

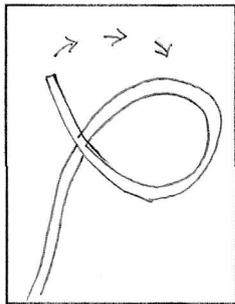
Yumi Olgeta Absolute Beginner

Chain Stitch Instructions

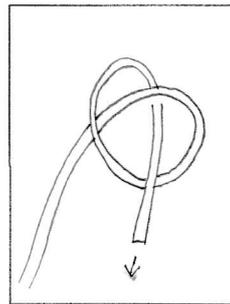
First Steps

1. Decide if you wish to use one or two threads of embroidery cotton.
2. Thread your needle and tie a knot at the end of the 30 cm thread.

a. How to tie a Knot

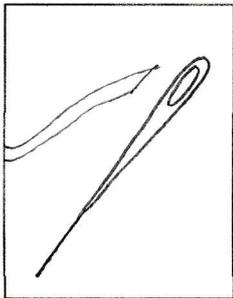


Make a loop with the end of your thread.

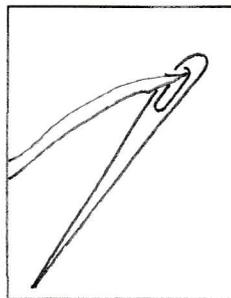


Tuck the end of the thread down and through the loop. Pull tight to make the knot.

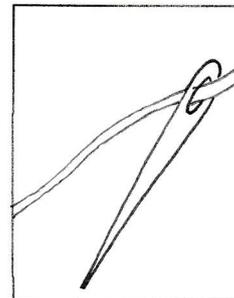
b. How to thread a Needle



Cut the thread on an angle.



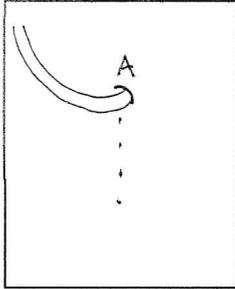
Gently nudge longest part into top of hole.



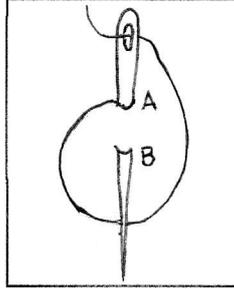
With your nails gently pull tip through.

3. Take your needle and thread under your fabric and bring it up where you wish to start your embroidery.

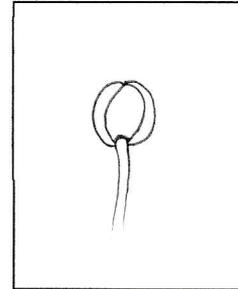
How to do Simple Chain Stitch



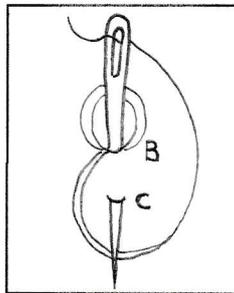
Secure the thread on the back of the fabric and bring it to the front at A.



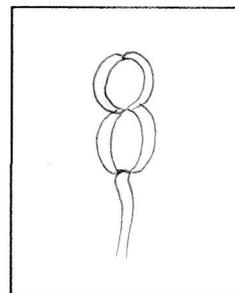
Take the needle from A to B, using the same hole in the fabric at A. Loop the thread under the tip of the needle.



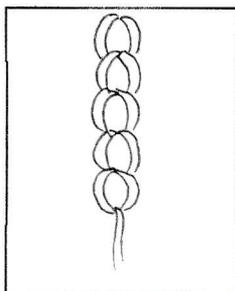
Pull the thread through until the loop lies snugly against the emerging thread.



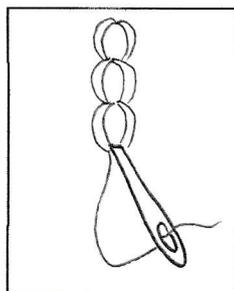
Take the needle through the same hole in the fabric at B and emerge at C. Loop the thread under the tip of the needle.



