



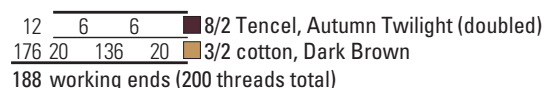
 RIGID HEDDLE  
**ARABESQUE RUNNER**  
 Jessica Lambert

This ornate table runner is embellished simultaneously as it is woven with the catenpile weaving technique (see article). The naturally colored brown cotton provides a neutral background for the undulating catenpile motif, which shines in luminescent variegated Tencel. The use of negative space maximizes the impact of the design while minimizing the time spent looping and chaining.

**MATERIALS**

**STRUCTURE** Plain weave with catenpile.  
**EQUIPMENT** Rigid-heddle loom, 15" weaving width; 12.5-dent heddle; 1 shuttle; size 8 (5 mm) straight knitting needle; 2.5–3.25 mm crochet hook. **Note:** Have a 12-dent heddle? See the heddle conversion chart in the Reader's Guide.

**Figure 1. Warp color order**



**YARNS Warp:** 3/2 unmercerized naturally colored cotton (1,260 yd/lb; American Maid), Dark Brown, 616 yd; 8/2 variegated Tencel (100% lyocell; 3,360 yd/lb; Valley Yarns; WEBS), Autumn Twilight, 84 yd.  
**Weft:** 8/2 variegated Tencel, Autumn Twilight, 550 yd.

**WARP LENGTH** 188 ends (200 threads total) 126" (3½ yd) long (allows 10" for take-up, 24" for loom waste; loom waste includes fringe).

**OTHER SUPPLIES** Baking or washing soda.

**SETTS Warp:** 12.5 epi. **Weft:** 11 ppi.

**DIMENSIONS Width in the heddle:** 15".

**Woven length:** (measured under tension on the loom) 92". **Finished size:** 12¾" × 86" plus 2½" fringe.

**PROJECT STEPS**

- 1 Set up your loom for direct warping a length of 126" (3½ yd) or wind a warp of 188 ends 126" long following the warp color order in Figure 1. **Note:** Tencel ends are used doubled. Warp the loom using your preferred method, centering for a weaving width of 15".
- 2 Wind a shuttle with a single strand of Tencel. Allowing 4" for fringe, spread the warp with scrap yarn.
- 3 For ease in working the catenpile pattern, start weaving in an up shed passing the shuttle from your

**Weaving sequence**

1. Heddle up.
2. Pass shuttle through the shed.
3. For each shaded square in a row in Figure 3, pull up a weft loop and slide it onto the knitting needle.
4. Beat.
5. Heddle down, pass shuttle through shed (plain weave).
6. Beat.
7. Heddle up.
8. Remove knitting needle. Repeat Steps 2–8.

**Chaining**

Weave several rows, then chain the loops before winding onto the cloth beam. Insert hook into the first loop, hook the next loop as indicated by the chart, and pull it through the loop on the hook. Continue until you have chained all the loops in the chain. Leave the last loop open.

**To split a chain:** Work one branch of the chain, reinsert your hook through the loop before the split, and chain the second branch.

**To join chains:** Work both branches to the point of joining, place the final loops from both branches on the hook, and pull the next loop through both.

**To secure the final chain loop:**

1. Pass the shuttle through the shed.
2. Finish the chain by pulling the final loop out of the warp and through the second-to-last loop, making a loop large enough for the shuttle to fit through.
3. Pass the shuttle back and up out of the shed through the same space as the enlarged loop and pass the shuttle through the loop.
4. Pull the yarn tight to close off the slipknot.
5. Put the shuttle back into the shed through the same space and continue across the warp. Repeat for the last loop of each chain to secure the entire pattern.



**WEAVING TIPS**

Angle the weft when weaving and follow that angle with the knitting needle as you loop your weft onto it.

Select an appropriately sized knitting needle and keep the loops consistently snug around it rather than leaving them loose or pulling them tight.

The best way to determine the correct size needle is to weave and wet-finish a sample.

