FINISHED MEASUREMENTS
7" x 48"

MATERIALS
Premier® Yarns *Couture Jazz* (81% acrylic, 19% nylon; 100gm/16.5 yds)
- #26-23 Pumpkin Pie Sparkle (A) – 1 ball
- #26-18 Amber Waves (B) – 1 ball

Notions: Tapestry needle

GAUGE
Work evenly and consistently throughout

STITCH GUIDE
Stripe Pattern
* 2 rows A, 2 rows B; rep from * throughout.

Abbreviations
rep   repeat(ing)
st(s)   stitch(es)

Arm Knitting
To cast on: Make large slip knot about 18" from end of yarn, place slip knot on right arm. * With left hand twist a loop into tail, with right hand reach through loop and grab opposite end of yarn, pull yarn through loop and place on right arm to form a stitch; rep from * to cast on.
To knit from right arm to left: * Pick up working yarn in your right hand, slide next st on right arm over hand and off arm, place new stitch from right hand onto left arm; rep from * across row.
To knit from left arm to right: *Pick up working yarn in your left hand, slide next st on left arm over hand and off arm, place new stitch from left hand onto right arm; rep from * across row.
To bind off (in either direction): Knit 2 sts, slide 1st st over 2nd st and off arm, * knit 1 st, slide 1st st over new st and off arm; rep from * until 1 st remains, cut yarn and pull through last loop.
Visit Premieryarns.com for a video tutorial on Arm Knitting.

SCARF
Using your arms as knitting needles, with A, cast-on 5 sts onto your right arm.
Begin Stripe Sequence. With A, Arm Knit one row from right arm to left. Continue to Arm Knit, working in Stripe Sequence, until Scarf is approx. 48" long. Bind off.

FINISHING
Weave in ends.