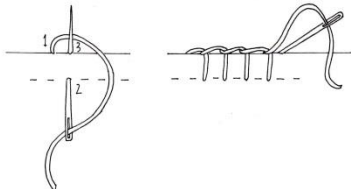
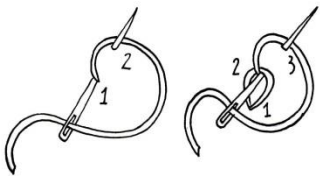


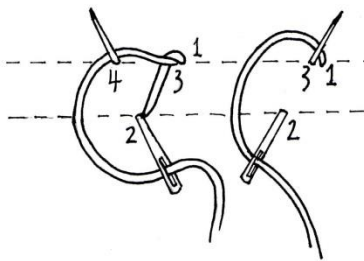
**Back Stitch** - Working from right to left, come up at 1, down at 2, and back up at 3. Repeat as needed. Use this stitch for stems, and line detail. Use a chalk pencil or fade-away marker to guide your stitches.



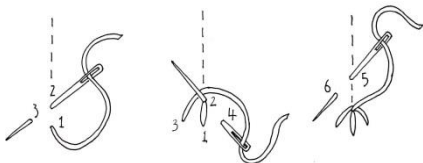
**Blanket Stitch** - This stitch can be worked from the right or left, but I find it more comfortable to work from left to right. Come up at 1, down at 2, up again at 3, wrap the thread around the back of the needle and pull through. Repeat as needed. The spacing between stitches is a personal preference, but I use 1/4-inch spacing for my notepad covers.



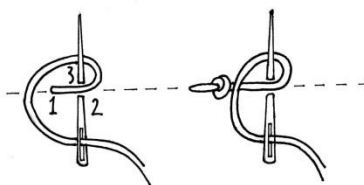
**Chain Stitch** - This is a great stitch for making stems. Come up at 1 and pull the stitch all the way through. Go back down at 1, up at 2, wrap the thread around the back of the needle and pull through. Go back down at 2, up at 3. Pull through. Repeat as needed. Tack down the last loop with a short straight stitch.



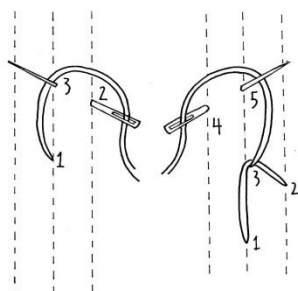
**Closed Blanket Stitch** - This stitch can be worked from the right or left like the regular blanket stitch. Come up at 1, down at 2 and back up at 3, wrap the thread around the back of the needle and pull through. Go back down at 2, up at 4, wrap the thread around the back of the needle and pull through. The stitch should resemble a "V". Repeat as needed,



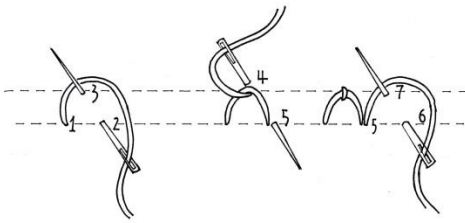
**Closed Fly Stitch** - This stitch is great for leaf veins, flower stalks and stems. I like to work this stitch from bottom to top. Come up at 1, down at 2, up at 3 and pull through. Go back down at 4, up at 2, wrap the thread around the back of the needle and pull through. Repeat as needed. Tack down the last loop with short straight stitch.



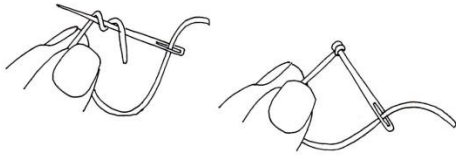
**Coral Stitch** - This makes a nice variation for flower stalks. You can work left to right or from bottom to top. Come up at 1, down at 2, up at 3, wrap the thread snug around the needle and hold the loop down with the opposite thumb while you pull through. The knot that is created should be snug against the fabric. Repeat as needed. The distance between knots is up to you.



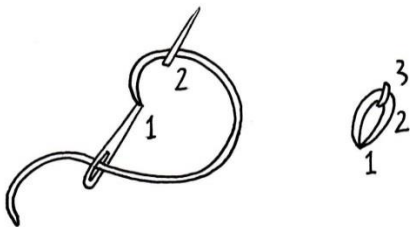
**Feather Stitch** - I use this stitch as a decorative border or a flower/berry stem. I use a fine point chalk pencil to mark three parallel lines. Starting at the center line, come up at 1, down at 2, and up at 3, loop the thread around the back of the needle. Pull through. Repeat by alternating from side to side. The side branches can be varied lengths if desired.



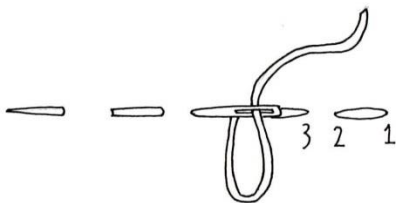
**Fly Stitch** - This stitch can be done singly, or in a row for a decorative border. It can be worked from the left or right. Come up at 1, down at 2, up at 3, wrap the thread around the back of the needle and pull through. Insert the needle down at 4 and pull through for a single stitch. Repeat as needed.



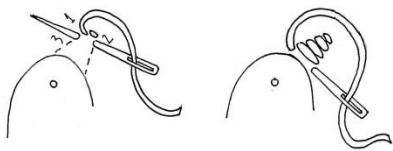
**French knot** - Bring the needle up through the fabric and pull through. Hold the needle about 1-inch above and parallel to the fabric. With the opposite hand grasp the thread with your thumb and forefinger. Wrap the thread around the needle and pull taut. Insert the needle back into the same hole and pull through.



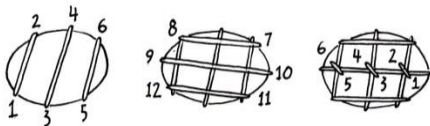
**Lazy Daisy Stitch** - This stitch can be used for small leaves or the petals of small flowers. Come up at 1 and pull through. Insert the needle back into 1, up at 2, wrap the thread around the back of the needle and pull through. Insert the needle at 3 to tack the loop down.



**Running Stitch** - I use this stitch for smoke or a primitive outline. Come up at 1, down at 2, and up at 3. Repeat as needed.



**Satin Stitch** - Draw an outline of the space you wish to fill. Come up at 1, down at 2, up at 3, and pull through. Keep stitches close together. Repeat as needed.



**Square Laid Stitch** - I use this stitch for flower centers. Create a grid pattern with long straight stitches. Tack the stitches down at the intersections with short straight stitches.



**Stem Stitch** - I use this stitch for flower stems and vines. I work this stitch from left to right. Come up at 1, down at 2, up at 3 and pull through. Keep each stitch the same length and begin the next stitch halfway down the previous stitch.