

MAKER SKILLS LIBRARY

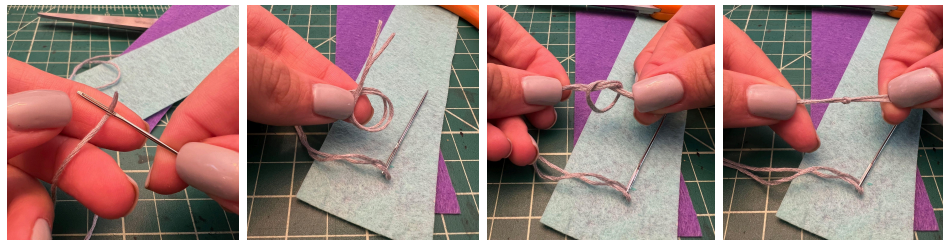
Maker Skill: Running Stitch

A running stitch is a simple hand sewing stitch that can be used in embroidery or to attach together two pieces of fabric with a strong seam.

1. Begin by cutting out and aligning the two pieces of fabric you want to sew together. If necessary, insert one or more pins to hold the pieces together. Cut a piece of thread about as long as your arm.



2. Thread your needle, pulling the thread through the needle eye about halfway. Then gather the two ends of thread and tie them together in a knot. Pull the knot and the needle in opposite directions so the needle is in the middle of the thread.



3. Begin stitching by poking the needle through both pieces of fabric and pulling the thread through until the knot reaches the fabric. Keeping the needle on the same side of the fabric, create the first stitch by pushing the needle back through to the other side.



4. Create your next stitch on the back side of the fabric by pushing the needle through the back side to the front side and pulling the thread through. Try to keep your stitches the same length.



5. Continue making stitches, alternating pushing the needle through the back side and the front side of the fabric. As you stitch, the thread will create a dotted line pattern on each side of the fabric.



6. When you are near the end of your thread or reach the end of your seam, create a knot. Push the needle through the fabric near your final stitch and come right back through to the same side, picking up a small amount of fabric with your needle. Pull the needle and thread part of the way through the fabric, leaving a loop. Insert the needle through the loop, then pull tightly creating a very small stitch that will work as a knot. Cut the thread.



Note: The smaller and closer together your stitches, the stronger your seam will be. In the example photos, the stitches are about $\frac{1}{4}$ inch long and about a $\frac{1}{4}$ inch away from the edge of the fabric.

