

# York and Oslo Stitch

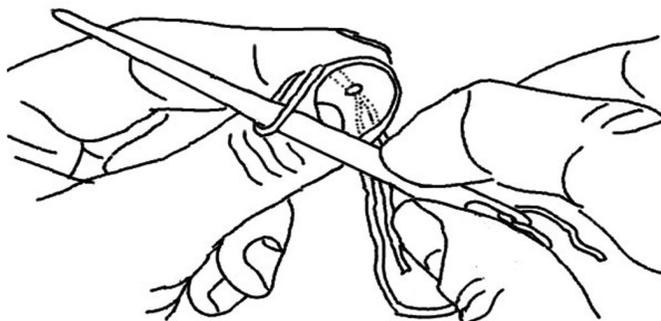
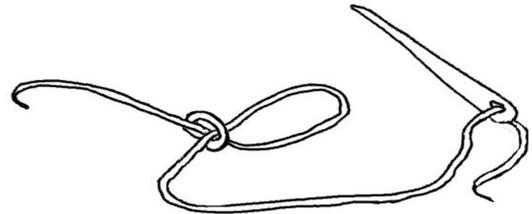
By Ann Asplund

This is a needle binding instruction for two stitches in one, the York and the Oslo stitch. The York stitch is named after Yorvik, the Norse settlement in England. The original artifact is the so called Copper gate sock. a short sock with a red decorative border. The Oslo stich is an easy beginner stitch, and widely spread. It is not certain though, which mitten from Oslo this stitch represent, or whether the name of Oslo stitch was a more modern invention.

The stitches are very similar, and the only thing separating them is in which direction the loops are picked, and by combining them in one instruction, I hope to help identify when which stitch is being done.

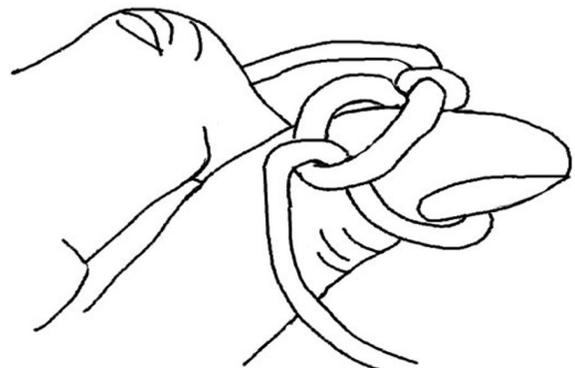
As always with needle binding, persistence is vital. Never give up, and keep repeating the same motions. Many stitches start out looking weird, and it is not until a few stitches down the line they will look as they should. Needle binding works by building on previous stitches, so just keep looking forward and keep on binding!

The beginning of York and Oslo is the same. Start by making a slip knot on the long end of your yarn, which should already be threaded on your needle.



Then, holding the loop between your left index finger and your thumb, insert the needle through the loop on the left side of your thumb, pull the thread snug, and create a loop around your thumb. This is now your thumb loop. For left handed, hold it in your right hand and catch the loop on the right side of your thumb.

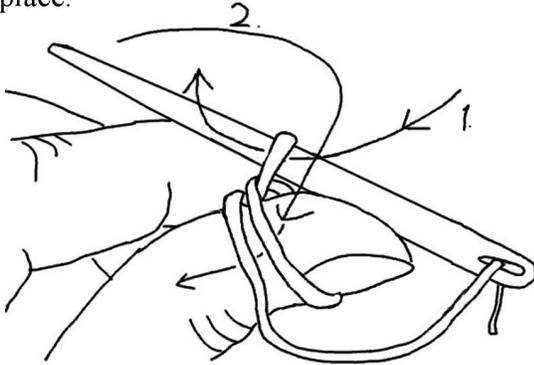
You should now have something looking like this:----->  
The end coming out on the left side of your thumb is your running thread, the one sticking out on the right, is the short end of the slip knot.



