



## **“Creating Natural Patterns with the Running Stitch”**

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- An embroidery hoop of 6-inch diameter.
  - The hoop helps to control the tension of the stitches, preventing puckering of the fabric.
- A plain fabric, like linen or lightweight calico (muslin) for sample making,
  - approximately 15 x 15 inches.
- A second piece of plain fabric that will fit in your embroidery hoop.
  - for a 6-inch hoop you need a minimum size of 8 inches
  - for an eight-inch hoop a minimum size if 10 inches.
- A felt dryer ball or other form of large felt ball.
- A selection of embroidery threads.
  - All types of thread are possible., but the stitched running stitch works best with stranded cotton.
  - A special effect is achieved by using colors from the same or adjoining color families, like three shades of blue or combination yellow-orange-red.
- Embroidery needles with a sharp point.
- Embroidery scissors.