

Lung Canvas
By: Fire and Iris Designs



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By Fire and Iris

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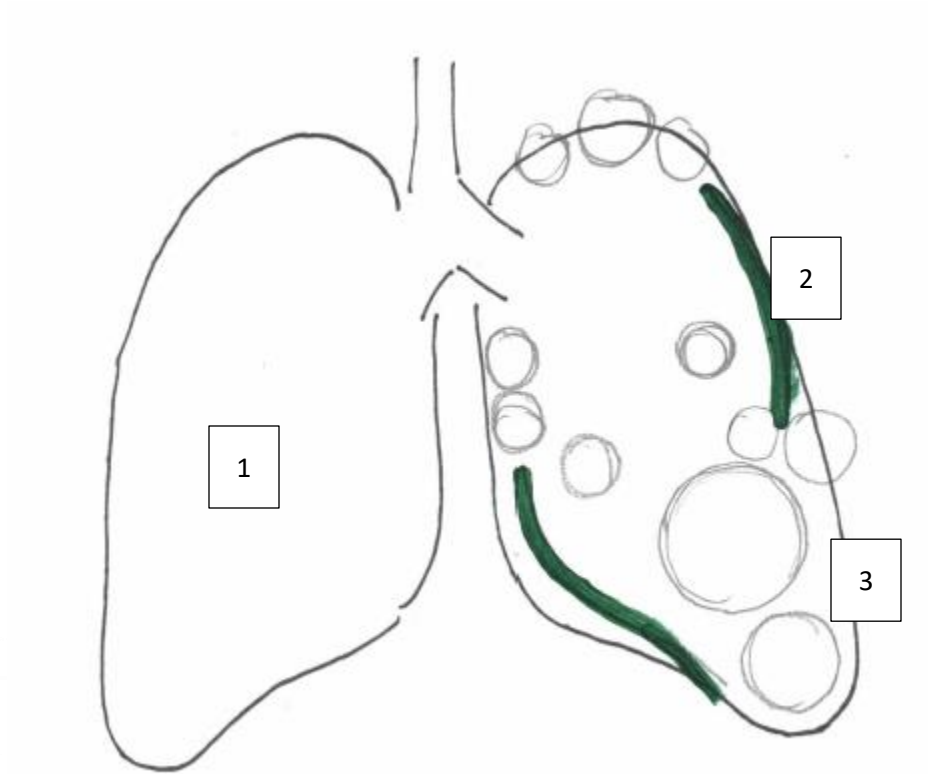
General Information:

This project is meant to be a fun, low-stress, and budget friendly project. This guide is meant to provide a little inspiration and show you how I completed my project. For how-to videos on the stitches I used in this project, check out the videos on my Instagram page @fire.and.iris, or on our website. However, please feel free to use whatever fibers, and stitch the project in any way you see fit!

Supplies:

- 18 Mesh Lung Canvas (included)
- #22 Tapestry Needle (included)
- Fiber Suggestions:
 - Painted portion of the lung (Step 1)
 - Vineyard Silk Bridal Rose
 - Vineyard Silk Champagne
 - Vine Stitch (greenery – Step 2)
 - Splendor S1064 (or Vineyard Silk Hunter Green)
 - Rose Stitch (large flower – Step 3)
 - Splendor S1145 (or Vineyard Silk Raspberry Truffle)
 - French knots (Step 4)
 - Vineyard Silk Natural

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Stitch guide sections. We'll be referring to this diagram throughout this guide.

Step 1: Stitch the painted portion in tent stitches.

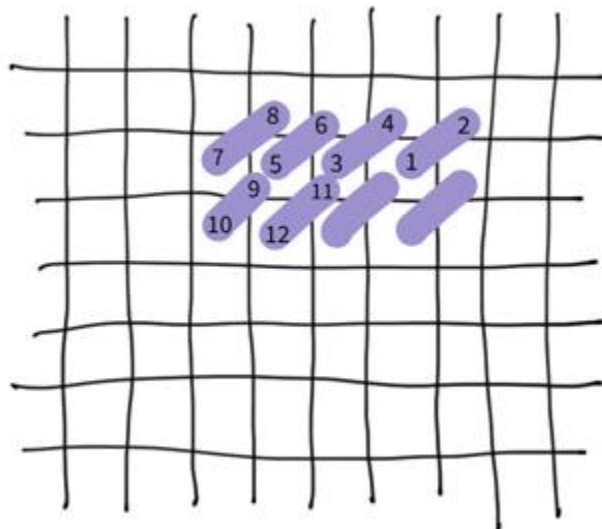


Diagram: Continental Stitch



Step 2: Lay down the vines/greenery. This can be used with the vine (feather) stitch or a chain stitch. *(This is depicted with the green lines in the diagram on pg3.)*

