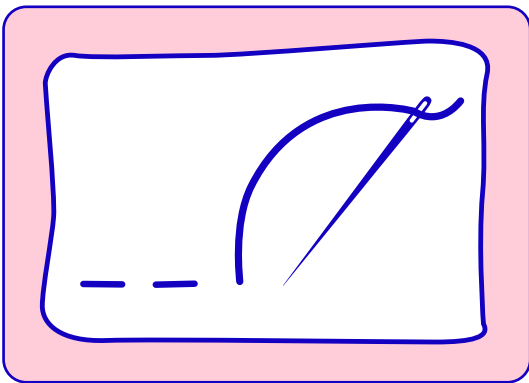


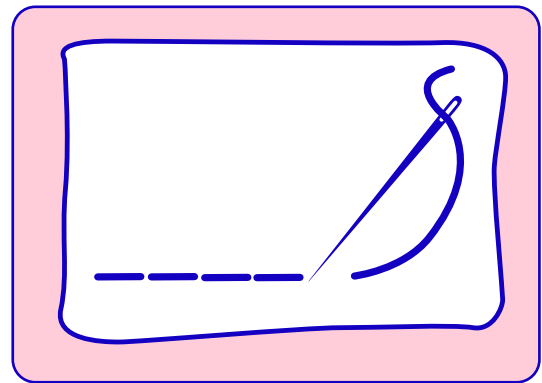
# Hand stitch guide

## Running stitch



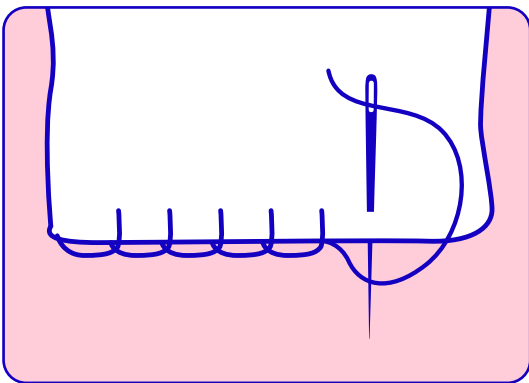
Pass your needle in and out of the fabric, keeping the length and space between the stitches the same each time.

## Backstitch



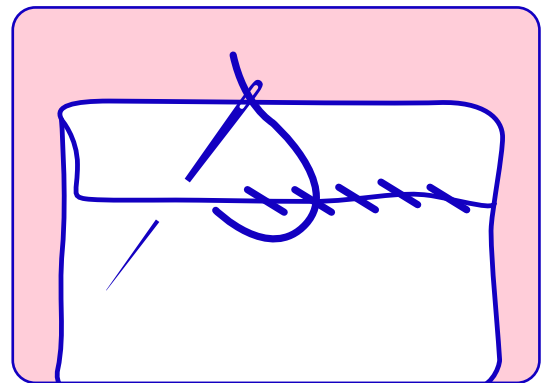
Take a backward stitch and then bring the needle through in front of the first stitch. Good for drawing or writing words with thread.

## Blanket stitch



This stitch is used on edges. Work from left to right. Insert the needle in the upper line and stitch straight down, keeping the thread under the point of the needle. Gently pull up the stitch to form a loop and repeat.

## Whipstitch



A stitch most commonly used for joining fabric. Insert the needle into the fabric at the same angle each time to get a neat finish.

