

**WORST-CASE  
SCENARIO.**

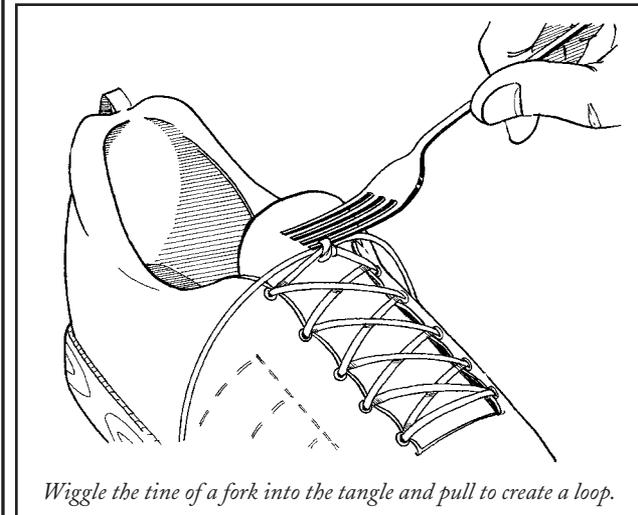
# HOW TO UNTIE A SEVERELY KNOTTED SHOELACE

**1 Gently pull one end of the lace.**

Tangles that appear to be knots may actually be a series of intertwined loops and bows, which are held in place by friction rather than by a knot. Pull a free end of the lace using minimal force. If the tangle is not truly knotted, it will come apart immediately.

**2 Loosen from the center.**

If the lace is knotted, begin by loosening from the center of the tangle.



*Wiggle the tine of a fork into the tangle and pull to create a loop.*

**3** Work slowly and patiently.

**4** Do not yank.

Yanking on a loose end will not free the knot. It will make it worse. Be patient.

**5** Insert a fork tine into the center of the knot.

Stubborn knots may be too tight for an adult's finger to manipulate. If the knot won't budge, wiggle the tine of a fork into the tangle and pull until a loop is created. Loosen one section, then repeat on the remaining sections of the knot.

## HOW TO FIX A BROKEN SHOELACE

★ **Connect broken strands.**

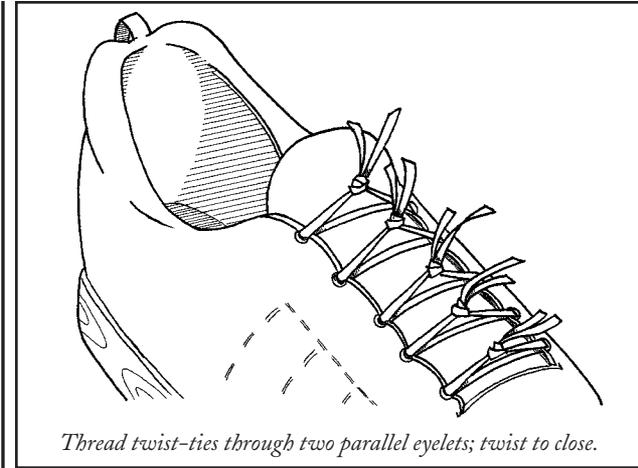
Most laces have several inches of extra length. Tie the broken ends together using a square knot (see the diagram on page 49).

★ **Use the longer strand.**

If the lace broke near one end, discard the shorter section and relace using the longer strand. Wet and twist the ragged end to fit through eyelets.

★ **Make a replacement lace.**

Many children's jumpers or jackets have drawstrings. Pull the drawstring out—you may have to take out a knot at either end—and thread it through the shoe.



★ **Use twist-ties.**

Twist-ties are relatively strong and will hold the sides of a shoe together temporarily. Thread the tie through two parallel eyelets on either side of the tongue and twist to close. Repeat until the shoe is secure.

### Be Aware

- Nylon laces have less friction than string or cloth laces. Consider replacing string with nylon to ease knot removal.
- Step-in shoes without laces or untied shoes eliminate the knot problem.