FREE EMBROIDERY TUTORIAL + PATTERN

# French Knot Embroidery

How to make a French knot, a size guide and a French knot heart for a 4 in hoop

| | | |
|---|---|---|
| SKILL LEVEL<br>**Beginner** | HOOP<br>**4 in** | DESIGN<br>**2.2 in heart** |
| FLOSS<br>**DMC, 4 pinks and reds** | KNOTS<br>**254 French knots** | TIME<br>**About 3 hours** |

## Materials

- DMC stranded cotton: DMC 818, DMC 3326, DMC 335, DMC 321 (1 skein each)
- 7 × 7 in cotton or linen, a 4 in hoop, a size 7 embroidery (or milliner's) needle, a water-soluble pen

## Key

| | | | |
|---|---|---|---|
| **1** | needle comes up | **3 strands** | separate 3 of the 6 strands |
| **2** | needle goes down, right next to 1 | **2 wraps** | times round the needle |

Never go back down into the exact hole you came up from: the knot would pull through to the back.

## French knot

| | |
|---|---|
| **1** | Bring the needle up where the knot goes. |
| **2** | Hold the thread taut and wrap it round the needle 2 times. |
| **3** | Put the needle tip back into the fabric right next to where it came up. |
| **4** | Slide the wraps down to the fabric and keep the thread taut with your other hand. |
| **5** | Pull the needle through slowly to the back. Let go of the thread as the knot forms. |

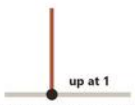
## The heart

| | | |
|---|---|---|
| **Band 1** | DMC 818 baby pink, 3 strands: fill the band with knots that just touch, row by row. | **(75 knots)** |
| **Band 2** | DMC 3326 light rose, 3 strands: fill the band with knots that just touch, row by row. | **(57 knots)** |
| **Band 3** | DMC 335 rose, 3 strands: fill the band with knots that just touch, row by row. | **(60 knots)** |
| **Band 4** | DMC 321 red, 3 strands: fill the band with knots that just touch, row by row. | **(62 knots)** |
| **Finish** | Fill any gaps at the band lines, rinse out the pen, press face down on a towel and frame in the hoop. | |

# How to Make a French Knot in 5 Steps

3 strands, 2 wraps · the secret is tension in step 4

### 1 · Come up



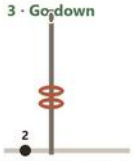

Bring the needle up where the knot goes.

### 2 · Wrap



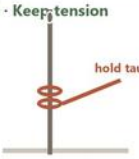
Hold the thread taut and wrap it round the needle 2 times.

### 3 · Go down




Put the tip back in right next to where you came up, not in the same hole.

### 4 · Keep tension




Hold the wraps snug against the fabric with your other hand.

### 5 · Pull through



Pull the needle down slowly. The wraps tighten into a knot.

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# French Knot Size Guide

Approximate knot diameters with DMC stranded cotton and a size 7 needle

| Floss | 1 wrap | 2 wraps | 3 wraps |
|---|---|---|---|
| **1 strand** | 1.0 mm (0.04 in) | – | – |
| **2 strands** | 1.4 mm (0.06 in) | 1.9 mm (0.07 in) | – |
| **3 strands** | 1.8 mm (0.07 in) | 2.4 mm (0.10 in) | 2.9 mm (0.12 in) |
| **6 strands** | 2.5 mm (0.10 in) | 3.4 mm (0.14 in) | – |

For a bigger knot, add strands, not wraps: more than 3 wraps makes loose, floppy knots.

