Stars and stripes heart

6 inch (15 cm) hoop, 4.4 × 4 in (11.2 × 10.2 cm)



Colors by number: page 2.

What you need

A 6 inch (15 cm) hoop.

A 9 inch (23 cm) square of white or light cotton or linen.

An embroidery needle, size 7.

12 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, color 1
   Blue bed



2. **Fishbone stitch**
   2 strands, colors 7, 9, 10
   Spilling leaves



3. **Woven wheel stitch**
   3 strands, colors 1, 3, 4, 5, 8, 12
   Rose rows, spilling roses

4. **Straight stitch**, 2 strands, color 2
   Stars



5. **Chain stitch**
   2 strands, colors 2, 3, 4, 5
   Chain rows



6. **Feather stitch**
   3 strands, colors 3, 5
   Feather rows



7. **Stem stitch**, colors 1, 4, 9
   2 strands: furrows, spilling stems
   3 strands: heart outline

8. **Lazy daisy stitch**
   2 strands, colors 3, 7, 8, 11
   Lazy daisy rows, rose leaves, blue daisies



9. **French knot**
   2 strands, two wraps, colors 3, 4, 5, 6, 8
   Knot rows, daisy centers, row knots, spilling buds



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

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.

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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 336 Navy Blue	5	DMC 738 Very Light Tan	9	DMC 3362 Dark Pine Green
2	DMC 3865 Winter White	6	DMC 3820 Dark Straw	10	DMC 3052 Medium Green Gray
3	DMC 347 Very Dark Salmon	7	DMC 3363 Medium Pine Green	11	DMC 793 Medium Cornflower Blue
4	DMC 3777 Very Dark Terra Cotta	8	DMC 712 Cream	12	DMC 3807 Cornflower Blue

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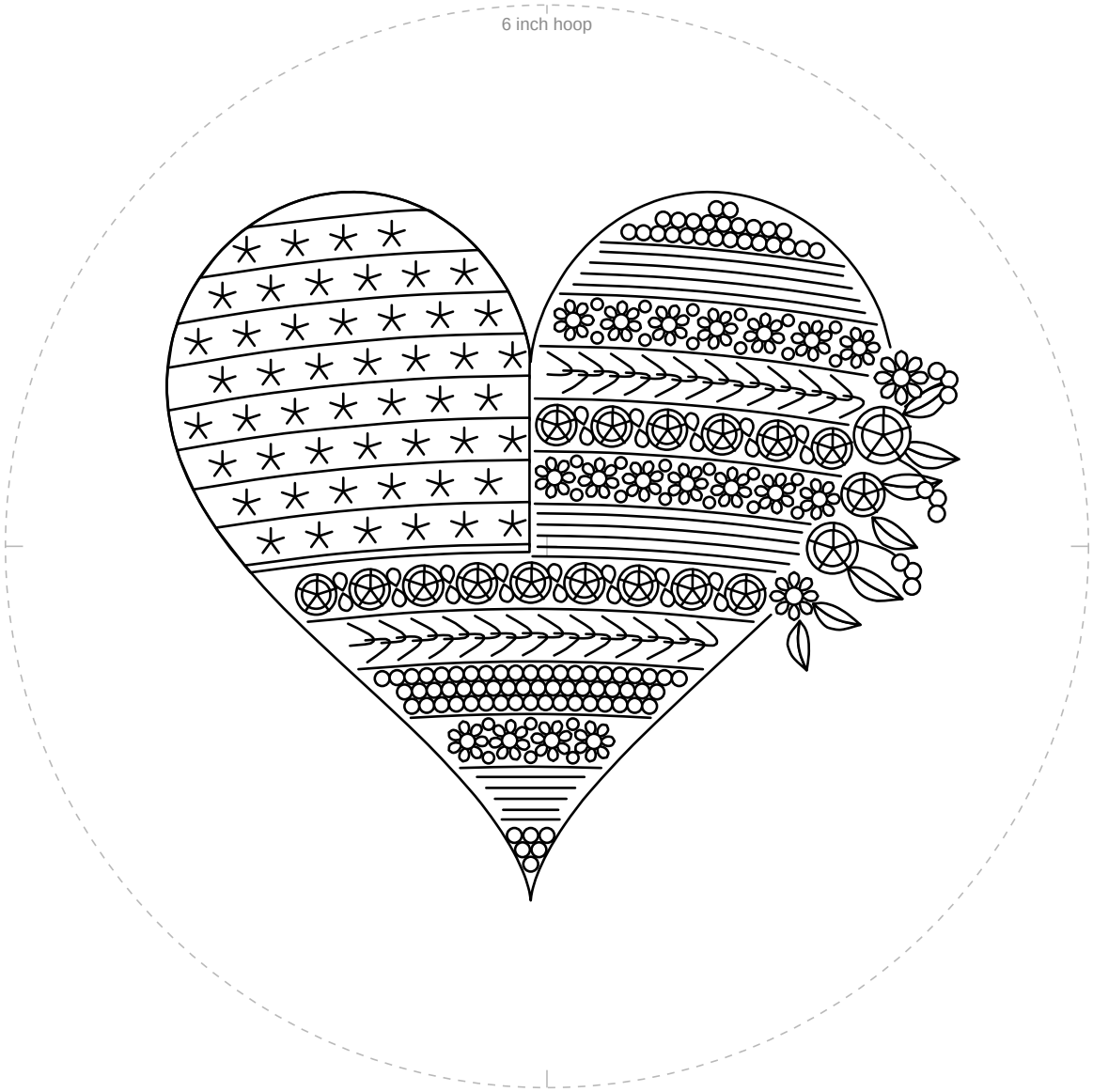
6 inch hoop

