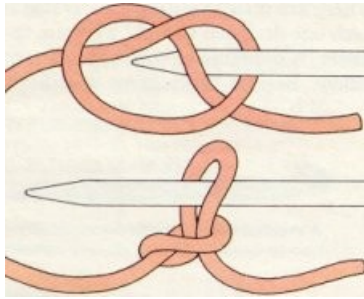


Casting on for Knitting

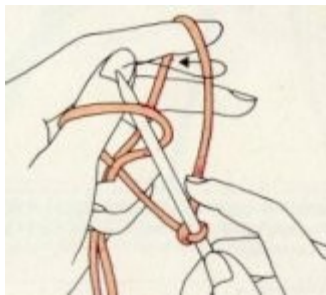
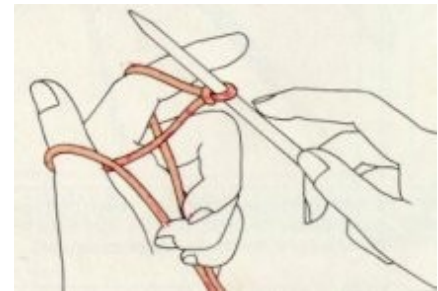


Before you start to knit, you must first cast on (CO) your stitches, which means putting stitches onto your needles. Most casting on starts with a slip knot. To make a slip knot, measure off enough yarn for your cast on and for weaving in ends later (length will be later discussed). Holding the length of yarn coming off your skein (the working end) in your right hand and the short end in your left hand, wrap the working end around your index finger 1.5 times, then tuck the yarn behind the loop formed on your finger. Pull the loop through, and tighten knot by pulling on the short end. You can make the finished slip knot larger by pulling on the loop, or smaller by pulling on the working yarn.

Double or Long Tail Cast On

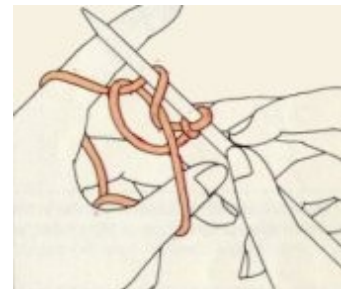
The double or long tail cast on is a good, basic cast on that works for most situations. There are many different cast on styles that you can learn, but for this class, we will do this cast on. Before casting on with this method, measure off 1" of yarn for every stitch you are casting on (this will change depending on the thickness of your yarn), and a few more inches for weaving in the ends. Make your slip knot, then place the loop onto one of the empty needles. You should end up with the short strand facing you and the working strand, which comes off your skein, facing away from you when you hold the needle in your right hand with the needle tip facing left.

To set up, while holding the needle in your hand, insert the thumb and index finger of your left hand in between the two dangling strands of yarn, grab the dangling strands with the remaining fingers of your left hand, turn the inserted thumb and finger and the knitting needle upwards so that you have the short strand wrapped around your thumb, the working strand wrapped around your finger, and the slip knot on the needle forming the point of a 'V', making sure the formed 'V' is inside the thumb and finger. Now you are set up for casting on.



To start your cast on, insert your needle tip under the front of the loop on the thumb, over the front of the loop on the index finger, then carefully drag that strand from the finger back through the loop on the thumb (you may use the saying "under, over, through" to help you remember). Once you've pulled the strand through the thumb loop, very gently release the loop on your thumb, insert the thumb into the 'V' formed by the strands of yarn, wrap the strand around your thumb again and carefully pull on both strands to tighten up the stitch formed on the needle. Be careful to only pull until the loop closes around the needle; do not pull the yarn too tightly, as you want the stitch on the needle as well as the loop wrapped around it to be of similar size.

