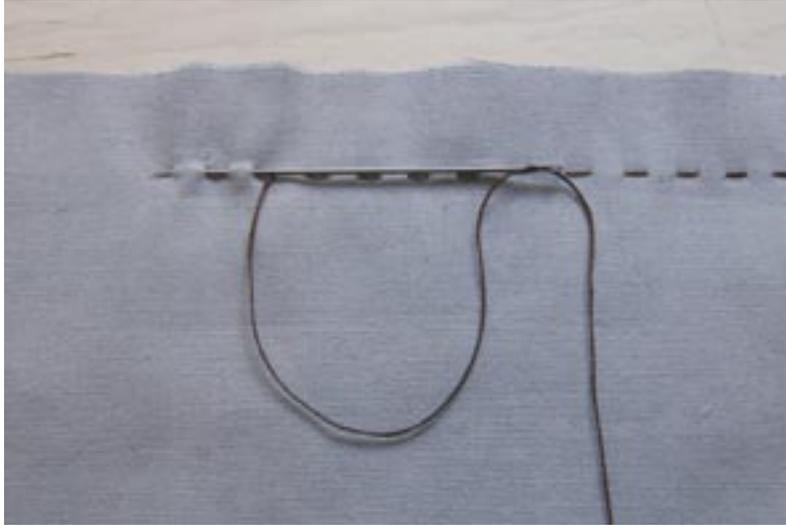


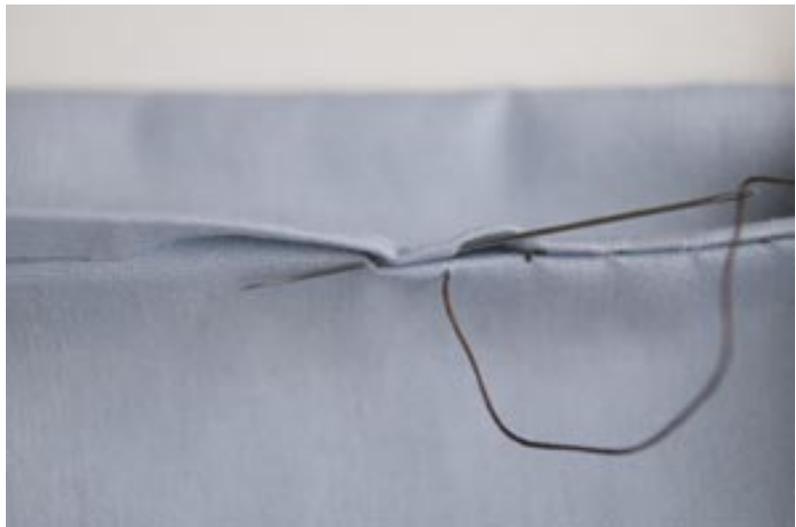
Running Stitch



The running stitch is the most commonly used stitch, good for seaming, mending, and quilting. For this stitch, use a long, thin needle. Weave the point of the needle in and out of the fabric several times, then pull the thread through. Work for evenness first, and then speed. When basting is called for in a pattern to temporarily hold fabric in place, use a running stitch with long, loose stitches that will pull out easily once the final stitching is done.

Slip Stitch (also known as Blind Hem Stitch)

This stitch is good when you want to hide your stitches as in a blind hem stitch, some appliqué, or heirloom quilt repair. When used for a hem, it's good because when a hem rubs against your body, the hem stitching is the first to wear out. Not so with a blind hem because the stitches are sandwiched (hidden) between layers of fabric. Baste or pin your hem into place. Fold the basted or pinned hem back along the top edge and stitch, picking up only a couple strands of thread in your garment while taking a long stitch inside the fold in the hem. Never draw the thread tight. For quilt repair or appliqué, use the same concept but without the folded hem. Simply pick up a couple strands of thread on your top fabric (that has been folded under)—the piece you are appliquéing on or your quilt repair piece.



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