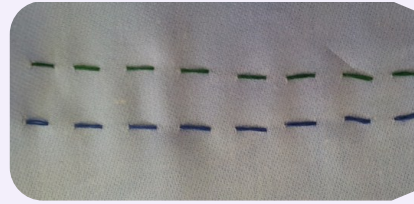


How To

Hand Stitch: Running Stitch



Equipment Needed

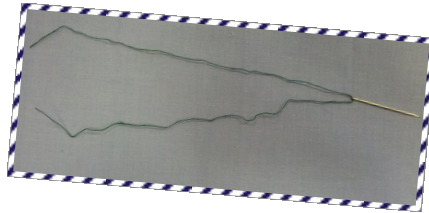
- * Thread
- * Needle
- * Scissors

Running Stitch

This is one of the easiest stitches and can be used for a variety of sewing projects.

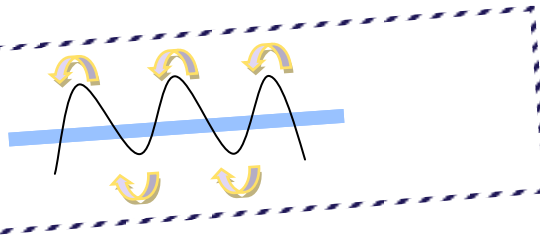
Step One

Select your chosen colour of thread and thread your needle with enough for the item you are sewing. Double up your thread and make a knot.



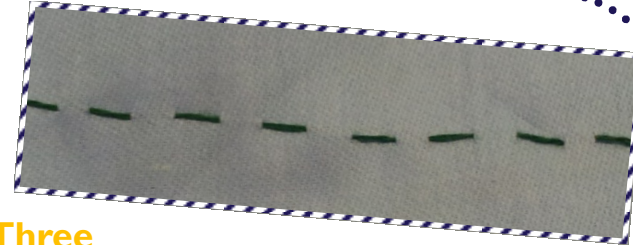
Step Two

Coming up from the bottom of your fabric, make running stitches by moving the needle in and out of the material in an 'up and down' motion.



Step Three

Make sure both the stitch length and the space in between are the same each time.



Step Four

Don't pull the stitches too tightly or the fabric will begin to gather.



Step Five

When finished, go over the same stitch three times to secure it and cut off any excess so it looks neat.