



NEEDLE & THREAD: SETTING UP FOR HAND-SEWING AND EMBROIDERY

To set up a needle and thread for sewing:

- 1. Cut a length of thread (or yarn, embroidery floss, etc.) 18"-22" long. This is a good length; shorter will not be enough to create a good tail for the needle, and longer will tangle more easily.
- 2. Insert the thread through the eye of the needle and pull through to leave a tail 6-8" long.
- 3. You should now have one long thread and a shorter tail hanging from the needle's eye. At the end of the long thread, put a knot in the thread; add one or two more knots over the first knot to create one bulky "ball" in the thread. This will keep it from pulling through the fabric when you start sewing.
- 4. Start sewing your desired stitches.

