

Basic Nalbinding: Chain Start

By Baroness Eilidh
AKA Laurie Clough

Wool yarn and tapestry needles.



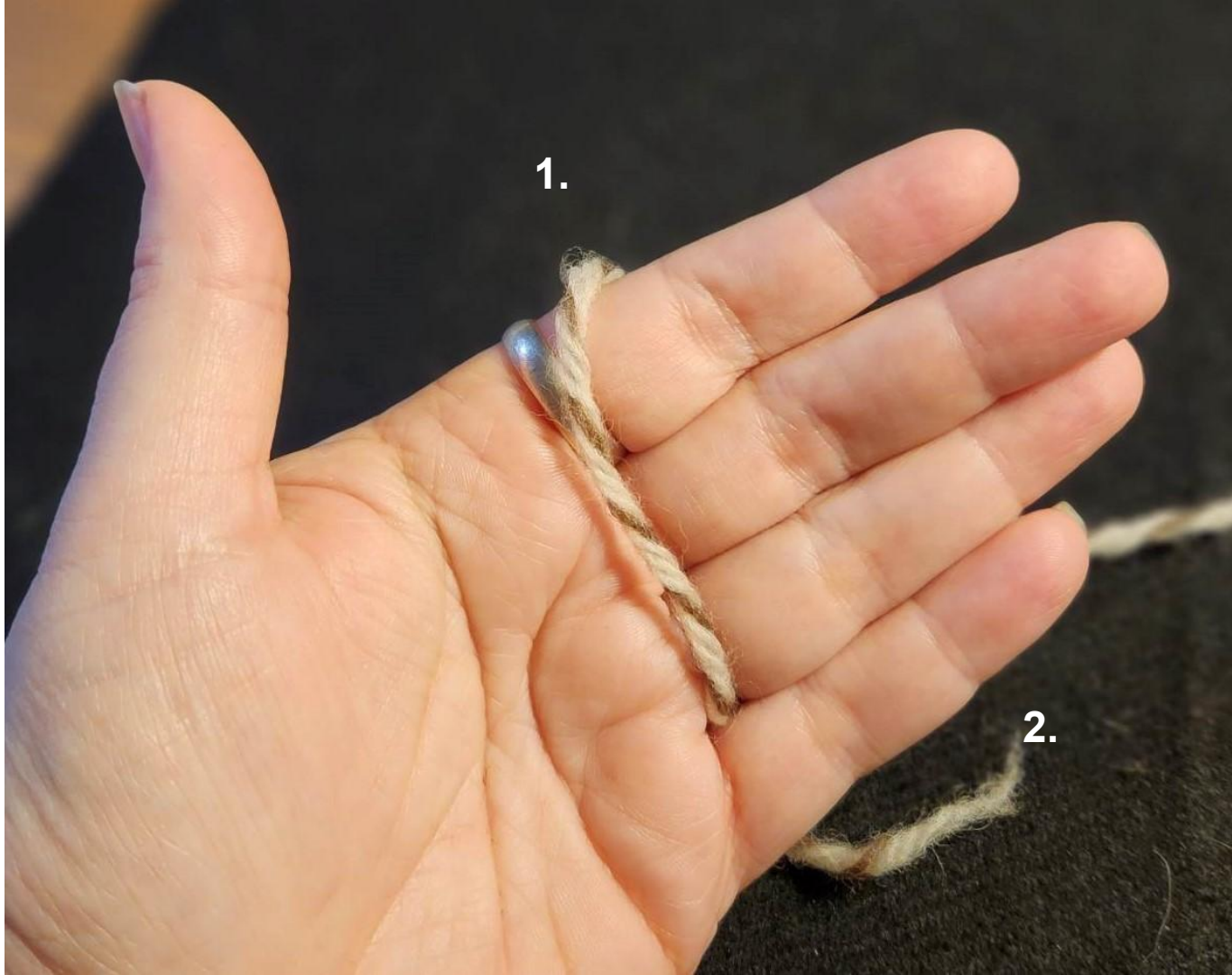
1 = working end.

2 = tail.

1.

2.

