# Self care

6 inch (15 cm) hoop, 4 × 4.8 in (10.2 × 12.2 cm)




Colors by number: page 2.
Fabric: blush pink cotton or linen.

## What you need

A 6 inch (15 cm) hoop.

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

An embroidery needle, size 9.

20 colors of floss (page 2): one skein of each color (an estimate from the drawing's lines and shapes).

A water-soluble pen, and small scissors.

## Onto the fabric

Fabric you can see through: page 3 taped to a sunny window, the fabric over it; trace.

Other fabric: dressmaker's carbon paper, colored side down, page 3 on top; trace with a ballpoint.

Iron-on pen: go over page 4, the mirrored page, and press it ink side down as the pen's packet says. The lines stay.

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. **Satin stitch**
   2 strands, colors 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 18, 19
   Sun disk, stepped arch, crown fan, plinth, panel frame, lettering, foot fan, shelf, fern pot, candle, flame, teacup, saucer, bun band, and 6 more



2. **Long and short stitch**
   1 to 2 strands, colors 7, 8, 9, 12, 13, 14, 15, 16, 17
   Skin, hair, head wrap, cat



3. **Stem stitch**
   1 to 2 strands, colors 2, 3, 4, 6, 7, 11
   Sunburst, arch lines, shelf edge, fern, teacup edge, steam, head wrap folds



4. **Fly stitch**, 2 strands, colors 4, 6
   Fern



5. **Back stitch**
   1 to 2 strands, colors 1, 3, 4, 11
   Candle edge, teacup edge, earrings, bubble rings



6. **Straight stitch**
   1 to 2 strands, colors 7, 9, 10, 17, 20
   Flame heart, bubble highlights, cat stripes, cat eye, cat nose, cat mouth, whiskers



7. **Split stitch**
   1 to 2 strands, colors 7, 15, 19
   Skin folds, spine, tub rim edge, cat 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 3820 Dark Straw | 8 | DMC 921 Copper | 15 | DMC 898 Very Dark Coffee Brown |
| 2 | DMC 783 Medium Topaz | 9 | DMC 3853 Dark Autumn Gold | 16 | DMC 3031 Very Dark Mocha Brown |
| 3 | DMC 780 Ultra Very Dark Topaz | 10 | DMC 3865 Winter White | 17 | DMC 3371 Black Brown |
| 4 | DMC 3818 Ultra Very Dark Emerald G... | 11 | DMC 503 Medium Blue Green | 18 | DMC 911 Medium Emerald Green |
| 5 | DMC 310 Black | 12 | DMC 433 Medium Brown | 19 | DMC 890 Ultra Dark Pistachio Green |
| 6 | DMC 909 Very Dark Emerald Green | 13 | DMC 801 Dark Coffee Brown | 20 | DMC 739 Ultra Very Light Tan |
| 7 | DMC 918 Dark Red Copper | 14 | DMC 434 Light Brown | | |



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# Self care

**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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# Self care

**6 inch hoop**

For an iron-on pen only. Go over the lines, press ink side down.




**1 in**
25.4 mm

Not 1 inch (25.4 mm)? Print again at 100%.



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