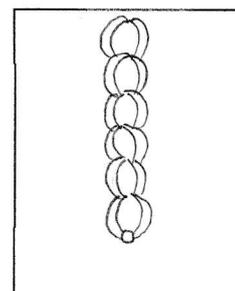
Pull the thread through as before.



Continue working stitches in the same way.



To finish, take the needle to the back just over the last loop.



Pull the thread through and secure on the back.

Yumi Olgeta Chain Stitch Workshop

Introduction to Chain Stitch

Chain Stitch is a sewing and embroidery technique based on looped stitches that form a chain-like pattern.

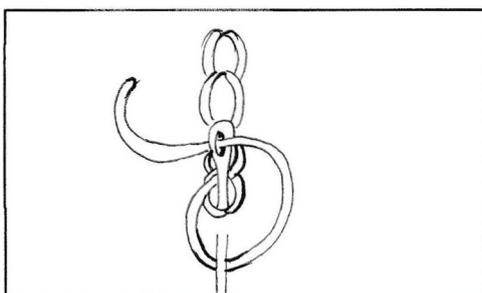
First Steps

1. Decide if you wish to use one or two threads of embroidery cotton.
2. Thread your needle and tie a knot at the end of the 30 cm thread.
3. Take your needle and thread under your fabric and bring it up where you wish to start your embroidery.

Type of Chain Stitch

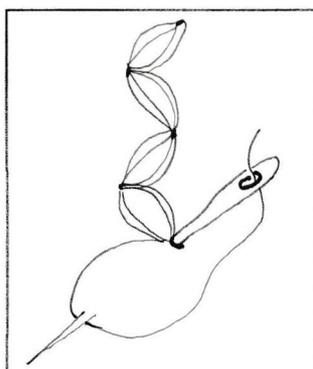
There are around 100 different type of chain stitch variations developed and used around the world. Here are nine to get you started. I hope that you enjoy it so much you will explore the rest!

1. Simple



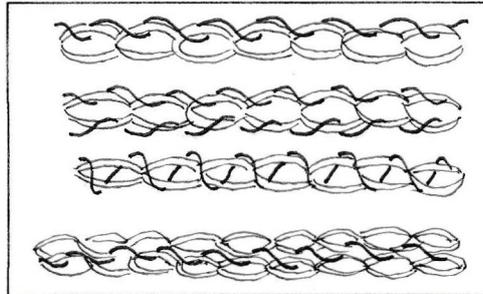
At your starting point, bring up your needle from the back. Create a loop with your thread and return your needle back in through the starting point then without taking it all the way through, bring your needle up through the fabric a stitch length away. Pull your needle through the loop. Repeat for additional stitches in your row. To end your row, make a tiny anchoring stitch over your last loop, securing it in place. To turn at a corner, make an anchoring stitch in the same way then come back up again on the inside of your last loop. Start stitching in the new direction

2. Zig-Zag



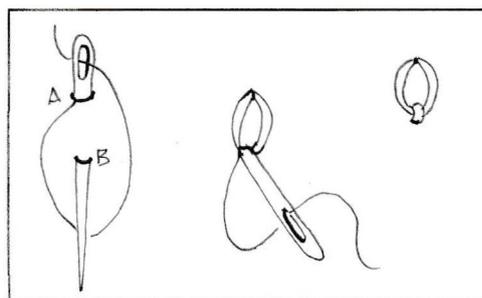
At your starting point bring your needle up from the back. Proceed as with Simple Chain Stitch but putting your stitches on the diagonal. It can be helpful to use an iron off pen (ie. Flexion pen for \$4 at most office supply shops) to draw the diagonal lines to follow.

