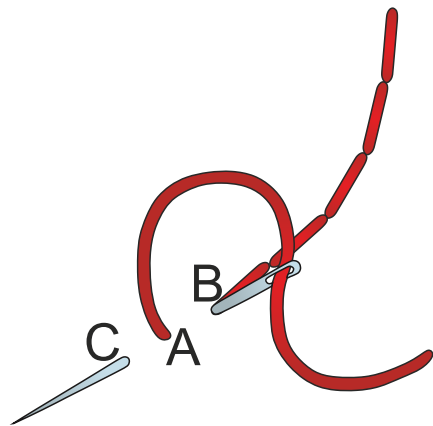
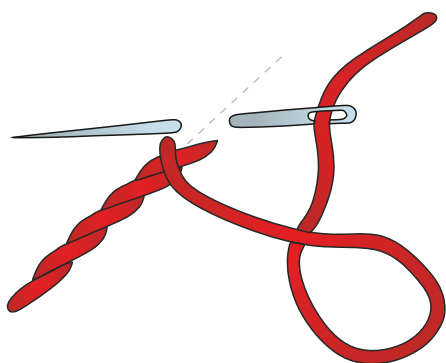


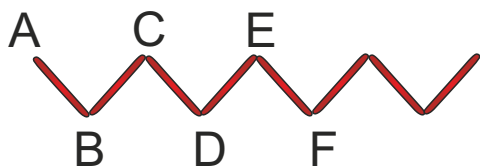
# Stitch Guide #4



**Back Stitch** - This is a lovely easy stitch to do. It is great for using as an outline, or for stems, etc - any unbroken line that you might need in your embroidery. To work the stitch, bring your needle up through the fabric at A. Then take the needle back through the fabric at B and bring it out again at C. Continue in this fashion until you have the desired length of stitches.



**Stem or Outline Stitch** - Work the needle in and out of the fabric in even stitches. The angle at which your needle goes into and out of the fabric, and the size of the stitch you make will determine the thickness of the line. Because this stitch creates a thicker line than just doing a backstitch, decreasing either the thickness of thread or number of thread strands you use, compared to the rest of your work, may be advisable.



**Zig Zag Stitch** - Bring the needle up through the fabric at A and then down at B, coming up again at C. Then go back down through B and up through C again. Now, down through D and up at E. Down again at D and up through E. Down at F, and so on. If you stitch in this order, you will have a neater finish and thread will not be carried across the back of your work - which if you are using a thin fabric, would be visible from the front.