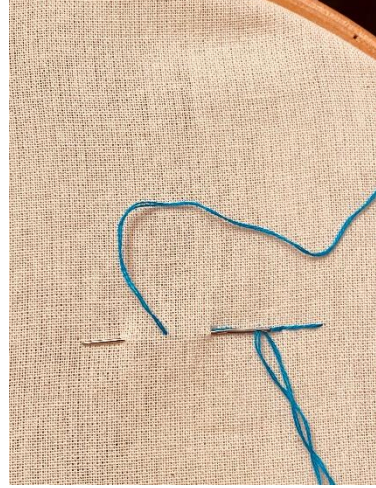
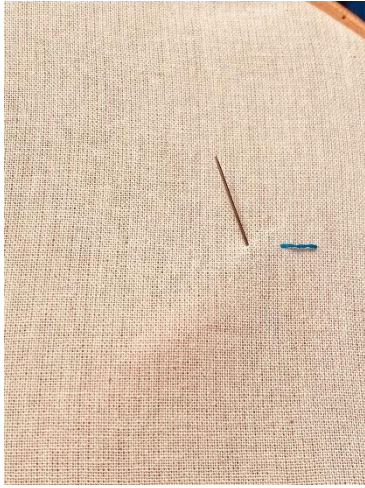


Back Stitch



Make a single running stitch, finishing at the back of the fabric.

Come up through the fabric a little distance away from the first stitch, and then move backwards to the first stitch to go through to the back of the fabric. Continue in the same vein.

See picture 3 for the sewing method.

