Peace and love

6 inch (15 cm) hoop, 4.8 × 4.8 in (12.2 × 12.2 cm)



Colors by number: page 2.
Fabric: teal cotton or linen.

What you need

A 6 inch (15 cm) hoop.

A 9 inch (23 cm) square of teal cotton or linen.

Embroidery needles, size 9, and size 3 for 4 or 5 strands.

7 colors of floss (page 2): one skein of each color (an estimate from the drawing's lines and shapes).

A white pencil, and small scissors.

Onto the fabric

Fabric that lets light through: page 3 on a bright light, the fabric over it; trace with a white pencil.

Other fabric: print page 3 on a sticky wash-away sheet, stick it on, stitch through it and rinse it away.

Or white or yellow carbon paper, colored side down, page 3 on top; trace with a ballpoint and go over a faint line with a white pencil.

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.

Start a filling with tiny stitches, a line with a small knot; end under stitches on the back.

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. **Chain stitch**
   5 strands, colors 1, 2, 3, 4, 5, 7
   Heart rows, bud stems



2. **Fishbone stitch**
   2 strands, color 7
   Leaves



Stitch in this order, continued

3. **Satin stitch**
   2 strands, colors 2, 4, 6
   Peace sign, flower petals, petal hearts, flower centers, buds, letters



4. **Split stitch**, 1 strand, colors 4, 6
   Sign edge, petal edges, letter edges

Take out lines that still show, press face down, finish the hoop or sew a pillow.

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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 304 Medium Red
2 DMC 3801 Very Dark Melon
3 DMC 970 Light Pumpkin
4 DMC 742 Light Tangerine
5 DMC 3078 Very Light Golden Yellow
6 DMC 3865 Winter White
7 DMC 471 Very Light Avocado Green

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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.



1 in
25.4 mm

Not 1 inch (25.4 mm)? Print again at 100%.

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