

Plastic Canvas Continental Stitches

See Special Note below.

1. Bring threaded needle **UP** from the back at 1 and all ODD numbers and **DOWN** from the front at 2 and all EVEN numbers.
2. Thread plastic canvas needle with about 20 inches of yarn
3. When you begin, leave a "tail" about 1 inch on the back. You will work this under the other stitches when you need to rethread your needle.
4. Follow the diagram below, and repeat steps 1 – 32 until entire piece is covered with Continental Stitches. This is a graphic of a bookmark, so continue all the way to the end of the plastic canvas piece instead of going to directly to # 18.
5. Remember never CUT your yarn when you run out. Work the yarn under 4 or more stitches on the back, then cut the yarn and rethread your needle.
6. When this is done correctly, the front and back of the piece look almost the same.



Special Note:

This applies as you hold the plastic canvas facing you:

Horizontal Direction to stitch (side to side):

Going from LEFT to RIGHT = out at **top** hole and diagonally down into **bottom** hole

Going from RIGHT to LEFT = out at **bottom** hole and diagonally up into **top** hole

Vertical Direction to stitch (top to bottom):

Going DOWN = out at **bottom** hole and diagonally up into **top** hole

Going UP = out at **top** hole and diagonally down into **bottom** hole