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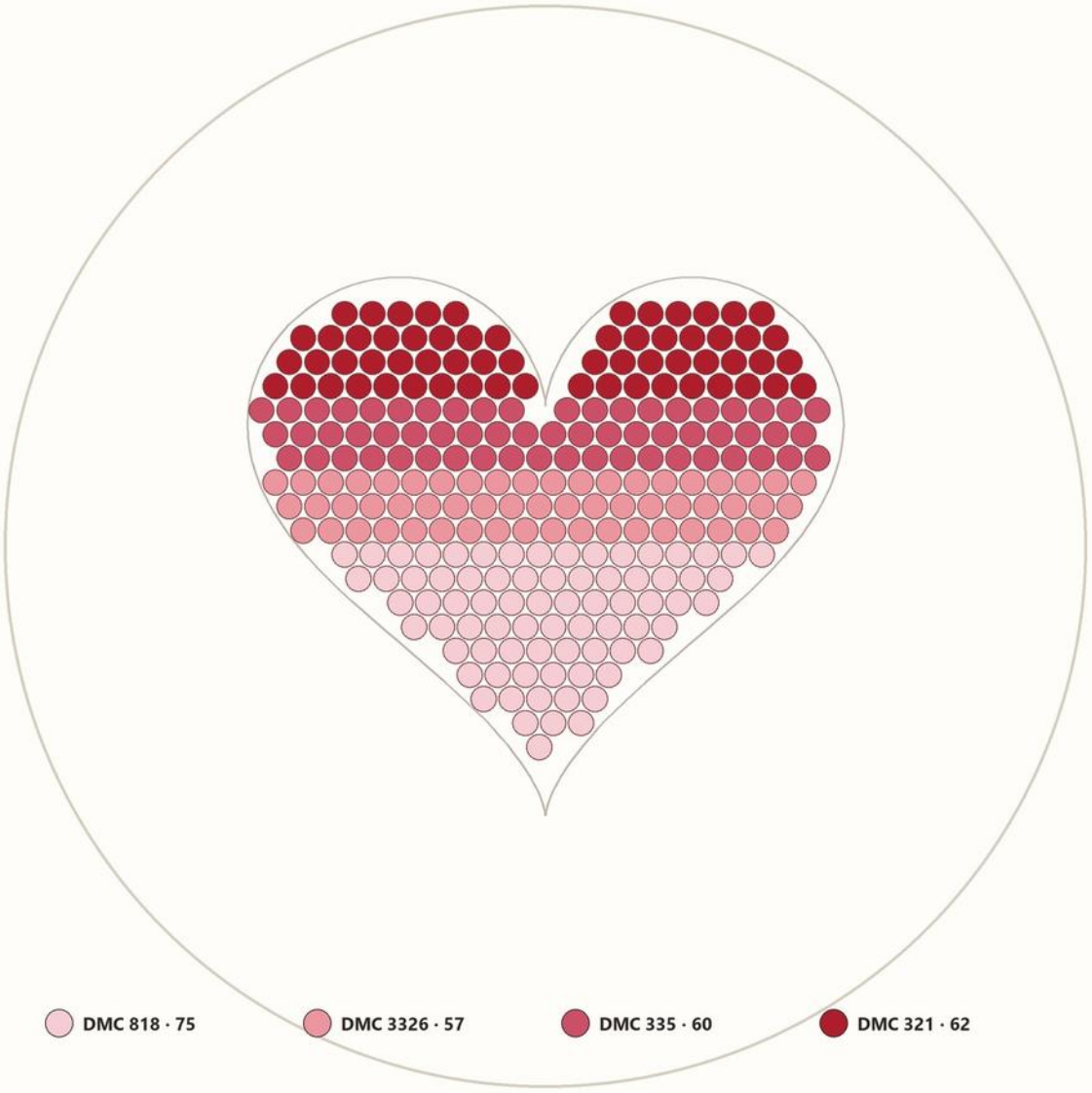
# French Knot Heart · Knot Plan

Every knot drawn to scale, enlarged: 254 knots, 3 strands, 2 wraps, worked bottom band first




Start each band at its left edge and work in rows across. Keep the knots touching so no fabric shows.

# French Knot Heart · Floss

About 0.58 in of thread per knot: 2 wraps + through the fabric + the hop to the next knot

| DMC | Colour | Knots | 3-strand thread | 18 in lengths | Floss (6 strands) |
|---|---|---|---|---|---|
| **DMC 818** | baby pink | 75 | 3.7 ft | 3 | 1.7 yd |
| **DMC 3326** | light rose | 57 | 2.8 ft | 3 | 1.4 yd |
| **DMC 335** | rose | 60 | 2.9 ft | 3 | 1.4 yd |
| **DMC 321** | red | 62 | 3.0 ft | 3 | 1.4 yd |

One skein of each colour is plenty. Total time: about 3 hours.

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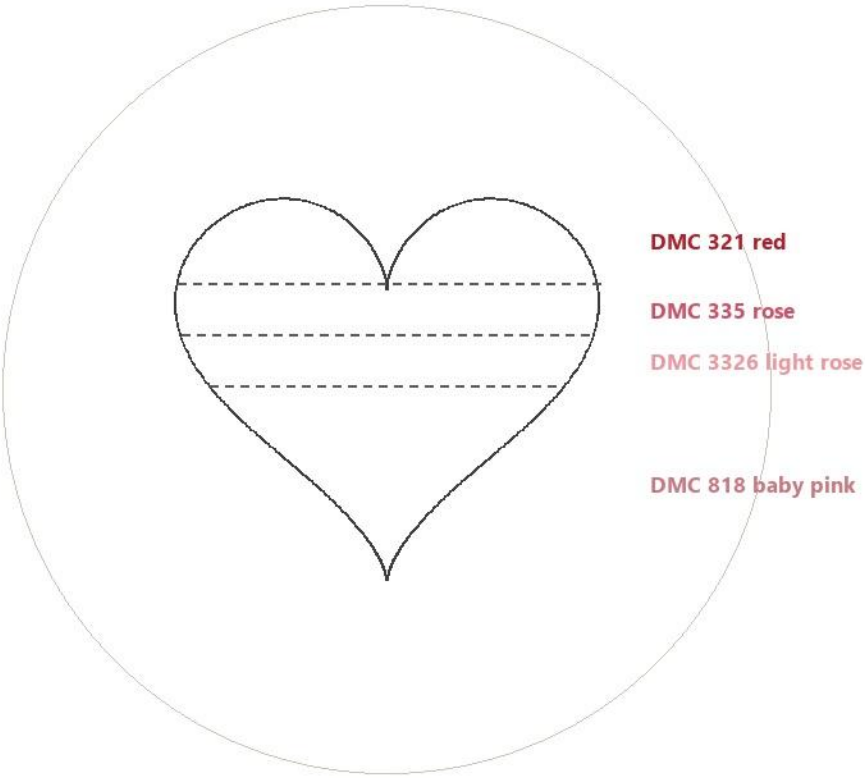
# French Knot Heart · print at 100% (actual size)

Trace the outline and the 3 dashed band lines onto a 7 × 7 in piece of cotton. Stitch in a 4 in hoop.




light grey circle = inside of a 4 in hoop (don't trace it)

1 in check bar: measure it after printing