KNOTS FOR LOOPS
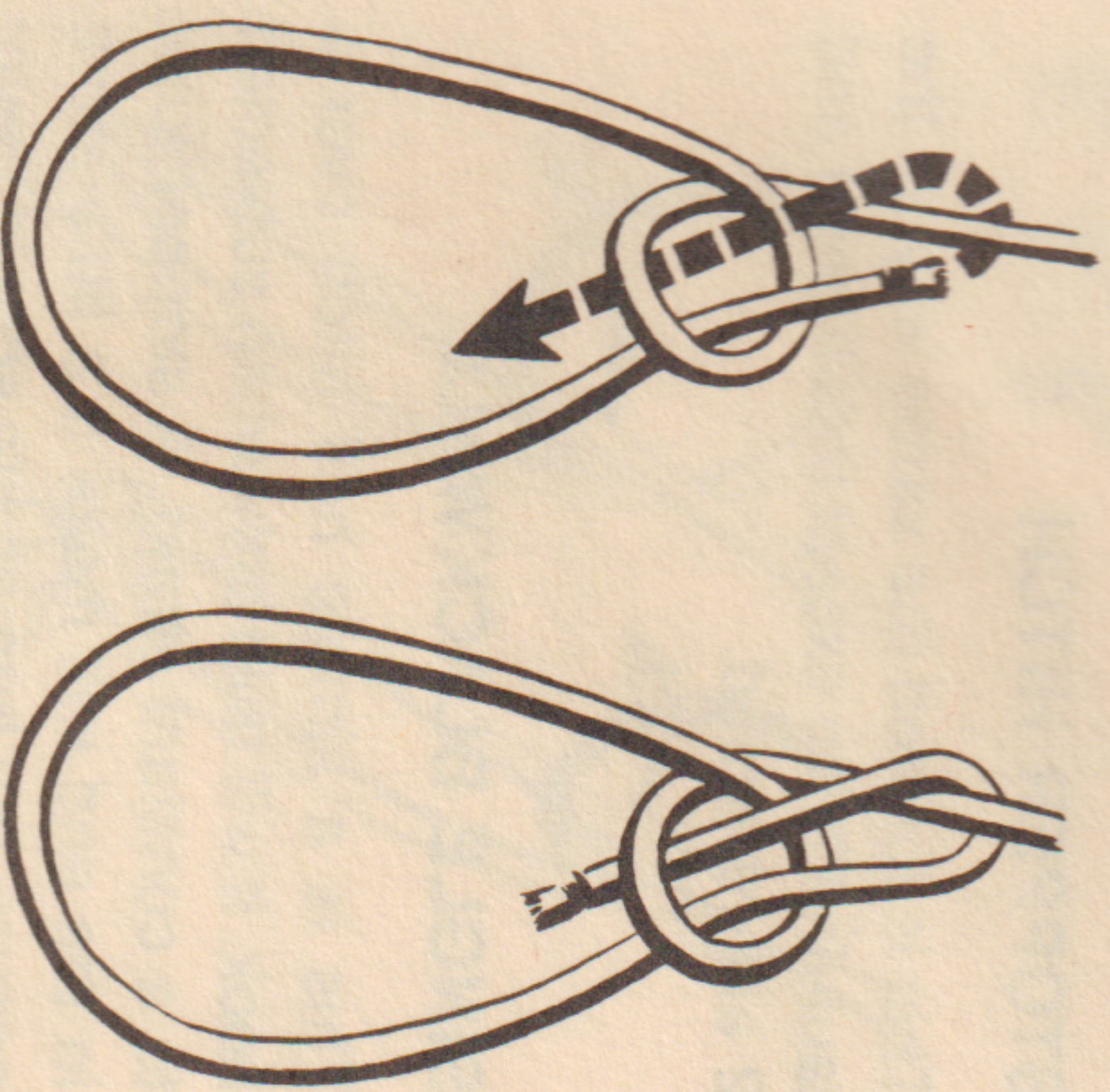
These knots are used to hold loops—either permanent or "running" like a cowboy's lariat. The bowline and its variations are important for rescue work and on board ship where they have scores of uses.
