

Front and Back Post Stitch

From the Heart Mini Workshop

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Nancy Wright and Lois Moore

I had avoided patterns using post stitches, as I could not make heads or tails of the written directions. Then one of the crochet magazines ran a photo illustrated article breaking it down step by step, and I understood it at last. Post stitches are one of those things that are much easier to do than explain.

Most of the time, one forms a crochet stitch by working in both loops at the top of the stitch in the previous row or chain. Post stitches are formed by working around the body, or post, of the stitch in the previous row, and overlap the stitch below it. A front post, once completed, it makes a raised stitch that seems to flow from the one in the row before. On the back, the top of the previous row makes a ridge. The reverse is true for a back post.

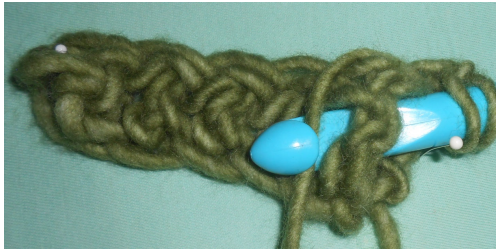
Post stitches are usually worked in double, triple, or taller stitches. It is possible to work it around a single or half double, but that can be a bit more challenging.

Front and back posts are used together in a lot of ways: raised patterns on a back ground, crochet cables, in combination with other stitches to make a pattern, or to make a stretchy ribbing. This last is what we will focus on today.

Practice Sample Chain 12, work a row of double crochet starting in the 3rd chain from hook. Chain one to turn. (Since we will be working the next row as post stitches, the stitches will be shorter than a regular double.)

Front Post Double Crochet - the hook is inserted front to back, pushed around the post to the front, where the yarn is caught, then stitch completed as usual

Back Post - the hook is inserted around the post to the back,



completed as usual.



back to front, pushed where the yarn is caught, then stitch



For our sample, we'll work first a front, then back post, repeating across the row, chain one to turn. For the next row, which will be easier (the first row of post stitches is always the hardest - it is MUCH easier to post into a post stitch) for a



rib, if the post is in front, work a front post. If it's on back, work a back post.

There you are - Front post/back post rib! A stretchy reversible fabric, denser than a plain double crochet.