



KNITWISER



COMPENDIUM DRAFT - A collection of wisdom, tips, and links to help you knit wiser.

Knitwiser is a growing collection of tips and techniques for tackling knitting challenges. It is intended to help you feel more comfortable producing beautiful projects and reduce frustration so you have an even deeper appreciation for knitting. This guide includes links and patterns to provide useful advice and practical suggestions to increase your understanding of knitting principles. Because most of us respond better to seeing how a technique is accomplished rather than reading about it, video links, that may be in different colors, are included to explain a procedure whenever possible.

Click on the underlined words to link to YouTube videos demonstrating the stitch, technique, or procedure or an explanation. (00:00-10:00) is the time in the video to watch the technique. On a PC, hold down Ctrl and click with the mouse or on tablet or mobile devices just click on the underlined words to see a YouTube video or explanation come up. Please let me know if a link doesn't work and what the surrounding words are. Tips and links for the more experienced knitter are specifically labeled ADVANCED.

You're never too old to learn something new. Some days my brain gets a good workout, especially those days when I learn something new that I didn't realize I wanted to know and didn't know that I didn't know, why *Knitwiser* is a draft. The day we stop learning is the day we start dying.

Knitwiser is dedicated to my students of all ages and to the members of the present and past knitting groups in Florida and Virginia. Knitting has given me the opportunity to make many special friends.

To all experienced or aspiring knitters, I wish you a lifetime of beautiful yarns and joyful hours of knitting pleasure. May every stitch you make bring you a little closer to the calm, clear space in the center of your being. I am truly blessed and proud to be a knitter and crocheter.

If you are thankful for the 15+ years it took for this compendium, please consider contributing to [Project Knitwell](#) or knitting something for your favorite charity. If you need a suggestion, make a man's hat for [AnchorHouseMission](#) (☐click on for pattern). These are two of my favorite knitting charities to pass it on to or for someone in need.

If you have any questions, suggestions, additions, or constructive criticism
please email me at JoanKnitsFL@gmail.com

With love, gratitude and thankfulness, here are my favorite tips.
Joan Malcolm Bradenton, FL 2023

After collecting and writing knitting tips and techniques for many years, I'll continue to provide free content as long as there are students and fellow knitters who enjoy it. This is a work in progress.

PRIVACY POLICY: Links in *Knitwiser* are active but I am not connected in any way to any websites involving sales of any product or service. There are no cookies or advertising in *Knitwiser*. If you find any, please report it to me. I do not share your email address without your permission.

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SECTION 1: GLOSSARY of commonly used terms, beginner abbreviations and words in patterns in the foreign language of knitting –more in Section 102.

PLEASE read this section to acquaint yourself with the knitting vocabulary and pattern abbreviations used here in *Knitwiser*.

Abbreviations are also usually found in the Key in a good pattern. They are the “shorthand” of knitting, meant to save space and help you read your pattern and your knitting. Some abbreviations are actions rather than stitches. Slip Marker (sm) or place marker (pm) are examples. The underlined abbreviations have YouTube videos attached to them.

” – double quote is used following a number to indicate inches – 4” is four inches = 10 centimeters.

* - repeat the instructions following or between the asterisks (*) - *K2tog, YO,* rep from * to * to last st, K1 is interpreted: knit two stitches together to make one, wrap your yarn around the needle counterclockwise, repeat the knit two together and yarn over stitch pattern to the last stitch and knit one.

() or [] – Repeat the knitting pattern stitch instructions within the parentheses or brackets as many times as directed or work a group of stitches all in the same stitch. [K2, (YO, K2tog) 10 times, K2] is interpreted: Knit two stitches for a border, then yarn over and knit two stitches together repeating the yarn over and knit two together stitch pattern ten times, then knit two stitches for the border.

Commas (,) separate single steps. K4, P3; Sl1, K1, Psso instructs you to knit four stitches, bring your yarn forward to purl three stitches, move the yarn back. The semi-colon says the next section is a set of stitches. Slip the next stitch purlwise from the LH needle to the RH needle without working it, knit the next stitch on the LH needle and pass the slipped stitch over the knit stitch by inserting the tip of the LH needle into the slipped stitch and bring it over the knitted stitch and off the needle as if you were binding off. This is a slip, knit, pass over decreasing stitch. You end up with 8 stitches.

(01:59-4:00) - The time to look at the YouTube video. The timeline is shown on the bottom right of the YouTube screen. Move the circle on the timeline to the minute point to start looking at the relevant portion of the video.

Advanced - knitting techniques not recommended for beginner knitters but something to aspire to and put on your bucket list for the future and challenge the advanced knitter.

Affiliate programs - where web site owners are paid a commission for sales resulting from referrals to the retailers that doesn't happen here, found on the title page lower section.

Approx – Approximate(ly).

Back of the loop – the left side of the stitch; the portion of the stitch that is behind the needle as you look at it.

Ball – a round shape that good quality yarn comes in that is usually unwound from the outside. It is also yarn that a knitter may personally wind without using special equipment.

Bar – the strand of yarn between two stitches.

Beanie – a close-fitting cap with ribbing at the bottom that may or may not be long enough to turn up. When the ribbing is turned up, it can be called a watch cap and is worn by both sexes.

Beg – Beginning.

BO – **Bind off** - the process of securing the last row of stitches on a knitted piece so they don't unravel; also called a cast off. See Sections 13 and 79.

Break – disconnect the yarn worked from the skein or project by cutting it.

Brioche - a family of knitting patterns involving tucked stitches, i.e., yarn overs that are knitted together with a slipped stitch from the previous row. Also such stitches may be made by knitting

into the row below (equivalent to the slipped stitch) and dropping the stitch above (equivalent to the yarn over). This is considered to be an advanced knitting technique.

Cast on (CO) – The first step in knitting to form the first row of stitches onto the needle. There are different methods of casting on, each suitable for different purposes. See Sections 11, 20, 21.

Chart – a set of symbols representing the knitting stitch pattern, sometimes of only right side of the fabric. Squares represent each stitch and the symbol inside the square indicates how to work the stitch of the pattern. See Section 69.

Change to – begin knitting next stitches as instructed with a different size needle in your right hand. Do not slide stitches from old size onto new size needle.

Continental – the style of knitting when the yarn is held in the left hand and the knitting needle picks the yarn to make a stitch.

CC - Contrasting Color.

Cm – centimeters. 10 centimeters equals 4 inches.

CO – See Cast On.

Cont – continue.

Dec - Decrease (s)(d)(ing). – Make two stitches (or more) become one stitch.

Double knitting – a very advanced technique of creating two layers of knitting at the same time with different colors and only one pair of needles.

Dpn – double pointed needle abbreviation, also substitutes as a cable needle.

Ends – The beginning and ending tails of yarn. Leave at least 6” ends to weave in and hide the end.

English – the style of knitting where the yarn is held in the right hand and is thrown around the needle.

Entrelac – an advanced knitting technique that creates a woven appearance on the diagonal.

Frog – Verb: to unravel or rip out a row or rows of stitches. This is knitting slang because the sound of a frog (rib it, rib it) sounds like rip it, rip it.

Frogging – the act of removing the needles from the project and pulling on the working yarn to drop out the series of loops that make up the knitted fabric. If you are not removing the needle to unravel and rugging back a stitch at a time, then you are tinkering.

Fumble – Verb: to use the hands clumsily, to proceed awkwardly and uncertainly, to blunder.
Noun: an act of using the hands clumsily while doing or handling something. A more positively substituted word for the negative words, mistake, error or mess up, intentionally changed throughout *Knitwiser* to prevent feelings of having done something wrong that isn't fixable when knitting can be repaired or partially ripped and repaired. It is not only a sports term. See Sections 13, 16, 18, 38, 50.???

G, gm or gr– gram(s), a weight measurement referring to the amount of yarn in a ball, a gram is .03527396 of an ounce. There are 28 grams in one ounce and 454 grams in one pound.

G st - Garter stitch – Knit or purl every row when working back and forth in rows. When knitting in the round alternate knit one round, purl one round. Bumpy, stretchy, warm, reversible and lays flat.

Garment – a sweater, tank top, dress, blouse or other wearable piece.

Gauge – or tension. The number of stitches to the inch and/or the number of rows to the inch on a knitted piece, created by knitting it with the yarn and needles to be used for the project especially when making a garment that needs to be a specific size. The weight of the yarn, needle size and type, and stitch pattern can affect gauge.

Inc – increase(d)(s)(ing) - Make two stitches (or more) from one stitch.

