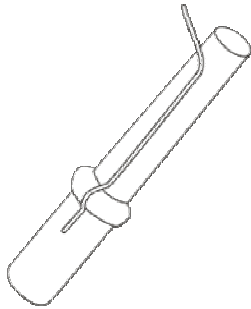


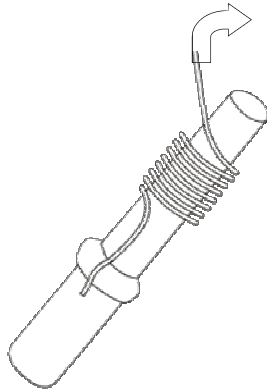
Nostepinne

“Nostepinne” or “nostepinde” is a Scandinavian word that means “nest-stick.” It is a tool used to wind a center-pull yarn ball. A nostepinne is portable, easy to use, and creates a center-pull ball that can be used without changing the twist in the yarn.

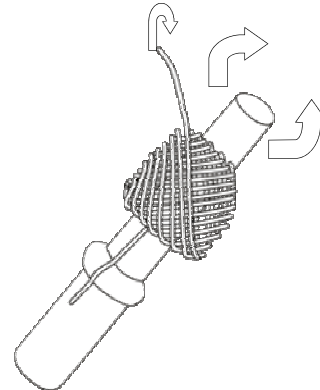
To use:



Hold the nostepinne in one hand with the yarn tail towards the handle.



Wrap the yarn around the end until it is one-half to one inch wide around the shaft.



Tilt the nostepinne at about 45° and continue winding the yarn vertically around the established wrap. Slowly rotate the nostepinne as you wind. Turn it in either direction or alternate.

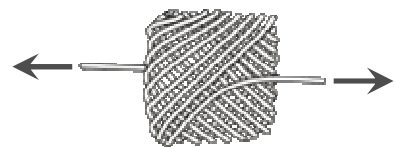
That's it! Gradually the ball will take shape around the nostepinne.

When the ball is done, slip it off the nostepinne and pull the end of the yarn from the center of the ball.

Important: always pull the center yarn from the side of the ball that faced the handle. When using the outside of the ball, pull from the side it went on—the end of the nostepinne, not the handle. Otherwise you will add extra twist to your yarn.

Tips:

- As the ball gets thicker, wind away from the shaft of the nostepinne. Holding your thumb at the bottom of the ball will help the yarn ball form a neat cylinder instead of a football.
- Don't wind tightly. It is best not to put your yarn under stress—or your hands.
- If turning the nostepinne is tiring, rotate it only as far as your wrist will comfortably turn in one direction and then rotate it back. Keep alternating as you wind.
- To find the center: Hold the tail of the yarn along with the handle of the nostepinne as you wind. When you are done winding, the tail is ready to pull from the center.
- To find the center, method 2: Wrap several turns of yarn around the nostepinne and slip them off the shaft. Lay the coil of yarn next to the shaft and continue wrapping around it. This forms a little lump of yarn in the middle of the ball. When you are done winding, put your finger on the end of the nostepinne and slip the ball onto your finger, pushing the center lump of yarn out the other side of the ball.
- Pulling the center yarn from one side and the outer yarn from the other makes it possible to work from both ends of the ball at once.
- A nostepinne can be used to wind a center-pull ball while the yarn is attached to a project. Put the working yarn along the handle and re-wind pull skeins that have collapsed.



This nostepinne was made in Bartlett, Tennessee July 2004 by John Schneider. Instructions by Angela Schneider. The woods are natural color Maple (tan), Cherry (red) and Walnut (dark brown).