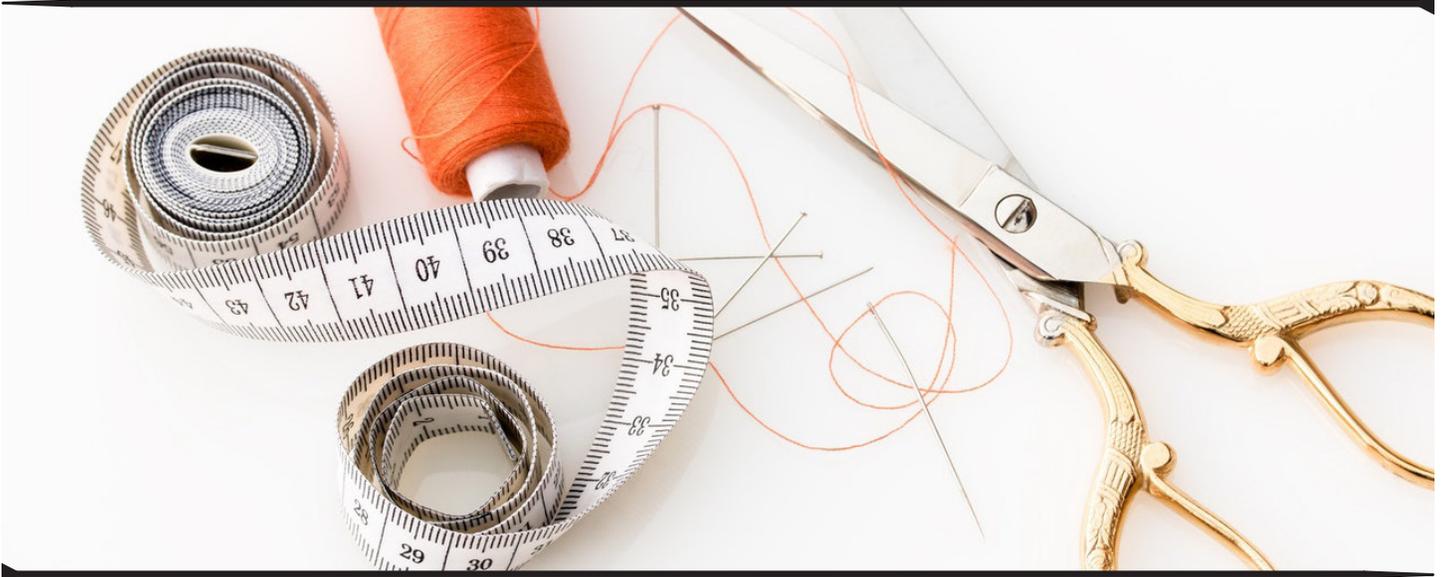




# REINFORCED STEEKING



Steeking and cutting your knits is an adventure all on its own, but what if you want to cut into a project you've knit with superwash yarn?

It CAN be done – it just takes a little more effort to make sure your stitches stay secure. I don't recommend this process for 100% plant fiber, silk, or Tencel.

**IMPORTANT:** Always test the reinforcing process on a swatch in the yarn you used for your project, and check the efficacy of your reinforcements on the swatch before you test it on your project. (See previous steeking videos for a reminder about steeking and cutting a swatch.)

## Reasons to Reinforce

1. If you want to cut through superwash yarn or a soft, silky blend, reinforcements will be essential.
2. If you've created your steek through stitches that have increases or decreases,

reinforcing your steek lines will help ensure that nothing goes astray when you cut.

3. If you're nervous that you might have missed something in your steeking, reinforcing can add more peace of mind.

First, make sure you've already wet-blocked and applied a traditional crocheted steek to your project using the directions from our previous lesson.

Once you've completed those earlier steps, you're ready for the final frontier: Reinforcements.

## Supplies

- ❖ Sewing needle
- ❖ Thread that matches your project (I use regular cotton or cotton/poly quilting thread)
- ❖ Scissors
- ❖ A knit project that has already been blocked and steeked (but not cut)

### Process

Thread your needle and tie a knot (if you've never used a needle and thread before, you can find a basic primer [here](#)). You'll want a nice length of thread - generally a little more than twice the length of the section you plan to stitch - but you can always add more thread and start again if you run out) and I recommend doubling the thread for stretch.

Starting at the very bottom of your work, use your needle and thread to back stitch through the steek and the layer of stitches beneath it, ensuring that your needle and thread are going through the stitches and securing them tightly. (It's okay to pull the thread nice and tight.)

Take a look at this video to see how it's done: <https://vimeo.com/443458972/be4342c604>

**Note:** If you are new to back stitching and hand sewing and need a little more help to understand what you're doing with the stitches, you can see this simple primer online [here](#). Since we're not worried about the stitches being perfect - we won't see them anyway - you can use the quicker method she illustrates in the second half of the video.

When your back stitching is complete on one side of the steek, start the process again with a new needle and thread on the other side of the steek. Be sure to tie off your thread with a few knots and secure it neatly on the back side of your knitting before you trim the thread.

When your reinforcements are complete, it's time to cut!



Try your steeking skills on the **Soundtrack Pullover**