3. Whipped



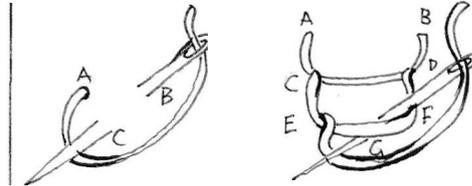
A row of Chain Stitches can be whipped in a contrasting colour. The whipping thread does not go through the material except at the beginning and end of the row. The whipping can be on one or both sides of the chain stitch or the whole Chain can be whipped. Two close rows of Chain Stitches whipped make a beautiful border though make sure the stitches of both rows sit side by side. Lovely with Fly Stitch on either side to make a decorative border. This stitch type tends to work best with two threads of embroidery cotton or thicker thread. Try using gold or silver thread, Cotton Perle with DMC cotton and play around with colour combinations. The higher the contrast the more striking the effect!

4. Detached



The Detached Chain is a series of individual Chain Stitches, each one anchored separately with a small stitch just below the bottom of the loop. Otherwise known as the Lazy Daisy Stitch. Great for filling shapes and it looks great combined with Running Stitch.

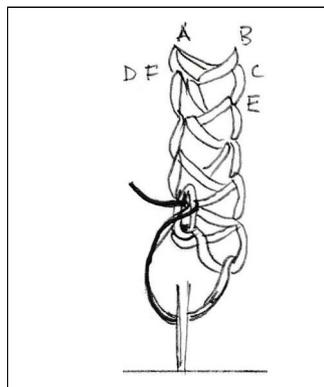
5. Open



Work from the top down. Instead of making the chain vertically as in Simple Chain, Take the stitch diagonally. Bring the needle and thread out at A. Holding the thread down with the left thumb, insert the needle at B, to the right of A. Bring the needle and thread out diagonally at C (a little below A) at whatever width the stitch is to be. Loop the thread under the needle, and pull through, leaving it a little loose. Insert at D inside the loop, below B. Snug up thread gently around the needle. Come out diagonally at E, below C, and loop the thread under the needle. Pull through, leaving it a little loose. Insert at F, and snug up the thread. Come out at G and continue on. To end, make a small anchoring stitch at the last two corners, or one stitch in the centre.

Great for borders and fillings and well suited to lines and shapes of graduated widths. It is recommended that you draw parallel lines to work between while you are learning this stitch. It can be filled with small detached Chain Stitch, Running Stitches or French Knots. It can also be used to couch threads, ribbons or cords.

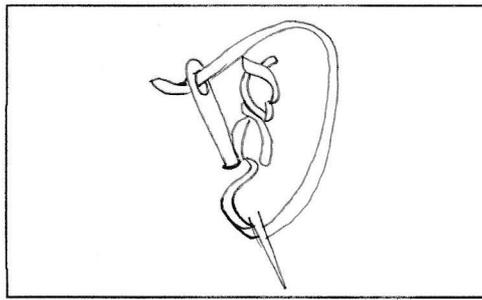
6. Double



Working from the top down bring the needle and thread up at A, on the left side of two drawn or imaginary parallel lines. Insert at B on the right line, coming out at C,

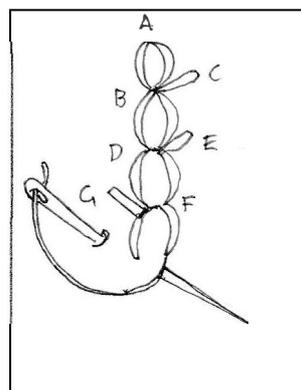
the thread looped under the needle. Pull through. Holding the thread over the left, go down again at A, and come up at D, in line with A, looping the thread from right to left under the needle. Pull through. Go down at C inside the loop and come up left to right. Continue, looping alternatively from right to left and from left to right, inserting the needle inside each chain. To end, anchor with a small stitch. Texture and interest can be added by working a small Detached Chain stitch or French Knot in the middle of each chain in a blending or contrasting colour.