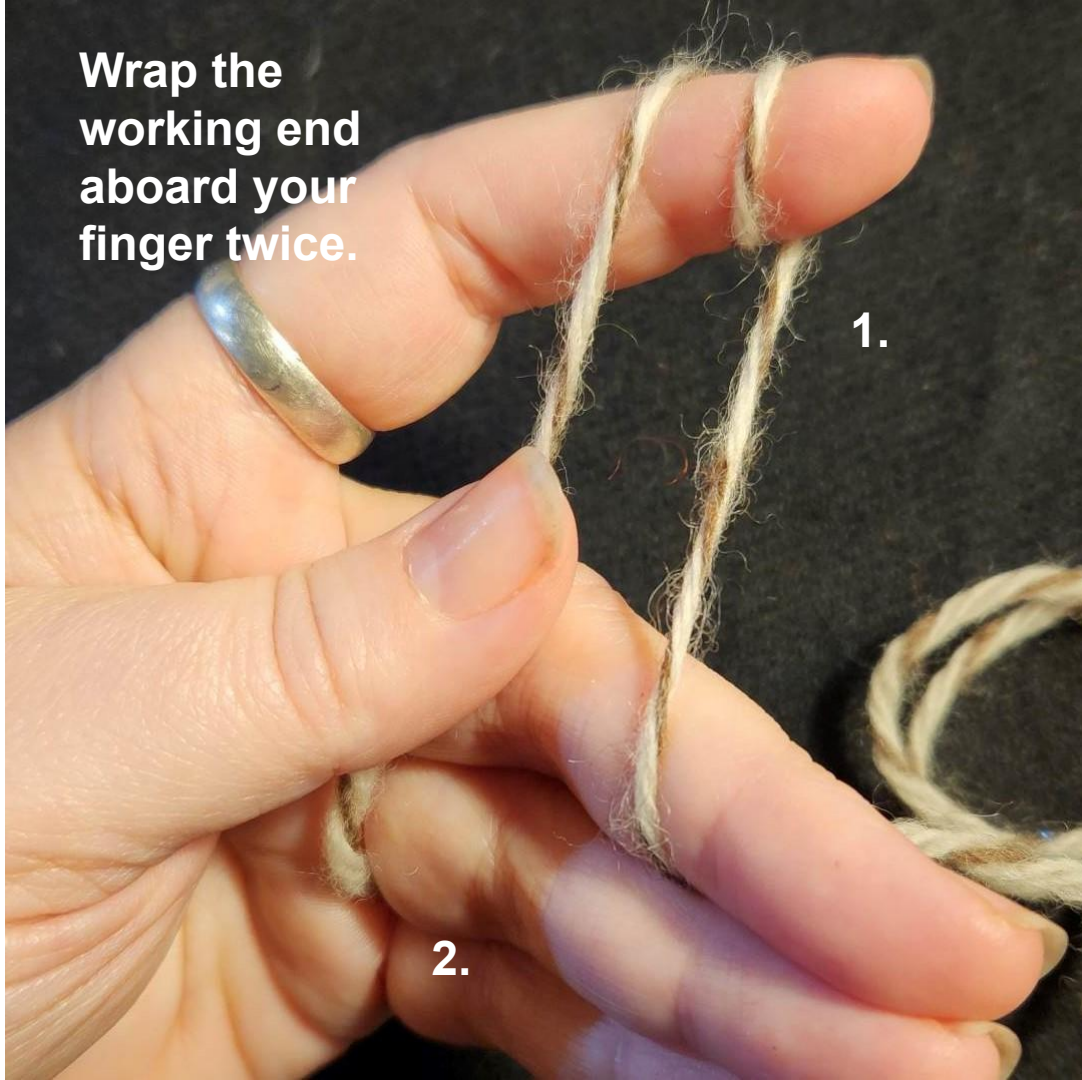




1.

2.

