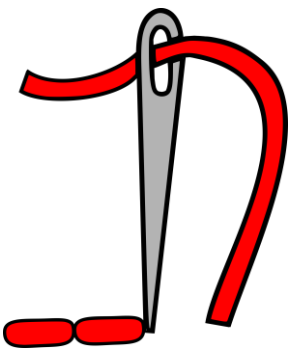


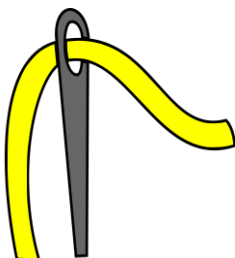
Stitch Guide



BACK STITCH: Good for making clear, bold lines and simple text.

Make a knot in the end of your thread and thread your needle. Bring your needle up from the underneath of the fabric on the line where you will be stitching. Make a small stitch forward (approx. 1cm). On your next stitch bring your needle up approx. 1cm in front of your last stitch so there is a gap. Then take your needle back down in the same place your last stitch went down so the stitches start to form a straight joined up line.

NOTE: Smaller stitches may be necessary on tight curves



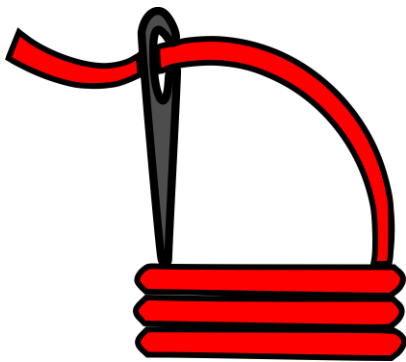
RUNNING STITCH: Good for adding interest, outlining and joining fabric.

Make a knot in the end of your thread and thread your needle. Bring your needle up from the underneath of the fabric on the line where you will be stitching. Make a small stitch forward (approx. 1cm). On your next stitch bring your needle up approx. 1cm in front of your last stitch so there is a gap and stitch forward 1cm again. Continue this to create a dashed line.



LAZY DAISIES: A simple way to add interest and texture

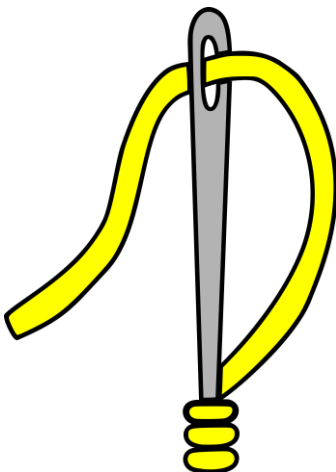
Make a knot in the end of your thread and thread your needle. Bring your needle up from the underneath of the fabric in the place you wish to be the centre of your flower. Then take your needle back down in the same place but do not pull the thread all the way through. Once you have a small loop of thread left on top of your fabric. Bring your needle back up inside the loop of thread. Wherever your needle comes up will be the tip of the petal, go closer to the centre for small petals and further away for larger ones. Once you have pulled your needle and thread all the way through this should prevent the thread from disappearing and leave you with a petal. Take your needle down on the other side of the thread to hold the petal in place. Repeat this 5-6 times from the centre you started with to create a flower.



SATIN STITCH: Good for filling large areas of colour quickly with a smooth texture.

Bring your needle up from the underneath of the fabric on the left side of the widest point on the shape you are filling. Use the thread to create a horizontal line across the shape and take needle down directly opposite where you came up. On your next stitch bring your needle back up on the left side immediately underneath where you came up last time.

Note: Use 1-3 strands of thread for a smoother finish.



FRENCH KNOT: Good for adding interest and texture.

Bring your needle up where you want your knot to sit. Place the hoop on the table so you can use two hands. With one hand pull your thread taut to the left side and then with your needle in your right hand rest the needle under the thread and then use your left hand to wrap the thread around the needle 3-4 times keeping the thread taut. With the thread still wrapped around the needle gently pull the needle back to push it back through the same hole you came up or as close as possible. While pulling your needle back through DO NOT LET GO. Keep your thread taut as long as possible then let go as you reach the end of the thread.

Note: If you are sewing something that will be regularly touched such as a cushion or jewellery you can place a little stitch from the side through the middle of the knot to hold tightly in place.