

# Association of Traditional Hooking Artists (ATHA) NW Rug Hooking Chapter (Region 11)

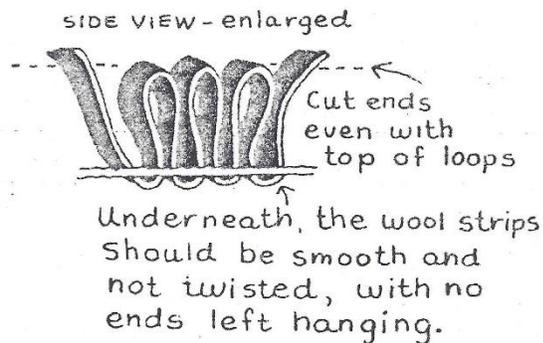
Regional website: <https://atharegion11.com/>

Go to the Events page for all things hooking in the Northwest.

National website: <https://www.atharugs.com/>

Go to the Resources page for a one-stop place to find suppliers.

**What we do:** Traditional Rug Hooking using wool fabric cut into strips. Other types of hooking/punch are also welcome



Cut size	Width
3	3/32"
4	4/32"
5	5/32"
6	6/32"
7	7/32"
8	8/32" == 1/4"
8.5	10/32"
9	12/32"
9.5	14/32"
10	16/32" == 1/2"

Cut size table is shown above. We recommend that beginners start with a 6 or 8 cut, but it is a personal choice. "Cut Size" refers to the width of the wool strips that are used for hooking.

## Equipment/Materials:

**Hook:** Moshimer or Miller hooks are available from this site. Choose a Medium or Coarse hook.

- <http://www.iloverughooking.com/rughoho.html>

**Frame:** Most people start with an inexpensive frame such as a quilting or embroidery frame to see if they like hooking, but if you like it at all, you should upgrade your frame ASAP. "Real" frames with gripper strips start at around \$100.

- Simple Frame (< \$50) – no gripper strips
  - Q-Snap (PVC) or round lap quilting frames
  - Jo-Ann's carries a "Lap Quilt" frame made of PVC.
  - <https://www.qsnap.com/> (a large assortment of sizes!)
- Box, Puritan, or basic box frame - \$50-\$150 – buy one with gripper strips
  - Can be found on ebay, etsy, or craigslist
  - <https://woolery.com/> - illustrates a range of options
- Needleworks frame: <https://www.theneedleworksshop.com/>
  - 12" Lap frame is a good investment that holds its value.
- Floor frame – for when those projects start to get too big to carry around.
- Mix/Match/Upgrade components until you find a setup you like.

**Backing:** Linen, Monk's Cloth, Rug Warp, and Burlap

- The Woolery has backing "Blanks" – serged linen backing that is 19"x19" (appropriate for ~13"x13" project)
- <https://woolery.com/rug-hooking/rug-hooking-backings-foundations.html>

## Patterns!

- As a beginner, consider a simple design – either purchased, your own design, or based on inspiration from the internet. The design should not require fine detail – think of coloring book pages for children as good examples with simple lines.
- Many patterns can be purchased already drawn on the backing.

## Wool!: where do we get it, and what types?

- Wool type: Flannel weight, 100% wool.
- Fold a piece of wool into quarters to gain a rough approximation of coverage area.
- Start with recycled clothing – there is no such thing as “ugly” wool!
  - Pleated skirts yield the most yardage.
- Supplement with purchases of off-the-bolt fat quarters and hand-dyed wool.
- Many wool “packs” are available on Etsy.
- Attend hooking events (most venues invite vendors or will have hookers selling excess supplies)
- Watch craigslist!
- Attend hooking groups and trade/purchase from your group members. It is easier to find affordable wool *inside* the group than outside, and you may find someone who is “destashing”.
- Find someone who has more noodles (leftover cut wool) than they can use
- Dye it yourself! – it is not as hard as it sounds, and many rug hookers eventually “dabble” in home dyeing work.
- Overdye that “ugly” wool, or trade it!

## Cutters

A cutter is almost the most expensive piece of equipment you will need. However, you can go a long way simply by joining your local hooking group and borrowing the cutter from your host when you attend a regular gathering! This is a list of some of the types of cutters available. It is difficult to find used Beeline or HoneyDoo cutters, but you will be more likely to find them from members of your group once they know you are looking.

- Rigby
- Bliss/Fraser
  - <https://www.fraserug.com/collections/cloth-cutting-machines>
- Beeline/HoneyDoo
  - <https://www.beelinearttools.com/>
  - <http://www.honeydoocutter.com/>

## How can I find out more?

- Websites are good places to find info – particularly the ATHA links.
- Subscribe to ATHA or Rug Hooking Magazine (especially ATHA!)
- Use the Region 11 website contact us form! (we listen and respond)
- Join a group – you can get help and advice when you need it.
- Come to Hook-ins – we don’t have brick and mortar stores in this area, so it’s the most important place to find new and used supplies.
- Stories – hookers have a lot of them!

*Disclaimer: There are many different sources of equipment and materials other than the websites listed above. Links that are provided are simply a starting place, and they are intended to illustrate rather than recommend any one source. The best recommendation we can make is for you to try out equipment before purchasing whenever possible.*