**Wrap the
working end
aboard your
finger twice.**



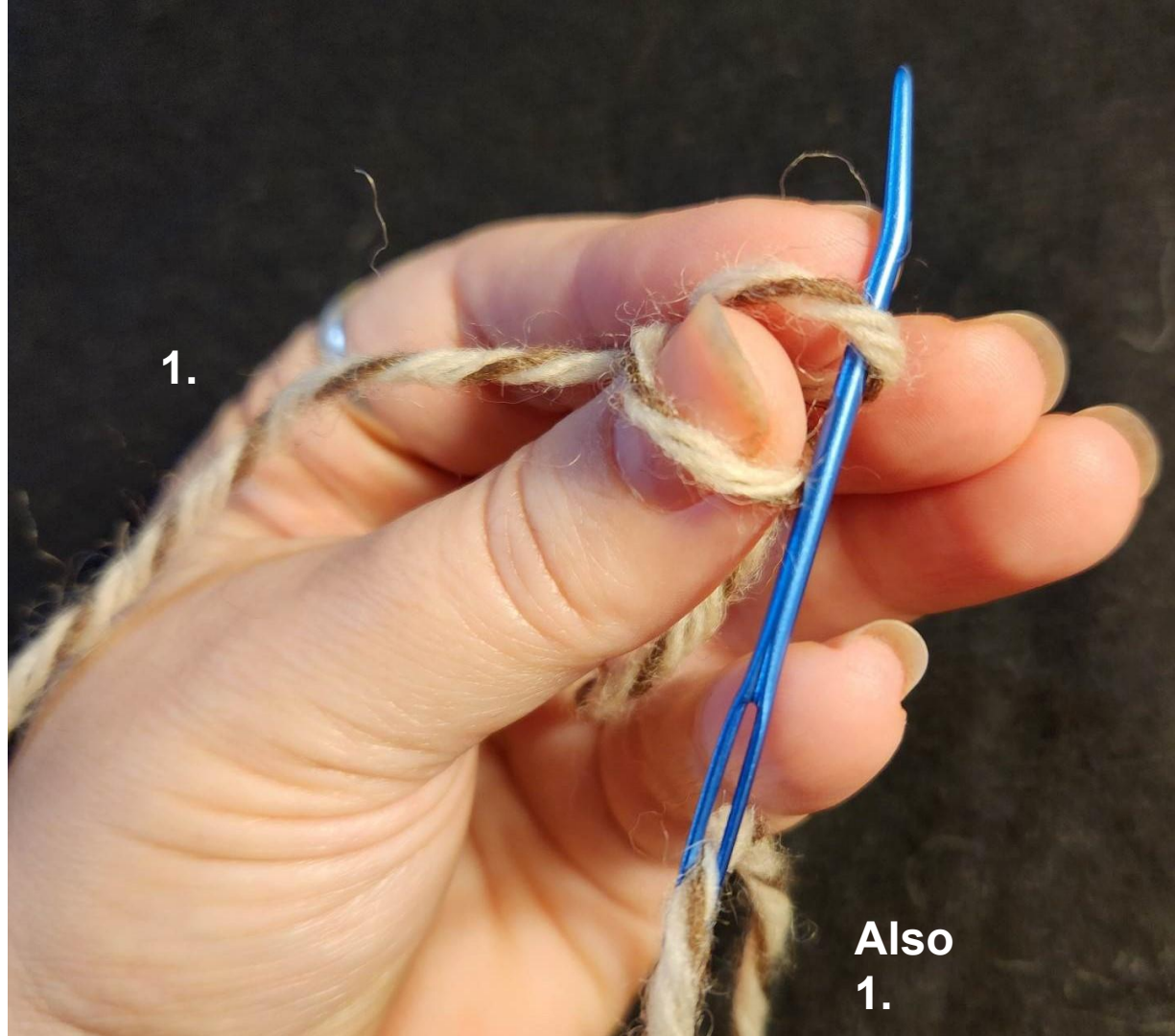
Bring fingertip and thumb together, and guide one loop over the tip of the thumb.

1.

2.



Gently keep your finger and thumb in contact. This will help you keep control over the working as it develops. These first several stitches will look like a hot mess. It's okay, don't panic!! It will all work out in the end. Eventually.... Okay, probably..



1.

Also
1.

Slide the needle through the loop that is between fingertip and thumb. Think of it as moving from the tip of your nose out. So you are moving the needle away from your face.

Try to keep the knuckles of your thumb facing your nose. Don't rotate your hand sideways because this will cause your working to slid about. Keep it gently pressed (not strangled nore allowed to run a muck) to the pad of your thumb.

The working yarn (1.) should lie along the length of the inside of your thumb, and to the needle in a "U" shape that should remain on top of your hand.



