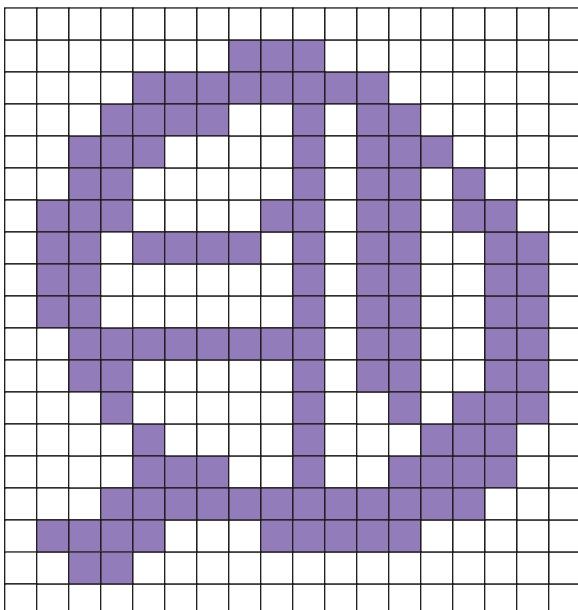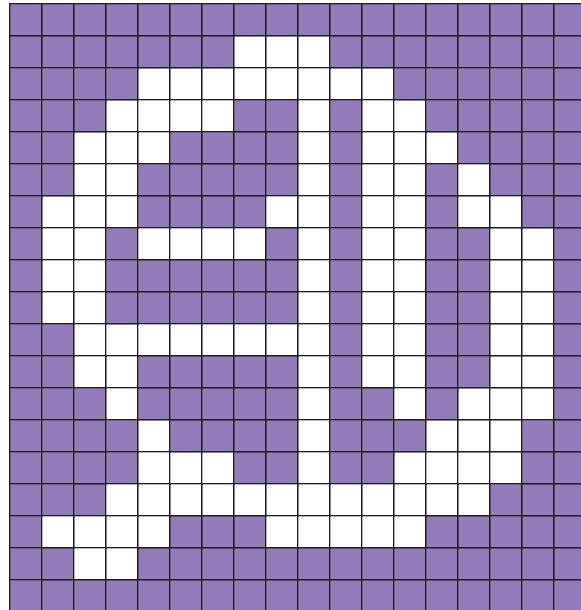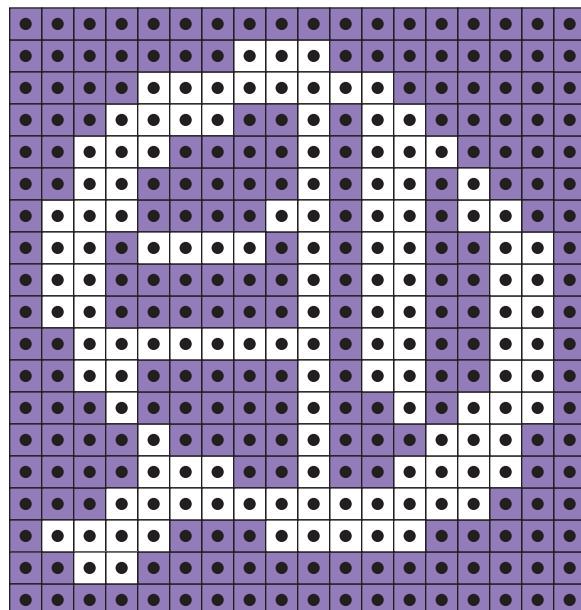**1)** Chart out your letter. Here, I'm using a capital Q in an Old-English font.

2) Make a mirror-image copy — if using a software program, reflect on a vertical axis

3) Reverse the colors of the mirror-image copy …

4) … then overlay it with purl dots.