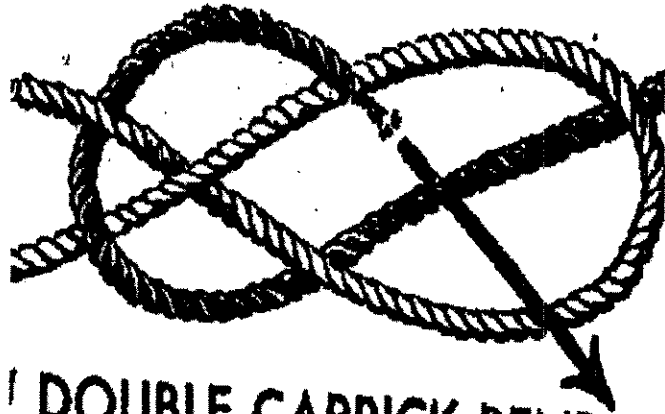


Knots Before Meals



DOUBLE CARRICK BEND

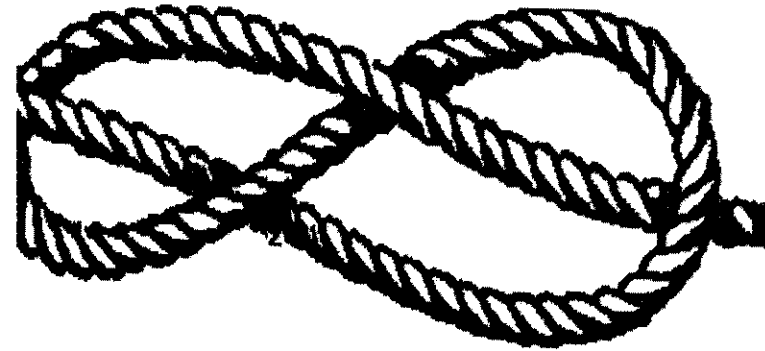


FIGURE-OF-EIGHT KNOT

Day	Breakfast	Lunch	Dinner
Sunday			Square Knot
Monday	Overhand	Taunt Line Hitch	Clove Hitch
Tuesday	Figure Eight Knot	Butterfly Knot	Bowline
Wednesday			
Thursday	Sheepshank	Larks Head	Two Half Hitches
Friday	Running Bowline	Fishermans Knot	Shoestring Knot