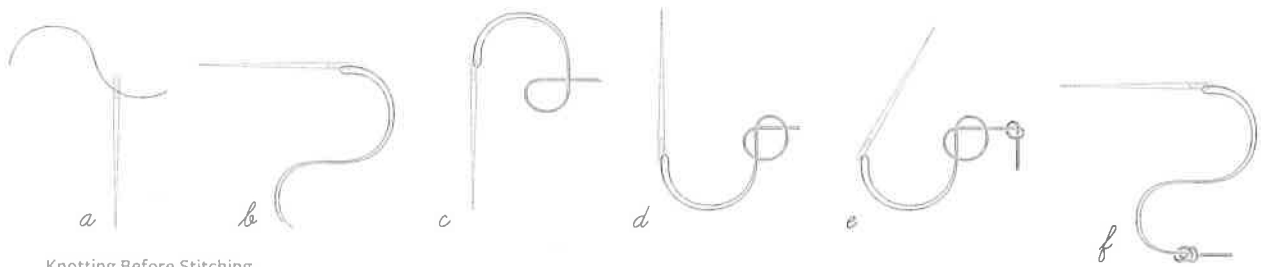
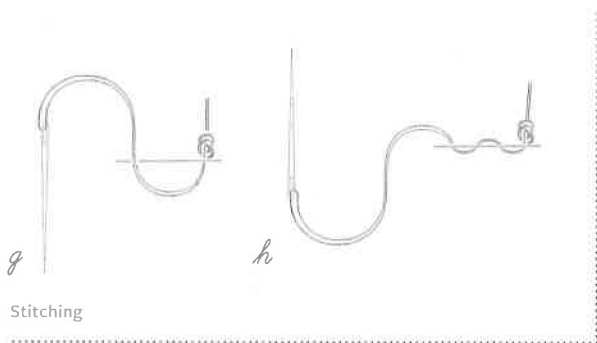


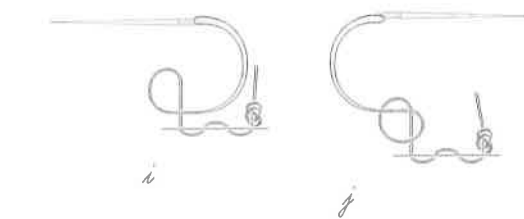
HOW TO TIE A DOUBLE OVERHAND KNOT



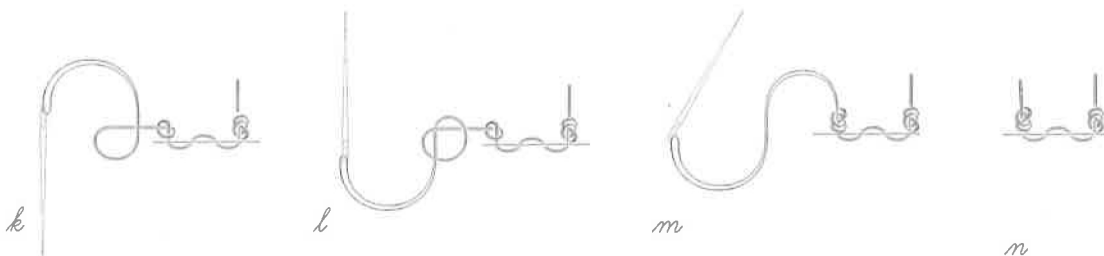
Knotting Before Stitching



Stitching



Knotting After Stitching



INSTRUCTIONS FOR KNOTTING BEFORE STITCHING WITH A DOUBLE STRAND OF THREAD (A-F): Thread your needle of choice and even the ends to create two strands of thread. Make a loop about 2" (5 cm) from the cut ends of the thread and bring both cut ends through the loop. Use forefinger, thumb, or both to nudge knot to about $\frac{3}{4}$ " (2 cm) from the cut ends. Then repeat the process to make a double knot.

STITCH AS DESIRED (G-H).

INSTRUCTIONS FOR KNOTTING ON FABRIC AFTER REQUIRED STITCHING (I-N): For a knot on the fabric face, bring the needle through to the fabric face on your final stitch, smooth the tension from the stitches, and make a loop with the thread; then pull the needle through the loop, using the forefinger, thumb, or both to nudge knot into place, flush with fabric. Then repeat the process to make a double knot. After making a second knot, cut the thread, leaving $\frac{1}{2}$ " (12 mm-) long tail. For a knot on the fabric back, bring the needle back through to the fabric back after your final stitch and repeat these instructions to make a double knot.