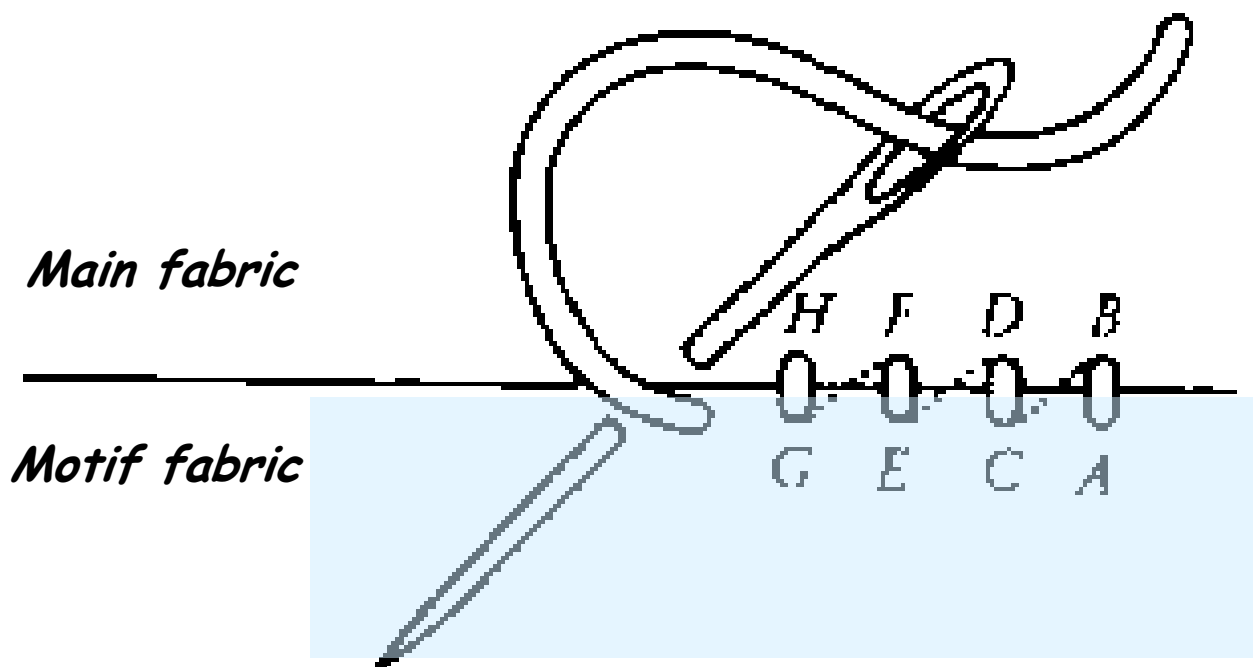


## Tack Stitch

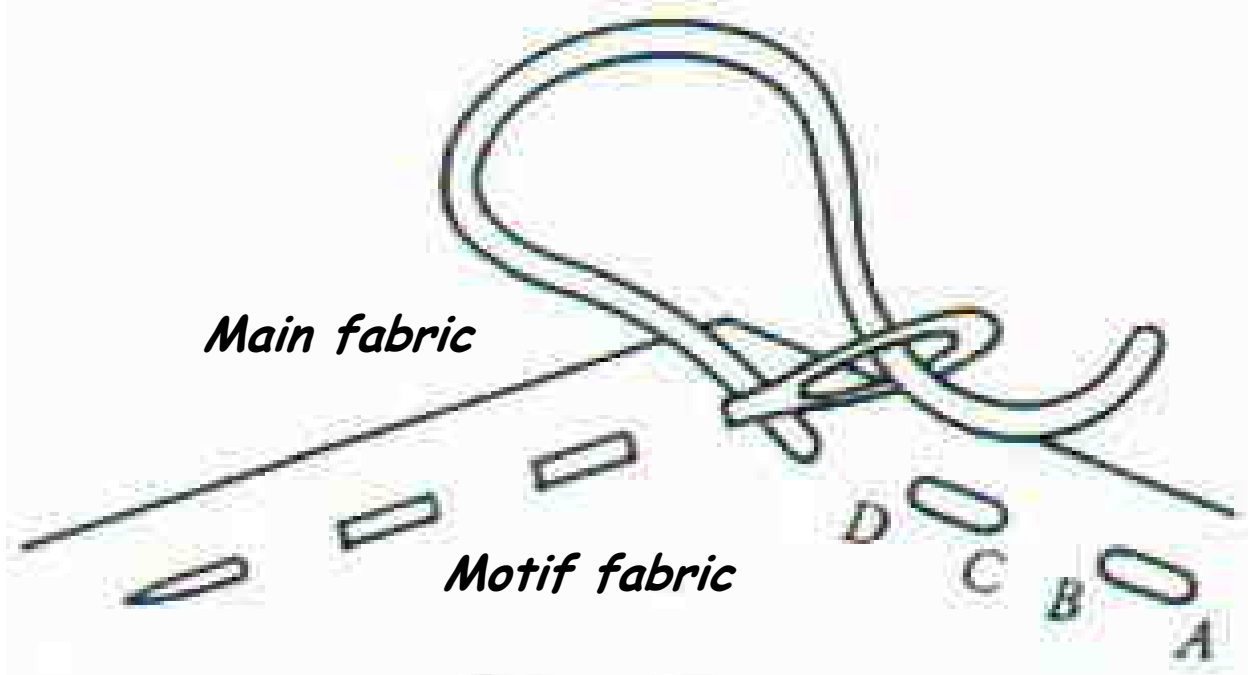
To start make a knot at the end of your thread. To do the tack stitch, come up from under the background fabric and through the motif fabric at point A. Pull the thread **straight** towards the background fabric. Push the needle down into the background fabric. This is at point B. You want this to be a very small stitch. Point the needle so it comes up again through the motif fabric. This would be at point C. Repeat.