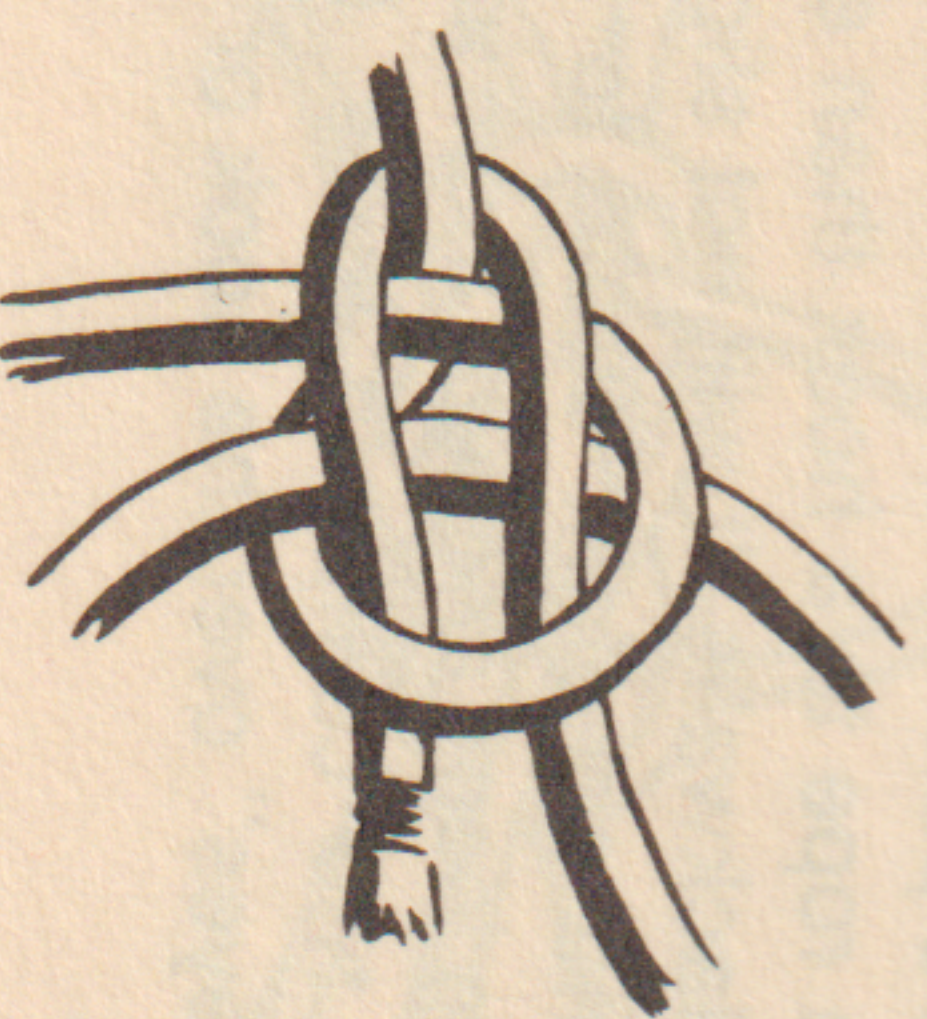
BOWLINE

The bowline has been called the king of knots. It will never slip or jam if properly made and, thus, is excellent for tying around a person in a rescue. Begin by forming an overhand loop in the standing part. Then take the free end up through the eye, around the standing part and back where it came from.
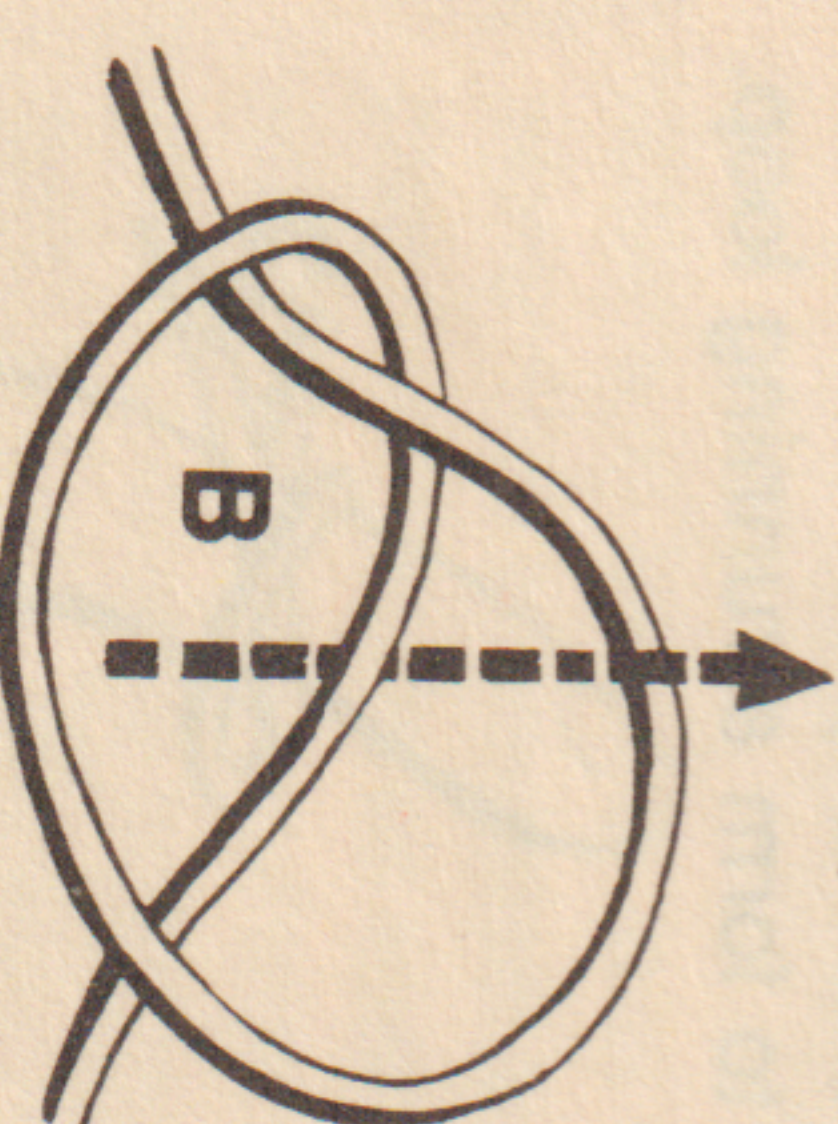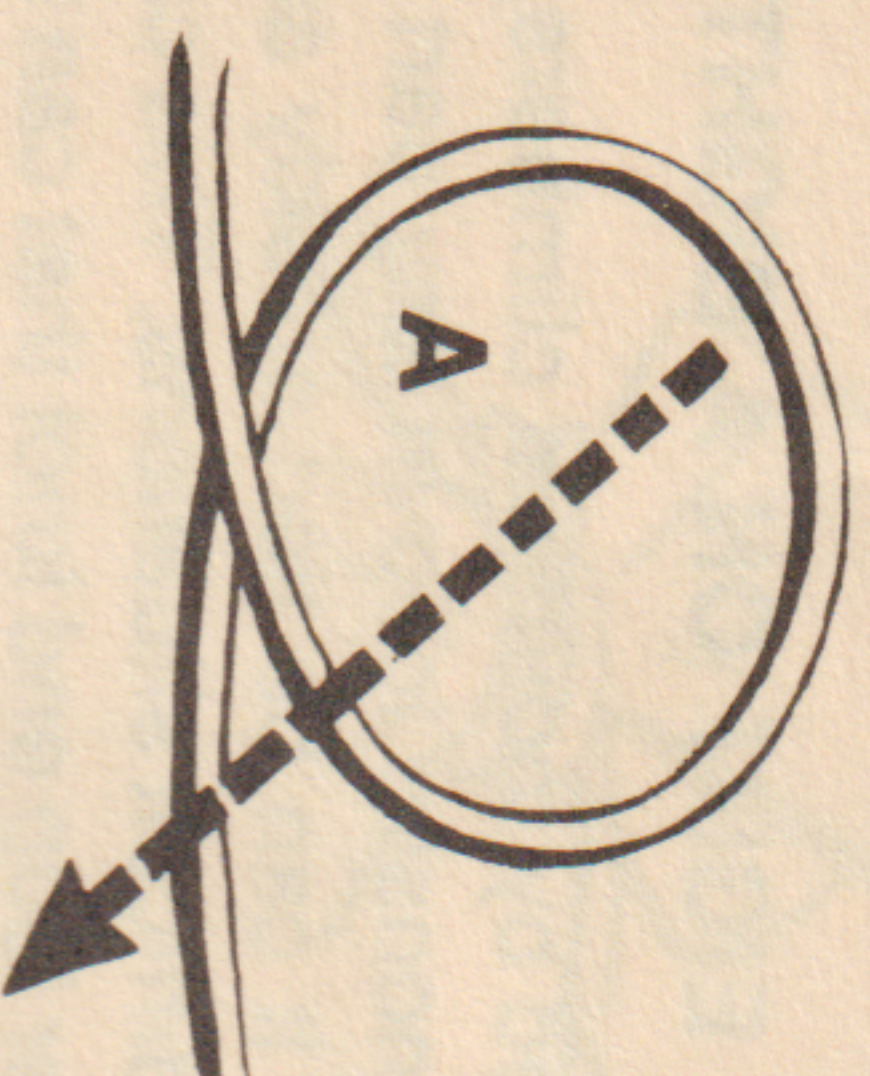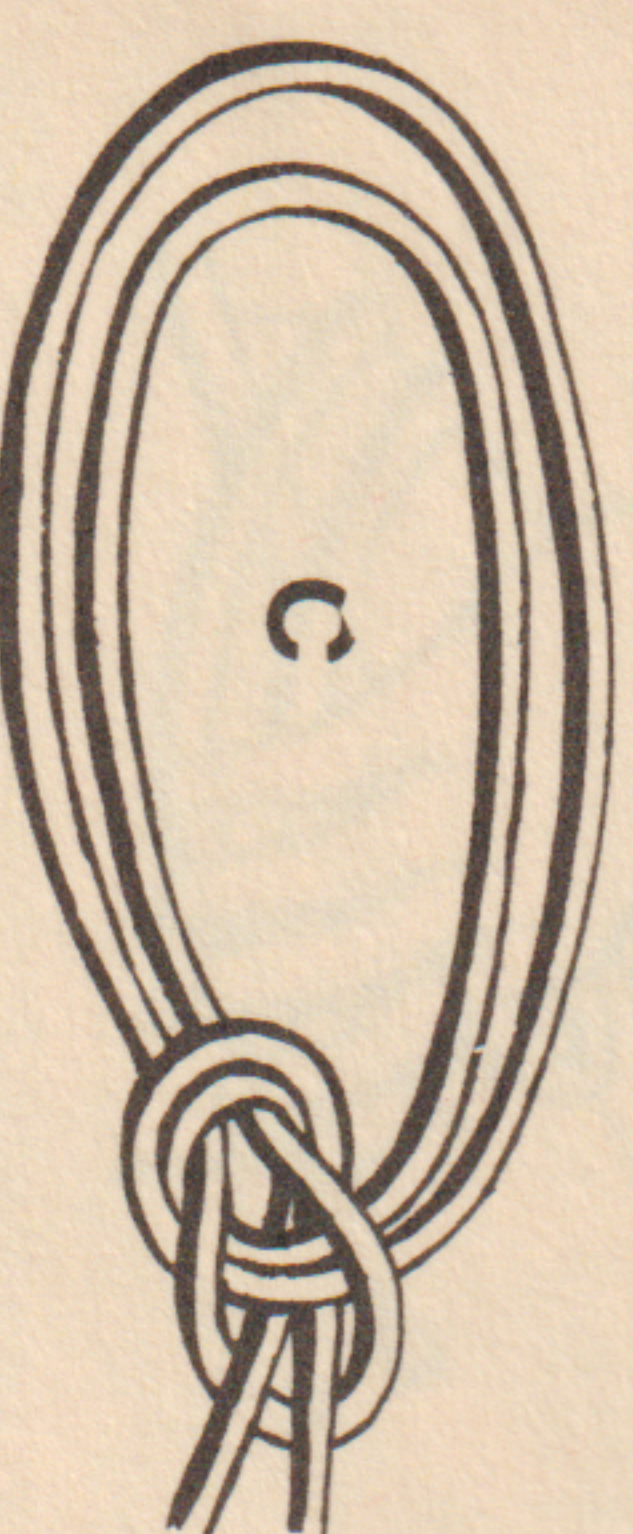
FRENCH BOWLINE

This is a double bowline because it provides **two** nonslip loops (which can be of different sizes). With it a person can sit in one loop and have the second loop as a back support, leaving his hands free. It is excellent for rescue work or for seamen working over the side of a ship. Begin by making an overhand loop as in the regular bowline. But then pass the end through the "eye" twice before bringing it back around the standing part and through the original eye. The bottom drawing shows details of the final knot.

BOWLINE ON A BIGHT

Like the French bowline, the bowline on a bight forms two loops, but they may be of the same size or differ. Start by making a good-size bight and an overhand loop as shown in figure A, and bring the end up through the loop. Open the end loop and bring it down and around the entire knot as in figure B. Set the knot securely before putting weight on it as in figure C.

MAN-HARNESS KNOT

The principal use of this knot is to make a loop in the middle of a rope that is being used for hauling or climbing. A man can then use the loop as a harness over his shoulder so he can put his full weight to its best use. Form an underhand loop as shown at top. Grasp the loop at A and lay it over the part of rope shown by the arrow. The result will be as shown in the middle drawing. Now grasp the rope at B and draw it up under and over as shown at bottom. This forms the bight which becomes the loop for your shoulder. Draw the knot tight before using it.