Medieval knight helmet with roses

Sized for a 6 inch hoop (15 cm). The stitched design is about 4 × 4.3 in (10.2 × 10.9 cm).



Which color goes where: by number on page 2.
Fabric: black 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**
   strands by part on page 2
   Stone, helm inside, face plates, crown plates, brass cross, rose leaves, and 5 more
2. **Satin stitch**, 2 strands
   Breathing holes, eye slits, brass cross, sepals, petal lips, rose hearts, moth spots
3. **Fern stitch**, 1 strand
   Antennae
4. **Stem stitch**, strands by part on page 2
   Stone edge, helm rim, plate seams, breathing holes, eye slits, and 3 more
5. **Split stitch**, strands by part on page 2
   Stone cracks, plate seams, helm outline, eye slits
6. **Couching**, 3 strands
   Couched lines
7. **Straight stitch**, 1 strand
   Moth body
8. **French knot**
   strands by part on page 2, two wraps
   Rivets, moss, moth spots

Floss

- **1 DMC 3799 Very Dark Pewter Gray**
  Stone and face plates (darkest) and 4 more parts
- **2 DMC 3787 Dark Brown Gray** Stone (dark), stone edge
- **3 DMC 646 Dark Beaver Gray**
  Stone (light), moth spots (lighter), moth body (darkest)
- **4 DMC 648 Light Beaver Gray** Stone (lightest), moth body (dark)
- **5 DMC 310 Black**
  Helm inside, eye slits (dark), breathing holes (darker)
- **6 DMC 415 Pearl Gray**
  Face plates and crown plates (light) and 2 more parts
- **7 DMC 317 Pewter Gray** Face plates and crown plates (dark)
- **8 DMC 318 Light Steel Gray**
  Crown plates and face plates (middle), helm outline
- **9 DMC 762 Very Light Pearl Gray**
  Face plates (lightest) and 3 more parts
- **10 DMC 3822 Light Straw** Brass cross (light) and 3 more parts
- **11 DMC 783 Medium Topaz** Brass cross (middle)
- **12 DMC 829 Very Dark Golden Olive**
  Couched lines (darker), eye slits (middle) and 1 more part
- **13 DMC 469 Avocado Green**
  Rose leaves and moss (middle), briar stems, sepals (darker)
- **14 DMC 936 Very Dark Avocado Green**
  Rose leaves and moss (dark)
- **15 DMC 3347 Medium Yellow Green**
  Rose leaves and moss (light), sepals (lighter)
- **16 DMC 498 Dark Red** Rosebuds (light), rose petals (lightest)
- **17 DMC 154 Very Dark Grape**
  Rose petals and rosebuds (darkest), rose hearts (dark)
- **18 DMC 814 Dark Garnet**
  Rose petals and rosebuds (dark), rose hearts (middle)
- **19 DMC 815 Medium Garnet**
  Rose petals and rose hearts (light), rosebuds (middle)
- **20 DMC 347 Very Dark Salmon**
  Petal lips and rose folds, rosebuds (lightest)
- **21 DMC 3865 Winter White**
  Moth wings (lighter), moth body (lightest)
- **22 DMC 842 Very Light Beige Brown**
  Moth wings (darker), antennae, moth body (light)

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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Medieval knight helmet with roses

