Norwegian bunad style floral motif

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.1 × 4.7 in (10.4 × 11.9 cm).



Which color goes where: by number on page 2.
Fabric: navy cotton or linen.

Three ways onto dark fabric

1. **Light shines through it**
   Lay page 3 on a bright light box, tape the fabric over it and trace the lines with a white marking pencil or pen.
2. **No light shines through**
   Print page 3 on a sticky wash-away sheet, smooth it onto fabric that can be washed, stitch through both and rinse it away.
3. **White or yellow carbon paper**
   Lay it colored side down on the fabric with page 3 on top, tape the layers and trace firmly with a ballpoint pen. Go over a faint line with a white pencil.

Page 3 is the pattern at actual size (page 4 is its mirror, for an iron-on pen on a light fabric). Print it at 100% with scaling turned off. Then put the fabric in the hoop: inner ring under, drawing up, tight as a drum.

Floss

- **1 DMC 3820 Dark Straw**
  Tendrils, bell stamens and bell knots, rose heart (lighter)
- **2 DMC 470 Light Avocado Green**
  Stems and leaf veins
- **3 DMC 3841 Pale Baby Blue**
  Bell flower (middle), blue buds (lighter)
- **4 DMC 799 Medium Delft Blue**
  Bell flower (dark), blue buds (darker)
- **5 DMC 3348 Light Yellow Green**
  Leaves, scrolling leaf and tulip sepals (lighter), bell cup
- **6 DMC 3363 Medium Pine Green**
  Leaves, scrolling leaf and tulip sepals (darker)
- **7 DMC 712 Cream**
  Rose petals and tulip buds (lightest), bell flower (light)
- **8 DMC 3733 Dusty Rose**
  Rose petals and tulip buds (light)
- **9 DMC 3831 Dark Raspberry**
  Rose petals and tulip buds (dark)
- **10 DMC 815 Medium Garnet**
  Rose petals and tulip buds (darkest), rose heart (darker)

Stitch in this order

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

1. **Satin stitch**, 2 strands
   Blue buds, leaves, scrolling leaf, bell flower, bell cup, tulip buds, tulip sepals, rose petals, rose heart



2. **Stem stitch**
   strands by part on page 2
   Tendrils, stems, leaf veins

3. **Straight stitch**, 2 strands
   Bell stamens



4. **French knot**
   2 strands, two wraps
   Bell knots, rose heart



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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.

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.



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How many strands

Stem stitch. 2 to 4 strands: stems; 2 strands: tendrils; 1 strand: leaf veins.

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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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