

Time: About an hour

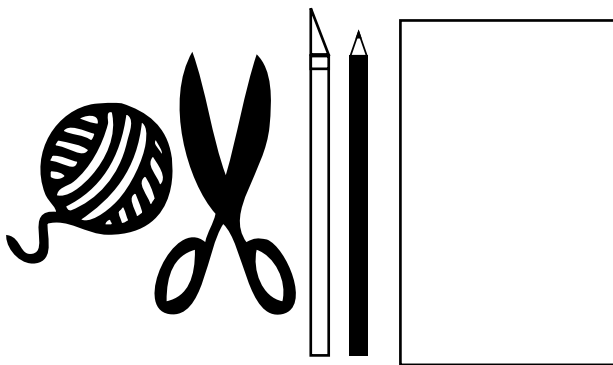
Difficulty: Easy
Age Minimum: 7

Cost: 8 dollars will make about
10 lucet forks
plus yarn.

Alona's Cheap and Easy How to Make a Lucet Fork and Cord

This project is designed to be in either two classes, or, if you have an oven or dedicated (aka don't cook food in it later) craft toaster oven handy, in one class. First, the making of the lucet fork, which traditionally is a wooden fork, however, for ease and cheapness to make, we are going to make ours from shrinky dink paper, which can be bought in most big box craft stores and online. Second, the cord you can make on the lucet fork, a square cord. I recommend using yarn, though pretty much any sort of twine, hemp, crochet thread, etc can be used.

Lucet cord has been around since the time of the Vikings, and was used in clothing or to hang items from a belt. This cord can be used in many different applications, from drawstrings for clothing and pouches, to jewelry.

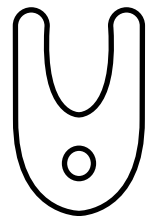


What you need:

- An Oven or Toaster Oven, Cookie Sheet, Pot Holder and Spatula
- A print out of the lucet to trace, or you can make your own, just make sure to make it the tines thick enough and the hole not very close to any edge, to prevent snapping.
- Pencil
- Shrinky Dink Paper (at least 5in x 8in), found in most craft stores or available online, about 6 dollars for 10 sheets.
- Scissors
- Xacto Knife and Cutting Mat
- Yarn or Twine
- Colored Pencils or Sharpies (optional)

How to Make a Lucet Fork

- Take print out of lucet fork provided at the end of this tutorial, and trace design onto rough side of shrinky dink paper with your pencil. Note, you can easily create shapes similar to this, if you want a handle for the piece, just make sure that it is still fairly thick.
- Optional: At this time, esp if you are working with many students, they can color in on the rough side of the paper with colored pencils or sharpie markers. At the very least, have them put their name on their lucet.
- Cut out design (scissors) and hole in the center (xacto knife, use a cutting mat to save the table and the blade). You will notice that the piece is about 5in by 8 in, the final product will be about 2in by 3 1/2 in when finished baking.
- Preheat your oven to 225 and place cut out lucets on a cookie sheet
- Bake for about 3 minutes, if they start to curl, and don't uncurl, with a pot holder or spatula gently pat down into shape. Remove from oven.
- Let cool for ten minutes and gently peel from surface.
- Make a small mark rough side with a pencil to tell front from back side.



How to Use the Lucet Fork to Make Cord

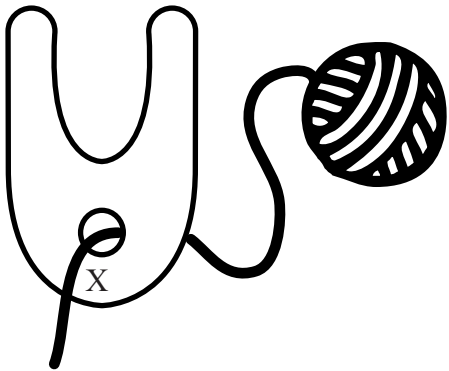
Some things to think about, for what kind of project you are making:

-Lucet cord uses up a LOT of yarn, I took a yard of medium weight yarn and ended up with 5 inches of cording, with about 5 inches of yarn and the beginning and the end of the cord. You can use a line from a ball of yarn, if you prefer.

-The cord is fairly thick, the medium weight yarn I used created a 1/8 inch thick cord.

