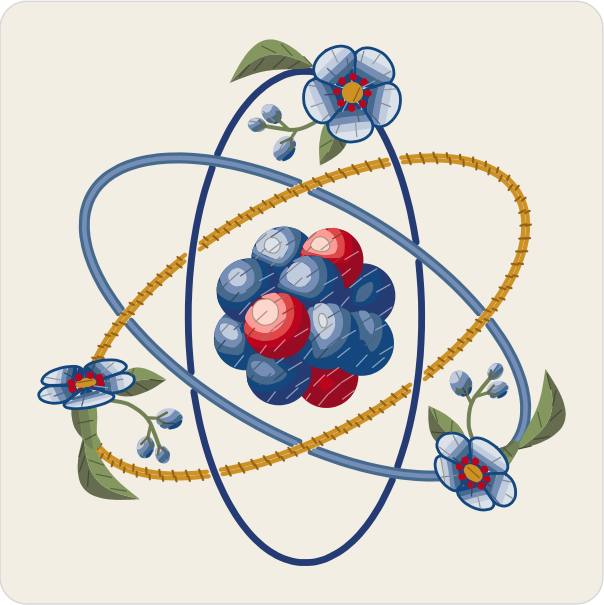
Atom with three orbits

6 inch (15 cm) hoop, 4.7 × 4.7 in (11.9 × 11.9 cm)



Colors by number: page 2.

What you need

A 6 inch (15 cm) hoop.

A 9 inch (23 cm) square of white or light cotton or linen.

Embroidery needles, size 9, and size 3 for 4 to 6 strands.

16 colors of floss (page 2): one skein of each color (an estimate from the drawing's lines and shapes).

A water-soluble pen, and small scissors.

Onto the fabric

Fabric you can see through: page 3 taped to a sunny window, the fabric over it; trace.

Other fabric: dressmaker's carbon paper, colored side down, page 3 on top; trace with a ballpoint.

Iron-on pen: go over page 4, the mirrored page, and press it ink side down as the pen's packet says. The lines stay.

Then hoop it, inner ring under, tight as a drum.

How to read it

Floss has six strands: cut 18 inches (45 cm), pull out the number named one at a time, and lay them together.

Start a filling with tiny stitches, a line with a small knot; end under stitches on the back.

Every stitch in pictures: flossfield.com/embroidery/stitches.

New to this: flossfield.com/embroidery/guides/how-to-start.

Stitch in this order

Where a stitch page says otherwise, follow this list.

1. **Chain stitch**, 4 strands, color 1
   Chain orbit



2. **Stem stitch**, colors 2, 3, 8
   4 strands: rope orbit
   3 strands: bud sprigs

3. **Couching**, 6 strands, colors 4, 5
   Gold orbit



4. **Fishbone stitch**
   2 strands, colors 6, 7
   Leaves



5. **Satin stitch**
   2 strands, colors 4, 6, 7, 8
   Flower eyes, flower cups



6. **Long and short stitch**
   1 strand, colors 1, 2, 3, 9, 10, 11, 12, 13, 14, 15, 16
   Buds, forget-me-nots, nucleus