6 inch hoop

How to read it

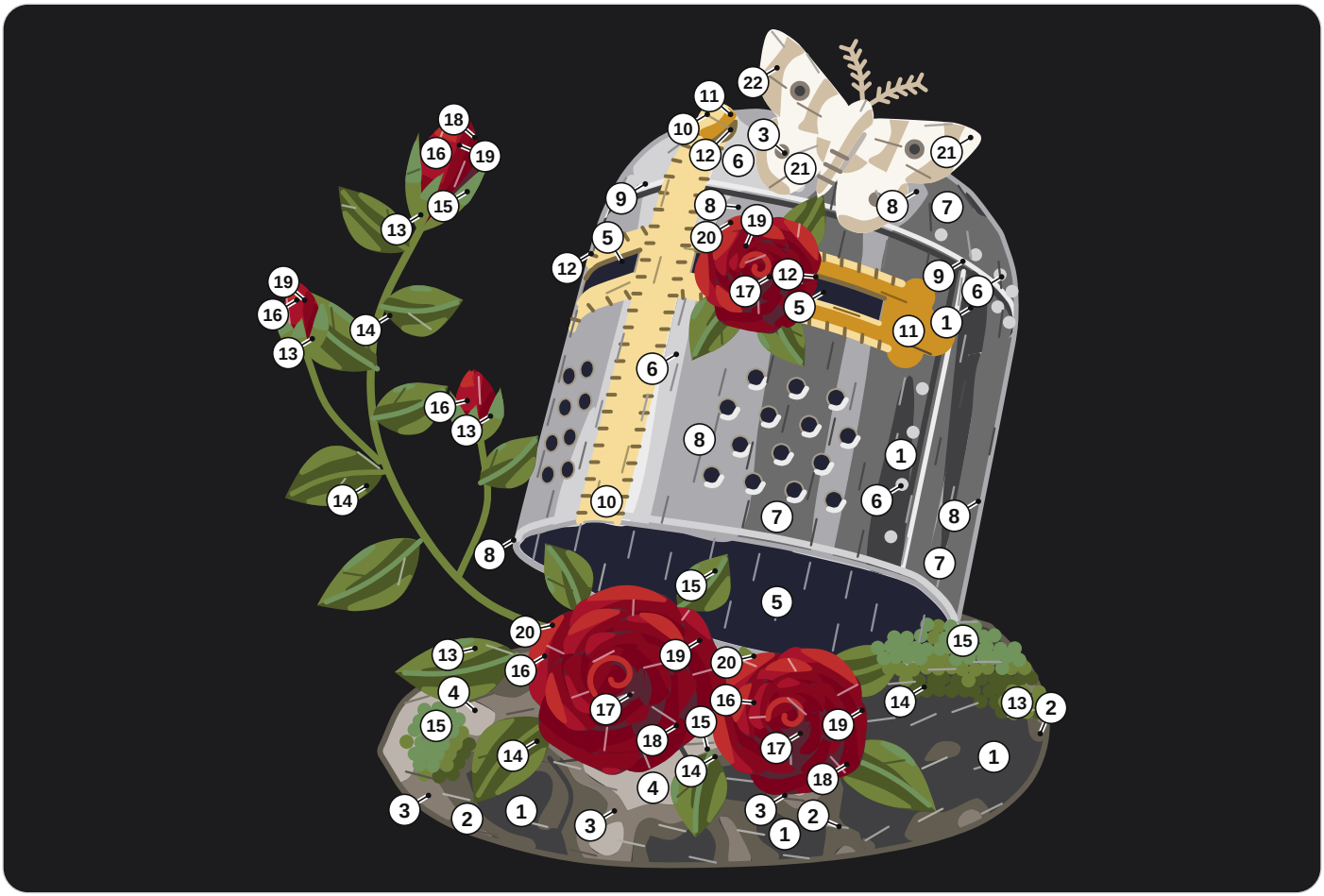
Floss is six strands. Cut 18 inches (45 cm), pull out the number given one at a time, and lay them together.

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 3799 Very Dark Pewter Gray	**9**	DMC 762 Very Light Pearl Gray	**17**	DMC 154 Very Dark Grape
2	DMC 3787 Dark Brown Gray	**10**	DMC 3822 Light Straw	**18**	DMC 814 Dark Garnet
3	DMC 646 Dark Beaver Gray	**11**	DMC 783 Medium Topaz	**19**	DMC 815 Medium Garnet
4	DMC 648 Light Beaver Gray	**12**	DMC 829 Very Dark Golden Olive	**20**	DMC 347 Very Dark Salmon
5	DMC 310 Black	**13**	DMC 469 Avocado Green	**21**	DMC 3865 Winter White
6	DMC 415 Pearl Gray	**14**	DMC 936 Very Dark Avocado Green	**22**	DMC 842 Very Light Beige Brown
7	DMC 317 Pewter Gray	**15**	DMC 3347 Medium Yellow Green		
8	DMC 318 Light Steel Gray	**16**	DMC 498 Dark Red		