### Oslo stitch:

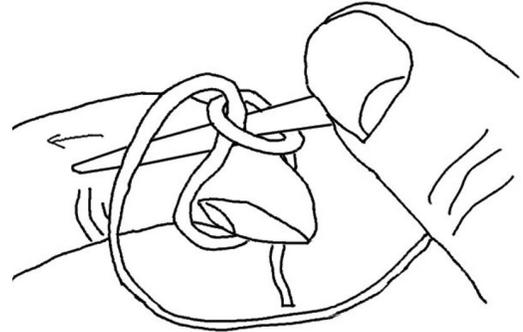
The next step is to come up through the loop, and twist the tip down on the left, under and through the thumb loop, and under the running thread.

Do not pull through! Stop, and hold your needle in place.



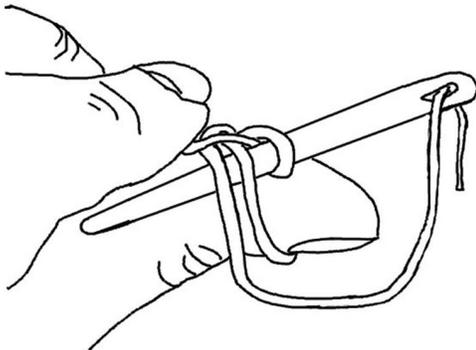
### York stitch:

The next step for York, is to take the tip of the needle, and go downwards through the loop of the slip knot. on the left side of your thumb, under and through the thumb loop, and under the running thread, and stop! Hold your needle in place.



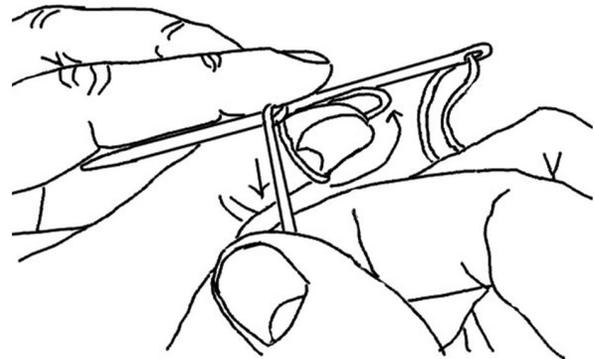
### Oslo:

This is how it will look, holding the needle in place, with the tip of the needle under and through the thumb loop, and under the running thread.



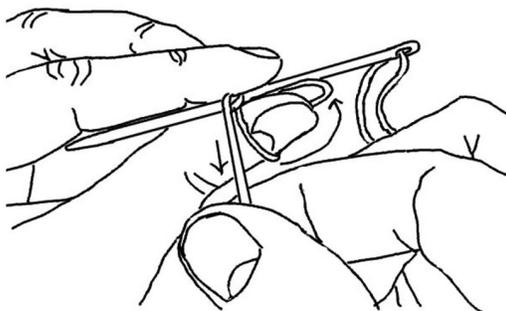
### York:

When holding your needle in place, flip over your thumb loop, and tighten it gently by pulling on the running thread. The first time the slip knot will be hard to pull, the subsequent stitches will be easier.



### Oslo:

Then flip over your thumb loop, tighten it gently by pulling on the running thread. The first time it will be quite hard to pull, but this will become easier as soon as the stitch develops.

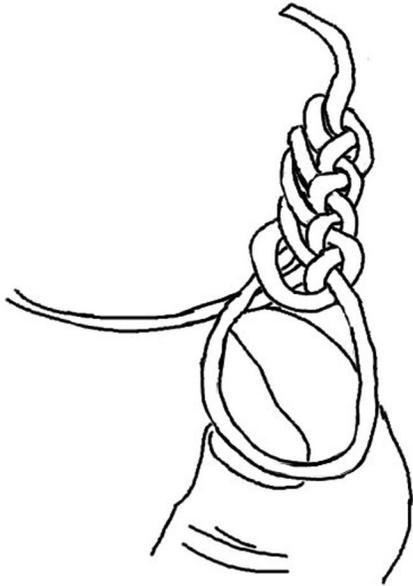


The next step for both York and Oslo is to pull the needle through and thereby creating a new thumb loop. Pull gently but firmly. That is the first stitch.

