Racing crew rowing band

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.4 × 2.5 in (11.2 × 6.4 cm).



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

Stitch in this order

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

1. **Satin stitch**, 2 strands
   Sun, seat, shoes, rowers, vests, shorts, hair, cox, jacket, cap, megaphone, shell, oar blades, blade tips
2. **Running stitch**, strands by part on page 2
   Sun ring, sun rays, water, border lines
3. **Stem stitch**, strands by part on page 2
   Headband, shell rim, oars
4. **Straight stitch**, strands by part on page 2
   Riggers, splashes, border zigzag
5. **Back stitch**, 2 strands
   Puddles

Floss

- **1 DMC 351 Coral**
  Shell, border knots, oar blades and cap, sun rays (darker), sun (darkest)
- **2 DMC 721 Medium Orange Spice** Sun (dark)
- **3 DMC 741 Medium Tangerine** Sun (light)
- **4 DMC 743 Medium Yellow**
  Border zigzag and riggers, sun rays (lighter), sun (lightest) and 5 more parts
- **5 DMC 3856 Ultra Very Light Mahogany**
  Rowers (lightest)
- **6 DMC 598 Light Turquoise**
  Vests, puddles and jacket, water (light)
- **7 DMC 3810 Dark Turquoise**
  Water (dark), shorts, cox (darker)
- **8 DMC 921 Copper** Hair (light)
- **9 DMC 433 Medium Brown** Rowers (darkest)
- **10 DMC 938 Ultra Dark Coffee Brown**
  Hair (darkest)
- **11 DMC 3863 Medium Mocha Beige**
  Rowers (dark)
- **12 DMC 801 Dark Coffee Brown** Hair (dark)
- **13 DMC 437 Light Tan**
  Rowers (light), cox (lighter)
- **14 DMC 676 Light Old Gold** Hair (lightest)
- **15 DMC 712 Cream**
  Border lines, shell rim, oars, blade tips and splashes
- **16 DMC 322 Dark Baby Blue** Water (middle)

Stitches, continued

6. **French knot**, 1 strand, two wraps
   Border knots

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.

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Racing crew rowing band

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.

Begin with no knot on the back where it is seen and washed, as on a towel, a napkin or clothes; for a piece in a hoop a small knot is fine. End each thread by whipping it around the backs of four or five stitches, with one small hitch.

Each small ring is one French knot. A dashed line is running stitch.

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 351 Coral	**7**	DMC 3810 Dark Turquoise	**13**	DMC 437 Light Tan
2	DMC 721 Medium Orange Spice	**8**	DMC 921 Copper	**14**	DMC 676 Light Old Gold
3	DMC 741 Medium Tangerine	**9**	DMC 433 Medium Brown	**15**	DMC 712 Cream
4	DMC 743 Medium Yellow	**10**	DMC 938 Ultra Dark Coffee Brown	**16**	DMC 322 Dark Baby Blue
5	DMC 3856 Ultra Very Light Mahogany	**11**	DMC 3863 Medium Mocha Beige		
6	DMC 598 Light Turquoise	**12**	DMC 801 Dark Coffee Brown		

How many strands

Running stitch. 3 strands: sun ring; 2 strands: sun rays, water, border lines.
Stem stitch. 3 strands: headband, oars; 2 strands: shell rim.
Straight stitch. 3 strands: riggers; 2 strands: splashes, border zigzag.

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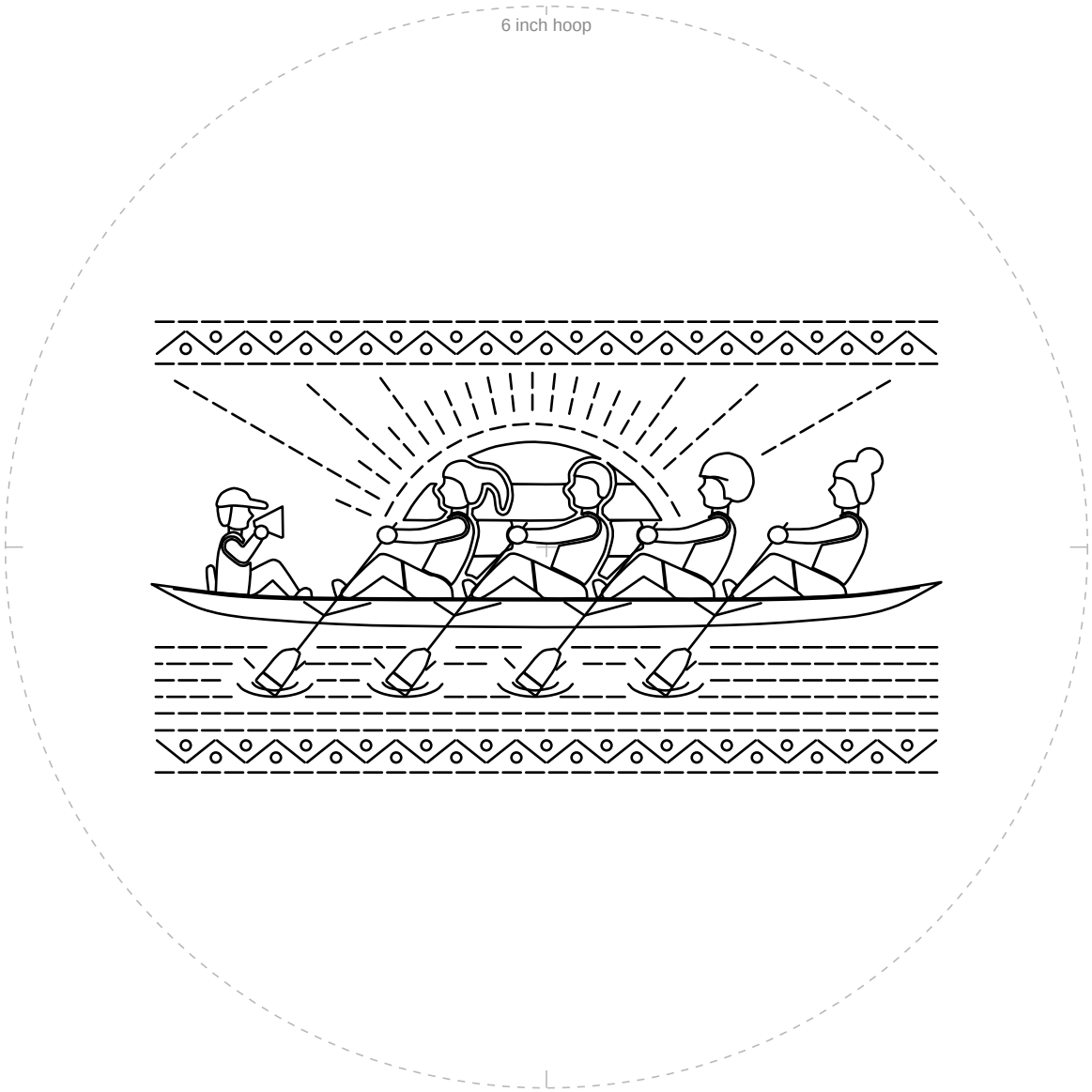
Racing crew rowing band

