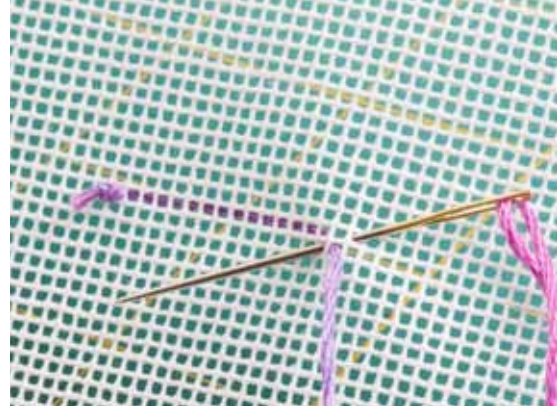


Continental (tent) stitch

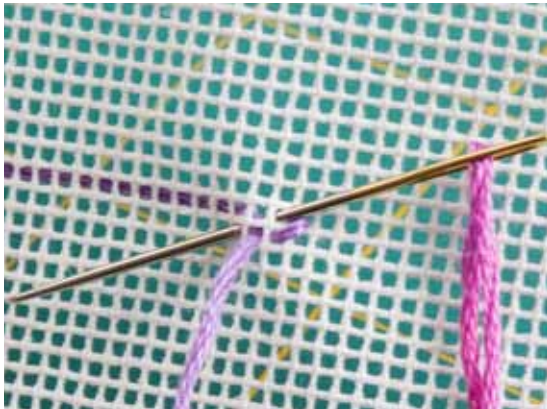
RIGHT-HANDED



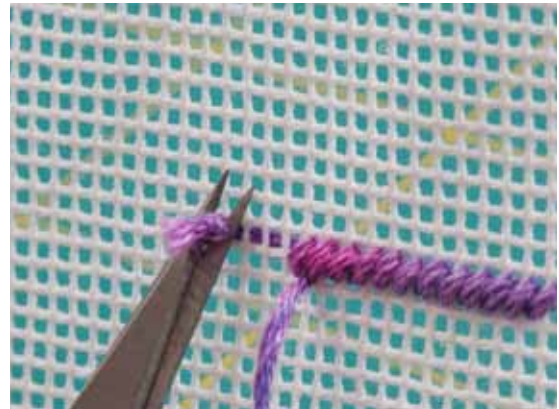
1 Interlock canvas is constructed with double threads that twist around each other at the intersections and is stable. Use a tapestry needle – long eye and blunt point.



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 bottom left of the first stitch, go down top right and up as shown.



3 Go down at the top right and come up at the bottom left 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, come up at the top right of the first stitch in the row, which if it's directly below, will be the bottom left of the second stitch on the first row.



7 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.



8 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.



9 To end off the thread, to start subsequent ones or move to another nearby area of the work, take the needle and thread under several stitches at the back.



10 Continental stitch can also be worked in vertical rows, not just horizontal ones. Bring the thread up at the bottom left of the first stitch and go down top right.



11 Continue working bottom left to top right down the vertical row as shown, again forming long slanting stitches at the back.



12 When you're ready to start the second vertical row, come up at the top right of the first stitch, beside the corresponding stitch of the previous row.



13 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.



14 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.