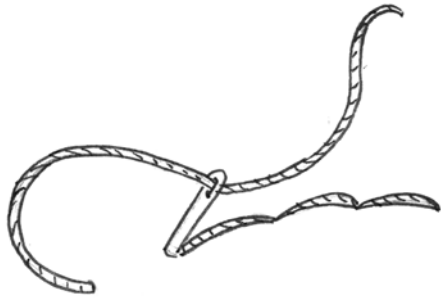


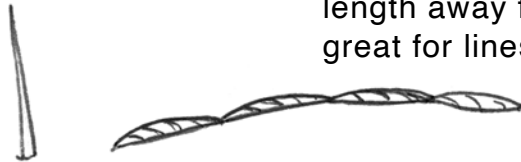
*I recommend using 1 - or 2 strands of 6 strand embroidery thread (like DMC brand thread).



Back Stitch

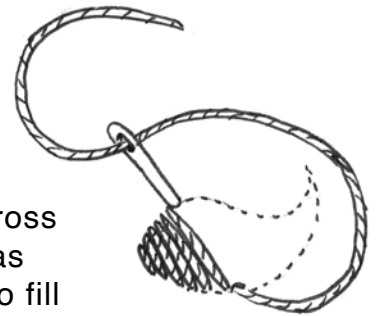
1. Make a single straight stitch and bring your needle out one stitch length away. Bring your needle back down into the same hole as the end of the previous stitch.

2. Continue by bringing the needle back out a stitch length away from the last stitch and so on. This stitch is great for lines and outlines.



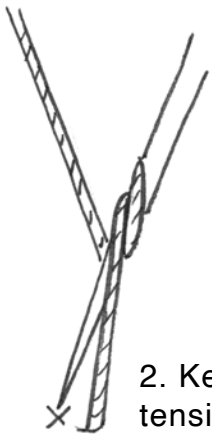
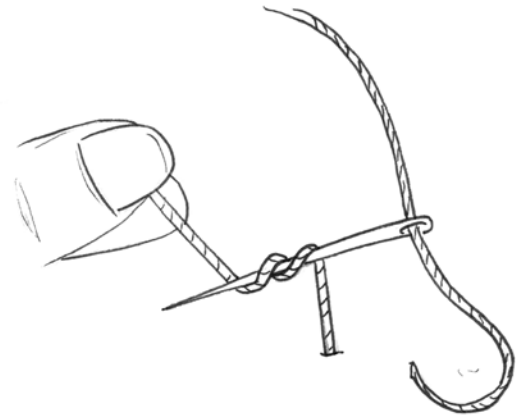
Satin Stitch

Begin at any point on the edge of a shape you'd like to fill. Bring your needle out on the edge of the shape. Re- insert the needle directly across the shape. Bring your needle back up across the shape and as close as possible to the beginning of your first stitch. Continue back and forth to fill the shape keeping the stitches straight and as close as possible.

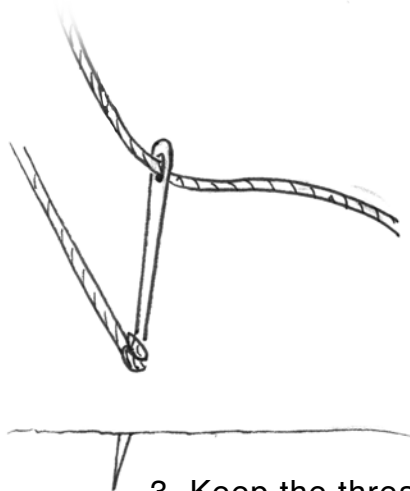


French Knots

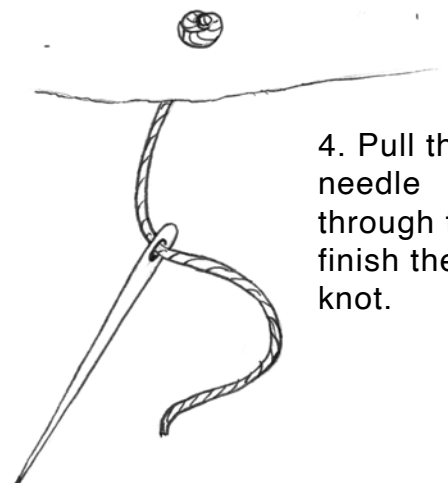
1. Bring the needle through the fabric where you would like the knot. Hold the thread tight about an inch from the fabric with your other hand. Place your needle in front of the tight floss - be sure it's in front - not behind. Wind the floss around the needle twice (or once for a tiny knot), Don't twirl the needle to wind the floss - wind it around the needle with your non-needle hand.



2. Keep the tension of the floss and put the needle back in right next to where you began.



3. Keep the thread tight with your non-needle hand and pull the coil downward towards your fabric.



4. Pull the needle through to finish the knot.