1

2

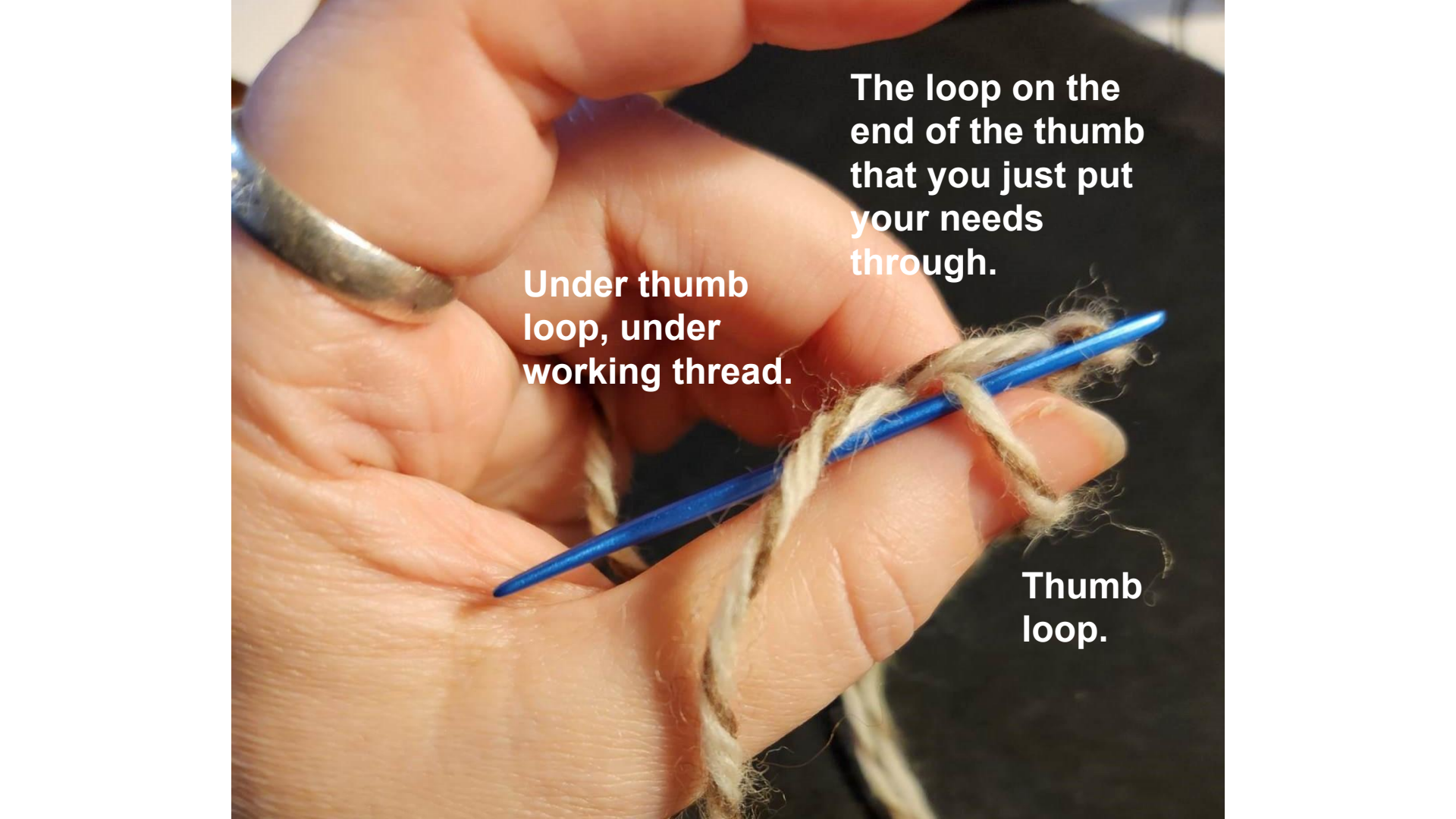
You only need to pull through the loop just enough to clear the needle.

Turn your needle and guide the tip UNDER the loop on the thumb. Aiming the tip of the needle to follow the inside length of your thumb.

This is not a sewing motion, the two steps are separate and purposeful.

Draw the yarn through the loops, guiding it along the length of the thumb, and UNDER the working yarn that rests in the “U” shape on top of your hand. Taking care that fingertip and thumb are still touching, and keeping the working in place on the pad of your thumb.

As you draw the yarn tight, a second loop will tighten under the first loop on your thumb.



The loop on the end of the thumb that you just put your needs through.

Under thumb loop, under working thread.

Thumb loop.



Yup. A hot
mess. IT”A
OKAY.



You should now have TWO loops on your thumb, and a bit of a mess on the pad of the thumb.

Slip off the TOP loop from your thumb. This loop is now the one to put your needle through. (Moving nose out.)



Rinse and repeat.

Run your needle through the loop you just pulled off of your thumb, moving back to front (nose out).

Turn the needle and run it under the loop on your thumb and under the working yarn that should still be lying on top of your hand.

Draw the needle down along your thumb, keeping that hot mess in place on the pad of your thumb, and draw tight till you have a new loop under the old loop on your thumb.

Pop the top loop off of your thumb.