Figure 2. Chart layout

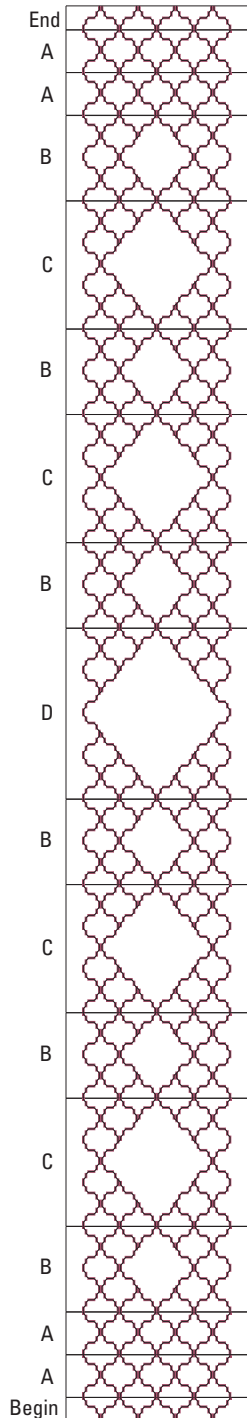


Figure 3. Catenpile chart beginning

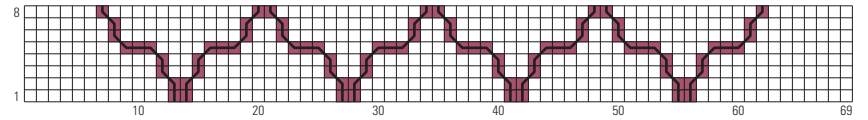


Figure 3. Catenpile chart A

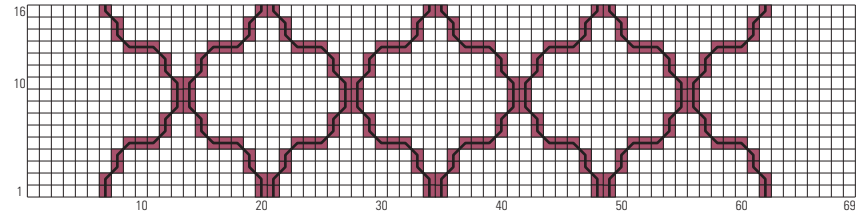


Figure 3. Catenpile chart B

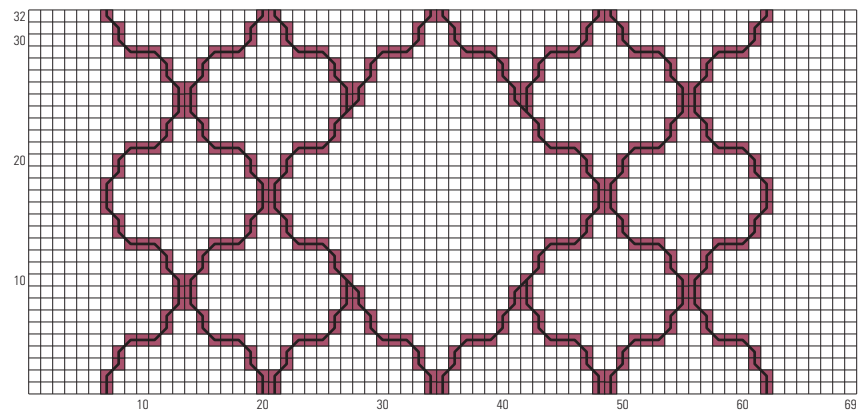
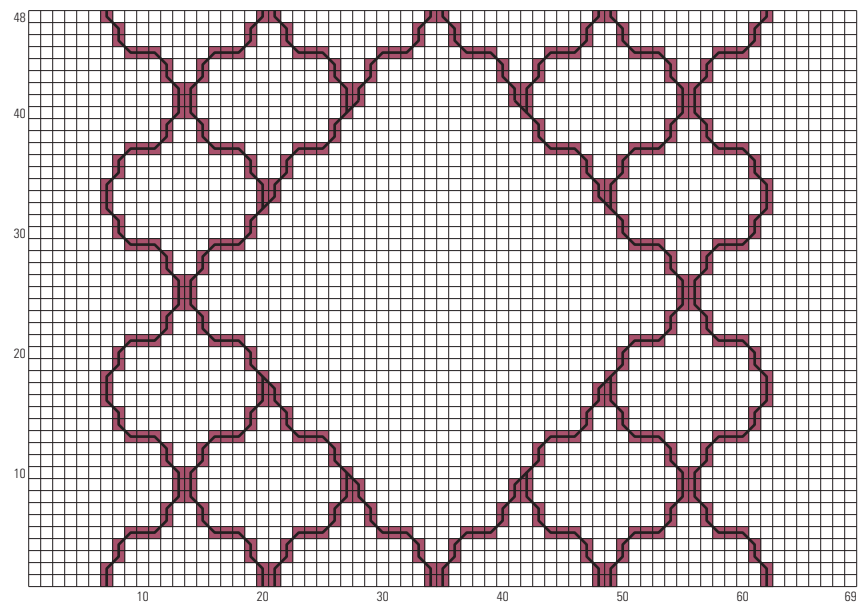


