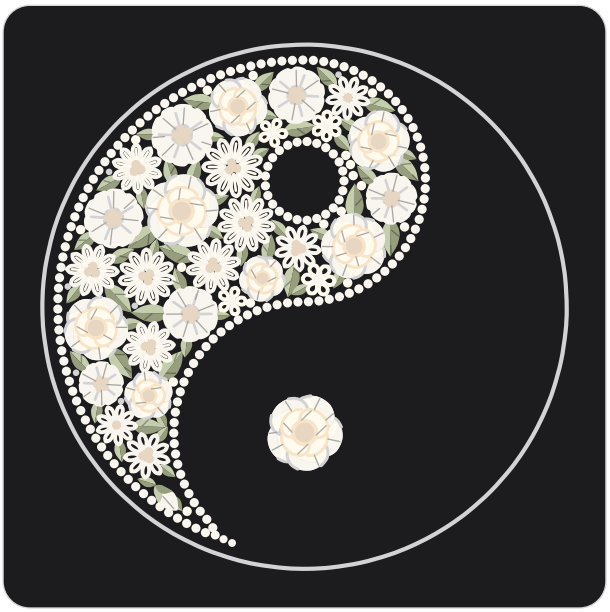
Yin yang with white flowers

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.5 × 4.5 in (11.4 × 11.4 cm).



Which color goes where: by number on page 2.
Fabric: black cotton or linen.

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.

Floss

- **1 DMC 522 Fern Green**
  Leaves and bud cups (darker)
- **2 DMC 524 Very Light Fern Green**
  Leaves and bud cups (lighter)
- **3 DMC 415 Pearl Gray**
  Ribbon petals (dark), petal folds (darker), ring and 2 more parts
- **4 DMC 712 Cream**
  Ribbon petals, pearl knots and buds (light), lazy daisies (lighter)
- **5 DMC 3865 Winter White**
  Five petaled flowers (lighter), pearl edge, lazy daisies (darker) and 3 more parts
- **6 DMC 739 Ultra Very Light Tan**
  Petal folds and rose hearts (lighter), buds (dark)
- **7 DMC 3047 Light Yellow Beige**
  Daisy hearts and flower hearts, rose hearts (darker)

Stitch in this order

Filled parts from the back of the picture forward, then lines, loops, knots and raised parts.

1. **Fishbone stitch**, 2 strands
   Leaves
2. **Satin stitch**, 2 strands
   Ribbon petals, five petaled flowers, bud cups
3. **Padded satin stitch**, 2 strands
   Buds
4. **Split stitch**, 1 strand
   Petal folds
5. **Straight stitch**, strands by part on page 2
   Petal folds, lazy daisies
6. **Stem stitch**, 3 strands
   Ring
7. **Lazy daisy stitch**, 2 to 3 strands
   Lazy daisies
8. **French knot**, strands by part on page 2, two wraps
   Flower hearts, daisy hearts, pearl knots, pearl edge
9. **Woven wheel stitch**, 4 strands
   Rose hearts

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6 inch hoop

How to read it

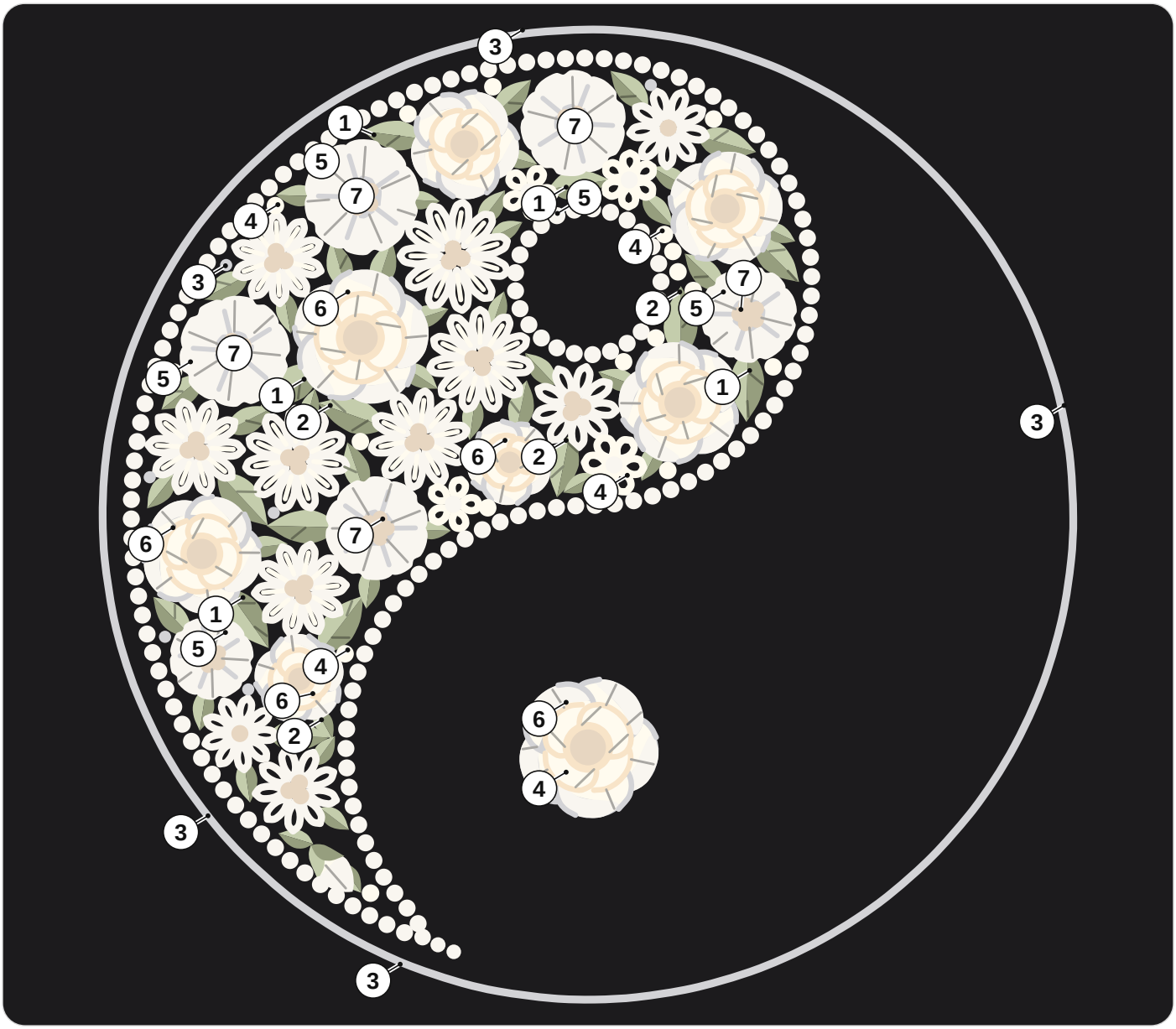
Floss is six strands. Cut 18 inches (45 cm), pull out the number given one at a time, and lay them together.

