



DOUBLE RUNNING STITCH

- Can be used as an alternative to Backstitch
- It forms a continuous line like you'd get when using a sewing machine.
- May be worked over any number of threads and in any direction.
- Used to form an outline or detail in a design.
- Any fibers can be used but need to be chosen to suit the purpose required.
- Not recommended for variegated threads.
- One or two colors of thread can be used. For two colors, change colors before going back to fill in the gaps.

