FREE CROCHET TUTORIAL

Thermal Stitch Crochet

The double-thick thermal stitch, plus a striped trivet in 2 sizes · US terms

SKILL LEVEL	PRACTICE	YARN
Confident beginner	**Trivet, 7 in and 9 in**	**Worsted (#4) cotton, 2 colors**
HOOK	**STITCHES**	**TIME**
5 mm (US H-8)	**ch, sc, thermal sc**	**About 4 / 6 hours**

Materials

- Worsted (#4) 100% cotton, 7 in trivet: 55 yd cream, 45 yd rust
- 9 in trivet: 90 yd cream, 70 yd rust
- 5 mm (US H-8) hook, tapestry needle

Abbreviations (US terms)

ch	chain	**FL**	front loop
sc	single crochet	**st(s)**	stitch(es)
BL	back loop	**sl st**	slip stitch

Gauge: 15 sts and 24 rows = 4 in (10 cm) in thermal stitch. This is an assumed typical value: swatch first, and go up a hook size if your rows feel tight.

Use 100% cotton. Acrylic can melt under a hot pan.

Small trivet, 7 × 7 in (18 × 18 cm)

Foundation	With cream, ch 27.	
Row 1	Sc in the back loop of the 2nd ch from the hook and in the back loop of each ch across (26 sc). The front loops of the chain stay free. Ch 1, turn.	**(26)**
Row 2	Insert the hook under the back loop of the first sc AND the free front loop of the chain below it, then sc. Repeat in every st across. Ch 1, turn.	**(26)**
Row 3	Change to rust on the last yarn over of row 2. *Sc through the back loop of the next st and the free front loop of the st 2 rows below*; repeat across. Ch 1, turn.	**(26)**
Rows 4–41	Repeat row 3, changing color every 2 rows (rows 5–6 cream, 7–8 rust, and so on). Carry the color you're not using up the edge where row 3 started; don't cut it.	**(26)**
Row 42	In cream, the last row: sc through both loops of each st AND the free front loop 2 rows below (the hook passes under 3 strands). Don't turn.	**(26)**
Border	In cream, ch 1, sc evenly round: 26 sc down each side (about 5 sc for every 8 rows), 26 sc along the bottom into the back bumps of the chain, 26 sc along the top, plus 3 sc in each corner (116 sc). Join with a sl st.	**(116)**
Hanging loop	At the corner: ch 12, sl st in the same corner sc, then work 18 sc over the chain loop and sl st into the corner. Fasten off.	**(18)**

Finish	Weave in the ends inside the 2 layers. Steam lightly so it lies flat.	

Large trivet, 9 × 9 in (23 × 23 cm)

Foundation	With cream, ch 35.	
Row 1	Sc in the back loop of the 2nd ch from the hook and in the back loop of each ch across (34 sc). The front loops of the chain stay free. Ch 1, turn.	**(34)**
Row 2	Insert the hook under the back loop of the first sc AND the free front loop of the chain below it, then sc. Repeat in every st across. Ch 1, turn.	**(34)**
Row 3	Change to rust on the last yarn over of row 2. *Sc through the back loop of the next st and the free front loop of the st 2 rows below*; repeat across. Ch 1, turn.	**(34)**
Rows 4–53	Repeat row 3, changing color every 2 rows (rows 5–6 cream, 7–8 rust, and so on). Carry the color you're not using up the edge where row 3 started; don't cut it.	**(34)**
Row 54	In cream, the last row: sc through both loops of each st AND the free front loop 2 rows below (the hook passes under 3 strands). Don't turn.	**(34)**
Border	In cream, ch 1, sc evenly round: 34 sc down each side (about 5 sc for every 8 rows), 34 sc along the bottom into the back bumps of the chain, 34 sc along the top, plus 3 sc in each corner (148 sc). Join with a sl st.	**(148)**
Hanging loop	At the corner: ch 12, sl st in the same corner sc, then work 18 sc over the chain loop and sl st into the corner. Fasten off.	**(18)**
Finish	Weave in the ends inside the 2 layers. Steam lightly so it lies flat.	

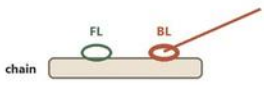
What's exact, what's calculated

Exact	Stitch counts checked row by row; every loop of the fabric is used once; the 2-row stripes return each color to the edge where it waits.
Calculated	Stitches, rows, border count and yarn from the gauge.
Assumed	The gauge.

