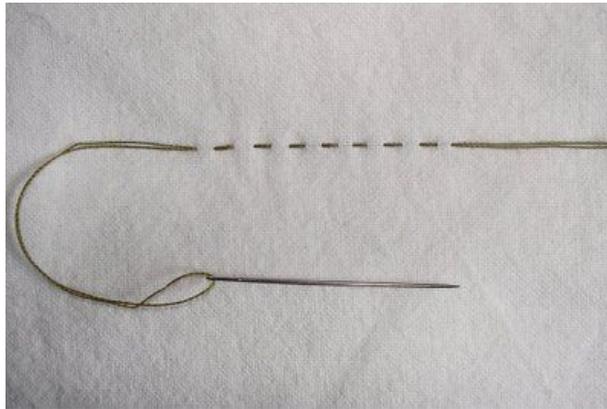# TEXTILES MIX - Hand Sewing Basics: Stitches

Straight or Running stitch:

A straight or running stitch is the most basic stitch. It is formed by running the needle and thread through the fabric at a regular distance.
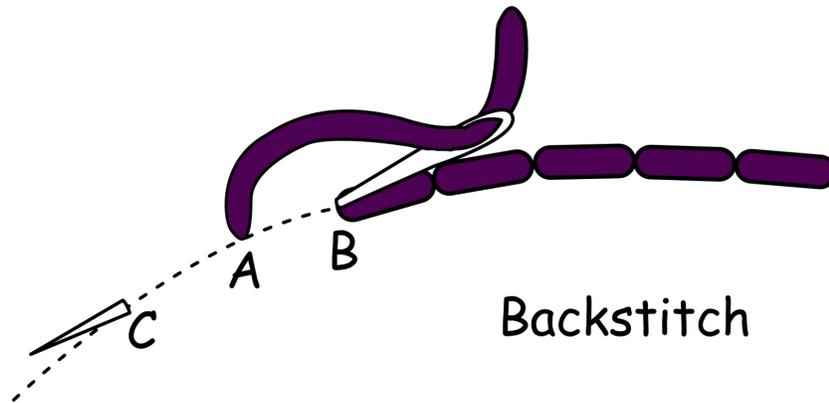


1. Single-thread your needle (unless you need a particularly thick stitch, then double-thread).
2. Tie a strong knot in the end of the thread.
3. Working from the back, push the needle through to the front of the fabric and pull until the knot is flush to the back of the fabric.
4. Push the needle through the fabric from front to back, a short distance from where you pulled it through. Increase the distance between where you pull the needle through from the back to where you push it through from the front to create a looser basting stitch.

Running or straight stitches are used for delicate seams, where you don't want a lot of thread. You can also use it to create a line for decorative embroidery. Using larger spaces between stitches make this stitch good for hand-basting: holding two pieces of fabric together loosely and usually only temporarily.

Back stitch:

Another straight line stitch, similar to the running stitch.

Backstitch

1. Single-thread your needle.
2. Tie a strong knot in the end of the thread.
3. Working from the back of the fabric, push the needle through to the front of the fabric and pull until the knot is flush to the back of the fabric.
4. Push the needle down one stitch length to the right (or left, if you are left-handed) of where you pulled it up. This forms one stitch.
5. Pull the needle up from the back of the fabric one stitch length to the right (or left, if you are left-handed) of where you pushed it through.
6. Push the needle down in the same spot or butting right against where you pushed it down for the previous stitch. Continue, moving one stitch length forward when the needle is behind the fabric, and one stitch length back to push the needle back through from the front.

This creates a very solid stitch, useful for finishing seam or mending things.