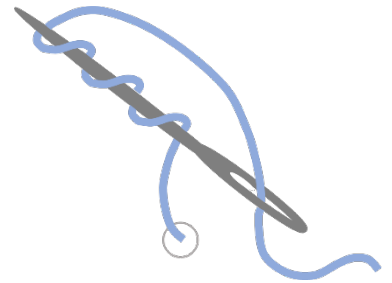


# FRENCH KNOTS

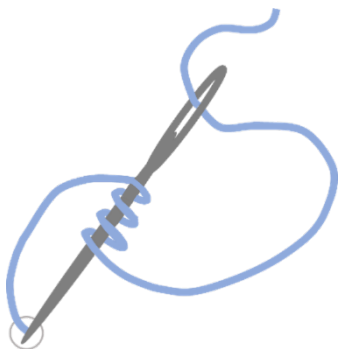
French knots intimidate a lot of stitchers, and for good reason. They can be quite frustrating if you have never worked them before. But, if you follow a few easy steps, these decorative knots can be completed with little to no hassle.

I like to use two strands of floss to complete French knots, but some patterns may call for 3 or more strands.

To begin, put your needle up through the fabric at the space noted on the pattern and pull the floss all the way through. Hold the floss vertically above your fabric. Now, turning your needle so that the pointed end is facing up the floss, wrap the floss around the needle three times.



Keeping the floss wrapped, turn your needle downward and insert it back into the fabric. Depending on the type of fabric you are working on, you can insert the needle in different



locations. If working on evenweave, it's best to insert the needle one fiber over from where you brought the floss up. If you are working on Aida, you can put the needle down through the same fabric hole (shown on the left), however, be careful not to pull too hard or the knot could be pulled through the fabric. If you are struggling with knots pulling through, you can instead puncture the fabric in the middle of the stitching space or even move one hole over.

**At this point, you have reached the most important part of the process. The key to getting good French knots is to keep the floss secure but not tight against the needle as you pull it through the fabric.**

With your needle still inserted in the fabric, gently pull on the floss until it fits nicely bundled against the needle. We want it to be tight enough that there is no loose slack in the strands, but we want it loose enough that the needle does not face any resistance when pulling through. You will need to practice using different tensions until you get the best result.

Once the needle has passed through the fabric, you can let go of your tension on the floss and continue to pull the floss through until it is secure against the knot. And, voila!

You have completed a French knot!