To keep on the right track, always keep the running thread coming out on the left side of your thumb (under the thumb loop), and come in from the right side of your thumb with the needle when picking the loops on the pad of your thumb. You are in fact circling your thumb counter clockwise.

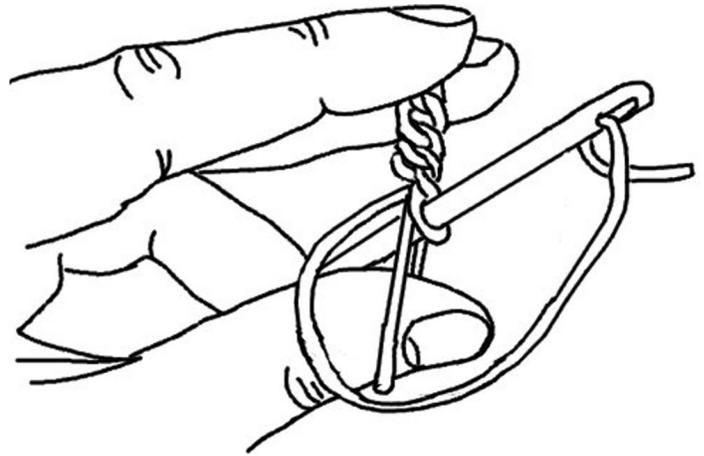
### Oslo stitch:

When you have done a few stitches, the chain will look like this seen from the top of your thumb. with the strand held out from your thumb. Notice the slanted braid like side stitches and the short stitch that creates a middle row.



### York stitch:

When you have done several York stitches, you will notice that it wants to curl itself into a spiral. When holding it stretched out, and uncurled, it will look like the following picture. Notice that instead of a braid, it looks more like a chain or a ladder, with an empty space, instead of the Oslo's middle row "pearl".



### Oslo and York stitch problem solving:

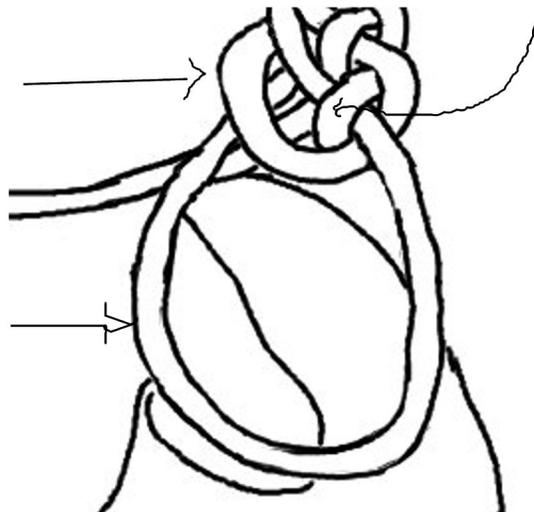
Most common problem is that it starts to twist into a spiral, which means that you are doing York. For Oslo, pick the loop from underneath and not from above.

Another common problem is finding the loop in the Oslo stitch. The loop to pick, is the previous thumb loop, and can be identified as the loop that goes over the current thumb loop, but is not clamped down by a middle row stitch. If you still have problem finding it, pull the thumb loop gently, and the loop will shrink. If you forget to stop and tighten your thumb loop, just pull gently on the running thread, and the older loop thumb loop will shrink before the new one.

