Trellis heart

6 inch (15 cm) hoop, 4.6 × 4.4 in (11.7 × 11.2 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.

An embroidery needle, size 9.

24 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**, 2 strands
   Lines of the leaves

2. **Fishbone stitch**, 2 strands
   Leaves



3. **Satin stitch**, 2 strands
   Cane, slats, heart frame, wren brow, wren bill, wren eye, grass, rose petals (color 17), sepals



4. **Long and short stitch**, 1 strand
   Wren tail, wren body, wren wing, wren head, rose petals, buds



5. **Stem stitch**
   2 strands: frame edge, wren feet (color 7)
   3 strands: bud stalks

6. **Straight stitch**, 1 strand
   Wren bars, wren feet (color 7), edges of the wren eye



7. **French knot**
   2 strands, two wraps
   Moss, rose centers



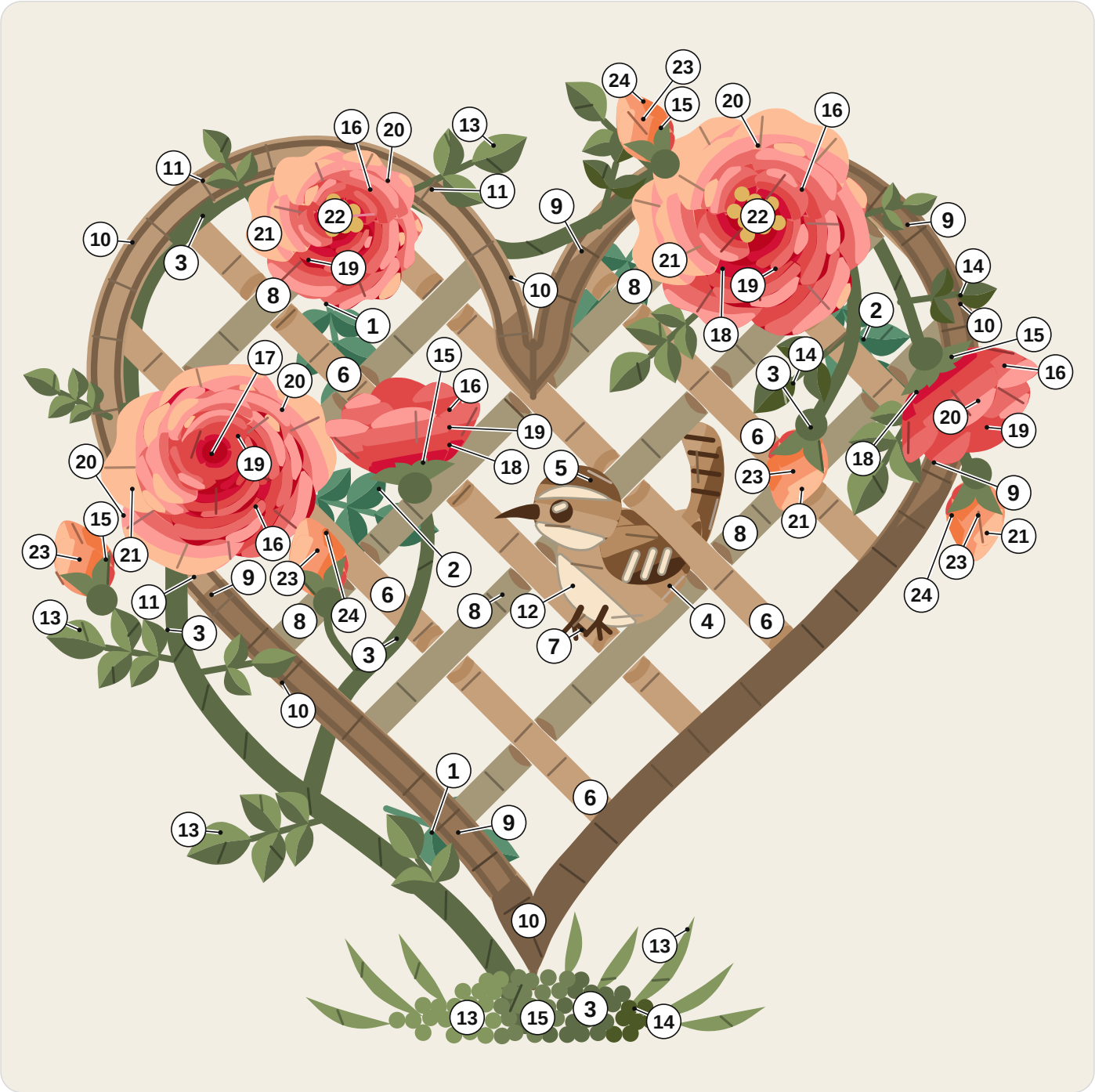
Take out lines that still show, press face down, finish the hoop or sew a pillow.

