

1. Thread the yarn through your wooden needle.

2. Double knot the yarn around the eye of the needle.



3. Pass the needle through the rainbow arches from back to front, and then pull it back through (front to back).



4. Tie off the yarn at the back of the arch. Use what is called a surgeons knot, in which you pass the free end through the loop twice before you pull it tight.



5. Repeat the same knot again to create a strong double knot.



this is the "Overhand Knot"

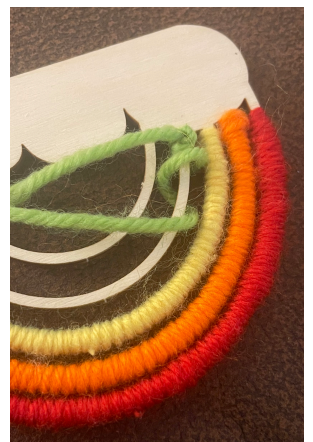


go through the loop once more



This is the more secure "Surgeon's Knot"

6. Using the needle, pass the yarn back and forth through the arches, wrapping the yarn around the arch you are working on. Keep pulling it tight.



7. When you get to the end of an arch, loop the yarn around it one more time, but instead of pulling it tight, leave the loop a little loose, and use the same surgeons knot to pass the needle and yarn through the loop twice.



8. Starting pulling your knot tight, but before you pull all the way, pass the needle under the knot to create one additional loop, and then pass the needle through this extra loop. Now pull the knot tight the rest of the way.

It is recommended to dab each knot with a small amount of Elmers glue and allow it to dry before trimming the ends.

