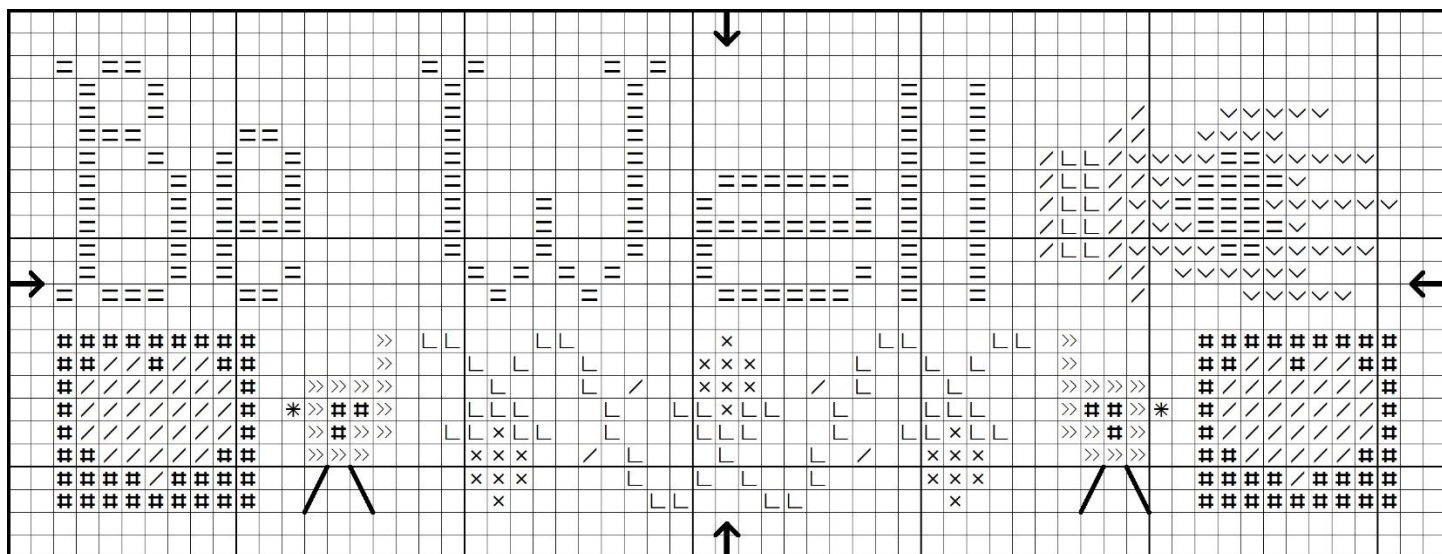


be well

a free design from Cecilia Turner



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Codes	Classic Colorworks	DMC
>>	Dublin Bay	926
L	Eve's Leaves	3053
/	Snowball	white
X	Licorice Red	304
V	Brown Hen	842
=	Cherry Tomato	309
*	Black Coffee	310
	Weeks Dye Works	DMC
#	Hibiscus	963

Stitch Count: 59W x 20H

I suggest stitching on 32 count Wren linen from Picture 'This Plus over 2 threads with 2 strands thread.

Backstitch the birds' legs in 1 strand Black Coffee.

Your physical health *and* your emotional well-being are important. Be mindful of both. Stitching helps!

Be well,

Cecilia



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