Swedish style heart and bird band

Sized for a 6 inch hoop (15 cm). The stitched design is about 5 × 2 in (12.7 × 5.1 cm).



Which color goes where.

Floss

- **DMC 796 Dark Royal Blue**
  Vine, heart, bird bodies and bird heads, leaves and tails (darker) and 6 more parts
- **DMC 3755 Baby Blue**
  Flower petals, wings and heart lace, leaves and tails (lighter) and 5 more parts
- **DMC 321 Red**
  Berries, legs, bills and sprig bud, tulip (darker), flower hearts (lighter)

Stitches

- **Satin stitch**, 2 strands
  Vine, leaves, flower petals, flower hearts, tails, bills, bird heads, collars, bird bodies, wings, heart, heart lace, tulip leaves, tulip, sprig bud
- **Stem stitch**, 2 to 4 strands
  Berry stalks, sprig stems, tulip stem
- **Padded satin stitch**, 2 strands
  Berries, eyes
- **Straight stitch**, 4 to 5 strands
  Legs
- **French knot**, 2 strands, two wraps
  Eyes, heart knots

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.

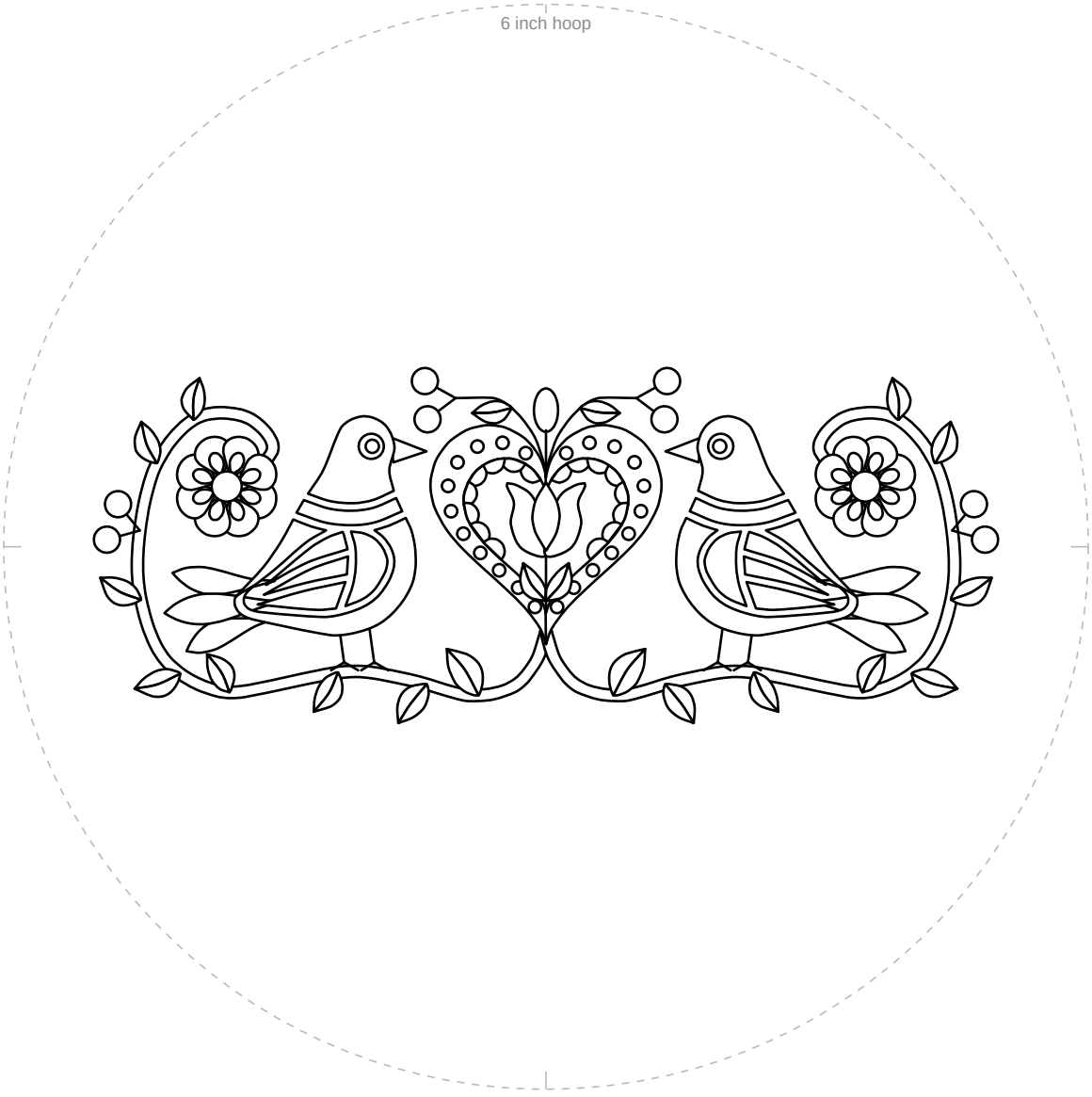
Pages 2 and 3 are the pattern at actual size. Print them at 100% with scaling turned off.

