

## Nøstepinde Instructions



**Nøstepinde** is the Swedish name for a turned hardwood stick, about eight inches long. It is used to wind balls of yarn that can be pulled from the inside or outside end.

It was first used to wind yarn for Scandinavian

twined knitting, a technique that works with two ends, knit alternately with a twist between stitches. But this is not the only use for a simple, portable, virtually unbreakable tool that lets the yarn-worker to make nice, neat, stable balls, no batteries or electricity required.



About a third of the winding stick is a nicely shaped hand-grip. The remainder has grooves at either end, and a slight taper so that the formed ball of yarn can easily slide off the winding stick.

### TO USE THE NØSTEPINDE

Hold the stick in your left hand, wrap the yarn with your right (or the other way around, if you are left-handed, or just happen to like it better that way).

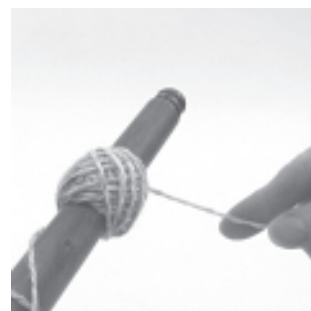
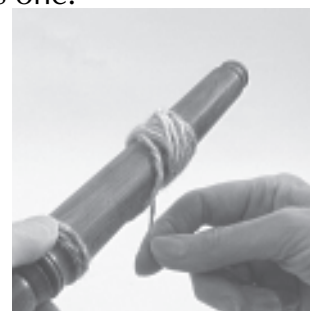
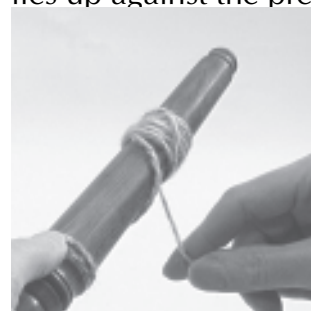
First attach the end of the yarn, a couple of half-hitches in one of the grooves will work.



Now make about ten wraps going straight across.

Now you will start to build up the yarn-ball. You will rotate the stick in one direction, and wrap the yarn in the other. We have found turning the stick **towards**, and winding the yarn **away**, to be the more comfortable choice, but the inverse works just as well. Try them both, see which you find more comfortable.

Start winding the yarn diagonally, rotating the stick just enough so that each diagonal wrap lies up against the previous one.



When you come around to where you started, just keep going, stacking the coils on the previous course. When you're done, un-tie or cut the beginning yarn, and slide the ball off the stick. With practice, you'll be able to make stackable balls with flat tops and bottoms, but the oval ones work just fine too.



You can even ply directly from the nøstepinde, working the end and the beginning of the ball together.