Seven sisters quilt

6 inch (15 cm) hoop, 3.8 × 4.4 in (9.7 × 11.2 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.

Embroidery needles, size 7, and size 3 for 4 to 6 strands.

6 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. **Satin stitch**
   2 strands, colors 1, 2
   Middle star



Stitch in this order, continued

2. **Running stitch**, colors 3, 4, 5, 6
   2 strands: star rows
   6 strands: stars
   4 strands: echo rows

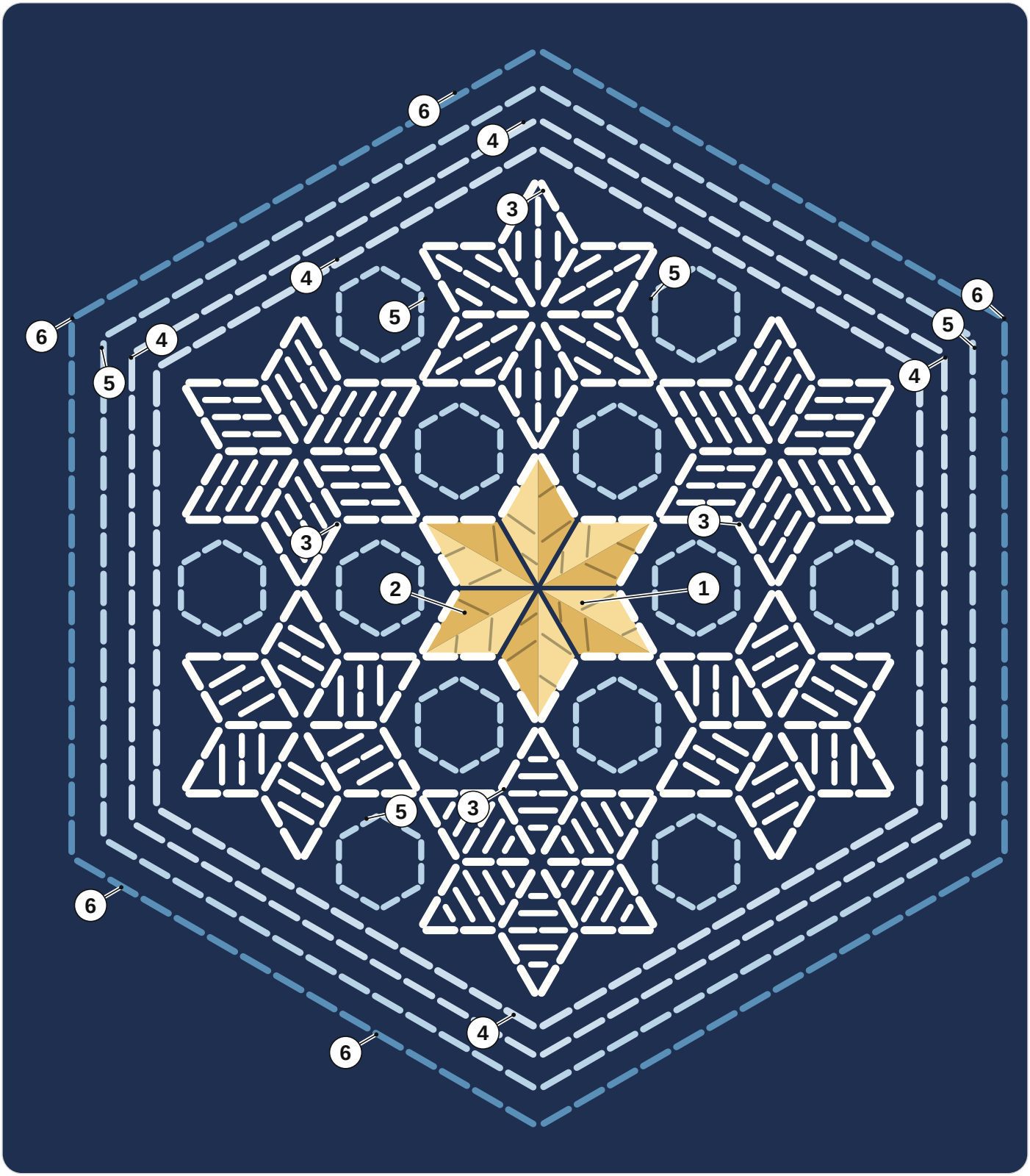
Take out lines that still show, press face down, finish the hoop or sew a pillow.

