Simple Hmong style spiral heart

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.5 × 4.3 in (11.4 × 10.9 cm).



Which color goes where.

Floss

- **DMC 3846 Light Bright Turquoise**
  Teeth
- **DMC 3804 Dark Cyclamen Pink**
  Pink heart and outer heart
- **DMC BLANC White**
  Scrolls
- **DMC 907 Light Parrot Green**
  Lime heart
- **DMC 741 Medium Tangerine**
  Center heart

Stitches

- **Satin stitch**, 2 strands
  Teeth, scrolls, pink heart, center heart
- **Chain stitch**, 6 strands
  Outer heart
- **Whipped back stitch**, 6 strands
  Lime heart

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.

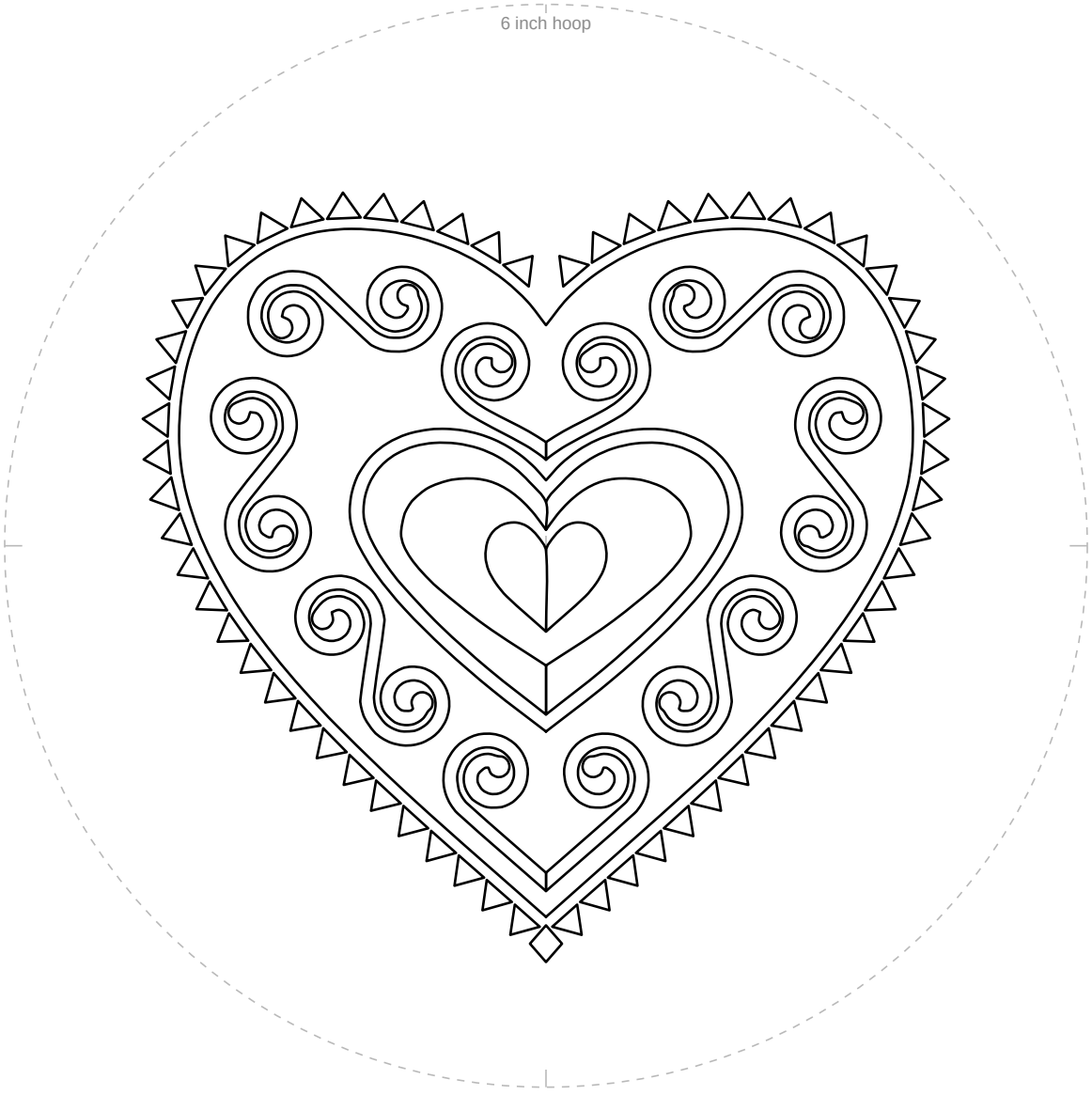
Pages 2 and 3 are the pattern at actual size. Print them at 100% with scaling turned off.