Hank – high quality and hand-dyed yarn is loosely wound into a large ring shape and twisted on itself to look a braid to easily ship, store and display. Once untwisted into a ring, it must be wound into a ball or cake before it is used. Section 30.

Helical or helix – a circular method to vary color and width stripes.

Holding yarn – The method of placing the [yarn around your fingers](#) to act as a regulator of the tension and create even stitches.

I-Cord – a small tube of knitting formed using two double pointed needles, circular needle or two interchangeable tips. Also may be formed with a “knitting Nancy”(picture in Index).

Inc - Increase(d)(s)(ing) - Make two stitches (or more) from one stitch.

Join yarn – Start or add a new skein or ball of yarn.

K - Knit stitch - The first basic stitch in knitting. It is made by creating a loop in the back of the work. Numbers after the letter K represent how many stitches to knit.

K2tog – knit two stitches together as if knitting one stitch through the front loops, decreasing one stitch leaning right.

Kfb or **Kf&b** – **Knit into the front and back** loops of the same stitch. Knit one stitch without removing it from left needle, then knit into the back loop of same stitch and remove stitch from needle, increasing one stitch.

Knitting – The act or process of forming a series of loops. The most basic element of knitting.

Knitting Needles – The tools used to form stitches on when knitting. Knitting needles are available in a variety of sizes, lengths, materials and shapes. See Sections 28, 45 and 56???

Kwise – Knitwise - slipping a stitch by inserting the right needle into the next stitch from front to back as if to knit but passing the stitch to the right needle and not knitting the stitch.

Leg – the side of the loop of the stitch, the right and left legs make up the stitch.

LH – Left Hand. usually referring to the left hand needle.

Lifeline – a piece of waste yarn, thick crochet or embroidery thread or any material that easily slips into the project stitches but is different from the project yarn to hold the stitches in place so, if an error occurs, it is easy to rip back to the point of the lifeline. Lifelines are often used in complicated and lace knitting.

Link – or hyperlink is the “computer address,” either showing or behind words, for the YouTube video or article to show the technique. Click (+Ctrl on a laptop) the link to view the video.

Live stitches – those stitches being worked; they may be on or off the needle.

LYS – local yarn store

Magic Loop method is to use a long circular knitting needle to work a smaller circular piece of knitting.

M – Marker – a scrap of yarn tied in a circle or a small plastic or metal ring to be an indicator placed on a knitting needle to help guide the knitter to identify the beginning and end of a pattern repeat or a break between the pattern and a border.

M – meter – 39.37 inches

M1 or m1 - [Make one stitch](#) - increase one stitch right or left using the bar between two stitches.

Master Hand Knitter - a certification program formerly sponsored by the Knitting Guild of America that takes over 4-1/2 years to accomplish the stringently judged self-centered three level requirements. It has been awarded to only about 400 people worldwide since 1987. View the last 3 years graduates and their projects [here](#).

MC – Main color.

MM – Millimeter. The method knitting needles are measured by the other parts of the world beyond the United States of America.

Mount – the way the stitch sits on the needle with the right leg forward or toward you and the left leg back or away from you.

Multiple - Multiple - the number of stitches needed to complete one repeat of the stitch pattern. The pattern will say, “cast on a multiple of 6, plus 3.” So for a scarf you might cast on four repeats: $6 \times 4 = 24$. Then you add the number following “plus.” The three stitches are usually Section of the border.

Needle – knitting needle: the stitch forming element of knitting composed of a tapered point and a shaft. Tapestry needle or yarn needle: the large eyed yarn pointed sewing instrument used to pull yarn through knitted and crocheted fabric, weave in ends and sew together knitted pieces.

Needle gauge or sizer – a tool with graduated holes to help find the size of unmarked knitting needles. ???Get link from page 40 or 184

Ombre yarn - has tones of one or more colors, shading and graduating into each other from light to dark resulting in gradually changing stripes of regular or irregular intervals.

Oz – ounce(s). A weight measurement, 16 oz = 1 pound.

P – purl(s)(ed)(ing). The bumpy side of the stockinette stitch. Numbers after the letter “P” represent how many stitches to purl. Always bring the yarn to the front to make a purl stitch.

P2tog – purl two stitches together to decrease one stitch.

Patt – Pattern – a design or list of instructions used in knitting. An arrangement of stitches may form a design pattern and the pattern instructions explain how to create a knitted item.

Pfb – Purl into the front and back loops of the same stitch.

Pick, picked, picking – using the Continental method of knitting, this is the action to grab the yarn to pull it through the stitch.

Pm – place marker to indicate a change in the pattern.

Pssso – Pass the slipped stitch over – lift the first stitch over the second stitch and off the needle, used in a decrease or bind off.

Pwise – Purlwise - inserting the needle into the stitch point to point from right to left, back to front or as if to purl the stitch, slipping the stitch from left needle to right needle without working it.

Point of the needle – the tip that gradually increases to meet the long shaft of the needle.

Practice Piece – See Swatch.

Project – an item you are knitting or planning to knit that is not a swatch.

Purl stitch (p) - the second most basic element in knitting. With the yarn in front, insert the needle point to point into the front strand of the stitch, wrap the yarn counterclockwise around the needle, bring the new stitch through the loop, and push it off the left needle.

Ravelry.com - a large worldwide community site, an organizational tool and a yarn and pattern database for knitters, crocheters, and other fiber artists.

Rem – remain(s)(ing) stitches.

Rep – Repeat the stitch pattern; the number of times a stitch pattern is made across a row of the project.

Rep from * - Go back to the * at the beginning of the stitch pattern and repeat the instruction such as “K2, *(P2, K2), rep from * to end.”

RH – Right Hand, usually referring to the right hand needle.

Ribbing – the generic name for a set of stitches that alternate vertical columns of knits and purl stitches on the same row, an elastic stitching pattern, that does not curl at the top or bottom.

1x1 Ribbing – **One by one ribbing** - *Knit 1 stitch, purl 1 stitch. Repeat from * across the row to the end or around with a multiple of two stitches to create columns of stitches.

2x2 Ribbing – **Two by two ribbing** - *Knit 2 stitches, purl 2 stitches. Repeat from * across the row to the end or around with a multiple of four stitches. Knit the knit stitches and purl the purl stitches to create double columns of stitches.

Right Needle – the knitting needle usually held in the right hand important in forming the size of the new stitches.

RS - Right side rows – lines of stitches made while the right side is at the front of the work in flat knitting or the outside of the round in circular knitting.

SKP/skpo - **Slip, Knit, Pass.** Slip one stitch to the right hand needle knitwise, knit the next stitch, pass slipped stitch over stitch just knitted to decrease one stitch leaning left.

SK2P – **Slip, Knit 2 together, Pass.** Slip one stitch as if to knit, knit two stitches together, pass slipped stitch over the knit 2 together, two stitches decreased.

Sl1, K1, psso or SKP – slip one, knit one, pass slipped stitch over. Slip one stitch to the right hand needle knitwise, knit the next stitch, pass the slipped stitch over the knit stitch, one stitch decreased leaning left.

Set Up or preparation row – a row used to prepare for starting a stitch pattern, usually worked only once at the beginning of the pattern and often used to change the number of stitches previously used to the number needed next for the pattern.

Shaft – the straight long part of the knitting needle.

Short row – a row in which the direction of work is reversed before reaching the end of the row, generally used to create shaping of some sort in a stitch pattern or in the final structure of the fabric.

Skein – similar to a ball but formed into an oblong shape. Yarn may be pulled from the outside or inside of a skein(preferred). Be sure to pull out the end strand at the beginning of the project to keep it from winding around the yarn coming from the center.

Sl – **slip**, slipped or slipping. A technique to insert the right needle through the next stitch as if to purl. The stitch is moved from the left needle to the right needle without being worked. Unless otherwise stated in the pattern, slip the stitch as if to purl except when decreasing.

Sl1 – **Slip one stitch purlwise**, unless the pattern says differently or it is part of a decrease. The stitch is moved from the left needle to the right needle as if it was going to be purled but it is not worked.

Slip knot – a method of attaching yarn to a needle at the beginning of most cast on stitches. There are multiple ways to form it.

Slip stitch(es) – a stitch that is moved from one needle to the other needle point to point without working it. Unless otherwise stated in the pattern or most decrease patterns, slip the stitch as if to purl point to point. It may be slipped knitwise as part of a decrease stitch pattern in Section ???, a border stitch in Section ??? or Section of mosaic knitting in Section ???.

Sm – slip marker. Move the marker from the left needle to the right needle purlwise.

Split stitch – a stitch to be avoided where the working needle fails to catch the entire thickness of the yarn strand. The knitting needle penetrates the middle of the yarn strand rather than around its entirety leaving part of the stitch behind.

