Rod of Asclepius with healing herbs

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.1 × 4.7 in (10.4 × 11.9 cm).



Which color goes where.

Stitches

- **Satin stitch**, 2 strands
  Branches, foxglove throats, cups, buds, sage flowers, poppy crowns, poppy collars, and 8 more
- **Long and short stitch**, 1 strand
  Foxglove bells, poppy heads, scroll leaf, snake, staff, bloom outer petals, bloom back petals, and 2 more
- **French knot**, 1 to 2 strands, two wraps
  Foxglove spots, chamomile hearts, stamen knots, snake pupil
- **Stem stitch**, 1 to 3 strands
  Foxglove edges, poppy edges, poppy ribs, leaf edges, leaf veins, chamomile leaves, branches, and 5 more
- **Trellis stitch**, 1 to 2 strands
  Poppy heads, trellis leaf, snake trellis, bloom heart trellis
- **Split stitch**, 1 strand
  Chamomile edges, bark grain
- **Chain stitch**, 2 strands
  Leaf rows
- **Fishbone stitch**, 2 strands
  Sage leaves, berry leaves, sprout leaves, cups
- **Fly stitch**, 2 strands
  Chamomile leaves
- **Straight stitch**, 1 to 2 strands
  Berry light, stamens, snake tongue
- **Back stitch**, 1 strand
  Snake mouth

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

- **DMC 3364 Pine Green**
  Chamomile edges, branches (light) and 8 more parts
- **DMC 935 Dark Avocado Green**
  Leaf edges, branches (dark), hillock edges (lighter) and 4 more parts
- **DMC 3362 Dark Pine Green**
  Scroll leaf (middle), hillocks (shade 4 of 7) and 8 more parts
- **DMC 758 Very Light Terra Cotta**
  Foxglove bells and bloom back petals (light) and 3 more parts
- **DMC 3777 Very Dark Terra Cotta**
  Foxglove edges, bloom edges (darker) and 8 more parts
- **DMC 3830 Terra Cotta**
  Bloom back petals (middle), trellis leaf (darker) and 5 more parts
- **DMC 712 Cream**
  Chamomile petals, foxglove throats, bloom heart and berry light
- **DMC 823 Dark Navy Blue**
  Bloom outer petals (darker), bloom outer edges and 4 more parts
- **DMC 931 Medium Antique Blue**
  Bloom outer petals and sage flowers (lighter)
- **DMC 782 Dark Topaz**
  Poppy heads (middle), staff (light) and 8 more parts
- **DMC 898 Very Dark Coffee Brown**
  Staff (dark), staff edge and bark grain and 3 more parts
- **DMC 3820 Dark Straw**
  Snake trellis, hillocks (shade 7 of 7) and 5 more parts
- **DMC 563 Light Jade** Snake and snake head (light)
- **DMC 562 Medium Jade**
  Snake and snake head (middle)
- **DMC 561 Very Dark Jade**
  Snake and snake head (dark), snake edge and snake mouth
- **DMC 433 Medium Brown**
  Staff (middle), bloom edges (lighter), hillocks (shade 3 of 7)

Three ways to transfer the pattern

1. **Fabric you can see through**
   Tape page 2 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 2 on top, tape the layers and trace the lines firmly with a ballpoint pen.

3. **Iron-on**
   Go over the lines of page 3, the mirrored page, with an iron-on transfer pen, lay it ink side down on the fabric and press with a dry iron.

Pages 2 and 3 are the pattern at actual size. Print them at 100% with scaling turned off.

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF.

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6 inch hoop

Print at 100% (actual size). Do not scale or fit to page. Check the square below with a ruler before you trace.



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.
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