The Lord is my strength, lantern path

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.8 × 4.9 in (12.2 × 12.4 cm).



Which color goes where: by number on page 2.
Fabric: indigo cotton or linen.

Stitch in this order

Filled parts from the back of the picture forward, then lines and knots.

1. **Long and short stitch**, 1 strand
   Far hills, near hills, right hill, meadow, path, stone, glass
2. **Satin stitch**, strands by part on page 2
   Fir trunks, firs, candle, flame, flame heart, lantern frame, lantern roof, lantern foot, ferns, night flowers, moon
3. **Stem stitch**, strands by part on page 2
   Gold ring, moonlit crests, fern stems
4. **Straight stitch**, strands by part on page 2
   Guiding star, halo, glints, grass, large stars
5. **Split stitch**, strands by part on page 2
   Stone edge, words
6. **Couching**, 4 strands
   Handle
7. **French knot**
   strands by part on page 2, two wraps
   Star hearts, flower hearts, words

Floss

- **1 DMC 783 Medium Topaz**
  Gold ring and flower hearts, glass and path (dark), lantern roof (light)
- **2 DMC 3740 Dark Antique Violet** Far hills (darker)
- **3 DMC 3041 Medium Antique Violet**
  Far hills (lighter)
- **4 DMC 3823 Ultra Pale Yellow**
  Words, night flowers, moonlit crests and moon, large stars (lighter) and 4 more parts
- **5 DMC 3768 Dark Gray Green**
  Near hills (darkest), stone (darker)
- **6 DMC 926 Medium Gray Green** Near hills (light)
- **7 DMC 931 Medium Antique Blue** Near hills (dark)
- **8 DMC 932 Light Antique Blue** Near hills (lightest)
- **9 DMC 501 Dark Blue Green**
  Right hill (darker), firs (lighter)
- **10 DMC 3362 Dark Pine Green**
  Meadow (dark), right hill (lighter)
- **11 DMC 838 Very Dark Beige Brown**
  Fir trunks, handle (darker)
- **12 DMC 500 Very Dark Blue Green** Firs (darker)
- **13 DMC 3364 Pine Green**
  Meadow (light), grass, ferns and fern stems (lighter)
- **14 DMC 3363 Medium Pine Green**
  Meadow (middle), ferns, grass and fern stems (darker)
- **15 DMC 745 Light Pale Yellow**
  Path (lightest), halo (lighter), glass (light), star hearts, guiding star (middle)
- **16 DMC 780 Ultra Very Dark Topaz**
  Lantern roof (middle), lantern foot and handle (lighter), path (darkest)
- **17 DMC 3820 Dark Straw**
  Path (light), large stars and halo (darker), guiding star (dark)
- **18 DMC 647 Medium Beaver Gray**
  Stone (lighter), stone edge
- **19 DMC 742 Light Tangerine** Glass (middle)
- **20 DMC 720 Dark Orange Spice** Flame
- **21 DMC 433 Medium Brown**
  Lantern frame, lantern roof (dark), lantern foot (darker)

Three ways onto dark fabric

1. **Light shines through it**
   Lay page 3 on a bright light box, tape the fabric over it and trace the lines with a white marking pencil or pen.
2. **No light shines through**
   Print page 3 on a sticky wash-away sheet, smooth it onto fabric that can be washed, stitch through both and rinse it away.
3. **White or yellow carbon paper**
   Lay it colored side down on the fabric with page 3 on top, tape the layers and trace firmly with a ballpoint pen. Go over a faint line with a white pencil.

Page 3 is the pattern at actual size (page 4 is its mirror, for an iron-on pen on a light fabric). Print it at 100% with scaling turned off. Then put the fabric in the hoop: inner ring under, drawing up, tight as a drum.

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6 inch hoop

How to read it

Floss is six strands. Cut 18 inches (45 cm), pull out the number given one at a time, and lay them together.

Inside a filled shape start with two or three tiny stitches, which the filling covers. Start a line with a small knot on the back. End each thread by running the needle under the backs of a few stitches.

Each small ring is one French knot. A fine broken line inside a shape is where two shades meet: trace it, do not stitch it.

A number on the picture is a color of the list of floss on page 1. The fine lines on the colors show which way the stitches lie.

Every stitch in pictures: flossfield.com/embroidery/stitches. The first time: flossfield.com/embroidery/guides/how-to-start.



1	DMC 783 Medium Topaz	8	DMC 932 Light Antique Blue	15	DMC 745 Light Pale Yellow
2	DMC 3740 Dark Antique Violet	9	DMC 501 Dark Blue Green	16	DMC 780 Ultra Very Dark Topaz
3	DMC 3041 Medium Antique Violet	10	DMC 3362 Dark Pine Green	17	DMC 3820 Dark Straw
4	DMC 3823 Ultra Pale Yellow	11	DMC 838 Very Dark Beige Brown	18	DMC 647 Medium Beaver Gray
5	DMC 3768 Dark Gray Green	12	DMC 500 Very Dark Blue Green	19	DMC 742 Light Tangerine
6	DMC 926 Medium Gray Green	13	DMC 3364 Pine Green	20	DMC 720 Dark Orange Spice
7	DMC 931 Medium Antique Blue	14	DMC 3363 Medium Pine Green	21	DMC 433 Medium Brown

How many strands

Satin stitch. 2 strands: fir trunks, candle, flame, flame heart, lantern frame, lantern roof, lantern foot, ferns, moon; 1 strand: firs, night flowers.
Stem stitch. 2 strands: gold ring; 1 strand: moonlit crests, fern stems.
Straight stitch. 2 strands: grass; 1 or 2 strands: guiding star; 1 strand: halo, glints, large stars.
Split stitch. 3 strands: words; 1 strand: stone edge.
French knot. 2 strands: words; 1 strand: star hearts, flower hearts.

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6 inch hoop

Print at 100% and check the square below with a ruler. Fold the fabric in four: the folds meet the four ticks of the ring.



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

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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