

When you thread your needle for hand sewing - whether it is piecing or quilting - tie a knot in the end of the thread that is closest to where you cut the thread off of the spool.

Because thread is twisted as it is made, it has a kind of "grain." Stitching with the thread in the direction it comes off the spool will keep it from tangling and twisting as much when you are sewing.

And run the thread through "[Thread Heaven](#)"

Attributes	Thread Heaven	Beeswax	Microcrystalline (casting wax)	Paraffin (candle wax)	FrayChek*
Created <i>specifically</i> to treat thread	Yes	No	No	No	Yes
Extends the lifetime of thread and finished product	Yes	No	No	No	NA
Melts or freezes	No	Yes	Yes	Yes	NA
Protects against UV rays, mold and mildew	Yes	No	No	No	No
Uses static electricity to reduce tangling and knotting	Yes	No	No	No	No
Acid free, non toxic	Yes	No	No	Yes	Yes
Reduces thread drag	Yes	No	No	No	NA
Can be laundered and ironed without staining or marking thread or fabric	Yes	No	No	No	Yes
Extensively tested for use on all types of thread and fabric	Yes	No	No	No	Yes
Designed for both machine and hand use	Yes	No	No	No	NA
"Breaks down" over time	No	Yes	Yes	Yes	No
Reduces hand fatigue by reducing friction and drag	Yes	No	No	No	NA
Petroleum product	No	No	Yes	Yes	No
Reduced tangling and fraying	Yes	Yes	Yes	Yes	Yes