SSK – **Slip, slip, knit.** With yarn in back, slip two stitches one at a time as if to knit, place back on to left hand needle and knit through the back loops so one stitch is decreased.

St(s) – **Stitch(es).** Usually preceded by a K or P and a number.

St St – **Stockinette Stitch**– knitting the right side rows and alternately purling the wrong side rows.

Stash – a personal collection of yarn. The yarn a person has that is not currently being used in a project.

Steek, steeking – an advanced process of adding extra stitches in a project to enable knitting in the round rather than back and forth for a project that has openings such as a cardigan sweater or for sleeves. The extra stitches are later cut along the center of the column to provide the needed openings in the circle of knitting.

Stitch – the loop of the knitted fabric. Look at a [bowlegged cowboy](#) who has right and left legs.

Stitch pattern – a method to describe the stitch repeats and row repeats to accomplish a desired texture or pattern for the project.

Stockinette Stitch (St st)– A common stitch pattern created by knitting right side rows and purling the wrong side rows alternately when knitting flat or knitting all rows when knitting in the round.

Swatch – noun or verb - also called gauge swatch, sample square, tension square, practice piece, audition, test drive, or mug rug, which all refer to the piece made or the act of making a sample to try out the yarn and needles with your knitting style to test if they are providing the gauge needed for your pattern or to try out a stitch pattern or technique.

Tail or end - the beginning and ending of the yarn.

Tapestry needle – a large-eyed blunt-pointed sewing instrument used to pull yarn through knitted and crocheted fabric, weave in ends, create a lifeline and sew seams together with yarn. See Weave in ends below.

Tink, tinking – knit spelled backward. Unknitting. Taking out one stitch at a time with the needle.

Tog – together.

Turn – stopping in the middle of a row, turning the needles and starting to work the opposite direction creating a gap or hole in the stitches. To be avoided unless doing short rows.

Variegated yarn – yarn dyed with more than one color that changes color every couple of inches. Many variegated yarns repeat the color pattern every yard or so but not all variegated yarns repeat the color pattern.

Weave in ends – The action of using a [blunt point tapestry yarn needle](#) with a large eye to secure the ends of yarn such as when adding a new ball of yarn or ending a project. Section 80.

Weight – a term referring to the thickness of a yarn.

Wise – referring to knitwise and purlwise; having to do with the direction the needle is going to be inserted into the next stitch when the stitch is slipped without either knitting or purling it.

Working yarn – the yarn used to add stitches to the knitted item you are creating. It may come from a ball, skein or cone.

WS – wrong side.

WYIB – with yarn in back, as when knitting. If your next stitch is a purl stitch, move the yarn to the front before purling, even though the instructions don't tell you.

WYIF – with yarn in front, as when purling. If your next stitch is a knit stitch, move the yarn to the back before knitting, even though the instructions don't tell you.

Yd – yard – 36 inches.

Yfwd – yarn forward. Bring working yarn between needles to front of the project. Similar to a yarn over.

YO -Yarn over – a method of increasing making a hole by wrapping the yarn counterclockwise around the needle without inserting the needle into a stitch, an increase with a hole.

SECTION 2: GREETINGS: Hi, I'm Joan, an obsessive knitter and instructor. Who do you know that knits at traffic lights as long as her foot is on the brake? I am bi-stitchual, daily I both knit and crochet. My day isn't complete unless I've picked up my needles or hook and I can't watch TV without needles in my hands either. But I don't want to have to think much about my knitting. I like minimal shapes and knits that are simple but still interesting, basics that aren't boring. My favorites at this moment are children's self-striping variegated yarn beanie hats and helical striped hats. I don't knit socks, brioche, double knitting, [entrelac](#), [intarsia](#), steeking or very few patterns with more than 4 active rows. There is a lot to study on knitting but I am definitely NOT an expert nor a Master Hand Knitter. An expert can be defined as "x" being an unknown quantity and "spurt" being a drop of water under pressure. But I study on the internet and read knitting books voraciously. Especially in knitting, there is always something to learn. You can't know it all.

Most days I'm knitting for charity and aim to teach knitting to as many children and adults as want to learn as I encounter. I admit I'm a pusher to reach those who have a passion for knitting but who haven't mastered the basic techniques. I want them to belong to our international community, enjoy the craft and share my knowledge.

SECTION 3: SOME KNITTERS TO INSPIRE YOU - Thankfully, knitting has had a resurgence in recent years. [Tom Daley](#), [Harry Styles and Michelle Obama have helped publicize knitting recently](#). Celebrity knitters you might recognize are Amy Adams, Angela Bassett, Kristin Davis, Cameron Diaz, Hillary Duff, Queen Elizabeth, Dakota Fanning, Whoppi Goldberg, Geri Halliwell, Daryl Hannah, Goldie Hawn, Katherine Heigl, Christina Hendricks, [Kate Hudson](#), [Judge Ketanji Brown Jackson](#), Demi Lovato, author Debbie Macomber, Ali McGraw, Laurie Metcalf, Julianne Moore, Sarah Jessica Parker, Sally Field, Daryl Hannah, Goldie Hawn, Marilou Henner, Felicity Huffman, Scarlett Johansson, Blake Lively, Madonna, Debra Messing, Julianne Moore, Kate Moss, Mary-Louise Parker, Sara Jessica Parker, Ellen Pompeo, Daisy Ridley, Kelly Ripa, Krysten Ritter, [Julia Roberts](#), Winona Ryder, Brooke Shields, Kristen Stewart, Kirsten Storms, Amanda Seyfried, Brooke Shields, Martha Stewart, Meryl Streep, Hilary Swank, Uma Thurman, Tracey Ullman, Kate Winslet, Catherine Zeta-Jones, David Arquette, Antonio Banderas, Russell Crowe, [Robert J. Downey, Jr.](#), Lawrence Fishburne, [Andrew Garfield](#) (1:37), Richard Gere, Ryan Gosling, Rosey Grier, George Lucas, Bob Mackie, Brad Pitt, Paul Rudd, Christopher Walkin, Robin Williams, and more. Of course, Martha Stewart, Vanna White and Deborah Norville are knitters and/or crocheters who have lent their names to brands of yarn.

SECTION 4: ELIZABETH ZIMMERMANN (1910–1999) - One woman knitters should know is the mother of modern day knitting. She was a phenomenal British-born knitter who revolutionized knitting through her books and her instructional series on American public television. She advocated knitting in the round using flexible circular needles when straight needles were the norm and she helped to re-introduce continental style knitting to the United States after it had been looked down on as being "German" after World War II. An avid knitter, she could knit even on the back of her husband's motorcycle! She encouraged knitters to experiment and develop their own patterns. She developed a series of mathematical ratios known as Elizabeth's Percentage System (EPS) where there are ratios between different parts of a sweater that are proportional to other parts. The circumference of the sweater cuff is 20-25% of the circumference of the body of the sweater and the neckline circumference is 40% of the circumference of the body of the sweater. She is known for "inventing" the "I-cord" (also called the "idiot cord"). Her motto was "Knit on with confidence and hope, through all crises." Her books are worth reading and if you see one in a used book sale, buy it. She will show up several times throughout these pages and she is quoted in Section 96???

SECTION 5: KNITTING IS GOOD FOR YOU - Knitting is both creative and therapeutic. It is a form of expression engaging one's fingers in a useful endeavor while one's mind can wander. Making a serviceable attractive project with yarn is creating a masterpiece of practical art. It doesn't take much equipment to attain enjoyment and relaxation along with your expertise. [This is Why We Knit!](#)

Your ability to knit is not as much about how well you knit as it is about your attitude. You can accomplish any knitting pattern as long as you practice, count, read, and believe in yourself.

Knitting helps develop your fine motor skills, teaches patience, and helps increase your attention span. Knitting projects expand your skills and interests. With the right materials and the right attitude a knitter can learn the new language, become “fluent” and master any knitting skill.

“When knitting, your focus isn’t on your problems. When not focusing on your problems, you can create happily. When you're in a state of creation, you realize that there's a lot to be grateful for. When you're in a state of gratitude, you can find peace in the midst of chaos. Knitting is good therapy.” Wall Street Journal, March 5, 2012

Learning to knit can be difficult if you’ve never done it before. No one was born knitting, even the best knitters were beginners at one time. Almost everything we do won’t be right the first time. Everything has to be learned. How to suck and cry are the only things we are born knowing. Doing anything worthwhile takes a great deal of time.