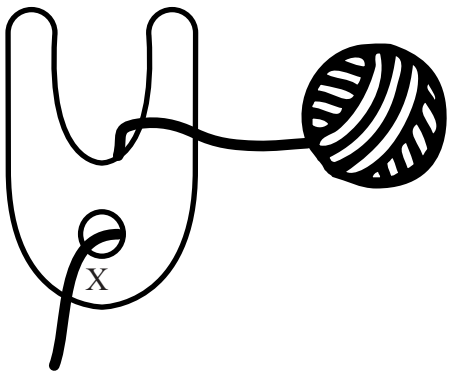
Step One:

-Pull end of yarn through the center hole, so the yarn is on the back.



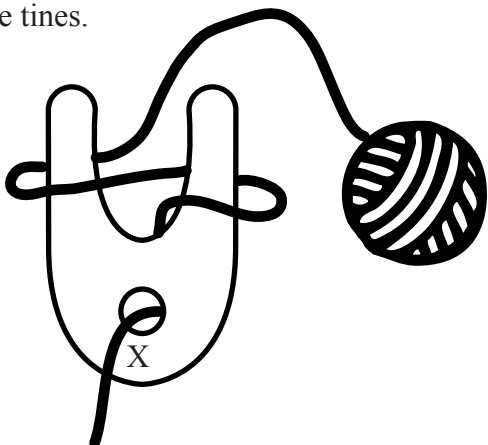
Step Two:

-Pull yarn so that it is crossing over the right tine.



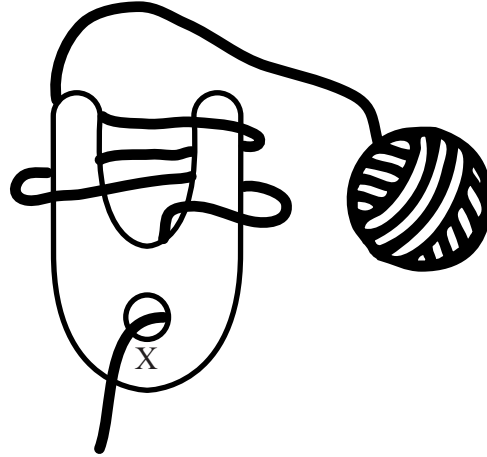
Step Three:

-Wrap yarn around the back of the right tine, and over the left tine. You will be forming a figure 8 on the tines.



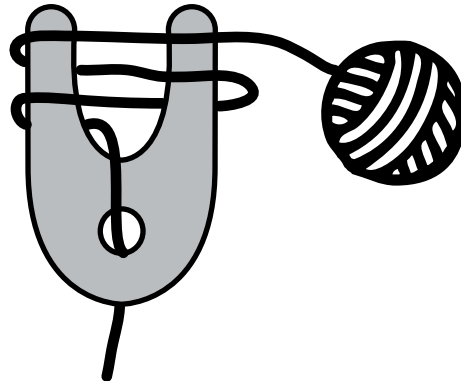
Step Four:

-Wrap yarn over right tine as before.



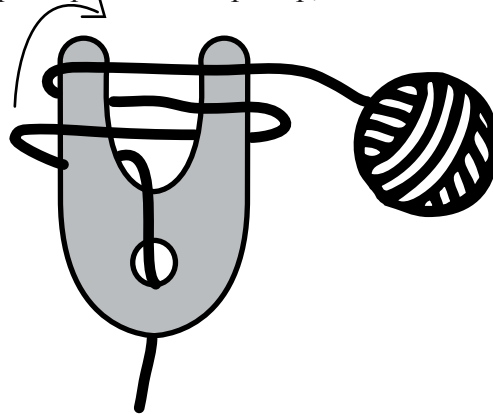
Step Five:

-Now you want to flip the lucet, so the right tine is now the left tine. For this tutorial, the back side will be in gray.



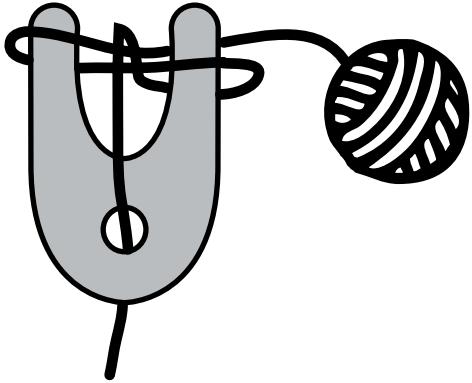
Step Six:

-Pinch the bottom loop around the now left tine, and pull up over the top loop, and over the left tine.



