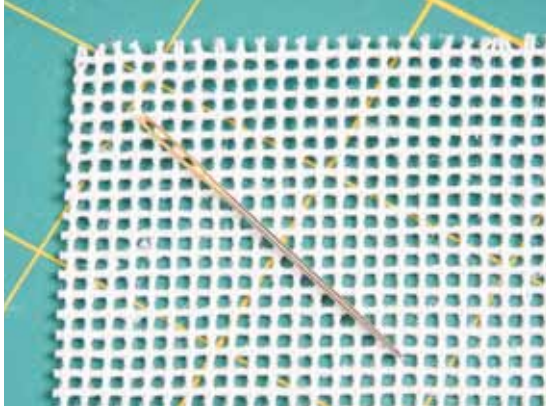
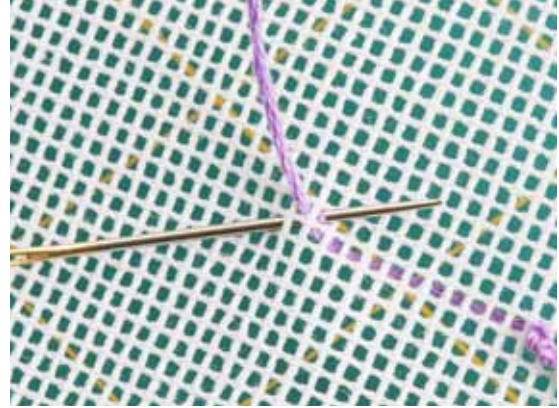


Continental (tent) stitch

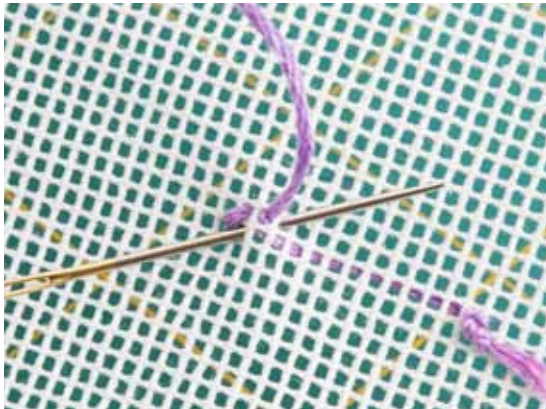
LEFT-HANDED



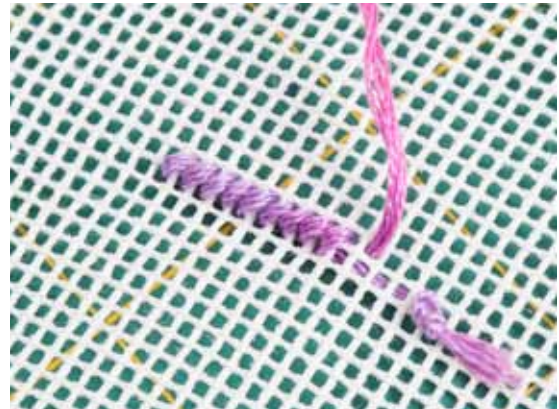
1 Interlock canvas is constructed with double threads that twist around each other at the intersections and is stable. Use a tapestry needle – long eye and blunt point.



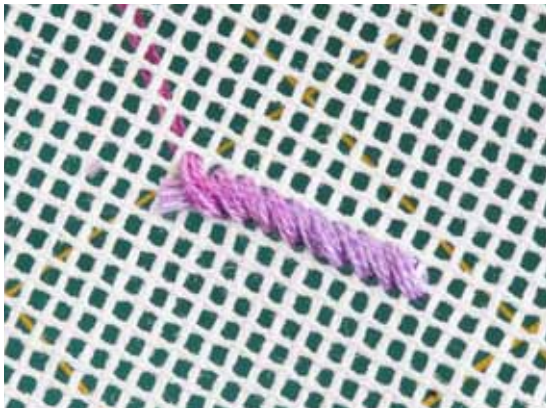
2 To begin the first time, use a waste knot at the front past the end of the first row. Bring the needle up at the top right of the first stitch, go down bottom left and up as shown.



3 Go down at the bottom left and come up at the top right of the next stitch. You should have longer slanting stitches forming at the back. Work over the starting thread.



4 When you've stitched over the starting thread at least three or four times, you can snip off the knot at the front.



5 On the back of the work, clip the starting thread close to a stitch for neatness. To start subsequent threads, just go along behind several previous stitches at the back.



6 To begin the second row, go down at the bottom right of the last stitch and come up one thread below, which will be the bottom right of the first stitch on the next row.



7 The thread is now in position to begin stitching the second row from right to left this time.



8 Go down in the top right corner and come up beside the previous bottom left position. If possible, aim to come up in an empty hole and go down in a full one.



9 To finish the second row, just go down at the top right of the last stitch. Not all rows of one colour are the same length of course, so follow the graph for colour changes.



10 Back of the work with two rows completed. You can see the stitches are long and slanted for good canvas coverage, not little straight stitches as with half-cross stitch.



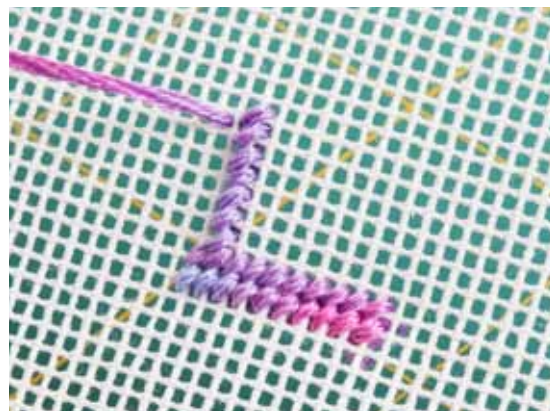
11 To end off the thread or move to another nearby place in the work, take the needle behind several stitches at the back.



12 Continental stitch can also be worked in vertical rows, not just horizontal ones. Again, come up at the top right of the bottom stitch in the column.



13 Go down in the bottom left and up again at the top right of the next stitch up. Make sure that you are forming long slanting stitches at the back as before.



14 When you're ready to start the second vertical row, come up at the bottom left of the first stitch, beside the corresponding stitch of the previous row.



15 Go down in the top right of the stitch and come up bottom left of the next one. Once again, you're coming up in an empty hole and going down in a full one.



16 Second vertical row of stitches is complete. Being able to switch directions is handy when a colour is used in odd shapes in a design.



17 Back of the work showing the starting and ending threads behind the stitches snipped neatly. Keeping the back of the canvas tidy gives a better result at the front.