Thyroid awareness butterfly

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.4 × 4.7 in (11.2 × 11.9 cm).



Which color goes where.

Stitches

- **Satin stitch**, 2 strands
  Ribbon, pink stripe, ribbon, blue stripe, ribbon, teal stripe, head
- **Long and short stitch**, 1 strand
  Hindwing rims, hindwings, hindwing cells, forewing rims, forewings, forewing cells, abdomen, thorax
- **Stem stitch**, 1 to 3 strands
  Hindwing veins, hindwing edges, forewing veins, forewing edges, feelers
- **Padded satin stitch**, 2 strands
  Hindwing spots, hindwing inner spots, forewing spots, forewing inner spots
- **French knot**, 2 strands, two wraps
  Feeler knobs, eyes
- **Straight stitch**, 2 strands
  Abdomen bands

Floss

- **DMC 3354 Light Dusty Rose**
  Ribbon, pink stripe (lightest), forewings (light)
- **DMC 3350 Ultra Dark Dusty Rose**
  Forewing cells (light), forewings (dark), ribbon, pink stripe (darkest)
- **DMC 3731 Very Dark Dusty Rose**
  Forewings (middle dark), ribbon, pink stripe (dark)
- **DMC 3733 Dusty Rose**
  Forewings (middle light), ribbon, pink stripe (light), hindwing inner spots
- **DMC 341 Light Blue Violet**
  Ribbon, blue stripe (light), forewing inner spots and abdomen bands
- **DMC 333 Very Dark Blue Violet**
  Ribbon, blue stripe (dark), thorax (lightest), eyes
- **DMC 155 Medium Dark Blue Violet**
  Ribbon, blue stripe (middle)
- **DMC 598 Light Turquoise**
  Ribbon, teal stripe (lightest), hindwings (light)
- **DMC 3808 Ultra Very Dark Turquoise**
  Hindwings and ribbon, teal stripe (darkest), hindwing cells (darker)
- **DMC 3810 Dark Turquoise**
  Hindwing cells (lighter), hindwings and ribbon, teal stripe (dark)
- **DMC 597 Turquoise**
  Hindwings (middle), ribbon, teal stripe (light)
- **DMC 939 Very Dark Navy Blue**
  Forewing rims, hindwing rims, forewing edges and hindwing edges and 4 more parts
- **DMC 3761 Light Sky Blue** Hindwings (lightest)
- **DMC 823 Dark Navy Blue**
  Forewing veins and hindwing veins, abdomen (middle), thorax (dark), head (lighter)
- **DMC 3865 Winter White**
  Forewing spots and hindwing spots
- **DMC 3685 Very Dark Mauve**
  Forewings (darkest), forewing cells (middle)
- **DMC 3689 Light Mauve** Forewings (lightest)
- **DMC 814 Dark Garnet** Forewing cells (dark)
- **DMC 3820 Dark Straw** Feeler knobs
- **DMC 336 Navy Blue** Abdomen and thorax (light)

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.

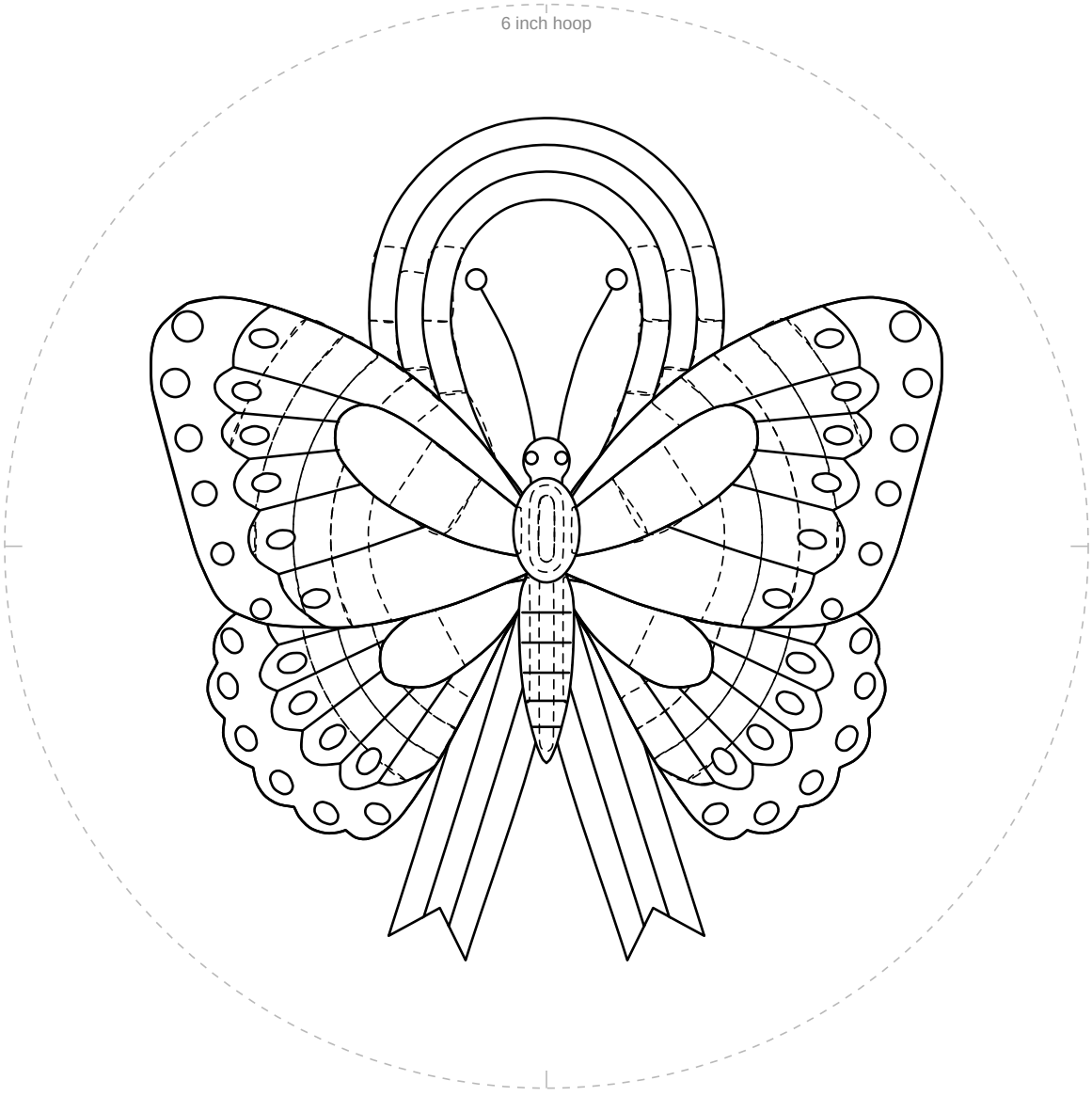
Pages 2 and 3 are the pattern at actual size. Print them at 100% with scaling turned off.