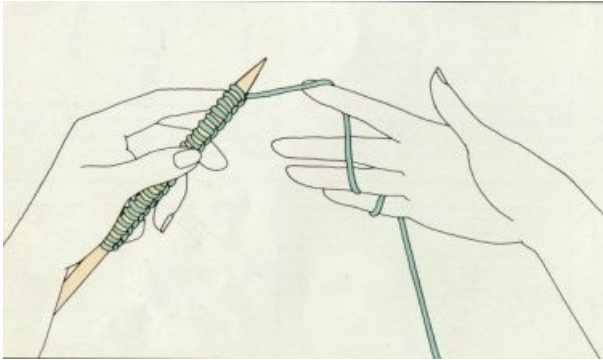
If you have done this properly, you will be back to the original set up, ready to cast on another stitch. As you cast on your stitches, they should slide easily along the needle but not be so loose that you see gaps. You should also be able to stretch the loops apart for a small distance, and the yarn should never be stretched or pulled too tightly. The key work is "relaxed".



How To Knit

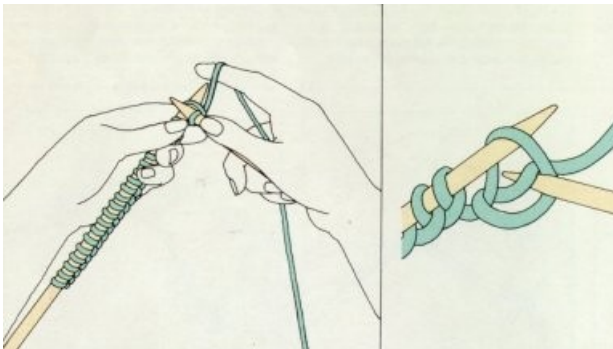
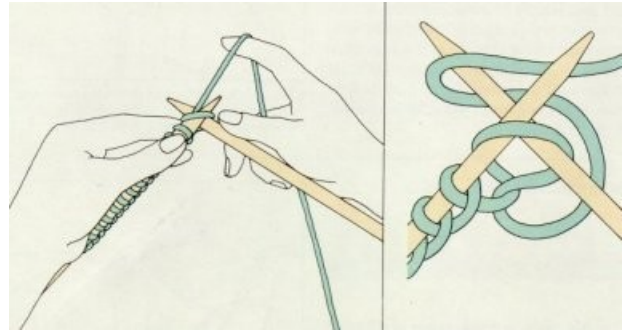
Once you have cast on the desired number of stitches, you can start to knit. The method of knitting taught here is the English or Throw method, where the yarn is held in the right hand, and wrapped around the needle for each stitch. Another other method is called Continental, where the yarn is held in the left hand, and wrapped and pulled through in a way similar to crochet.

This first technique is the basic **knit**, written in abbreviated form as “K”, so if you see something such as “K4”, it means to knit 4 stitches.



Hold needle with cast on stitches in left hand. To create the proper tension, you may wrap the yarn around your index finger, under the middle and ring fingers and around your pinky. Eventually, you will discover a method of wrapping the yarn around your fingers that suits your style.

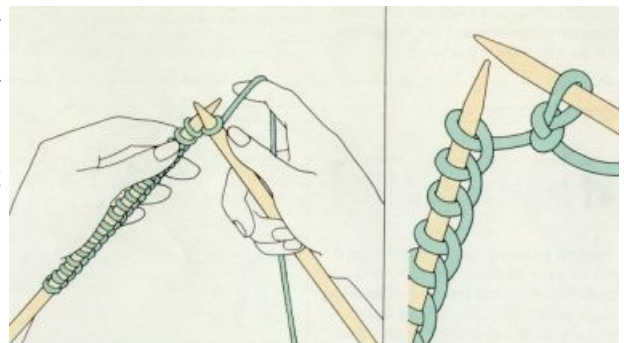
Holding yarn in back of the work, insert the right needle into the first stitch from the bottom or left side of the stitch, depending how angled you are holding the needle. Support both needles with your left hand. With right index finger wrap the yarn around the right needle from back to front, **counterclockwise**, so that it rests between the two needles.



