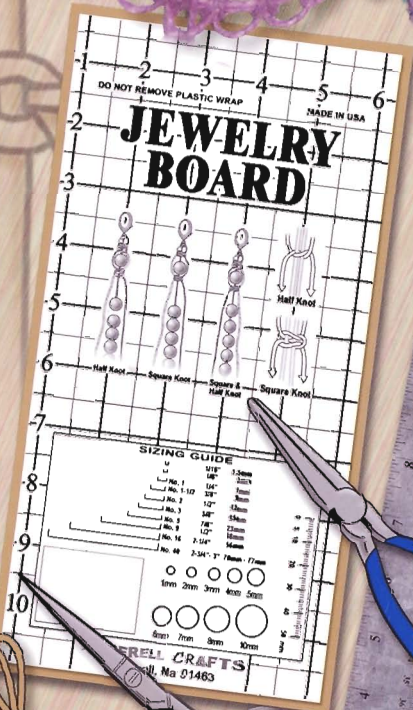
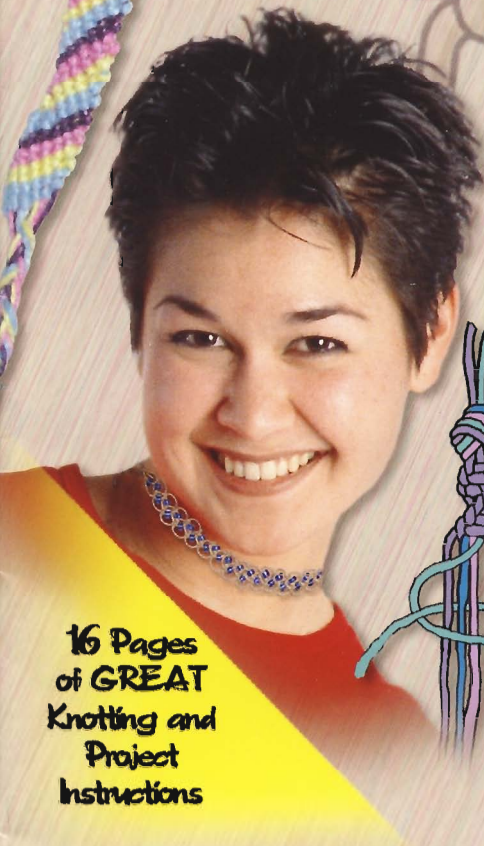


Hippie Hemp™

Crafter's HEMP HANDBOOK



Hemp History

Hemp is one of the oldest known fiber plants on this planet. Up until the late 1880's, hemp was considered to be one of our largest agricultural crops. From the fibers came textiles, paper, lighting oils, rope, incense, charcoal, glue and building materials such as plywood and drywall. Hemp can be grown virtually in any soil or climate and can reach heights of 10 to 20 feet in as little as 3 - 6 months.

Did you know.....

Both Presidents Washington and Jefferson grew hemp. In fact, during Colonial times Americans were legally bound to grow it for its crop.

The Declaration of Independence was drafted on hemp paper and four years later the U.S. Constitution was printed on hemp paper.

Betsy Ross sewed the first American Flag out of hemp. Benjamin Franklin started the first hemp paper mill. This allowed Americans to have its own paper supply during the Colonial times.

Hemp Knotting Handbook

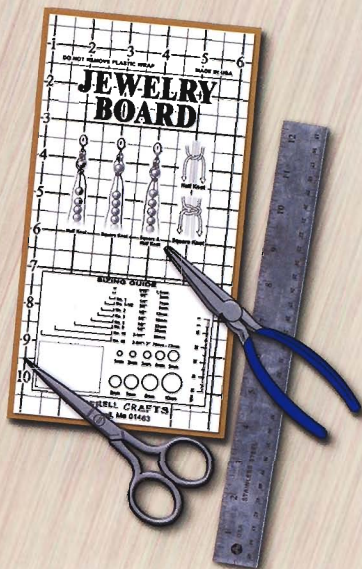
Hemp jewelry is back in vogue and with the knots found in this Guide many unique pieces can be made. Hemp is a natural cord that softens when worn acquiring a comfortable feel yet holds knots easily. Hemp comes in a variety of sizes and finishes but the two sizes most commonly used for jewelry are the 20# (1 - 1/2mm) and the 48# (about 2mm).

