This is a basic guide to all the stitches used in my hand embroidery projects.

For detailed information on each stitch refer to the 
NEEDLEPAINTING & WHITWORK HANDBOOK
available in the online store.

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This method of anchoring your first stitch does not leave any lumps and bumps, please do not use a knot!

Make a tiny back stitch close to the outline of the shape. Bring up at A and down at B, leaving a tail at back. Make a second tiny stitch close to the first and down into the centre of the stitch at C. Give it a tug it should feel secure. Cut off tail at back. To end off your stitching run under a few stitches at back of work.

To secure your thread on a line - near the beginning of the line, make a tiny stitch. Make a second tiny stitch and back into the previous stitch, up at A down at B.
**Backstitch**
Bring the thread up at A, down at B and up again at C ready to start the next stitch.

**Running Stitch**
Bring the thread up at A and down at B. Leave a very small space between each stitch so that most of the stitching is on the front and very little on the back.

**French Double Running Stitch**
Work a second line of running stitch on top of the first - these stitches are worked in between the first stitches. Up at A and down at B. Most of the stitching will be on the front very little on the back.
**Split Stitch**
Bring the thread up at A and down back into the previous stitch at B. This is the split back stitch version used in all my projects.

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**Whipped split stitch.**
Bring a new thread up at the beginning of the line of split stitch - pass this thread in and out of the previous split stitches. Over A and under B.

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**Overcast stitch**
Work a line of double running stitch. Bring the thread up A and down over the line at B. Cover the line with small parallel stitches, like tiny satin stitches.
**Satin Stitch**
Bring the thread up at A and down at B. Work parallel stitches side by side across the shape. The stitches should be at right angles to the shape at all times.

**Padded Satin Stitch**
Outline the shape with double running stitch. Add straight stitches across the shape, you can add a few layers one on top of the other. This is the padding.

Add satin stitches on top of the padding. These should be worked at right angles to the padding and over the outline.
Add random stitches across the shape to establish the direction of your stitches. Each stitch should be approx 1cm (0.4 inches) long, some shorter, some longer. Up at A and down at B over the outline.

**Long & Short Stitch Row One**

Turn your work around so you are working away from you. With the second shade of colour add random stitches across the row as for row one. Come up at A through the previous stitches and down at B into the fabric.

**Long & Short Stitch Row Two**

Continue filling in the gaps with long & short stitches across the shape. The first row should be very full and close together.

Continue filling in the gaps with long & short stitches across the shape. Stagger the stitches so that they are not in a straight line. Keep your stitches in line with the guidelines. Work every other row as for row two.
**Irregular Long & Short Stitch**
Used for feathers/fur. Unlike regular long & short where the stitches are worked side by side, these stitches are varying and slightly staggered.

Work rows of irregular long & short stitches. The stitches should be slightly angled and encroach into the previous stitches in each row. Up at A down at B.

**Split Stitch Filling.**
Fill the shape with adjacent rows of split stitch. The stitches can be lengthened slightly and will resemble small long & short stitches. Good for filling small spaces or branches.

**Split Stitch Outlines.**
Can be used to outline a shape with split stitch prior to or underneath long & short stitch. This defines the shape and provides a nice firm edge. The long & short is worked on top of and over the line of split stitch.
**FILLING STITCHES**

**Dot Stitch**
Similar to seed stitch but worked in alternate rows of tiny backstitches with spaces in between. Make a small backstitch, up at A and down at B. Add a second back stitch on top of this, then bring needle up at C ready to start new stitch.

**Laid Stitch**
Can be worked on top of a layer of straight/satin stitches. Add evenly spaced parallel stitches across the shape, up at A and down at B. Add a second layer on top of these at right angles to each other.

**Continue working alternate rows of double backstitches with spaces in between to fill the shape.**

**Secure each intersection with a tiny stitch as shown. Up at A and down at B.**
French Knots
Wrap the thread around the needle twice. Up at A and round at B.

Insert the needle tip into the fabric very close to the original hole.

Pull the thread quite firmly to form a knot against the fabric, then pull the needle through to the back of the fabric to complete the knot.
OTHER STITCHES

**Bullion Stitch**
Bring the needle up at A and down at B. This will be the length of the bullion.

Push the needle 3/4 way through leaving a long loop. Wind the thread around the needle in an anti-clockwise direction - C. The number of loops depends on the length of the bullion.

Pull the needle gently through the coil of loops and adjust the thread at the same time.

Pull the needle completely through. Push the top of the coil down whilst pulling the thread through to even out the coil. Re-insert the needle into the fabric to complete the bullion.
Satin Stitch Dots
A. Outline the dot with small running/back stitches.
B. Add a star in the centre.
C. Fill the dot with adjacent padding stitches.
D. On top of this add satin stitches at right angles to the padding underneath.

Eyelet Holes
1) Outline the circle with small running/back stitches.
2) Pierce the centre of the circle with an awl, push down till it will go no further.
3) Overcast the raw edges with very close stitches all the way around the edge of the circle. End off by lacing the thread through a few stitches at back.

Straight Stitches.
Work straight stitches as required. Up at A and down at B.