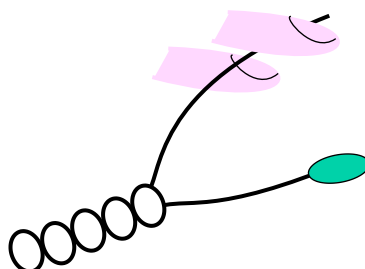


Over the years I've looked at (and tried) this technique many times but have always found it a nuisance to work due to the fact that the shuttle has to be dropped behind the work after a few half doubles.

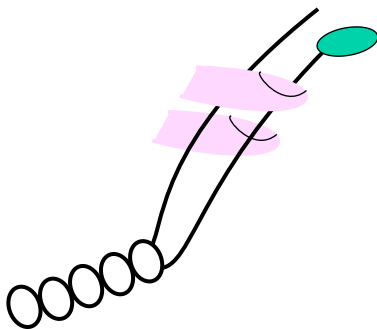
It's taken a nun's work from back in the late 1940's or early 1950's to show me a far faster and easier way which does not involve letting go of the shuttle.

This is her way.

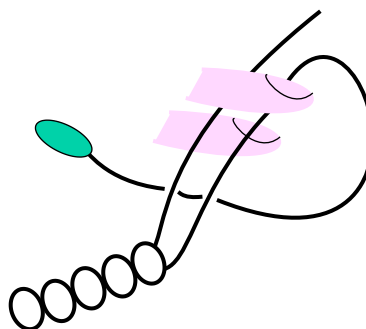
Make five first half of the double stitch.



Take the shuttle thread and catch it on your left hand between any two fingers (I use my index and next finger).



Take the shuttle **UNDER BOTH** the chain and the shuttle thread to the back and round to the front again. This causes the spiral to neatly turn itself without dropping the shuttle.



The spiral can also be made by doing five second halves of the double stitch but the spiral is created by taking the shuttle **OVER BOTH** threads in the same manner.