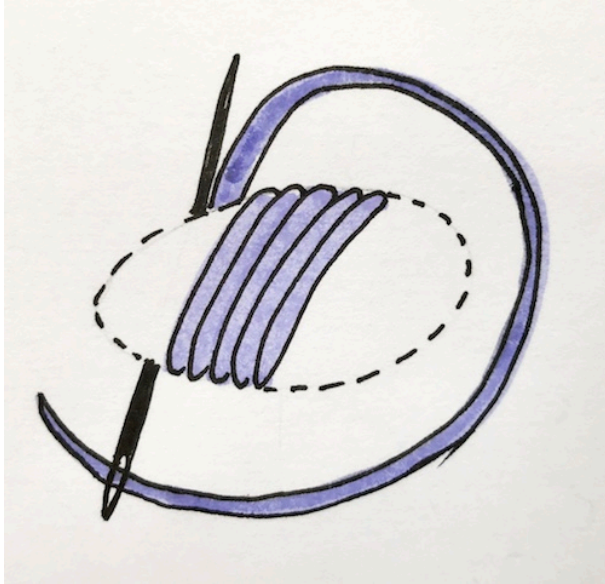


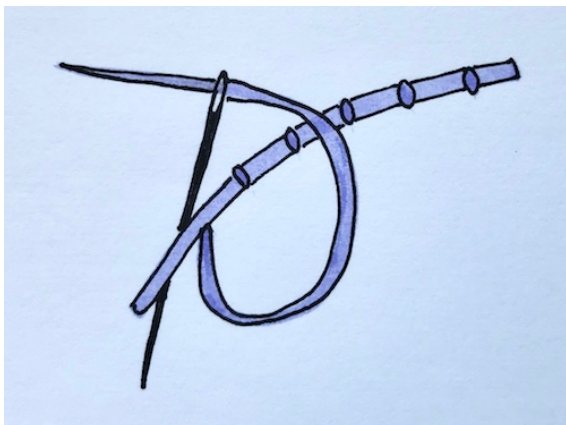
# Stitch Instructions

## Satin stitch



This is absolutely the best stitch if you want your shape to be filled in. It's easy to do and is quick. I usually stitch the stitches a bit slanted and the stitches lie very close to the next one. I often start in the middle of the shape and work down, then turn my work around and stitch the other half, starting from the middle out. This just keeps all your stitches straight. Make sure your thread doesn't get twisted, keep straightening it out. I usually use 3 strands for satin stitch.

## Couching stitch



This is a great stitch for long stems or very curly shapes. It is just a thicker thread laid on top and a thinner thread catching it down at regular intervals with a small stitch. The small stitch could be a contrasting colour for interest.