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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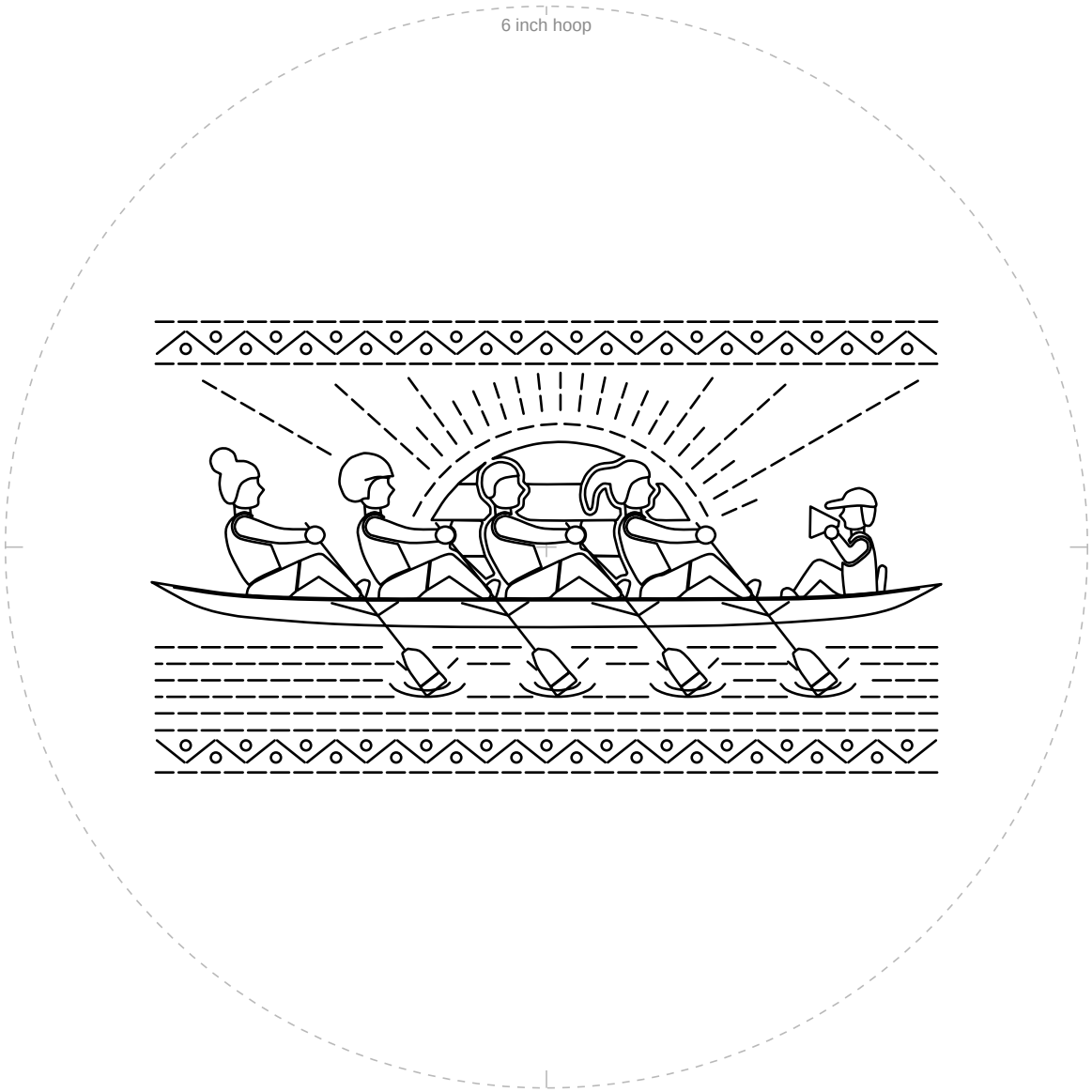
Racing crew rowing band

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

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