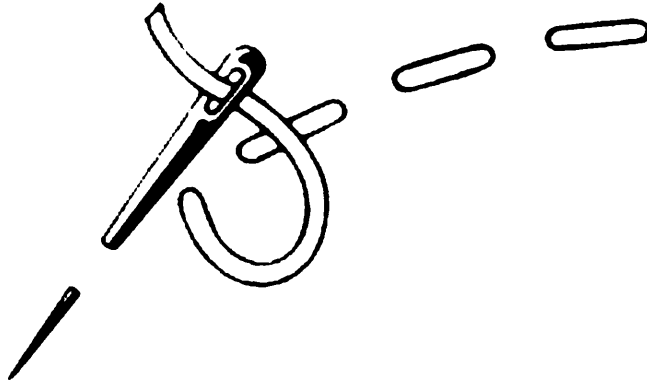


Running stitch



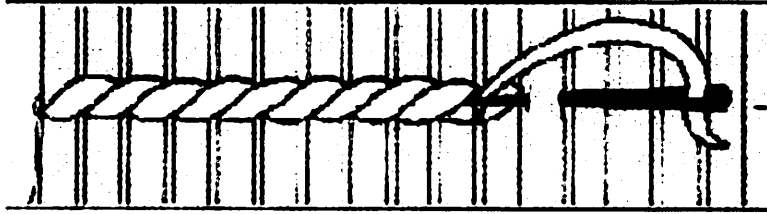
Pass the needle in and out of the fabric, making the surface stitches of equal length. The stitches on the underside should also be of equal length, but half the size or less than the upper stitches.

Stem Stitch



Begin as per instructions for starting a row of stitches. Stem stitch is made with the needle passing horizontally through the pleat and with the thread always under the needle. Give a gentle upward tug as you finish each stitch. Work slowly. Keep your tension constant and use the tip of your needle to straighten up as you go along. Remember to keep the "bite" of your stitches consistent...

Outline Stitch



Begin as before. Outline stitch is made with the needle passing horizontally through pleat and with the thread always over the needle. Gently tug the thread downward as each stitch is finished.