Rainbow trout leaping for a mayfly

Sized for a 6 inch hoop (15 cm). The stitched design is about 3 × 4.6 in (7.6 × 11.7 cm).



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

Stitch in this order

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

1. **Long and short stitch**, 1 strand
   Water, iris leaves, iris petals, tail, back fin, small back fin, belly fins, body, head, breast fin
2. **Satin stitch**, 2 strands
   Whiplash stems, iris sheaths, rainbow stripe, mouth, eye, wave curls, mayfly body, frame
3. **Stem stitch**, strands by part on page 2
   Gold outlines, splash line, mayfly tails, mayfly legs
4. **Straight stitch**, 1 strand
   Fin rays
5. **Fly stitch**, 1 strand
   Scales
6. **Back stitch**, 1 strand
   Mayfly wings
7. **French knot**
   strands by part on page 2, two wraps
   Iris beards, spots, eye, foam, mayfly eye

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 3768 Dark Gray Green**
  Frame and splash line, water (darker), whiplash stems (dark)
- **2 DMC 926 Medium Gray Green** Water (lighter)
- **3 DMC 3052 Medium Green Gray**
  Iris leaves (middle), body, head and tail (dark) and 4 more parts
- **4 DMC 3051 Dark Green Gray**
  Body, head, back fin, whiplash stems and tail (darkest), fin rays and 2 more parts
- **5 DMC 3053 Green Gray**
  Body (middle), iris leaves (light), scales, whiplash stems (lightest) and 5 more parts
- **6 DMC 782 Dark Topaz**
  Gold outlines, iris beards, mayfly body, mayfly tails and mayfly legs, eye (middle)
- **7 DMC 3834 Dark Grape** Iris petals (dark)
- **8 DMC 154 Very Dark Grape**
  Iris petals (darkest), spots, mouth and mayfly eye, eye (dark)
- **9 DMC 3835 Medium Grape**
  Iris petals (light), rainbow stripe (dark)
- **10 DMC 3836 Light Grape** Iris petals (lightest)
- **11 DMC 3072 Very Light Beaver Gray**
  Tail and back fin (lightest), body and head (light)
- **12 DMC 761 Light Salmon**
  Belly fins and breast fin (middle), rainbow stripe (light)
- **13 DMC 3712 Medium Salmon**
  Rainbow stripe (middle), belly fins and breast fin (dark)
- **14 DMC 3865 Winter White**
  Body (lightest), wave curls, mayfly wings and foam, belly fins (light) and 3 more parts

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

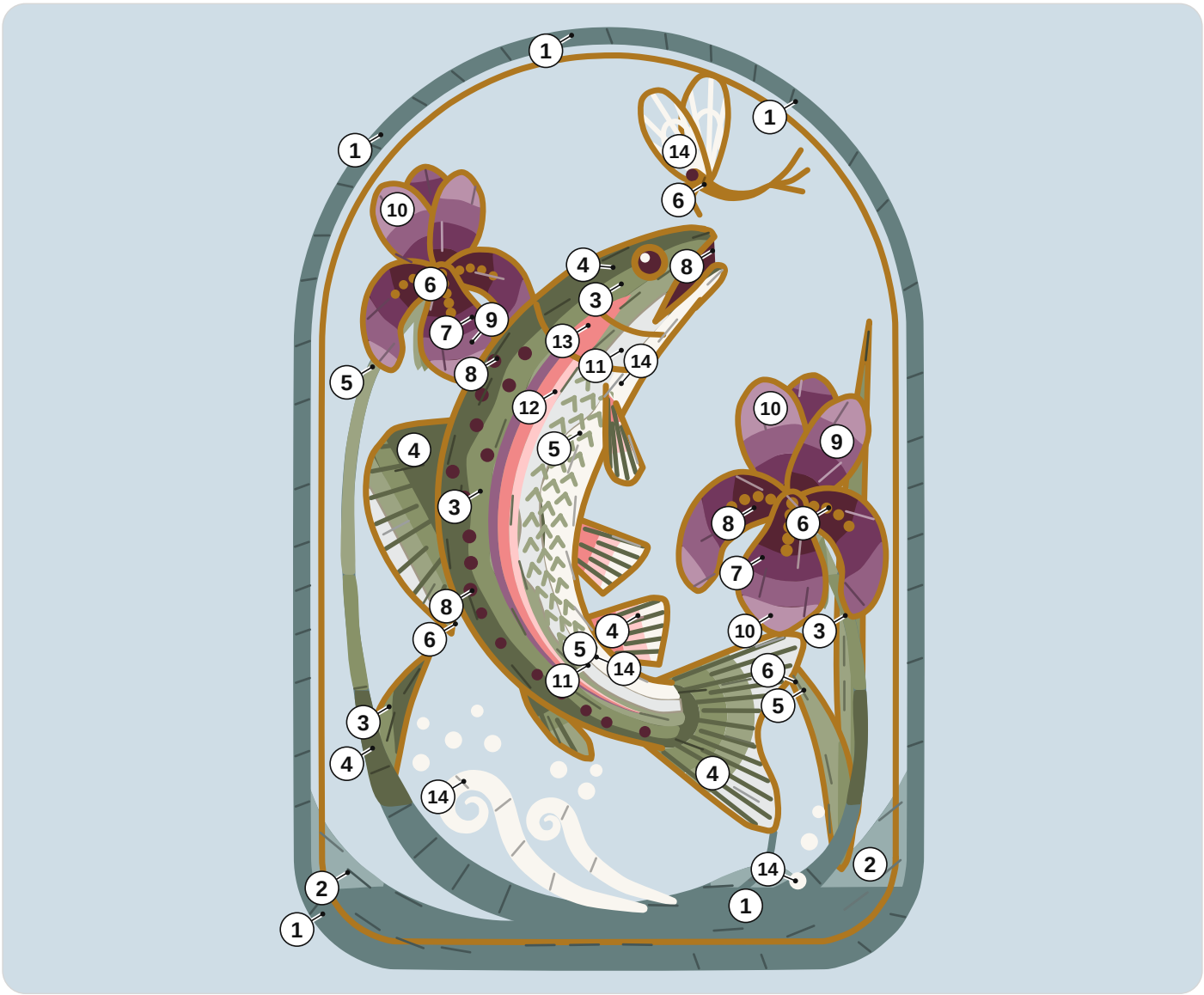
Floss is six strands. Cut 18 inches (45 cm), pull out the number given one at a time, and lay them together.

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 3768 Dark Gray Green	**6**	DMC 782 Dark Topaz	**11**	DMC 3072 Very Light Beaver Gray
2	DMC 926 Medium Gray Green	**7**	DMC 3834 Dark Grape	**12**	DMC 761 Light Salmon
3	DMC 3052 Medium Green Gray	**8**	DMC 154 Very Dark Grape	**13**	DMC 3712 Medium Salmon
4	DMC 3051 Dark Green Gray	**9**	DMC 3835 Medium Grape	**14**	DMC 3865 Winter White
5	DMC 3053 Green Gray	**10**	DMC 3836 Light Grape		

How many strands

Stem stitch. 3 strands: splash line; 1 or 2 strands: gold outlines; 1 strand: mayfly tails, mayfly legs.
French knot. 2 strands: mayfly eye; 1 or 2 strands: iris beards, spots, foam; 1 strand: eye.

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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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