

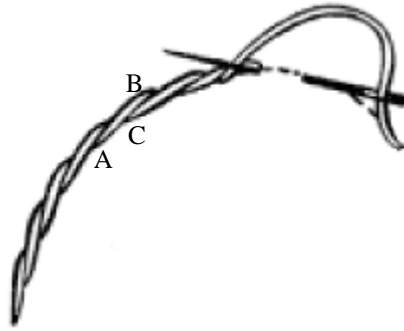
Instructions

Embroidery Stitches Used by *Sisters At Heart, Miles Apart*

Feel free to download and copy these instructions for use at your quilt guild, at workshops or in classes.

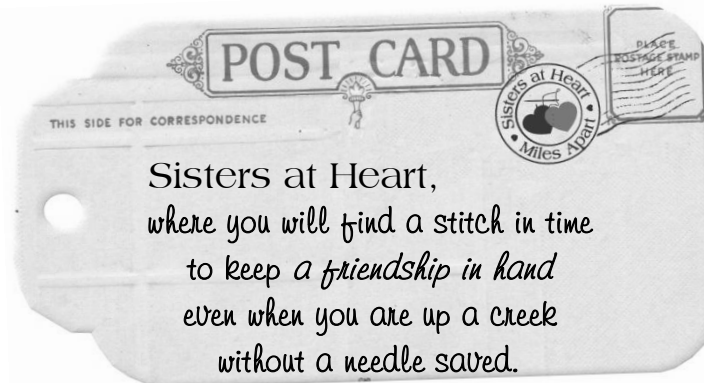
We're happy to share with you - that's what sisters do!

Outline Stitch (used for lettering)



Using two strands of embroidery floss or one strand of pearl cotton, bring your needle up at point A from the back coming up directly on the line. Going down into the fabric (usually no more than $\frac{1}{4}$ "), insert your needle to the back at point B. Bring the needle back up at point C (approximately $\frac{1}{2}$ way in between A and B. It is imperative that you consistently keep your thread to the TOP of your stitching line. *Tip: Hold the thread securely under the thumb of your non-stitching hand.* This will help blend your stitches into an even line, especially good for writing.

Continue to advance along the line, using a similar spacing of no more than $\frac{1}{4}$ inch.



Options: You may also use a stem stitch, backstitch, or even a running stitch for the words in the Sisters At Heart, Miles Apart pattern lines. Check out our *Stitching Friends* page for further ideas or instructions.

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