Threading a needle in this manner ensures that the knot isn’t any wider than the needle and makes binding books easier. It reduces the chances of tearing the paper or damaging the book.

Begin by waxing a piece of thread cut to the desired length.

01. Cut an arms length of thread and wax it. Feed one end of the thread through the needle leaving a 5cm tail.

02. Twist the tail end of the thread to slightly loosen and separate the strands, leaving a gap.

03. Feed the end of the needle through the gap in the untwisted strands of thread.

04. Pull the needle all the way through the untwisted thread to create a loop.

05. Holding the needle and short tail of thread in one hand, pull on the other end of the thread gently to draw the loop into a knot.

06. Take the two ends of thread in one hand and gently pull them away from the needle.

07. Ensure the knot finishes as tightly as possible over the end of the eye of the needle.

08. Twist the shorter end of the thread around the longer end to neaten it up.