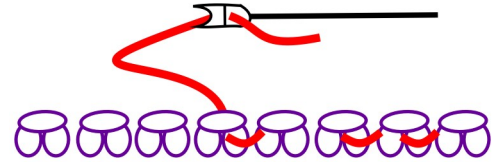


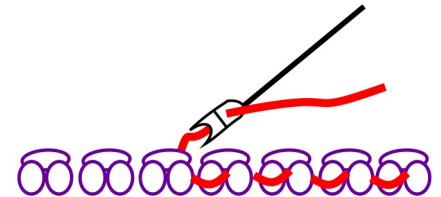
To hide ends at the end of the work I use a self threading sewing needle. This works for threads from 20 to the finest although might be a bit thick (and unnecessary) for those of thickness 80 or finer where an ordinary sewing needle can be used.

Before sewing in I tie a reef (or overhand) knot and add the self threading needle to each thread separately before cutting from the shuttle or ball.

Take the needle down between two stitches.



Bring it back up between the legs of the next double stitch.



When you have worked back through several doubles then tug the needle gently to tighten and the thread will become hidden in the double stitches.