When you have mastered the repetitive, physical actions and reach proficiency, you will be able to knit while talking, walking, watching TV, sitting in the dentist’s chair, sitting in a lecture hall or on a car trip, or sitting at a child’s soccer practice or in a dark movie theater. Or your mind will become calm, reflective and even meditative. Knitting helps us unwind so that the successfully finished project is a bonus along with a satisfying feeling of accomplishment. Most important, knitting is a guilt-free indulgence, a rare pastime to feel good about that isn’t dishonest, illegal or fattening.

People will start conversations with a knitter they wouldn’t speak to otherwise. It will cause grown men to cry remembering their mother’s or wife’s knitting. You already have commonality when you walk into a knitting group.

SECTION 6: [HEALTH BENEFITS](#) and even [benefit your sex life](#)

Knitting makes it easier to cope with stress, increase focus, and develop a sense of accomplishment when life is uncertain. Scientific research has begun to agree with what we knitters already know about the positive effects of knitting on the brain. There are proven health benefits. [From kissing to knitting - 6 ways to beat winter colds and boost your immune system](#)

[Mayo Clinic](#) studies have found knitting during later years to be good for your brain with a 30-50% decrease in developing memory loss for knitters. It has been helpful in managing pain, stress, depression, and strengthening the immune system. There is scientific evidence to support it. Knitting is good for us! [Knitting linked to helping reduce the chances of developing Alzheimer's according to local researcher](#)

Once you learn the basics, knitting will become an enjoyable hobby and wonderful therapy that should not cause strain nor cramp your fingers. Knitting is the perfect pastime for peace.

Because knitting cannot be rushed, it teaches us patience and relaxation, slowing down to enjoy the peaceful, meditative process of knitting. More than having good mental health, you end up with something to wear, a gift or a donation to a worthy cause that makes a difference to your fellow man.

Have at least two projects going at the same time so you can decide to work on a peaceful, mindless project, something small and easy to do, that can go anywhere and create portable peace like an adult, child or baby hat, fingerless mitts, scarf, cowl or socks. Also, have a more challenging or complicated project to stretch yourself like a prayer shawl, cardigan or lap robe. Be sure to make notes to know where you left off in the pattern. The color might also reflect your mood—it can be a “joy generator” and help keep you from being depressed. Changing needle sizes between projects helps use finger muscles differently.

Knitting can keep my mind from wandering or from being bored. You need at least one no-brainer project with which to watch a movie or TV program or when your mind wants to take a vacation without you. The repetitive, meditative motion is soothing, relaxing and can reduce stress. Who needs a psychiatrist when you knit?

However, knitting is not for everyone. It is not for the weak or easily discouraged. Fumbles are made and easily forgiven. Sometimes it takes a little work and challenges your mind. It is only yarn. Rip out a part and start again from that point. Ripping is part of knitting. When in doubt, rip it out!

Knitting usually reduces stress and anxiety, especially in knitting “group therapy” where all kinds of discussions can occur, including pooling creative knowledge, sharing skills and patterns and receiving positive reinforcement for doing a good job knitting a useful garment. We never stop learning. A member of one of the knitting groups suggested I write down these tips. It is from these groups, experimenting with my own knitting, books, the internet and teaching that I learned and use the following hints, techniques and tips.

SECTION 7: THE GOAL IN KNITTING is for your stitches to look even to produce a smooth and even fabric. There are two styles of knitting that produce the very same look to the stitches. English style wraps the yarn around the needle and generally the yarn is held in the right hand. English style tends to have more even looking stitches. With Continental knitting the yarn is held in the left hand and the yarn is picked by the needle to make a stitch. Speed knitters use the Continental method. Whether you knit Continental by picking the stitch or throw the yarn for the English method, it is your choice as long as you create even stitches. You can do Continental knitting, and I can pick up your project and do English knitting, and you can't tell the difference in the stitches as long as our tension is the same. Generally there is not a right or wrong way to knit but what feels most comfortable and what works best for you.

Knitting isn't too difficult but learning a new skill, especially as an adult can be very challenging. When we are accustomed to being successful at tasks we know, learning a new one can be frustrating. If the English method doesn't work for you, try the Continental method or vice versa. *Repetition is the key to learning to knit.* It takes revisiting a new skill multiple times to really learn it. Please keep practicing only 10-15 minutes a day!

Margaret Radcliffe in her book, *The Knowledgeable Knitter, Understanding the Inner Workings of Knitting and Make Every Project A Success* starts with the first chapter entitled, Knowledge is Power, “to help knitters develop their skills and their judgment, on enhancing their creativity and independence.” Like Margaret, I want to give you “a broader knowledge of knitting techniques.”

PART B: A BEGINNER NEEDS TO KNOW

SECTION 8: WHAT I WISH I HAD KNOWN WHEN I LEARNED TO KNIT

Knitting keeps one humble. Another facet of knitting is there is always more to learn. There are so many common mishaps to learn from. Here are concepts I wish someone had written when I learned to knit.

RELAX. Keep your knitting as loose as possible so stitches move easily on the needles. Don't hold the needles or yarn too tight. It is normal for new knitters to knit tightly, but try to relax and not knit so tightly. Are your shoulders up? Relax your shoulders and you won't knit so tightly. When you develop a rhythm and wrap the yarn around your fingers, the stitches will even out.

UNDERSTAND YOUR STITCHES. A stitch on the needle is a loop with two legs. The front of the loop is the right leg and is toward you on the needle on the front of the project. The back of the loop is the left leg and is behind the needle. Each loop on a needle or has been on a needle is a stitch. Knitting creates columns of stitches. Understanding your stitches saves time and patience when first learning to knit. It makes it easier for you to take your stitches off your needles or when they fall off, *DON'T PANIC* or give up. Nothing has to be ripped. When you can [put the stitches back on your needle](#) correctly and start knitting again then knitting becomes second nature.

MAKE TIME TO KNIT EVERY DAY. You may have heard that knitting was supposed to be relaxing. But it takes time for needles to feel natural. When you practice, your skills will improve. As a new knitter with limited free time, it is easy to put off knitting. Make time for ten to fifteen minutes of knitting every day to help build your muscle memory and learn the stitches.

Like with any new skill, give yourself time to learn it. With every project and every stitch, you will improve. Stick with it and you'll see amazing results. Practice, practice, practice. Eventually

knitting can be very addicting and hard to put down. Now, my day doesn't feel complete without some knitting. Practice a bunch of easy knitting techniques by making a few dishcloths or practice different stitches and patterns making 6" x 9" rectangles with worsted #4 yarn and size 8 needles to be crocheted into afghans for veterans hospitals by the Church of the Annunciation on Anna Maria Island. Contact Sue Wait at FSueo6@gmail.com. They're fun, useful, small projects and fairly fast to knit to practice stitches.

Don't think you have to take on a huge project when you first begin knitting. Don't be too hard on yourself. Set reasonable expectations. Given time, knitting will seem like a breeze. Now knitting is a major part of my life, and I can't imagine life without knitting.

PLEASE ADMIRE YOUR WORK FREQUENTLY! Doublecheck your work. Look for fumbles on both the front and the back. This is when it is good to be proud of your work, especially when it is fumble free. Use stitch markers, lifelines and count your stitches every so often. Hold the project up to the light looking for holes. However, not every fumble needs to be ripped out and fixed perfectly. Not every fumble affects a project. Keep knitting despite a few fumbles. If your fumble won't cause a project to unravel and is mostly unnoticeable, leave it alone and forget it. One fumble is a fumble, two fumbles is a change of pattern, three fumbles is a design change. Few people, besides you, look at a project a foot from their eyes. Fumbles happen and usually you're the only one who will know. Don't be afraid to let it go. A project can still be beautiful even if it is not perfect! Because the philosophy of the Pueblo Indians is only God can create perfection, they purposely include a defect in their pottery.

GIVE YOURSELF PERMISSION TO MAKE FUMBLES. Humans aren't perfect and fumbles happen, especially when you are learning. (Avoid using that awful word "mistake.") When a friend started knitting and was complaining about the fumbles in her project, her good friend said, "Fumbles in your knitting are between you and God." Give yourself permission to make fumbles to help you enjoy the process of learning while mastering a new skill. You can't make a fumble other knitters haven't already made, multiple times. There are instructions here in *Knitwiser* to correct your fumbles.

DON'T BE AFRAID TO RIP OUT FUMBLES. When you fumble and it affects the pattern or you don't like it, rip it out. But a fumble is not a fail, it's a learning experience, an opportunity for growth. Learn from unraveling past the fumble and knitting it again moving forward with confidence. Ripping out is a part of knitting. *If you knit, you rip*. Perfection does not exist in hand-made items. It is the slight flaws that make the item unique, your signature. Don't judge yourself or others! Relax and find joy in knitting!

