North Dakota outline with a heart

Sized for a 6 inch hoop (15 cm). The stitched design is about 4 × 4.8 in (10.2 × 12.2 cm).



Which color goes where.

Stitches

- **Stem stitch**, 1 to 4 strands
  Prairie roots, row lines, wheat stalks, heart edge, sunflower stems, and 5 more
- **Split stitch**, 1 strand
  Root hairs, feather edges
- **Satin stitch**, 2 strands
  Far hills, far field, wheat blades, sunflower petals, crown, eye, bill, black bib
- **Straight stitch**, 1 to 2 strands
  Flax stems, wheat, tall wheat, tail, feet, eye spot, eye light, flank streaks
- **French knot**, 2 strands, two wraps
  Flax flowers, sunflower hearts
- **Herringbone stitch**, 2 strands
  Fence
- **Fly stitch**, 2 strands
  Wheat, tall wheat
- **Padded satin stitch**, 2 strands
  Heart
- **Fern stitch**, 2 strands
  Fern grass
- **Fishbone stitch**, 2 strands
  Sunflower leaves
- **Lazy daisy stitch**, 2 strands
  Lazy daisy petals

Floss

- **DMC 801 Dark Coffee Brown**
  Land border, furrows (dark) and 10 more parts
- **DMC 435 Very Light Brown**
  Fence, furrows (middle) and 9 more parts
- **DMC 3364 Pine Green**
  Far hills and flax stems, wheat blades (lighter)
- **DMC 726 Light Topaz**
  Breast (light), far field (lighter) and 3 more parts
- **DMC 3820 Dark Straw**
  Lazy daisy petals, wheat (lighter) and 7 more parts
- **DMC 3325 Light Baby Blue.** Flax flowers (lighter)
- **DMC 322 Dark Baby Blue**
  Flax flowers (darker), red river (lighter)
- **DMC 3345 Dark Hunter Green**
  Row lines, fern grass (darker) and 3 more parts
- **DMC 782 Dark Topaz**
  Wheat and tall wheat (darker), breast (dark)
- **DMC 3347 Medium Yellow Green**
  Fern grass and sunflower leaves (lighter) and 3 more parts
- **DMC 3733 Dusty Rose** Heart (light)
- **DMC 3350 Ultra Dark Dusty Rose**
  Heart edge, heart (dark)
- **DMC 3731 Very Dark Dusty Rose** Heart (middle)
- **DMC 3371 Black Brown**
  Sunflower hearts (darker), black bib and 3 more parts
- **DMC 312 Very Dark Baby Blue** Red river (darker)
- **DMC 437 Light Tan** Back and tail (light), head (darker)
- **DMC 3865 Winter White** Tail (lightest), eye light
- **DMC 738 Very Light Tan**
  Head (lighter), feather edges, back (lightest)

Stitches, continued

- **Chain stitch**, 2 strands
  Furrows
- **Whipped back stitch**, 4 strands
  Red river
- **Long and short stitch**, 1 strand
  Tail, breast, back, head, throat, wing feathers, wing coverts

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.

Three ways to transfer the pattern

1. **Fabric you can see through**
   Tape page 2 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 2 on top, tape the layers and trace the lines firmly with a ballpoint pen.
3. **Iron-on**
   Go over the lines of page 3, the mirrored page, with an iron-on transfer pen, lay it ink side down on the fabric and press with a dry iron.

Pages 2 and 3 are the pattern at actual size. Print them at 100% with scaling turned off.

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6 inch hoop

Print at 100% (actual size). Do not scale or fit to page. Check the square below with a ruler before you trace.



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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North Dakota outline with a heart

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.
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