

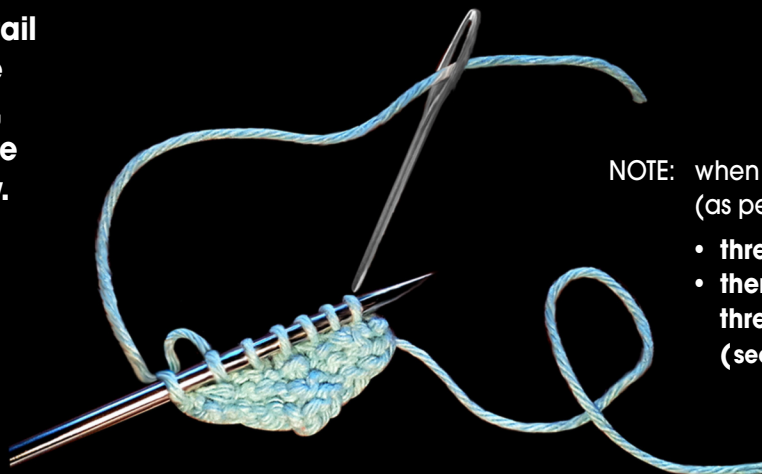
## STITCH TECH:

# the B&T (aka break & thread / bind & tighten) method for securing stitches

NOTE: the  symbol indicates end of pattern instructions for designs by Jackie Loewen.

### STEP 1:

Cut yarn and thread the yarn tail through all the “live” stitches, beginning at the start of the row.



PATTERNS THAT USE THIS TECHNIQUE INCLUDE:

[Sweetie!\[\]\(003082e50e3009141f59bd5df831749f\_img.jpg\)KNIT!\[\]\(f439ede8735757e3190eab35e168f1de\_img.jpg\)Heart-shaped knitting pattern](#)  
[Bramble!\[\]\(f5c165e0bd35116675db6686a30b1fea\_img.jpg\)tini Heart-shaped knitting pattern](#)

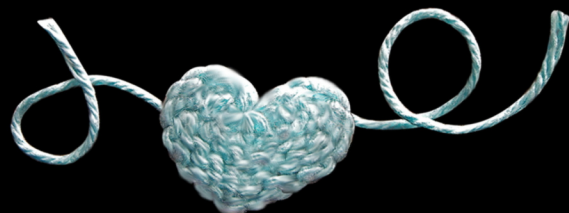
NOTE: when pattern says to slip the last stitch (as per my [Sweetie!\[\]\(17413706fd4997a1a4bdf85c6864eee1\_img.jpg\)Knit!\[\]\(f419710cbe076aa30a9c6c031b5cbe84\_img.jpg\)Heart](#) pattern)

- thread yarn tail through the slipped stitch
- then bring yarn around to first stitch and thread the tail through all (7) “live” stitches (see graphic)



### STEP 2:

Insert yarn tail through B&T loop and pull tight to WS—securely fastening all stitches. Weave in ends.



knitting with **HEART**.wordpress.com 