THREE LITTLE FUMBLES to avoid: One to avoid is knitting with the cast on tail. Either knit it into the first five stitches of the first or second row and cut it off, tie a slip knot in the tail or wind it around a bread plastic closer square. Two is knitting the wrong weight yarn with the wrong size needles causing either stiff or too loose fabric; and three is knitting with two needles of different sizes unintentionally.

DON'T STOP IN THE MIDDLE OF THE ROW OR ROUND. Finish your row or round if at all possible. If not possible, make a note on your pattern where you stopped and date it. You may start going the wrong way or you may not pick up the project again for months. Stitches fall off the needles and stitches stretch.

BEWARE OF ROGUE STITCHES. Needle points will pick up the bar between stitches and it looks like a stitch. But if the yarn doesn't go all the way around the needle let it drop off the left needle and go back to being a bar again. Or you might not have brought the yarn forward for a purl stitch or back for a knit stitch.

DON'T BE AFRAID TO STRUGGLE. To struggle means you are learning and growing. But if you stick with knitting, you'll learn it. If you are still struggling despite your tenacity, check in and see if perhaps there is a better technique you can use. If you were taught the Continental method, try the English method, and vice versa. A different method might work better for you. Sometimes



struggling reveals our current limits. You may need to learn a new stitch or practice more before you can knit a certain pattern. It's all right to put off knitting a lace shawl.

THERE IS NO WRONG WAY TO KNIT OR HOLD NEEDLES OR YARN. Whether you knit Continental, English, combined or some other way, there is no wrong way, only your way. Go at your own pace. Your way is the right way. There is not a right or wrong way to hold needles. Yes please form your stitches counter-clockwise and follow the rules of knitting found throughout *Knitwiser*, but keep away from large involved projects until you're confident with your stitches and gauge.

DON'T BE AFRAID TO ASK FOR HELP! Do not feel embarrassed for not understanding something. We all have different gifts — some people have been knitting all of their lives, have a deep understanding of a technique, or come from a family of knitters. Most knitters are more than happy to help. Most knitters are generous with their time and knowledge. All you have to do is show up and ask. When we don't ask for help, we inadvertently prolong the struggle-confusion-frustration cycle. Your Local Yarn Store ([LYS](#)) may have lovely knitters there to help you. How do you think all the brilliant knitters we admire became proficient knitters? They had to start somewhere. They developed their abilities over time, asked for help when they needed it, questioned something that didn't make sense, and applied critical thought to their creative process.

GET SOCIAL AND JOIN THE COMMUNITY! This is a special time in the history of knitting. It used to be a whole lot harder to learn to knit than it is now. There is so much information available on the internet, it can be a little overwhelming at first. Now there are thousands of knitting tutorials on YouTube. Take advantage of several of them and subscribe to the ones you like. Make YouTube and Google or DuckDuckGo your best buddies, especially for looking up stitches. When you are not sure what a stitch is, watch it demonstrated on YouTube. At least one good video and sometimes multiple sources are provided for every technique. Click on the underlined words and watch the videos. Or someone may have written an article you can search for on the internet. A different explanation may help you understand your problem better. We learn from different levels of input. *Knitwiser* wouldn't be anything without YouTube.

There are many resources available for new and advanced knitters so that you don't have to leave the house to receive help. Blogs, online forums, podcasts are great resources in Section 96, books in Section 94, and online classes in Section 96. Some blogs have tutorials and free patterns and others are simply a space to share projects and thoughts. Listen to them while you knit to find the ones you like.

OTHER KNITTING COMMUNITIES are found on [Facebook](#), Twitter, [YouTube](#), [Pinterest](#) and [Instagram](#). There is a rich knitting community around the world. It's inspiring to look at different projects. For example: look under the hashtag #knittersofinstagram and Knitters and Crocheters Guild of Manatee County on Facebook.

LOOK IN YOUR AREA FOR KNITTING MEETUPS, GROUPS, CLASSES or FESTIVALS. Your [LYS](#) might have a knit night or weekend classes. Another exciting experience to look forward to is attending a fiber festival such as [Maryland Sheep and Wool](#) Festival the first full weekend in May west of Baltimore, MD, [Shenandoah Fiber Festival](#) in Sperryville, VA the last full weekend in September or [New York State Sheep and Wool Festival](#) in Rhinebeck, NY, a weekend in mid-October. a weekend retreat—Stitches, Vogue Knitting—when you take classes to learn to be a better knitter and there's a marketplace of yarn, needles, buttons, etc. The WEBS yarn store sponsors a weekend of classes at the University of Massachusetts at Amherst in the fall and spring. This is an expensive event you need to save for and do for yourself. Check out retreats at [Knit Like Granny](#) and Upcoming Events at [Knitter's Review](#). Sign up for the emails from your local yarn stores to find out when they are holding classes you should take.

MAGIC HAPPENS WHEN KNITTERS GATHER TOGETHER. Knitting is a bonding agent. We want to have fun, connect and enjoy our time together without responsibilities. When we take time to stop and step outside our normal life, we find our new perspective is powerful. You get recharged

with like-minded people. Although not that restful, you learn a lot about knitting and yourself to go on a retreat. [5 Reasons You Need to Attend a Knitting Retreat.](#)

KNITTING IS A HOBBY. It isn't a college class and you won't be graded. It is important to remember in this world where people are driven by success, knitting is a hobby to do for yourself to promote health and wellness while creating a project with your own hands. There's no competition. Relax and enjoy the process and the ability you have to create.

LAUGH. Knitting can be fun! Know that when you start knitting not everything is going to be perfect. Laugh at your fumbles. Most knitters have made the same fumbles or worse along the way. Knit with others when possible. In a highly recommended book Stephanie Pearl-McPhee wrote, *Things I Learned from Knitting, whether I wanted to or not*, you'll find a kindred spirit from this bestselling author and find humor in many knitting mishaps. Some of her quotes are in Section 93.

MAKE YOUR KNITTING LOOK AS GOOD AS POSSIBLE.

1. Make A Gauge Swatch! This is not a bad word. A knitting teacher said when holding up a swatch, "an hour." Then he held up a sweater and said, "the rest of your life." If you want a better chance for your garment to fit and has the intended outcome, knit a six inch square according to Section 19 with the needles and yarn you intend to use for your project. You get to find out if you like the yarn, needles and pattern well enough to continue.

2. Please don't put knots in your project. Weave in ends.

3. Make notes where you are in the pattern when you stop.

[5 Things Experienced Knitters Do That Beginners Don't](#)

[20 Things I Wish I Knew When I Started Knitting](#)

[5 Ways to Avoid Time Consuming Mistakes](#)

IF A PROJECT SEEMS INTIMIDATING, THINK ABOUT KNITTING IT ANYWAY. That's how you learn and grow. It's only yarn. Try at least one new skill with each project. Knit what you love. Choose a pattern and yarn you love. It doesn't matter what it is if you love it you are more likely to finish it. Each project begins with only one stitch and you only knit one row at a time. If you've made enough flat projects and want to try something more complicated but it seems to be too daunting, make a baby version. When it is a baby size, it's not such a big deal to learn to construct a garment. Likewise, try out a practice sock in worsted #4 acrylic with larger needles to learn the techniques before starting on small needles and thin sock yarn.

BUY MORE THAN ENOUGH YARN. Don't be stingy with yarn. Buy an extra ball of yarn. You wouldn't want to run out of yarn before finishing your project. You don't want to play yarn chicken and have to pray you will have enough yarn. You need enough yarn in the same dye lot so you don't get almost to the end of your masterpiece and run out. For projects you want to last forever, buy good quality yarn. Why spend the time and energy on a project that will fall apart after a few washings.

ONE PROJECT IS NOT ENOUGH! Have at least two projects going at the same time. One can be a simple "no-brainer" project that can be done watching TV or carried to a doctor's waiting room. The other can be a challenging project where you learn something new. It doesn't need to leave your knitting chair where you can concentrate on it. You might finish multiple simple projects to the one challenging project. Keep a small simple project or two in simply garter or stockinette stitch so they can go with you to knit during a movie, concert or the dentist's chair. If you make a fumble on the first one, you have an extra project to continue knitting. Keep a simple project in the car ready to go.

SET GOALS! Don't buy yarn on a whim or only because it is on sale! You will end up with a stash of boxes full of yarn for projects you forgot what you bought the yarn for if there even a project in mind. Then the large stash of yarn you don't know what to do with becomes a burden.

