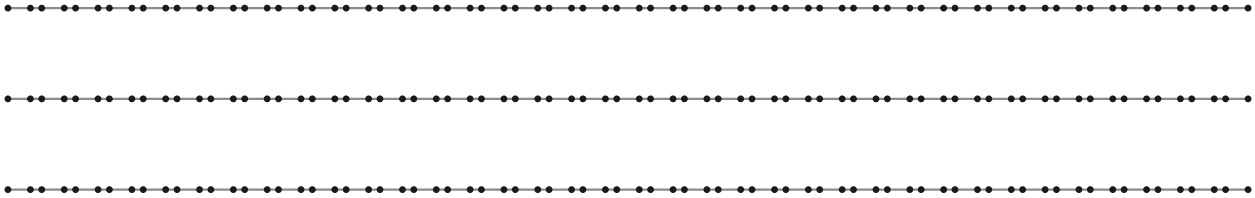
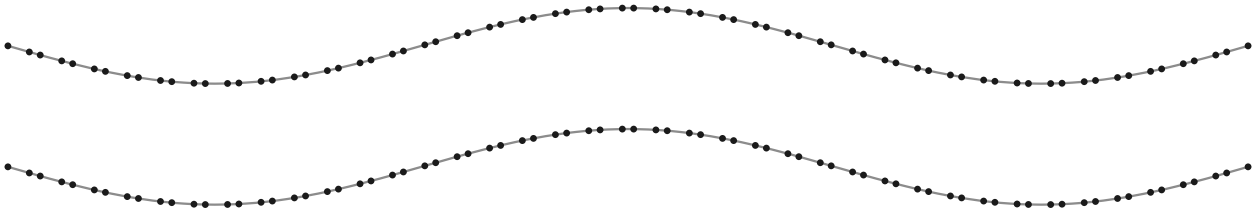
Running stitch: Practice Sheet

Trace the lines onto fabric. Each stitch runs from one dot to the next; skip the gap to the following dot - A4

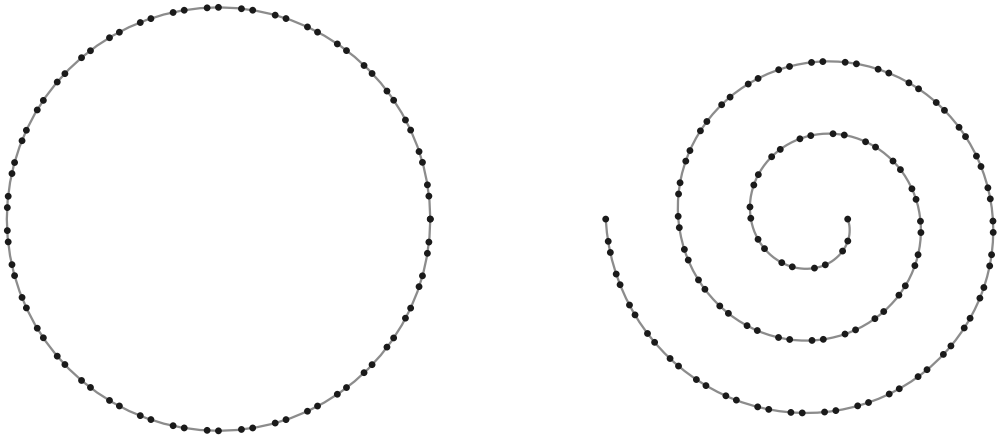
Straight



Gentle curve



Circle and spiral



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

Whole sheet: about 280 stitches, 2 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.