5 in (9.1 × 11.4 cm)



Colors by number: page 2.

What you need

A 6 inch (15 cm) hoop.

A 9 inch (23 cm) square of white or light cotton or linen.

Embroidery needles, size 9, and size 5 for 4 strands.

14 colors of floss (page 2): one skein of each color (an estimate from the drawing's lines and shapes).

A water-soluble pen, and small scissors.

Onto the fabric

Fabric you can see through: page 3 taped to a sunny window, the fabric over it; trace.

Other fabric: dressmaker's carbon paper, colored side down, page 3 on top; trace with a ballpoint.

Iron-on pen: go over page 4, the mirrored page, and press it ink side down as the pen's packet says. The lines stay.

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. **Stem stitch**
   4 strands: oval frame (color 8)
   3 strands: lily stems

2. **Split stitch**, 2 strands
   Oval frame (color 9)

3. **Long and short stitch**
   1 strand
   Neck and shoulder, dress, face, ear, hair, lily petals



4. **Fishbone stitch**, 2 strands
   Lily leaves



5. **Satin stitch**, 2 strands
   Lips, earring, lily bases, letters



6. **Chain stitch**, 2 strands
   Dress edge



7. **Stem stitch**, 2 strands
   Brow

8. **Split stitch**
   1 strand: face line, smile, nostril, ear line, hair highlights, lily edges
   2 strands: eye

9. **Straight stitch**, 1 strand
   Lip highlight, lashes, stamens



10. **French knot**, two wraps
    1 strand: knots of the earring
    2 strands: stamen tips



Take out lines that still show, press face down, finish the hoop.

In a 6 inch hoop the French knots are drawn smaller than about 2 mm (a little over 1/16 in). Use one strand of floss for them there, or choose a larger hoop.

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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 801 Dark Coffee Brown	**6**	DMC 3834 Dark Grape	**11**	DMC 351 Coral
2	DMC 938 Ultra Dark Coffee Brown	**7**	DMC 3835 Medium Grape	**12**	DMC 522 Fern Green
3	DMC 433 Medium Brown	**8**	DMC 782 Dark Topaz	**13**	DMC 3865 Winter White
4	DMC 434 Light Brown	**9**	DMC 520 Dark Fern Green	**14**	DMC 712 Cream
5	DMC 435 Very Light Brown	**10**	DMC 3371 Black Brown		

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Love yourself

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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6 inch hoop

For an iron-on pen only. Go over the lines, press ink side down.



1 in
25.4 mm

Not 1 inch (25.4 mm)? Print again at 100%.

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