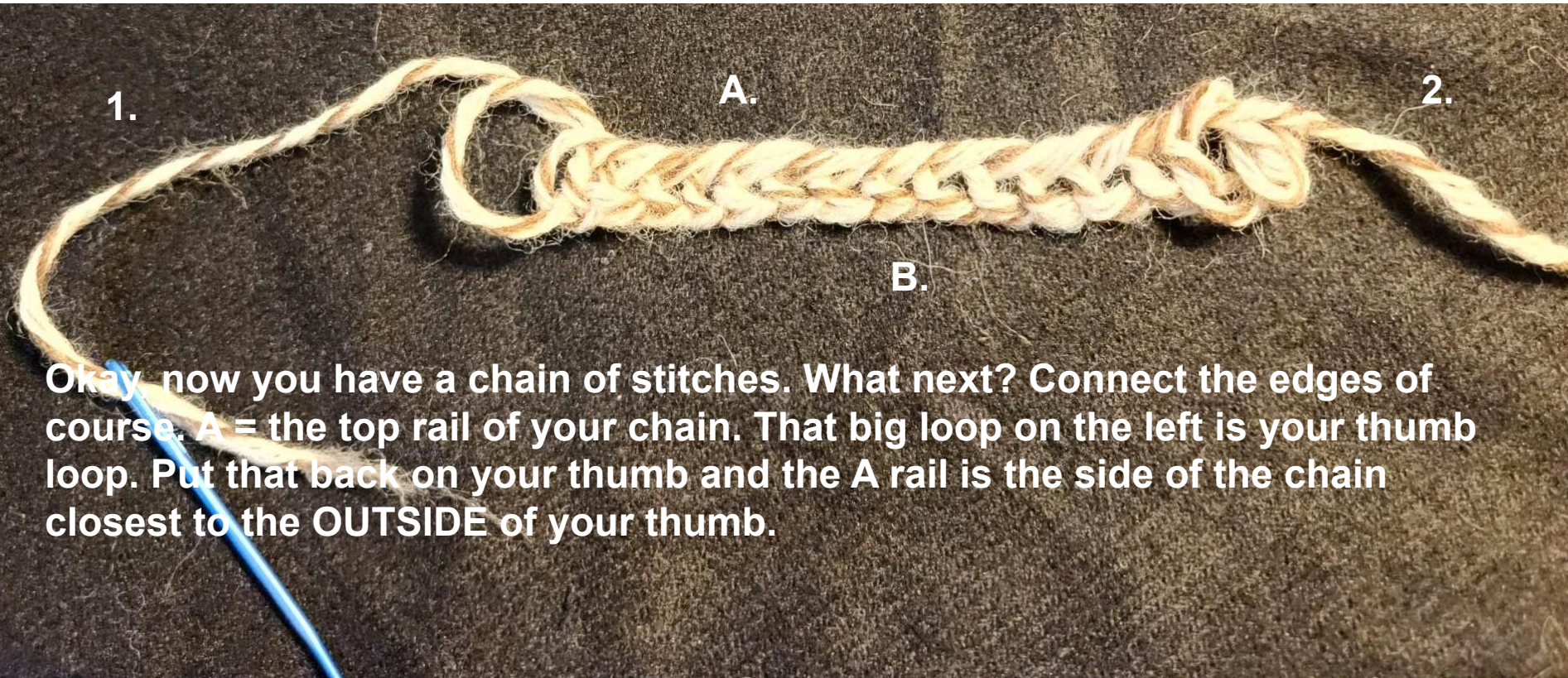
REPEAT till you begin to get a chain of loops running along the pad of your thumb.

**First
several
stitches
are
going
to be
loose
and
messy.**



**The tension, and size of stitches will eventually even out.
The hot mess on the end can be picked out, or CUT off.**





Okay, now you have a chain of stitches. What next? Connect the edges of course. A = the top rail of your chain. That big loop on the left is your thumb loop. Put that back on your thumb and the A rail is the side of the chain closest to the OUTSIDE of your thumb.

Connecting the ends, and starting a spiraling toob is done by drawing the tail end (2) of the chain around so that the A rail is just below the loop on your thumb. Be sure you have not twisted the chain.

