Astronaut with a helmet of flowers

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.5 × 4.5 in (11.4 × 11.4 cm).



Which color goes where: by number on page 2.
Fabric: sage green cotton or linen.

Stitch in this order

Filled parts from the back of the picture forward, then lines, loops and knots.

1. **Long and short stitch**, 1 strand
   Air pack, suit body, neck, neck ring, face, hair, hair puff, poppy petals, roses, helmet, visor, helmet ring, sleeve, glove
2. **Satin stitch**, 2 strands
   Air pack latch, neck ring, latches, lips, eyebrow, hair band, ear, earring, hose, control box, control box screen, helmet ring, poppy buds, and 14 more
3. **Fishbone stitch**, 2 strands
   Leaves
4. **Running stitch**, 2 strands
   Orbit
5. **Split stitch**, strands by part on page 2
   Air pack seams, suit seams, neck ring seam, face lines, control box edge, poppy edges, rose edges, helmet edge, helmet ring seam, and 2 more
6. **Stem stitch**, strands by part on page 2
   Eyelid, helmet ring, stems, ferns, rose hearts, rose edges, helmet ring brass, planet ring
7. **Straight stitch**, strands by part on page 2
   Lashes, poppy marks, bee stripes
8. **Fly stitch**, 2 strands
   Ferns
9. **Lazy daisy stitch**, 2 strands
   Bee wings
10. **French knot**
    strands by part on page 2, two wraps
    Hair puff, buttons, blue spike, daisy hearts, cornflower hearts, poppy hearts

Floss

- **1 DMC 930 Dark Antique Blue**
  Helmet ring (darkest), air pack (dark), visor rim and control box and 12 more parts
- **2 DMC 931 Medium Antique Blue**
  Air pack (middle), neck ring (dark), helmet edge, ear cap (darker) and 2 more parts
- **3 DMC 3752 Very Light Antique Blue**
  Helmet (darker), air pack and helmet ring (light), control box edge and 4 more parts
- **4 DMC 3820 Dark Straw**
  Roses and visor (light), bee (lighter), helmet ring brass and 6 more parts
- **5 DMC 642 Dark Beige Gray** Suit body (middle)
- **6 DMC 640 Very Dark Beige Gray**
  Suit body (dark), glove seams, suit seams and suit folds
- **7 DMC 644 Medium Beige Gray** Suit body (light), sleeve and glove (dark)
- **8 DMC 433 Medium Brown** Neck, face and visor (dark)
- **9 DMC 898 Very Dark Coffee Brown**
  Face, neck and visor (darkest), face lines (lighter)
- **10 DMC 434 Light Brown** Face and neck (light), rose edges (dark), ear
- **11 DMC 435 Very Light Brown**
  Visor (middle), roses (middle dark), face and neck (lightest), planet (dark)
- **12 DMC 3865 Winter White**
  Helmet (lighter), daisy petals, helmet ring and neck ring (lightest) and 3 more parts
- **13 DMC 350 Medium Coral**
  Roses (dark), poppy petals (middle), patch and poppy buds (lighter) and 4 more parts
- **14 DMC 221 Very Dark Shell Pink**
  Roses and rose edges (darkest), poppy edges, poppy petals (dark), lips (darker)
- **15 DMC 3371 Black Brown**
  Hair puff and hair (dark), poppy marks, poppy hearts (darker) and 6 more parts
- **16 DMC 3740 Dark Antique Violet** Hair puff and hair (middle)
- **17 DMC 3041 Medium Antique Violet** Hair puff and hair (light)
- **18 DMC 3822 Light Straw**
  Roses, visor and rose edges (lightest), planet (light), patch star and 2 more parts
- **19 DMC 3363 Medium Pine Green** Stems, leaves and poppy buds (darker)
- **20 DMC 3807 Cornflower Blue** Cornflower petals and blue spike (lighter)
- **21 DMC 522 Fern Green** Ferns, leaves and poppy hearts (lighter)
- **22 DMC 352 Light Coral**
  Roses (middle light), poppy petals and rose edges (light), rose hearts (darker)
- **23 DMC 712 Cream** Sleeve and glove (light)
- **24 DMC 822 Light Beige Gray** Sleeve and glove (middle)