Basic Supplies:

Scissors, ruler, project board. Needle-nose pliers are helpful to attach jump rings.

Suggestions:

Use a project board to mount your project using T-pins to aid with spacing and alignment while knotting. Knots should be tied securely unless doing a very loose free form design.



Adding length to hemp strands:

If you need to add hemp before the end of a project, simply tie an extra piece onto each strand using an Overhand Knot. The "new" strand knots will be hidden in the project.

NOTE: Hemp is now available in colors!

Vocabulary

Carrier, Filler or Drone Strands:

One or more cords around which knots are tied. These strands are important as they are often the ones beads are placed on and the one's that add bulk to a project.

Working Strands:

Working Strands:

These are strands you knot with and usually are the longest strands of the design.

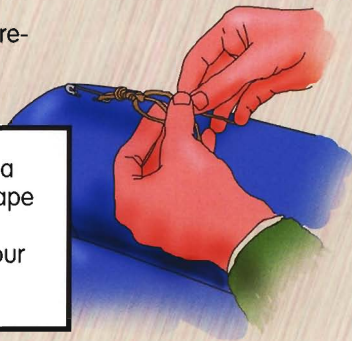
Carrier, Filler or Drone Strands:

Sinnet:

Sinnet:

A vertical chain or braid of repeated knots.

NOTE: If you don't have a Jewelry Board, simply tape down your project to a table, or safety pin to your pants.



Hemp Knotting Handbook

Let's Begin

The easiest knot to begin with is the Square Knot. Four cords are used to make the Square Knot. Two strands in the middle are called the Filler, Carrier or Drone strands. These strands are there for beads or simply to be knotted.



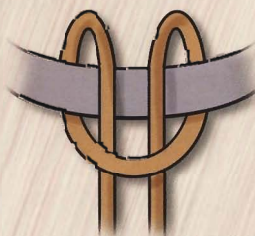
To begin most projects start with the correct amount of hemp following this guide.

	# of pieces Filler Strands	Length of Filler Strands	# of pieces Working Strands	Length of Working Strands
Spiral or Square Bracelet	1	24"	1	6 feet
Spiral or Square Choker	1	40"	1	15 feet
Square Knot Anklet	1	30"	1	8 feet

Most projects can be started by folding the hemp strands in half as shown and tying an Overhand Knot, this creates a loop opening.

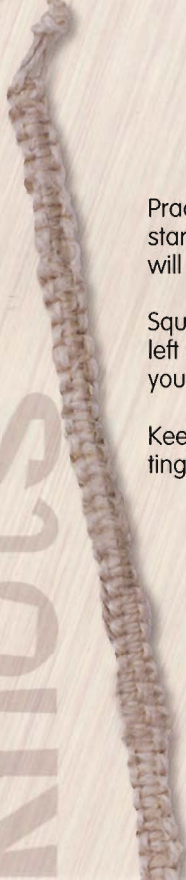


If you want to use a jewelry finding or lanyard snap to begin your project simply use the Lark's Head Knot to attach both strands.



Let's Begin

Square Knot



Practice your knot tying before starting your project so your knots will be uniform.

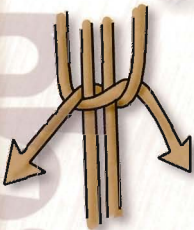
Square Knots can be started on the left or right hand side as long as you are consistent.

Keep the tension even while knotting.



Half Knot

Half Knot is done by doing one half of the square knot. Repeat the first 4 diagrams and knot on one side only. This will create a half knot twist as shown



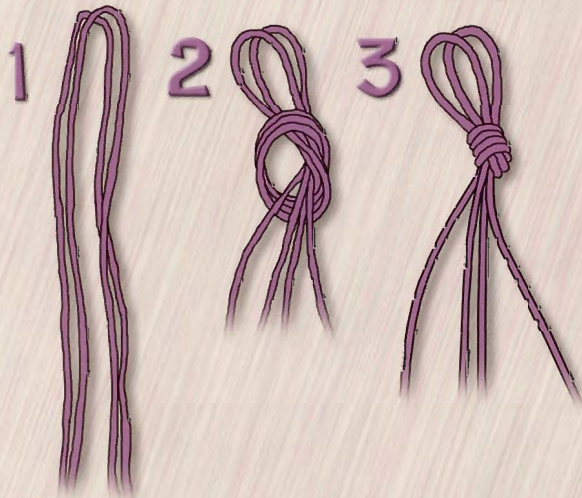
square knots

Open Square Knot

This is just a variation of the Square Knot. Simply tie a Half Square Knot as shown but don't pull tight. Leave an opening in your project then finish by tying the other half of the Square Knot and pulling tight.

