My cup runneth over, sunrise

Sized for a 6 inch hoop (15 cm). The stitched design is about 5 × 4.8 in (12.7 × 12.2 cm).



Which color goes where: by number on page 2.

Stitch in this order

Filled parts from the back of the picture forward, then lines, loops and knots.

1. **Long and short stitch**, 1 strand
   Sun, far hills, left fields, right fields, road
2. **Fishbone stitch**, 2 strands
   Cypress trees
3. **Satin stitch**, 2 strands
   House, roof, door, leaves, words
4. **Stem stitch**, strands by part on page 2
   Sun, hill lines, furrows, road edge, flower stalks
5. **Straight stitch**, strands by part on page 2
   Sun rays, windows, bushes
6. **Split stitch**, 1 strand
   House edge, words
7. **Whipped back stitch**, 2 strands
   Circle
8. **Lazy daisy stitch**, 2 strands
   Bushes, small flowers
9. **French knot**, 2 strands, two wraps
   Round trees, flowers in rows, flower hearts, buds

In a 6 inch hoop the shortest lazy daisy loops 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.

Floss

- **1 DMC 783 Medium Topaz**
  Sun (dark), circle (lighter), sun rays (darker)
- **2 DMC 351 Coral**
  Sun (darkest), roof, small flowers and buds, flowers in rows (dark)
- **3 DMC 3853 Dark Autumn Gold** Sun (light), sun rays (lighter)
- **4 DMC 3820 Dark Straw**
  Sun (lightest), flowers in rows (middle), flower hearts
- **5 DMC 3743 Very Light Antique Violet**
  Far hills and flowers in rows (light)
- **6 DMC 3041 Medium Antique Violet**
  Hill lines (darker), far hills (dark)
- **7 DMC 3042 Light Antique Violet**
  Far hills (middle), hill lines (lighter)
- **8 DMC 500 Very Dark Blue Green**
  Cypress trees (darker), right fields and left fields (darkest)
- **9 DMC 3362 Dark Pine Green**
  Furrows and leaves (dark), cypress trees (lighter), flower stalks
- **10 DMC 712 Cream** House
- **11 DMC 831 Medium Golden Olive**
  Circle (darker), road edge and house edge, furrows (light)
- **12 DMC 327 Dark Violet** Words, door and windows
- **13 DMC 501 Dark Blue Green**
  Right fields (dark), left fields (middle dark), bushes (darker), round trees
- **14 DMC 3364 Pine Green**
  Left fields (lightest), right fields (middle light), furrows (middle), leaves (light)
- **15 DMC 3363 Medium Pine Green**
  Left fields (middle light), right fields (middle dark), leaves (middle)
- **16 DMC 3347 Medium Yellow Green**
  Left fields (light), bushes (lighter)
- **17 DMC 834 Very Light Golden Olive** Right fields (lightest)
- **18 DMC 833 Light Golden Olive** Right fields (light)
- **19 DMC 3346 Hunter Green** Left fields (dark)
- **20 DMC 739 Ultra Very Light Tan** Road

Three ways to transfer the pattern

1. **Fabric you can see through**
   Tape page 3 to a sunny window or lay it on a light box, tape the fabric over it and trace the lines with a sharp pencil or a water-soluble pen.
2. **Fabric you cannot see through**
   Lay dressmaker's carbon paper colored side down on the fabric with page 3 on top, tape the layers and trace the lines firmly with a ballpoint pen.
3. **Iron-on: the lines stay**
   Go over the lines of page 4, the mirrored page, with an iron-on transfer pen, lay it ink side down on the fabric and press with a dry iron, as the pen's packet says.

Pages 3 and 4 are the pattern at actual size. Print them 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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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. Each small loop is one lazy daisy: come up at its point. A dashed line is whipped back stitch. 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 783 Medium Topaz	8	DMC 500 Very Dark Blue Green	15	DMC 3363 Medium Pine Green
2	DMC 351 Coral	9	DMC 3362 Dark Pine Green	16	DMC 3347 Medium Yellow Green
3	DMC 3853 Dark Autumn Gold	10	DMC 712 Cream	17	DMC 834 Very Light Golden Olive
4	DMC 3820 Dark Straw	11	DMC 831 Medium Golden Olive	18	DMC 833 Light Golden Olive
5	DMC 3743 Very Light Antique Violet	12	DMC 327 Dark Violet	19	DMC 3346 Hunter Green
6	DMC 3041 Medium Antique Violet	13	DMC 501 Dark Blue Green	20	DMC 739 Ultra Very Light Tan
7	DMC 3042 Light Antique Violet	14	DMC 3364 Pine Green		

How many strands

Stem stitch. 4 strands: sun; 3 strands: furrows; 2 or 3 strands: road edge; 2 strands: hill lines, flower stalks.
Straight stitch. 4 strands: sun rays; 3 strands: windows; 1 strand: bushes.

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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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