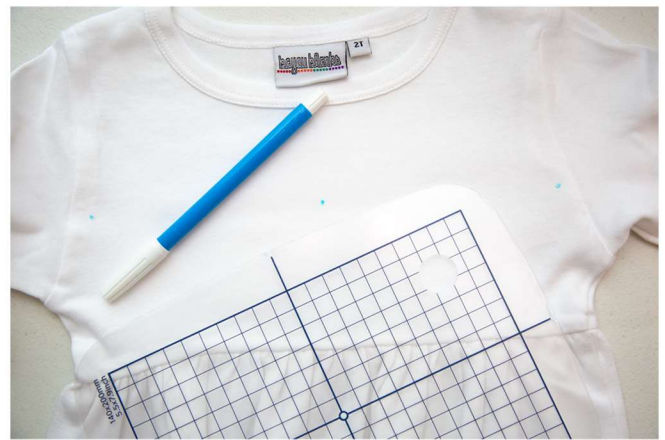


Step 1:

Begin with a white garment/item. Determine placement/centering for your design. I like to use a water soluble pen.



Step 2:

Hoop a layer of medium weight cutaway stabilizer. Stitch the fill stitch steps directly onto the stabilizer. Use the brightest thread colors you can find so they will show through the white fabric.



DO NOT REMOVE YOUR STABILIZER FROM THE HOOP!

Step 3:

Use an adhesive spray to spray your stabilizer, and float your fabric on top of your hoop, centering it over your design. You may also want to use a few pins to keep it in place. You MUST float your garment.



Step 4:

Stitch the outline steps to finish.