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. Each small loop is one lazy daisy: come up at its point.

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 522 Fern Green
2 DMC 524 Very Light Fern Green
3 DMC 415 Pearl Gray
4 DMC 712 Cream
5 DMC 3865 Winter White
6 DMC 739 Ultra Very Light Tan
7 DMC 3047 Light Yellow Beige

How many strands

Straight stitch. 2 strands: lazy daisies; 1 strand: petal folds.
French knot. 2 strands: flower hearts, daisy hearts, pearl edge; 1 or 2 strands: pearl knots.

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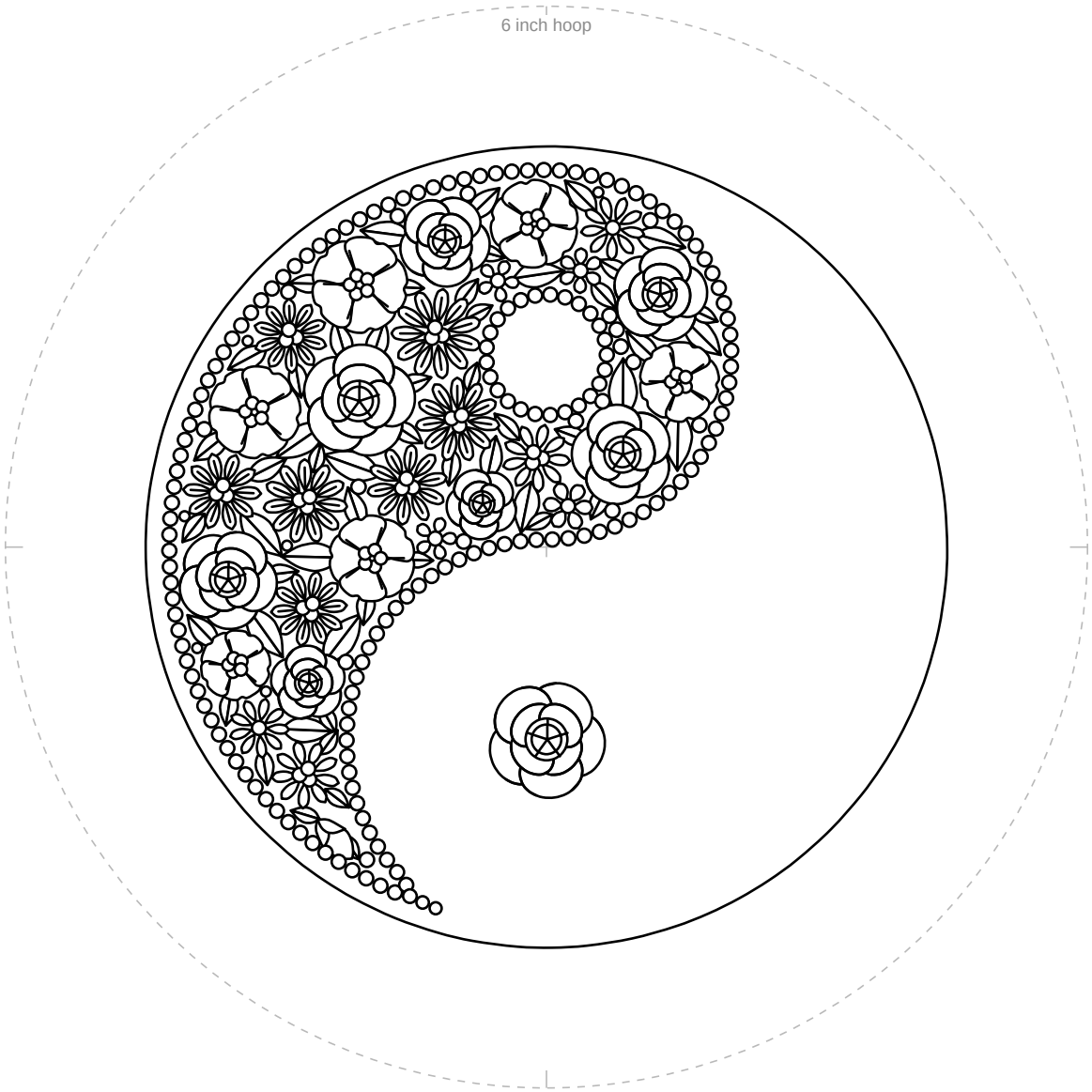
6 inch hoop

