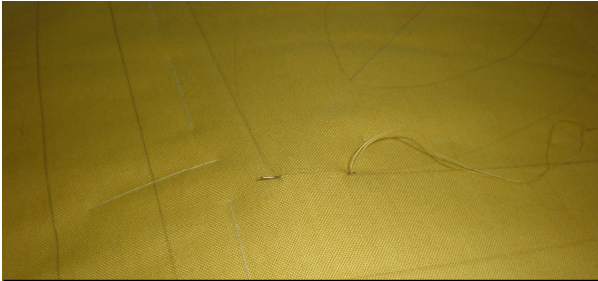


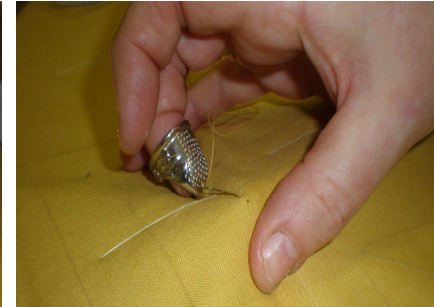
How to...Hand Quilt



Step 1 Sew a backwards stitch to get into your starting position, bringing the knot into the middle of the quilt 'sandwich'.



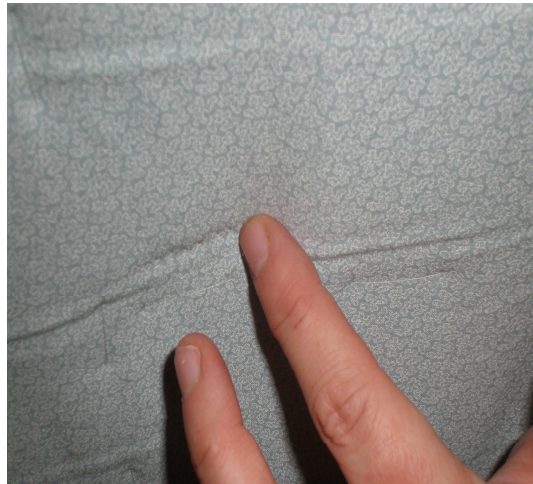
Step 2 Tilt your needle downwards into the quilt where you would like your first stitch.



Step 3 Bring your needle up, through all the layers, where you would like your next stitch to begin.



Step 4 Rock the needle back downwards to complete the stitch. This rocking motion quite difficult but with practise it becomes easier.



Step 5 Place your free hand underneath the quilt to push the needle head back through on each rocking stitch.



Step 6 When you have completed three or four stitches bring the needle through to see if your stitches are neatly spaced and the same size. The stitches should look the same on the back of your quilt.