# Two-tone bowling shoe

6 inch (15 cm) hoop, 4.8 × 4.8 in (12.2 × 12.2 cm)



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

## What you need

A 6 inch (15 cm) hoop.

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

Embroidery needles, size 9, and size 3 for 4 or 5 strands.

24 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. **Long and short stitch**
   1 strand, colors 1, 2, 3, 4, 5, 6, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24
   Lane boards, ball, pins, shadow, lining, tongue (color 6), red leather, ivory leather, heel



2. **Satin stitch**
   2 strands, colors 1, 3, 4, 5, 6, 7, 12, 13, 15, 16, 17, 18, 19
   Lane edge, aiming darts, finger holes, pin bands, far collar, tongue (color 1), collar binding, sole, laces, lace tips, lace knot



3. **Straight stitch**, 2 strands, color 7
   Starbursts



4. **Split stitch**, colors 5, 6, 12, 15, 18
   1 strand: lane seams, pin edges, heel lifts, sole edge, lace edge
   2 strands: seams, sole seam



5. **Running stitch**
   1 strand, color 20
   Seam stitching



6. **Stem stitch**, 1 strand, color 12
   Lace shadow



7. **Whipped back stitch**
   5 strands, colors 17, 20
   Ring



8. **French knot**
   2 strands, two wraps, colors 7, 8
   Starburst knots, eyelets



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



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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 437 Light Tan | 9 | DMC 3809 Very Dark Turquoise | 17 | DMC 321 Red |
| 2 | DMC 738 Very Light Tan | 10 | DMC 3808 Ultra Very Dark Turquoise | 18 | DMC 814 Dark Garnet |
| 3 | DMC 436 Tan | 11 | DMC 3811 Very Light Turquoise | 19 | DMC 498 Dark Red |
| 4 | DMC 435 Very Light Brown | 12 | DMC 3031 Very Dark Mocha Brown | 20 | DMC 712 Cream |
| 5 | DMC 433 Medium Brown | 13 | DMC BLANC White | 21 | DMC 840 Medium Beige Brown |
| 6 | DMC 801 Dark Coffee Brown | 14 | DMC 414 Dark Steel Gray | 22 | DMC 842 Very Light Beige Brown |
| 7 | DMC 3820 Dark Straw | 15 | DMC 318 Light Steel Gray | 23 | DMC 739 Ultra Very Light Tan |
| 8 | DMC 3810 Dark Turquoise | 16 | DMC 762 Very Light Pearl Gray | 24 | DMC 3801 Very Dark Melon |



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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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