

Arts and Crafts

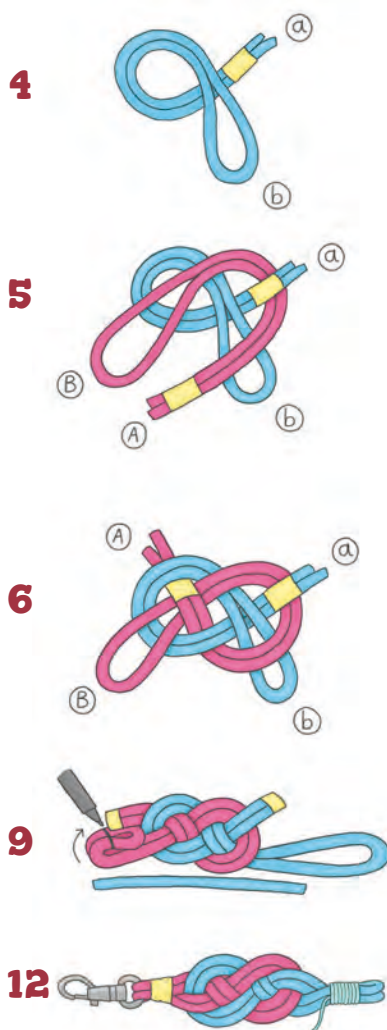
Make a Knot bracelet

Next time you spot a narrowboat look out for decorative knot work on the fenders (buffers to stop boats crashing into banks and boats).

You will need

Cord, tape measure, masking tape, glue, embroidery silk, large spring clasp, large needle.

What to do



- 1** Measure your wrist. Cut the cord to the same measurement
- 2** Measure the clasp and cut this length from the cut piece of cord. This is your measuring cord
- 3** Cut two pieces of cord measuring at least 56cms. Fold one piece in half and tape the ends together using the masking tape. Repeat with the other piece of cord
- 4** Take one piece of the long taped pieces of cord and make a loop with the taped end on the underside pointing upwards
- 5** Take the second piece of taped cord and place it on top and under the loop you've made
- 6** Now wrap end A under the loop and over B and back under the loop. Pull all four ends tight
- 7** Finish your bracelet by bringing the ends of the cord together. The taped ends need to be shorter than the looped ends. Cut both taped ends (a and A) to about 2.5 to 3.5cms from your knot
- 8** Place the measuring cord you made in Step 1 next to your bracelet and make sure the knot aligns to the centre of the cord
- 9** Take one of the looped ends and fold it back over itself so that it lines up with the end of your measuring cord. Take the taped end of the bracelet and place it over the folded side. Mark a line where the cords meet
- 10** Unfold the longer, marked cord and tape over the mark. Trim at the line and repeat on the other side
- 11** Slide the clasp on to one end of the longer cord. Fold it to meet and glue where the end meets. Cover with tape. Repeat on the other side to make a loop for the clasp
- 12** Finish your bracelet by wrapping embroidery silk round the masking tape.



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Stay Away From the Edge



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