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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 502 Blue Green	9	DMC 611 Drab Brown	17	DMC 817 Very Dark Coral Red
2	DMC 501 Dark Blue Green	10	DMC 610 Dark Drab Brown	18	DMC 349 Dark Coral
3	DMC 3362 Dark Pine Green	11	DMC 612 Light Drab Brown	19	DMC 350 Medium Coral
4	DMC 3828 Hazelnut Brown	12	DMC 739 Ultra Very Light Tan	20	DMC 352 Light Coral
5	DMC 433 Medium Brown	13	DMC 3364 Pine Green	21	DMC 3825 Pale Pumpkin
6	DMC 422 Light Hazelnut Brown	14	DMC 936 Very Dark Avocado Green	22	DMC 3820 Dark Straw
7	DMC 898 Very Dark Coffee Brown	15	DMC 3363 Medium Pine Green	23	DMC 722 Light Orange Spice
8	DMC 642 Dark Beige Gray	16	DMC 351 Coral	24	DMC 721 Medium Orange Spice

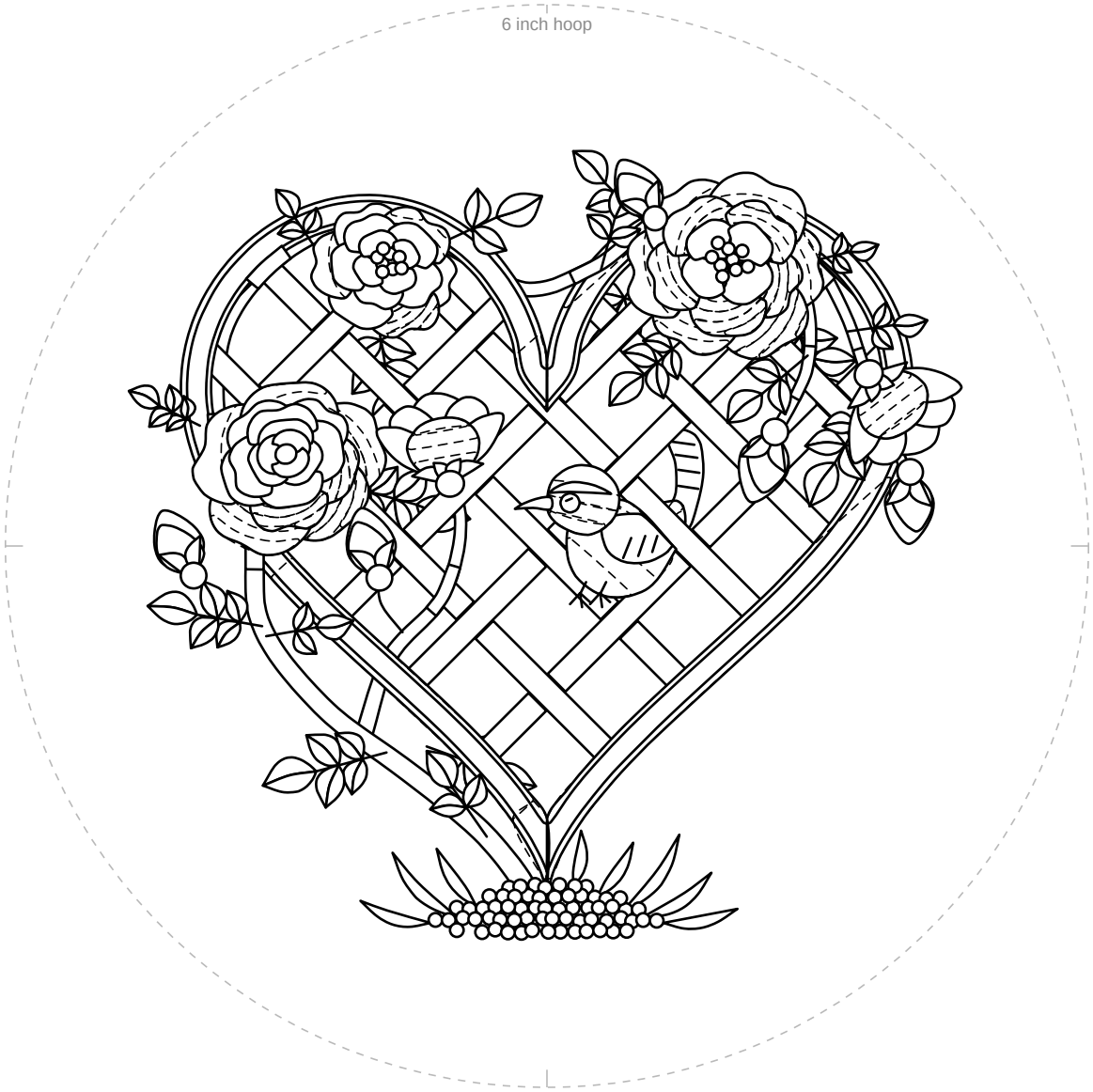
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6 inch hoop

