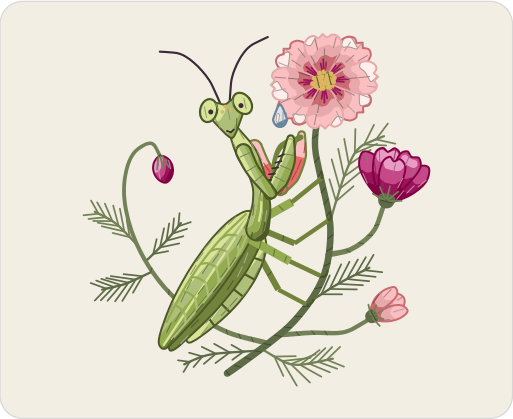
Praying mantis on pink cosmos

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.5 × 4.6 in (11.4 × 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. **Satin stitch**, 2 strands
   Stems, flower heart, calyx, far legs, legs, far foreleg, foreleg, dewdrop
2. **Long and short stitch**, 1 strand
   Blush petals, magenta petals, bud, belly, far wing, near wing, far foreleg, neck, head
3. **Padded satin stitch**, 2 strands
   Eyes
4. **Fly stitch**, 1 strand
   Feathery leaves
5. **Stem stitch**, strands by part on page 2
   Feathery leaves, feet, belly rings, wing veins, foreleg edges, neck ridge, antennae, eye edges, dewdrop edge
6. **Split stitch**, 1 strand
   Petal edges, bud edge, belly edge, wing edges, neck edge, head edge
7. **Straight stitch**, strands by part on page 2
   Petal rays, calyx points, foreleg spines, mouth, dewdrop light
8. **French knot**
   strands by part on page 2, two wraps
   Flower heart, pupils, brow

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.

Floss

- **1 DMC 3363 Medium Pine Green**
  Feathery leaves and stems (lighter), calyx points
- **2 DMC 3362 Dark Pine Green** Feathery leaves and stems (darker), calyx
- **3 DMC 3689 Light Mauve** Blush petals and far foreleg (light)
- **4 DMC 3687 Mauve** Blush petals (darkest), petal edges (middle)
- **5 DMC 3688 Medium Mauve** Blush petals (dark), petal edges (light)
- **6 DMC 819 Light Baby Pink** Blush petals (lightest), dewdrop light
- **7 DMC 917 Medium Plum** Magenta petals and bud (dark), petal rays
- **8 DMC 469 Avocado Green**
  Far wing and far legs, foreleg edges (lighter), near wing (darkest) and 5 more parts
- **9 DMC 3820 Dark Straw** Flower heart (lighter), brow
- **10 DMC 3607 Light Plum** Magenta petals and bud (light)
- **11 DMC 915 Dark Plum**
  Petal edges (dark), magenta petals and bud (darkest), bud edge
- **12 DMC 3608 Very Light Plum** Magenta petals and bud (lightest)
- **13 DMC 936 Very Dark Avocado Green**
  Wing edges, belly edge and neck edge, foreleg edges (darker) and 5 more parts
- **14 DMC 472 Ultra Light Avocado Green**
  Belly (lighter), neck and near wing (lightest), eyes and 4 more parts
- **15 DMC 471 Very Light Avocado Green**
  Foreleg, near wing and neck (light), head and wing veins (middle), belly (darker)
- **16 DMC 470 Light Avocado Green**
  Near wing, wing veins, foreleg and head (dark), legs (lighter), neck (middle)
- **17 DMC 351 Coral** Far foreleg (middle)
- **18 DMC 3371 Black Brown** Antennae, foreleg spines, pupils and mouth
- **19 DMC 3753 Ultra Very Light Antique Blue** Dewdrop (lighter)
- **20 DMC 931 Medium Antique Blue** Dewdrop edge, dewdrop (darker)

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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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 3363 Medium Pine Green	**8**	DMC 469 Avocado Green	**15**	DMC 471 Very Light Avocado Green
2	DMC 3362 Dark Pine Green	**9**	DMC 3820 Dark Straw	**16**	DMC 470 Light Avocado Green
3	DMC 3689 Light Mauve	**10**	DMC 3607 Light Plum	**17**	DMC 351 Coral
4	DMC 3687 Mauve	**11**	DMC 915 Dark Plum	**18**	DMC 3371 Black Brown
5	DMC 3688 Medium Mauve	**12**	DMC 3608 Very Light Plum	**19**	DMC 3753 Ultra Very Light Antique Bl...
6	DMC 819 Light Baby Pink	**13**	DMC 936 Very Dark Avocado Green	**20**	DMC 931 Medium Antique Blue
7	DMC 917 Medium Plum	**14**	DMC 472 Ultra Light Avocado Green		

How many strands

Stem stitch. 2 strands: feathery leaves, feet; 1 or 2 strands: wing veins; 1 strand: belly rings, foreleg edges, neck ridge, antennae, eye edges, dewdrop edge.
Straight stitch. 2 or 3 strands: calyx points; 2 strands: dewdrop light; 1 strand: petal rays, foreleg spines, mouth.
French knot. 2 strands: flower heart; 1 strand: pupils, brow.

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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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