

The running stitch is the simplest embroidery stitch to master. It is created by piercing the fabric or paper in any direction leaving a space and continuing in a straight, diagonal, or circular line. You can vary the length of the stitch or the space in between stitches. You can create multiple parallel lines or multiple alternating lines.

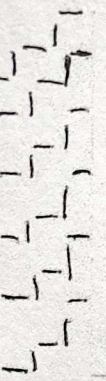


SASHIKO
Sashiko dates back to the 1600's in Japan. It uses running stitch in repeated patterns. It was used in reinforcing older fabrics and is the basis for "visible mending". Today, it is used in the same ways and for quilting.

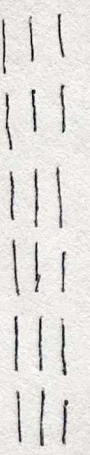


Running
Stitch
Sashiko
Stitch

When and how do you use the running stitch? I've hemmed pants with it, often with a contrasting color. I've used it to add texture and detail to my paintings. You can use it to create borders or outline pictures or words.



Running stitch is the basis for making a gathered skirt. When I was 11, I made my first dress, by hand, including shirring the skirt, i.e., stitching 3 rows of a long running stitches and using them to gather the skirt.



What else can you do with the running stitch? You can stitch pictures, like leaves or trees. You can make abstract pictures or a variety of patterns, e.g., look up free sashiko patterns on line.



The running stitch has variations, similarly executed, like the seed stitch, satin stitch, bargello, back stitch, overcasting, and overlapping like the cross stitch.

