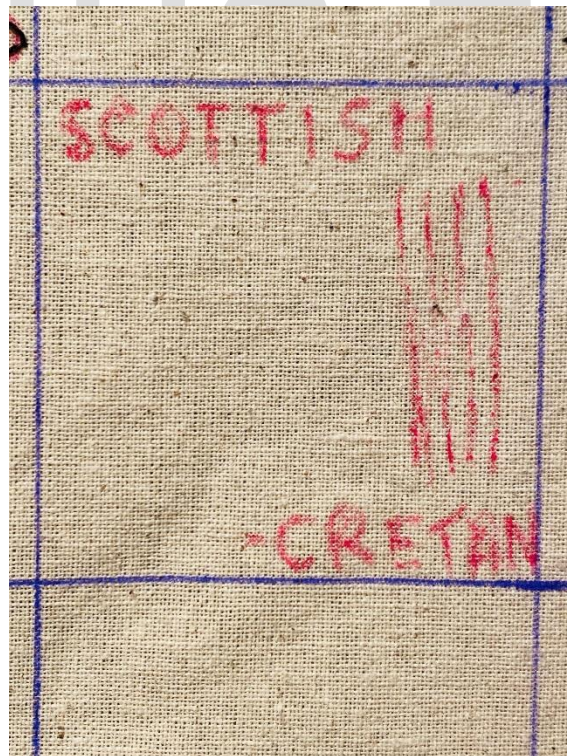


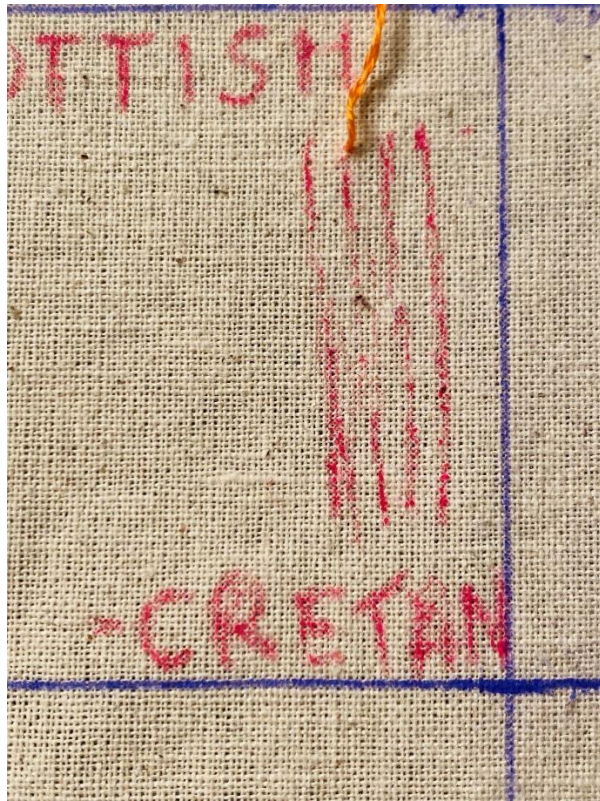
Scottish Cretan Stitch



Before we stitch a Scottish Cretan, let's remind ourselves of a classic Cretan stitch:

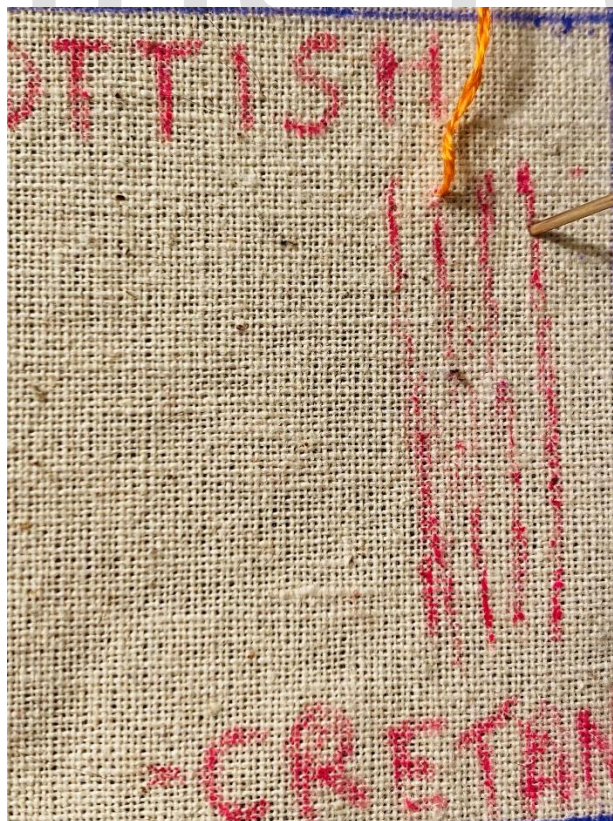
Draw four parallel lines with your erasible pen

