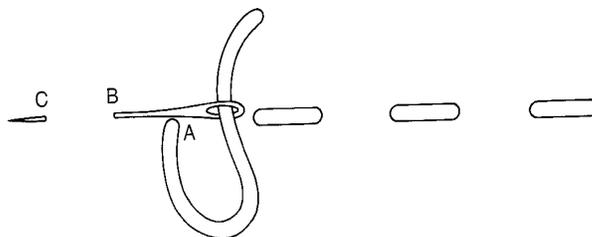


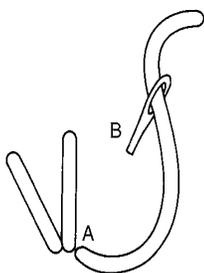
Running Stitch

- *Uses:* For outlining and building texture.
- *How to:* With the thread on top at A, insert the needle at B, and come up at C. Repeat.
- Can be evenly or unevenly spaced and grouped to form linear textures.



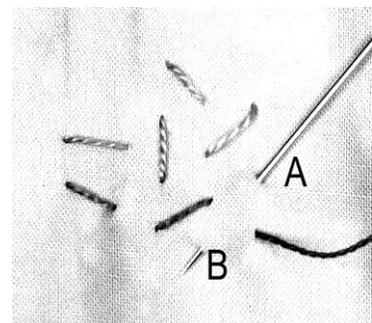
Straight Stitch

- *Uses:* For accent marks and to help define fabric shapes (like window panes and grass).
- *How to:* With the thread on top of the quilt at A, point the needle in any direction (B) and stick it down drawing the thread along with it.
- Can be in any direction and evenly spaced (or not). Just don't make them too long or the thread may bag and snag.



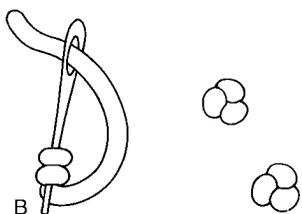
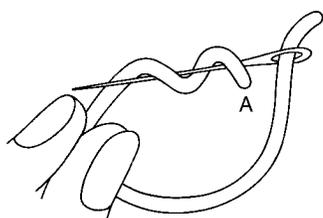
Scattered Seed Stitch

- *Uses:* As a texture stitch for filling in larger areas.
- *How to:* With the thread on top at A, insert the needle at B in a random pattern making stitches about 1/4" – 1/2" long.
- The most difficult part of making the *Scattered Seed Stitch* is keeping it random. Try not to have the stitches form a pattern by repeating stitch angles near each other. Think of the stitch angles in terms of an hour hand on a clock. This gives you 6 different directions to make stitches.



French Knot

- *Uses:* For accent marks, to help define fabric shapes (like doorknobs), and to build up texture.
- *How to:* Grasp the thread in your left hand and hold it parallel to the fabric. Wind the thread around the horizontal needle 3 times. Holding the wound thread in place, scoot the tip of the needle just next to where the thread initially emerged from the fabric. (Don't pull the thread too tight around the needle.) Poke the needle into the fabric and slowly draw the thread through the knot to the back. Continue to gently grip the thread in your left hand so it doesn't tangle as its drawn through the knot.



Pistil Stitch (French Knot Variation)

- *Uses:* For accent marks, texture building to help define shapes (like flower pistils).
- *How to:* Follow the directions for the French Knot but extend the point where you

reinsert the needle (B) to about 1/4" beyond where you emerged from fabric (A).

