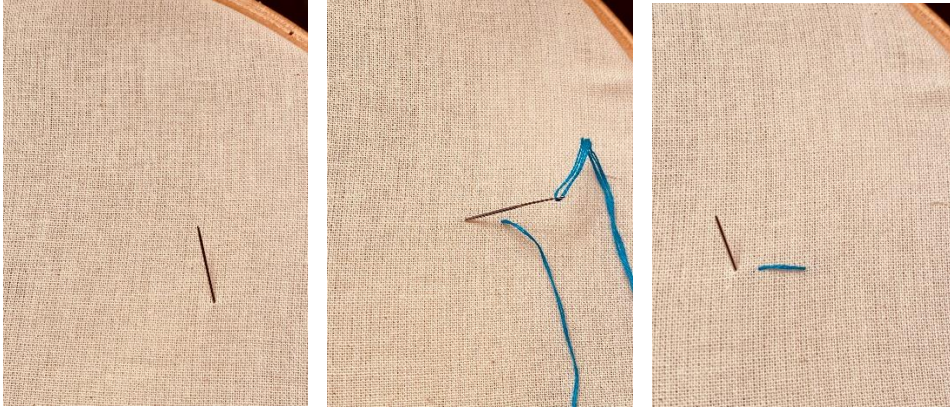


Running Stitch



Pull the thread through from the back to the front of the fabric

Then, a short way away, pull the thread through to the back of the fabric, leaving a straight line stitch

Repeat, leaving a gap between each stitch

If you're using the 'sewing' method (picture 4), sew to the back and to the front in one movement