The schematics for Tack Stitch are from Laurene Sinema's book, *Appliqué, Appliqué, Appliqué*.  
Sinema, Laurene. *Appliqué, Appliqué, Appliqué*. The Quilt Digest Press, 1992, 223 pages.

## Running Stitch

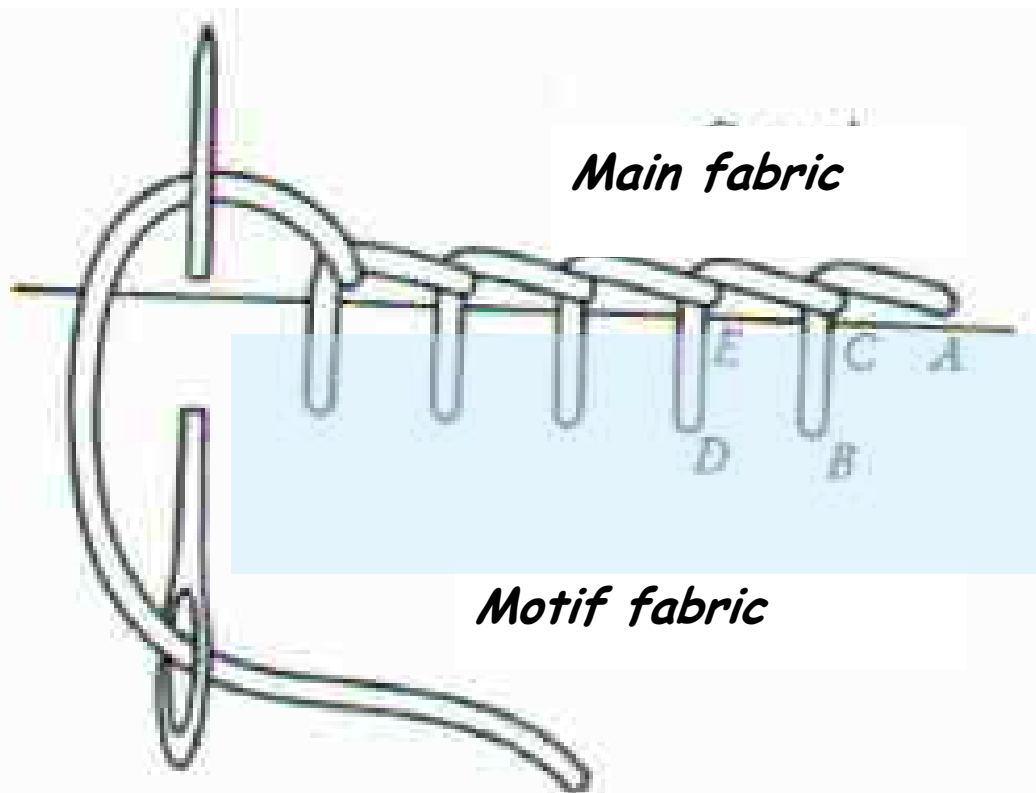
To begin make a knot at the end of your thread. To do the running stitch, come up from under the main fabric and through the motif fabric at point A. Pull the thread through. Push the needle down into the motif fabric and through the main fabric at point B. Up again at point C. Down through at point D. Make the stitches small. Keep them evenly spaced. Do not pull the thread too tight. Keep it smooth.



The schematics for Running Stitch are from Laurene Sinema's book, *Appliqué, Appliqué, Appliqué*.  
Sinema, Laurene. *Appliqué, Appliqué, Appliqué*. The Quilt Digest Press, 1992, 223 pages.

## Blanket Stitch

To begin make a knot at the end of your thread. To do the blanket stitch, come up from under the main fabric at point A. With your left finger hold a loop of thread out to the left side. Push the needle down through the motif fabric through the main fabric. Push up from under the main fabric at point C and inside the loop you are holding with your finger. Again, hold a loop of thread with the left finger. Repeat.



The schematics for Blanket Stitch are from Laurene Sinema's book, *Appliqué, Appliqué, Appliqué*. Sinema, Laurene. *Appliqué, Appliqué, Appliqué*. The Quilt Digest Press, 1992, 223 pages.