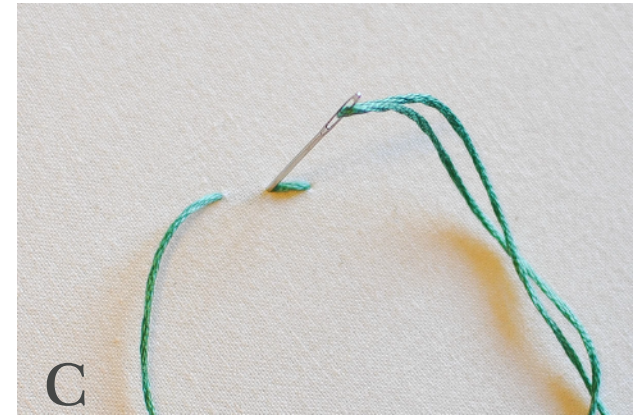# HOW TO: *Backstitch*
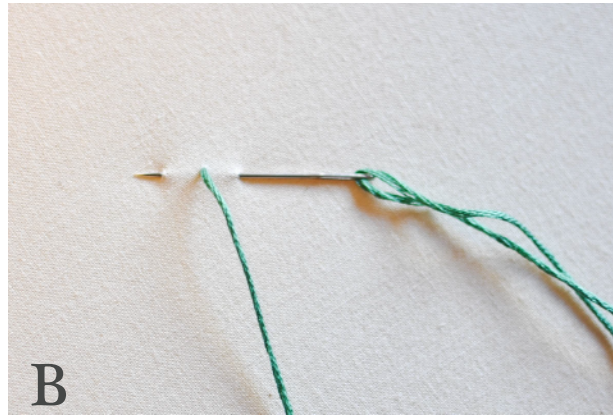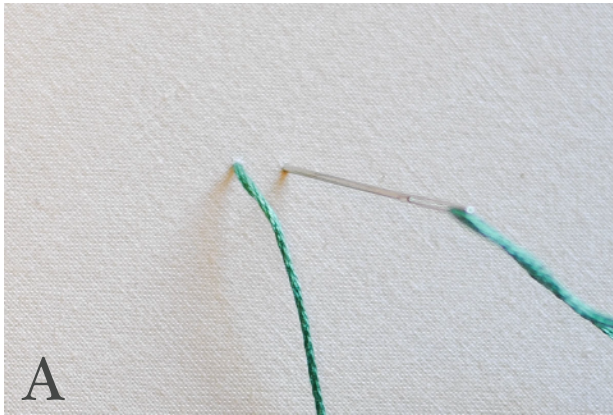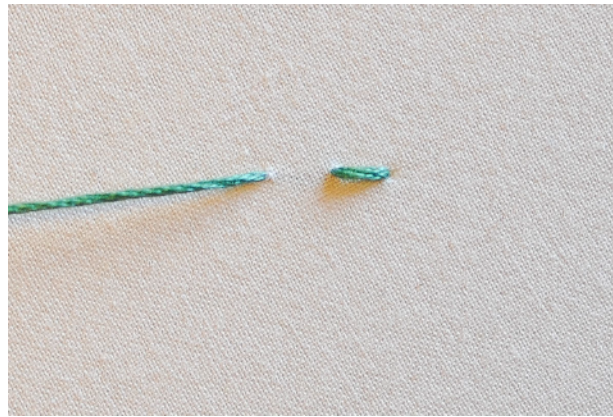
*Before you begin:* Thread your needle with the embroidery thread you plan to use.  Secure the end of your thread with a knot.

**A**

**B**

**C**

Start with your needle on the underside of your fabric and pull your needle and thread through until it catches on the knot in your thread.

Insert just the tip of your needle into your fabric to the right of the thread you just pulled through, but don't pull your needle all the way through yet.

With the tip of your needle, go under the knot on the backside of your fabric and into the topside of the fabric where you want your next stitch to end.

Pull your needle and thread all the way through.

Insert your needle at the end of the first stitch you made and repeat steps B and C until you complete the number of stitches you need.