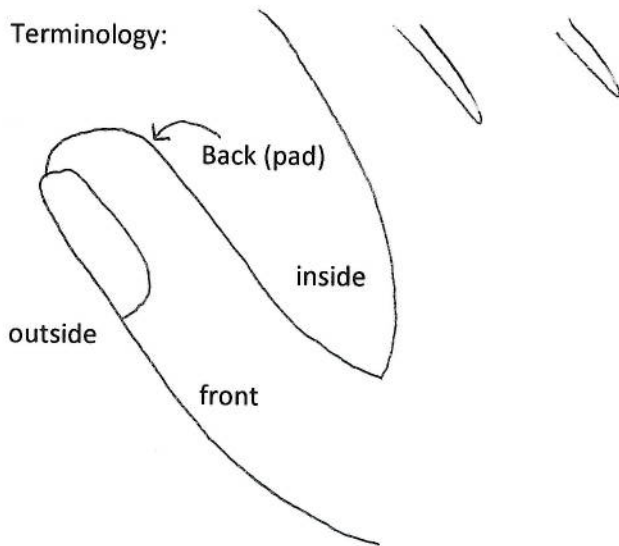


Left-handed Oslo Stitch

Mistress Ose Silverhair

Nålbinding is no more difficult to do left-handed than right-handed. What can make it seem difficult is that directions are usually written for the right-handed person. These directions are an attempt to remedy that. I will use terms that work for both right-handed and left-handed people whenever possible, but diagrams and photos will be from the left-handed perspective.

Terminology:



Thread the needle. Begin by making a small overhand knot at the end of the yarn. Do not pull it tight. Place the loop on the back of your thumb with the end of the yarn facing toward the outside, and the working thread (near the needle) coming toward the inside – between your thumb and index finger. Hold it gently with your index finger while you bring the needle in front of your thumb and through the loop on the back of your thumb (bring the needle over the left side of the knot and under the right side of the knot). Pull the thread taut so that when you let go the loop stays on your finger. The working thread should **always** fall between your thumb and index finger. **Now you are ready to begin the Oslo stitch.**



Hold the knot on the pad of your thumb.



Bring the needle in front of your thumb and through the knot.

Put the tip of your needle through the knot loop, from the front toward the back. Turn the needle and go under the thumb loop and under the working thread. Pull taut. You have made an Oslo stitch.



Looking at the front of your thumb, you now have 2 loops on your thumb and the working thread is between your thumb and index finger. The new loop should **always** be below the old loop.

Lift the top (old) loop over your thumbnail so it rests on the back of your thumb. Put the tip of your needle through the loop, from the front toward the back. Turn the needle and go under the thumb loop and under the working thread. Pull taut.

Repeat this process of lifting a loop and passing the needle through the back-of-thumb loop and under the thumb loop and working thread until the chain (caterpillar) is as long as you need.

At some point you will run out of yarn. Fluff out your ends and moisten them with water or saliva. Felt them together by rubbing them briskly between the ball and heel of your hands.

Join the chain to make a loop:

With the caterpillar still on your thumb, carefully untwist it. Bring the beginning end around to the left and gently hold it beneath the loop on your thumb.



Pick up one caterpillar loop.



Make an Oslo stitch.

Each stitch of the caterpillar has a small loop along the top edge, which slants slightly to the right. Put the tip of your needle through one caterpillar loop, then continue to make the Oslo stitch – lift the top loop off your thumb with the tip of your needle, going through from front to back, twist the needle and go under the thumb loop and working thread.

Continue around in this manner. At some point you may want to increase or decrease the number of stitches you have. To increase make 2 stitches in the same caterpillar loop. To decrease, skip a loop.