Figure 3. Catenpile chart C



nondominant hand to your dominant hand. Leaving a tail 4 times the width of the warp for hemstitching, weave 8 picks. Hemstitch in bundles of 4 cotton ends and 3 doubled Tencel ends using the long tail.

**4** Weave the catenpile pattern using the weaving sequence and following the layout in Figure 2 and charts in Figure 3. Work several rows



Figure 3. Catenpile chart D

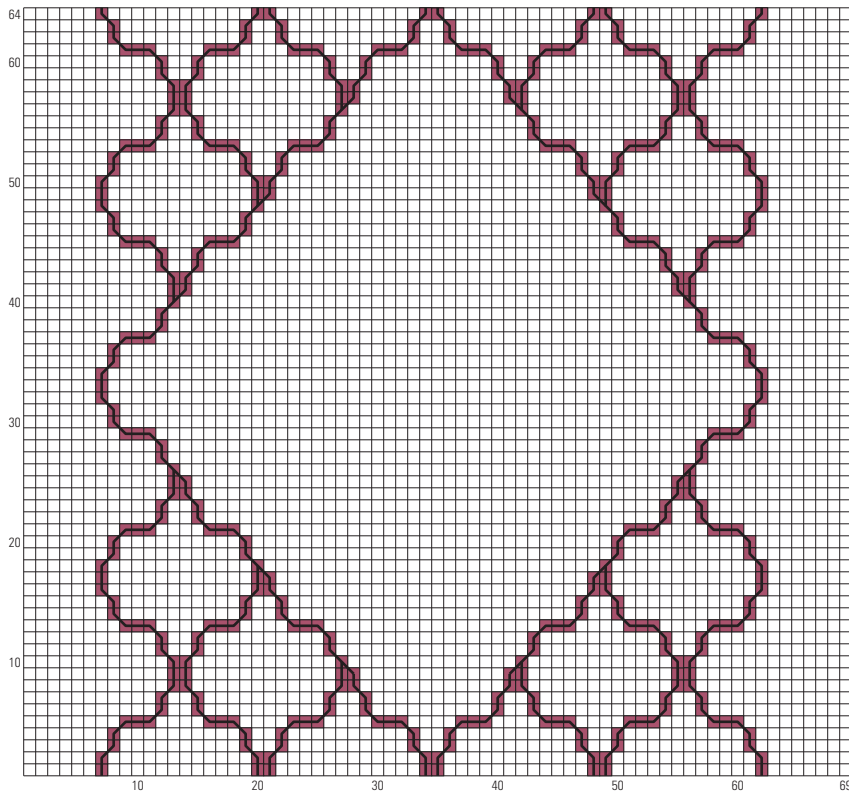
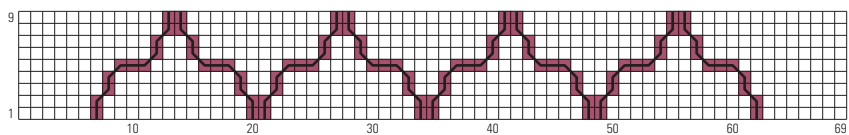


Figure 3. Catenpile chart ending



and then follow the chaining instructions before rolling the cloth forward onto the cloth beam. On the last row, finish each open chain as described in Chaining on page 70.

**5** Finish with 8 picks of plain weave and hemstitch as you did at the beginning.

**6** Remove the runner from the loom, leaving 4" of unwoven warp at each

end for fringe. Cut fringe to 3½". Prepare a twisted fringe using 2 groups of hemstitched warp ends in each fringe for a total of 48 fringe bundles on each end.

**7** Wet-finish by machine washing in warm water with mild detergent and 2 tablespoons of baking or washing soda. Line-dry. Press with a warm iron. Trim fringe. \*