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

Simple Hmong style spiral heart

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

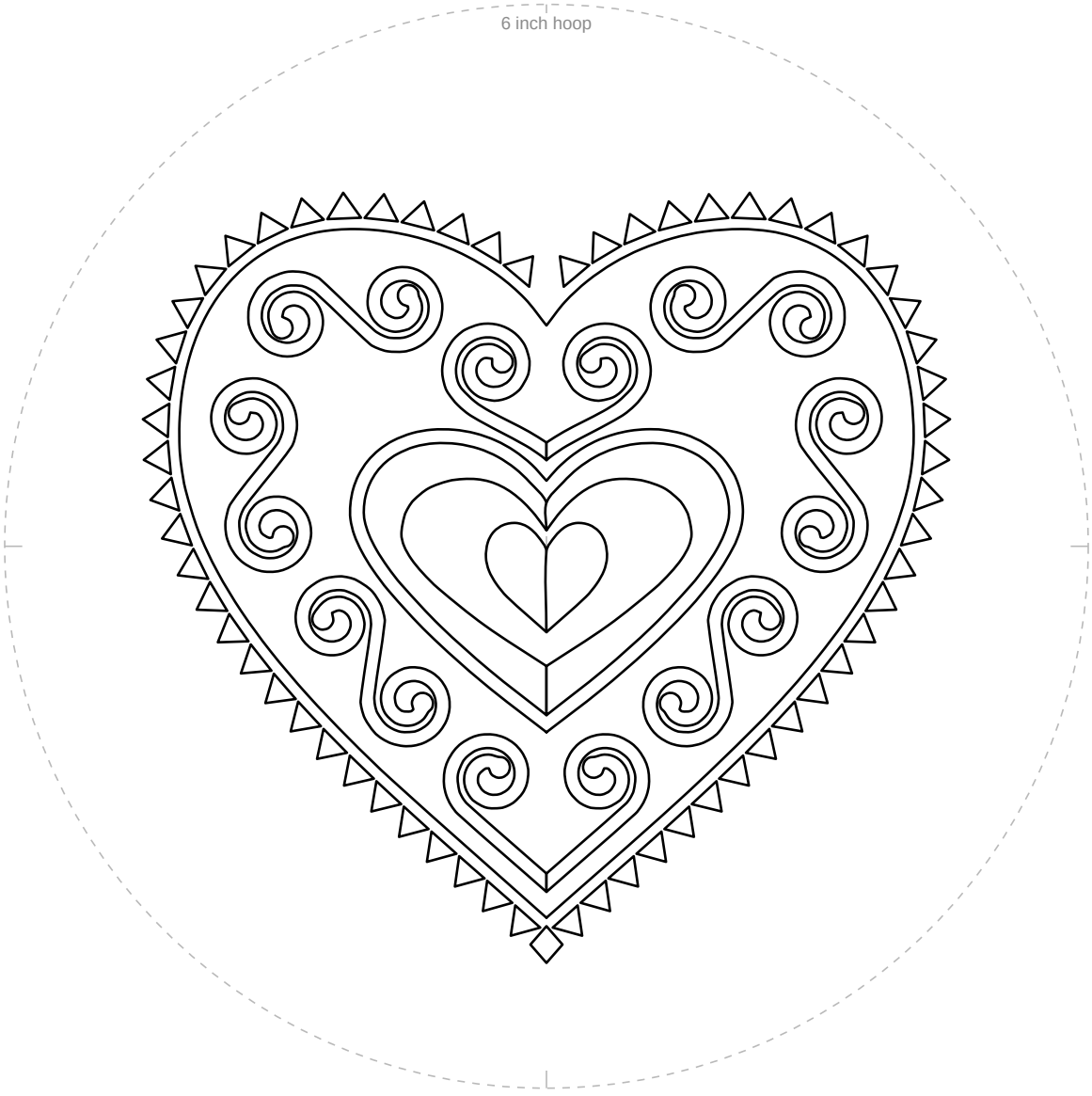
Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

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

Simple Hmong style spiral heart

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.
If it measures anything else, print again at 100% with scaling off.

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