STITCH MARKERS AND LIFELINES ARE YOUR FRIENDS. Stitch markers are not only pretty circles with charms. Use them to help you remember the pattern, increases, decreases, borders, the right side, etc. They are not only for the "bigger projects:" learn to use lifelines early in your

knitting. They are your friends and will not only save your life, time, and your project but also your sanity. When you make a fumble and need to rip out your work, rip back to the lifeline and the stitches will be waiting to be put back on the needle. Put markers in places you've previously made a fumble such as when you forgot to knit the border stitches. A little lifeline has saved a lot of hard work many times. It doesn't matter if you don't need it. Better to have and not need than need and not have. Watch [how to insert a lifeline](#). Insert a lifeline a row or two below the fumble area using a smaller circular needle. Then rip out to that point and reknit from the smaller needle to the project needle.

KEEP THE YARN LABELS to know the weight, yards, composition, dye color, and for care information of the project as well as for keeping track of how many yards or skeins the project took to complete the project.

TAKE A PICTURE of the project especially if you are giving it away! You'll forget what you made and a picture helps. Keeping a journal of what you made for whom, what type yarn, what weight, what size, what pattern is a good idea.

IT'S OK NOT TO FINISH A PROJECT OR FINISH IT FOR CHARITY. Maybe it isn't turning out the way you planned. You might not have chosen the right yarn. Or you changed your mind. That's your right. Rip out that project and use the yarn for something else. Although my gauge was right, when I tried on the half-finished sweater at the end of the first skein, it was too large. And I hated my raglan increases. But I loved the yarn and found two more skeins in my stash! So I started over with new yarn going in the opposite direction, starting bottom up. My increases were better and it fit better. Now what to do with the too big half-finished sweater with a lot of time invested? I finished it for charity, sewed up the ugly increase holes and gave it away!

SECTION 9: BEGINNERS' SECTION (also for advanced knitters who need reminders or hints they didn't learn "in the olden days" especially if you are self taught.)

This section is specifically for new knitters: Please don't be afraid to ask questions. The only "dumb" question is the one that wasn't asked. Look for people helpers. JoanKnitsFL@gmail.com (please put "help" in the subject) is your personal consultant to ask questions. Happiness is sharing my love of knitting and I learn a lot from your questions.

But there are new techniques and little hints that advanced knitters didn't learn when we began to knit. Advanced knitters have searched this document looking for these hints. We ALL were beginners at one time. If we long-time knitters want these wonderful crafts to continue, we need to encourage new knitters.

SECTION 10: HOLDING YOUR YARN

The action of placing the [yarn around your fingers](#) acts as a regulator of the tension and creates even knit stitches. It doesn't matter how you hold your yarn as long as there is some tension but not too much tension on your yarn to create even stitches. That's the goal: make your stitches look even. Holding the yarn will create good tension for your stitches, and you will knit faster if you don't have to grab the yarn for every stitch.

How you hold your yarn can have a very direct effect on your project, your comfort and your enjoyment. It is also important to sit comfortably without slouching and have good lighting so your eyes are not straining, especially with dark colors that a white cloth in your lap will help the stitches to show better. Also important is that you are relaxed so your hands are not gripping the needles tightly and both of your hands are sharing the work and with the least movement. Keep your fingers and the stitches close to the needle tips so you don't stretch the stitches.

Good tension also makes your stitches move easily on your needle. My grandmother taught me to wrap the yarn clockwise around my little finger, under the two middle fingers and then over my pointer finger to guide the yarn over the needle. One of the children's librarians at the Beatley Library in Alexandria, VA simply holds the yarn alternated between fingers, front, back, front, back.

It's not so important how the yarn is held as long as you maintain some tension, do it one way and the same way every time.

Knit each stitch on the points of the needles but make a conscious effort to push the stitches onto the first inch of the shaft of the needle before starting the next stitch. Stitches will probably be too tight if the stitch is formed only on the point of the needle. A finished stitch should be on the shaft of the needle, not the point. Be able to move your stitches easily on your needle. Work to keep your [tension](#) from getting too tight by keeping your needles almost parallel. Stitches are tighter when the needles are at a right angle to each other and looser when the needles are more in a straight line. However, keep your stitches close to the part of the shaft of the needle closest to the needle tip.

IMPORTANT: Try not to stretch your working stitch more than the width of the needle, especially the first and last stitch of the row. Also try not to move your closest working stitches more than an inch from the beginning of the tip. [Here](#) is an excellent video on making even stitches.

It is important to learn good habits early so they stay with you. Try to use some method of holding your yarn from the very beginning. Not holding the yarn or holding it too loosely will make your stitches uneven and sometimes overly loose. Holding the yarn too tightly may hurt your fingers and make your stitches too tight. Try holding your yarn with a loose tension by winding it fewer times around your fingers or grasping it less tightly.

Having unsightly, uneven stitches is caused by having poor control of your yarn, especially when you let go of the yarn or needles regularly. Having the yarn too long between the project and the finger that the yarn wraps around the needle, working stitches too far away from the tips of the needles and others close to the needle tip and using needles with very long tips can cause uneven stitches.

SECTION 11: CASTING ON is the action of putting the first row of stitches on your needles at the beginning of every project. It is not counted as a row.

To have a nice looking edge, take your time casting on. Practice casting on in front of the television until your cast on is even, slides on the needles and isn't too tight or too loose.

To make a loose cast on, spread out your stitches on the needle by *leaving a quarter to half an inch gap of yarn between each cast on stitch* close to the gauge of the yarn: 3 to 4 stitches to the inch for bulky #5 yarn; 4 to 5 stitches to the inch for worsted #4 yarn; and, 5 to 6 stitches to the inch for DK #3 yarn. After previously casting on over two needles, I was taught at a knitting conference that casting on over two needles only increases the size of the stitches for the first row and doesn't spread out the cast on, although my email friend, Norman at Nimble Needles and 10 Rows A Day still advocate it. To prove the point, take two different color yarns tied together. Do a long-tail cast on with two needles side by side and you will see the needle creates the size of the stitches on the first row, not the stitches on the cast on row. This is the reason to leave a quarter inch between #3 and #4 yarn cast on stitches and a half inch between #5 and #6 yarn cast on stitches.

The first action to cast on is usually to make a [slip knot](#). There are many ways to make it. Make a loop in the shape of a P. Stick your thumb and forefinger through the loop and pull a loop through holding both yarn ends. Put the loop made on your knitting needle and pull both ends to tighten the loop.

A [knitted cast on](#) (also called [two needle cast on](#)) is a good cast on for beginners because it is the knit stitch made with the right hand needle and put on the left hand needle with the needles facing the same way. It is especially good for making a scarf or cowl. You are using the right hand needle to create the first three steps of a knit stitch and put it on your left hand needle with the needles beside one another to create the cast on stitches. Also, the knitted cast on can be used to cast on stitches in the middle of a row but more about that later.

IMPORTANT: Have a firm, elastic cast-on edge, worked evenly, [not be too tight](#) (the video shows the long tail cast on) to work the first knitted row easily and be loose enough to slide stitches easily

across your needle. The cast on also must not be too loose or the stitches or ribbing will go out of shape. [Slo-Mo Cast-On](#) – thumb method of long tail cast on.

[How Many Stitches to Cast On - Simple Way to Estimate Number of Stitches Without Any](#)

[Calculations](#) Advanced: [How to fix dropped cast on stitches \(easy knitting trick\) - So Woolly](#)

TO DETERMINE THE RIGHT SIDE OF THE PROJECT look at the cast on edge. If you have cast on *with the long tail cast on* which also knits the first row with the cast on, the loopy edge is the right side, the bumpy side of the long tail cast on row is the wrong side. Along with the long-tail cast on, you are knitting the first row which is a wrong side row. The next row is the right side row and you might need to knit or purl a row or border before starting your stitch pattern on the right side. *With the knit or cable cast on*, the first row knit is a right side row. However, the first row of a knitting pattern is considered the right side, and the second row is considered the wrong side. Because one is an odd number, then all of the odd rows are the right side and even rows are the wrong side, especially with the knitted and cable cast ons. But there are differences of opinion on this subject and many knitters consider the right side unimportant and a mute point. It is your choice. So put a marker of a piece of contrasting yarn, coil-less safety pin or other marker to determine the right side of your work. If you are *knitting stockinette stitch*, the smooth side is the knit stitch and the bumpy side is the purl stitch side. When both sides look the same as for garter stitch, marking the right side is not necessary. [Understanding Stockinette, Garter, and Reverse Stockinette the 3 Easiest Knitting Stitch Patterns](#) (2:00 Flat Stockinette, 4:20 in the Round)

SECTION 12: KNIT AND PURL STITCHES - You only need to learn two basic stitches to knit a project. It takes only [knit](#) and [purl](#) stitches and what you do with them to form the knitted fabric. No matter how simple or complex the stitch pattern for all knitting patterns, it takes only the variation and combinations of these two stitches and manipulating the yarn between the stitches to create all the different stitch patterns. [Knit](#) and [purl](#) stitches are created differently and have distinct looks. [COMBINING KNITS AND PURLS](#)

To make the [Knit](#) stitch, with stitches cast on the left needle and with the yarn held behind the needles, form the English [knit](#) stitch in four steps. (The Continental Knit Stitch is [here](#).)

