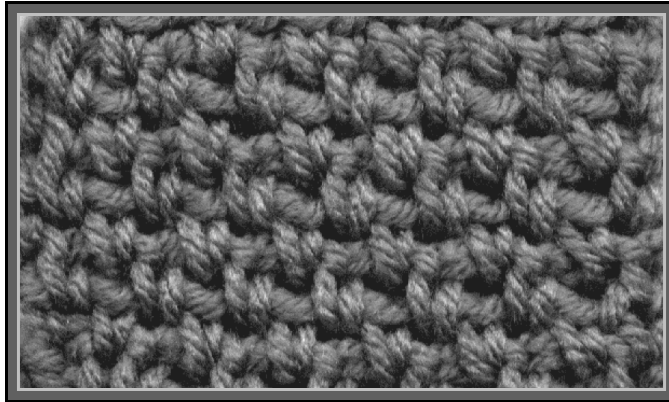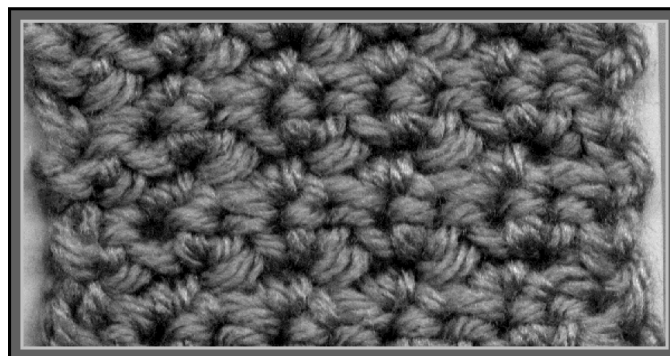# Seed Stitch

Chain a multiple of 2 st plus 1.
Row 1: Turn. Ch 1. *Sc in 2nd ch from hook, skip next ch, ch 1* across, ending with sc in last sc.
Row 2: Turn. Ch 1. * Ch 1, sk sc, sc in ch* across, ending with ch 1.
Repeat rows 1 and 2.   Variations: Work in hdc, dc, or tr.

Grit Stitch

Chain a multiple of 2 stitches + 3
Row 1: Skip 2ch, 1 sc into next ch, *skip 1, 2 sc into next ch; rep from * to last 2 ch, skip 1 ch, 1 sc into last ch, turn.
Row 2: 1 ch, 1 sc into 1st st, * skip 1 sc, 2 sc into next sc; rep from * to last 2 sts, skip 1 sc, 1 sc into top of turning ch.
Turn. Repeat 2nd row.