7. **Straight stitch**, 2 strands, color 7
   Bud cups



8. **Split stitch**, 1 strand, color 10
   Petal edges

9. **French knot**
   2 strands, two wraps, color 12
   Eye knots



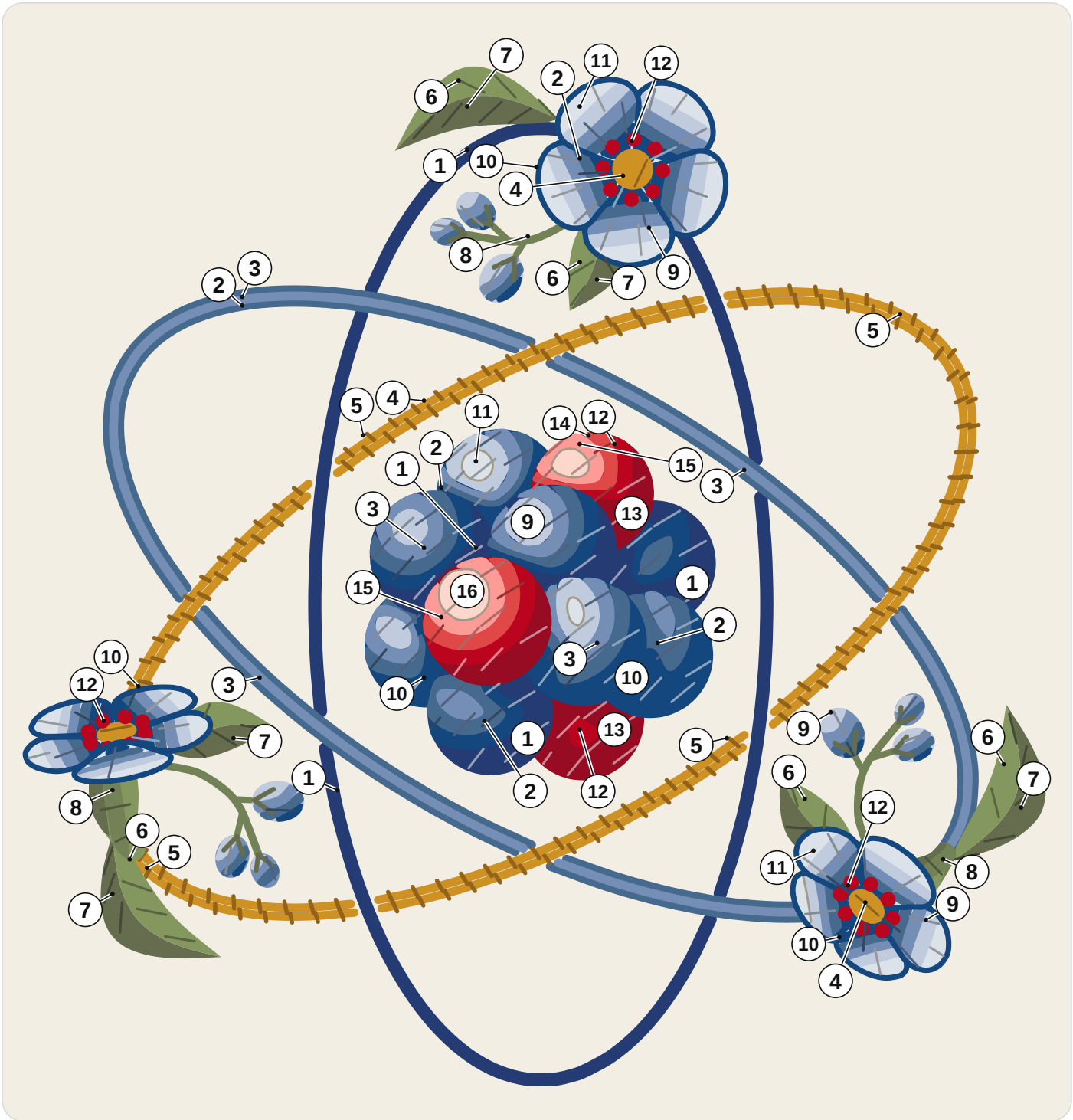
Take out lines that still show, press face down, finish the hoop or sew a pillow.

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Atom with three orbits

6 inch hoop

A number is a color of the list. Fine lines show which way the stitches lie: do not stitch them.



1	DMC 336 Navy Blue	**7**	DMC 520 Dark Fern Green	**13**	DMC 816 Garnet
2	DMC 798 Dark Delft Blue	**8**	DMC 3363 Medium Pine Green	**14**	DMC 350 Medium Coral
3	DMC 799 Medium Delft Blue	**9**	DMC 800 Pale Delft Blue	**15**	DMC 352 Light Coral
4	DMC 783 Medium Topaz	**10**	DMC 797 Royal Blue	**16**	DMC 353 Peach
5	DMC 780 Ultra Very Dark Topaz	**11**	DMC 3753 Ultra Very Light Antique Bl...		
6	DMC 3364 Pine Green	**12**	DMC 817 Very Dark Coral Red		

