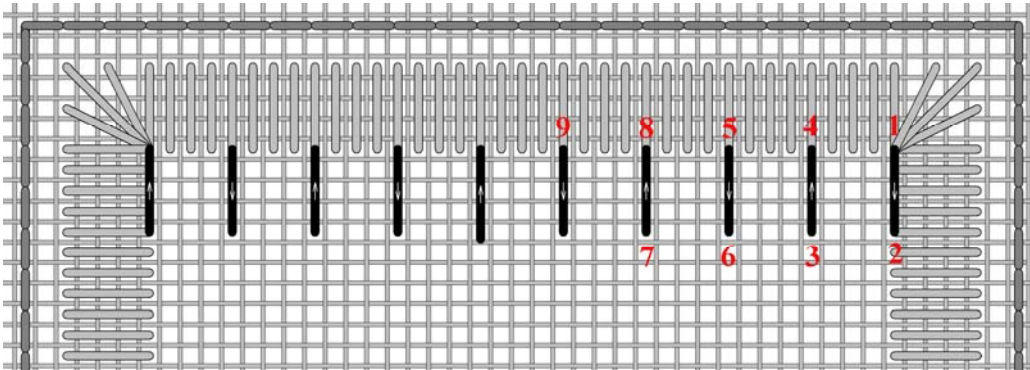


## 7. Running Stitch Filling

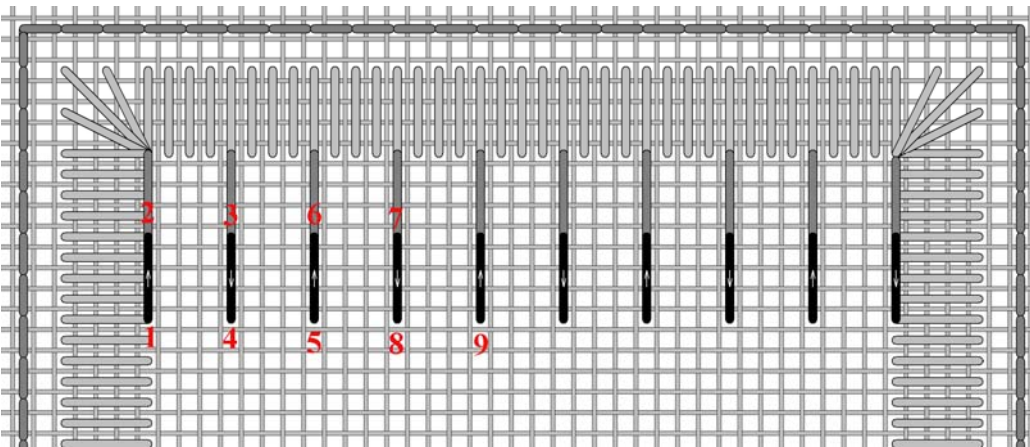
This is another filling stitch, with a light appearance. It is a very easy stitch. It is composed only of vertical stitches, which slant diagonally when pulled. Depending on the number of fabric threads the stitches are stitched over and are apart by, will alter its effect. For smaller areas try stitching over 2 or 3 linen threads.



Begin by stitching up at **1**, stitch down at **2** (4 linen threads down from **1**). Come up at **3**, (4 linen threads to the left of **2**), and pull on your thread.

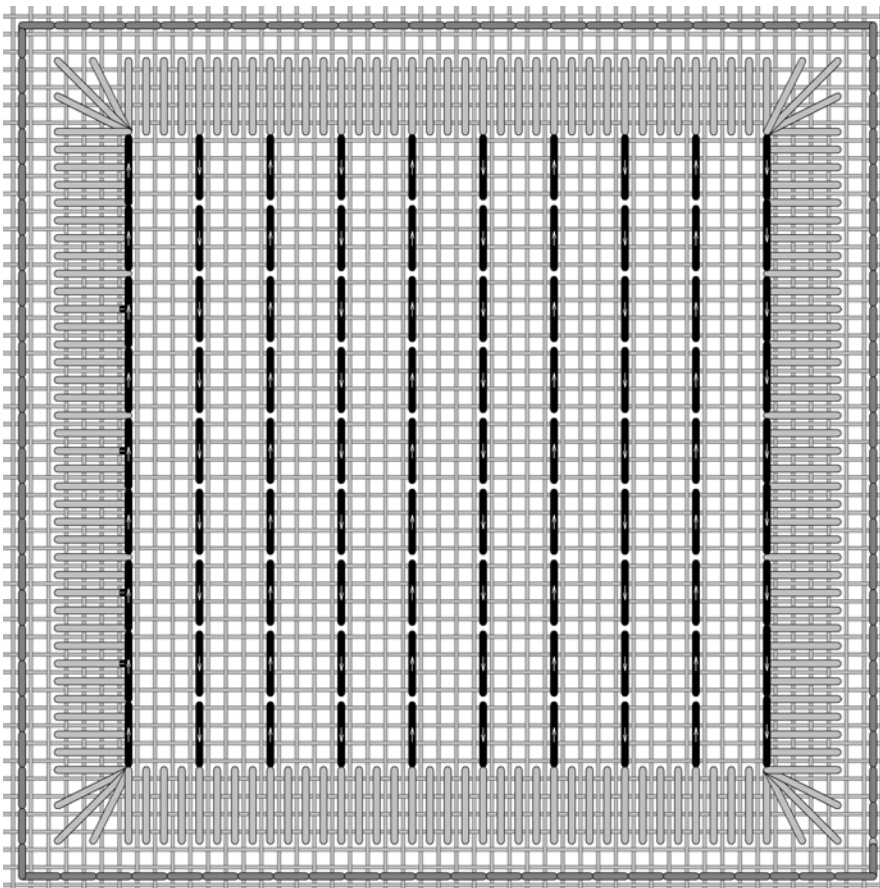
Next stitch down at **4**, up at **5** and pull tight.

Continuing in this manner, the thread on the front travels vertically and the thread on the back will travel horizontal.



Before starting each row, be sure to anchor your thread in the Satin Stitch border.

This is especially true when starting the 3<sup>rd</sup> row, as the thread will just slip out if not anchored.



This is the completed square, although the stitches appear straight in the stitch diagram they take on a slanted appearance when stitched.

*Gitta's*

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