My heart with a laurel heart

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.9 × 4.6 in (12.4 × 11.7 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 and knots.

1. **Fishbone stitch**, 2 strands
   Fishbone leaves, flower leaves, bell cups, bloom sepals
2. **Buttonhole stitch**, 2 strands
   Buttonhole leaves
3. **Satin stitch**, 2 strands
   Half open leaves, bells, bloom heart, bloom sepals, tie, words
4. **Long and short stitch**, 1 strand
   Shaded leaves, great bloom
5. **Trellis stitch**, 2 strands
   Trellis leaves, bloom heart
6. **Padded satin stitch**, 2 strands
   Berries
7. **Stem stitch**, strands by part on page 2
   Stems, buttonhole leaves, half open leaves, shaded leaves, trellis leaves, chain leaves, berry stalks, flower stems
8. **Chain stitch**, 2 strands
   Chain leaves, bloom heart
9. **Straight stitch**, 2 strands
   Bell cups
10. **Split stitch**, strands by part on page 2
    Great bloom, words
11. **French knot**, 1 strand, two wraps
    Half open leaves

Floss

- **1 DMC 3051 Dark Green Gray**
  Stems (darker), fishbone leaves (shade 2 of 8) and 8 more parts
- **2 DMC 3053 Green Gray**
  Buttonhole leaves (light), fishbone leaves (shade 7 of 8) and 3 more parts
- **3 DMC 833 Light Golden Olive**
  Buttonhole leaves (lightest), trellis leaves (shade 7 of 7) and 3 more parts
- **4 DMC 829 Very Dark Golden Olive**
  Great bloom (shade 3 of 8), half open leaves (shade 4 of 7) and 4 more parts
- **5 DMC 920 Medium Copper**
  Trellis leaves (shade 4 of 7), shaded leaves (shade 5 of 8) and 5 more parts
- **6 DMC 3808 Ultra Very Dark Turquoise**
  Words (darker), trellis leaves (shade 2 of 7) and 3 more parts
- **7 DMC 924 Very Dark Gray Green**
  Shaded leaves (shade 4 of 8), trellis leaves (shade 3 of 7) and 4 more parts
- **8 DMC 3809 Very Dark Turquoise**
  Buttonhole leaves (middle light), half open leaves (shade 5 of 7) and 3 more parts
- **9 DMC 918 Dark Red Copper**
  Great bloom, shaded leaves and fishbone leaves (shade 1 of 8) and 4 more parts
- **10 DMC 921 Copper**
  Fishbone leaves (shade 6 of 8), great bloom (shade 4 of 8) and 3 more parts
- **11 DMC 3052 Medium Green Gray**
  Stems and bell cups (lighter), chain leaves (middle dark), shaded leaves (shade 8 of 8)
- **12 DMC 597 Turquoise** Bells (light)
- **13 DMC 831 Medium Golden Olive**
  Trellis leaves (shade 6 of 7), great bloom (shade 5 of 8), chain leaves (middle light)
- **14 DMC 834 Very Light Golden Olive**
  Bloom heart and chain leaves (lightest), great bloom (shade 8 of 8)
- **15 DMC 402 Very Light Mahogany** Great bloom (shade 7 of 8)
- **16 DMC 919 Red Copper** Words (lighter)

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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My heart with a laurel heart

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 3051 Dark Green Gray	**7**	DMC 924 Very Dark Gray Green	**13**	DMC 831 Medium Golden Olive
2	DMC 3053 Green Gray	**8**	DMC 3809 Very Dark Turquoise	**14**	DMC 834 Very Light Golden Olive
3	DMC 833 Light Golden Olive	**9**	DMC 918 Dark Red Copper	**15**	DMC 402 Very Light Mahogany
4	DMC 829 Very Dark Golden Olive	**10**	DMC 921 Copper	**16**	DMC 919 Red Copper
5	DMC 920 Medium Copper	**11**	DMC 3052 Medium Green Gray		
6	DMC 3808 Ultra Very Dark Turquoise	**12**	DMC 597 Turquoise		

How many strands

Stem stitch. 3 or 4 strands: flower stems; 2 to 4 strands: stems; 3 strands: trellis leaves; 2 or 3 strands: buttonhole leaves; 2 strands: half open leaves, shaded leaves, chain leaves, berry stalks.
Split stitch. 2 strands: great bloom; 1 strand: words.