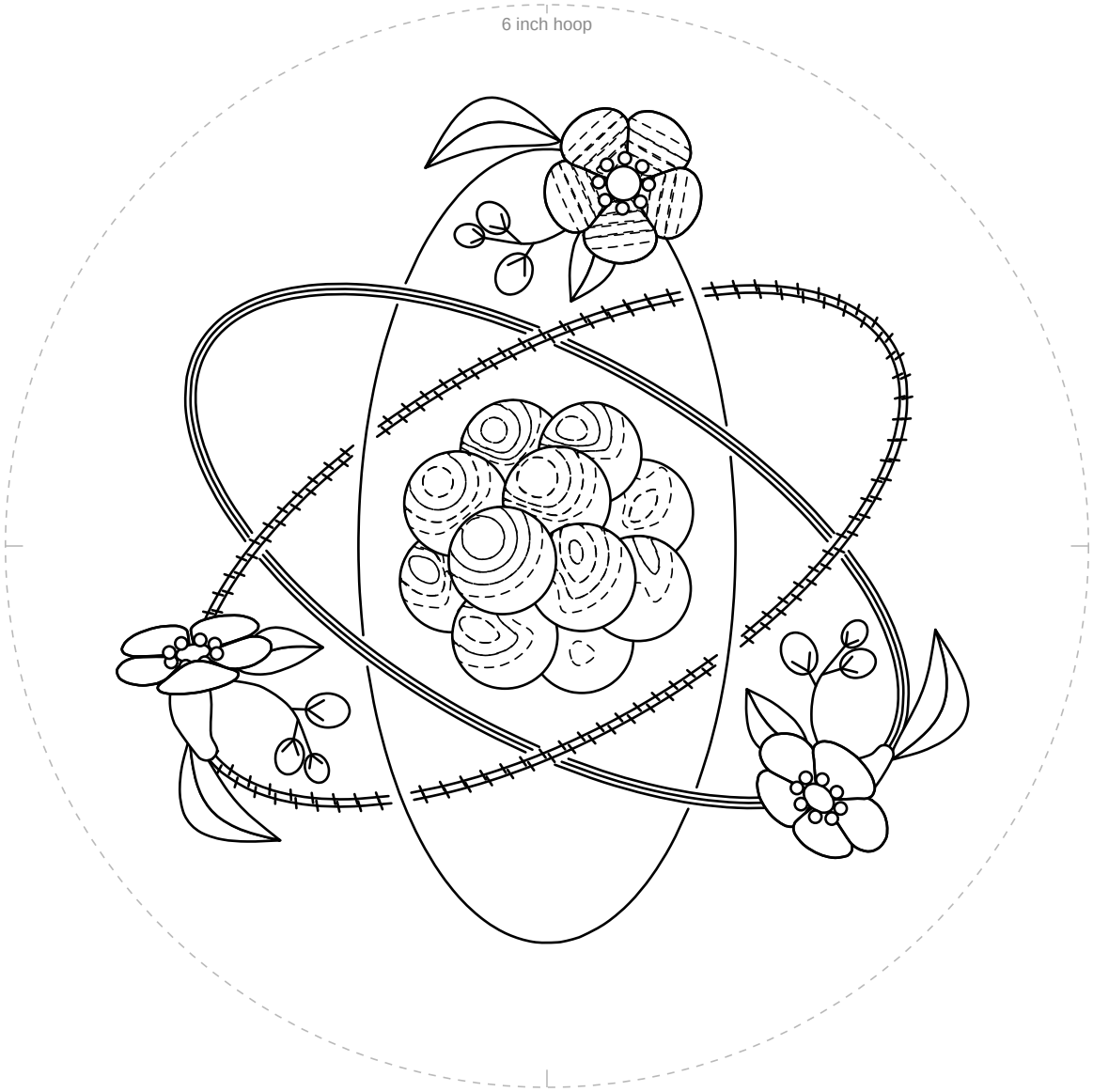
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Atom with three orbits

6 inch hoop

Print at 100% and measure the square. Trace the black lines only. The gray ring is the hoop: fold the fabric in four and lay the folds on its ticks.

On the drawing a ring is one French knot: mark a dot; a broken line inside a shape is where two shades meet: trace it, do not stitch it.



