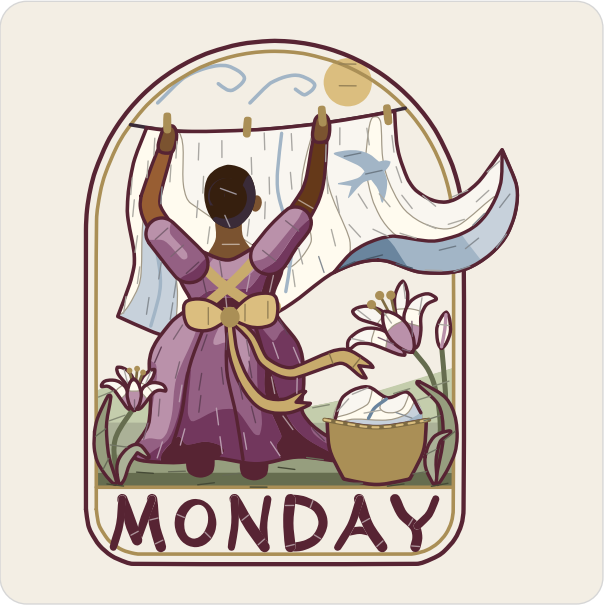
Monday wash day

6 inch (15 cm) hoop, 3.6 × 4.3 in (9.1 × 10.9 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 5 for 4 strands.

22 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.

The back is seen: no knots. Start with tiny stitches; end around the backs of four or five stitches.

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**
   3 strands: frame
   2 strands: inner frame, clothesline

2. **Long and short stitch**
   2 strands: far hill, meadow
   1 strand: sheet, turned hem, hair, dress, linen, lilies



3. **Satin stitch**, 2 strands
   Sun, swallow shadow, pegs, arms, hands, neck, ear, braid, shoes, apron, sleeves, apron strings, apron bow, lily leaves, lily buds, letters



4. **Woven filling stitch**, 3 strands
   Basket



5. **Chain stitch**, 2 strands
   Lines of the braid



6. **Stem stitch**
   2 strands: sky lines
   1 strand: contour, folds, folds of the dress, edges of the lily buds
   4 strands: lily stems

7. **Whipped back stitch**, 4 strands
   Basket rim

8. **Straight stitch**, 1 strand
   Lines of the stamens



9. **French knot**
   2 strands, two wraps
   Knots of the stamens



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

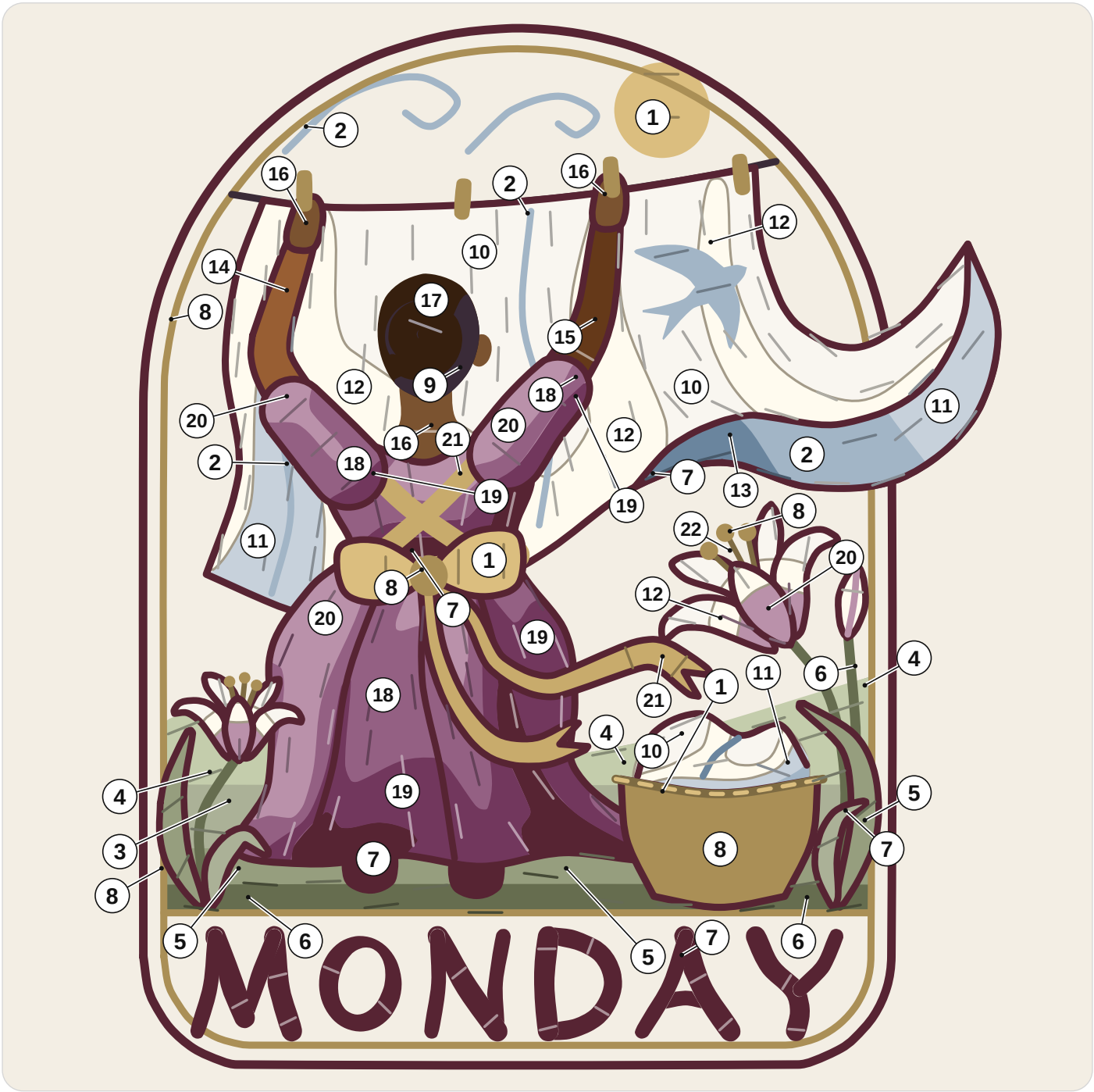
In a 6 inch hoop the French knots are drawn smaller than about 2 mm (a little over 1/16 in). Use one strand of floss for them there, or choose a larger hoop.