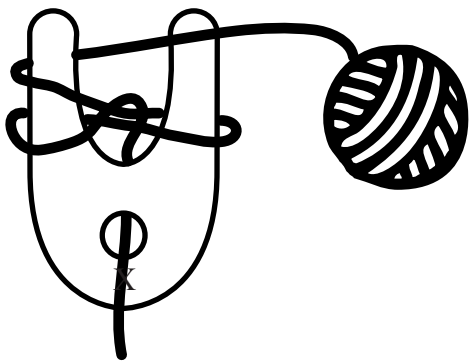
Step Seven:

-Now pull a bit on the bottom bit of yarn and hold onto the top part of the yarn, pulling the knot to the center of the fork.



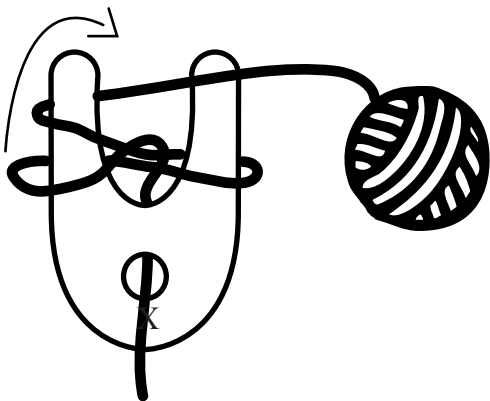
Step Eight:

-Wrap the long end under the right tine and flip again.



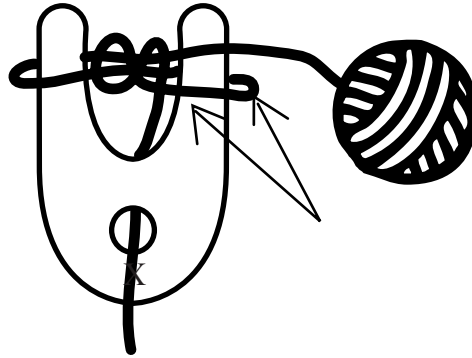
Step Nine:

-Pull the bottom loop on the left tine up over the top loop and over the left tine.



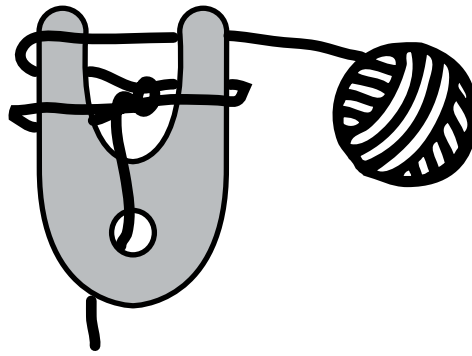
Step Ten:

-Tug on the yarn looped around the right tine to tighten the knot. Tug on the ends to tighten as well.



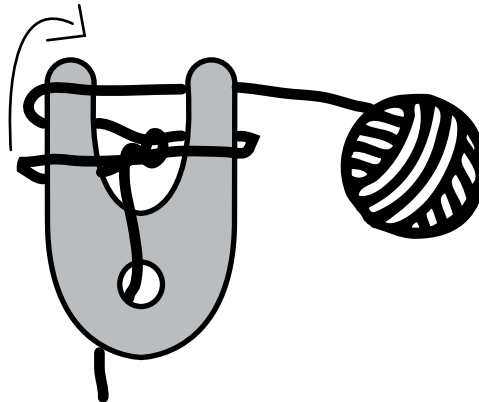
Step Eleven:

Wrap end over and around right tine and flip again.



Step Twelve:

-Pull bottom loop on left tine over the top loop and over the left tine. Tug once again to make knot tighter.



Continue making figure 8s around tines and pulling bottom loop over the top loop and over the left tine. Then tug to tighten, then flip. Repeat till you have a amount of cord you want, and knot off end, otherwise cord will unravel.

Once you master this, you can make cord almost without thinking, and churn it out. The following page can be printed out and used to trace to make a lucet that is about 2 inches by 3 1/5 inches. Questions? Email Alona at neueuropa@hotmail.com

