Paw print heart in a wreath

6 inch (15 cm) hoop, 4.7 × 4.3 in (11.9 × 10.9 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.

19 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**, colors 1, 2
   3 strands: stems
   1 strand: lines of the herb sprigs

2. **Fishbone stitch**
   2 strands, colors 1, 3, 4
   Sage leaves



3. **Satin stitch**
   2 strands, colors 5, 6, 7, 8, 9, 10, 12, 18
   Lavender, calendula petals, chamomile petals, ear tips, silver disc



4. **Long and short stitch**
   2 strands, colors 13, 14, 15
   Paw



5. **Split stitch**, 1 strand, color 17
   Tube light

6. **Back stitch**, 2 strands, color 18
   Disc ring

7. **Lazy daisy stitch**
   2 strands, color 2
   Loops of the herb sprigs



8. **Padded satin stitch**
   2 strands, colors 16, 19
   Stethoscope tube, silver disc



9. **French knot**
   2 strands, two wraps, colors 10, 11
   Calendula centers, chamomile centers



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

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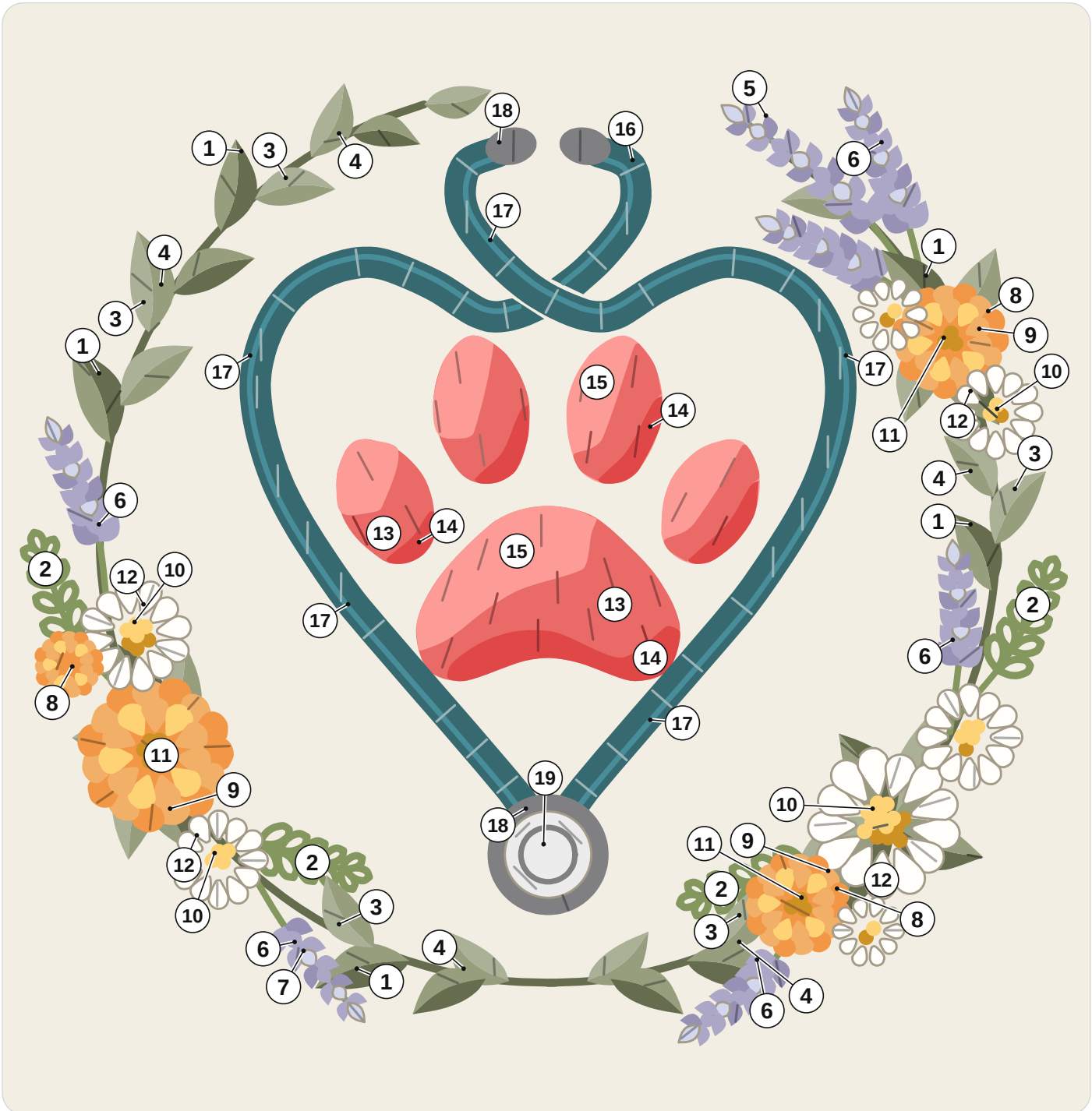
6 inch hoop

