

Nun's Stitch

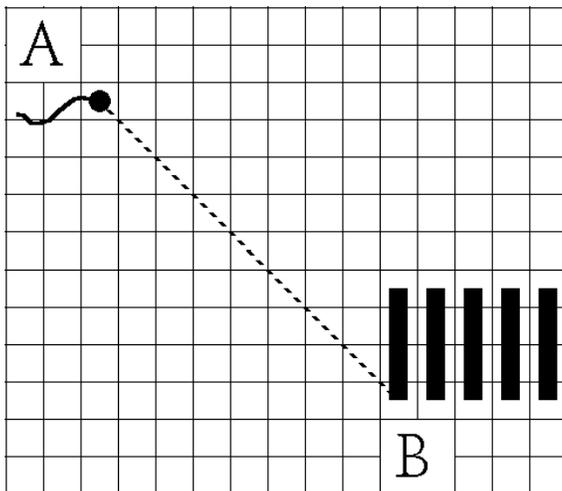
HOW TO BEGIN

This is a series of three-sided boxes pulled tightly to secure the threads of the fabric on what will become a free edge of the fabric. Each leg of the stitch is stitched twice.

Use #12 perle coton, single-strand (2 strands of floss will also work). Match the fabric as closely as possible.

Begin with an away knot.

Diagram One



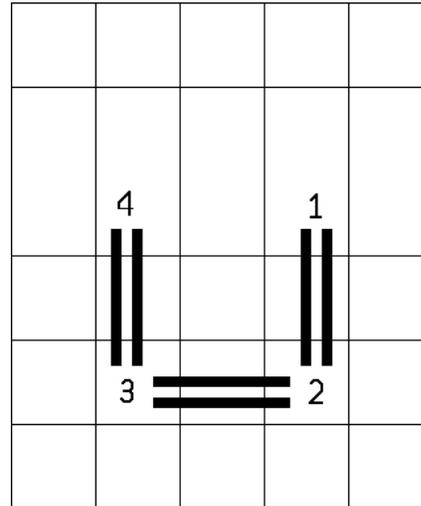
When you are finished stitching end this by running under the backs of the stitches. If you pull as tightly as you should you may need a sharp needle to do this.

CREATING A DITCH

Withdraw the thread from the fabric right where you want the edge to be, leaving a ditch *[a space between two threads of fabric, frequently made wider by withdrawing a thread]*. If you want the Nun's stitch to finish four sides of a piece, you will need to withdraw a fabric thread on all four sides.

Hold the fabric so the ditch you are working on is horizontal.

Diagram Two



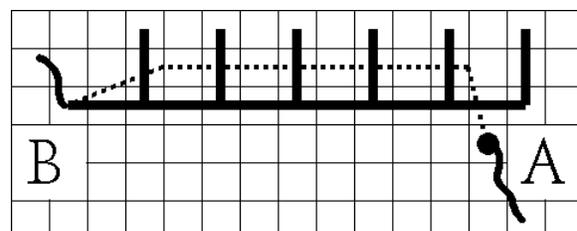
- 1 - Bring the needle up in the ditch.
- 2 - Count 2 threads down and go down through the fabric. Come up again at 1 ...
Whenever you enter pull tightly **away from the ditch parallel with the fabric** to tighten the stitch and pull the edge threads toward the body of the piece.
 ... and go down again at 2.
- 3 - From 2 count 2 threads left and come up. Go down again at 2. Come up again at 3. Go down again at 2.
- 4 - From 1 count 2 threads left and come up in the ditch. On the back the thread running from 2 to 4 is the only diagonal stitch. If you have other diagonals, you are out of sequence. 4 is now 1 of a new sequence.

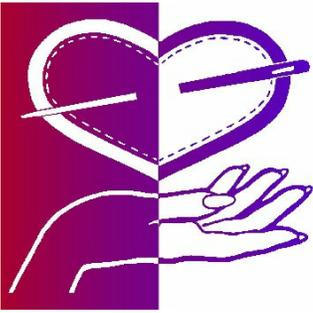
Repeat these steps across the fabric. Stop with a vertical stitch.

CHANGING A STRAND

Use a modified version of a waste knot.

Diagram Three





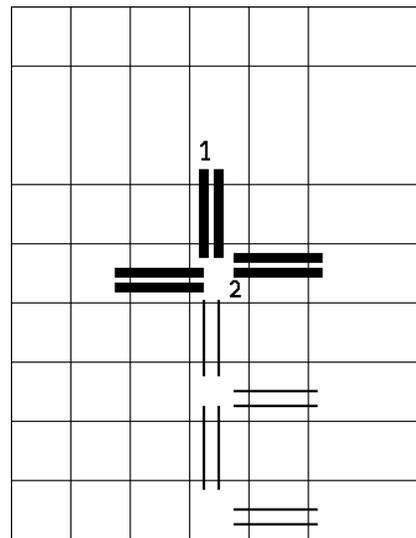
Nun's Stitch

- A** - Go down through the fabric close to the previous row or area of stitching, about 1" down the row from where you will be coming up for the next stitch. The knot should be on the front of the fabric.
- Turn the fabric over to the back. Change to a sharp needle and run the strand under several stitches until you are even with the place where you will begin stitching again.
- B** - Change back to a tapestry needle. Turn the fabric over to the front (the dotted line is the strand running behind the fabric), come up for the next stitch, and stitch as usual.

(**Diagram Two** step 3).

Now turn the fabric clockwise so the Nun's stitches you have completed are to your right and the side ditch is at the top.

Diagram Five



Number **3** of the last stitch is now **1** of the next stitch. Repeat the steps in **Diagram Two** across the edge until you are 2 threads right of the next ditch. This is the entry point for your last set of vertical stitches on this edge.

Complete all edges and corners this way.

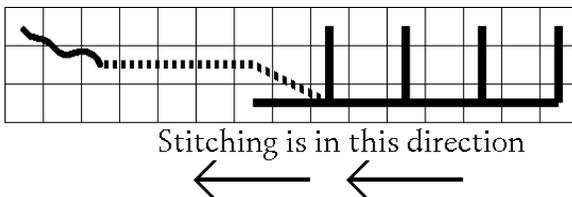
When the edge is completed, cut in the ditch as close to the Nun's stitching as possible without cutting the perle coton. If you want a fringe on the ends, instead of cutting close to the stitching remove threads horizontal to the ditch and outside of the stitching. Trim so they are even.

ENDING A STRAND

Ending a strand behind Nun's stitching uses two different techniques, depending on where the ending is in the row.

To end at the end of a row, run the strand back under the stitches. If you pull tightly, a sharp needle may be needed.

Diagram Four



To end in the middle of a row, on the back carry the strand forward along the stitching path for 1 to 2 inches and enter the fabric. Leave the end of the strand lying on the front of the fabric.

Begin a strand as described in **Diagram One**. Continue to stitch. When you have stitched to where the old strand enters the fabric, cut it close to the fabric and continue stitching.

THE CORNER

If you need to turn a corner, stop with a vertical stitch 2 threads from the next ditch. Complete the next set of horizontal stitches