**Stitch Regulation**

**Cut a piece of your practice/sample fabric 7” by 10”. Fold the sample in half. Begin stitching in the center of one of the 7” sides of the rectangle and stitch a seam 5/8” from the edge around the entire sample. Be sure to pivot properly at each of the corners.**

**\*\*\*You are making a box around the entire piece of fabric folded over and then stitching the following rows lengthwise inside of the box.\*\*\***

**Using the same sample, make the following lines of stitching equally spaced throughout the length of the rectangle.**

**1st row: Machine basting\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2nd row: Permanent stitching\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**3rd row: Reinforcement stitching \_\_\_\_\_\_\_\_\_\_.**

**4th row: Zig-zag stitching with the widest width\_\_\_\_\_\_\_\_\_\_\_\_ and a permanent \_\_\_\_\_\_\_\_\_\_\_ stitch length.**

**5th row: Zig-zag stitch with a medium width\_\_\_\_\_\_\_\_\_\_\_\_\_ and a basting \_\_\_\_\_\_\_\_\_\_\_ stitch length.**

**6th row: Zig-zag stitching with the widest width \_\_\_\_\_\_\_\_\_\_ and a basting \_\_\_\_\_\_\_\_\_\_ stitch length.**

**7th row: Zig-zag stitching with a medium width \_\_\_\_\_\_\_\_\_\_\_ and a permanent \_\_\_\_\_\_\_\_\_ stitch length.**

**Staple here:**

Start and stop here backstitching each time!