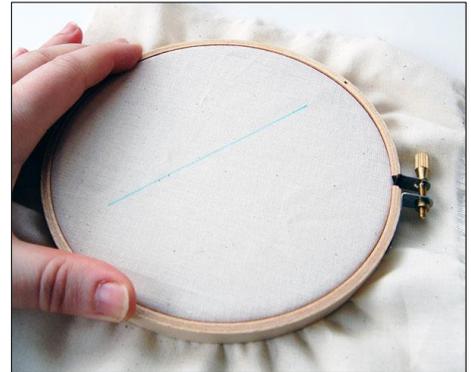


## How to Do Backstitch

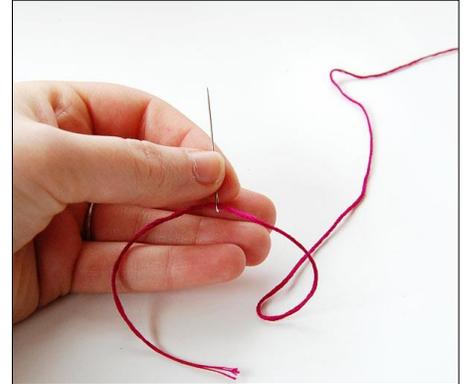
1. Trace a line onto your fabric. You can use a light pencil line. (I used a blue embroidery pen) You can trace an initial or a picture by holding up the picture and cloth over it up to the window. The lines need to be simple.



2. Secure your fabric into your embroidery hoop. If possible, secure it so your entire line is contained within the hoop.



3. Thread your needle. I usually use two strands of floss. (Or one strand if it is thick floss). Tie a knot at the end.



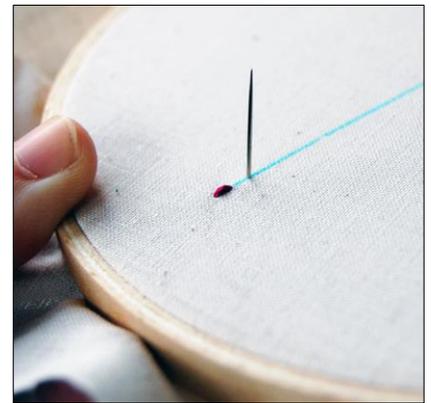
4. Begin your stitch. You start a stitch length *into* your line and then stitch *back* to the beginning. Decide on the length you plan on making your stitches, and start your first stitch that distance from the starting point of your line.



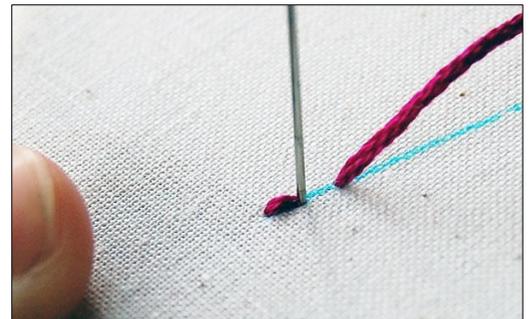
5. Complete your first stitch by passing your floss back through your fabric at the starting point of your traced line.



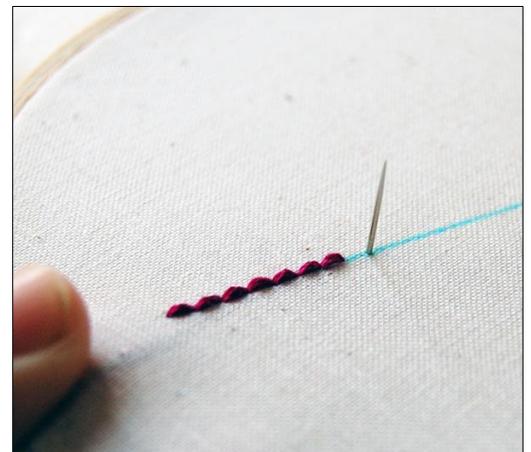
6. Move on to the second stitch in your line. Pass your floss through the fabric from back to front, with an equal distance in front of your first stitch. You want to try to make each stitch about the same size to give your line a uniform look. If you are stitching around curves, smaller stitches will help the line look smoother.



7. Complete the second stitch by passing your floss back through your original starting point. This keeps your stitches in a continuous line and prevents gaps. Each stitch will end by passing through the beginning point of the previous stitch.

