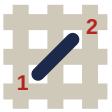
# Chill pill pillow, sleeping polar bear

Needlepoint pattern | 104 x 104 stitches | 8 x 8 in (20.3 x 20.3 cm) on 13 mesh | 15 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 on page 2, column 52, row 52 (DMC 3808): start there. Count threads, not holes.
4. Go on from it: picture first, background last. Gray squares are on two pages: stitch them once.
5. Last, two more rows all round, each stitch in the color it lies beside: the seam 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, 13 mesh (13 threads to the inch), cut 12.5 in square (31.8 cm).

**Needle:** blunt tapestry, size 20. Also masking tape for the cut edges, and small scissors.

**Thread:** six-strand floss, 15 colors, about 25 skeins in all (an estimate). Stitch with 7 strands (8 if canvas shows).

**Make it a pillow:** backing fabric, an insert the size of the stitching or an inch larger, and cord or piping for the edge. How to finish a pillow.

## Thread list, DMC

| | | | stitches | skeins |
|---|---|---|---|---|
| ● | **3808** | Ultra Very Dark Turquoise | 4,113 | 7 |
| ■ | **746** | Off White | 2,063 | 3 |
| ▲ | **3809** | Very Dark Turquoise | 807 | 2 |
| ◆ | **3810** | Dark Turquoise | 704 | 2 |
| ▼ | **747** | Very Light Sky Blue | 474 | 1 |
| ★ | **3752** | Very Light Antique Blue | 467 | 1 |
| ❖ | **347** | Very Dark Salmon | 422 | 1 |
| X | **827** | Very Light Blue | 327 | 1 |
| H | **932** | Light Antique Blue | 307 | 1 |
| + | **3820** | Dark Straw | 292 | 1 |
| = | **B5200** | Snow White | 275 | 1 |
| Z | **3766** | Light Peacock Blue | 252 | 1 |
| A | **351** | Coral | 233 | 1 |
| V | **3799** | Very Dark Pewter Gray | 63 | 1 |
| T | **782** | Dark Topaz | 17 | 1 |

Skeins are estimates, with the two extra rows: the thread a stitch takes on the front and back of 13 mesh canvas, plus 30 percent, rounded up for each color.

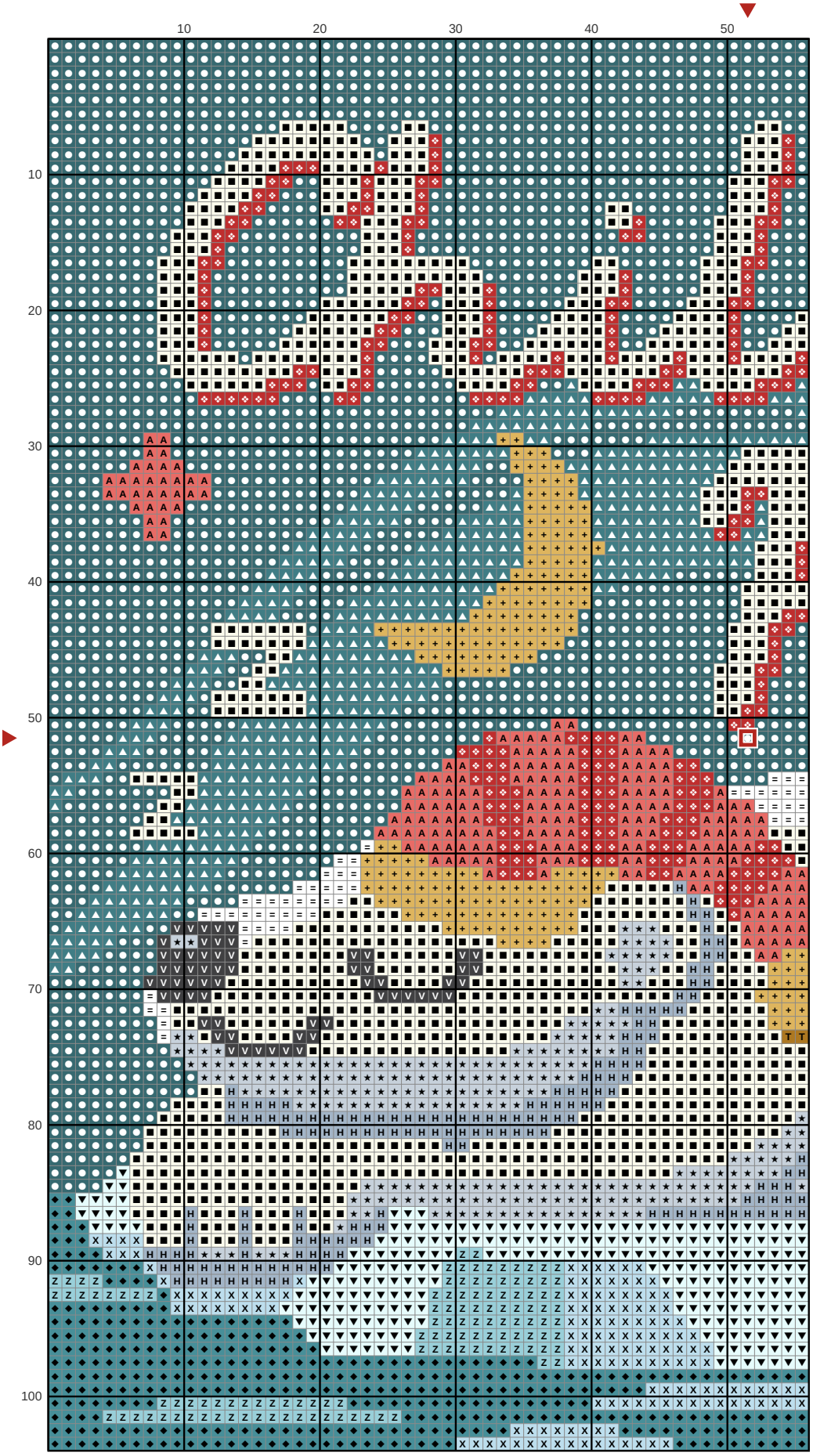
Thread colors are approximate screen matches to DMC numbers. Check against real thread before you buy.