How many strands

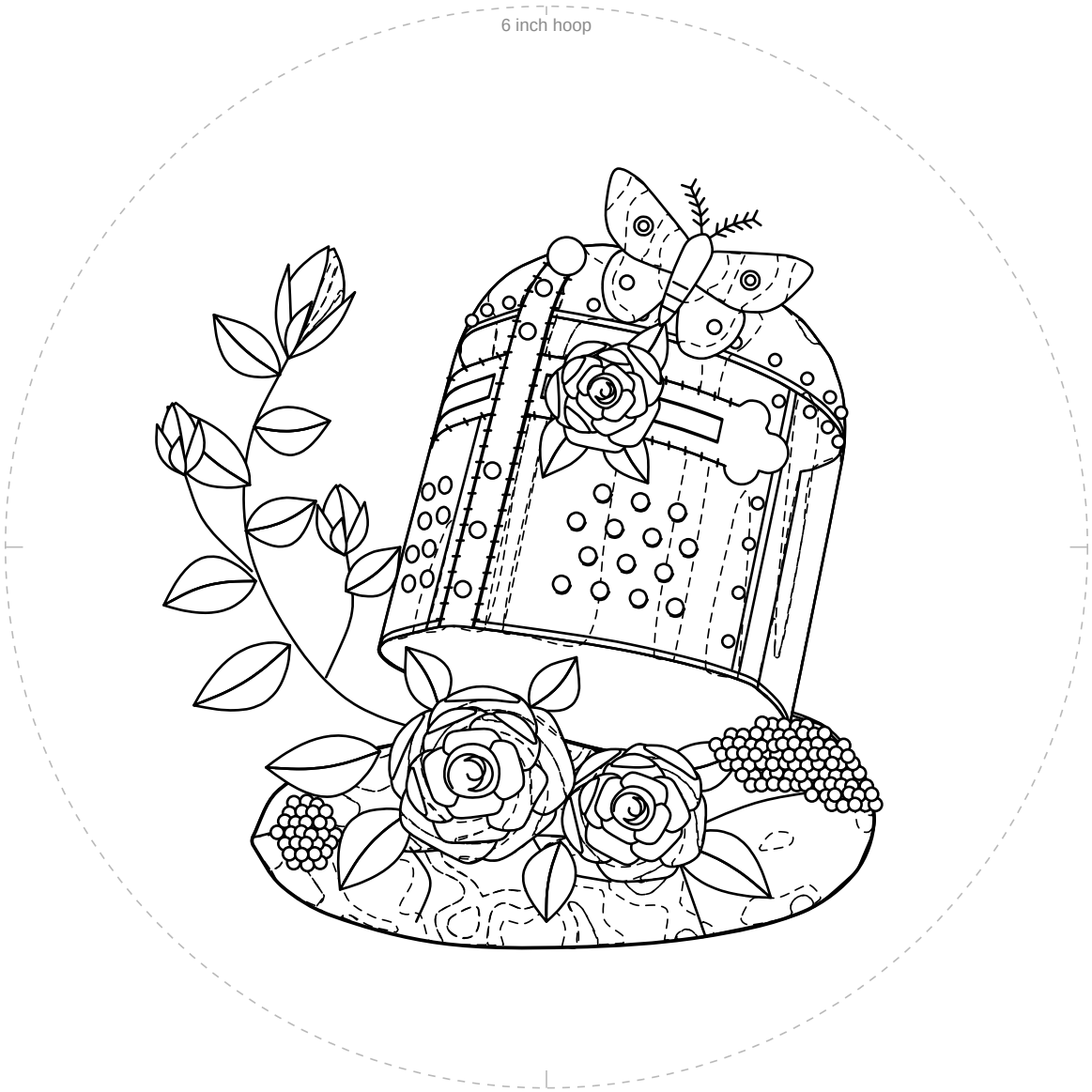
Long and short stitch. 2 strands: stone, face plates, crown plates; 1 strand: helm inside, brass cross, rose leaves, rosebuds, rose petals, rose hearts, moth wings, moth body.
Stem stitch. 3 or 4 strands: briar stems; 3 strands: helm rim; 2 strands: stone edge, plate seams, rose folds; 1 strand: breathing holes, eye slits, rose leaves.
Split stitch. 2 strands: stone cracks, helm outline; 1 strand: plate seams, eye slits.
French knot. 2 strands: rivets, moss; 1 or 2 strands: moth spots.

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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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