Sunflower vine heart

6 inch (15 cm) hoop, 4.4 × 4.2 in (11.2 × 10.7 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.

16 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. **Stem stitch**, 4 strands
   Lines of the heart vines, bud stem
2. **Back stitch**, 1 strand
   Bee legs
3. **Long and short stitch**, 1 strand
   Leaves, bud rays, back rays, gold rays, rust rays, furry thorax
4. **Satin stitch**, 2 strands
   Heart vines, bud sepals, flower discs, bee wings, bee body, bee stripes, bee head
5. **Fishbone stitch**, 2 strands
   Small leaves
6. **Stem stitch**
   2 strands: leaf veins (color 4)
   3 strands: leaf stalks
7. **Split stitch**, 1 strand
   Leaf edges, ray lines (colors 7 and 8), bud edges, wing edges (color 15)
8. **Back stitch**, 1 strand
   Leaf veins (color 4), ray lines (colors 8 and 10), wing edges (color 15), bee antennae
9. **Running stitch**, 2 strands
   Flight line
10. **Straight stitch**, 2 strands
    Bee eye
11. **French knot**, 1 strand, two wraps
    Knots of the flower discs

Take out lines that still show, press face down, finish the hoop.

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 470 Light Avocado Green	7	DMC 783 Medium Topaz	13	DMC 938 Ultra Dark Coffee Brown
2	DMC 936 Very Dark Avocado Green	8	DMC 782 Dark Topaz	14	DMC 832 Golden Olive
3	DMC 937 Medium Avocado Green	9	DMC 727 Very Light Topaz	15	DMC 414 Dark Steel Gray
4	DMC 471 Very Light Avocado Green	10	DMC 300 Very Dark Mahogany	16	DMC 3752 Very Light Antique Blue
5	DMC 972 Deep Canary	11	DMC 920 Medium Copper		
6	DMC 726 Light Topaz	12	DMC 922 Light Copper		

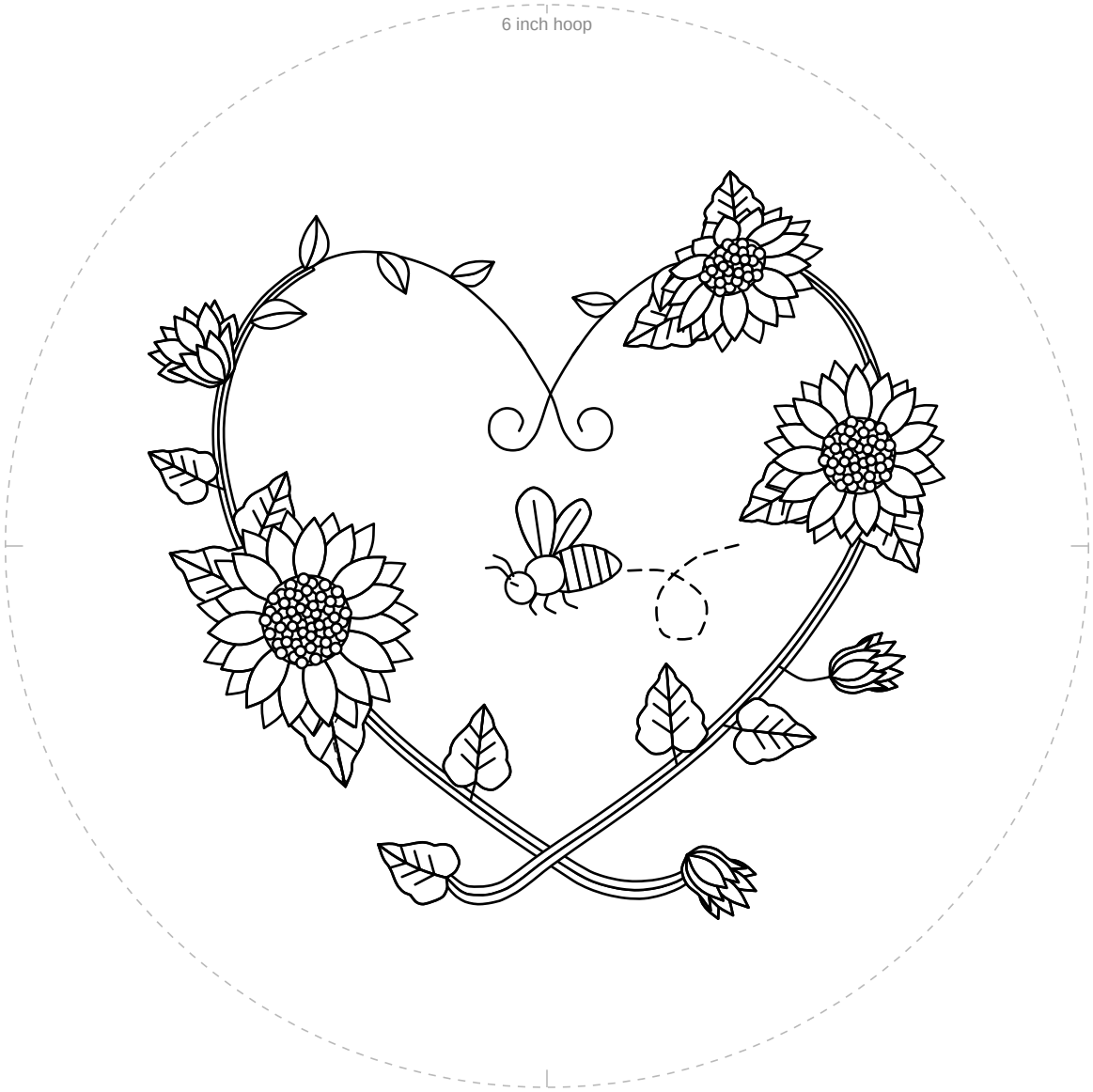
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6 inch hoop

