



How to do a 'running stitch'

This is the easiest stitch to learn. You can use a running stitch for loads of sewing projects.

- First thread your needle with about 30cm of cotton.
- Make a knot at the end of your thread. An easy way to do this is hold the thread tail and wind the thread around your fore finger two or three times. Then release the tail and slip it through the wound loop you've made. Pull to make the knot.
- Now coming up from the bottom through your fabric, make running stitches by moving the needle in and out of the material with the needle in an 'up and down and then up again' movement.
- Try to keep your stitches the same length with the same sized space in between.
- When finished, go over the same stitch three times to keep it secure.