Holding both the needle and yarn together with your right hand to keep tension on the yarn, slide the right needle downwards until the tip of the needle reaches where the needles intersect, then bring the point towards you through the stitch, pulling the wrapped loop of yarn with it. Once the stitch is through, push the stitch on the left needle toward the tip of the needle. You will eventually be able to do this almost as one movement with practice.

Carefully, allow only the one stitch that was worked on to slide off the left needle (do not allow other stitches to slip off). The newly worked stitch is now on the right needle. Repeat the above steps for each stitch on the left needle. When working the **knit**, always keep yarn in back of work. At the end of the row, all the new stitches will be on the right needle, and the left needle will be empty.

To start next row, simple turn the work around and switch the needles in your hands.



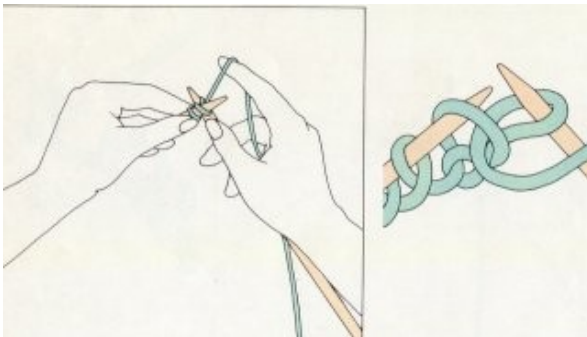
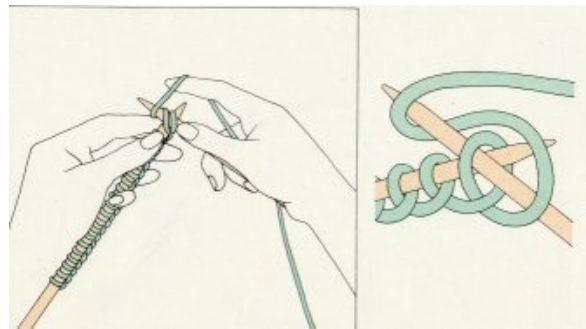
How To Purl

Once we have learned to knit, we are ready to **purl**, or abbreviated as “P”. The purl technique differs from the knit technique in that it is wrapped in front of the work rather than in the back of the work. If you have worked on a knitting row, you will notice that you have a row of ridges or bumps on the back of the work, and a smooth row of stitches, each looking like a “V” on the side currently being worked on. When you work a purl row, the row of ridges or bumps will show up on the side currently being worked on, and the smooth row will show up on the back of the work. Basically, when you knit everything or if you purl everything, you will get the same exact fabric. The difference is where the ridge row starts. When you combine knit and purl techniques to your stitches, you end up with many different patterns.



Hold needle with cast on stitches in left hand. To create the proper tension, you may wrap the yarn around your index finger, under the middle and ring fingers and around your pinky. Eventually, you will discover a method of wrapping the yarn around your fingers that suits your style. **Important:** Before even starting a row of purl, hold the yarn to the front of your work to avoid adding an extra stitch!

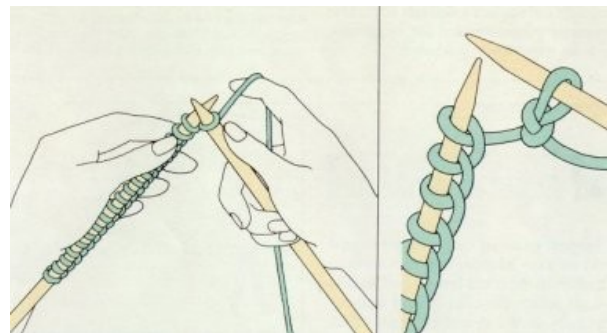
Holding yarn in front of the work, insert the right needle into the first stitch with needle tips towards each other, from right to left. Support both needles with your left hand. With right index finger wrap the yarn around the right needle from back to front, **counterclockwise**, so that it rests between the two needles.



