Beginning Nalbinding – Oslo Stitch

By Bethany Creaser/Bess Brechin

Materials:
- Nalbinding or tapestry needle
- 100% wool yarn (no super wash wool!)

Directions:

1. Begin with a piece of yarn about 1 yard long. Thread one end of the yarn through the needle:

2. Create a loop, making sure the working yarn is on top of the tail end:
3. With the loop shown as below, put your needle over, under, and then over the yarn:

4. Pinch the needle and the bottom of the loop with your thumb. Bring the working end of the yarn over the needle – the working yarn should lay on your inner forearm:
5. Pull the working end of the yarn until a loop forms around your thumb. You will feel the yarn being pulled between your pointer finger and your thumb:
6. This is how it will look on the other side of your thumb. There will be a loop around your thumbnail and a loop on the pad of your thumb.

7. Insert the needle, from front to back, through the loop on the pad of your thumb:
8. Twist the needle so that it is now pointing towards yourself and pass the needle under the loop on your thumb and under the working end. **Pinch the needle lightly** with your pointer finger and thumb:

9. Pull the needle until a new loop forms around your thumbnail. You will feel the yarn being pulled between your pointer finger and thumb:
10. You will now have two loops around your thumbnail – the old loop and a new loop:

![Old and New Loops](image)

11. Slide the old loop off to the pad of your thumb. The new loop is the one that will tighten when you pull on the working end of the yarn. The old one won’t tighten when pulling on the working end.
12. Repeat steps 7 to 11:
13. Continue working until you have reached a desired length. I call this a chain:
14. Most nalbound items are made ‘in the round’. To make a tube, bring the end of the chain around to your thumb, making sure the chain isn’t twisted.

15. To join, insert your needle, from front to back, through the two end most loops:
16. Then make an Oslo stitch:

17. From this point on, when picking up a loop from the chain, put your needle through only one loop of the chain and continue to make your Oslo stitch:
Increases and Decreases:
If you need to increase the number of stitches, use the same chain loop twice in a row.

If you need to decrease the number of stitches, skip the next loop in the chain.

For more information and to see instructions and videos on how to make other stitches; visit https://www.en.neulakintaat.fi/1

How to make a hat video:
Part 1 - https://www.youtube.com/watch?v=527c5ayqriK
Part 2 - https://www.youtube.com/watch?v=A8jN5zMErF8

How to make socks
http://www.shelaghlewins.com/reenactment/naalbinding/sock_construction.htm