Step 1. Insert the point of the right hand needle into the stitch nearest the point on the left hand needle from front to back and left to right.

Step 2. Wrap the yarn to the left counterclockwise from the back to the front and across to the right so the yarn rests between the two needles.

Step 3. With the right needle, move the yarn around the needle to the left, down and through the stitch on the left hand needle. Slide the right needle down bringing the point forward through the stitch and bringing the yarn with it creating a loop on your right needle. This is the most important part of the stitch. *Forgetting this step creates a fumble* for new knitters and some advanced knitters too. **The Fix:** When there are two strands where there should be only one strand, more than likely one of the strands hasn't been pulled through to complete the stitch. Use a crochet hook or your knitting needles to pull this stitch through the strand from the row below and re-align the loops in the column.

4. With the right needle, slide off the new stitch made from the left needle which goes to the back and move the stitch from off the point onto the larger shaft of the right needle. Be careful to slip only the one stitch that was worked off the left needle. Your stitches should slide down your needle easily. Be sure you are not pulling the loops too tight.

5. Repeat until all your stitches are on your right needle. Switch hands and continue in the knit stitch for the garter stitch.

Knitted fabric is simply [columns of loops](#), whether it is knitted by hand or machine. Loops are all you are creating with only two stitches, knit and purl. Each row interlocks with another set of loops over the loops you made on the row before. The number of loops in the row makes the width of the fabric. The fabric is shaped by increasing and decreasing the stitches as directed by the pattern to eventually produce a garment, toy, or afghan.

Here are some helpful beginner web sites to acquaint yourself with and keep referring back to: [learn to knit](#), [Learn to knit - Free step by step tutorials for beginners \[+ videos\] \(nimble-needles.com\)](#), [learntocrochet](#), [learn the basics](#) and the [Craft Yarn Council](#). [KnittingHelp](#) has an active glossary where a definition of a technique includes a video in Continental or English knitting styles, learn to knit, etc. There are more links in Section 96.

At the beginning and end of each knit stitch, the yarn is held at the back of the work. At the end of the row all the new stitches will be on the right needle; the left needle will be empty, and it is the time to switch the needles into the opposite hands with the new stitches over to the left hand, put the empty needle in your right hand and start knitting the next row.

Make sure to pull the yarn straight down at the beginning of the row. If it is pulled up and over the needle it will look like two stitches are there on the needle instead of one. Work each stitch on the needle on this new row. Keep knitting additional rows the same way.

If you have trouble with loose knit stitches at the end of the row, keep the tips of your needles closer together and knit the last stitch in the back of the loop. In other words, insert the right needle into the part of the last stitch behind the left needle to make a twisted stitch. Knit it together with the stitch next to it on the next row and it will disappear. Work on the tips of the needles and put only the tip of your needle into the stitch. Avoid putting the shafts of both needles into the stitch which stretches out the stitch. This causes the last stitch on the row before to be large.

Work to be efficient with your knitting with limited movement. Keep your stitches loose enough to move easily on the wooden needles. Tight stitches are difficult to knit into but also try not to pull out on the yarn too much. Look at a video entitled [Five Tips for Beginner Knitters](#).

The first stitch pattern new knitters learn is the garter stitch. Two rows of knit stitches or two rows of purl stitches form a ridge and the squishy, warm [garter stitch](#) (video starting at minute 3). Garter stitch is also used to create a border or edge with a striped texture for scarves or blankets which will lie flat by itself and make a nice warm cowl, hat or sweater. Garter stitch will stretch if hung so store your knit garments folded flat. Notice in the video at minute 6:34 the loopy edge is the right side and at 6:47 the bumpy edge is the wrong side of the project. The video also shows that the garter knit stitch looks like horizontal ridges formed by the tops of the knitted loops on every other row. Purling every row also creates a more stretchy garter stitch. However, purl garter stitch knits longer

than knit garter stitch. [Diagonal Garter Stitch Knitted Scarf Tutorial](#) (3:15) by [Fiber Spider](#)

The Purl stitch, looks like the back of the knit stitch, with stitches cast on the left hand needle and *with the yarn held in front of the needles*, form the English purl stitch in the following four steps. Watch the [Continental purl](#) video holding the yarn in your left hand.

1. The point of the right hand needle is inserted point to point from right to left in the front of the first stitch closest to the point on the left hand needle.
2. Wrap the yarn counterclockwise from back to front and across the right hand needle.
3. With the right hand needle, move the yarn around the right hand needle down and through the stitch on the left hand needle.
4. With the right needle, move the new stitch off the left needle and from the point onto the shaft of the right needle to form bumps.

With the knit stitch you don't see bumps until you turn the row to the back or create the second row of knit stitches.

The purl stitch creates a horizontal ridge across the bottom of the stitch. Because most knitters make the purl stitch looser, both because the yarn takes a slightly longer trip around the needle and because pulling the yarn through a loop for the knit stitch is easier to keep a firm tension than pushing the yarn through a loop for the purl stitch.

Sometimes a knitter's stockinette stitch (knit one row, purl one row) will look like stripes because the purl stitches are formed larger than the knit stitches. For stockinette stitch, either tighten the purl stitches and loosen the knit stitches or use a smaller needle when you purl. The yarn can also be wrapped under the needle rather than the yarn being wrapped counterclockwise around the needle. Adapting to circular knitting and avoiding stitch patterns with several purl stitches on the right side will also solve the problem. One or two purl stitches are not going to appear larger.

There are two ways to wrap the yarn on purl stitches. Wrapping the yarn the opposite way from the counter clockwise stitch uses less yarn and might tighten up loose purl stitches. Knitting through the back loop to twist and tighten the stitch is another way to help make your purling look better. The late Cat Bordhi has an advanced [video](#) on how to tighten up your purl stitches.

Invest 10 minutes to watch [The Most Important Knitting Skill for Beginner Knitters](#) to better understand how your stitches are formed into what your knitting looks like, how knit and purl stitches are essentially the same stitch and stitches are in columns. [Recognizing knit and purl stitches](#).

Now that you've learned both the knit and purl stitches, the only two major stitches in knitting, you need to learn to put them together.

[Stockinette stitch](#) is what you are used to seeing in your manufactured sweaters. To make the [stockinette](#) stitch you knit across one row and purl the next row when knitting flat fabric. Keep alternating one row of knit stitches and one row of purl stitches to make *columns of stitches*.

One row of knit stitches forms Vs when coupled with one row of purl stitches which form bumps, together forming the [stockinette stitch](#). The purl side has bars or bumps. You create “pearls” or bumps when you do the purl stitch with your yarn in front of the work.

RULE OF KNITTING: The yarn is always in the back for the knit stitch and always forward for the purl stitch. The smooth side of the stockinette stitch is the side to do the knit stitch and the bumpy side is the side to do the purl stitch.

A word of warning to beginners: Do the knit stitch with the yarn held *behind* the needles. Do the purl stitch with the yarn held in *front* of the needles. When you move from doing a knit stitch to a purl stitch, you have to bring the yarn forward between the needles *before* starting the stitch. When you change from doing a purl to a knit, you need to take the yarn to the back between your needles *before* starting the knit stitch. This is very important. If you don't flip the yarn the right way for the stitch you're doing, you may add stitches where the yarn is going back and forth over the needle. It looks like a bar above your needle that pulls the next stitch up. To fix the fumble, release the bar from the needle. It is not a stitch and you don't want it over your needle to confuse you. Knit only stitches that go around your needle.

Stockinette stitch curls. Stockinette stitch consistently uses one knit stitch row on one side and a purl stitch row on the other side. These two stitches take slightly different amounts of yarn which causes the curling.

Curled Or Rolled Edges: The bottom hem or sleeve cuff of a sweater knit in only stockinette stitch is inclined to roll at the edges which is cute on the bottom of a little girl's hat but not so much on the edges of a scarf. There are several ways to combat this curl, although not guaranteed, a stitch pattern of knit and purl stitches on both front and back sides needs to surround the stockinette stitch pattern.