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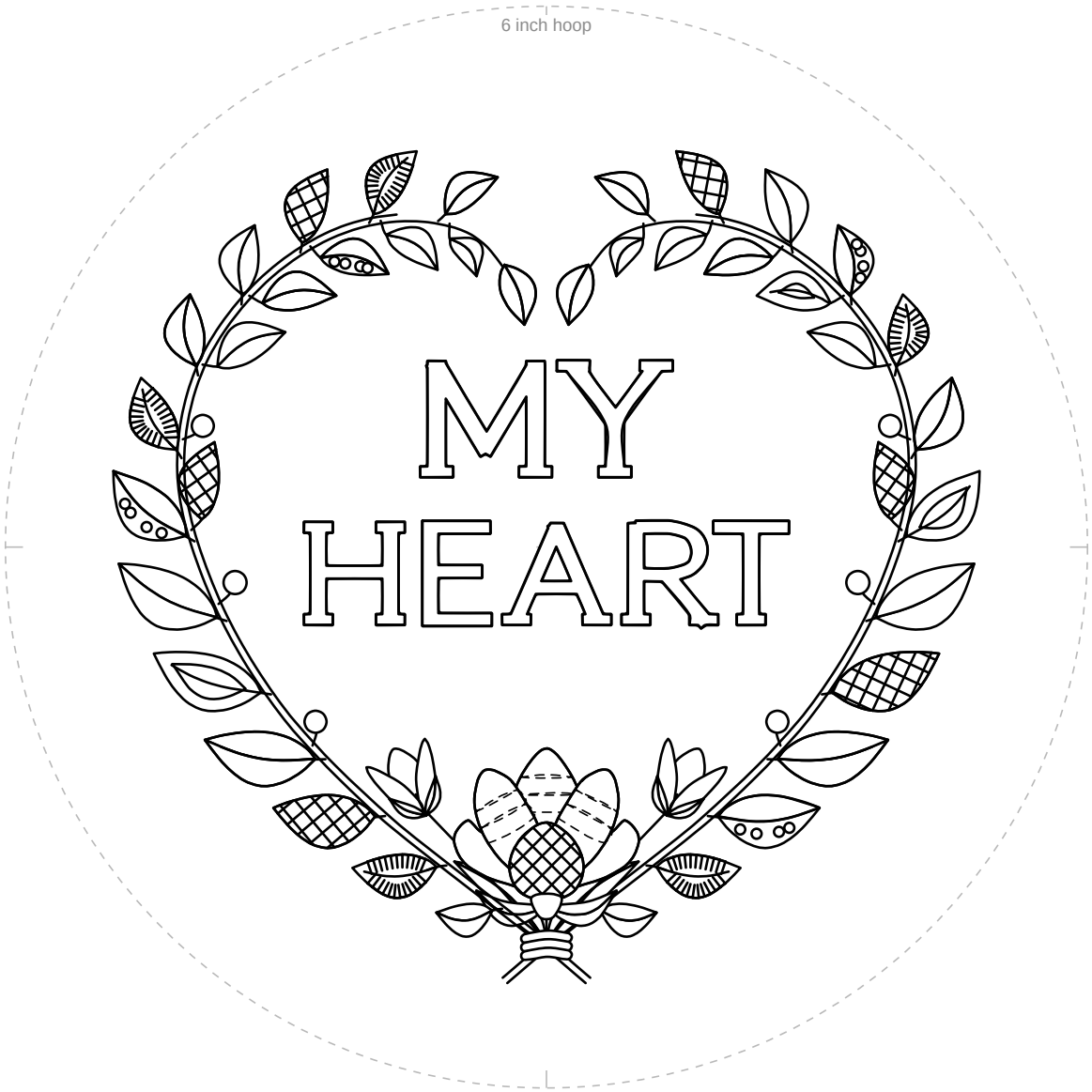
6 inch hoop

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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