



Supplies
Thread
Fabric

Tools
Needle

Back stitch is great stitch if you want to outline shapes or details in stitched thread. It is almost as easy as running stitch, and is quite similar, except that running stitch produces a broken line of stitching (has a space between each stitch), and back stitch produces a solid line of stitching (no spaces). It is useful for straight lines and curvy lines, and to get neat curves, just use smaller stitches. You can also use it to stitch two pieces of fabric together, if you don't have a sewing machine, or if you need to sew by hand. Place the two pieces of fabric on top of each other, with the front sides together (this is called 'right sides together') and edges lined up, and follow the instructions below stitching through both layers of fabric.

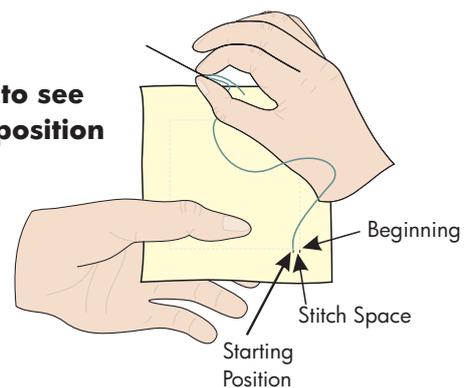
Before You Start

- Have a threaded needle in the starting position on the fabric. Instructions for starting a thread can be found at imagine.make.believe.com.
- If you are using more than one thread, use them all at the same time using the instructions below.
- When stitching or sewing, have the needle in the hand that you normally write or draw with and hold the fabric with your other hand.
- When doing back stitch - if you are right handed, stitch towards the left of the fabric as you sew. If you are left handed, stitch towards the right of the fabric as you sew.

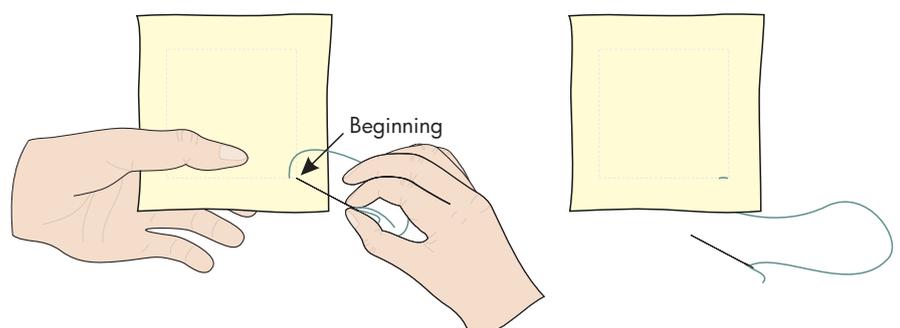
Instructions

1. Have the needle at the starting position, which is one stitch space away from the beginning of the area you want to stitch.

Zoom in to see starting position



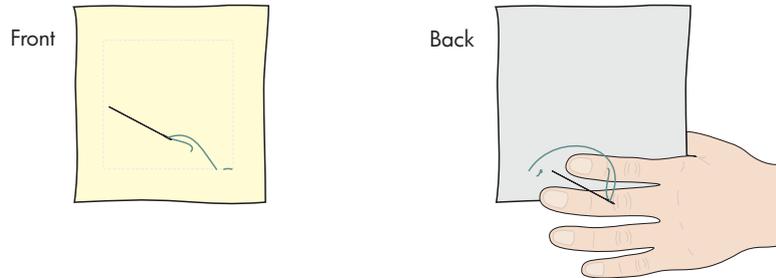
2. Poke the needle into the fabric at the beginning of the area you want to stitch and pull the needle and thread through to the back.



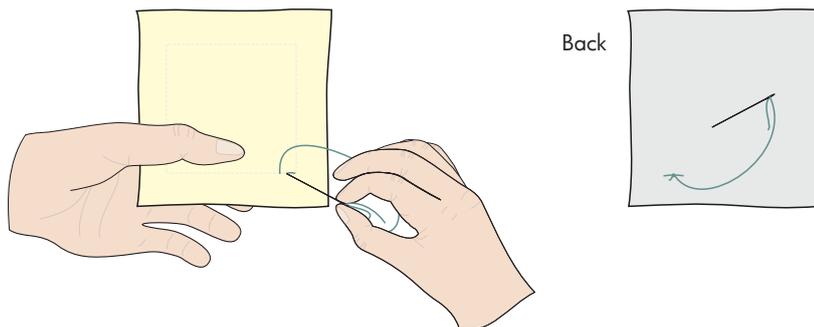
How To Do Back Stitch? page 2



3. Bring the needle and thread up on the front, one stitch space from the last stitch.



4. Poke the needle into the hole where the last stitch came up and pull the needle and thread through to the back.



5. Repeat steps 3 and 4 until you have finished stitching the area or run out of thread. Try to keep the stitches the same distance (space) apart, and the same size, as this will look neater.

