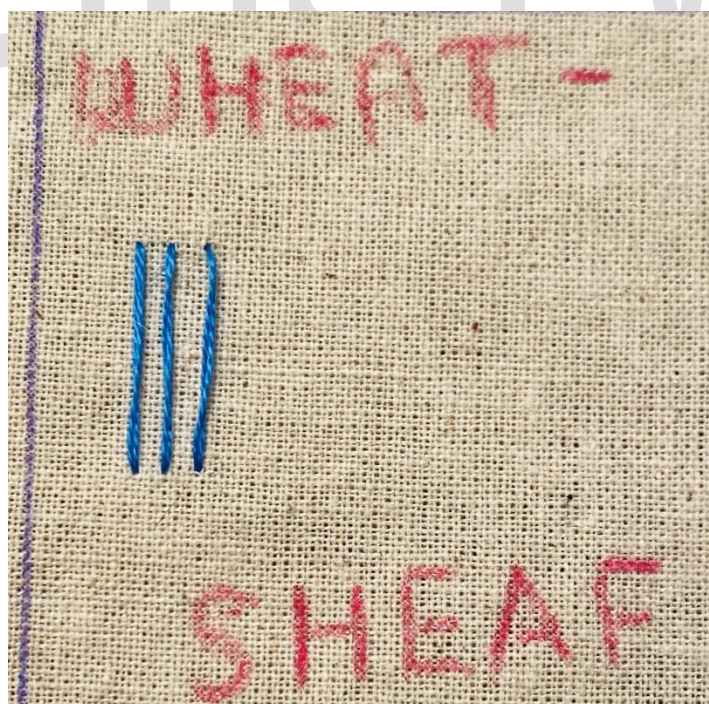
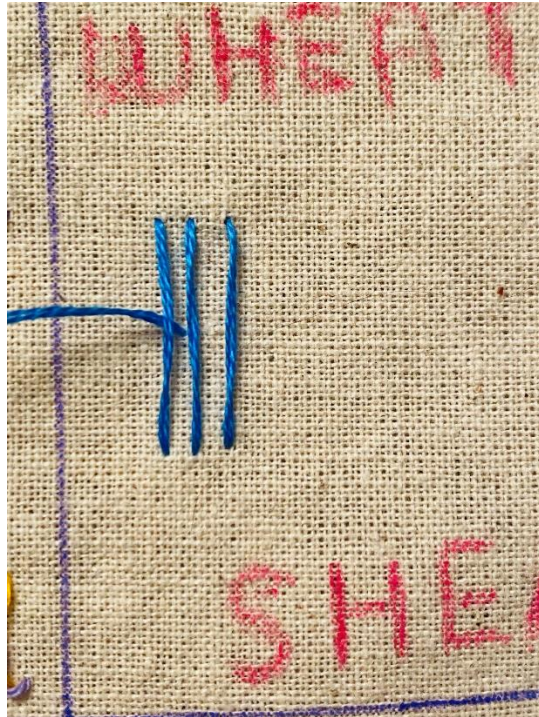


Wheat Sheaf Stitch



Start the Wheat Sheaf by stitching three straight stitches close together.

