# Relax

6 inch (15 cm) hoop, 4.3 × 4.5 in (10.9 × 11.4 cm)




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

## What you need

A 6 inch (15 cm) hoop.

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

An embroidery needle, size 9.

16 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. **Long and short stitch**
   colors 1, 2, 3, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16
   2 strands: moon, water, body
   1 strand: head, ear, oranges



2. **Satin stitch**
   2 strands, colors 3, 4, 8, 10, 11
   Bamboo stems, far ear, nostril, ear inside, steam, letters



3. **Fishbone stitch**
   2 strands, colors 4, 5
   Bamboo leaves, orange leaf



4. **Straight stitch**, colors 3, 5
   2 strands: bamboo joints, stars
   1 strand: whiskers
   3 strands: orange stalk



5. **Stem stitch**, colors 8, 10, 13
   3 strands: eye
   1 strand: brow
   2 strands: ripples



6. **Split stitch**, colors 3, 6, 10
   1 strand: water edge
   2 strands: mouth, 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 3822 Light Straw | **7** | DMC 3808 Ultra Very Dark Turquoise | **13** | DMC 738 Very Light Tan |
| **2** | DMC 745 Light Pale Yellow | **8** | DMC 747 Very Light Sky Blue | **14** | DMC 741 Medium Tangerine |
| **3** | DMC 3823 Ultra Pale Yellow | **9** | DMC 434 Light Brown | **15** | DMC 920 Medium Copper |
| **4** | DMC 502 Blue Green | **10** | DMC 938 Ultra Dark Coffee Brown | **16** | DMC 970 Light Pumpkin |
| **5** | DMC 500 Very Dark Blue Green | **11** | DMC 801 Dark Coffee Brown | | |
| **6** | DMC 3810 Dark Turquoise | **12** | DMC 436 Tan | | |



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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 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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