How to Crochet the Thermal Stitch

single crochet through 2 loops at once, from 2 different rows

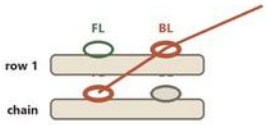
1 · Foundation row



FL of the chain stays free

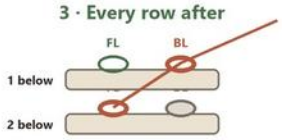
Sc in the back loop of the 2nd ch from the hook and of every ch. The chain's front loops wait for row 2.

2 · Row 2



Hook under the back loop of the sc AND the free front loop of the chain below it. Sc through both.

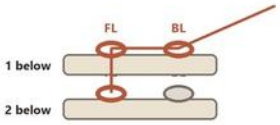
3 · Every row after



same 2 loops, every row

Back loop of the stitch below + the free front loop 2 rows down. Yarn over, pull through both, finish the sc.

4 · Last row



Both loops of the stitch below + the free front loop: 3 loops at once, so nothing is left hanging.

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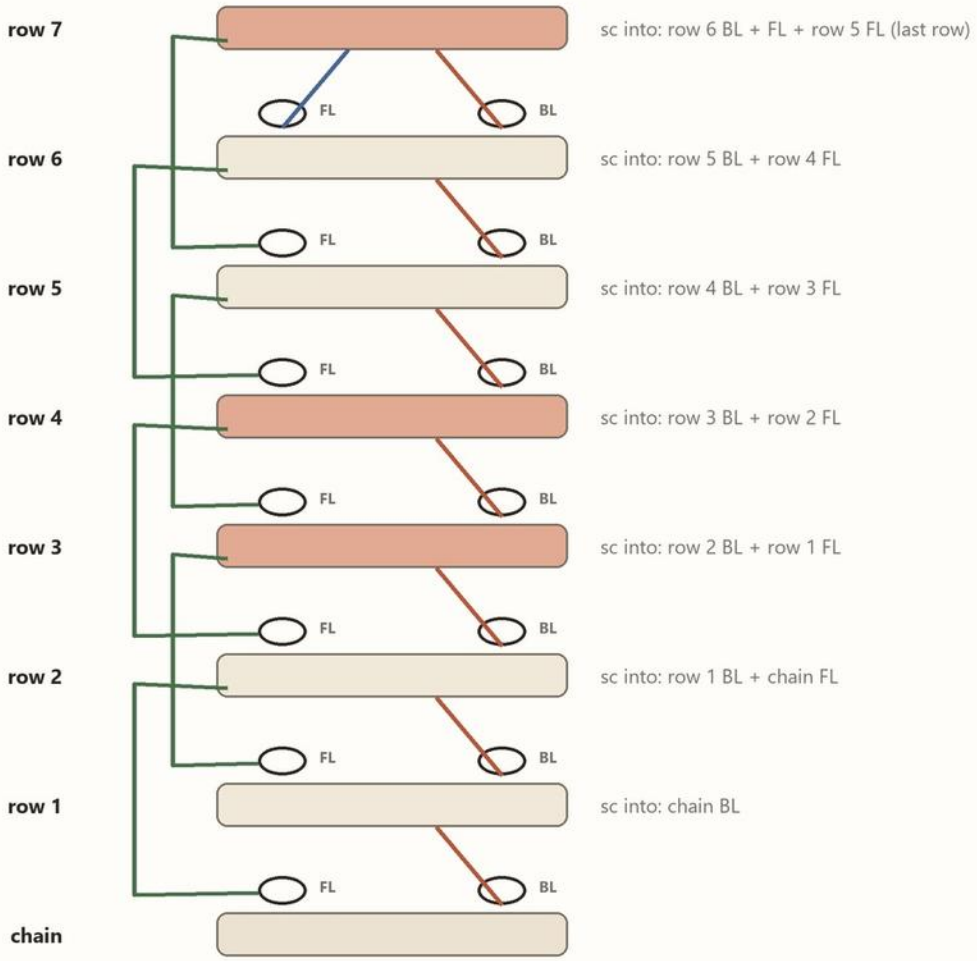
Thermal Stitch · Where Each Loop Goes

one column, chain at the bottom · every loop is used exactly once



Terracotta: back loop of the row just below · sage: the free front loop 2 rows down · blue: the extra loop on the last row

The 2 loops tie each row to 2 rows at once, which is why the fabric is double thick and hardly stretches.

