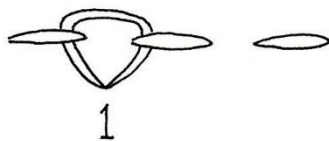
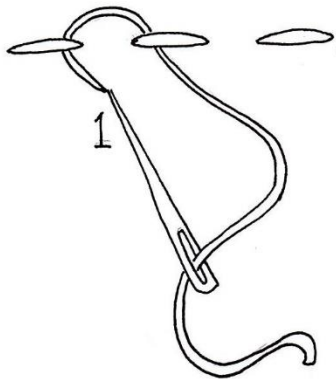
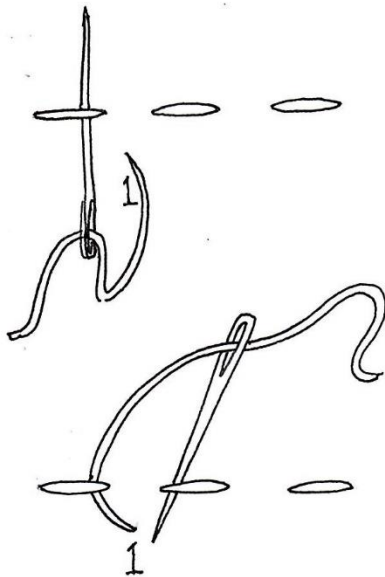


## Inuit Lacing Stitch



1. Draw a guide line with a chalk pencil, fade-away fabric marker, or wash-away fabric marker.
2. Stitch a running stitch over the guide line. The distance between stitches will determine the size of each of the loops created by this stitch. I usually make my stitches  $\frac{1}{8}$ " wide with  $\frac{1}{8}$ " space between each stitch. The number of running stitches will determine how many lacing stitches you will end up with. You will get 1 less lacing stitch per running stitches. Example: 7 running stitches = 6 lacing stitches.
3. Moving from left to right, begin by bringing the needle up through the fabric halfway between and slightly (about  $\frac{3}{16}$ " ) below the first 2 running stitches at #1.
4. Slide the needle under the first running stitch pulling the thread through. Then slide the needle down through the second running stitch pulling the thread through.
5. Insert the needle back into #1 and pull the thread through.
6. Repeat steps 3-5 for the rest of the running stitches.