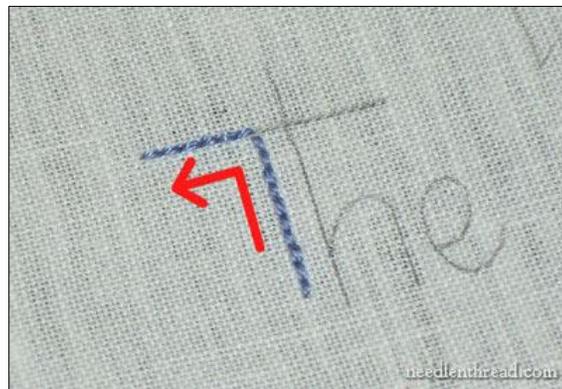


8. Continue stitching in this way until you reach the end of your traced line. Tie a small knot to secure your floss.



## Travel by Whip Stitching in the Back

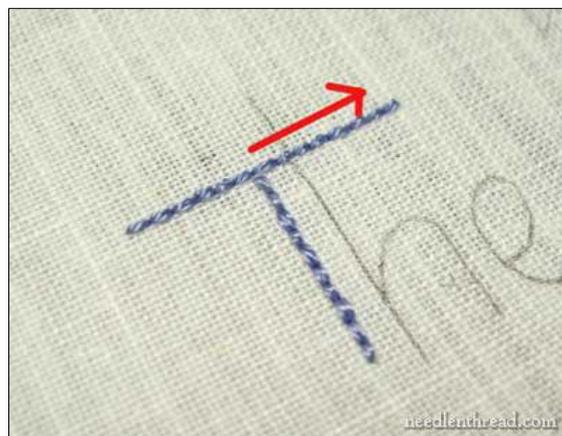
In this next case, our last backstitch ended away from where we need to pick up. I started my next stitch on the cross line right in the middle of the line and worked the backstitch all the way to the left end of the cross line. *This process works only when the lines are touching each other. You need to start new pieces of floss if you are starting a letter that does not cross the other one.*



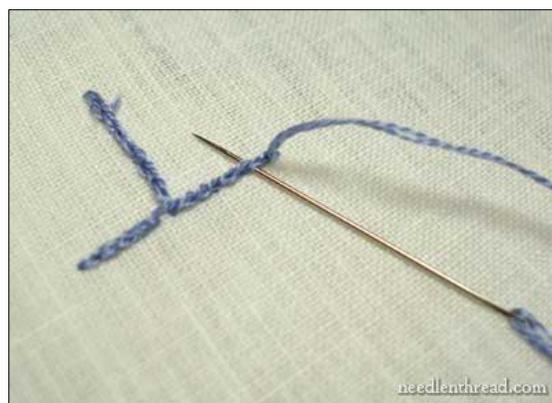
1. To return to the center and finish the right side of the cross line, turn your work over. Wrap your working thread around the back of the stitches by “whip stitching” around the back of the stitches. You’ll only need to whip the back of the stitches about twice to return you to the center of the cross line. Make sure you don’t pick up any fabric! Just take your needle underneath the threads, wrapping them.



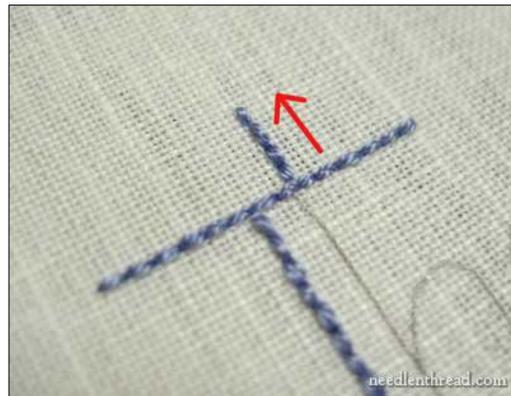
2. Finish backstitching the cross line all the way to the right.



3. The next step is to return to where the H crosses the cross line of the T. To do this, turn your work over and whip stitch around the back of the stitches, to the point where the H crosses the cross line on the T.



4. I'm working the top of the H that extends above the cross line on the T. This way, I don't have to travel back up here later to finish the H. It's important to look ahead when you're embroidering text, to see the easiest (and "cleanest") path to follow for your stitches. In this case, stitching this little stem here will get it out of the way. Then, I can move back down and do the rest of the H.



5. Once you get to the top of the H, turn your work over and "travel" your threads back down the back of the stitches by whipping them as you did above.



6. So, just as you traveled your threads on the back before, now you'll turn over your work and wrap the back of the stitches up the point where the bump on the H begins.



7. This only works when the lines are touching. To start the "e", you need to cut new pieces of floss and start again.