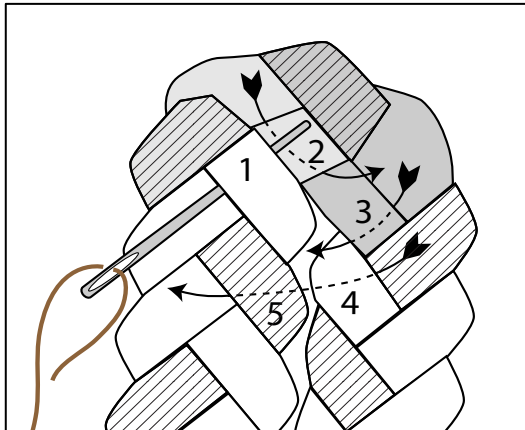
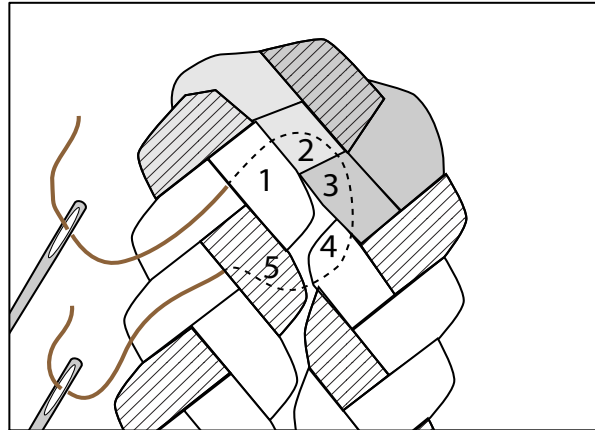


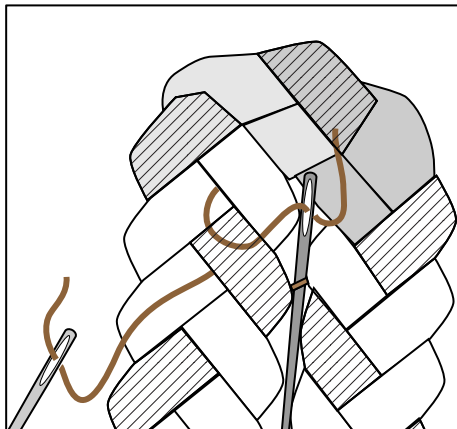
**Demonstration of Shoe-Lacing:
Valley Forge Rug Braiding Guild Meeting, Oct 10, 2020
Instructor: Christine Manges**



1. Load a lacing needle with about a yard of lacing cord. Have a 2nd needle ready.
Note that loops 2 & 3 are crossover loops.
Lace under loop 1, then 2, etc. Arrows show the direction of the needle.
Loops 4 and 5 can be laced at once, if your needle is long enough.



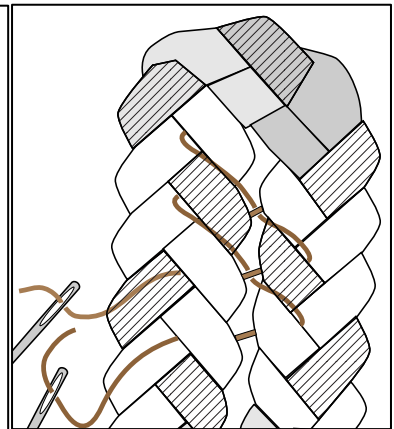
2. Diagram shows Step 1 completed: the first five loops have been "lasso'd" together.
Thread the other end of the lacing thread through a second needle: either a braidkin or a tapestry needle. You will be working with two needles at once.
****This position is called "Resting Position:"** the ends of lacing thread are coming out of two left inner loops in a row. Each time after completing steps A and B below, you will return to this position.



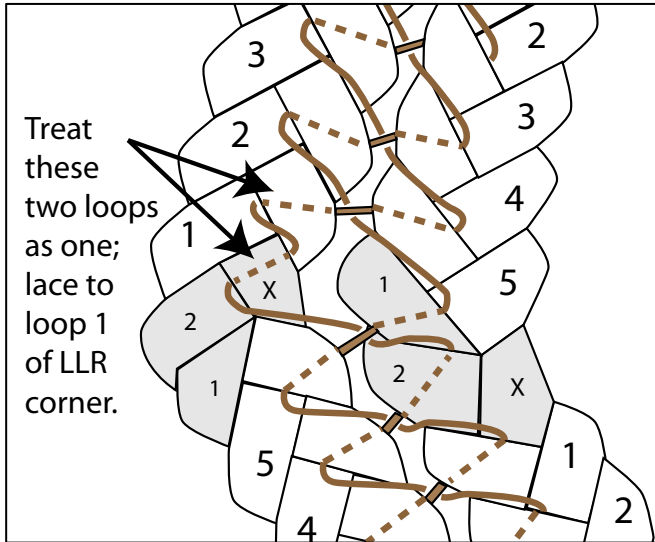
Step A
Take the topmost lacing thread, and go between the two braids to lace UNDER the crossing thread.



