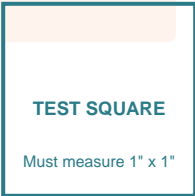


**PRACTICE EXERCISE:** This is a stitch sampler for learning, not a finished sewing project. Treat it as a worksheet for your hands.



**HOW TO USE THIS GUIDE:**

1. Print at 100% scale (do NOT select 'Fit to Page'). Verify the test square measures 1 inch.
2. Cut your fabric: 9" wide x 13" tall, light solid quilting cotton or muslin.
3. Lay this guide NEXT TO (not on) the fabric. Transfer the row lines and labels with a fabric marking pencil.
4. Practice each stitch in its labeled row, working left to right. See page 2 for stitch-by-stitch instructions.



*This diagram is a scaled visual reference. Use the measurements on the right to mark your fabric. All row lines are drawn at the exact inch measurements shown. Transfer these to your 9" x 13" fabric with a ruler.*

## Stitch-by-Stitch Instructions

### ROW 1: RUNNING STITCH

In-and-out, 1/4" stitches with 1/4" gaps. Even spacing front and back.

Use for: Simple seams, gathering, basting.

Fix: Puckering = stitches too tight. Loosen tension.

### ROW 2: BACKSTITCH

Stitch forward, then double back to fill the gap. No spaces between stitches.

Use for: Permanent seams, buttons, strong joins.

Fix: Gaps = needle not re-entering at exact end of last stitch.

### ROW 3: BASTING STITCH

Long running stitch (1/2" stitches, 1/2" gaps). Sew loosely. Temporary hold.

Use for: Holding layers before permanent stitching.

Fix: Too tight to remove = sew more loosely next time.

### ROW 4: SLIP STITCH

Fold fabric. Take tiny bites (1/8") inside alternating folds. Pull snug every 3-4 stitches.

Use for: Invisible closures, hems, linings.

Fix: Stitches visible = bites too large. Take smaller bites.

### ROW 5: WHIP STITCH

Fold edge under 1/4". Stitch diagonally over the fold, back to front, at consistent angle.

Use for: Raw edge finishing, seam allowances.

Fix: Uneven angles = inconsistent hand position.

### ROW 6: BLANKET STITCH

Insert needle 1/4" below line. Catch working thread under needle before pulling. Loops hang down.

Use for: Decorative edges, felt projects, applique.

Fix: Uneven loops = mark 1/4" intervals with dots first.

### ROW 7: CATCH STITCH

Alternate small stitches between top and bottom lines, moving left to right. Creates X pattern.

Use for: Hemming knits and heavy fabrics.

Fix: Popped hems = stitches too tight. Keep thread relaxed.

### FINISHING EACH ROW:

End every row with 2-3 small backstitches in the same spot. Trim thread close to the fabric.

Do not tie a large knot. The backstitches create a flat, secure lock.