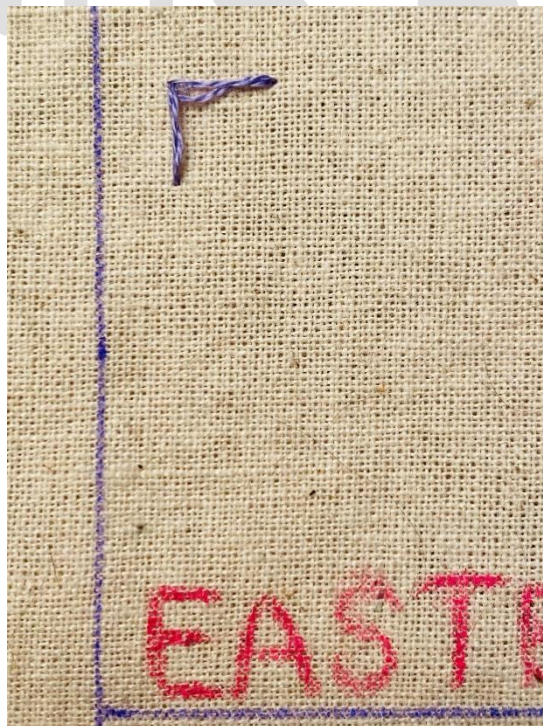


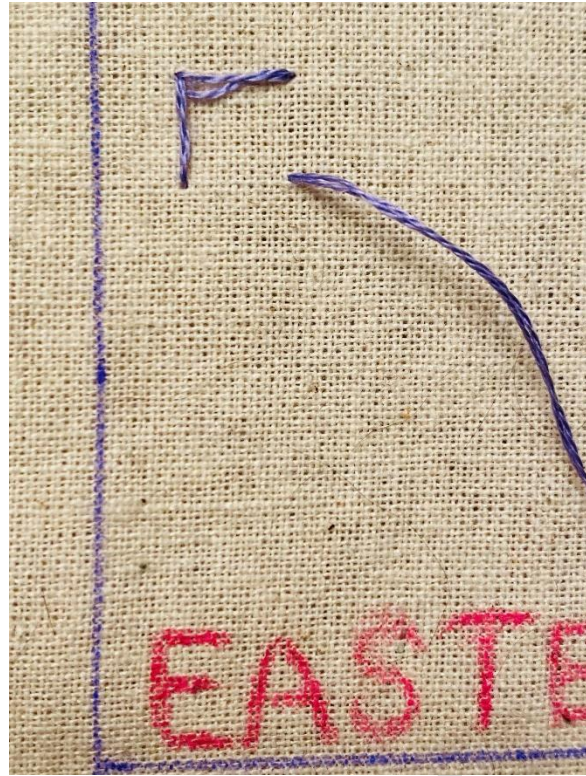
Eastern Stitch



Eastern Stitch is a version of a knot that you stitch in a row.

Start with a two straight lines that make the corner of a square.





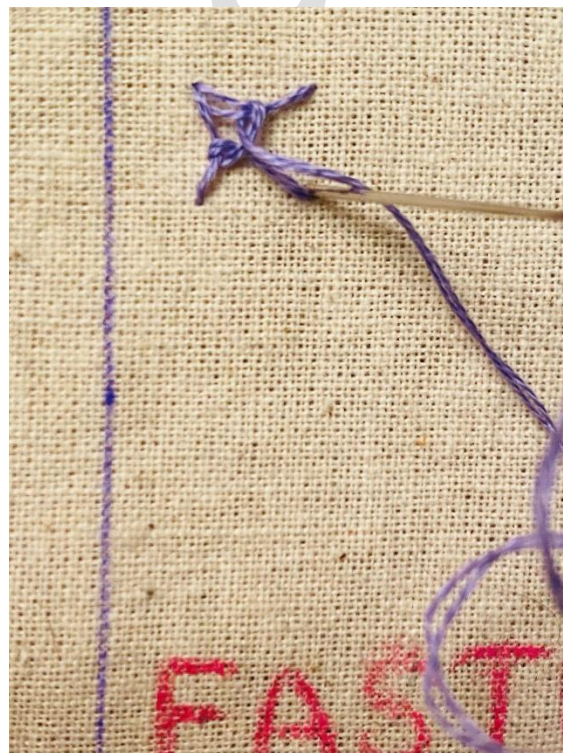
Come out at what would be the corner of the far side of the square (if you were stitching a square).
Take the thread out of the way at the top, and bring the needle under the left hand, vertical stitch
from top to bottom.





Being Lwe

Move the thread to the right, carefully.
Bring the needle underneath the top stitch from top to bottom – but above your thread.
Then bring your needle down where you came up to the bottom right of your 'square'.





This is what your first stitch looks like.

In the picture below you can see this stitch by itself in the top right hand corner. You can also see a row of these stitches – and you can see where the stitches start/end, as if you were doing cross stitch with a knot.

Then play with the stitch – trying out different sizes.





Being EWE