

# Discovering Stitches

## 2. Back Stitch

### What is back stitch?

Back stitch makes a solid line of strong stitching. It is often used for outlining shapes in embroidery which are then filled in with cross stitch.

It goes forward and loops back on itself, usually from right to left.

In this glove, from the Fashion Museum, backstitch has been used to make stems for these pretty flowers. Count how many colours you can see?



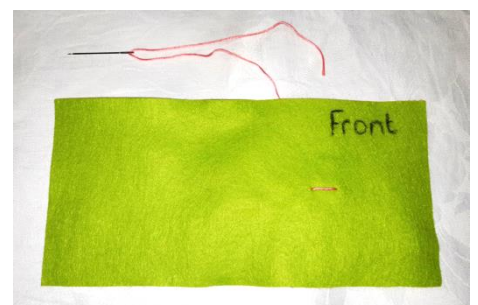
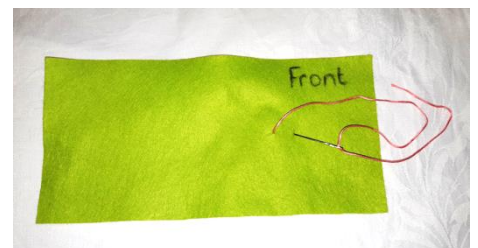
### How to back stitch:

Thread your needle and tie a knot at the end of the thread.

Back: From the back of the fabric poke the needle through to the front.

Front: A little way along to the right of where the thread came through, push the needle back into the fabric and pull to the back.

This is the first stitch.

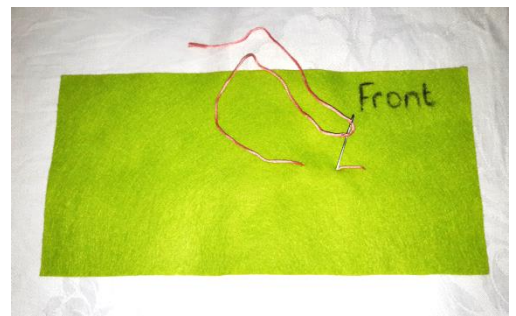


Back: Loop the needle at the back of the fabric to the left and point it through a little way along from the first stitch.

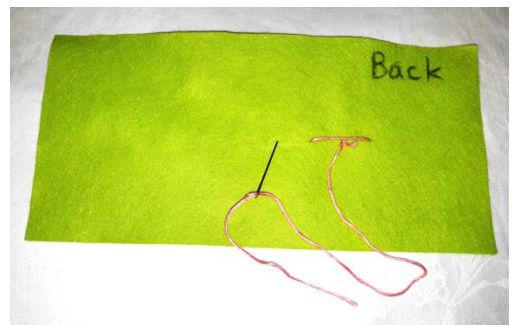


You will be looping two steps forward and one step back each time.

The front of the fabric will look like a single line.



The back of the fabric will look like a double line.



You can use back stitch to draw shapes on fabric or write words.



Do you want to try back stitching your name?

