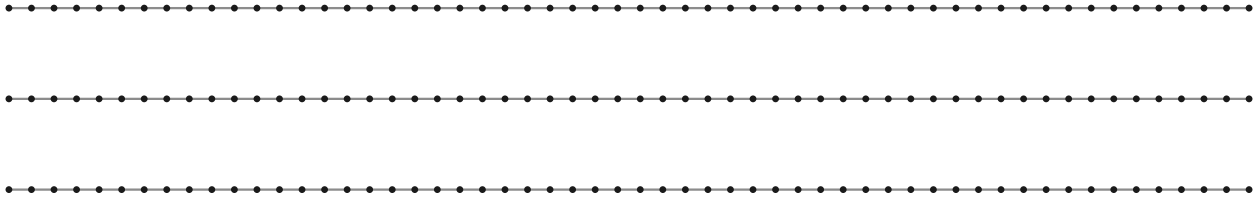
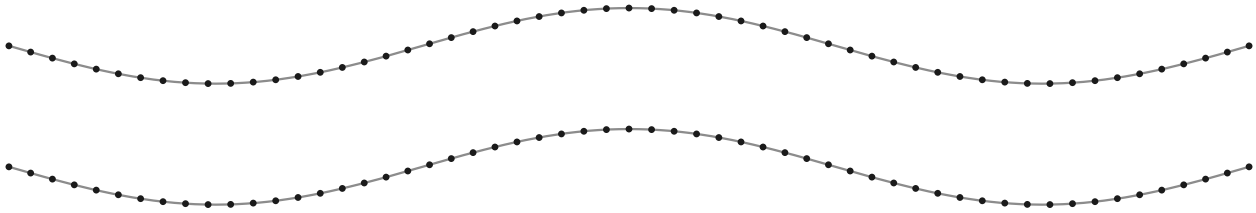
Backstitch: Practice Sheet

Trace the lines onto fabric and stitch from dot to dot, going back into the previous dot each time - A4

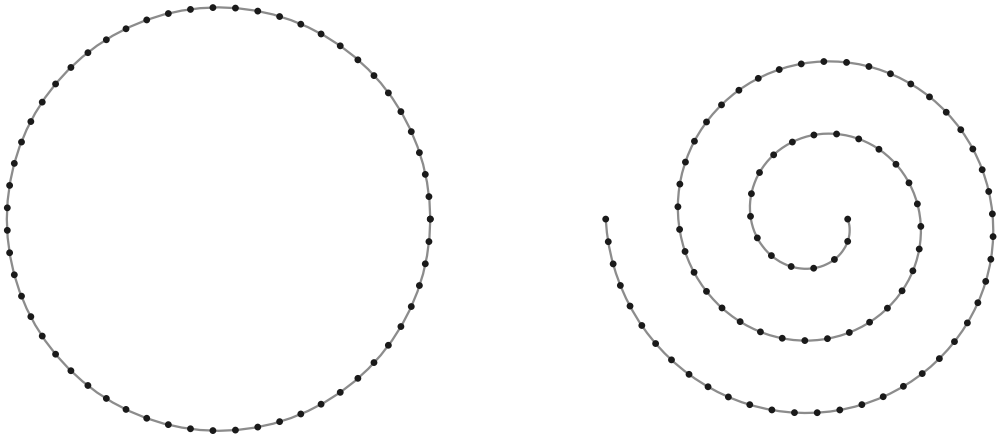
Straight



Gentle curve



Circle and spiral



 <- must measure exactly 5 cm. Print at "Actual size" / 100%, not "Fit to page".

Whole sheet: about 420 stitches, 5 m of floss.

Do not stitch the dots; they only show where the needle goes.

Free pattern from embroideryideas.com - for personal use and gifts.