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 ring is one French knot: mark a dot; a loop is one lazy daisy, begun at its point.



1 in
25.4 mm

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

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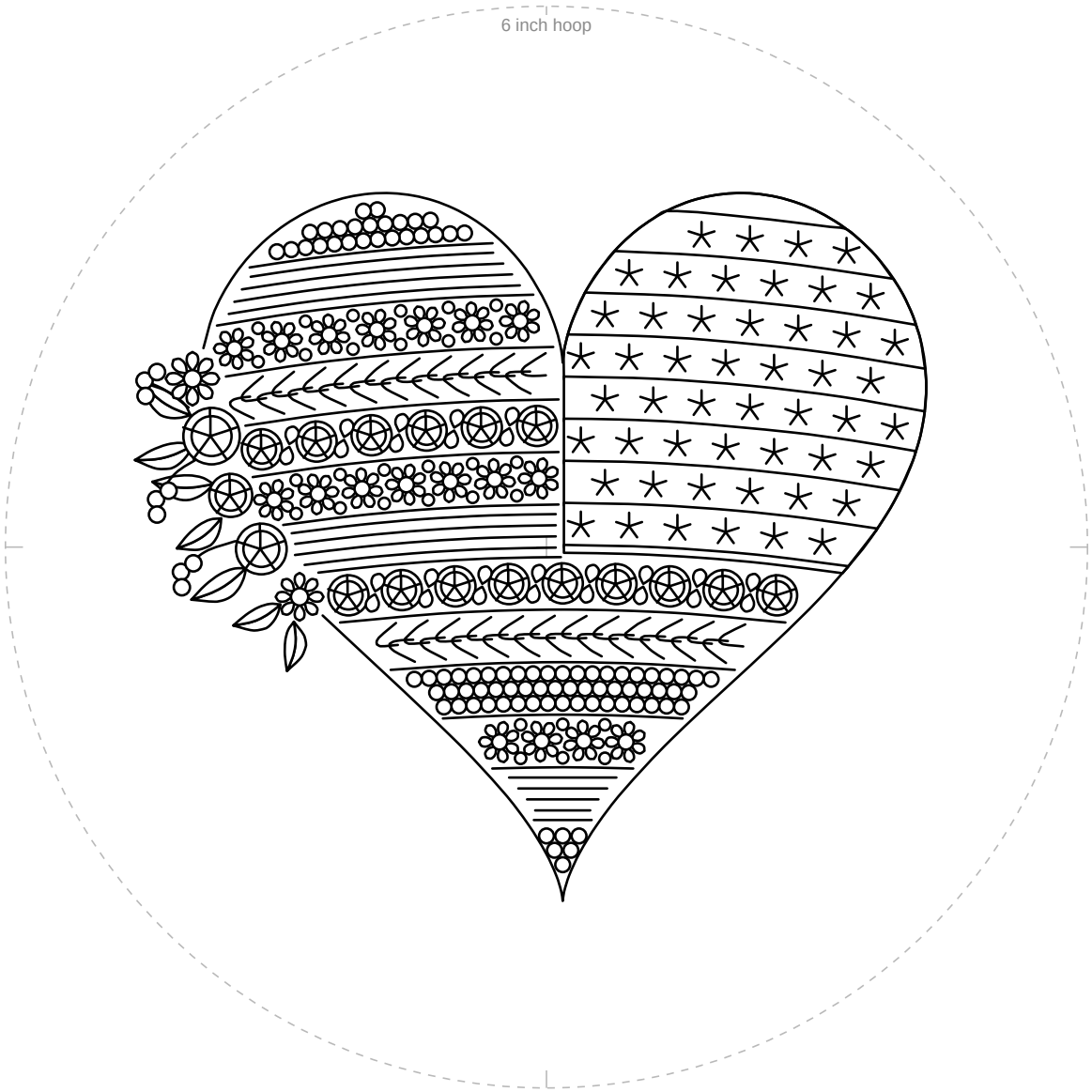
6 inch hoop

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



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