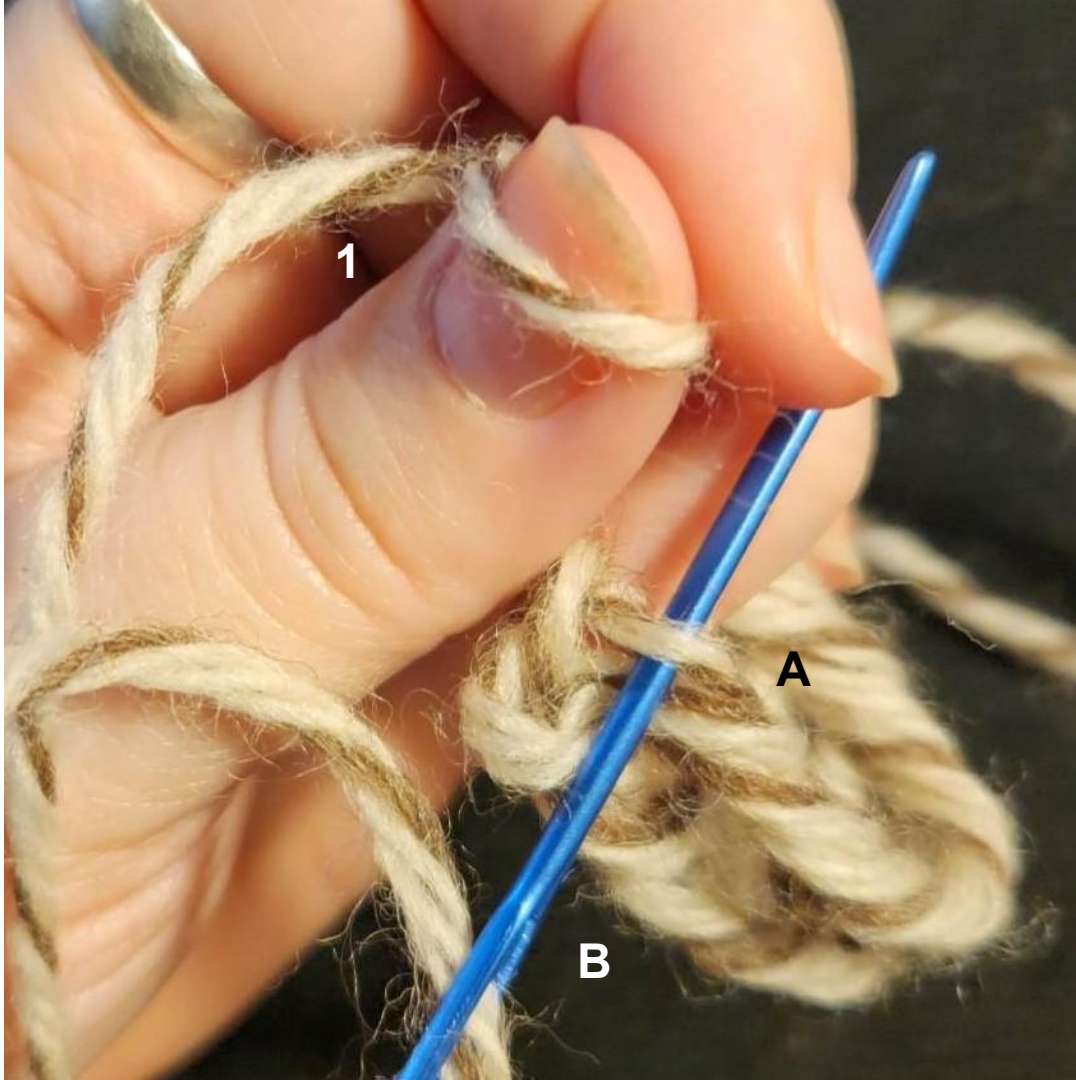
The stitches on the A rail will slant to the right, or away from your thumb.



1

A

B



Slide your needle from right to left, under the first solid stitch on the A rail, closest to your thumb. It doesn't have to be the very first stitch on that edge, just a solid one.

Again, ignore the hot mess portion, and skip to the part that looks cohesive.

Pick up the stitch on the A rail, then continue as before. Go through the loop on the end of your thumb (nose outward). Go under the thumb loop and the working yarn. Draw tight creating that second thumb loop. Pop the top loop off and repeat.

Pick up the next stitch on the A rail, and keep going as before.



If you continue this way, you will end up with a straight boob.

But toobes are only useful for so long. They are great for wrist warmers, cuffs, tops of socks, and the beginning of hats, but.... There has to be more right?

YES! Yes there is. From this point, adding and reducing stitches is how a nalbound piece is shaped.

Increasing is accomplished by adding a second stitch next to the first on the “A” rail.

Decreasing is done by picking up two stitches on the “A” rail at the same time.



**Two stitches in
one increases a
piece.**



1

A



**Decreasing:
Pick up two
stitches on the
"A" rail at the
same time.**

A

