Sneaker with wildflowers for laces

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.1 × 4.3 in (10.4 × 10.9 cm).



Which color goes where: by number on page 2.
Fabric: teal cotton or linen.

Stitch in this order

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

1. **Long and short stitch**, 1 strand
   Lining, tongue, far side, upper, eyelet panel, heel panel, buds, poppy petals, cornflower petals
2. **Satin stitch**, 2 strands
   Sole, eyelets, eyelet holes, lace stems, loose end, bow loops, bud sepals, flower stems, bow knot, poppy blotches, poppy heart, and 2 more
3. **Fishbone stitch**, 2 strands
   Lace leaves, flower leaves
4. **Stem stitch**, 1 to 3 strands
   Grass stems, collar, far side edge, seams, heel edge, sole edge, flower stems
5. **Back stitch**, 1 strand
   Seams, topstitching
6. **Straight stitch**, 1 strand
   Poppy stamens, poppy heart lines, cornflower heart
7. **Lazy daisy stitch**, 2 strands
   Grass seeds
8. **French knot**, 1 to 2 strands, two wraps
   Poppy stamens, cornflower heart, daisy heart

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

- **1 DMC 3822 Light Straw**
  Eyelet panel (light), upper (lightest), grass seeds and topstitching and 2 more parts
- **2 DMC 3348 Light Yellow Green**
  Bow loops, loose end and lace stems (light), grass stems and 4 more parts
- **3 DMC 437 Light Tan** Lining (light), sole edge
- **4 DMC 3371 Black Brown**
  Lining (dark), poppy stamens, poppy blotches and eyelet holes, cornflower heart (darker)
- **5 DMC 780 Ultra Very Dark Topaz**
  Upper (darkest), heel panel (dark), lining (middle), seams, far side edge and heel edge
- **6 DMC 3820 Dark Straw**
  Upper and tongue (light), far side and eyelet panel (middle) and 2 more parts
- **7 DMC 783 Medium Topaz**
  Upper and tongue (middle), eyelet panel (dark), heel panel (light) and 2 more parts
- **8 DMC 782 Dark Topaz** Upper and tongue (dark), heel panel (middle)
- **9 DMC 712 Cream** Sole and eyelets
- **10 DMC 989 Forest Green**
  Flower stems and lace stems (middle), flower leaves (lighter) and 3 more parts
- **11 DMC 987 Dark Forest Green**
  Flower stems, lace stems, bow loops and loose end (dark) and 4 more parts
- **12 DMC 349 Dark Coral** Poppy petals (middle), buds (dark)
- **13 DMC 817 Very Dark Coral Red** Poppy petals (dark), buds (darkest)
- **14 DMC 351 Coral** Poppy petals and buds (light)
- **15 DMC 3747 Very Light Blue Violet**
  Cornflower petals (light), buds (lightest), cornflower heart (lighter)
- **16 DMC 799 Medium Delft Blue** Cornflower petals and buds (middle)
- **17 DMC 798 Dark Delft Blue** Cornflower petals (dark)
- **18 DMC 3865 Winter White** Daisy petals

Three ways onto dark fabric

1. **Light shines through it**
   Lay page 3 on a bright light box, tape the fabric over it and trace the lines with a white marking pencil or pen.
2. **No light shines through**
   Print page 3 on a sticky wash-away sheet, smooth it onto fabric that can be washed, stitch through both and rinse it away.
3. **White or yellow carbon paper**
   Lay it colored side down on the fabric with page 3 on top, tape the layers and trace firmly with a ballpoint pen. Go over a faint line with a white pencil.

Page 3 is the pattern at actual size (page 4 is its mirror, for an iron-on pen on a light fabric). Print it at 100% with scaling turned off. Then put the fabric in the hoop: inner ring under, drawing up, tight as a drum.

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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.

Inside a filled shape start with two or three tiny stitches, which the filling covers. Start a line with a small knot on the back. End each thread by running the needle under the backs of a few stitches.

Each small ring is one French knot. Each small loop is one lazy daisy: come up at its point. A fine broken line inside a shape is where two shades meet: trace it, do not stitch it.

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 3822 Light Straw	**7**	DMC 783 Medium Topaz	**13**	DMC 817 Very Dark Coral Red
2	DMC 3348 Light Yellow Green	**8**	DMC 782 Dark Topaz	**14**	DMC 351 Coral
3	DMC 437 Light Tan	**9**	DMC 712 Cream	**15**	DMC 3747 Very Light Blue Violet
4	DMC 3371 Black Brown	**10**	DMC 989 Forest Green	**16**	DMC 799 Medium Delft Blue
5	DMC 780 Ultra Very Dark Topaz	**11**	DMC 987 Dark Forest Green	**17**	DMC 798 Dark Delft Blue
6	DMC 3820 Dark Straw	**12**	DMC 349 Dark Coral	**18**	DMC 3865 Winter White

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

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