Poppy oval frame

6 inch (15 cm) hoop, 4.7 × 4.4 in (11.9 × 11.2 cm)



Colors by number: page 2.

What you need

A 6 inch (15 cm) hoop.

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

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

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

A water-soluble pen, and small scissors.

Onto the fabric

Fabric you can see through: page 3 taped to a sunny window, the fabric over it; trace.

Other fabric: dressmaker's carbon paper, colored side down, page 3 on top; trace with a ballpoint.

Iron-on pen: go over page 4, the mirrored page, and press it ink side down as the pen's packet says. The lines stay.

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. **Stem stitch**
   2 strands: side stems
   4 strands: stems

2. **Split stitch**, 1 strand
   Leaf outlines

3. **Straight stitch**, 1 strand
   Bud hairs



4. **Long and short stitch**
   2 strands
   Buds, poppy petals, turned edges, fallen petal



5. **Satin stitch**, 2 strands
   Leaves, bud petals, poppy cups, seed pods



6. **Stem stitch**, 2 strands
   Leaf ribs

7. **Straight stitch**, 1 strand
   Leaf veins, stamens, pod rays



8. **Split stitch**, 1 strand
   Bud edges, petal edges, pod edges

9. **French knot**
   2 strands, two wraps
   Stamen knots



Take out lines that still show, press face down, finish the hoop.

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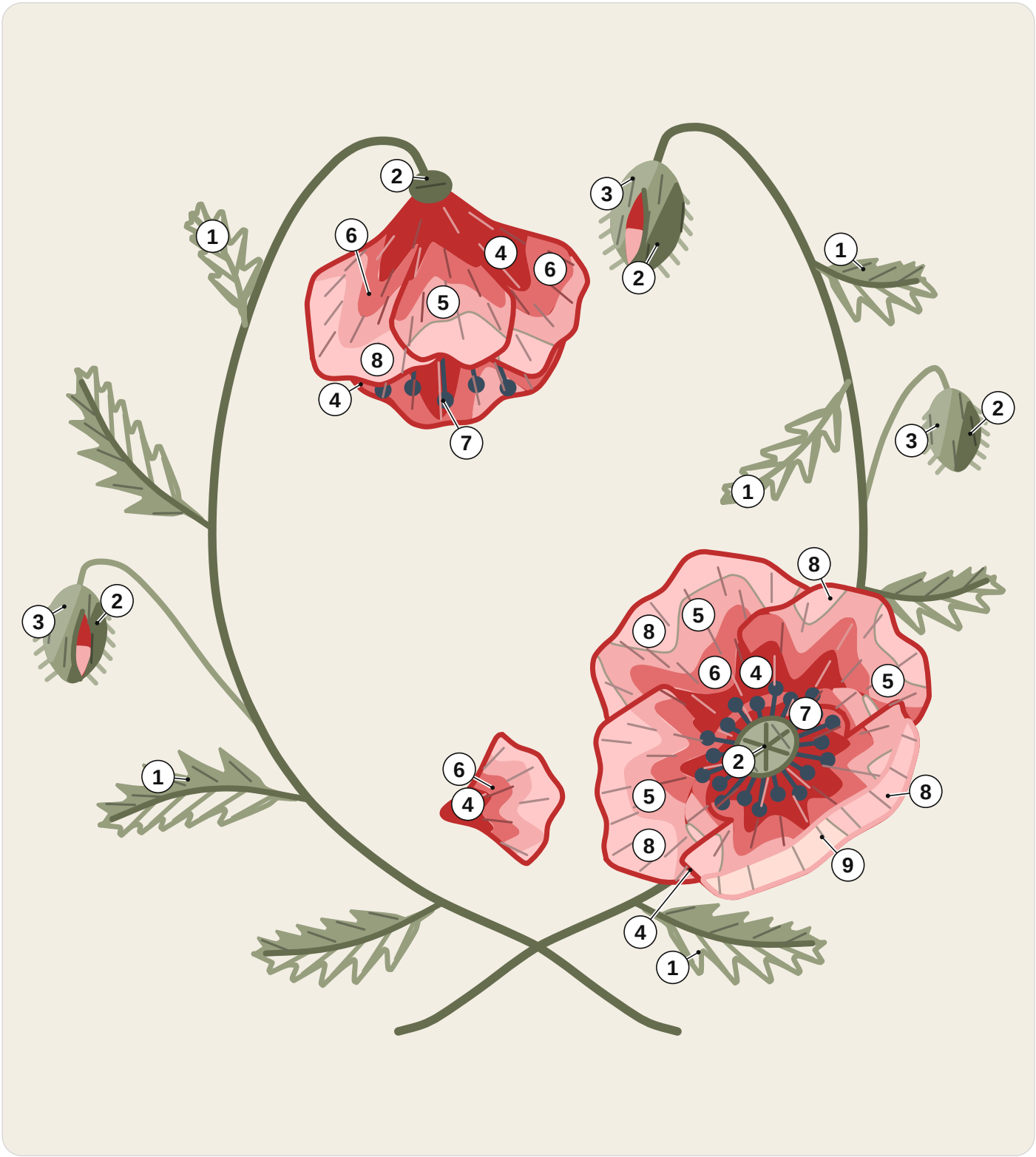
6 inch hoop

A number is a color of the list. Fine lines show which way the stitches lie: do not stitch them.



