

Chain & whipped chain stitch

LEFT-HANDED



1 Bring the thread to the front of the work at the start of the design line. Have the thread lying in a loop in the approximate direction of the line.



2 Insert the needle again at the entry point and bring it out one stitch length along the line. Put the thread loop snugly under the point of the needle.



3 Pull the needle through without pulling the thread too tightly so the first rounded chain loop is formed. If it's pulled too tight, the loop becomes straight or too short.



4 Insert the needle at the last exit point inside the first chain loop. Bring it up one stitch length along the line with the thread under the needle as before.



5 Pull the thread through to complete the second stitch. Each subsequent stitch anchors the one before it. Try to keep the stitch lengths and tension even for neat stitches.



6 Continue in the same way until the line is the desired length. It's easy to shape the line for lettering or curved branches as you bring the needle up each time.



7 At the end of the line, insert the needle in the same hole as the last exit point but outside of the final loop so that it is anchored to the fabric with a tiny stitch.



8 This is a six-stitch slightly curved line worked with three strands of thread. The last stitch is at the bottom left.



9 To make whipped chain, bring contrasting or matching thread to the front at the start of the line. Insert the needle under the first stitch but not through the fabric.



10 Pull the needle and thread through and insert the needle under the second stitch in the same direction as the first one without going through the fabric.



11 Continue all the way along the line – the loops are pulled together and the whipping forms a twisted-rope effect if it's in a contrasting colour.



12 When the whipping is the same colour, the stitch can be used to make flower stalks for example that are more pronounced and dimensional than stem-stitch ones.