You’ve got this, overflowing cup

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.6 × 4.2 in (11.7 × 10.7 cm).



Which color goes where: by number on page 2.

Stitch in this order

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

1. **Satin stitch**, 2 strands
   Grass heads, harebell mouths, daisy petals, daisy hearts, yellow petals, pink buds, flower cups, lilac petals, lilac domes, saucer, handle, and 3 more
2. **Fishbone stitch**, 2 strands
   Leaves
3. **Long and short stitch**, 1 strand
   Harebells, pink petals, cup
4. **Stem stitch**, strands by part on page 2
   Grass stems, flower stems, saucer edge, saucer band, cup edge, lip, cup band, cup vine, words
5. **Split stitch**, 1 strand
   Harebell edges, heart shade
6. **Straight stitch**, 2 strands
   Sepals
7. **Back stitch**, 1 strand
   Daisy edges, yellow edges, petal edges, lilac edges, saucer ring
8. **French knot**
   strands by part on page 2, two wraps
   Sepals, daisy hearts, flower hearts, lilac domes, forget-me-nots, cup berries, words

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 988 Medium Forest Green**
  Leaves (middle), grass stems and flower cups, sepals (lighter)
- **2 DMC 782 Dark Topaz**
  Yellow edges, grass heads and heart shade, flower hearts (darker)
- **3 DMC 986 Very Dark Forest Green**
  Flower stems, leaves (dark), sepals (darker)
- **4 DMC 3348 Light Yellow Green** Leaves (light)
- **5 DMC 333 Very Dark Blue Violet**
  Lilac edges, harebell edges and harebell mouths, lilac domes (darker), harebells (dark)
- **6 DMC 340 Medium Blue Violet**
  Lilac petals (darker), harebells (middle), lilac domes (lighter)
- **7 DMC 3747 Very Light Blue Violet** Lilac petals (lighter), harebells (light)
- **8 DMC 3756 Ultra Very Light Baby Blue**
  Daisy petals (darker), cup, saucer and handle (middle)
- **9 DMC BLANC White** Cup, saucer and handle (light), daisy petals (lighter)
- **10 DMC 3752 Very Light Antique Blue**
  Saucer, handle and cup (dark), daisy edges (lighter), foot
- **11 DMC 743 Medium Yellow**
  Yellow petals and daisy hearts, flower hearts (lighter)
- **12 DMC 3733 Dusty Rose** Pink petals (light)
- **13 DMC 3350 Ultra Dark Dusty Rose** Petal edges, pink petals (dark)
- **14 DMC 3731 Very Dark Dusty Rose** Pink petals (middle), pink buds
- **15 DMC 798 Dark Delft Blue**
  Saucer band, forget-me-nots, saucer ring, cup band and cup berries, cup leaves (lighter)
- **16 DMC 796 Dark Royal Blue**
  Cup edge, saucer edge, lip and cup vine, cup leaves (darker)
- **17 DMC 931 Medium Antique Blue** Cup inside, daisy edges (darker)
- **18 DMC 820 Very Dark Royal Blue** Words

Three ways to transfer the pattern

1. **Fabric you can see through**
   Tape page 3 to a sunny window or lay it on a light box, tape the fabric over it and trace the lines with a sharp pencil or a water-soluble pen.
2. **Fabric you cannot see through**
   Lay dressmaker’s carbon paper colored side down on the fabric with page 3 on top, tape the layers and trace the lines firmly with a ballpoint pen.
3. **Iron-on: the lines stay**
   Go over the lines of page 4, the mirrored page, with an iron-on transfer pen, lay it ink side down on the fabric and press with a dry iron, as the pen’s packet says.

Pages 3 and 4 are the pattern at actual size. Print them 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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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 988 Medium Forest Green	7	DMC 3747 Very Light Blue Violet	13	DMC 3350 Ultra Dark Dusty Rose
2	DMC 782 Dark Topaz	8	DMC 3756 Ultra Very Light Baby Blue	14	DMC 3731 Very Dark Dusty Rose
3	DMC 986 Very Dark Forest Green	9	DMC BLANC White	15	DMC 798 Dark Delft Blue
4	DMC 3348 Light Yellow Green	10	DMC 3752 Very Light Antique Blue	16	DMC 796 Dark Royal Blue
5	DMC 333 Very Dark Blue Violet	11	DMC 743 Medium Yellow	17	DMC 931 Medium Antique Blue
6	DMC 340 Medium Blue Violet	12	DMC 3733 Dusty Rose	18	DMC 820 Very Dark Royal Blue

How many strands

Stem stitch. 3 strands: words; 2 or 3 strands: lip; 1 to 3 strands: flower stems; 2 strands: grass stems, saucer edge, cup edge; 1 strand: saucer band, cup band, cup vine.
French knot. 2 strands: forget-me-nots, cup berries, words; 1 strand: sepals, daisy hearts, flower hearts, lilac domes.

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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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