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Abbreviations

R	ring	SR	Split ring
CTM	Continuous thread method	vsp	Very small picots
Cl	close	SS	Switch shuttles
Sh1	Shuttle one	SCMR	Self closing mock ring
Lp	Long picot (measurement in brackets)	T & C	Tie and cut
smp	Small picot (slightly larger than a vsp - nose)		

Manger

2 shuttles wound CTM with 1 ½ yards on Sh1 and 1 ¼ on Sh2. Start with Sh1.

R1:   1 vsp 4 vsp 1 Cl
SR2: 1 + (vsp R1) 2 vsp 1 / 1 + (vsp R1) 2 vsp 1 Cl
SR3: 1 + (vsp SR2) 3 / 1 + (vsp SR2) 2 vsp 1 Cl SS
SCMR4:   4 SS
              R: 7 vsp 1 Cl SS
              SCMR4:   1 + (vsp last R) 2 vsp 1 Cl SS
SR5: 1 + (vsp SCMR4) 1 vsp 1 vsp 1 / 1 + (vsp SR3) 3 Cl
SR6: 1 + (vsp SR5) 2 vsp 1 / 4 Cl
SR7: 1 + (vsp SR6) 1 vsp 1 vsp 1 / 4 Cl
SR8: 1 + (vsp SR7) 1 vsp 1 vsp 1 / 4 Cl
SR9: 1 + (vsp SR8) 2 vsp 1 / 3 vsp 1 Cl SS
SCMR10:   1 + (vsp SR9) 2 vsp 1 SS
              R: 1 + (vsp SCMR10) 7 Cl SS
              SCMR10:   4 Cl SS
SR11: 3 vsp 1 / 1 + (vsp SR9) 2 vsp 1 Cl
SR12: 1 + (vsp SR11) 2 vsp 1 / 1 + (vsp SR11) 3 Cl
R13: 1 + (vsp SR12) 5 Cl T & C

Baby

1 shuttle with 1 yard of thread and 1 B. Leave bead on shuttle thread until required.

R1:   4 + (vsp SR5 on manger) 3 MB 1 smp 3 Cl
R2:   2 Lp (¼") 1 Lp (¼") 5 Lp (¼") 1 Lp (¼") 4 + (vsp SR8 on manger) 3 + (vsp SR7) 2 Cl T & C