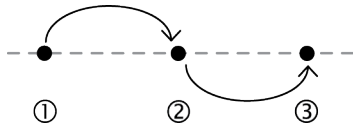


## Back Stitch

Back Stitch is the stitch you learn once you've mastered Straight Stitch and Running Stitch. It's a flat, tidy stitch that's worked forwards on the top surface and backwards on the reverse, creating a strong, continuous line.

It's also a sturdier option when you're joining two pieces together.

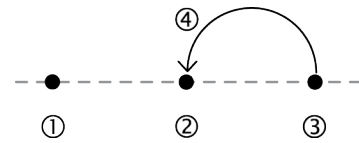
I often use Back Stitch for outlining details, such as the glasses on my owls (see the photographs below).



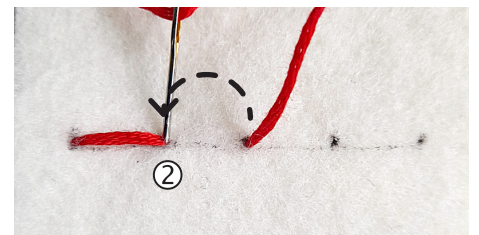
**Step 1.** Thread your needle and knot the end. For your first stitch, bring the needle up from the back at ① and take it down again at ②.



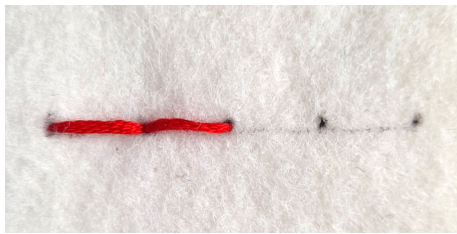
**Step 2.** Next, bring your needle up from the back at 3 to begin the second stitch ③.



**Step 3.** Insert your needle back down at ②.



**Step 4.** Keep the second stitch aligned with the first, leaving no space between them for a tidy finish.



**Step 5.** Next, bring your needle up from the back at ④.



**Step 6.** Continue sewing until you complete your row of stitches.



When you reach the end of the row, knot the thread on the back to secure your stitches.

## Examples

