



HOW TO HOOK A MAT (USING 100% WOOL YARN)

Materials Required:

- Rug hook;
- Rug hooking frame;
- Burlap or linen backing;
- Wool yarn or wool cut fabric (NOTE: As is evident from the examples in the [NB Mat Registry database](#), our New Brunswick ancestors mainly used wool fabric rather than yarn);
- Scissors.

Instructions:

1. Stretch the pattern-backing on a hooking frame, making certain it is tight. If the backing loosens while hooking, tighten it. If you do not have a hooking frame, then an embroidery or quilting frame can be used.
 2. With your non-writing hand under the pattern, hold the yarn end between your thumb and forefinger. With your writing hand on top of pattern, hold the hook with the barb pointing up.
 3. With your writing hand, push the hook through a square hole in the backing, place your yarn over the top of the hook, and pull the yarn end up to the surface, leaving about $\frac{1}{2}$ an inch (12.8 mm) free. Now you are ready to begin hooking.
 4. Insert the hook into the next hole, place your yarn over the top of the hook again, and pull up loop. Your loops should be consistently even in height: between $\frac{1}{8}$ (3.2 mm) to $\frac{1}{4}$ of an inch (6.4 mm) high (or about the same height as the width of your yarn).
- TIP:** To prevent loops from being pulled back down, always pull new loops towards loops already hooked.
5. When working the pattern (depending upon the thickness of the wool), hook every other hole when outlining the pattern, and hook 3-4 rows/skip 1 row when filling in large areas like sky or backgrounds. You should not see any backing on top when the mat is finished.
 6. There should not be any loops on the back of your work. Make certain to pull your yarn tight.

7. Start in the center part of the pattern by outlining the pattern within the pattern lines (ie rose, house, animal, square, etc.), then fill it in. You should always hook from right to left (or left to right, depending upon which is your writing hand). When hooking a circular shape, hook in a circular pattern around the inside of the pattern line, to completely fill the space. When the last row is completed, pull the last loop up and snip the loop. Trim all ends even with hooked loops.

If you have to start another piece of yarn before finishing a row/colour, bring the end to the top, and with a new piece of yarn insert the hook into the same hole where you finished, pull up your new yarn end, and continue hooking loops. All yarn cuts are done on top of the pattern (not on the back side).

8. Continue this process until the pattern is completed. Make certain to not cross any yarn on the back side of your work; you want your hooking to be completely smooth on the back side. If you make a mistake, simply pull the yarn out from the back and rehook! 😊

Before finishing, remember, to hook your initials and year into the lower right corner of your mat.

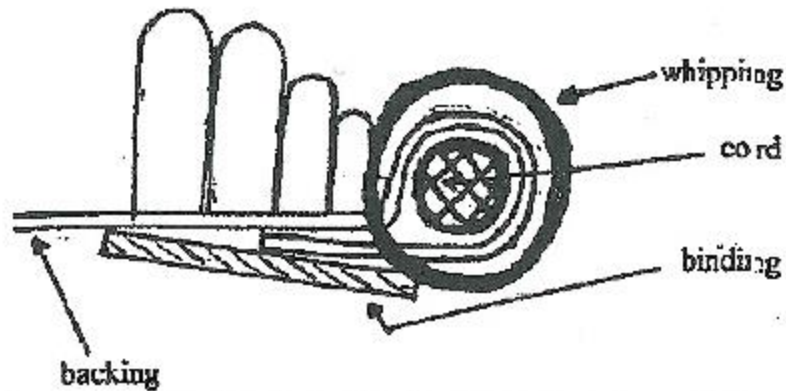
9. Upon completion of your mat, place the work face down on an ironing board, and steam press with a damp cloth.

TIP: DO NOT IRON your mat. Allow the mat to dry before moving or handling it.

10. **Finishing:** Zigzag a row of machine stitches 1½ inch (3.8 mm) from the backing edge using coloured thread for easy visibility. Cut off the backing just beyond the stitching.

Using a cord, place the cord around the edge of your mat (on the back side), where your last row of hooking has been completed. Bring the backing edge up over the cord and under, towards the finished mat. Base stitch, or pin the backing in place (with cord inside), to hold it in place.

With a darning needle and doubled yarn, whip stitch around the backing and cord by placing the needle down, through the backing next to your last row hooked and folded backing, then out through the back of the backing, coming up around to the top. Continue to do this until you have worked around the entire edge of the mat.



When you reach a corner, you will need to stitch 2-3 times in the same hole to cover the backing. When you come to the end of your yarn, run the yarn under the folded backing. Cut ends. Leave no backing showing.

As a final step, add binding to the back side, by hand stitching the binding as close to your whipping as possible. Miter the corners. Stitch the other side of the binding, catching your thread in the backing as well as the hooked strands.

TIP: As a final step, make a tag for the back of your mat, recording your name and date completed.

CONGRATULATIONS! YOU HAVE COMPLETED YOUR FIRST HOOKED MAT!

WE LOOK FORWARD TO SEEING YOU AT THE NEXT HOOK-IN HAPPENING NEAR YOU!

FOR MORE INFORMATION PLEASE CONTACT THE NEW BRUNSWICK MAT REGISTRY: nbmr.rtnb@gmail.com