7. Twisted



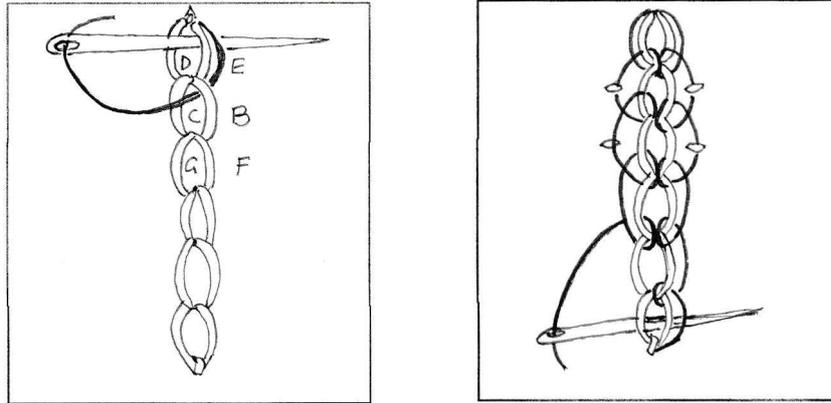
A useful stitch for lines and borders with a textural look. Work from the top down as in Simple Chain Stitch but instead of reinserting the needle in the same hole, insert it slightly to the left of the previous stitch, crossing over the thread. Bring the needle and thread out at A on the line to be covered. Holding the thread down with the thumb, insert at B, to the left of A. Start downward and come out at C, below A. Loop the thread over the needle, and then under the point of the needle from left to right. Pull through. Insert at D, to the left of the loop, coming out at E and so on. Close parallel rows can create interesting textures. They can be twisted in alternate directions or a spine added.

8. Spine



Work from top down. Bring the needle and thread out at A. Holding the thread down, insert again at A and come out at B, looping the thread under the needle to make a plain chain. Pull through. Insert at C, coming out at B inside the chain. Make the next chain from B to D. Go in at E and out at D. Make the next chain from D to F. Try the spine on the other side from G to F and so on. This stitch can be used for textural lines. A different effect can be achieved by placing the spine close and parallel to one side of the chain.

9. Interlaced



Start with a row of wide Chain Stitches, worked somewhat loosely. When this row is completed start again at the beginning with a thread of a different shade of thickness, working from top down or left to right. Lace this thread loosely from outside in, from B to C, under the right side of the second chain, without going through the material, and with the lacing lying just outside the first chain. Then go back under the first chain from inside out, from D to E, under both the chain and the previous lacing.

Go over and behind the third chain, from F to G, from outside in, then go back to the second chain from inside out, going under both the chain and the lacing. Go over the fourth chain and continue. Start again at A and repeat on the left side. The interlacing thread should not be pulled tight but should lie against the centre chain. Make sure that the two centre stitches of the lacing lay side by side, not one on top of the other. At the end, bring the lacing thread to the back, behind the last chain.

You may wish to anchor down the lacing thread at this stage. For a complete border a row or two of fine Chain Stitches can be worked on either side.

Recommended Reading

The Stitches of Creative Embroidery by Jacqueline Enthoven

A-Z of Whitework, Book 1: Surface Embroidery by Inspiration Books

The Complete Stitch Encyclopaedia by Jan Eaton

Hand Stitch Perspectives by Alice Kettle & Jane McKeating

For questions and assistance anytime email Helen on helenfraserartist@bigpond.com

Yumi Olgeta: Further Resources

Books

A Cruize in a Queensland Labour Vessel in the South Seas by W.E. Giles; edited by Deryck Scarr. First published 1968.

Cannibal Cargoes by Hector Holthouse. First published 1969.

The Forgotten People: A history of the Australian South Sea Island Community (1979); edited by Clive Moore

The South Sea Islanders and the Queensland labour trade by William T. Warn, edited, with an introduction by Peter Corris. First published 1979.

