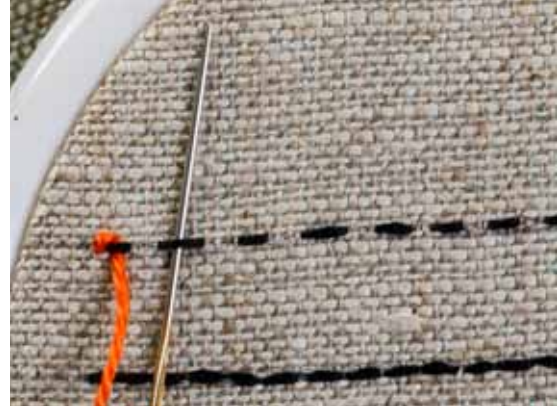


# Whipped & laced stitches

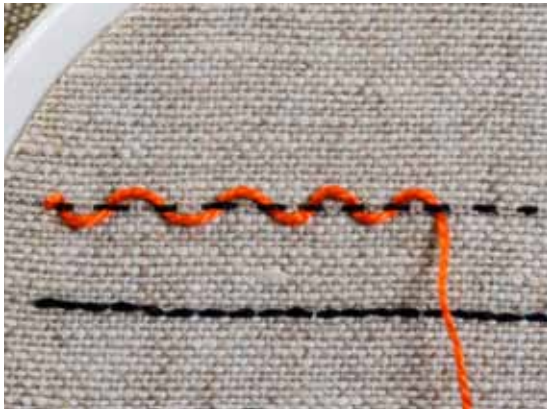
LEFT-HANDED



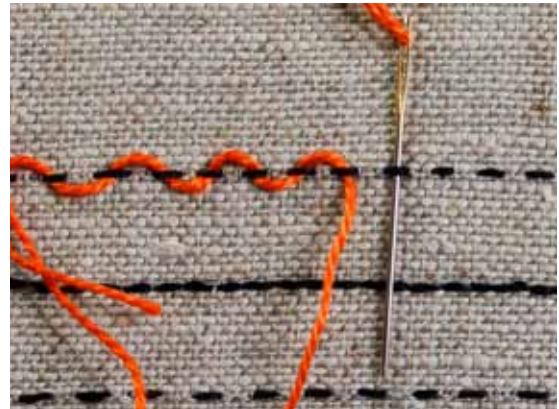
**1** To form the foundation, first stitch a line of running stitch or backstitch. To lace it, change to a blunt tapestry needle and use a second thread to go down under the first stitch.



**2** Still without piercing the fabric, take the needle up under the second stitch. You can leave the tension quite loose for curvy stitches or pull it more firmly for flatter lacing.



**3** Several lacing stitches up and down form a wavy line. You can do the foundation and lacing journeys in one thread or use contrasting colours as shown here for clarity.



**4** For whipped running stitch, take the second thread under the foundation stitches in the same direction for every stitch – from top to bottom here.



**5** To finish the thread, insert the needle at the end of the lines and weave it under a few stitches on the wrong side. Whipped running stitch resembles twisted rope.



**6** Below the line of laced running stitch is a row of laced backstitch, which is done by weaving the thread up and down under every stitch, making the waves much shorter.





**7** Under the line of whipped running stitch, you can see the whipped backstitch, formed in the same way as before and resulting in a more dense finished effect.



**8** For double-laced running stitch, take the second thread under the foundation stitches in the opposite direction to the previous journey. Here a third colour is used for clarity.



**9** The finished stitch resembles chain stitch, but it's harder to keep even if you use a loose tension as shown here. Using a firmer tension for double lacing is recommended.



**10** For double-whipped running stitch, again take the needle under the stitches in the opposite direction to the previous row – from bottom to top here.



**11** The completed row of double-whipped running stitch (with the whipped backstitch above it). Use it for decorative lines, gnarled branches, chunky rope and so on.



**12** Top to bottom are laced and whipped running stitch and backstitch, then double-laced and double-whipped running stitch and backstitch.