

Fishbone stitch

LEFT-HANDED



1 Bring the thread up at the top point, insert the needle on the imaginary centre line about a quarter of the way down the shape and come up again to the right of the start.



2 Make a small stitch from left to right below the bottom of the first stitch and pull the thread through. This stitch is well suited to depicting leaves and flower petals.



3 The second stitch lies over the first centre one at an angle.



4 Insert the needle from left to right and make a small stitch at the top of the shape, using the outline as a guide. This forms the second angled stitch over the centre.



5 Make another small stitch from left to right at the centre below the previous ones and pull the thread through.



6 Return to the top again and insert the needle from left to right on the outline just below the previous stitches.



7 Make another small stitch from left to right at the centre below the previous stitches.



8 Continue making ever longer stitches at the top between the design lines with small stitches at the centre to build the shape. The crossing stitches form a centre vein effect.



9 After passing the widest part of the leaf or petal, the upper stitches grow shorter but the lower stitches remain the same length most of the way down the shape.



10 As you near the base of the shape, you might need to make the lower stitches a little shorter to achieve a nice point.



11 Take the needle and thread to the back when the shape is filled. You can add a stalk to the base of the leaf in backstitch or stem stitch if you like.



12 The back of the work shows the long upper stitches across the shape with the smaller lower stitches down the middle – these are more visible at the bottom.