Why Weren't We Told; A personal search for the truth about our history by Henry Reynolds (1999), Historian and Activist

Brown Sugar by Nancy Cato (1974)

The Fatal Shore by Robert Hughes (1986)

A Rightful Place; A roadmap to recognition; essays by Noel Pearson, Megan Davis, Jackie Huggins and Rod Little, Damien Freeman and Nolan Hunter, Warren Mundine and Stan Grant. Edited by Shireen Morris. (2017)

The Underground Railroad by Colson Whitehead (2016)

The Tall Man; Death and Life on Palm Island by Chloe Hooper (2008)

Moment of Truth; History and Australia's Future by Mark McKenna in Quarterly Essay, Issue 69 2018

Forgotten War by Henry Reynolds (2013)

The Black War; Fear, Sex and Resistance in Tasmania by Nicholas Clements, foreword by Henry Reynolds (2014)

Craftivism; a Manifesto/Methodology by Tal Fitzpatrick (2017)

Dark Emu; Black Seeds; Agriculture or accident? By Bruce Pascoe (2016)

Tracker by Alexis Wright

Uncle Tom's Cabin by Harriet Beecher Stowe

The Dreaming and Other Essays by W.E.H. Stanner

Boyer Lectures 2012 by Professor Marcia Langton

Bury the Chains by Adam Hochschild

Deep Time Dreaming by Billy Griffiths

Welcome to Country: A Travel Guide to Indigenous Australia by Professor Marcia Langton

Dispossession; Black Australians and White Invaders compiled by Henry Reynolds

It's Our Country: Indigenous arguments for meaningful constitutional recognition and reform. Edited by Megan Davis and Marcia Langton

Talking to my Country by Stan Grant.

This Whispering in Our Hearts Revisited by Henry Reynolds.

First Australians. Edited by Rachel Perkins and Marcia Langton.

Alianne by Judy Dunn

Online

A White Australia: The Kanaka Labor Question (1901):

<https://trove.nla.gov.au/work/11901109?q&versionId=14026156>

The Kanakas and the Cane Fields: <https://www.janeresture.com/kanakas/>

'Who do you think you are' (Season 8, episode 4): Mal Meninga:

<https://www.sbs.com.au/ondemand/video/769640515611/who-do-you-think-you-are-mal-meninga>

Australian Slavery Buried in Queensland Mass Grave:

<http://nationalunitygovernment.org/content/australian-slavery-buried-queensland-mass-grave-0>

Tal Fitzpatrick's PhD, 'Craftivism as DIY Citizenship': <https://minerva-access.unimelb.edu.au/handle/11343/219289>

Rachel Joy's PhD, 'Being Occupier': <https://www.racheljoyartist.com/phd-thesis-being-occupier>

Australian South Sea Islanders, Port Jackson: www.assipj.com.au

Australian Human Rights Commission: <https://www.humanrights.gov.au/our-work/race-discrimination/publications/australian-south-sea-islanders-century-race>

State Library of Queensland: <https://www.slq.qld.gov.au/discover/exhibitions/past-exhibitions/australian-south-sea-islanders#undefined>

Queensland Archives:

<http://www.archivessearch.qld.gov.au/Exhibition/ExhibitionDetails.aspx?ExhibitionId=6>

Film and Documentary

Blackbird by Torres Strait Islander artist Amie Batalisbasi

Footsteps by Australian South Sea Islanders - Port Jackson featuring (Waskam) Emelda Davis and Aunty Shireen Malaboo

Australian South Sea Islanders (PJ) 25th Anniversary Since the 1994 Commonwealth Recognition (YouTube): <https://youtu.be/m02GMCK26B0>

Thread colours (based on the ASSI-PJ Logo) – DMC 25 Cotton Threads

Moss Green	987
Grass Green	704
Burgundy	3831
Red	666
Sand	3782
Lemon	744
Brown	3862
Variegated Orange	51
Light Blue	800
Black	310