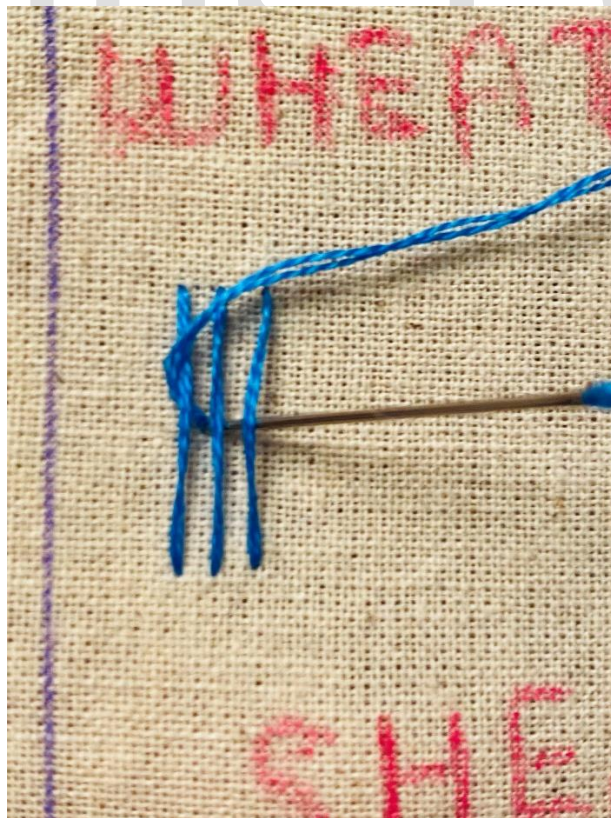


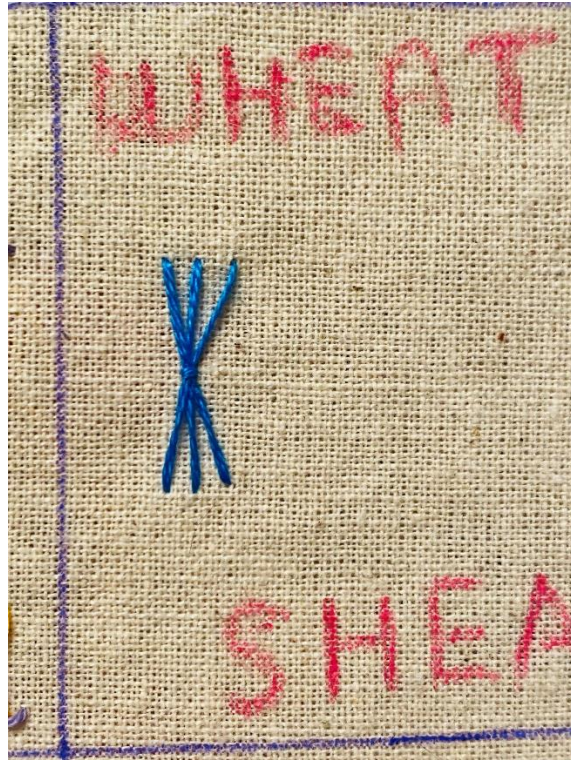


Bring your needle up underneath your second straight stitch, and then pass the needle underneath the stitches to come up to the left of the trio.

When you're more confident, you can do this in one go.

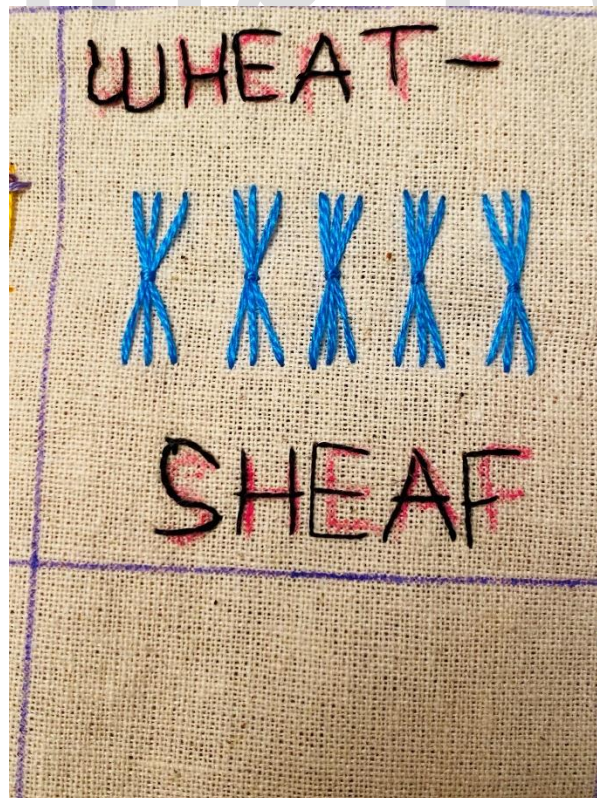
Take the thread over your stitches, and go down underneath the middle straight stitch (in the same place as where you came up). Your thread will encircle your straight stitches.





Pull your thread and pull your three stitches together in the middle like a belt.

Practice more of these stitches – try keeping them as similar as possible in the same row.



WHEAT



SHEAF