FREE EMBROIDERY TUTORIAL + PATTERN

Running Stitch Embroidery

How to do running stitch and 4 variations, plus a rainbow sampler hoop

SKILL LEVEL **Beginner**	HOOP **6 in (15 cm)**	DESIGN **Rainbow + 2 clouds**
FLOSS **6 DMC colours**	STITCHES **Running stitch + 4 variations**	TIME **About 2–3 hours**

Materials

• DMC stranded cotton: 3328, 976, 3822, 3363, 932, 3865 (1 skein each)
• 9 × 9 in (23 cm) natural linen, a 6 in (15 cm) hoop, a size 7 embroidery needle, a blunt tapestry needle for the wraps, a water-soluble pen

Key

st one running stitch, about 3 mm
gap the space between 2 stitches, about 2 mm
3 strands separate 3 of the 6

The gaps are spread evenly so every arc starts and ends with a full stitch on the baseline.

The hoop

Trace	Print the template at 100%, check the 1 in (2.5 cm) bar, trace the arcs and clouds.	
DMC 3328	red arc: whipped running stitch	**(30 sts)**
DMC 976	orange arc: plain running stitch	**(26 sts)**
DMC 3822	yellow arc: threaded running stitch	**(21 sts)**
DMC 3363	green arc: double running stitch	**(34 sts)**
DMC 932	blue arc: long-short running stitch	**(13 sts)**
DMC 3865	Wraps on the red (whipped) and yellow (threaded) arcs, then the 2 clouds	**(50 wraps)**
Finish	Rinse out the pen, dry face down, press and frame.	

How to Do Running Stitch (+ 3 Variations)

Up, down, up, down along the line · 3 strands

1 · Plain

Up, down a stitch length along, up again a gap further on. Stitch 3 mm, gap 2 mm.

2 · Whipped



With a second thread, wrap round each stitch from the same side, never through the fabric.

3 · Threaded



Weave a second thread up and down through the stitches like a wave.

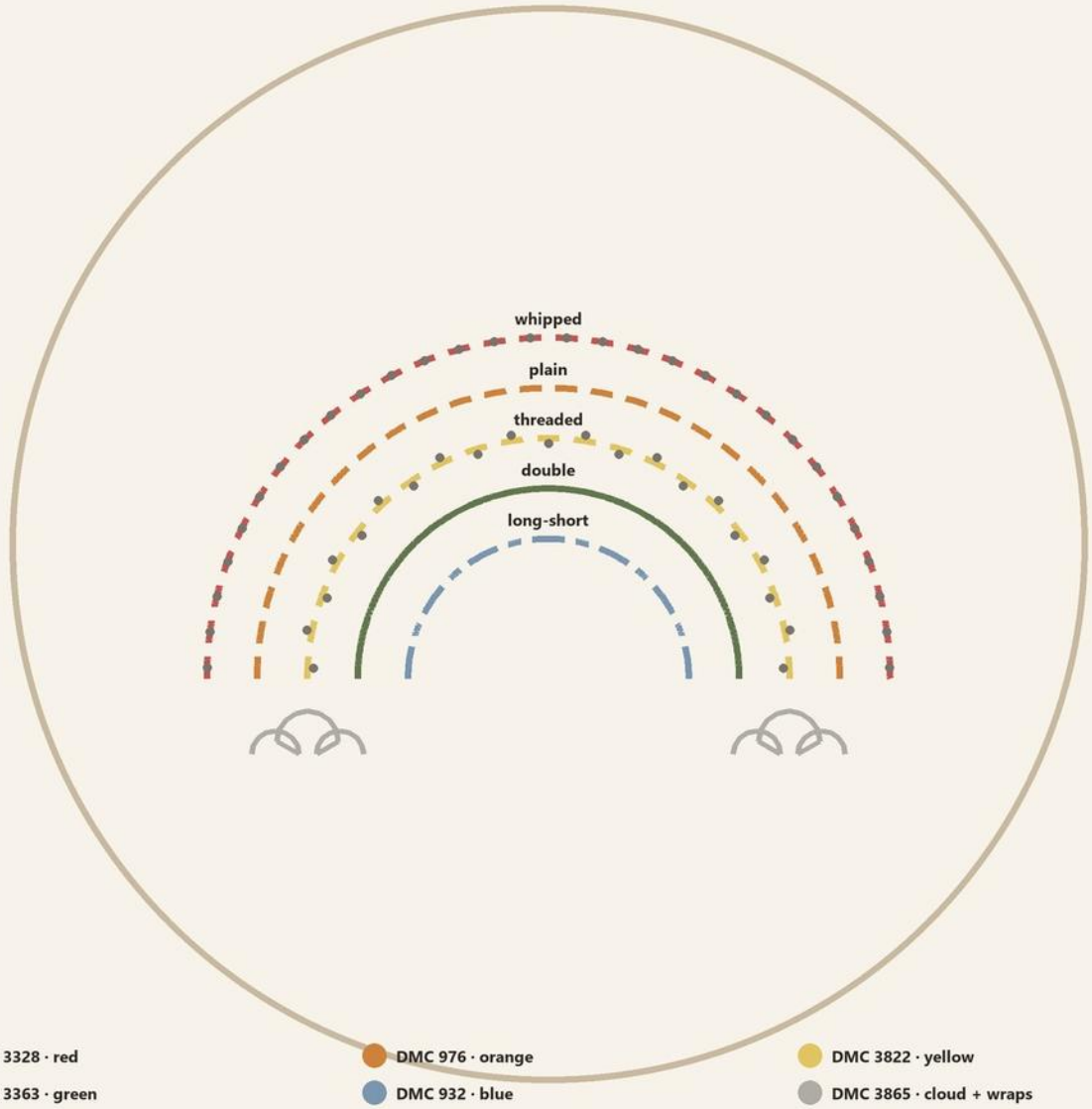
4 · Double (Holbein)

Work back along the line filling every gap: a solid line that looks the same on both sides.

cozymakery.com

Rainbow Hoop · Running Stitch Plan

6 in hoop · 5 arcs, 5 variations · 142 running stitches · drawn to scale, enlarged



DMC 3328 · red
DMC 976 · orange
DMC 3822 · yellow
DMC 3363 · green
DMC 932 · blue
DMC 3865 · cloud + wraps

Grey dots = where the white wrapping thread passes (whipped and threaded arcs). Stitch the arcs from the outside in.

Rainbow Hoop · Floss

3 strands · fabric: natural linen or cotton 9 × 9 in (23 cm) in a 6 in (15 cm) hoop

DMC	Colour	Part	Stitches / wraps	Thread (3 strands)
DMC 3328	dark salmon	arc 1, whipped	30	0.6 yd
DMC 3865	winter white	whip + thread wraps	50	1.1 yd
DMC 976	medium golden brown	arc 2, plain	26	0.5 yd
DMC 3822	light straw	arc 3, threaded	21	0.5 yd
DMC 3363	medium pine green	arc 4, double	34	0.6 yd
DMC 932	light antique blue	arc 5, long and short	13	0.4 yd
DMC 3865	winter white	2 clouds	18	0.6 yd

DMC 3865 is used twice (clouds and wraps): 1 skein covers both. Time: about 2–3 hours.

cozymakery.com

Rainbow Hoop · print at 100% (actual size)

Trace the 5 arcs, the baseline marks and the 2 clouds. Short ticks on each arc = the first and last stitch.



1 in check bar: measure it after printing