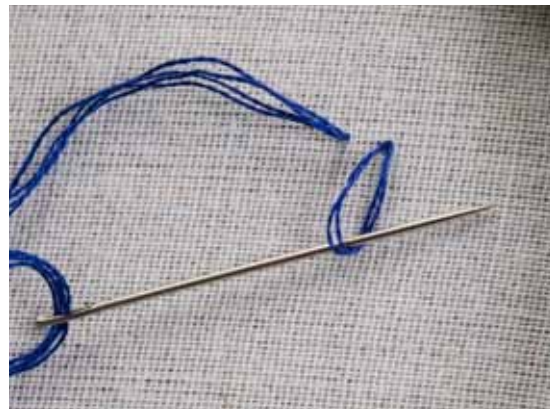


Holbein (double running) stitch

LEFT-HANDED



1 For a neat start, use an even number of strands (four here). Cut a double length of two strands and thread all the ends in the needle, forming a loop at the other end.



2 Come up at the start of the line without pulling the thread right through, then insert the needle to form the first stitch and take it through the loop at the back.



3 Pull the thread to tighten the loop at the back and secure the start. Continue sewing as usual.



4 Work a line of normal running stitch, having the stitches and the spaces between them the same size. On even-weave fabrics, work over a particular number of threads.



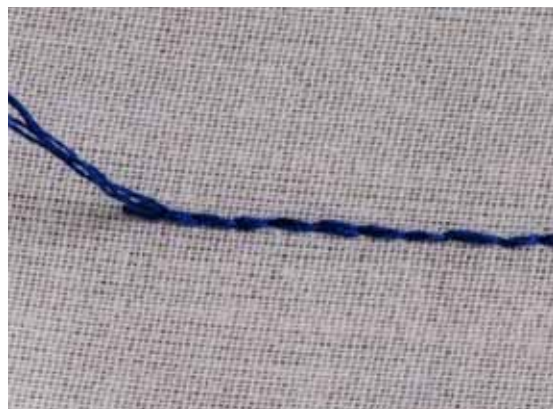
5 When the line is finished, begin the second journey to fill in the gaps with running stitches going the other way. Bring the needle up at the start of the previous stitch.



6 Carefully insert the needle in the same hole as the second last stitch of the first journey.



7 Continue stab stitching all the running stitches in the spaces of the first row, forming a solid line. It looks similar to backstitch, but the wrong side is different.



8 The back of the work looks the same as the front. Holbein stitch or double running is the main stitch used in blackwork embroidery.



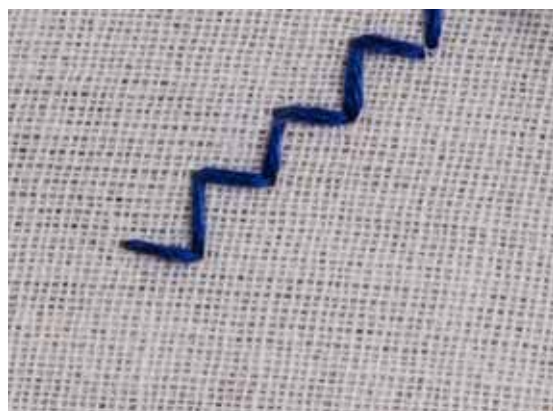
9 Holbein stitch is often used instead of backstitch for the outlines in cross-stitch designs. It's neater, doesn't cross under unstitched linen at corners and uses less thread.



10 Again, work the first journey of running stitches and then turn around and start filling in the gaps between the stitches.



11 A completed stepped or zigzag row of Holbein stitch, such as might be worked as outlines for cross stitch.



12 The reverse side shows that stepped Holbein stitch is the same on the back, unlike backstitch.