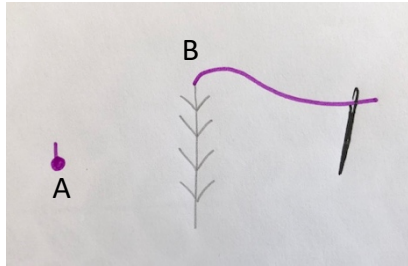


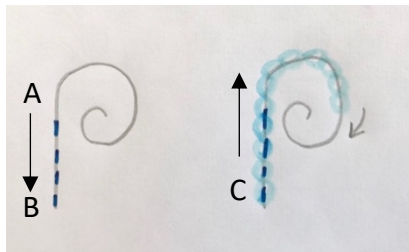
Starting your stitching- 3 different methods

1. You could use a knot at the end of your thread which is easy to do but may show up as a little lump when you iron your finished work.

2. You could use a waste knot. Make a knot at the end of your thread, insert the needle down, about 3 inches away from where you wish to start stitching- **A**, so the knot sits on the top of the fabric. Bring the needle up (careful not to pull too tight) at the start of your stitching area- **B**. When you have finished that section, cut the end of the knot off, turn your work over and rethread that 3-inch piece of thread. Stitch through the stitches at the back to finish off securely.



3- You could stitch the end of your thread **A** into the design with a running stitch working towards your starting point **B**. Then when you begin to stitch your motif **C**, you will immediately work over your running stitch and therefore embed the start of the thread. This has been illustrated using 2 shades so that you can see it more clearly.



Securing your threads

When you've finished, take the thread through to the back, thread it through a couple of stitches and pull tightly, then repeat but this time before you pull it tight, thread through the loop that has formed to make a knot, then pull tight. Cut end off close to knot.

Once you have completed the design, iron well on the wrong side onto a soft folded towel. That way you don't flatten the stitches. I often use a water spray to iron and steam it a bit as it dries.