## **Braid Stitch**



To stitch this interesting-looking stitch, you may find it easier to use an erasable pen and draw four parallel lines.

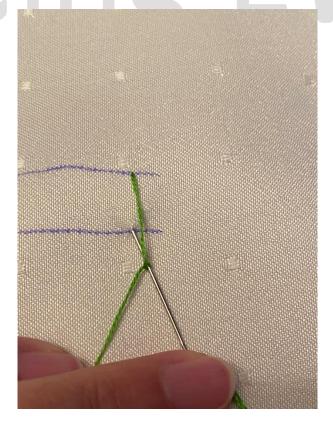
To start the stitch, come up to the right of the top line.

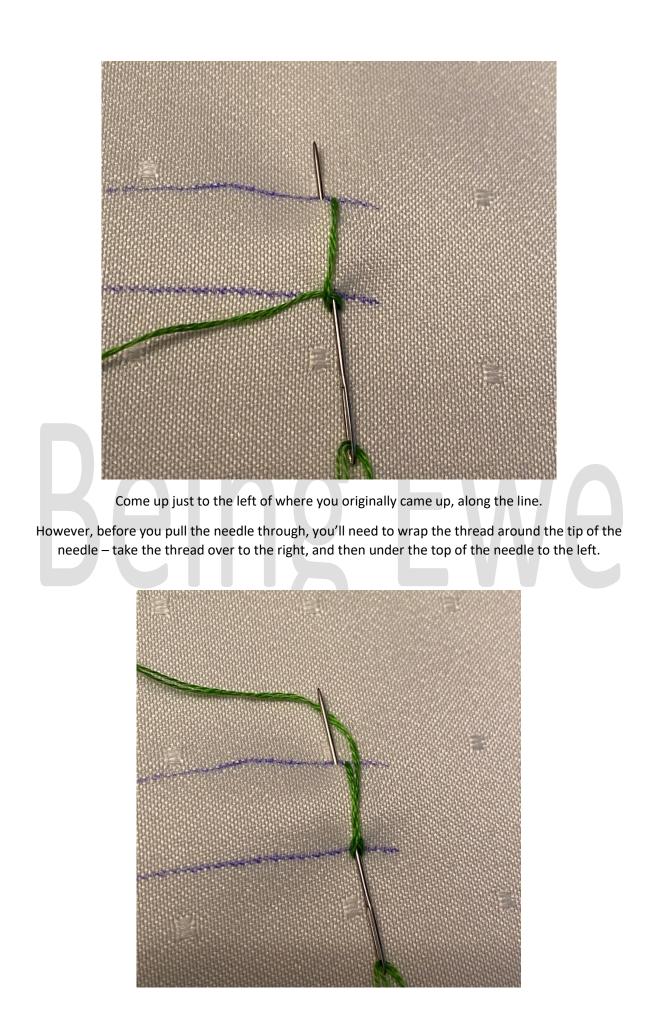


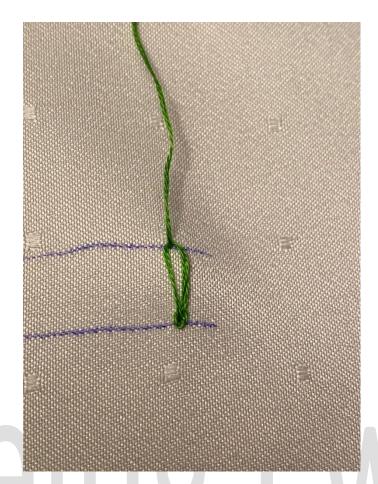


(Excuse the change in pictures – on reflection, the original pictures didn't have enough detail). For right handers, hold the thread in your left hand, and the needle in the right – and wrap the thread around the needle – over, under, over, keeping tension. (For lefties, reverse, but keep the 'over, under, over'.

Keeping the tension, push the needle through the fabric below where you came up.







Then pull the needle through and complete the stitch. To do the next stitch, repeat the steps, moving the stitch along to the left.



