

# Running Stitch Template & Instructions

This pattern has been designed to work in conjunction with the Cut Couture Pocket Kit to create a 'double border' which sits centrally on the pocket. You can also use the pattern as a 'frame' and add your own textile art or embellishments.

Instructions are also available on the Arnold's Attic YouTube Channel

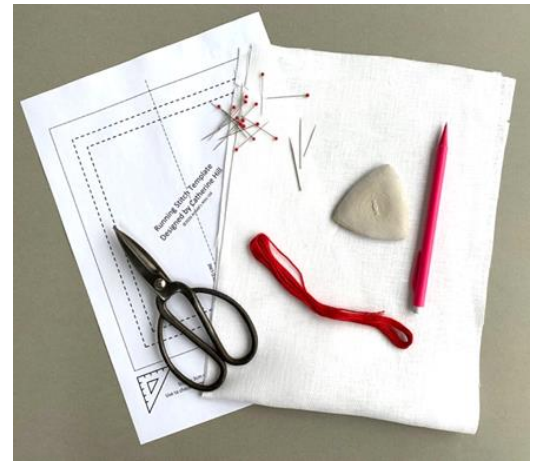
<https://youtu.be/WETJvZfwBgk>

We would love to see your creations so please share your work on Instagram using #runningstitchpocket. Tag your images @arnolds\_attic & @cutcouturekit

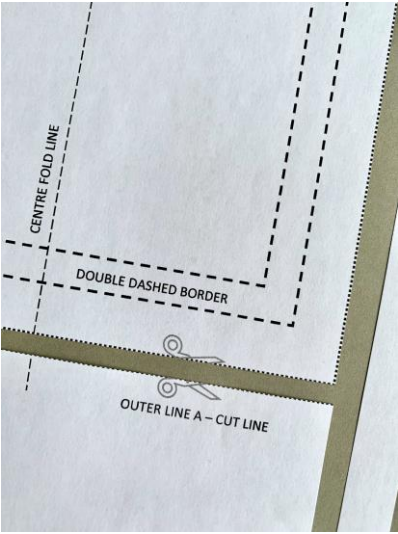


## You will need:

- Linen pocket panel, pre-cut & unstitched
- DMC 6 stranded embroidery thread  
(TIP: If you plan to wash your pocket, use brand new thread Vintage threads may not be colourfast)
- Embroidery Needle (suitable for 3 strands of DMC thread)
- Scissors
- Pins
- Marking tool – propelling pencil or tailors chalk  
(TIP: always test your marking tool in the seam allowance of the linen pocket before using)
- Running Stitch Template (Check that your printed pattern is to scale using the '3cm x 3cm Scale' on the bottom left of the Template)

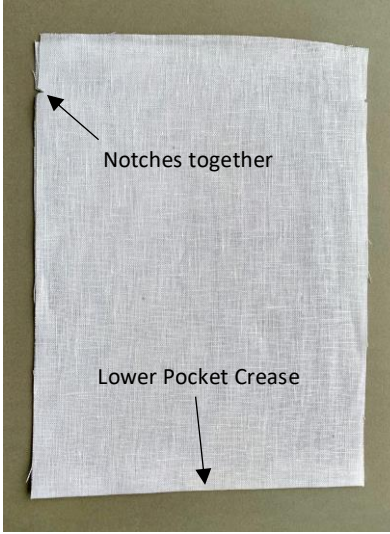


## Method:

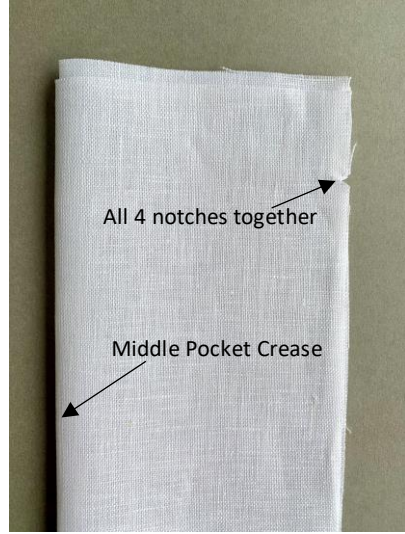


Cut out the Template along the dotted 'Outer Line A'.

Open the Linen pocket panel out on an ironing board & press.



Fold the Linen pocket panel in half (bottom edge to top edge) matching up the pre-cut notches & press the fold – this is the 'Lower Pocket Crease'. Leave folded.

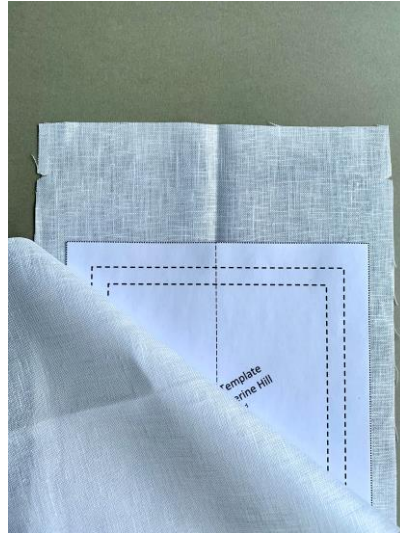


Fold in half again (sides together) matching up the pre-cut notches & lightly press the fold – this is the 'Middle Pocket Crease'.

Unfold the Linen pocket panel completely.



Lay the paper template onto the Linen pocket panel, matching up the lower edge of the Template with the 'Lower Pocket Crease'; and the Template's 'Centre Fold Line' with the 'Middle Pocket Crease'.



Fold over the Linen pocket panel on the 'Lower Pocket Crease', enclosing the paper template & pin the pocket to the template.



Using the marking tool, trace the 'double dashed border' onto the Linen pocket panel (It doesn't matter if your lines are a bit wobbly).

Remove the pins & the paper template.

Unfold the Linen pocket panel completely.



Cut a length of 6 stranded DMC thread that is slightly bigger in size than the 'Double Dashed border'.

Split the thread in half creating two lengths each of 3 strands.



Thread a needle with 3 strands of DMC embroidery thread – knot the thread.

Bring the needle and thread through from the back of the cloth, hiding all knots on the back of the work.



Follow the marked 'Double Dashed Border' using a simple running stitch. Use one length of thread for the outer border and the other for the inner border. Hiding all knots on the back of the work.

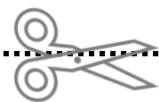
You can now construct the Linen pocket panel as per the garment instructions.

Running Stitch Template  
Designed by Catherine Hill

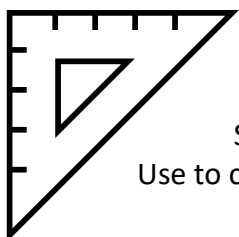
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CENTRE FOLD LINE

DOUBLE DASHED BORDER



OUTER LINE A – CUT LINE



Scale – 3cm x 3cm  
Use to check correct printing size