### Locking middle row stitch

Previous thumb loop/ the loop to pick

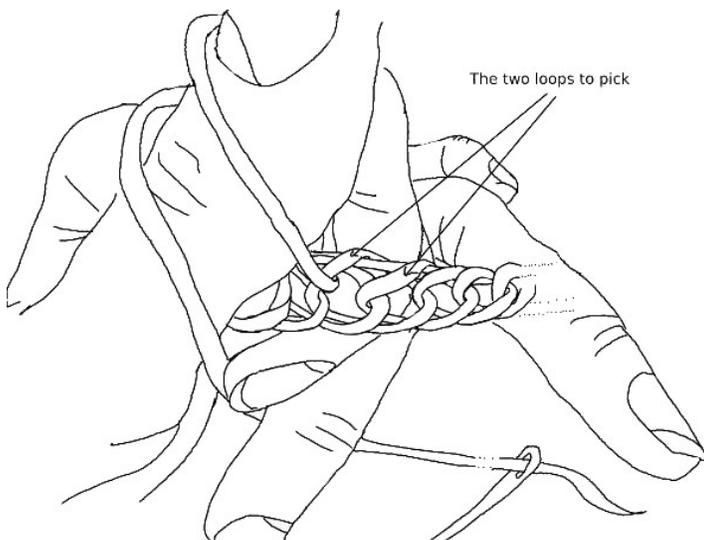
Current thumb loop



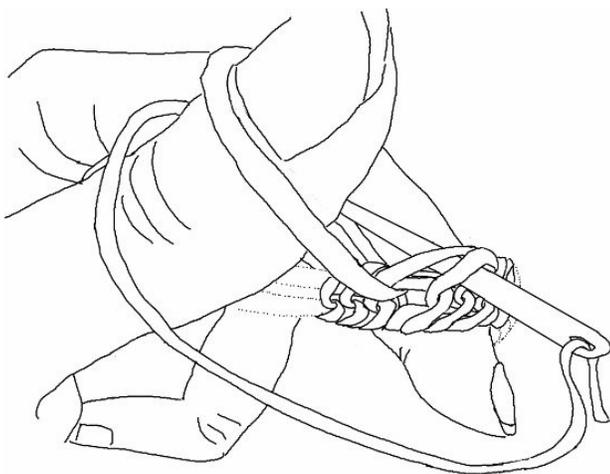
## Secondary joining

The secondary binding is what makes your single row a textile, by joining the first row to the second row. What we have done so far is the primary binding. For joining, the primary binding stays the same, we just add the secondary binding steps to our counter clock wise movement around our thumb, by picking up the first row's loop/s and keeping them on the needle, while going through with the primary binding motions.

For Oslo the secondary binding is very straight forward, you pick up the left side edge loop (from right to left/from the middle of the row towards the edge), keep that loop on the needle and then perform the primary binding as usual.



For York we pick up two loops, as in the top picture (here we have already joined the rows once). The loops are picked from the front backwards, towards your thumb (the direction the needle is pointing into the second picture), and the first loop (the loop to the right in the picture) is a free loop on the first row, the second loop (the left) is a loop already joined, which is why the thumb loop has already hooked it. So to compare to the Oslo stitch, Oslo would only pick up the loop to the right (a "fresh", unbound loop), while York picks up both the free loop and one already joined.



In the beginning it can be a bit tricky to hold the loop on your needle while doing the primary binding, but you will soon get used to it. The further you get, the joining will stabilize your work, and make it easier. If you still have problems, it can help you to adjust the tension, use a shorter or longer needle, or try a different thickness of yarn and to relax and have fun.

Experimenting with different secondary bindings for the same primary binding, will give you different results, and many varieties of stitches only differ in the secondary binding, so beware of this when trying new varieties. It might be a stitch that you already know, with a different secondary binding. Have fun

and experiment with different bindings, and there will be no end of possibilities.

To increase and decrease, when making hats, mittens, etc, you simply catch the same loop twice in the secondary binding to increase, and catch two/three or more of the previous row's loops to decrease. Just as you would do in crochet and knitting.

For updates on this instruction, contact, help and other instructions, please visit my web page: [www.annotherday.com](http://www.annotherday.com) and go to the research/workshop page.