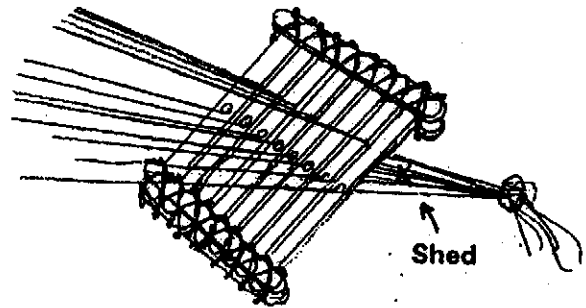


Make Your Own Simple Rigid Heddle Loom

This easily made loom can be used to weave narrow fabrics, belts, bracelets, etc.

MATERIALS:

- craft (popsicle) sticks
- a drill to make holes in the sticks
- wood glue (i.e. Elmer's)
- heavy thread
- yarn



METHOD:

1. Drill holes through the center of 8 craft sticks, assemble the loom with glue as above, and let dry. Tie where sticks cross for greater strength.
2. Cut the heavy thread (or yarn) into 15 3-yd. long pieces. Thread 1 thread through each stick hole AND 1 through each space between the sticks.
3. Hold one end of each thread together in a bunch and tie them in a knot; with the heddle loom threaded in between the knots, do the same with the other set of ends. Then, tie each knot end to something stationary, like opposing chair backs, pulling taut to place the threads somewhat under tension. These are the warp threads.
4. Raise and lower the loom about 3 in. to see how it separates the warp threads into two groups, forming an opening (or shed) between them. Place a stick lengthwise into this opening and press it down toward the knot. Raise the loom to recross the warp threads and do the same with another stick. Lower the loom to cross the warp threads again and begin to weave (see #5).
5. Tie a long piece of yarn to a craft stick (which you will use like a shuttle) and push it through this "shed" opening and out the other side. Press this crossing (weft) thread down toward the knot with another stick to form a tighter weave (then remove that stick). Raise or lower the loom to cross the warp threads and pass the shuttle back through, pressing this weft thread down toward the knot as well. Continue raising and lowering the loom and weaving back and forth until you reach the desired length of weaving.
6. Finish your weaving by cutting and tying together the warp ends at either edge of your piece.