

### Step 4: Making a Rectangle

After students have successfully completed their five running stitches, have them continue stitching so that they make a rectangle. The rectangle should fill no more than half of their sampler.

You might want to demonstrate on the board the approximate scale of the rectangle. Also, they'll need a quick visual lesson on how to turn the corner. On the board, show them that when they get to the end of one side of the rectangle, all they need to do is turn their samplers 90° and start stitching down an "alley."



### Step 5: Tying a Knot on the Back of the Burlap

As students finish their rectangles or, more likely, come to the end of the piece of yarn they are using, you'll need to show them the proper technique for tying off the yarn. Experience has shown that without instruction, they will just trim the yarn on the back side and start with a new piece. Before too long, the trimmed piece will work its way through the burlap and be waving at them from the front side. Here's how you tie a backside knot.

**FIG. 9-5** Tying a knot in the yarn on the back of the burlap is not easy for students to grasp at first. Make sure you give them plenty of practice.



*You need at least 6" of yarn to make a knot. First, make a loose overhand knot.*



*Pull the yarn in opposite directions until the yarn sits snugly on the burlap.*



*Hold the knot in place with your thumb and index finger. Pull the yarn to tighten the knot.*



*Repeat this procedure so that you end up with a double-knot. Trim the extra yarn.*