Opening

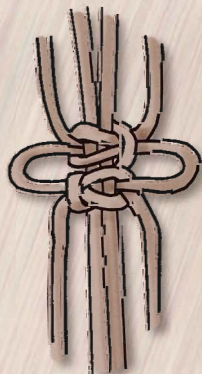
Open Square Knot Choker requires one strand of 36" long and one strand 12 feet long. Fold strands in half and tie an Overhand Knot. Begin Knotting.



Picot or Butterfly Knot

The Square Knot Picot is a Square Knots with "wings" Tie one Square Knot either to the left or right side.

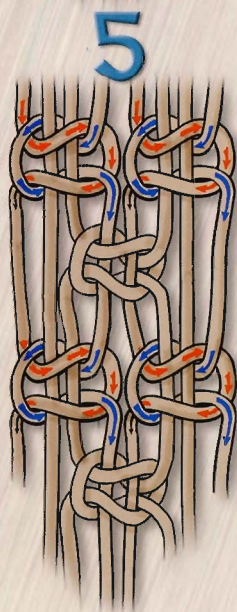
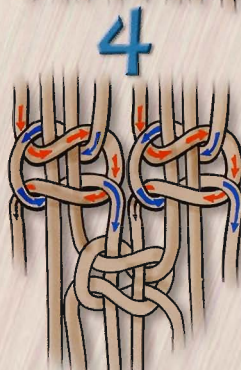
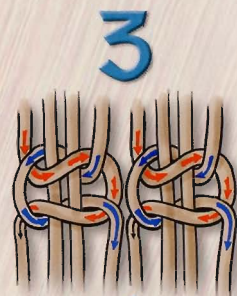
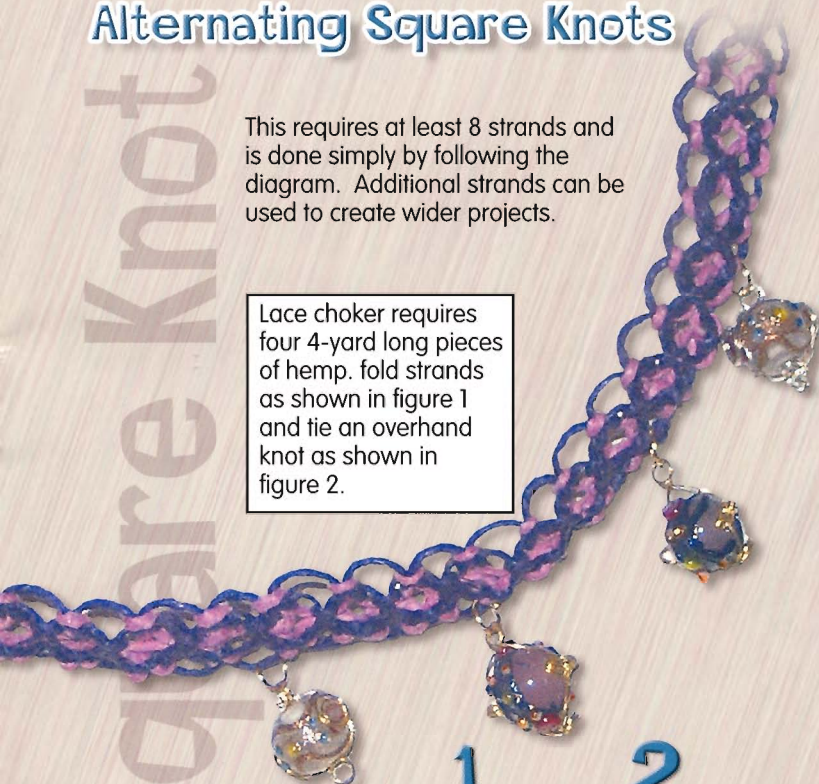
Tie a second Square Knot below first one with the same cords (the further down the second knot, the bigger the "wings" will be). Grasp the filler cords firmly and push the second knot up to the first.