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

# Chill pill pillow, sleeping polar bear Needlepoint pattern

Columns 1 to 56, rows 1 to 104. Start at the red outline

This page is the dark part of the chart



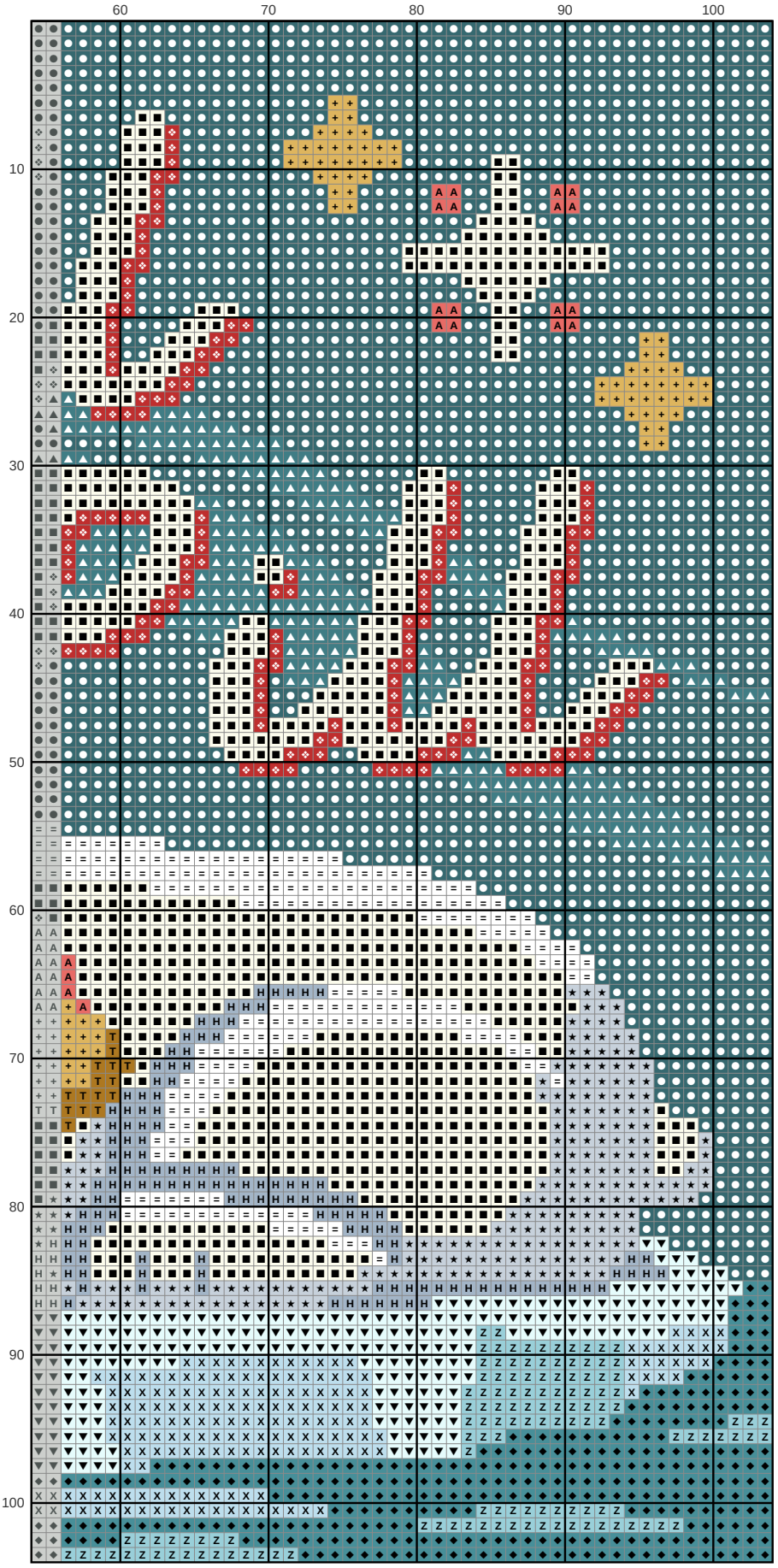

## Key

- **DMC 3808** Ultra Very Dark Turquoise
- **DMC 746** Off White
- **DMC 3809** Very Dark Turquoise
- **DMC 3810** Dark Turquoise
- **DMC 747** Very Light Sky Blue
- **DMC 3752** Very Light Antique Blue
- **DMC 347** Very Dark Salmon
- **DMC 827** Very Light Blue
- **DMC 932** Light Antique Blue
- **DMC 3820** Dark Straw
- **DMC B5200** Snow White
- **DMC 3766** Light Peacock Blue
- **DMC 351** Coral
- **DMC 3799** Very Dark Pewter Gray
- **DMC 782** Dark Topaz

# Chill pill pillow, sleeping polar bear Needlepoint pattern

Columns 57 to 104, rows 1 to 104. Gray squares: charted already, do not stitch again

This page is the dark part of the chart

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