Teach peace

6 inch (15 cm) hoop, 4.3 × 4.4 in (10.9 × 11.2 cm)



Colors by number: page 2.
Fabric: teal cotton or linen.

What you need

A 6 inch (15 cm) hoop.

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

An embroidery needle, size 9.

17 colors of floss (page 2): one skein of each color (an estimate from the drawing's lines and shapes).

A white pencil, and small scissors.

Onto the fabric

Fabric that lets light through: page 3 on a bright light, the fabric over it; trace with a white pencil.

Other fabric: print page 3 on a sticky wash-away sheet, stick it on, stitch through it and rinse it away.

Or white or yellow carbon paper, colored side down, page 3 on top; trace with a ballpoint and go over a faint line with a white pencil.

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**, 3 strands
   Olive branch

2. **Fishbone stitch**, 2 strands
   Tail, far wing (colors 2 and 3), olive leaves, wing feathers, chick tail, chick wing



3. **Long and short stitch**, 1 strand
   Far wing (colors 3 and 4), body, small wing feathers, shoulder, chick, covers, pages



4. **Satin stitch**, 2 strands
   Olives, bills, eyes, bands, thin covers, titles



5. **Split stitch**, 1 strand
   Feather edges

6. **Back stitch**, 1 strand
   Page edges

7. **Stem stitch**, 2 strands
   Cover edges, feet

8. **French knot**, 1 strand, two wraps
   Eye highlights



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

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A number is a color of the list. Fine lines show which way the stitches lie: do not stitch them.



1	DMC 3756 Ultra Very Light Baby Blue	7	DMC 3348 Light Yellow Green	13	DMC 3328 Dark Salmon
2	DMC 932 Light Antique Blue	8	DMC 553 Violet	14	DMC 347 Very Dark Salmon
3	DMC 3753 Ultra Very Light Antique Bl...	9	DMC 3865 Winter White	15	DMC 760 Salmon
4	DMC 3752 Very Light Antique Blue	10	DMC 676 Light Old Gold	16	DMC 729 Medium Old Gold
5	DMC 3347 Medium Yellow Green	11	DMC 3829 Very Dark Old Gold	17	DMC 500 Very Dark Blue Green
6	DMC 3346 Hunter Green	12	DMC 3371 Black Brown		

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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 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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