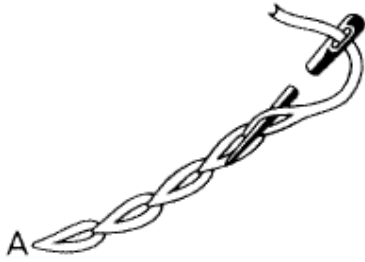


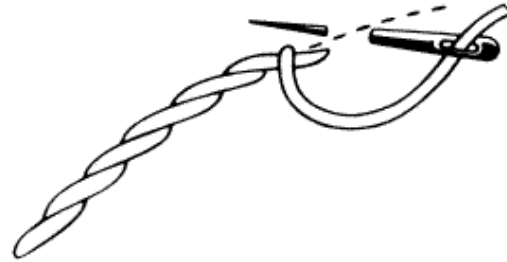
Five Basic Period Embroidery Stitches

1. Split Stitch



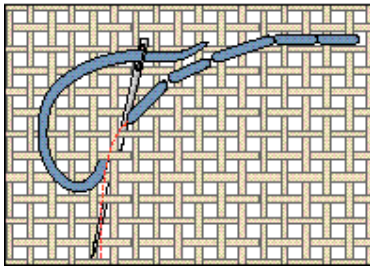
Bring the needle through at A and, following the line to be covered, take a small back stitch so that the needle comes up through the working thread, as shown in the diagram.

2. Stem Stitch



Work from left to right, taking regular small stitches along the line of the design. The thread always emerges on the left side of the previous stitch. This stitch is used for flower stems, outlines, etc. It can also be worked as a filling stitch if worked closely together within a shape until it is completely filled.

3. Back Stitch



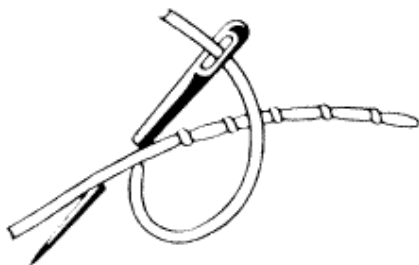
Bring the thread through on the stitch line and then take a small backward stitch through the fabric. Bring the needle through again a little in front of the first stitch, then take another stitch, inserting the needle at the point where it first came through. In Blackwork, a single back stitch is usually worked over two threads on a single-thread evenweave fabric.

4. Chain Stitch

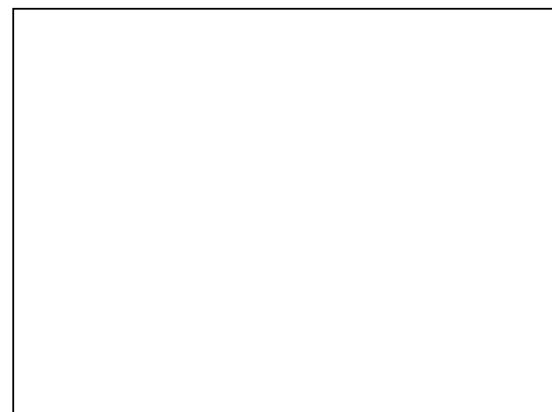


Bring the thread up at the top of the line and hold it down with the left thumb. Insert the needle where it last emerged and bring the point out a short distance away. Pull the thread through, keeping the working thread under the needle point.

5. Couching



Lay down the thread to be couched, and with another thread catch it down with small stitches worked over the top.



Use this space to design a small motif for a favour using any of the above stitches.