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

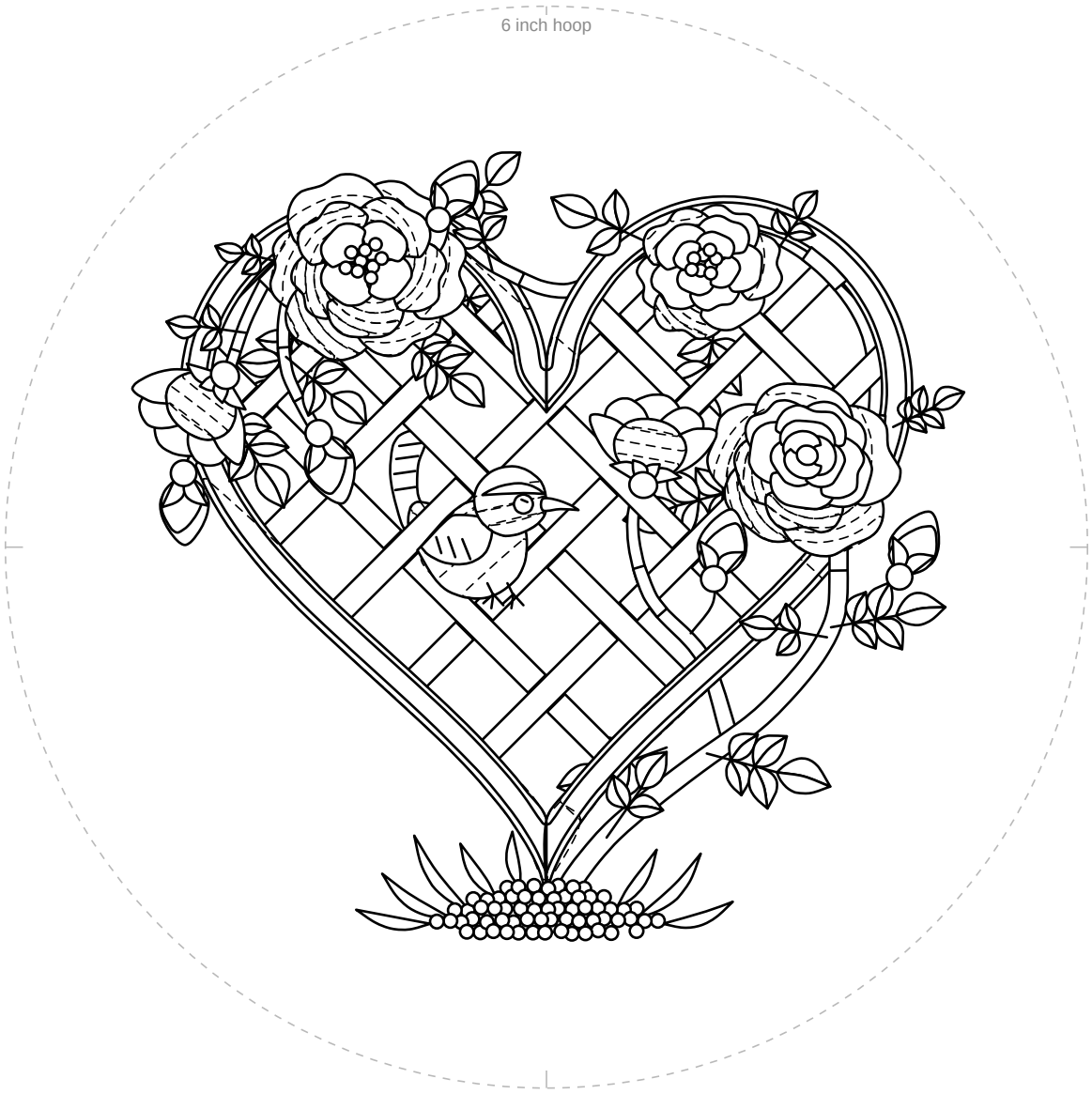
Not 1 inch (25.4 mm)? Print again at 100%.

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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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