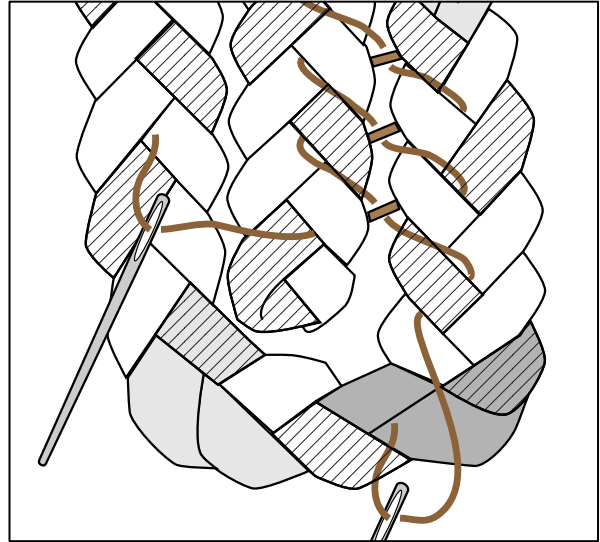
Step B Following the diagonal of the loops, go under the inner loop at the bottom of that diagonal, and (if your needle is long enough) across to the next loop. If needed, go through one loop at a time.
How do you know which loop to go under on the left side of the braid? It's the next inner loop that does NOT have lacing thread coming out of it already.



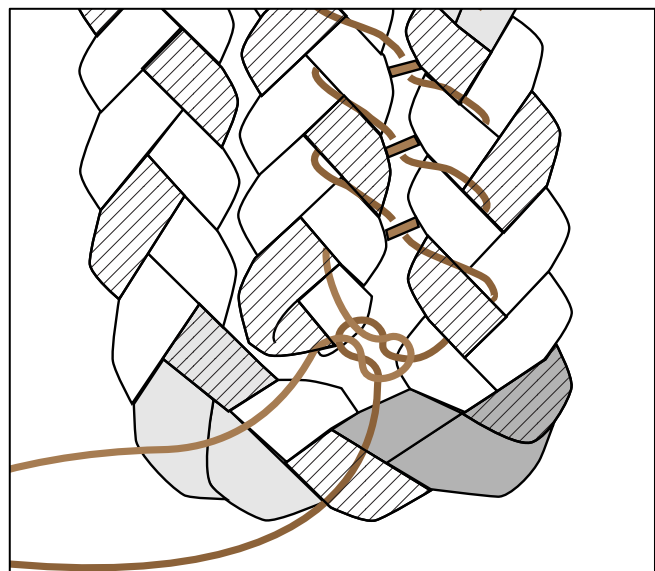
Resting Position
Each time after completing Steps A & B, you will return to this position, in which both lacing threads are coming out under loops on the left.



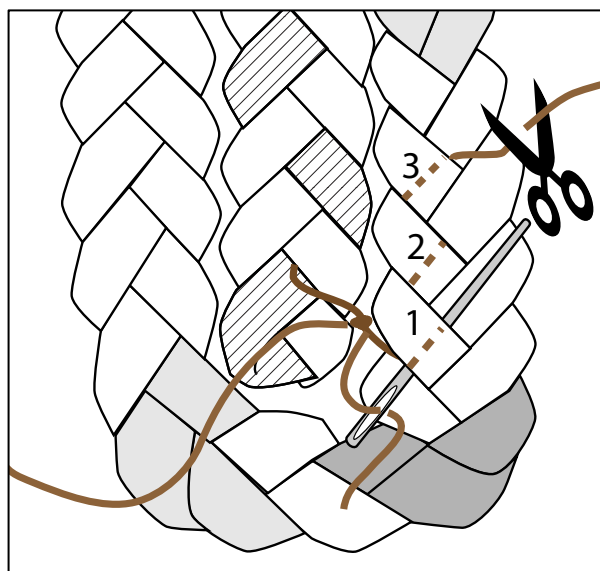
IF there is a double corner, as with a DC heart:
 The upper LLR corner, shown shaded on the right, is laced so that Loop 1 is paired with two loops on the lower (left side) braid: the expected loop in the sequence AND the crossover loop.
 Try lacing it WITH the X-loop (shown) and without: see which hides the lacing thread best.



Finishing Shoe-Lacing
 1. Continue lacing regularly until you are about to lace the Start loop with Step B. Instead, ONLY lace through the loop on the right (upper) braid and do NOT continue through the Start loop.



2. Knot Threads
 Tighten your lacing threads if needed, then tie both ends in a knot.



3. Bury Lacing Thread
 Put the lacing needle on the shorter end, and pass it under 3 loops. Trim the end.
 Thread the lacing needle with the long end.