Woman underwater with flowing hair

Sized for a 6 inch hoop (15 cm). The stitched design is about 4 × 4.2 in (10.2 × 10.7 cm).



Which color goes where: by number on page 2.
Fabric: teal 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**
   strands by part on page 2
   Neck and shoulders, face, dark hair



2. **Satin stitch**, 2 strands
   Lips, kelp blades, ear, fish fins, fish



3. **Split stitch**
   strands by part on page 2
   Contour, collarbone and arm, bubbles

4. **Stem stitch**
   strands by part on page 2
   Closed eye, brow, hair, kelp stems, coral sprig

5. **Straight stitch**, 1 strand
   Closed eye



6. **French knot**
   2 strands, two wraps
   Coral sprig, fish eyes



In a 6 inch hoop the French knots are drawn smaller than about 2 mm (a little over 1/16 in). Use one strand of floss for them there, or choose a larger hoop.

Floss

- **1 DMC 434 Light Brown**
  Neck and shoulders (middle), face (darker)
- **2 DMC 433 Medium Brown**
  Neck and shoulders (dark), collarbone and arm, contour (darker)
- **3 DMC 435 Very Light Brown**
  Neck and shoulders (light), face (lighter), ear
- **4 DMC 921 Copper**
  Hair (dark), contour (lighter)
- **5 DMC 3371 Black Brown**
  Dark hair, closed eye, fish eyes and brow
- **6 DMC 351 Coral**
  Coral sprig and lips, fish (darker)
- **7 DMC 712 Cream**
  Hair (light), bubbles, fish (lighter)
- **8 DMC 3820 Dark Straw**
  Hair (middle), fish fins
- **9 DMC 3012 Medium Khaki Green**
  Kelp blades and kelp stems

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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Woman underwater with flowing hair

6 inch hoop

How to read it

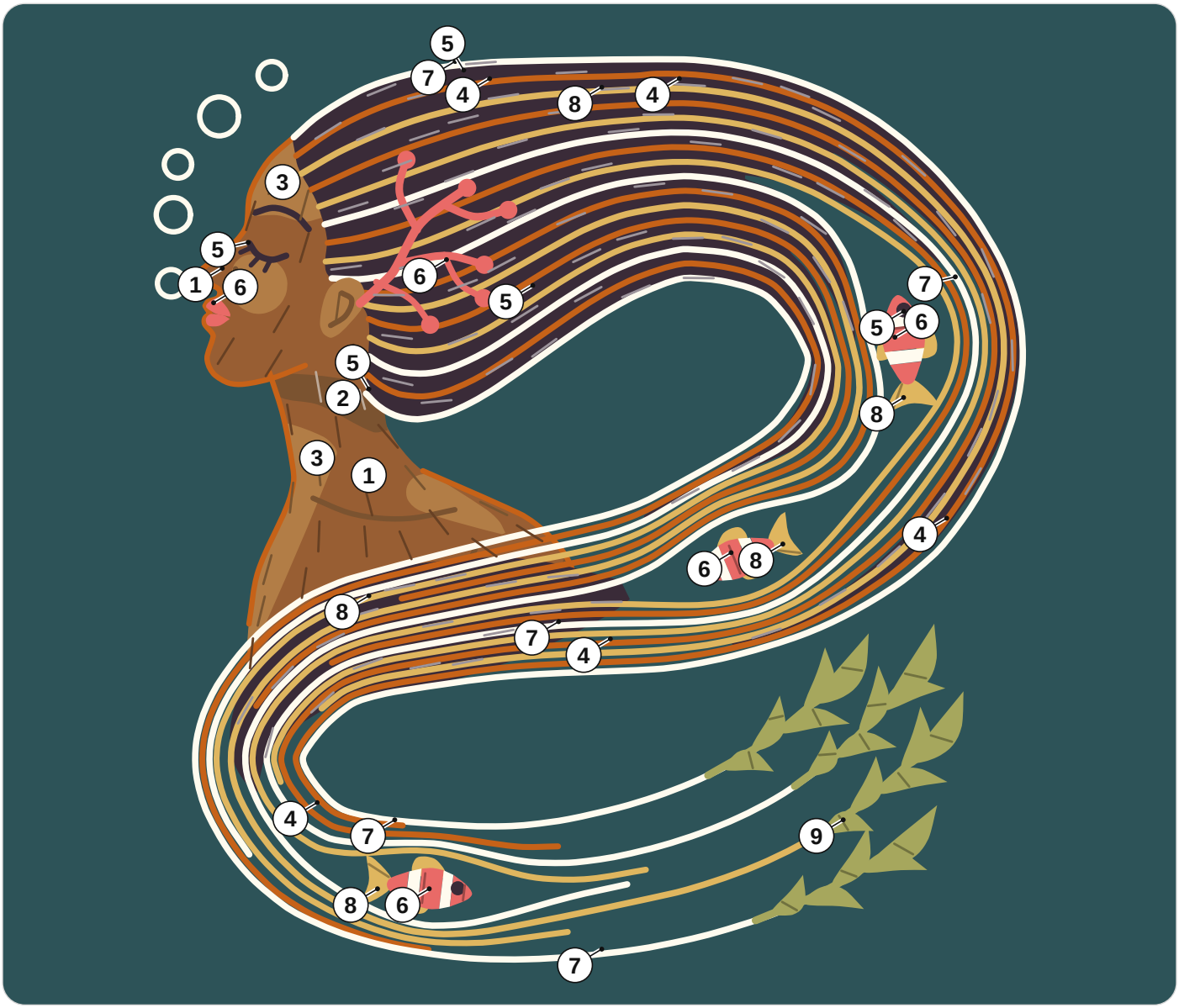
Floss is six strands. Cut 18 inches (45 cm), pull out the number given one at a time, and lay them together.

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 434 Light Brown	**4**	DMC 921 Copper	**7**	DMC 712 Cream
2	DMC 433 Medium Brown	**5**	DMC 3371 Black Brown	**8**	DMC 3820 Dark Straw
3	DMC 435 Very Light Brown	**6**	DMC 351 Coral	**9**	DMC 3012 Medium Khaki Green

How many strands

Long and short stitch. 2 strands: dark hair; 1 strand: neck and shoulders, face.
Split stitch. 2 strands: collarbone and arm; 1 strand: contour, bubbles.
Stem stitch. 2 to 4 strands: coral sprig; 3 strands: kelp stems; 2 strands: closed eye, brow; 1 or 2 strands: hair.

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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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