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

Seven sisters quilt

6 inch hoop

A number is a color of the list. Fine lines show which way the stitches lie: do not stitch them.



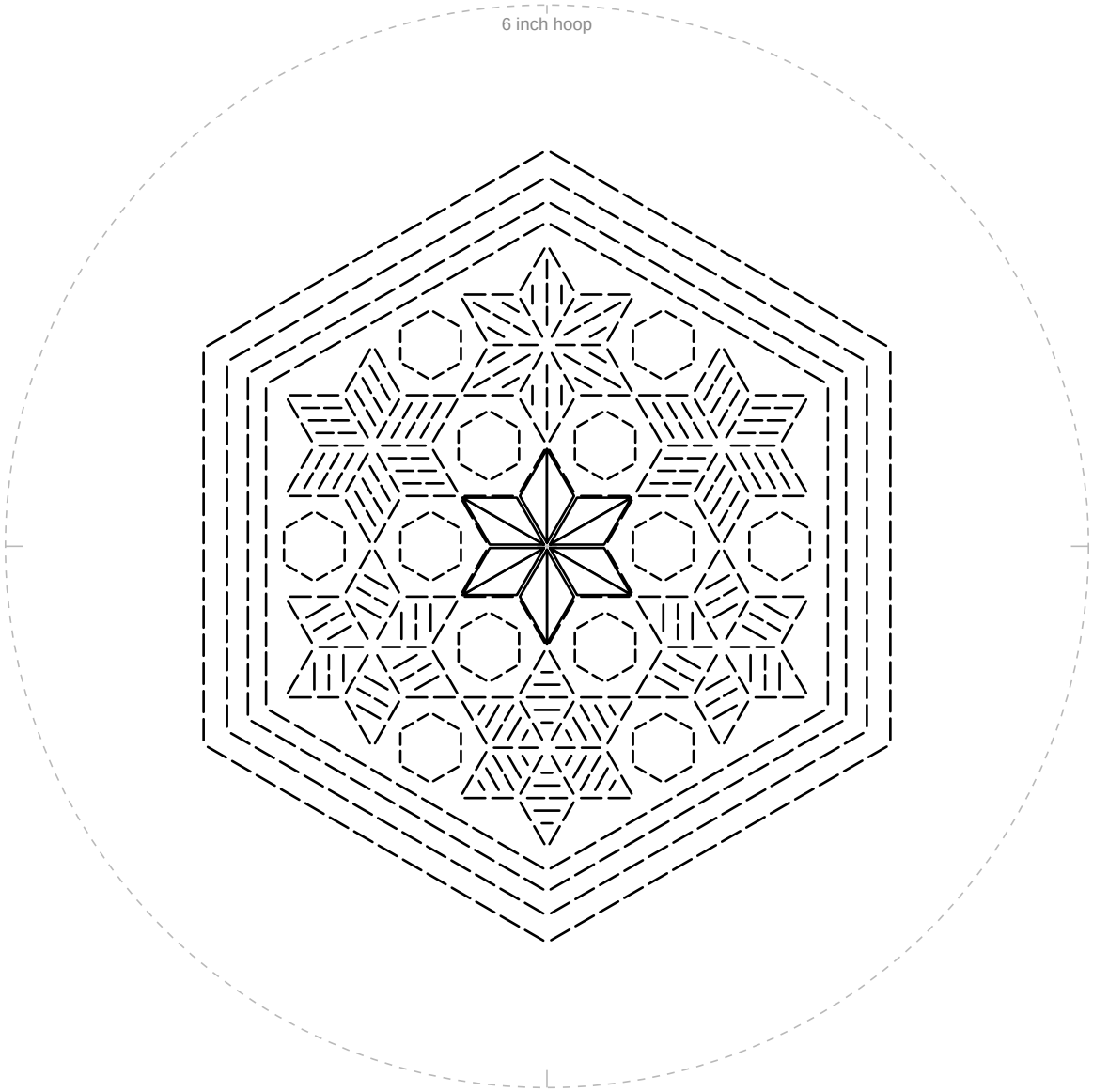
1 DMC 3822 Light Straw	**3** DMC BLANC White	**5** DMC 3325 Light Baby Blue
2 DMC 3820 Dark Straw	**4** DMC 3841 Pale Baby Blue	**6** DMC 322 Dark Baby Blue

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

Seven sisters quilt

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 dashed line is running stitch.



1 in
25.4 mm

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

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