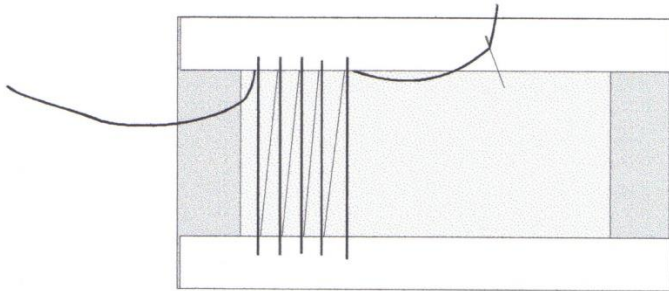


## How to Stretch Your Needlework – Lacing Method

- 1) Cut a piece of archival foam core board to stretch your needlework onto. The size of the board should be 25mm bigger than the opening in the matboard. For example, if the area of needlework you want to see is 200mm x 150mm, that is the size of the matboard opening. For a piece this size, cut the board to stretch the needlework onto 225mm x 175mm.
- 2) Centre your needlework onto the board.  
Using stainless steel pins only, pin all the way around into the edges of the foam core board, stretching gently as you go. The pins can be removed and adjusted until you are completely happy with the result. Leave the pins in place at this stage.
- 3) Now, turn the work over and work from the back. Fold the two longest edges over the board. Using a needle with a continuous thread (preferably 100% cotton) insert the needle 10mm from the edge of the fabric. Stitch from one edge to the other, trying to keep the stitches parallel approximately 10mm apart. When you get to the end, tie the thread with a knot, leaving the other end still attached to the reel of cotton.



- 4) Tension the threads at the back, working from the knot backwards. Be careful not to pull them too tightly otherwise the thread might break. In case the thread does break, just rejoin it with a small knot and continue. When you have completed this process, cut the thread attached to the reel of cotton and firmly tie with a knot to the needlework fabric.
- 5) Fold the two short ends over and repeat the process to complete the stretching of your needlework.
- 6) Remove the pins.

