

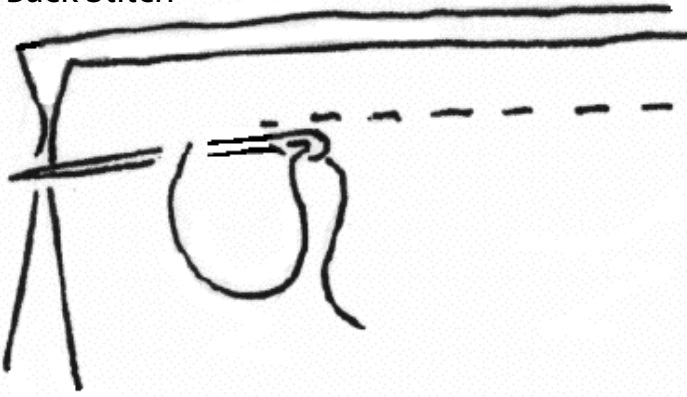
## Back Stitch

A strong stitch, the back stitch is formed by pulling the needle through the fabric, then doubling it back on itself. The needle emerges beyond the stitch just made, and doubles back again for the next stitch.

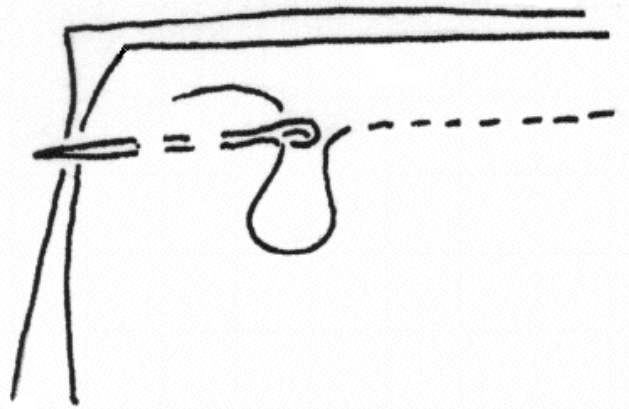
## Running Stitch

Perhaps the simplest of stitches, the thread runs straight through the fabric without doubling back on itself. Used to join fabric for gathering and mending.

### Back Stitch



### Running Stitch



Top Left and Right: Claes Oldenburg  
Bottom Left: Louise Bourgeois