1	DMC 522 Fern Green	**4**	DMC 347 Very Dark Salmon	**7**	DMC 3750 Very Dark Antique Blue
2	DMC 520 Dark Fern Green	**5**	DMC 760 Salmon	**8**	DMC 761 Light Salmon
3	DMC 523 Light Fern Green	**6**	DMC 3328 Dark Salmon	**9**	DMC 225 Ultra Very Light Shell Pink

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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.

On the drawing a ring is one French knot: mark a dot; a broken line inside a shape is where two shades meet: trace it, do not stitch it.



1 in
25.4 mm

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

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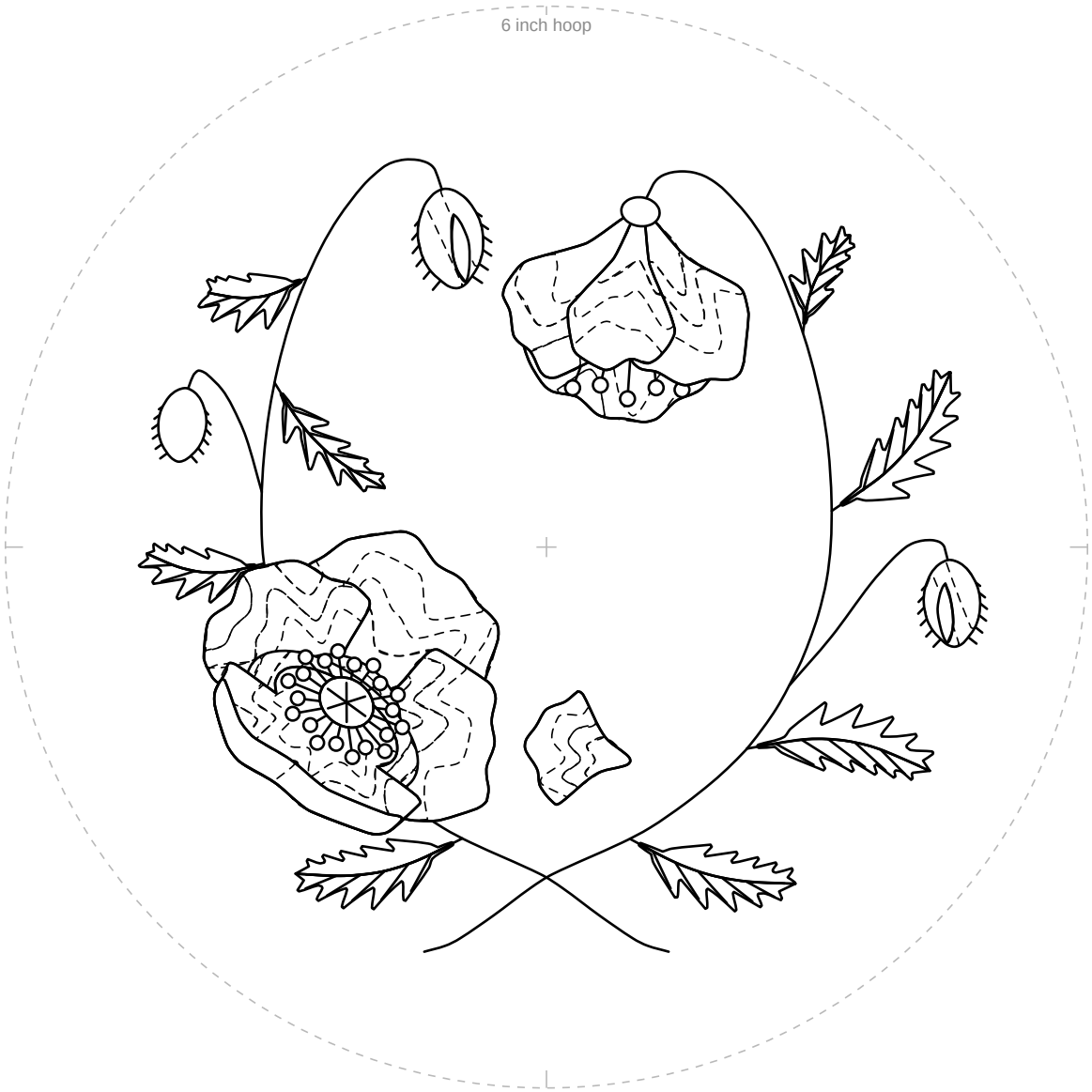
6 inch hoop

For an iron-on pen only. Go over the lines, press ink side down.



1 in
25.4 mm

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

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