Mindful

6 inch (15 cm) hoop, 4.5 × 4.8 in (11.4 × 12.2 cm)



Colors by number: page 2.
Fabric: teal cotton or linen.

Stitch in this order

Where a stitch page says otherwise, follow this list.

1. **Satin stitch**, 1 to 2 strands
   Grass blade, shell bands, shell lip, letters, clover leaves, clover flowers, clover caps



2. **Long and short stitch**, 1 strand
   Dew drop, snail body, snail shell



3. **Split stitch**, 1 to 2 strands
   Blade vein, snail foot

4. **Straight stitch**, 1 strand
   Dew highlight, snail mouth



5. **Stem stitch**, 2 to 3 strands
   Snail feelers, shell outline, clover stems

6. **Fly stitch**, 1 strand
   Clover marks



7. **French knot**
   2 strands, two wraps
   Snail eyes, moss



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

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.

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.

Buy: 17 colors of floss (page 2), one skein of each color (an estimate from the drawing's lines and shapes), an embroidery needle size 9, a 6 inch (15 cm) hoop, a 9 inch (23 cm) square of teal cotton or linen, a white pencil.

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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 3346 Hunter Green	**7**	DMC 712 Cream	**13**	DMC 977 Light Golden Brown
2	DMC 3348 Light Yellow Green	**8**	DMC 840 Medium Beige Brown	**14**	DMC 745 Light Pale Yellow
3	DMC 3347 Medium Yellow Green	**9**	DMC 842 Very Light Beige Brown	**15**	DMC 3687 Mauve
4	DMC 3841 Pale Baby Blue	**10**	DMC 300 Very Dark Mahogany	**16**	DMC 3689 Light Mauve
5	DMC 931 Medium Antique Blue	**11**	DMC 3827 Pale Golden Brown	**17**	DMC 3688 Medium Mauve
6	DMC 3752 Very Light Antique Blue	**12**	DMC 976 Medium Golden Brown		

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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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