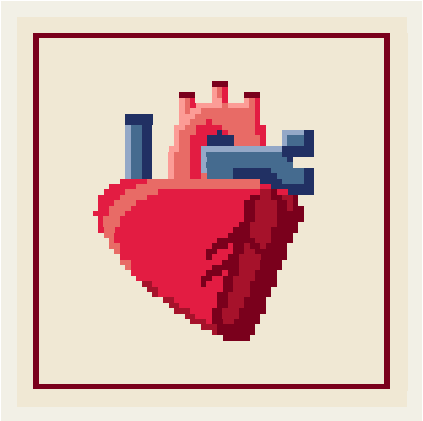
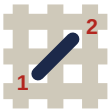
Classic anatomical heart

Needlepoint pattern | 72 x 72 stitches | 4 x 4 in (10.2 x 10.2 cm) on 18 mesh | 9 colors



How to stitch it



1. Each square is one tent stitch, up at 1, down at 2. Lines in continental, right to left, the canvas upside down for the next row; wide areas in basketweave.
2. Cut 18 in of thread. Start and end it without a knot left behind.
3. Mark the middle of the canvas. It is the outlined square, column 36, row 36 (DMC 666): start there. Count threads, not holes.
4. Go on from it: picture first, background last. End the thread before crossing another color.
5. Last, two more rows all round in DMC ECRU: the board's edge hides them.

First time? How to needlepoint: flossfield.com/needlepoint/guides/how-to-start/
How to read a chart: flossfield.com/needlepoint/guides/how-to-read-a-chart/

What you need

Canvas: blank mono canvas, 18 mesh (18 threads to the inch), cut 8.5 in square (21.6 cm).

Needle: blunt tapestry, size 22. Also masking tape for the cut edges, and small scissors.

Thread: six-strand floss, 9 colors, about 12 skeins in all (an estimate). Stitch with 4 strands (5 or 6 if canvas shows).

Make it an ornament: board, thin batting, backing fabric and twisted cord.
How to finish an ornament.

Thread list

			stitches	skeins of floss
●	**DMC ECRU**	Ecru	3,713	4
■	**DMC 814**	Dark Garnet	466	1
▼	**DMC 666**	Bright Red	461	1
◆	**DMC 351**	Coral	171	1
H	**DMC 498**	Dark Red	108	1
★	**DMC 823**	Dark Navy Blue	98	1
X	**DMC 798**	Dark Delft Blue	96	1
▲	**DMC 352**	Light Coral	36	1
❖	**DMC 809**	Delft Blue	35	1

Skeins are estimates, with the two extra rows: the thread a stitch takes on the front and back of 18 mesh canvas, plus 30 percent, rounded up for each color.

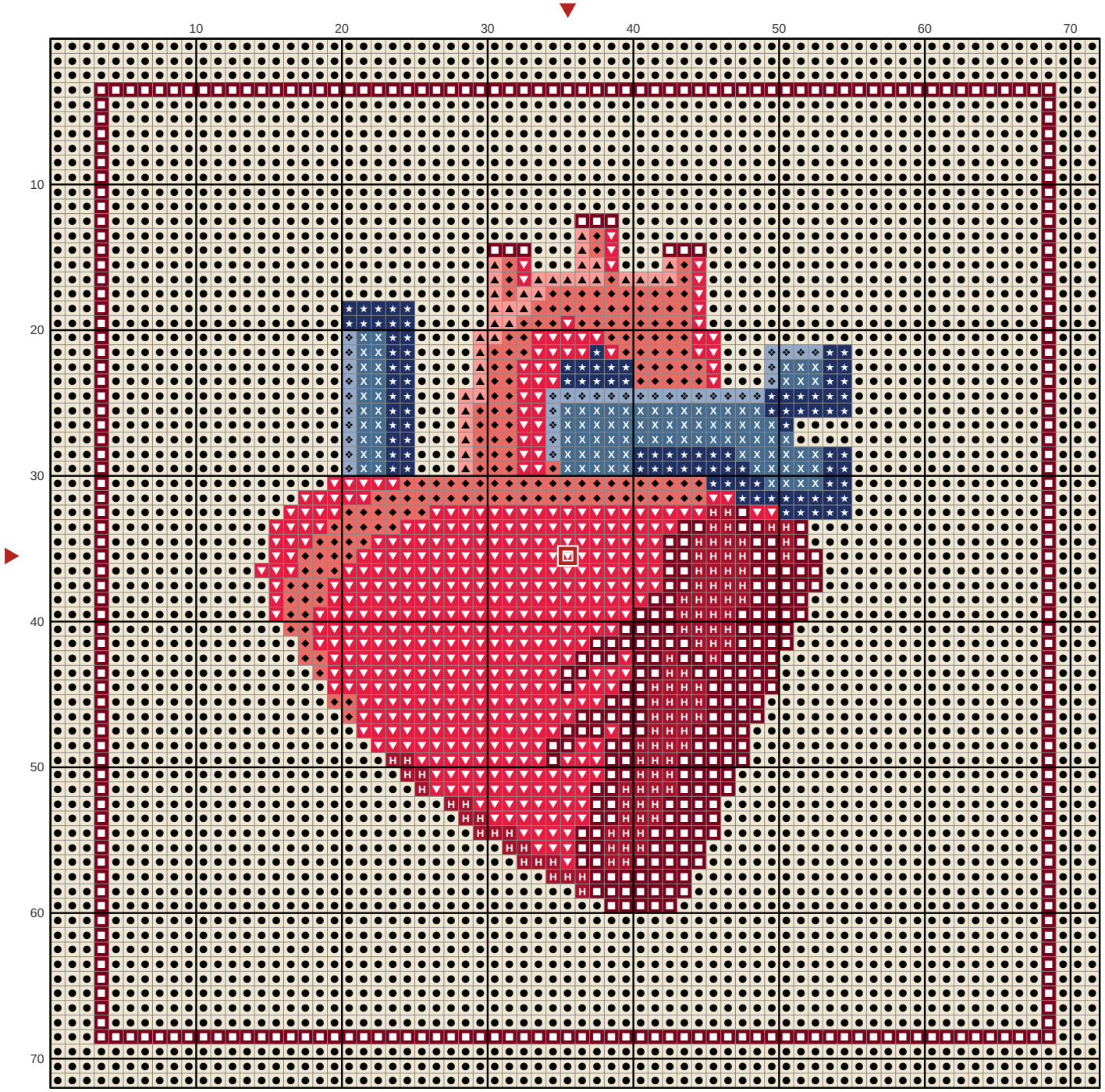
Thread colors are approximate screen matches to DMC numbers. Check against real thread before you buy.

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.

Classic anatomical heart

Needlepoint pattern

Chart: 72 x 72 stitches. Start at the red outline



Key

- **DMC ECRU** Ecru
- **DMC 814** Dark Garnet
- **DMC 666** Bright Red
- **DMC 351** Coral
- **DMC 498** Dark Red
- **DMC 823** Dark Navy Blue
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