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 dashed line is running stitch; a finer one inside a shape is where two shades meet: trace it, do not stitch it.



1 in
25.4 mm

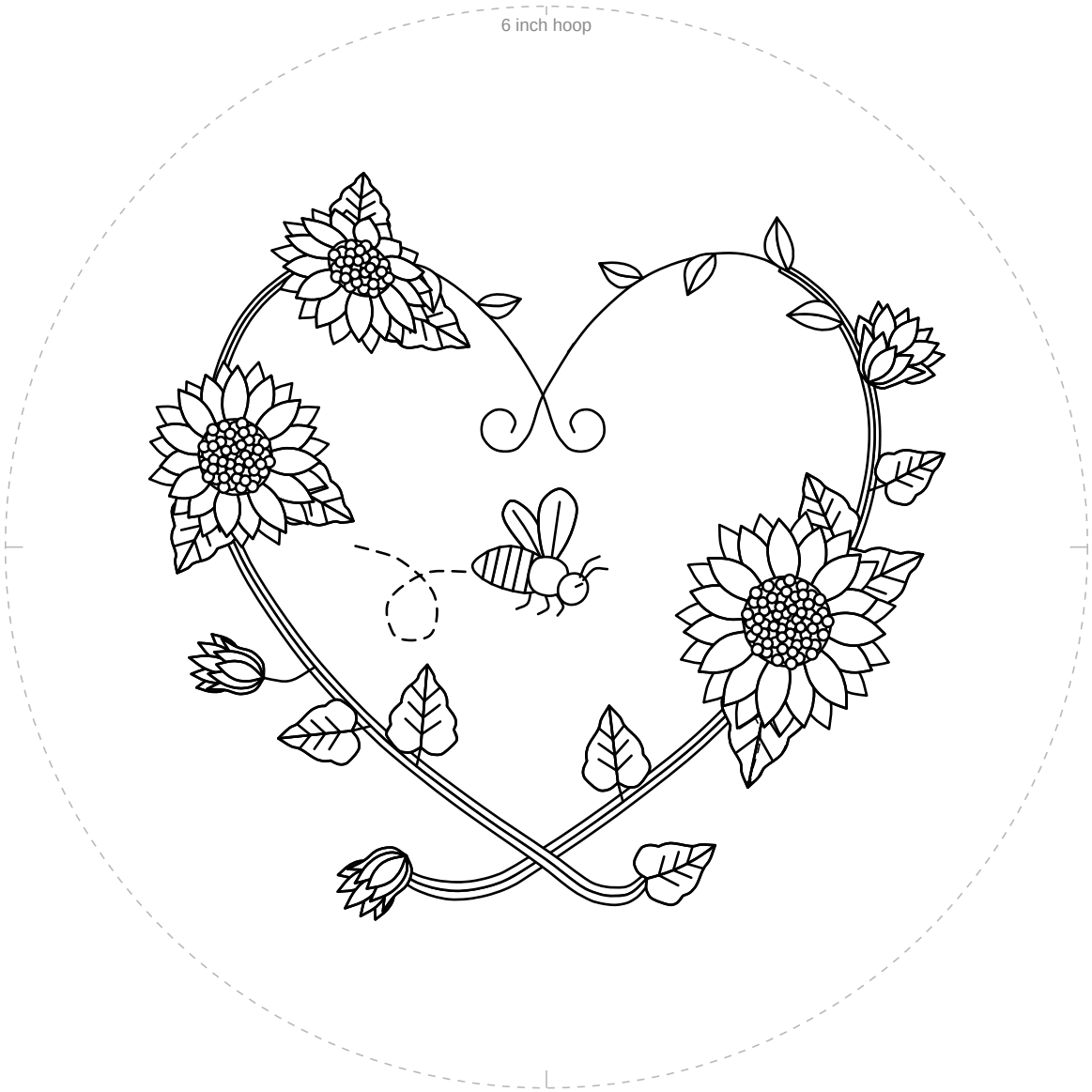
Not 1 inch (25.4 mm)? Print again at 100%.

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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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