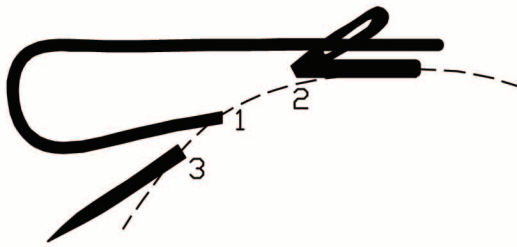
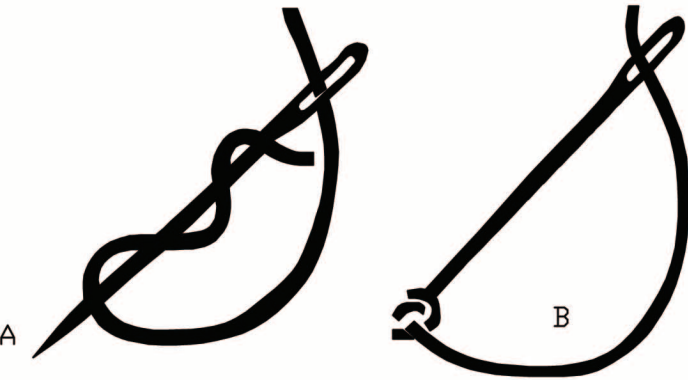


## Back Stitch



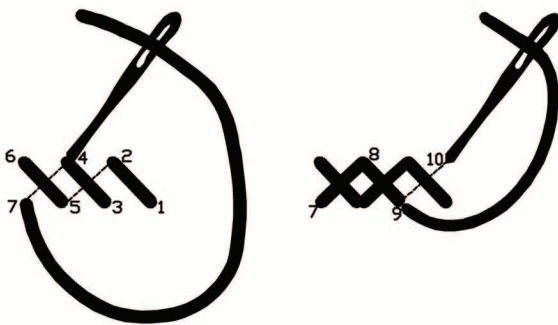
Start by bringing the needle up through the material at the stitch line (1). Next, make a small backward stitch and go back through the fabric (2). Then, skip ahead two stitch lengths and come up through the fabric (3). Finally, make another backward stitch, pushing the needle in where it first came through (1). Repeat pattern to cover entire stitch line.

## French Knot



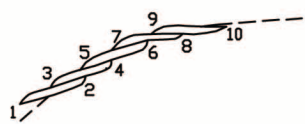
Start by bringing the thread out at the required position. Hold the thread down with the left thumb and wind the thread twice around the needle (A). Still holding the thread firmly, twist the needle back to the starting point and insert it close to where the thread first came through. Pull thread through to the back and secure for a single French Knot or pass it on to the position of the next stitch (B).

## Cross Stitch



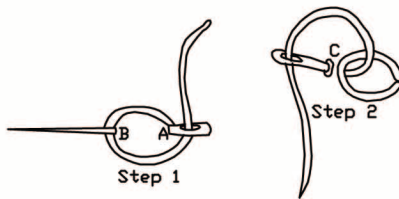
Start on a row of cross stitches by bringing the needle through at the lower right line of the cross (1) and insert at the top of the same line (2). Next, come back through the fabric at the lower left of the next cross stitch (3). Continue to the end of the row in this way. On the return trip, complete the other half of the cross. Try to keep the top strands of all the stitches pointing in the same direction.

## Stem Stitch



Work from left to right, taking regular, slightly slanted stitches along the stitch line of the design. The thread always emerges on the left side of the previous stitch. **NOTE: DOUBLE STEM STITCH** is simply a stem stitch done side by side.

## Lazy Daisy



This is a single chain stitch, often used as a small flower petal or leaf. The thread is brought over the end of the loop and the needle inserted at C, about one thread beyond B, to hold the loop in place.