Sunday day of rest

6 inch (15 cm) hoop, 4.5 × 4.3 in (11.4 × 10.9 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.

Embroidery needles, size 9, and size 5 for 4 strands.

24 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.

The back is seen: no knots. Start with tiny stitches; end around the backs of four or five stitches.

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. **Stem stitch**
   3 strands: hollyhock stems, foxglove stems
   4 strands: chair spindles
   2 strands: lavender stems
2. **Fishbone stitch**, 2 strands
   Hollyhock leaves, foxglove leaves, rail leaves, low leaves
3. **Satin stitch**, 2 strands
   Hollyhock buds, hollyhock blooms, foxglove bells, porch rail, chair shadow, porch posts, porch edge, tea table, teapot (color 11), teapot lid, teacup, chair far side, seat, cushion, book cover, book pages, cat stripes, cat ears, cat muzzle, cat nose, chair, chair crest, Sunday
4. **Long and short stitch**, 1 strand
   Porch floor, teapot (color 16), cat, blanket ground
5. **Straight stitch**
   2 strands: bud caps, lines of the cat stripes
   1 strand: cat mouth
6. **Split stitch**
   1 strand: foxglove edges, cat fold
   2 strands: cat eyes
7. **Stem stitch**
   1 strand: rail shadow, floor boards, edges of the teapot, cushion piping
   2 strands: step, table edge, edges of the teacup
   3 strands: ground line
8. **Back stitch**
   3 strands: teapot handle
   1 strand: page edges
9. **Chain stitch**, 2 strands
   Crochet blanket
10. **Blanket stitch**, 2 strands
    Blanket edging
11. **Lazy daisy stitch**, 2 strands
    Crest flower
12. **Bullion knot**, 3 strands
    Foxglove tips
13. **French knot**, two wraps
    2 strands: hollyhock centers, teapot knob, lavender
    1 strand: foxglove throats, teapot flower

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

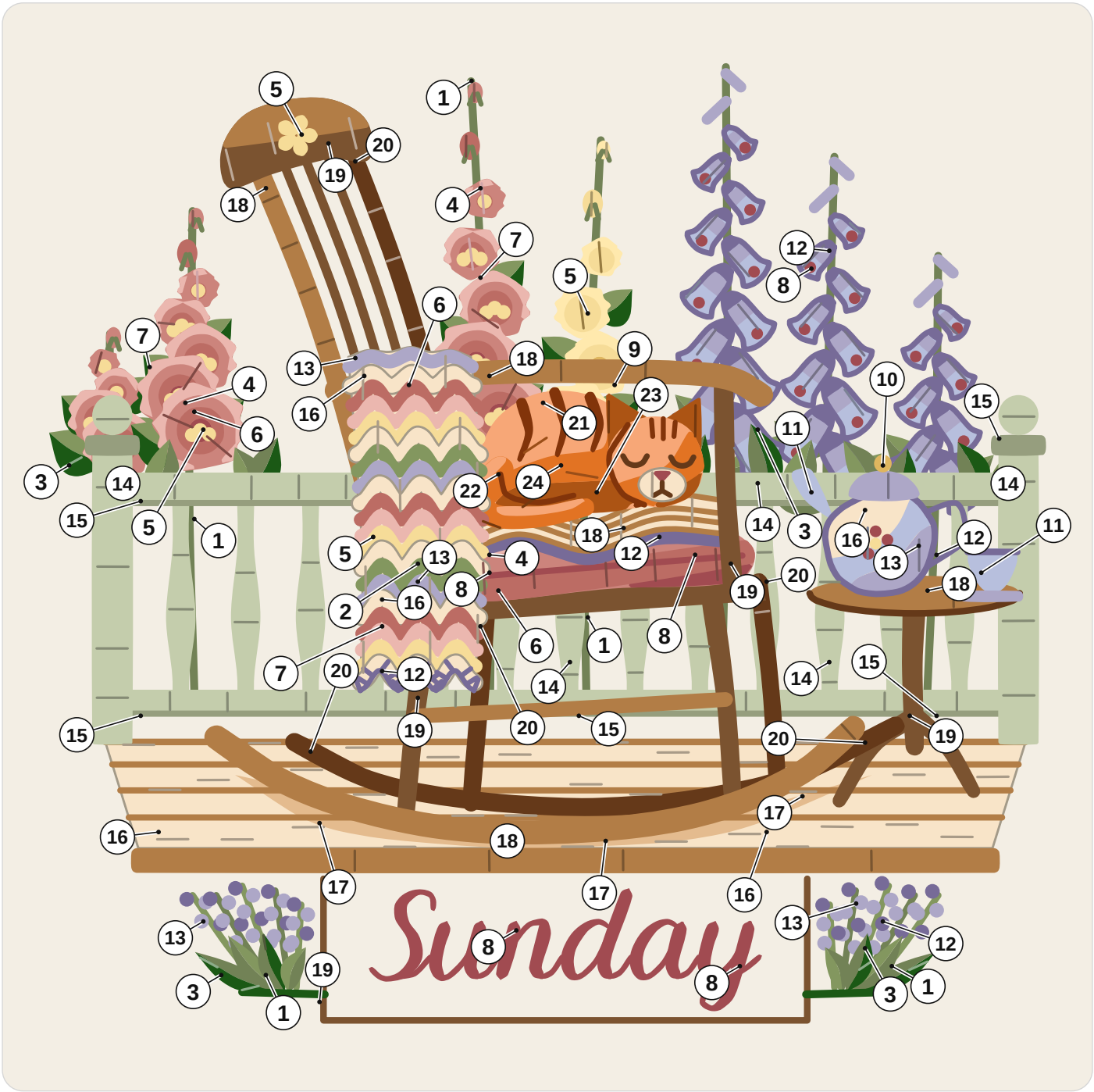
In a 6 inch hoop the knots and the shortest lazy daisy loops are drawn smaller than about 2 mm (a little over 1/16 in). Use one strand of floss for them there, or choose a larger hoop.