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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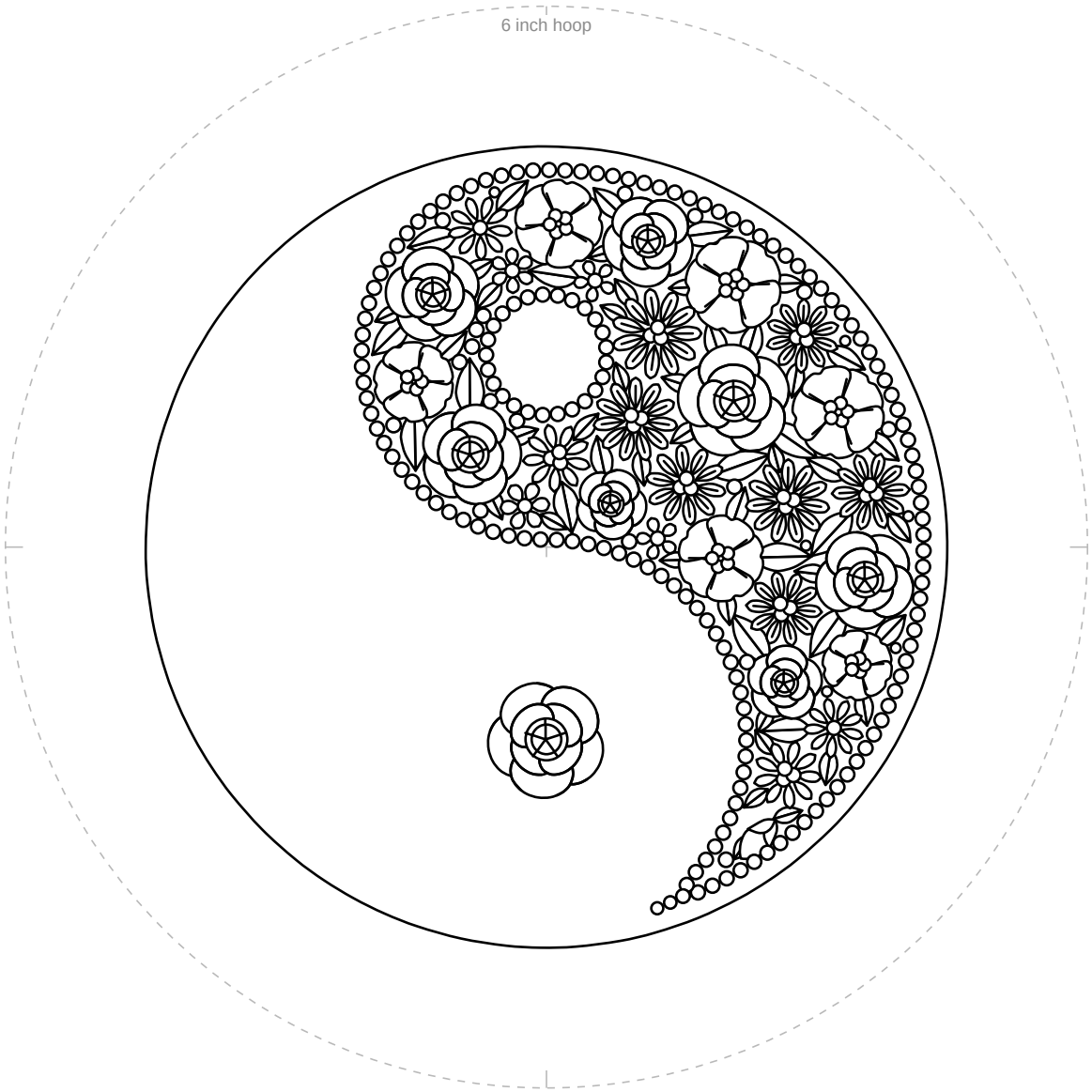
6 inch hoop

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.
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