Holding both the needle and yarn together with your right hand to keep tension on the yarn, slide the right needle downwards until the tip of the needle reaches where the needles intersect, then scoop the point away from you through the stitch, pulling the wrapped loop of yarn with it. Once the stitch is through, push the stitch on the left needle toward the tip of the needle. You will eventually be able to do this almost as one movement with practice.

Carefully, allow only the one stitch that was worked on to slide off the left needle (do not allow other stitches to slip off). The newly worked stitch is now on the right needle. Repeat the above steps for each stitch on the left needle. When working the **purl**, always keep yarn in front of work. At the end of the row, all the new stitches will be on the right needle, and the left needle will be empty.

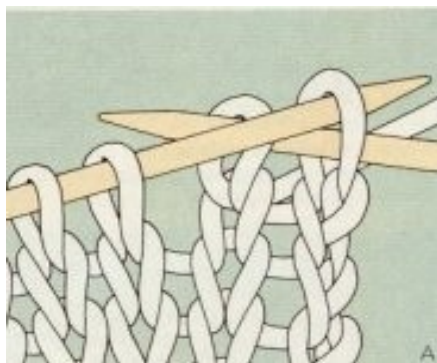
To start next row, simply turn the work around and switch the needles in your hands.



Binding Off or Casting Off

When you have finished your work, you will need to bind off (BO), or cast off, the work to keep it from unraveling. The method taught here is the simplest and most commonly used method of binding off, and leaves a very clean edge. One thing to be aware of when binding off, as well as casting on, is to make sure to work the stitches loosely in a very relaxed manner, otherwise you will have edges that pucker.

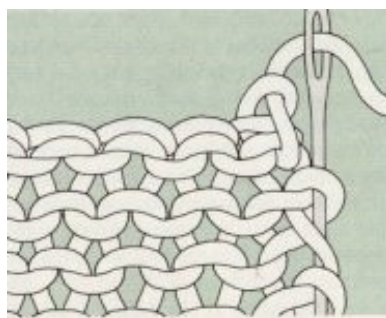
The most common way to bind off is with knitting, but sometimes a design will call for binding off in pattern, meaning you have to bind off while working the stitches called for in a pattern. For a basic bind off, work all your stitches as all knit (or all purl).



To start a bind off, you will need to first work 2 stitches onto the right needles. So, work 2 stitches at the beginning of the bind off row. This can either be knit or purl, or in a stitch pattern if the pattern calls for it. The easiest bind off is done using the knit stitch. Holding yarn to the back of the work, put the tip of the left needle in front between the two worked stitches on the right needle and slip left needle into the 1st worked stitch (the stitch on the right).

Pass the 1st stitch over the 2nd stitch, and off the needle, releasing the passed over stitch from the left needle. You may need to manipulate the 2nd stitch through the 1st stitch using your right needle to make things move more easily. Be careful to

pull on your work to tighten your work, as you want to keep the bind off stitches loose. Once you've worked one bind off, work another stitch so that 2 stitches are on the right needle again. Repeat the same steps above. Continue this until all the stitches are worked off the left needle and every stitch is bound off, leaving only one stitch remaining.



Cut about 8" of yarn and pull the tail of the cut yarn through the remaining loop on the needle, gently pulling closed the loop.

To finish off any of the loose ends on the cast on or bind off, weave in ends with a tapestry needle. The best way to weave invisibly is to take the needle and yarn and duplicate the stitches as they were worked, in a back and forth

squiggly pattern. Work 1" of the row in one direction, move to another row, and weave in the opposite direction for another 1", and, if you wish, move to another row and weave again in the opposite direction for another 1", making sure to not end your weaving at the edge of your piece. Before cutting, take your needle and weave into the material, splitting the yarn in at least 3 or 4 places, then cut the yarn close, using the tip of your needle to tuck the cut end into the work. Your finishing should look fairly invisible if worked correctly.

