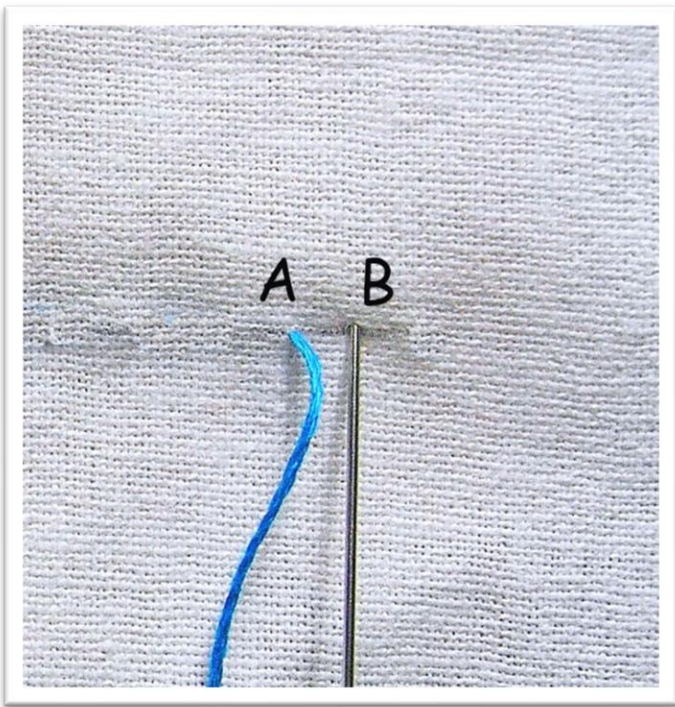# SEWING TECHNIQUES

Running Stitch

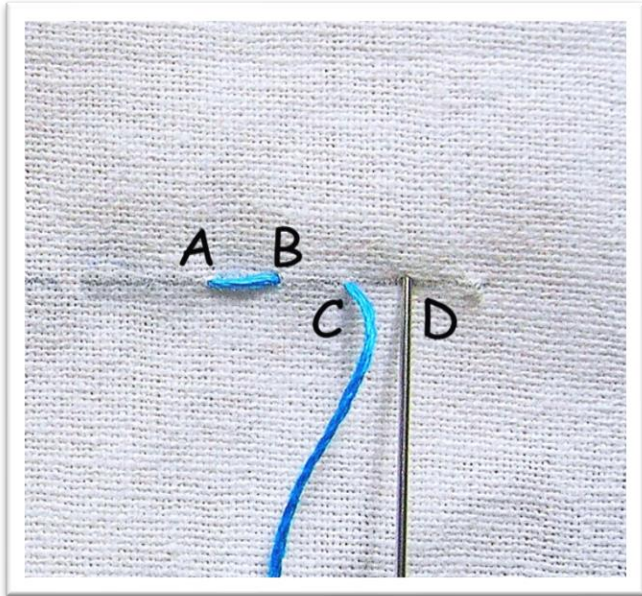**Stitch Category:** Line stitch, Straight stitch
Used in: Surface embroidery - outlines, borders, foundations and fillings, Needlepoint

Running Stitch is done by running the needle up and down the cloth at a   regular distance.
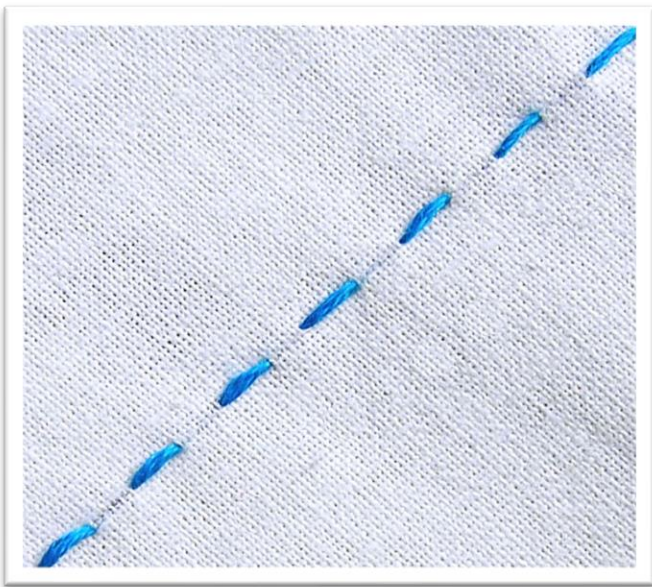
1. Bring the thread through **A**. and take it in through **B**. This creates one stitch

Running Stitch

2. Now bring it out through **C,** and in through **D.** Continue stitching in this manner.

3. Try to keep the length of the stitches on the upper-side as same as possible and keep it consistent.

REFERENCES:

- fhttps://www.embroidery.rocksea.org/images/embroidery/Lesson2-Printable-resource.pdf