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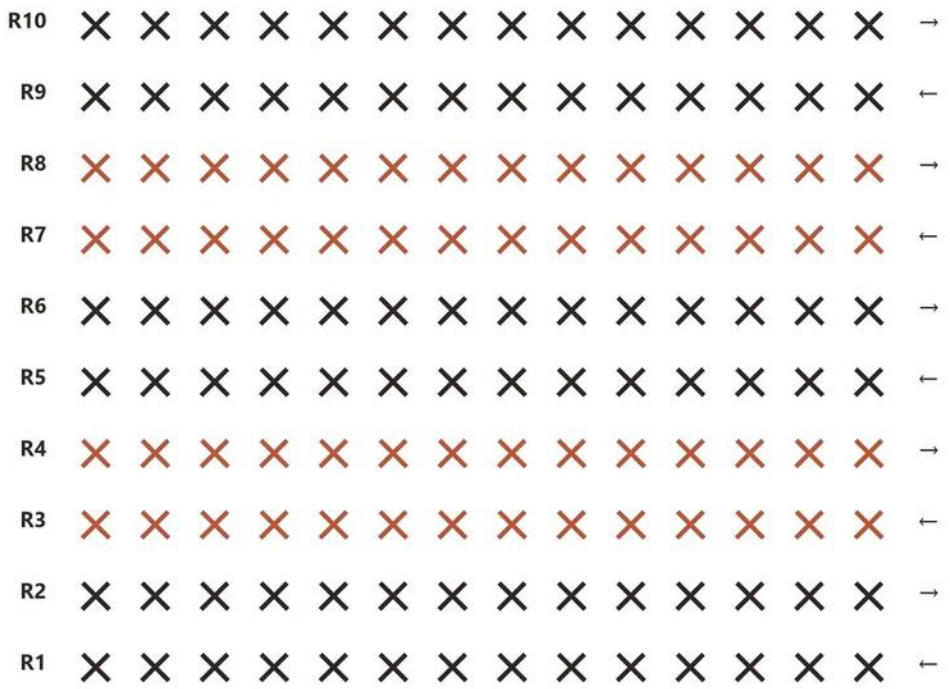
Thermal Stitch · Stripe Chart

14 sts × 10 rows · 2 rows cream, 2 rows rust · every X goes through 2 loops



Row 1: X = sc in the back loop of the chain. Rows 2 on: X = sc through the back loop below + the free front loop 2 rows down.

Ink rows = cream, terracotta rows = rust. Each color waits at the right edge for its next stripe.

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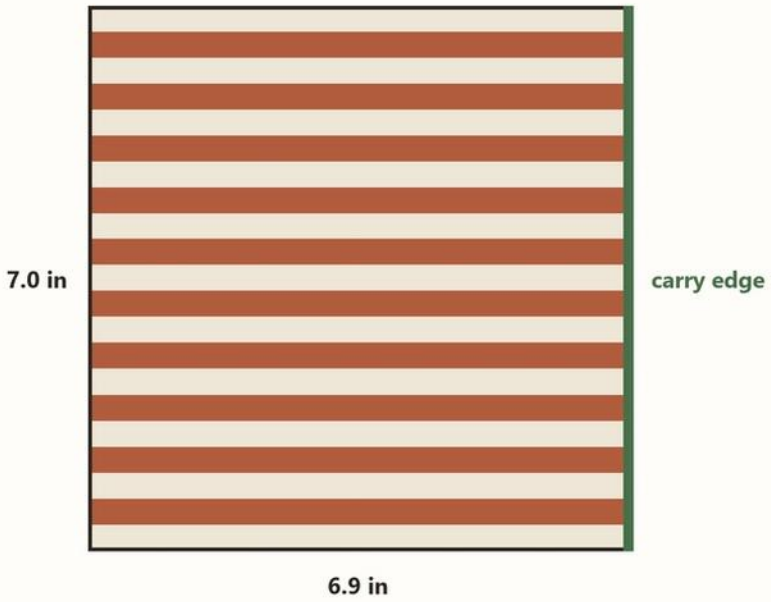
Thermal Stitch Trivet · Small

26 sts × 42 rows · 2-row stripes, cream / rust, starting and ending with cream



Border: 1 round of sc in cream, 116 sc. Hanging loop: ch 12 at a corner, 18 sc over it.
Rust is carried up the right edge between stripes, then hidden by the border.

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Thermal Stitch Trivet · Sizes

Worsted (#4) 100% cotton · 5 mm (US H-8) hook · assumed gauge 15 sts × 24 rows = 4 in in thermal stitch

Size	Finished	Start	Sts per row	Rows	Border sc	Cream / rust
Small	7 × 7 in (18 × 18 cm)	ch 27	26	42	116	55 / 45 yd
Large	9 × 9 in (23 × 23 cm)	ch 35	34	54	148	90 / 70 yd

Sizes before the border, which adds about 1/4 in all round. Any size: ch any number + 1; work a multiple of 4 rows + 2.

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