Knit Wavy Scarf

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Materials: size 8, 9 or 10 needles, tapestry needle for weaving in ends, at least 200 yards of worsted weight yarn

This pattern takes advantage of the curling that occurs in the stockinette stitch (alternating rows of knit and purl) to make a fun scarf.

Cast on 15 to 20 stitches, depending on the width desired (sample uses 15 sts)

Row 1: Knit all stitches.

Row 2: Purl all stitches.

Row 3: Knit all stitches.

Row 4: Purl all stitches.

Row 5: Knit all stitches.

Repeat rows 1 to 5. This means you will have one knit row next to another knit row at the beginning and end of each repeat. This will cause the scarf to curl back and forth. Bind off when finished, about 5 to 6 feet of scarf, leaving at least 2 feet of yarn for binding off.

Knit Illusion Scarf

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Materials: size 8, 9 or 10 needles, tapestry needle for weaving in ends, at least 200 yards of worsted weight yarn

This pattern utilizes the garter stitch, but in a unique way...

Cast on 18 stitches

Repeat the following for every row for desired length: Knit 6 sts, purl 6 sts, knit 6 sts

You may use stitch markers if you wish so that you do not have to count. Also, remember to bring the yarn back and forth **between** the two needles when switching between and knit and a purl within a row.

Another way this pattern can be written is as follows:

Repeat the following for every row for desired length: K6, p6, k6

You may make the scarf wider or narrower; cast on any multiple of 3 stitches (12, 15, 21, 24, 27, 30), divide that number by 3 to get the number 'n' used in the pattern (4, 5, 7, 8, 9, 10), then simply substitute into the pattern:

Repeat the following for every row for desired length: K 'n', P 'n', K 'n'

Knit and Purl Stitch Combinations

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The following knit and purl stitch combinations are some of the more basic stitches



Garter Stitch - the most basic stitch, is reversible, stretchy and attractive; color changes are visible on one side.

Row 1 and every following row: Knit all stitches. Or...

Row 1 and every following row: Purl all stitches.

Stockinette Stitch - another most basic stitch, used often in sweaters; color changes are visible on the wrong side (see reverse stockinette)

Row 1: Knit all stitches (right side)

Row 2: Purl all stitches (wrong side)

Repeat rows 1 and 2



Reverse Stockinette Stitch - the opposite side of the stockinette stitch; color changes are visible on the right side

Row 1: Purl all stitches (right side)

Row 2: Knit all stitches (wrong side)

Repeat rows 1 and 2

Seed Stitch - a nice, reversible stitch, color changes are not very visible
For odd number of CO stitches...repeat for every row: K1, p1, k1, p1...end with k1

For even number of CO stitches...Row 1: K1, p1, k1, p1...end with p1

Row 2: P1, k1, p1, k1...end with k1; repeat rows 1 and 2

The general rule is to knit a stitch that was knit in the last row, and purl a stitch that was purled in the last row



Single Rib Stitch - a very stretchy, reversible stitch, contracts when worked, used at cuffs and edges; color changes are not visible

For odd number of CO stitches...Row 1: K1, p1, k1, p1...end with k1

Row 2: P1, k1, p1, k1...end with p1; repeat rows 1 and 2

For even number of CO stitches...repeat for every row: K1, p1, k1, p1...end with p1

The general rule is to knit a stitch that was purled in the last row, and purl a stitch that was knit in the last row

Checkerboard Stitch - a nice, reversible stitch, color changes are visible on reverse stockinette edges; this is a 4 sts by 5 row checker

For odd multiples of 4 stitches (3X4, 5X4, 7x4, etc.)...

Rows 1, 3 and 5: K4, p4, k4, p4...end with k4

Rows 2 and 4: P4, k4, p4, k4...end with p4

Repeat rows 1 through 5

