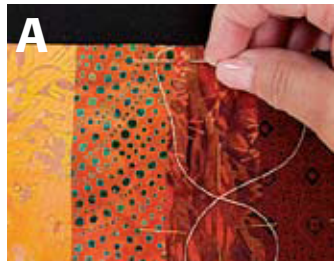


Web Bonus: Peeking Poppies

Hand Quilting with the Cretan Stitch

Note: For this technique, begin by layering and basting quilt as usual. Contrasting thread is used in photos for clarity.

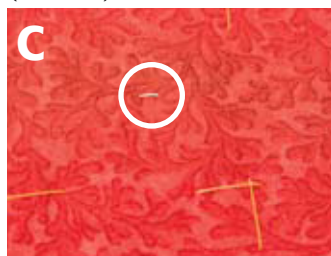
1 Thread needle and bury knot in batting at beginning of seam. Referring to **Photo A**, bring needle up just to left of seam. Keeping thread under needle, go down at a point that is approximately $\frac{1}{4}$ " down and $\frac{1}{4}$ " to right of seam. Being sure to stitch through all 3 layers of quilt sandwich, bring needle up just short of seam.



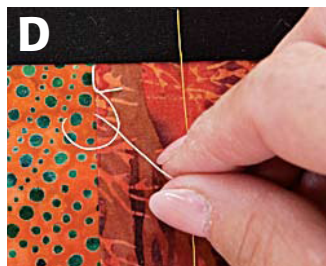
2 Gently pull needle through loop formed by thread until thread forms a right angle (**Photo B**).



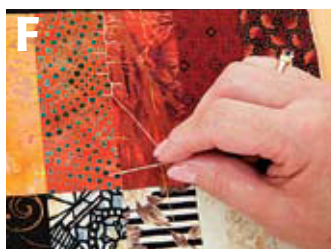
Stitch should show as short straight stitch on back of quilt (**Photo C**).



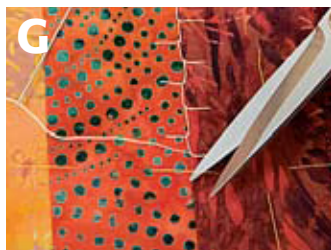
3 In similar manner, insert needle at a point approximately $\frac{1}{4}$ " down and $\frac{1}{4}$ " to left of seam. Bring needle up just short of seam and pull through thread loop as before (**Photo D**), forming a right angle (**Photo E**).



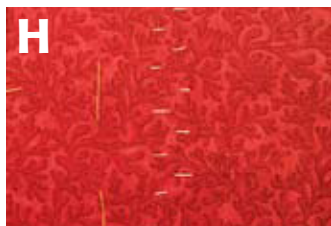
4 Continue stitching in this manner, forming stitches on alternating sides of seam (**Photo F**).



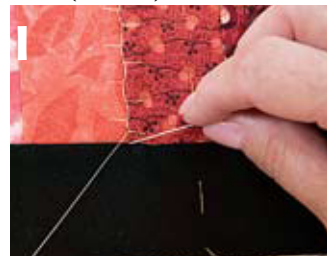
Remove basting threads or pins as you approach them (**Photo G**).



Check on back of quilt to be sure stitches are going through all layers (**Photo H**).



When end of seam is reached, insert needle just where seam ends (**Photo I**).



Knot thread and hide knot in batting as usual.

5 Feel free to alter stitch length and width as desired. If you're having trouble positioning stitches evenly, mark a removable line $\frac{1}{4}$ " from seam for guidance. Always test for removability on a scrap of fabric before marking quilt. Remove marks when quilting is complete.

For help with hand quilting basics, go to McCallsQuilting.com, click on Lessons, and then Quilting...Hand.