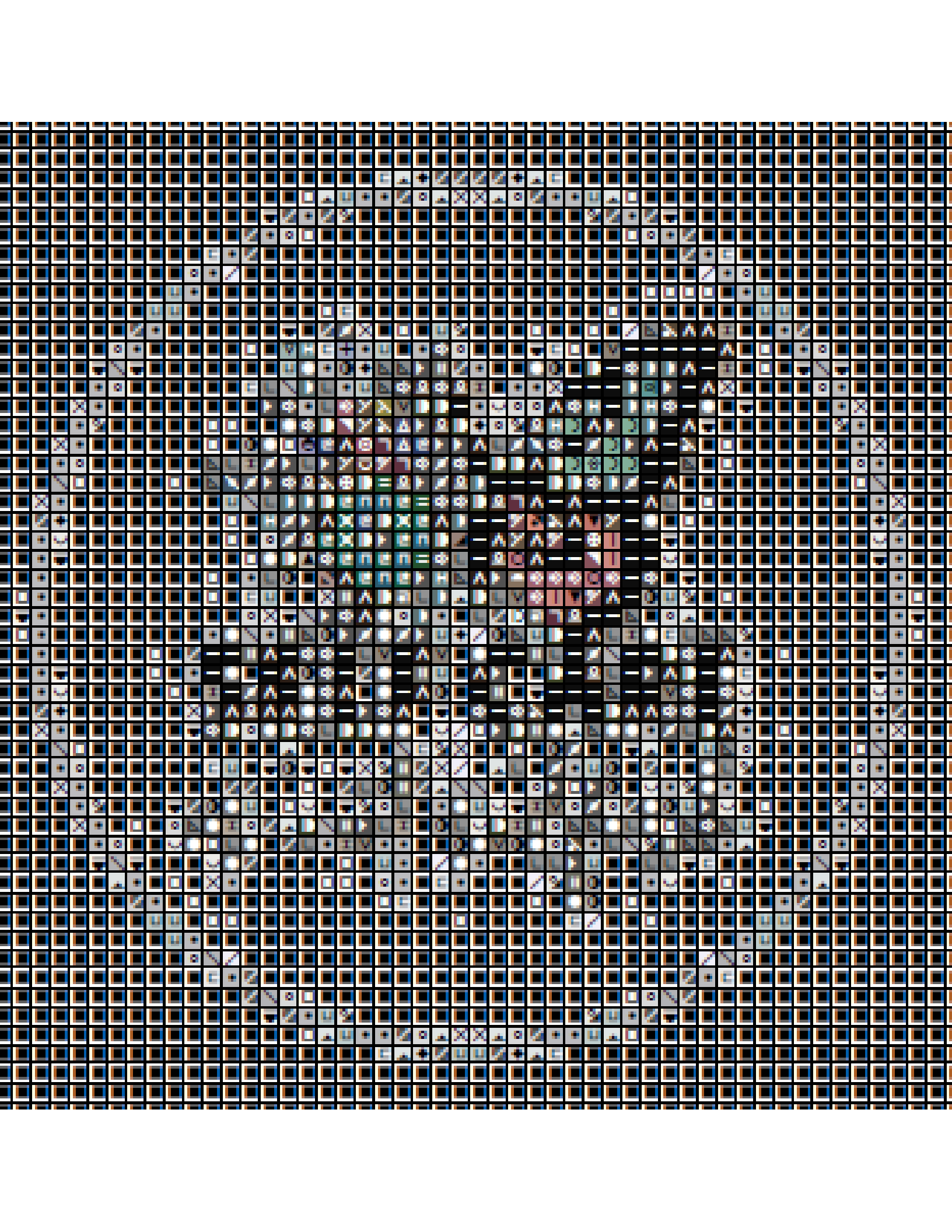




SELF CARE
is not selfish





	Color	Skeins	Stitches	Color code	
		3	4311	B5200 Snow White	
		1	26	01 White Tin	
		1	106	03 Tin Medium	
		1	11	27 White Violet	
		1	1	155 Blue Violet Medium Dark	
		1	48	168 Pewter Very Light	
		1	1	221 Shell Pink Very Dark	
		1	78	310 Black	
		1	2	315 Antique Mauve Medium Dark	
		1	39	317 Pewter Gray	
		1	19	413 Pewter Gray Dark	
		1	12	415 Pearl Gray	
		1	9	500 Blue Green Very Dark	
		1	14	535 Ash Gray Very Light	
		1	11	647 Beaver Gray Medium	
		1	1	730 Olive Green Very Dark	
		1	2	791 Cornflower Blue Very Dark	
		1	5	838 Beige Brown Very Dark	
		1	3	890 Pistachio Green Ultra Very Dark	
		1	13	924 Gray Green Very Dark	
		1	39	927 Gray Green Light	
		1	32	934 Avocado Green Black	
		1	3	939 Navy Blue Very Dark	
		1	16	3024 Brown Gray Very Light	
		1	19	3072 Beaver Gray Very Light	
		1	2	3722 Shell Pink Medium	
		1	2	3750 Antique Blue Very Dark	
		1	6	3768 Gray Green Dark	
		1	2	3787 Brown Gray Dark	
		1	35	3799 Pewter Gray Very Dark	
		1	3	3818 Emerald Green Ultra Very Dark	
		1	1	3861 Cocoa Light	

	Color	Skeins	Stitches	Color code	
		1	72	BLANC White	
		1	41	02 Tin	
		1	22	04 Tin Dark	
		1	4	154 Grape Very Dark	
		1	1	160 Blue Gray Medium	
		1	23	169 Pewter Light	
		1	3	223 Shell Pink Light	
		1	6	311 Wedgwood Ultra Very Dark	
		1	2	316 Antique Mauve Medium	
		1	21	318 Steel Gray Light	
		1	35	414 Steel Gray Dark	
		1	1	451 Shell Gray Dark	
		1	6	503 Blue Green Medium	
		1	9	646 Beaver Gray Dark	
		1	1	648 Beaver Gray Light	
		1	21	762 Pearl Gray Very Light	
		1	1	801 Coffee Brown Dark	
		1	29	844 Beaver Gray Ultra Dark	
		1	2	898 Coffee Brown Very Dark	
		1	1	926 Gray Green Medium	
		1	23	928 Gray Green Very Light	
		1	13	938 Coffee Brown Ultra Dark	
		1	1	993 Aquamarine Very Light	
		1	7	3031 Mocha Brown Very Dark	
		1	44	3371 Black Brown	
		1	6	3726 Antique Mauve Dark	
		1	1	3756 Baby Blue Ultra Very Light	
		1	1	3778 Terra Cotta Light	
		1	1	3790 Beige Gray Ultra Dark	
		1	4	3802 Antique Mauve Very Dark	
		1	1	3848 Teal Green Medium	
		1	37	3865 Winter White	