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Monday wash day

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 834 Very Light Golden Olive	9	DMC 3371 Black Brown	17	DMC 938 Ultra Dark Coffee Brown
2	DMC 932 Light Antique Blue	10	DMC 3865 Winter White	18	DMC 3835 Medium Grape
3	DMC 523 Light Fern Green	11	DMC 3752 Very Light Antique Blue	19	DMC 3834 Dark Grape
4	DMC 524 Very Light Fern Green	12	DMC 712 Cream	20	DMC 3836 Light Grape
5	DMC 522 Fern Green	13	DMC 931 Medium Antique Blue	21	DMC 833 Light Golden Olive
6	DMC 520 Dark Fern Green	14	DMC 434 Light Brown	22	DMC 829 Very Dark Golden Olive
7	DMC 154 Very Dark Grape	15	DMC 801 Dark Coffee Brown		
8	DMC 831 Medium Golden Olive	16	DMC 433 Medium Brown		

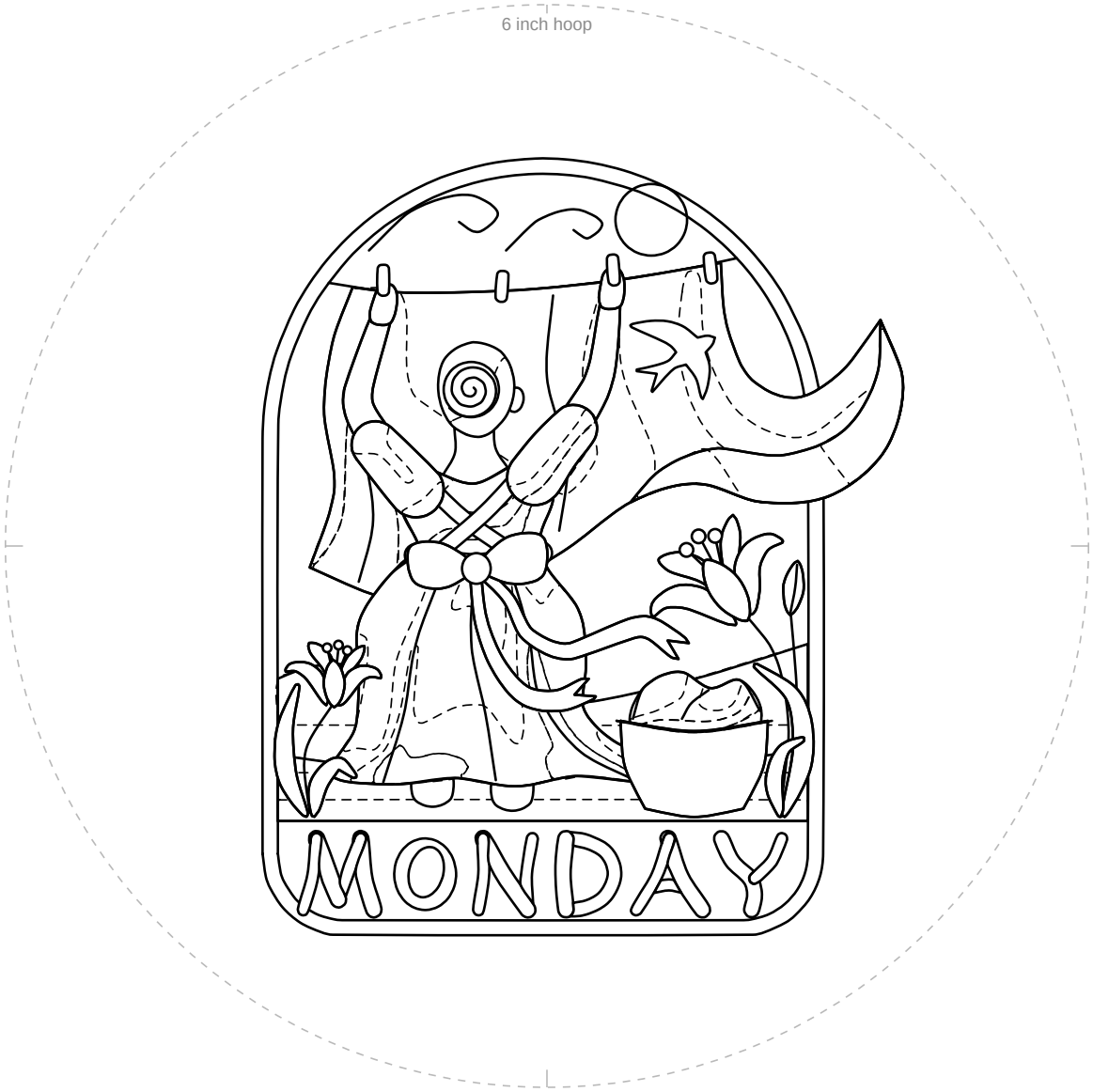
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Monday wash day

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 dashed line is whipped back stitch; a finer one 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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Monday wash day

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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