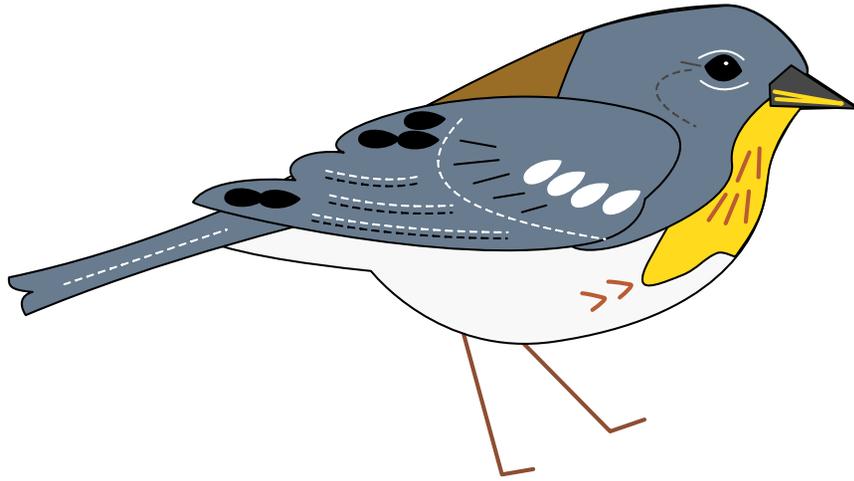


# Downeast Thunder Farm Northern Parula

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- Use two strands of floss throughout unless noted.
- Position the throat and tack with yellow floss.
- Position the back and tack.
- Position the head and tack with matching colored floss.
- Position the tail; tack. Sew a white running stitch down the center.
- Position the beak. Sew the yellow back stitches as pictured.
- Position the eye; tack with black floss. Finish with a seed bead. Sew the white back stitches above and below the eye. Sew the gray running stitches that define the cheek.
- Position the wing and tack along the top edge with matching colored floss. Add the decorative running, straight, and lazy daisy stitches on the wing as illustrated - black print markings use black floss, and gray markings use white floss.
- Add the markings on the neck and belly using three strands of brown floss.
- Repeat on the other body piece.
- If you like, attach a bit of wire for the legs to the back of one of the bodies.
- Sew the two bodies with a black blanket stitch using two strands of floss - use gray along the beak, head, back, and tail; use white along the belly and chest. Pause before you finish to stuff with fiberfill lightly. Finish and tie off.

Have fun!

*Susan*

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