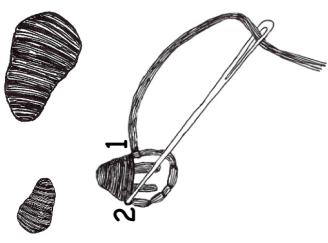
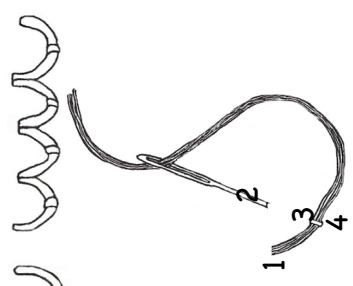


Satin Stitch is a lovely fill-in stitch and looks deceptively simple. Outline your figure in backstitch first and then add some straight stitches within your figure for padding. Bring your needle up on one side, **1**, cross over your figure and insert your needle on the opposite side, **2**. Do not pull too tightly; a looser stitch will spread more and look better.



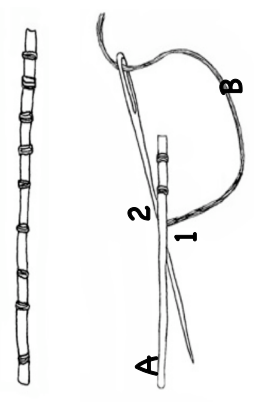
Satin Stitch

Scallop Stitch is a decorative stitch that can be used individually or in groups. Bring your needle up at **1**, hold down a loop of floss with your thumb and take your needle down at **2**. Bring your needle up at **3**, going over your looped floss, then down again at **4**. Scallops can be made bigger or smaller based on your spacing and the size of your loop.



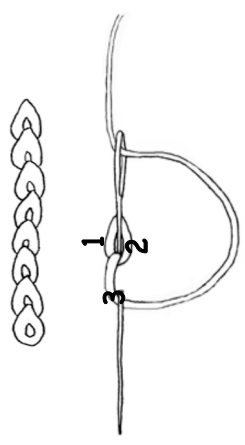
Scallop Stitch

Couching is a great stitch for outlining and decoration. You work with two different threads. The first thread, **A**, is laid down along your design line. The second one, **B**, is used to make small stitches around thread **A** to tack it down. Bring thread **B** up through the fabric right below thread **A** at **1**, go over thread **A** and insert the needle (**2**) close to the top of thread **A**. Keep stitches evenly spaced apart.



Couching

Chain stitch is a nice decorative stitch, especially for flowers and leaves, but can also be used for outlining. Bring your needle up at **1**, and then holding a small loop of floss with your thumb, insert your needle, **2**, very close to **1**. Come up at **3** being sure to go over the loop of floss. Each subsequent chain is connected to the previous chain.



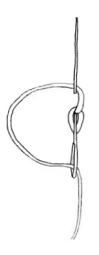
Chain Stitch

French Knot



The French Knot can be adjusted in size by varying the number of strands of floss and by how many times the floss is wrapped around the needle. Bring your needle up at **1**, wrap your floss around your needle three times as in Step 2 and insert your needle, **2**, as close as possible to **1**. Pull the needle through the wrapped floss and the fabric while firmly holding the wrapped floss knot against the fabric.

Cassi Griffin <http://belladiah.typepad.com>



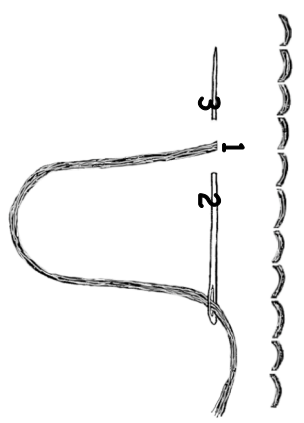
Packet

Stitch

Back

Created by Cassi Griffin
for Sew, Mama, Sew

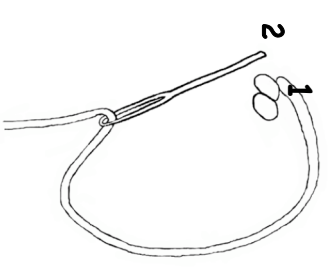
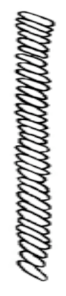
Back Stitch



Back Stitch works well for stitching text and outlining. This stitch is worked right to left. Bring your floss up at **1**; insert your needle to the right at **2**, and bring up again at **3**. For the second stitch, insert needle just to the left of **1** and out along your design line. Try to make your stitches uniform in length.

Sew, Mama, Sew www.sewmamasew.com

Stem Stitch



Stem Stitch is a slanted stitch that is great for outlines, especially curved ones. Bring your needle up at **1** and down at **2**. The next stitch is brought up along the side and the previous stitch at the midline.