Three ways to transfer the pattern

1. **Fabric you can see through**
   Tape page 3 to a sunny window or lay it on a light box, tape the fabric over it and trace the lines with a sharp pencil or a water-soluble pen.
2. **Fabric you cannot see through**
   Lay dressmaker's carbon paper colored side down on the fabric with page 3 on top, tape the layers and trace the lines firmly with a ballpoint pen.
3. **Iron-on: the lines stay**
   Go over the lines of page 4, the mirrored page, with an iron-on transfer pen, lay it ink side down on the fabric and press with a dry iron, as the pen's packet says.

Pages 3 and 4 are the pattern at actual size. Print them at 100% with scaling turned off. Then put the fabric in the hoop: inner ring under, drawing up, tight as a drum.

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Astronaut with a helmet of flowers

6 inch hoop

How to read it

Floss is six strands. Cut 18 inches (45 cm), pull out the number given one at a time, and lay them together.

Inside a filled shape start with two or three tiny stitches, which the filling covers. Start a line with a small knot on the back. End each thread by running the needle under the backs of a few stitches.

Each small ring is one French knot. Each small loop is one lazy daisy: come up at its point. A dashed line is running stitch. A fine broken line inside a shape is where two shades meet: trace it, do not stitch it.

A number on the picture is a color of the list of floss on page 1. The fine lines on the colors show which way the stitches lie.

Every stitch in pictures: flossfield.com/embroidery/stitches. The first time: flossfield.com/embroidery/guides/how-to-start.



1	DMC 930 Dark Antique Blue	**9**	DMC 898 Very Dark Coffee Brown	**17**	DMC 3041 Medium Antique Violet
2	DMC 931 Medium Antique Blue	**10**	DMC 434 Light Brown	**18**	DMC 3822 Light Straw
3	DMC 3752 Very Light Antique Blue	**11**	DMC 435 Very Light Brown	**19**	DMC 3363 Medium Pine Green
4	DMC 3820 Dark Straw	**12**	DMC 3865 Winter White	**20**	DMC 3807 Cornflower Blue
5	DMC 642 Dark Beige Gray	**13**	DMC 350 Medium Coral	**21**	DMC 522 Fern Green
6	DMC 640 Very Dark Beige Gray	**14**	DMC 221 Very Dark Shell Pink	**22**	DMC 352 Light Coral
7	DMC 644 Medium Beige Gray	**15**	DMC 3371 Black Brown	**23**	DMC 712 Cream
8	DMC 433 Medium Brown	**16**	DMC 3740 Dark Antique Violet	**24**	DMC 822 Light Beige Gray

How many strands

Split stitch. 3 strands: suit seams, helmet edge; 2 or 3 strands: air pack seams; 2 strands: suit folds; 1 or 2 strands: glove seams; 1 strand: neck ring seam, face lines, control box edge, poppy edges, rose edges, helmet ring seam.
Stem stitch. 3 strands: helmet ring, helmet ring brass; 2 strands: eyelid, stems, rose hearts, rose edges, planet ring; 1 strand: ferns.
Straight stitch. 3 strands: bee stripes; 2 strands: poppy marks; 1 strand: lashes.
French knot. 2 strands: hair puff, buttons, blue spike, daisy hearts, cornflower hearts; 1 strand: poppy hearts.

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6 inch hoop

Print at 100% and check the square below with a ruler. Fold the fabric in four: the folds meet the four ticks of the ring.



1 in
25.4 mm

Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

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6 inch hoop

Mirrored. Trace this page with an iron-on transfer pen or pencil, then press it ink side down on the fabric.



1 in
25.4 mm

Check square: 1 inch (25.4 mm) on each side.
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