LOOP START: THE STITCHING TRICK YOU NEVER KNEW YOU NEEDED

When I first started cross stitching, one of the things that I found most annoying was starting a new strand of floss. While it is true that everything becomes easier with practice, there is a simple stitching trick that makes starting a new strand of floss a breeze. It's called "loop start".

Loop start is easy enough, but it must be noted that it only works when stitching with an even number of strands. As a large portion of patterns utilize 2 strands of floss, that is what will be focused on here.

To begin, you will need to cut a length of floss from the skein that is approximately twice as long as you would normally use. Next, separate one strand of floss and fold it in half. Thread both ends of the floss through the needle. The single strand of floss is now acting as two strands of floss with a loop at the end.

To begin stitching, put your needle up through your fabric as you would normally start a new strand and pull up a small amount of floss. Next, put your needle down through your fabric and leave the needle inserted in the fabric. Turn your fabric over and, taking up the loop end of the floss, place the loop over the needle on the back side. To finish, pull the needle and the remainder of the floss through the loop. Your floss is now attached to the fabric!

Be careful when putting your needle back up through the fabric to finish your first stitch because if the needle reenters the loop, it can undo the loop start. This only applies to this first stitch, once the first stitch is complete, the floss is secure and you can stitch without worry.