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



1	DMC 520 Dark Fern Green	8	DMC 3853 Dark Autumn Gold	15	DMC 352 Light Coral
2	DMC 3364 Pine Green	9	DMC 3854 Medium Autumn Gold	16	DMC 3808 Ultra Very Dark Turquoise
3	DMC 523 Light Fern Green	10	DMC 743 Medium Yellow	17	DMC 3810 Dark Turquoise
4	DMC 522 Fern Green	11	DMC 783 Medium Topaz	18	DMC 414 Dark Steel Gray
5	DMC 155 Medium Dark Blue Violet	12	DMC BLANC White	19	DMC 762 Very Light Pearl Gray
6	DMC 340 Medium Blue Violet	13	DMC 351 Coral		
7	DMC 3747 Very Light Blue Violet	14	DMC 350 Medium Coral		

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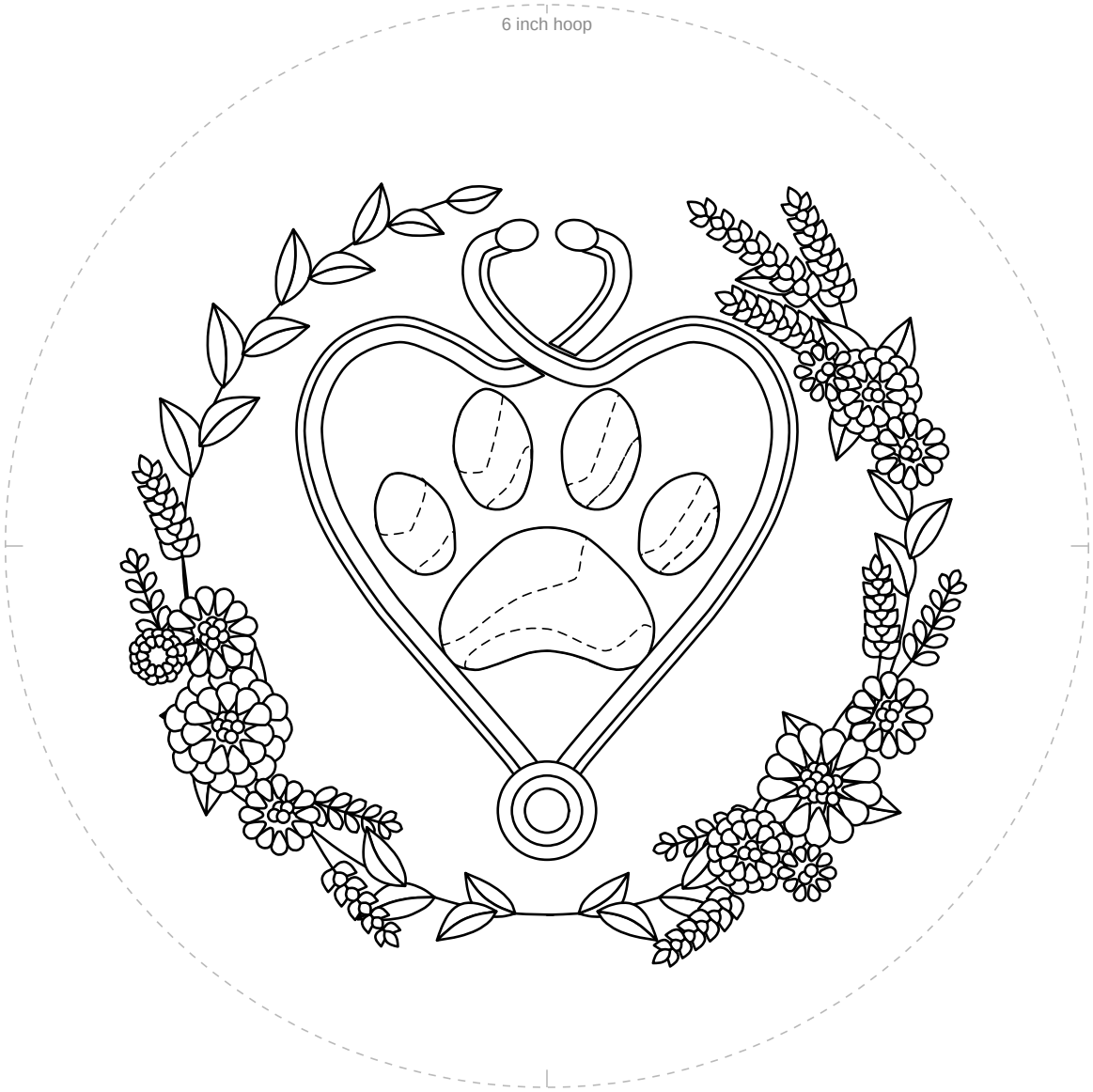
6 inch hoop

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 loop is one lazy daisy, begun at its point; 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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