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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 3363 Medium Pine Green	9	DMC 745 Light Pale Yellow	17	DMC 437 Light Tan
2	DMC 3364 Pine Green	10	DMC 3820 Dark Straw	18	DMC 435 Very Light Brown
3	DMC 3345 Dark Hunter Green	11	DMC 341 Light Blue Violet	19	DMC 433 Medium Brown
4	DMC 223 Light Shell Pink	12	DMC 3746 Dark Blue Violet	20	DMC 801 Dark Coffee Brown
5	DMC 3822 Light Straw	13	DMC 340 Medium Blue Violet	21	DMC 402 Very Light Mahogany
6	DMC 3722 Medium Shell Pink	14	DMC 524 Very Light Fern Green	22	DMC 918 Dark Red Copper
7	DMC 224 Very Light Shell Pink	15	DMC 522 Fern Green	23	DMC 920 Medium Copper
8	DMC 3721 Dark Shell Pink	16	DMC 739 Ultra Very Light Tan	24	DMC 922 Light Copper

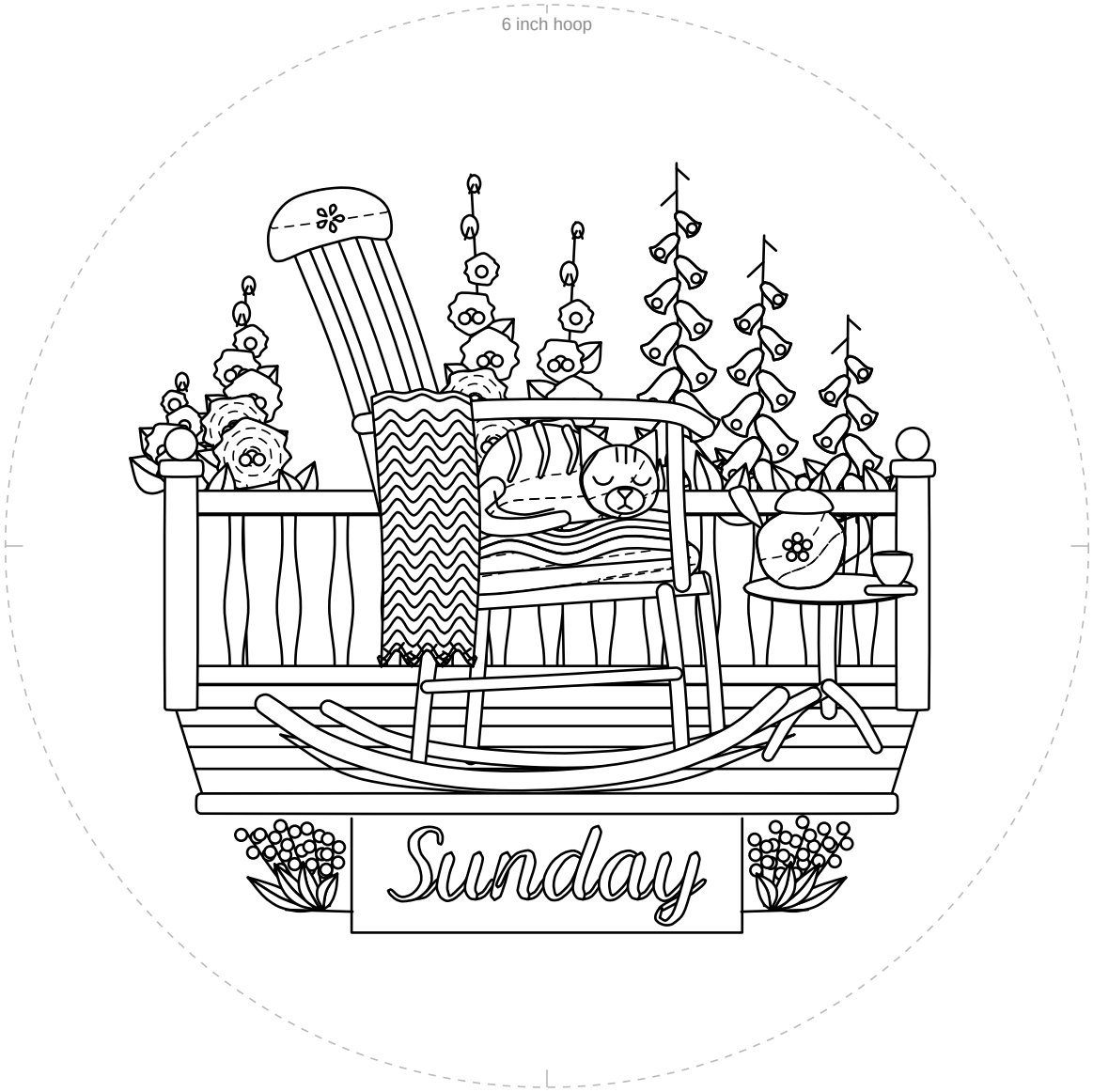
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6 inch hoop

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; 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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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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