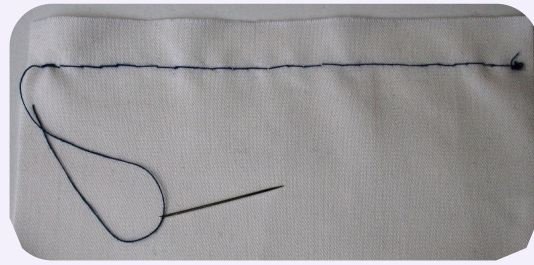


How To Hand Stitch: Back Stitch



Equipment Needed

- * Needle
- * Needle Threader (optional)
- * Thread
- * Pins
- * Sharp Scissors

Back Stitch

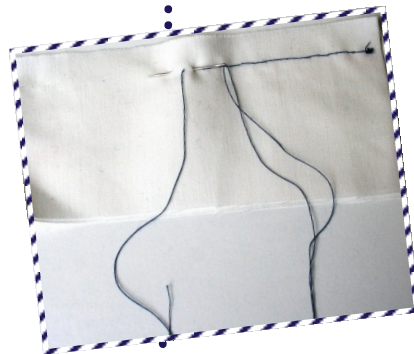
A strong stitch that can be used to join two pieces of fabric permanently together. From the top side the stitches look like machine stitches. On the reverse side there are longer looped stitches.

Step One

Thread a needle and tie a knot in one end of the thread.

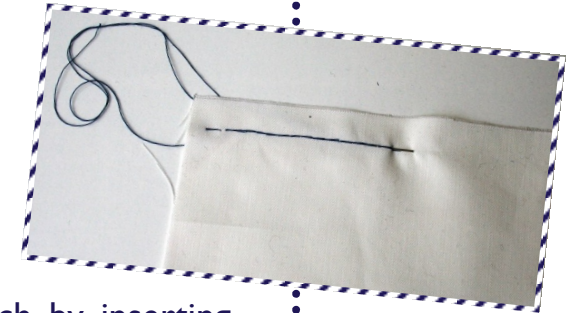
Step Two

Insert the needle through all fabric layers and instead of going forwards make a small backstitch, about 0.5cm.



Step Three

Bring the needle up 0.5cm in front of the first stitch.



Step Four

Make another backstitch by inserting the needle back into the fabric so that it meets the stitch behind.

Step Five

The back should look like this.

