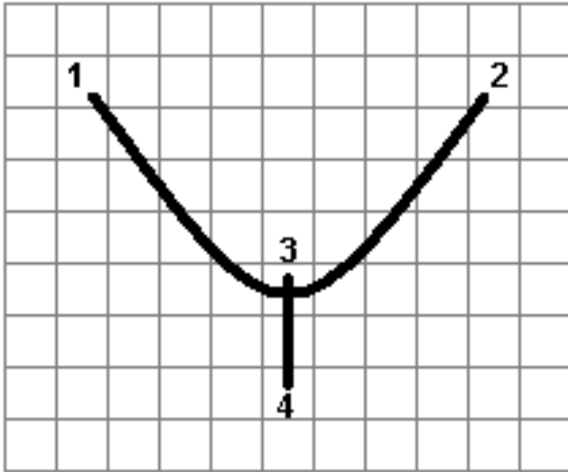


## TRY A NEW STITCH

### Fly Stitch



Here's a great stitch that can be used for counted work or for surface stitchery

See "Mug Rug" under the Tackle A Project at [www.eac.ca](http://www.eac.ca) under the Youth section to use the fly stitch to make a mug rug or an ornament!