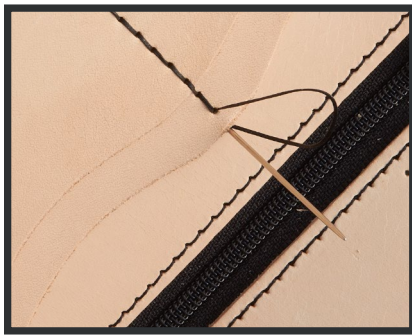


HOW TO BACKSTITCH

The backstitch is a securing stitch that goes over existing stitches to prevent unravelling.



1. At the final hole in the stitch line, reverse the direction of the needles and saddle stitch back through the last 2-3 holes in the line. If the stitch line meets back where the line began, simply saddle stitch over the first 2-3 stitches without reversing the direction of the needles to lock them in. *Pro Tip: If needles are difficult to pull*

through stitches, use a pair of needle nose pliers to help pull the needles through.

2. To finish, pull the remaining thread to the less visible side of the work. Snip off the excess, and tuck it into the last hole.