

spindles weigh about 8 grams ($\frac{1}{3}$ ounce)—sometimes even less. The Akha spindle was designed to be used as a hand-supported spindle with cotton fibers. I find mine is also delightful to use as a high-whorl spindle.

*Tiny spindles
from Southeast
Asia*

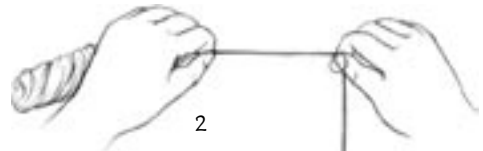
Traditional method

Traditionally, the spindle is twirled within the curl of the fingers. Drafting and inserting twist are two separate steps.

1. Turn the spindle by flicking the thumb against the forefinger to build up twist. The rotating spindle is supported by the three other fingers.



2. To extend the yarn, draft the fibers and let the twist run into them.



My adaptation

I use the Akha as a classic high-whorl spindle to make incredibly fine yarns. I rotate the shaft on my leg. The only difference from a regular high-whorl spindle is in the winding on: because the cop develops above the whorl, you must spiral the yarn up the shaft before catching it in the carved hook at the tip.

