Sage sprig for a kitchen towel

Sized for a 6 inch hoop (15 cm). The stitched design is about 3.1 × 4.7 in (7.9 × 11.9 cm).



Which color goes where: by number on page 2.

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.

Floss

- **1 DMC 503 Medium Blue Green**
  Leaves and stem (lighter), folded back (darker)
- **2 DMC 501 Dark Blue Green**
  Leaves, stem and ribs (darker), leaf edges and cups
- **3 DMC 3348 Light Yellow Green**
  Ribs and folded back (lighter), pebbled skin and cut end
- **4 DMC 3042 Light Antique Violet**
  Flowers (lighter)
- **5 DMC 3041 Medium Antique Violet**
  Flowers (darker), buds
- **6 DMC 322 Dark Baby Blue**
  Twine bow
- **7 DMC 3325 Light Baby Blue**
  Light on the twine

Stitch in this order

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

1. **Fishbone stitch**, 3 strands
   Leaves, folded back



2. **Satin stitch**, 2 to 3 strands
   Twine bow



3. **Stem stitch**
   strands by part on page 2
   Stem, ribs, light on the twine

4. **Straight stitch**
   strands by part on page 2
   Cut end, pebbled skin, cups, flowers



5. **Split stitch**, 1 strand
   Leaf edges

6. **Lazy daisy stitch**
   strands by part on page 2
   Flowers, buds



What you need

Easy. A 6 inch (15 cm) hoop, and a 9 inch (23 cm) square of plain cotton or linen, white or another light color. Embroidery needle: size 9 for 1 strand, size 7 for 2 or 3 (a lower number is a thicker needle). Skeins: one of each color is enough. An estimate for the 6 inch hoop, from the length of each line and the area of each filled shape, with a fifth added for tails.

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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.

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 loop is one lazy daisy: come up at its point.

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 503 Medium Blue Green
2 DMC 501 Dark Blue Green
3 DMC 3348 Light Yellow Green
4 DMC 3042 Light Antique Violet
5 DMC 3041 Medium Antique Violet
6 DMC 322 Dark Baby Blue
7 DMC 3325 Light Baby Blue

How many strands

Stem stitch. 2 or 3 strands: stem; 2 strands: ribs; 1 or 2 strands: light on the twine.
Straight stitch. 3 strands: cups; 2 strands: cut end, flowers; 1 strand: pebbled skin.
Lazy daisy stitch. 3 strands: buds; 2 or 3 strands: flowers.

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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

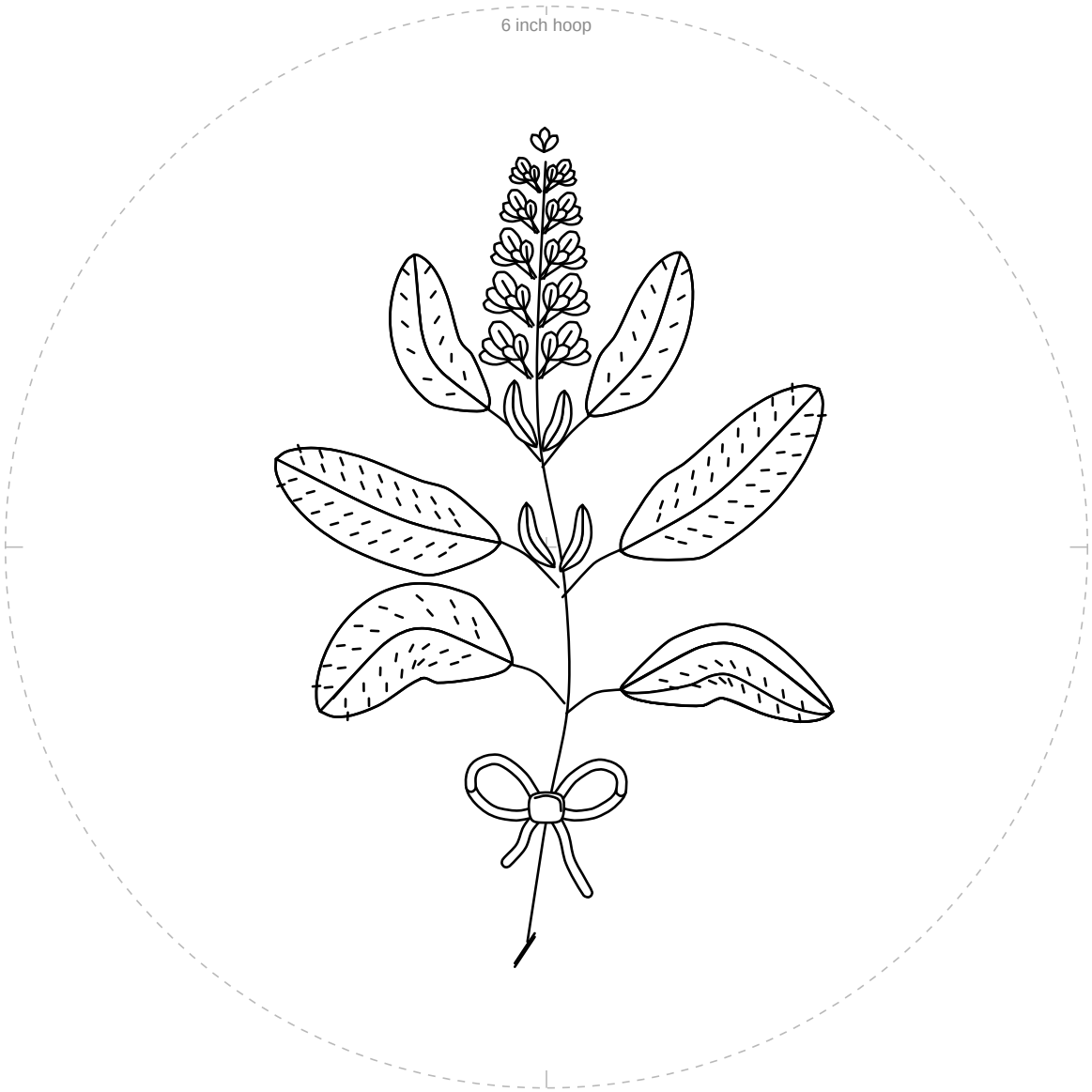
Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

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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.
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