Alternating Square Knots

This requires at least 8 strands and is done simply by following the diagram. Additional strands can be used to create wider projects.

Lace choker requires four 4-yard long pieces of hemp, fold strands as shown in figure 1 and tie an overhand knot as shown in figure 2.



Basic Knot Spiral

This Basic Knot bracelet is made with four cords, three Filler and one working strand.

By continuing to make just Basic Knots a Spiral is formed as shown.

NOTE: This Basic Knot is also used in making Friendship Bracelets.

Basic Knot Spiral Bracelet requires 4 strands each 30" long.



1



2



3



4



5



Adding Beads

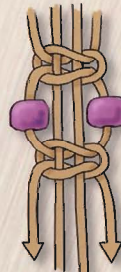
There are several ways to add beads to your project. Make sure holes are large enough for strands to enter.

To add a bead to a Square or Spiral Knot, just slip a bead onto the two Filler or Drone Strands and continue knotting.

The outside strands will wrap around the bead.

Beads can also be added to the Working Strands as shown.

Another way to add beads: Simply slide all four strands through the hole.



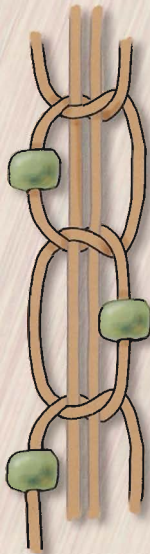
Add to Working strands



Add to Drone Strands



Side Over four Strands



Beads can be purchased at your local Arts & Crafts store.

Adding Beads



Finishing Options

With an Overhand Knot.



Knot pushed through starting loop.



With a bead and an Overhand Knot.



Bead pushed through starting loop.



Tying off with a knot.
Trim ends.



Finishing Options

Braiding

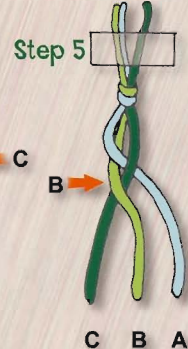
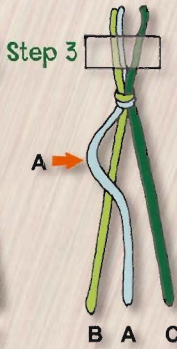
Simple three strand braiding is done as shown.

Join the top of the strands together with an Overhand Knot. Fold the left strand over the next right one and leave it in the middle between the two other strands. Then place the far right one over to the middle.



Braided Bracelket requires 3 strands each 24" long.

Step 1



Eg

Double Braiding



Six strands with two of the same color together as shown.

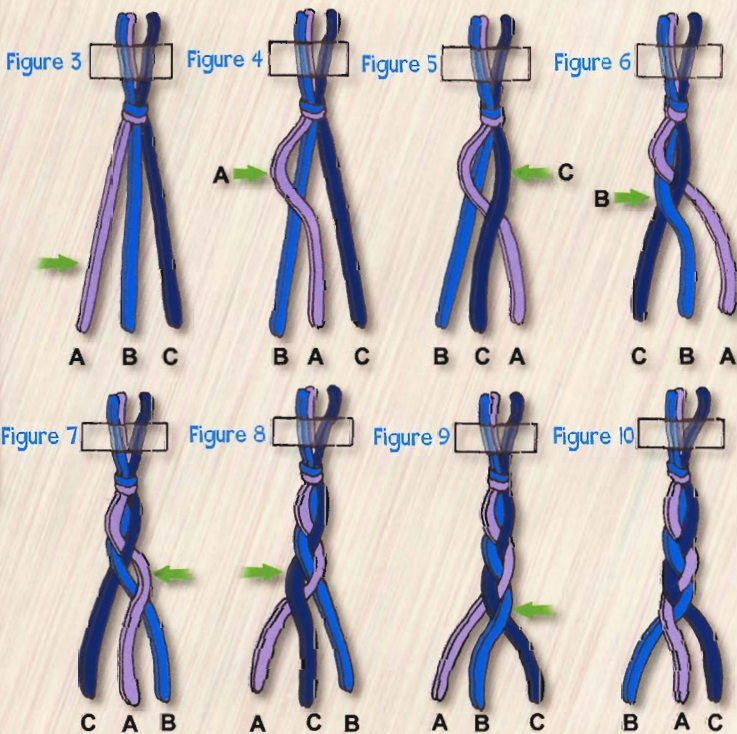
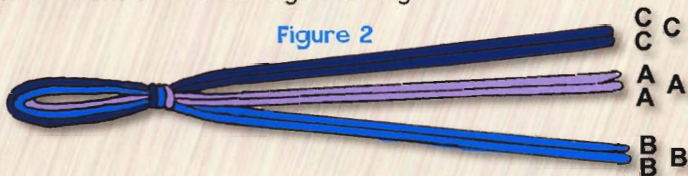
To make a simple Easy Braided Double Strand Bracelet cut three different color strands each 48" long. Fold the strands in half and tie an Overhand Knot near the top. You will have six strands to work with. Put similar colors together as one strand and begin braiding.

