

the caps. Then trim away the short end of the thread and the de-capped needle ends above the knot (see Figure 2).

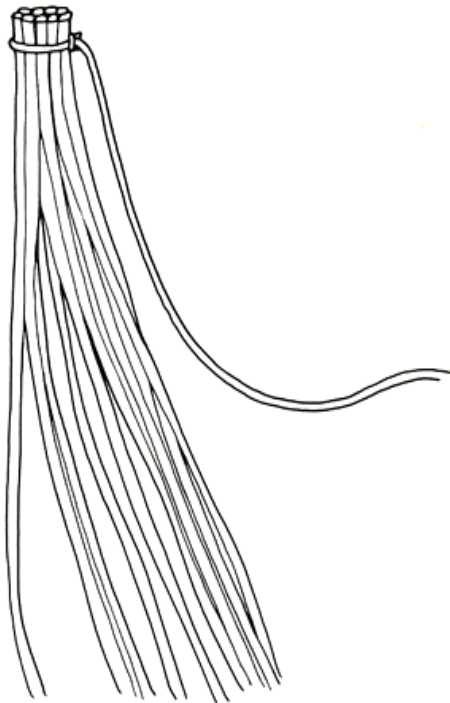


Figure 2

5. Now you'll wrap thread around a 2.5" (6.4cm) section of the tied bundle (see Figure 3). Hold the bundle upright in your left hand, with the thread at the top. Holding the thread in your right hand, twist the needles with your left thumb and forefinger while letting the thread slip through the fingers of your right hand.

6. Push the spiraled thread back towards the knot to form an even, solid covering around the knot to form an even, solid covering around the needles. As you do this, use the fingers of your left hand to keep the thread from unwrapping.

7. Repeat steps 5 and 6 until you've wrapped a 2.5" (6.4cm) section of the bundle. Then hold the wrap in place with a clothespin as you thread the remaining length of thread into a sewing needle. To prevent the wrap from unraveling, insert the sewing needle through it as shown in Figure 3 and pull the thread taut. If your fingers aren't strong enough, use needle-nose pliers to pull the needle through the coil.

