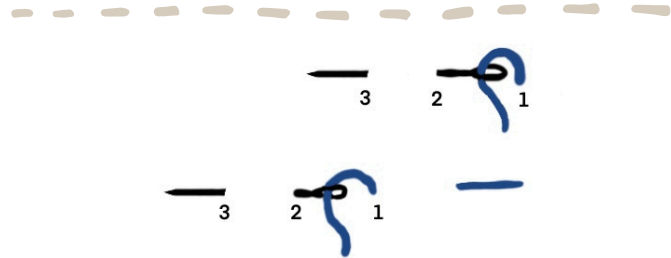


# Embroidery Stitches

## BEGINNER GUIDE

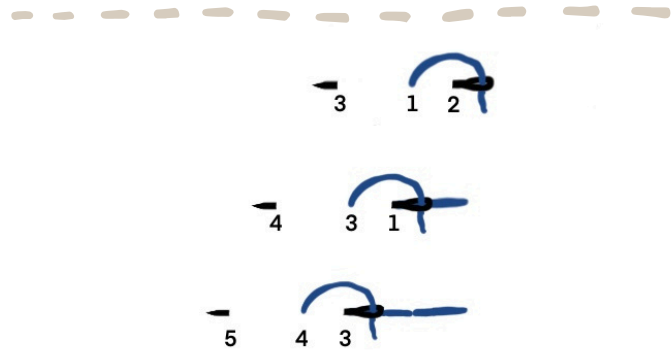
### 1 Running Stitch

Bring your needle up at 1, down at 2, and back up at 3. Repeat this along your line. Each stitch and space should be equal in length.



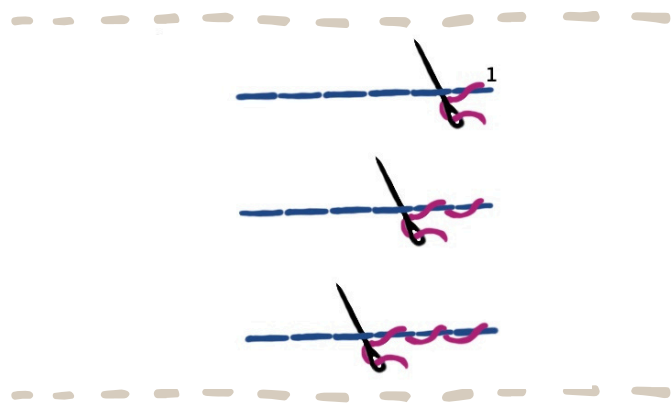
### 2 Backstitch

Bring your needle up at 1, down at 2, and up at 3. For the next stitch, put needle back down at 1 then come out at 4. For the next stitch, insert the needle at 3 and come out at 5. Repeat with equal length stitches.



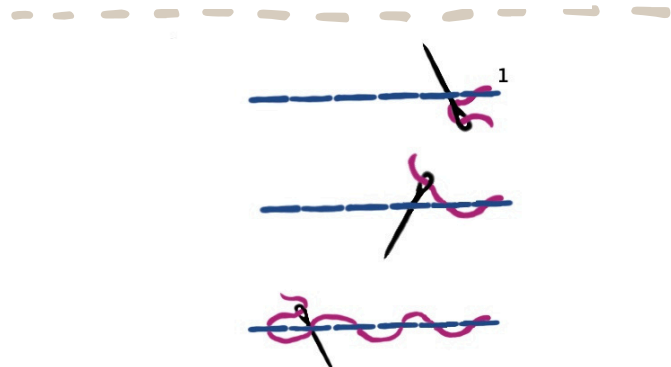
### 3 Whipped Running

Using a line of backstitches, choose a different thread color and come up at 1. Working on top of fabric, cross over first backstitch and slide needle underneath second backstitch bottom to top. Keep thread loose, repeat wrapping backstitches. Insert needle by final wrapped stitch to end.



### 4 Laced Running

Using a line of backstitches, choose a different thread color and come up at 1. Working on top of fabric, slide needle underneath first backstitch top to bottom and then underneath 2<sup>nd</sup> backstitch bottom to top. Slide needle underneath 3<sup>rd</sup> backstitch, top to bottom. Work all the way down and reverse to create full lace effect.



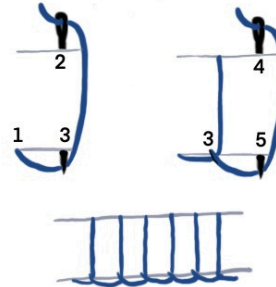


# Embroidery Stitches

## BEGINNER GUIDE

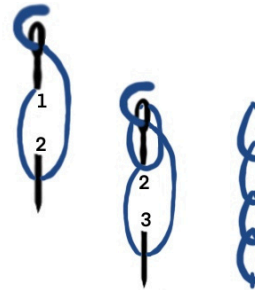
### 5 Blanket Stitch

Use two guidelines and work left to right. Bring needle up at 1, take down at 2, then up at 3, looping the working thread under the needle. Pull through, repeat. Secure last stitch with anchor stitch.



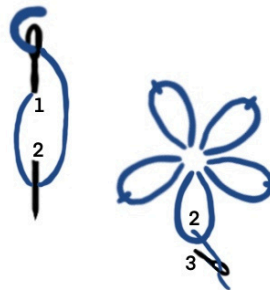
### 6 Chain Stitch

Bring needle up at 1 and pull thread all the way through. Reinsert the needle at 1, allow the tip to emerge at 2 and loop the working thread under the tip. Pull through. Insert needle at 2 again, emerge at 3 looping needle around tip. Pull through. Secure last stitch with anchor stitch.



### 7 Lazy Daisy

Bring needle up at 1 and pull thread all the way through. Reinsert at the same place, looping thread around tip as you bring it up at 2. Pull through. Make an anchor stitch at 3 and come back up at daisy's center to make a new pedal in the same way.



### 8 French Knot

Bring needle up at 1 and pull thread all the way through. Holding it tightly, wind working thread around the needle shaft twice. Keep tight and secure while reinserting needle at 2, right next to 1. Pull gently but keep secured until your knot is finished.

