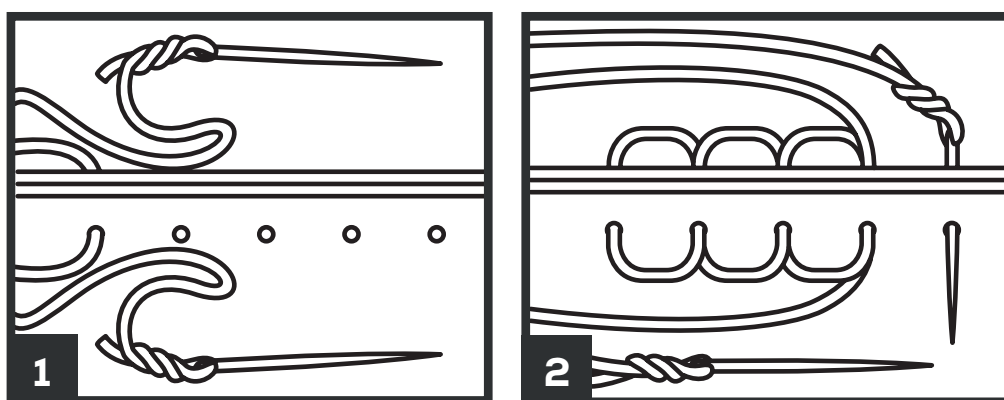


HOW TO SADDLESTITCH

The saddle stitch is a strong stitch that is made up of two independent stitches that lock together. This allows the stitches to hold even if a stitch is broken.



1. Holding one threaded needle in each hand, begin saddle stitching by inserting one needle into the first hole of stitch line. Pull the needle and thread through the hole until there are equal lengths of thread on either side. (Figure 1)

Pro Tip: Use a stitching horse to secure your pieces in place and allow for easier sewing.

2. With one needle in each hand, begin weaving the needles through the next stitch hole, one needle at a time. It is important to be consistent with your motions. Always start each stitch with the same hand. We will start with the left-hand needle for each stitch for these instructions. Push the left needle through next hole in your stitch line.

3. Once the left needle is through the hole, insert your right-hand needle through the same hole,

being sure to pull the left thread back to avoid piercing it with the right needle. Pull each side all the way through the hole and give the thread a gentle tug to tighten up the stitches. (Figure 2)

OPTIONAL: If your stitch holes are large enough, you can insert your needles in the same hole at the same time. Cross your needles into an “X” as you push them through the hole. Be sure to always place the same side needle on the top and bottom for each stitch, then pull the needles through and tighten up the thread with a gentle tug.

4. Repeat Steps 3-4 until you reach the end of the stitch line, starting with the same side needle for each stitch. Be sure to give the thread a light tug at the end of each stitch to keep even tension.