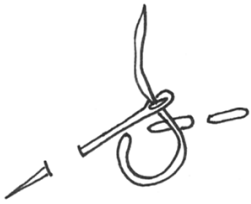


# Stitch Guide

## Running stitch

The needle is worked in and out of the fabric following the line to be stitched, keeping the upper stitches even and the in-betweens should be smaller.



## Back stitch

Bring needle up and take a stitch backwards, bring the needle up again a stitch length in front of the first stitch. Put needle back through the same point as the previous stitch. Keep the stitches even.



## Blanket stitch

Bring the thread up on the line, insert the needle along and in a bit, looping the thread under the needle as it comes out on the line. Pull up and the thread will sit along the line with a straight stitch going in.



## Stem stitch

Working from left to right, take even, slightly slanted stitches along the line to be stitched.



## Chain stitch

Bring the thread up and hold down with thumb. Insert the needle at the same point as it came up and take a small stitch, keeping the thread under the needle.



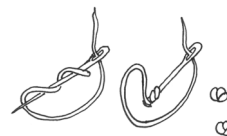
## Daisy stitch

This is like a chain stitch, but instead of continuing on, put the needle back down over the loop.



## French Knot stitch

Bring needle up at required spot. Twist thread around needle twice, keeping the twist on the needle. Insert needle back into fabric in almost the same spot you came up. Before pulling needle down, pull the twist firmly so it sits level with fabric and then pull needle and thread to the back.



## Star stitch

Make a cross stitch, then another one over the top, at a different angle.

