

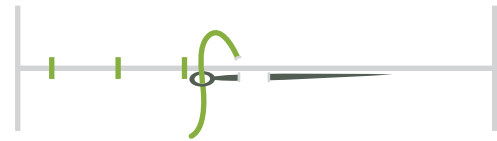


BASIC GUIDE TO HAND STITCHING

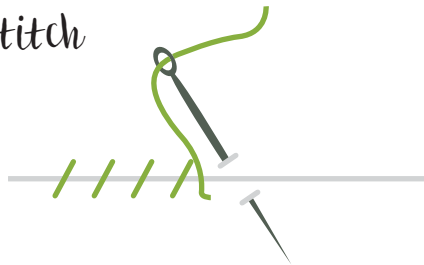
Back Stitch



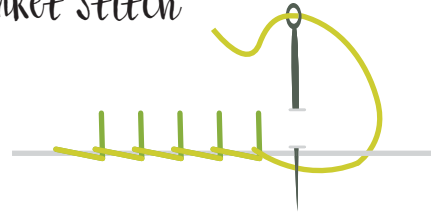
Ladder Stitch



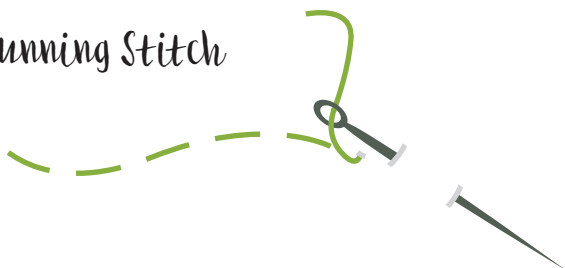
Whip Stitch



Blanket Stitch



Running Stitch



Chain Stitch

