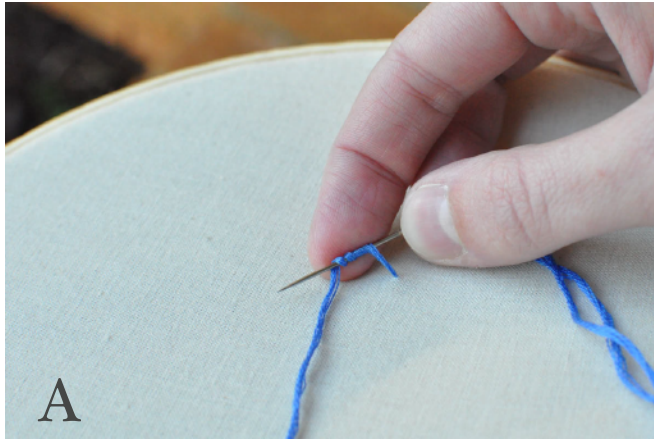


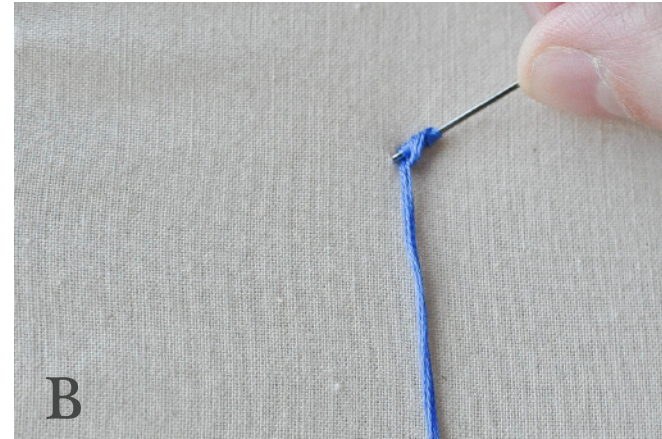
HOW TO: *French knot*



Before you begin: Thread your needle with the embroidery thread you plan to use. Secure the end of your thread with a knot.

Start with your needle on the underside of your fabric and pull your needle and thread through until it catches on the knot in your thread.

Wrap the thread around the tip of your needle three to four times. Make sure to hold it tightly so the thread does not unwind on your needle.



Without letting the thread fall off your needle, insert the needle right next to where the thread emerges from the fabric. Pull your needle and thread all the way through to the underside of the fabric.