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Thyroid awareness butterfly

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

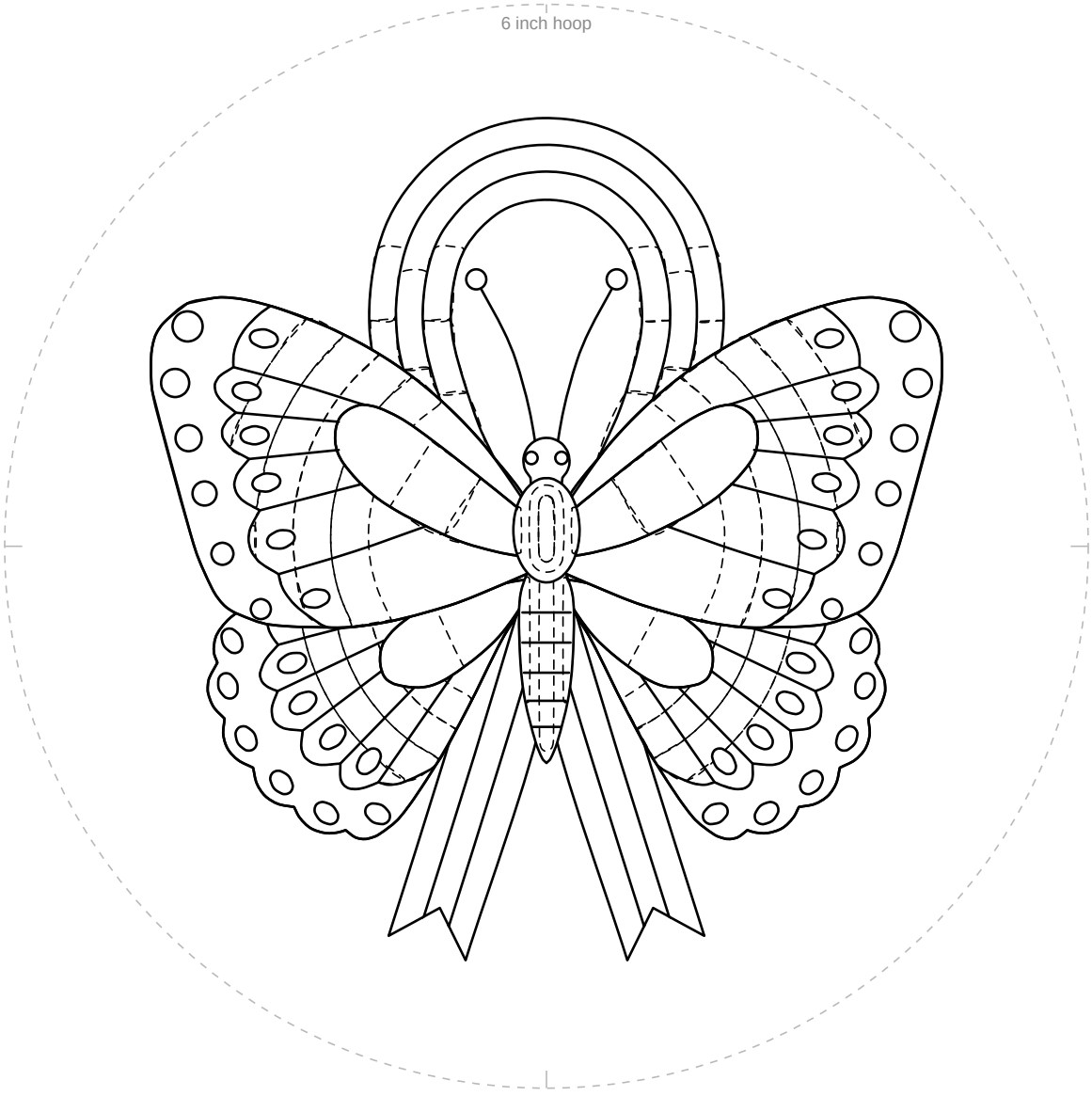
Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

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Thyroid awareness butterfly

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.
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