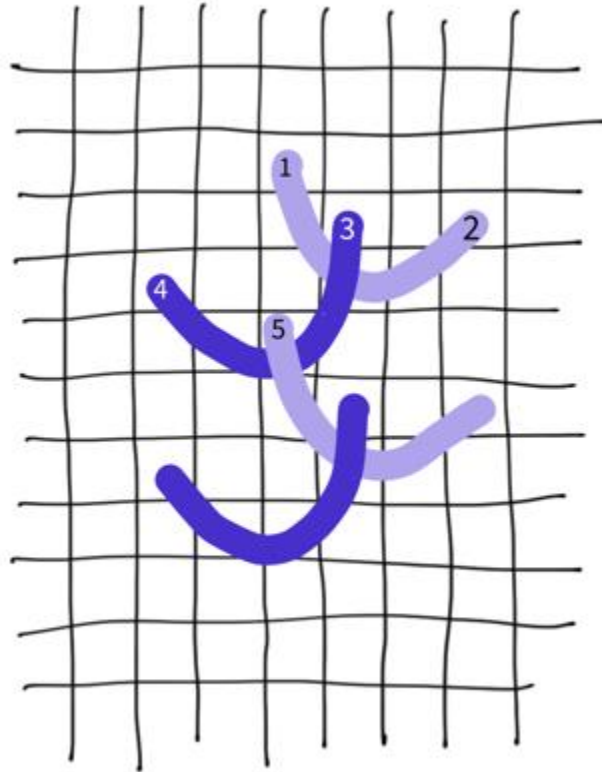


Diagram: Vine Stitch

Step 3: Stitch the Rose stitch (or the larger floral). *(This is depicted with the circles in the diagram on pg3)*

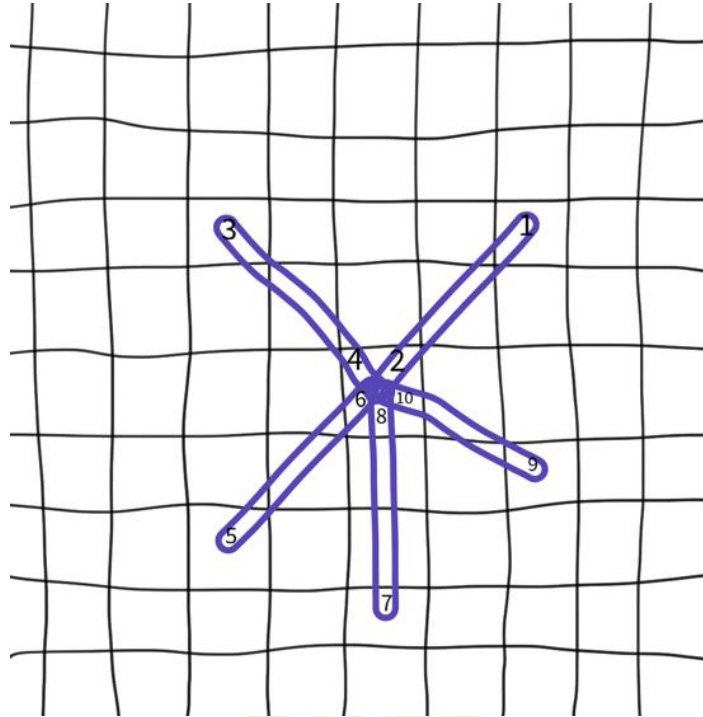


Diagram: Part 1 of the Rose Stitch

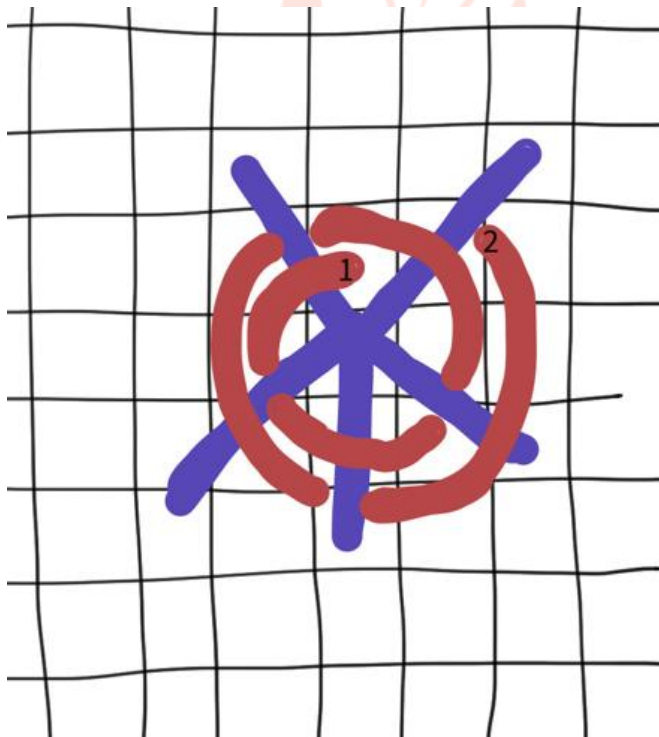


Diagram: Part 2 of the Rose Stitch

Step 4: Fill in with French knots (not depicted)