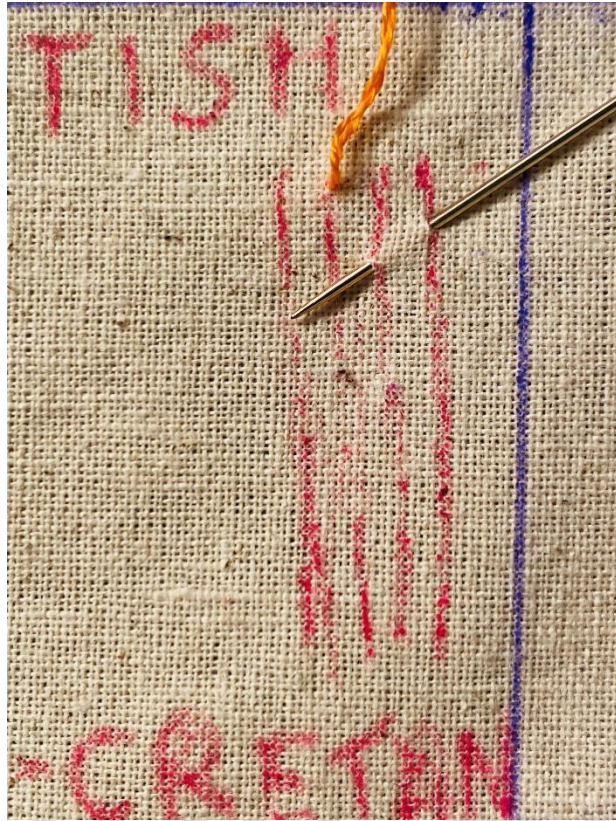




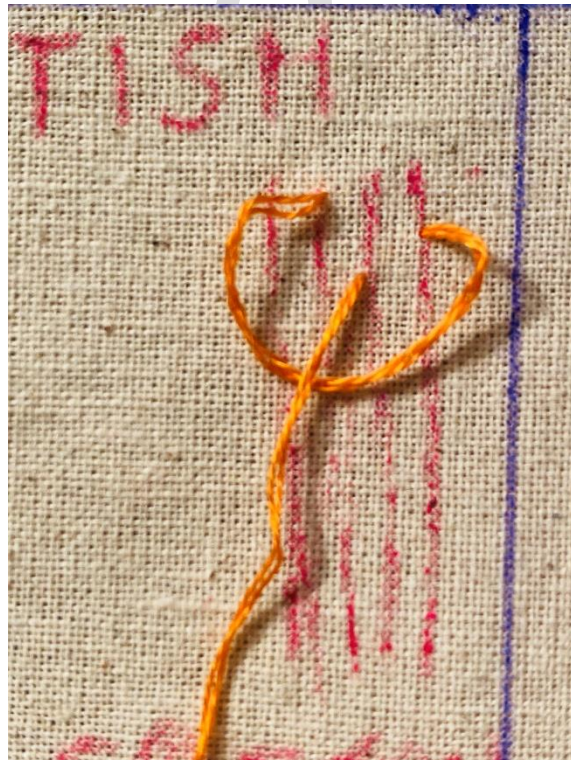
Come up in the top left, on the second line in from the left.

Stitch a straight stitch, at a shallow diagonal, down the right hand line as in the picture.





Come back up, at another diagonal, on the second line from the right.
When you come back up, make sure your thread is 'inside' the loop – or above your first diagonal stitch.





Come back up – on a parallel to where you came up before – this time on the left hand line.

Once again, leaving a loop, come back up (inside the loop) – but at a diagonal.

You are effectively creating a series of linked fly stitches.





Carry on down to the end of your lines.

For the Scottish Cretan, create a version of the classic Cretan – but with three wide, shallow stitches.



Take your needle under all three of the 'arms' of the stitch on the left.



Then bring the needle down underneath the three 'arms' on the right hand side.

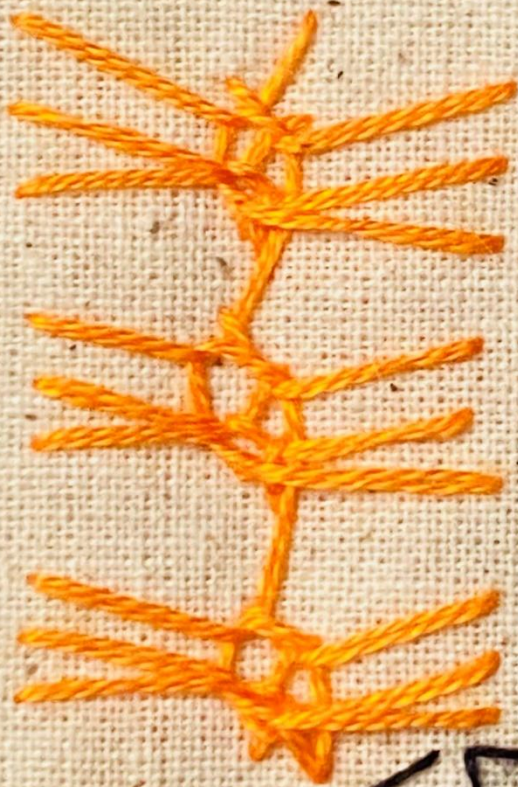




Leave a bit of a gap before repeating the series of 'three':



SCOTTISH



KRETAN