

Palestrina (Smyrna) stitch

RIGHT-HANDED



1 Bring the needle up at the top of the line and make a small stitch directly below it, right to left, just either side of the design line, forming a small triangle as shown.



2 Pull the stitch taut, then insert the needle under the slanting stitch, right to left, without piercing the fabric. Perlé 5 thread is being used for this tutorial.



3 Pull the thread through to form a loop over the stitch. Other names for Palestrina include double knot stitch, pearl stitch, tied coral stitch and old English knot stitch.



4 For the third step in the stitch, insert the needle diagonally beside and below the previous loop without piercing the fabric, keeping the thread under needle tip.



5 Pull the thread through to form the first knot. If the foundation stitch is quite small, the knot covers it nicely.



6 To begin the second stitch, insert the needle, right to left, below the first stitch to make a second slanting stitch as you did for the first stitch.



7 Insert the needle under the slanted stitch, right to left, making a loop as before for the second step in the stitch.



8 For the third step, insert the needle diagonally under the stitch as before, making sure the needle tip goes over the thread, and pull it through to complete the second stitch.



9 Continue along the line with these three-step knotted stitches. At the end, insert the needle very close to the last stitch and pull it to the back. The knots are nicely raised.



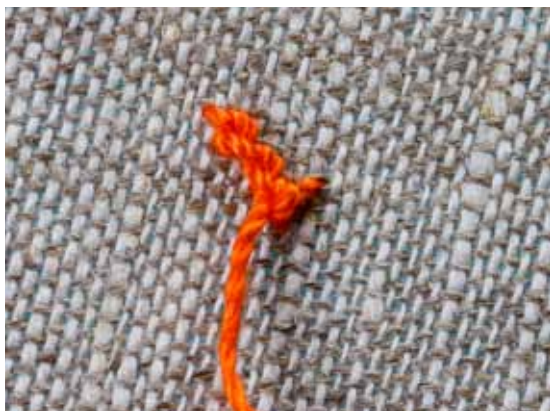
10 The line of Palestrina stitch seen from the other side. Use it for interesting lines and borders, to decorate seams (like a beaded edging) or play with its spacings.



11 Back of the work, showing the small stitches that are *almost* evenly spaced and similar in size. However, the stitch can be endlessly varied from this regular pattern.



12 For long-armed Palestrina stitch, increase the length of the stitches for the foundation step. This can be done gradually or dramatically as you wish.



13 This image shows two stitches with small foundation stitches and one with a slightly longer stitch, meaning that the knot no longer covers the whole stitch.



14 Now, four more long-armed stitches have been worked, each with slightly longer base stitches and the knots all pulled to one side.



15 Back of the graduated long-armed stitches. You can keep the knots aligned on one side or push them towards the middle so you see thread both sides of the knot.



16 Palestina stitch can also be worked as isolated knots, providing a slightly larger alternative to the more common French and colonial knots.



17 One isolated Palestina knot. There are many creative possibilities with this stitch. The spacing and stitch lengths can be varied, as can the threads you choose.



18 Palestina stitch can be worked along curved lines as well as straight ones. In this example, the long arms are stitched so they radiate around the line.