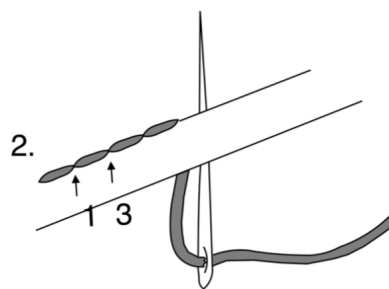


### Satin stitch

A lovely stitch for filling in shapes and the sheen of thread it makes is irresistible. First, push the needle up at the edge of your shape. Make the first stitch by going back down, then come up next to where you started the first stitch. Repeat! Repeat!

### Back stitch

The stitch I use all the time for outlines of shapes. Go up through your fabric and then back down through the fabric to the left of where you first came up. Then go up through the fabric again, but this time to the right of that first stitch. Then, go back down through the exact spot of the first stitch and keep going on in this way, going back on yourself.



### Stem stitch

This is a great stitch for outlines. Make a first small stitch then bring the needle back up through the fabric on the right or left side close to the first stitch, about 3/4 the way along it. Repeat.