1 in
25.4 mm

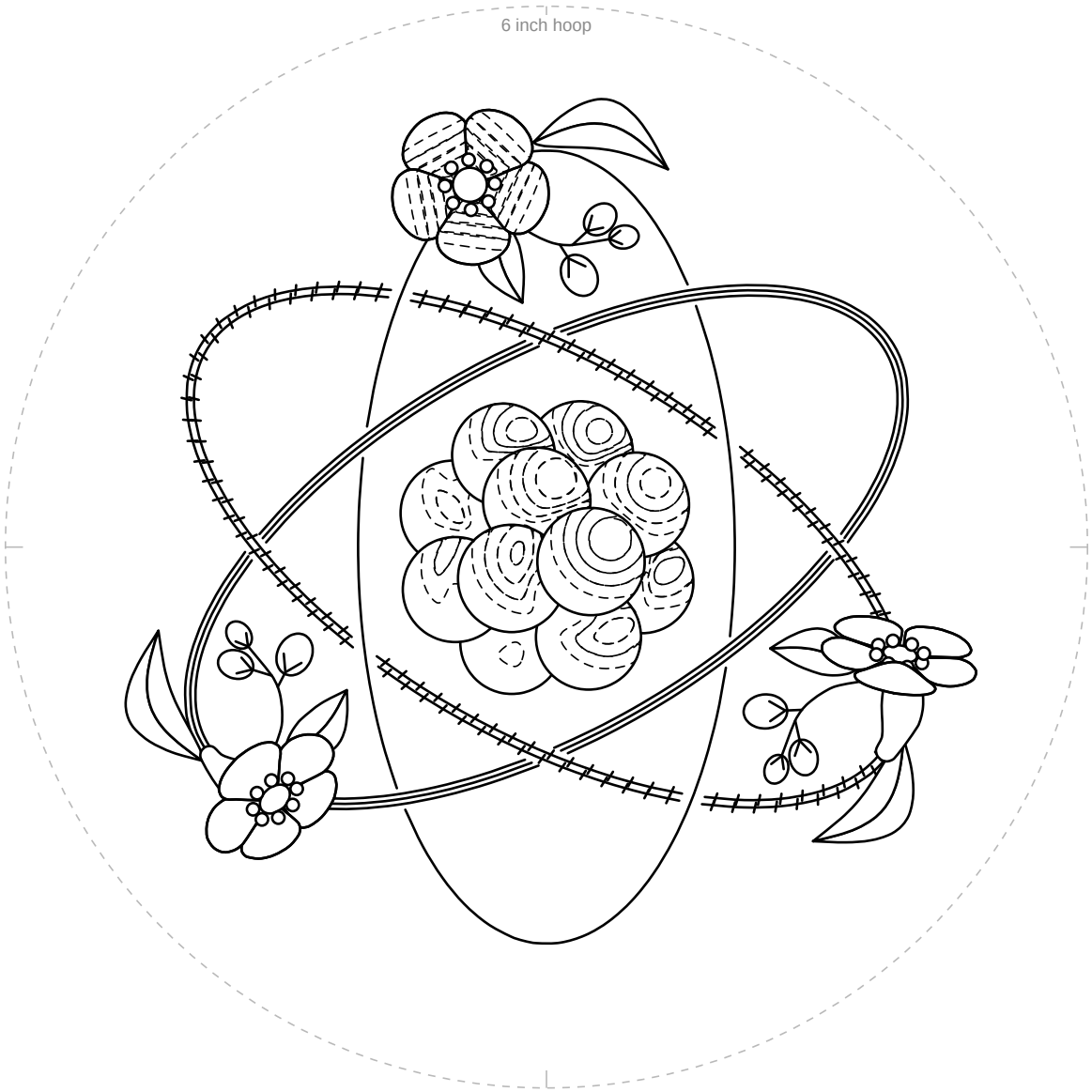
Not 1 inch (25.4 mm)? Print again at 100%.

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Atom with three orbits

6 inch hoop

For an iron-on pen only. Go over the lines, press ink side down.



1 in
25.4 mm

Not 1 inch (25.4 mm)? Print again at 100%.

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