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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

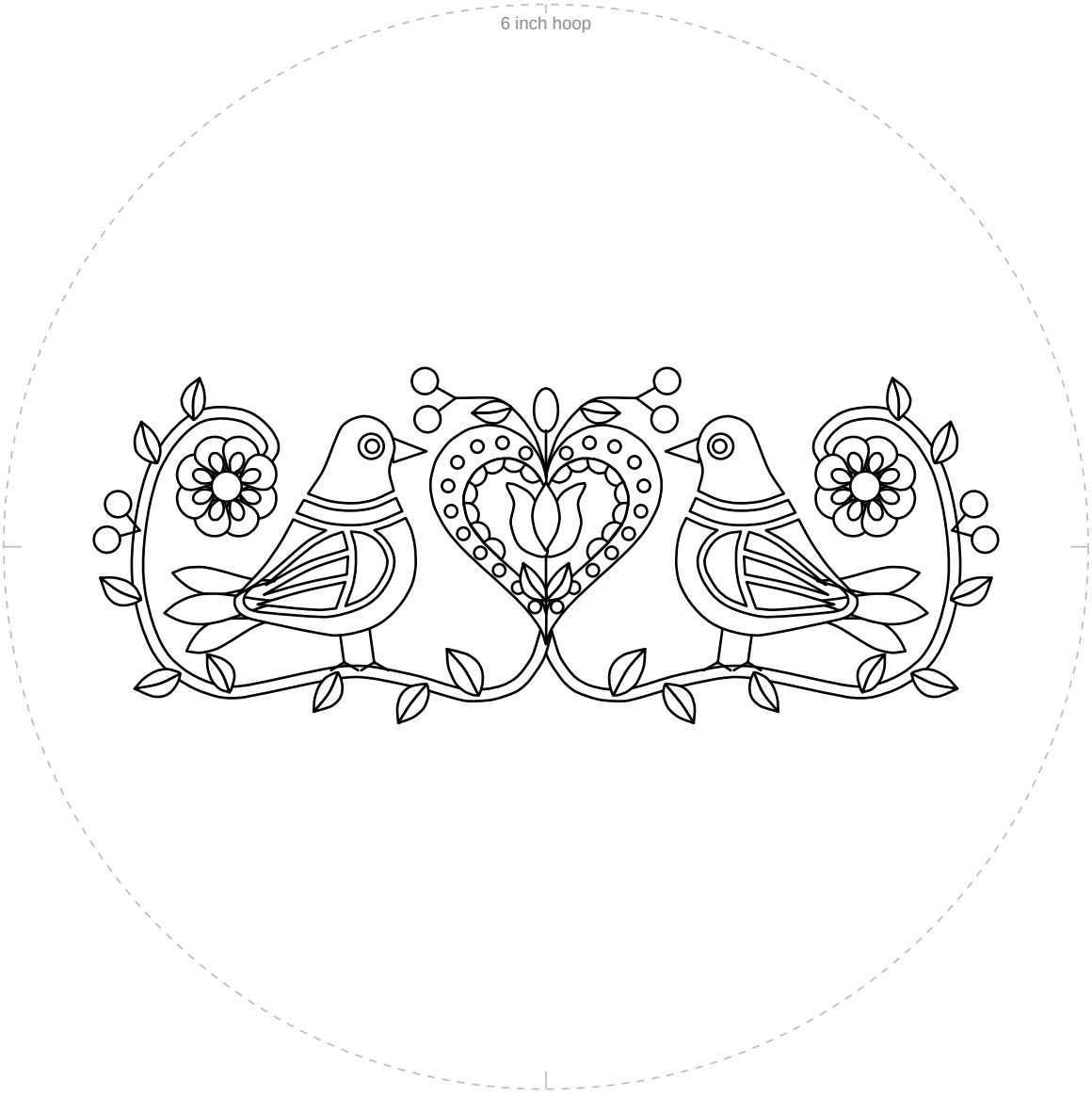
Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

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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

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