Mind body and soul

6 inch (15 cm) hoop, 4.7 × 4.7 in (11.9 × 11.9 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 3 for 4 or 5 strands.

16 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**, 2 strands
   Grass stems
2. **Chain stitch**, 4 strands
   Rug
3. **Long and short stitch**, 1 strand
   Sun, neck, tunic, trousers, arms, hands, face, hair, ear
4. **Satin stitch**
   2 strands: arch feet, seed heads, toes, feet, cuffs, braid, braid tie
   1 strand: fern
5. **Chain stitch**, 5 strands
   Arch
6. **Herringbone stitch**, 3 strands
   Arch band
7. **Back stitch**, 4 strands
   Letters
8. **Straight stitch**
   3 strands: pampas
   2 strands: edges of the seed heads, edges of the fern, braid end
9. **Split stitch**
   1 strand: moon edge, skin edges, trouser edges, fingers, thumbs, hair strands, eyebrow, mouth, braid edges
   2 strands: trouser folds, eye
10. **Stem stitch**, 2 strands
    Fern stems
11. **Padded satin stitch**, 2 strands
    Moon
12. **French knot**, 2 strands, two wraps
    Earring

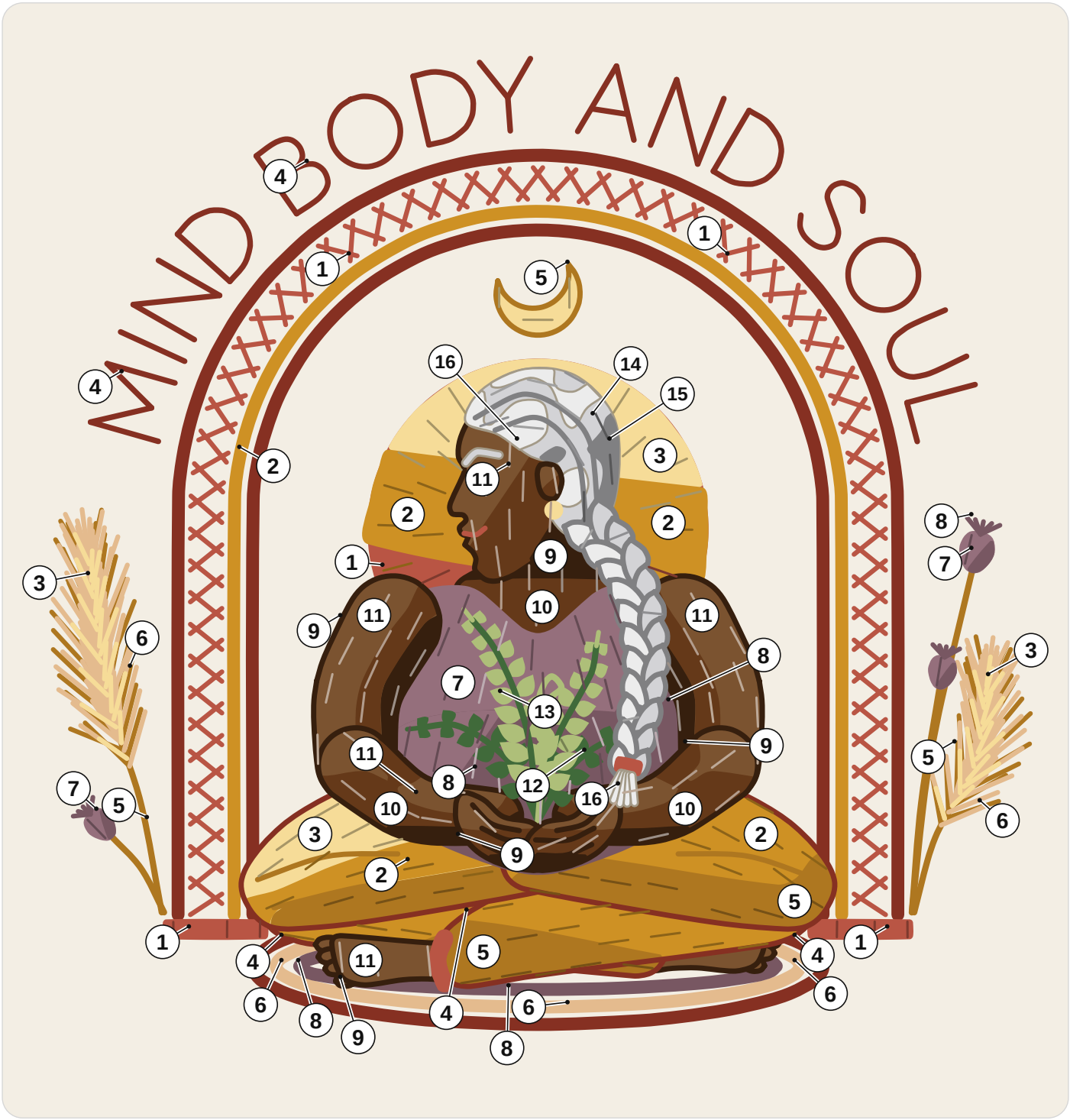
Take out lines that still show, press face down, finish the hoop or sew a pillow.

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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 3830 Terra Cotta	7	DMC 3041 Medium Antique Violet	13	DMC 471 Very Light Avocado Green
2	DMC 783 Medium Topaz	8	DMC 3740 Dark Antique Violet	14	DMC 415 Pearl Gray
3	DMC 3822 Light Straw	9	DMC 938 Ultra Dark Coffee Brown	15	DMC 414 Dark Steel Gray
4	DMC 3777 Very Dark Terra Cotta	10	DMC 801 Dark Coffee Brown	16	DMC 762 Very Light Pearl Gray
5	DMC 782 Dark Topaz	11	DMC 433 Medium Brown		
6	DMC 437 Light Tan	12	DMC 3346 Hunter 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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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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