

Intermediate Nalbinding

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If you are taking this class, chances are you have already fallen in love with nalbinding, the ancient art of creating non-woven fabric with only one needle. By varying the number of loops picked up and the direction that the needle passes through the loops, an almost limitless variety of stitches is possible. Once you understand a stitch, its look can be further varied by changing the size of yarn you use, or tensioning the stitch off your thumb (to create very tiny stitches).

Mammen Stitch: UOO/UUOOF2

The Mammen stitch is created much like the Oslo stitch. The extra loops picked up make it denser than Oslo stitch, and result in low ridges between the rows. It is well suited to a mid-weight yarn. The original find which gives this stitch its name was made with very tiny stitches from fine metallic threads.

Begin this stitch by making an Oslo stitch. For subsequent stitches pick up 2 loops from the back of the thumb, from front to back. Turn the needle and go down through the thumb loop and under the working thread (just like when making the Oslo stitch). When your chain is long enough, join by picking up 2 loops. For each additional stitch pick up one new loop and the previous loop. This is called an F2 connection.



2 back of thumb loops front to back



F2 connection – new loop, previous loop, 2 back of thumb loops

Dalby Stitch: UOU/OUOOF1

The Dalby Stitch is very delicate. Because the stitch includes a twist to the second loop, it creates a fabric with less elasticity than the Oslo or Mammen stitches. The finished fabric is flat, making it well suited to receiving additional decoration. The twist makes this stitch difficult to execute with bulky yarn.

Begin by making two Oslo stitches. Go through the first back of thumb loop from the front and the second back of thumb loop from the back. Turn and go under the thumb loop and the working thread. Work your rows with an F1 connection.



Through first loop from front



Through second loop from back

1st loop

2nd loop



Twist and go under thumb loop

1st loop



F1 connection

2nd loop 1st loop

Vendel Stitch: OOO/UUOOF1

The Vendel stitch is a different look from Oslo, Mammen or Dalby stitches. It is very elastic, and the loop structure captures air, making a warm fabric. It works well with a mid-weight or bulky yarn.

Begin with one thumb loop and 2 back of thumb loops. Go under the thumb loop and then under 2 back of thumb loops from front to back. Turn and go back down through the thumb loop and under the working thread. Be very careful when joining your chain. It can be difficult to see when you have all the twist out. When it is right, the loops slant in the correct direction to easily make the F1 connection. Otherwise it will feel “impossible” to make your stitches. Once the chain is joined, the stitches work up very quickly.



Under thumb loop and under 2 back of thumb loops



F1 connection