Figure 1



CCAABB

Figure 2



To close the bracelet, wrap the loose ends once around the loop. Put the ends through the loop as shown. Pull tightly to make a knot.

Reverse Friendship Band

(approx. 12")

Materials: Six strands of hemp - each strand 50" long use 2 strands each of blue, purple and mint.
Drop down leaving a tail of about 3" and tie an Overhand Knot.
Arrange the hemp with 2 blue, 2 mint and 2 purple.

Pattern: Start with the blue strand on left and do Basic Knots around each strand moving to the right.

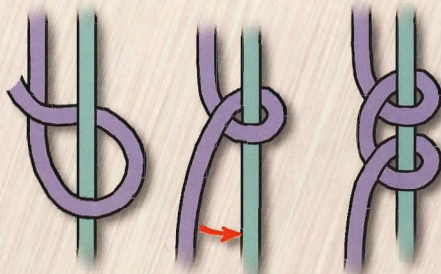
A Basic Knot is done twice around the strand see diagram.

Repeat with the second blue strand and the purple strand to the right. After the second blue strand, turn the piece over and begin again with the two blue strands. Turn over and repeat so three rows are done with the blue strands.

Without reversing back to the blue strands, use the purple strands for three rows then the mint strands.

Repeat the pattern until the desired length has been achieved.

Finish: Braid both ends.



Basic Knot



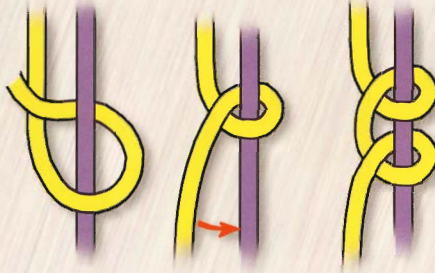
Striped Friendship Choker

Materials: Eight strands of hemp - each strand 75" long use 2 strands of blue, yellow, pink, and purple. (Suggested colors only) Drop down leaving a tail of about 3" and tie an Overhand Knot. Arrange the hemp as shown.

Pattern: Start with the blue strand and make Basic Knots over the seven strands to the right one after another. Then knot, in the same way the yellow, pink and purple across their rows. The rows will become diagonal. After the colors are back in the same sequence as in the beginning repeat as often as necessary until desired length is achieved.

Finish: Braid both ends.

Basic Knot



Daisy Bracelet

Materials:

Hemp: One 1-yard strand and one 3 - yard strand of hemp.

Beads: Four 6mm natural wood beads and 18 round beads.

Instructions:

1. Fold each strand of hemp in half and find centers. Put the two centers together and drop down 1/2" and tie an overhand knot to create a loop opening. Arrange strands so the two shorter ends are in the center and the two longer ones are on the outside.

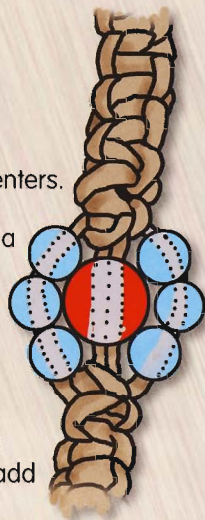
NOTE: Use the longer strands for tying knots.

2. Pattern: Square knots for 2 3/4", 3 flowers each separated with two square knots. Then add additional square knots for 2 3/4".

3. Measure around neck and add a 6mm wood bead to the two center strands and tie the end with an overhand knot.

To close: slip the end knot through the beginning loop.

Helpful Hint: Wax the ends of strands for easy beading.



Daisy Bracelet

The "How to do" Handbook



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