Knit and purl stitch combinations are used for non-rolling edges or borders. Stitch patterns that are the same on both sides do not curl because the same amount of yarn is used on both sides; they balance each other and therefore do not curl. So the less reversible a stitch pattern is, the more likely it is to curl; the more reversible a stitch pattern is, the less likely it is to curl.

Knit borders on your stockinette project to prevent curling unless the piece is being sewn to another piece. [How to keep knitting from curling - 7 easy ways for beginners](#) This is a good video, although I don't agree with all his techniques. Determine what works for your stockinette project.

The following stitch patterns have an equal number of knit and purl stitches which defeats edge curling or the edge rolling most efficiently. They are the least complicated and will keep the gauge consistent: [Seed or Moss Stitch](#) on an uneven number of stitches always starts with a knit stitch, [Double Seed Stitch](#), or [Broken Rib](#). Make PRACTICE PIECES of these stitches to practice changing between knit and purl stitches for these stitch patterns.

Both knit and purl stitches have the right side of the stitch or loop toward you on the needle.

Get in the habit of sliding the stitches off the needle with the action of the needle, not pushing them off with your fingers and having sore fingertips. Try not to be a pusher by using your fingers and thumbs. Instead gently pull the needles to finish moving the stitches.

Knitting should not be painful. To avoid this, knit the stitch as normal, move the right hand needle to the right and gently pull the stitch off the left hand needle tip *no further than a stitch's width*. Although slower at first, your knitting will speed up with practice. Your stitches should be loose enough to slide easily over the needles. Amazon has thick plastic tips to go on your fingers when using glue guns. These will protect your knitting fingers from getting sore.

PRACTICE PIECE: What makes knitting difficult is not knowing how to “read” the stitches. It is important to study the look of the stitches. Cast on 20 stitches with light color scrap worsted #4 yarn and size 7, 8, 9 or 10 needles or bulky #5 yarn and size 10.5, 11 or 13 needles to make a practice piece. Knit the first, second and third rows. With a different contrasting light color scrap yarn purl one row and knit a row. With the first color purl a row. Watch your stitches as you knit both on and off the needles. Repeat these six rows.

Work to avoid adding stitches to your knitting. Throw the yarn back between the needles for a knit stitch and forward between the needles for a purl stitch. Wrap the yarn counter-clockwise and don't split your yarn to make extra stitches or holes you hadn't planned for. [Beginner Knitter 5 Common Knitting Mistakes and How to Avoid Them](#)

Some of us knit for joy. Some of us knit for love. I, for one, knit to keep my fingers away from chocolate. Thanks for the idea from Cheryl Brunette.

SECTION 13: [BIND OFF](#) (BO) Introduction (more bind off notes in Section)

[Binding off](#), or also called Casting Off in the UK, is the process at the end of every flat knitting project of fastening down the last row of loops by securing the stitches off your needle so they will not unravel. The [bind off](#) is crucial to your project's stability and the appearance of that final edge. This is one of your last chances to make your project look good.

Bind off evenly and loosely in the stitch pattern. Maintain the established pattern by knitting the knit stitches and purling the purl stitches in the pattern as you bind them off, especially with ribbing for a straight even edge. Otherwise the bind off will tend to ruffle.

Decide to bind off on the *right side* of the project when the pattern says to bind off unless you like the look of binding off on the wrong side.

Before starting to bind off, make sure you have a length of enough yarn to bind off or approximately four times the width of the project to be bound off.

Before you cut the yarn at the end of your project, it is important to look at the tension of the bind off. Is it lying flat, not pulling in the edges, bunching up and not curling or ruffling? The bind off edge is rarely where you want your stitches to pull in and not be as wide as the rest of your project. It is essential to keep the bind off loose so it does not bunch up or not stretch out the stitches.

If the bind off is too tight and not as wide as the rest of the project, carefully tink the bind off stitches, placing the stitches back on the project needle or a smaller size needle and redo the bind off with a larger sized needle than you used the first time. Sometimes I've had to repeat the bind off several times.

It is most important to bind off loosely so your project lies flat, not drawing in the edges. Rather than trying to bind off loosely and making the bind off uneven, use a needle tip two sizes or 1 mm

larger than the project needle to have a loose bind off. You may use a straight needle or the tip of an interchangeable needle to bind off with.

The standard bind off is the one of the most popular bind offs done with a larger needle. Knit two stitches. *Use the point of your left knitting needle to carefully lift the first stitch knit up and over the second stitch, and off the end of the right needle leaving one stitch on the needle. Knit another stitch and repeat from *. Repeat knitting a stitch and lifting the first stitch over the second stitch to the last two remaining stitches on the left hand needle. If you have trouble inserting the left needle into the stitch to be pulled over, your bind off is probably too tight.

At the end of a flat row of bound off stitches, knit the last two stitches together and then bind off that stitch to eliminate the little extra piece of yarn sticking over the edge. There are other methods dealing with the edge not covered here.

After binding off there are two more essential steps to finishing the last stitch to prevent the work from unraveling. With one stitch left on your needle and the bind off looks good, cut your yarn leaving a yarn tail at least 5 inches long. Thread it through your tapestry needle to sew the yarn end through the last remaining stitch(es), tighten it, and invisibly weave in the end usually on the back.

After you have finished binding off, there are two schools of thought on what to do with the cut yarn. Some knitters thread the end through the last stitch but this can create a little “ear” that sticks out at the end of the bind off. Others prefer to pull the loop of the stitch until the end pops out.

If the project has a stitch pattern such as ribbing, the instructions usually say “Bind off in pattern.” Continue the stitch pattern to make the edge compatible with the design of the project. Follow the stitch pattern, knit, purl, or yarn over when binding off. It is best to bind off in pattern unless the pattern says differently. This is especially important when binding off ribbing around the neckline, cuff or bottom edge. If you bind off ribbing with all knit stitches you may create a stiff ruffle.

It is especially important to bind off loosely for pull-over sweater collars, sleeve and sock cuffs, and ends of scarves or afghans to make sure both ends are the same width. If hats, collars and cuffs don’t stretch, the wearer may not be able to get the garment on, and all your work may be in vain. Before I learned about stretchy bind offs, I knit a pair of booties with size 3 needles and had to bind off with a size 8 to get the bind off stretchy enough! It looked good and stretched out to the extent of the ribbing. Otherwise the mother wouldn’t have been able to use the booties!

When binding off around a curve insert a yarn over or backwards (e-wrap) loop every third or fifth stitch to assure a loose bind off.

The bind off is not counted as a row.

[Cable cast off knitting - YouTube](#)

If you have an ugly Last Bind Off Stitch, neaten the last stitch of a bind off row when working flat.

Sometimes the standard bind-off is all you need, but for other cases you might need a special bind off. There are books of many ways to bind off. Talvi Knits provides an updated comparison of 20 Bind off Methods comparing how stretchy the different bind offs are.

There are three more pages of notes on binding off in Section ???.

SECTION 14: [BECOME A MORE CONFIDENT BEGINNER KNITTER](#)

Practicing knitting every day helps the most to becoming a good knitter. If you knit 10 to 15 minutes a day, it is possible to finish hat in a week or 10 days. Make a hat for yourself. Make a hat for a friend. Make a charity project. The more you practice, the better you get.

RULE OF KNITTING: Your needle will exit the stitch the same way it went into the stitch. You are pulling yarn through the stitch.

Knit carefully but realize you will make fumbles. Hold the stitches on your needles with your fingers. Gain confidence to learn how to [put the stitches back on the](#) needle and how the stitches work together. You will be learning here how to fix stitches.

When you pick up your knitting, find the tail of the yarn where you last stitched to know where to start knitting again. (The following also applies to advanced knitters) *Always tighten* the last stitch that was knitted on the right needle to avoid one stitch looking larger than the other stitches because it may have relaxed and stretched. Check the joins on interchangeable needles.

Scenario for new right handed knitters when you have set your knitting down and now have picked it up again: Hopefully you finished the row before you put down your knitting. When you pick it up, hold the rows of knitting in your left hand, with the working yarn on the right of the rows, near the tip of the needle, and put the empty needle in your right hand to begin knitting. Right handed knitters take the stitches off the left needle and knit them onto the right needle.

When starting to knit a new row, find where the yarn is coming from the working needle. If the yarn end is pulling what looks like 2 stitches over the needle you haven't been working close enough to the tips of the needles. If by chance the yarn is coming from the second stitch, the yarn has come out of the first stitch. Put the last stitch back on the other needle and reknit it. If the last stitch has yarn coming from it, it has already been worked. That's where you start knitting again from right to left.

When I pick up my knitting in the middle of a row and especially when knitting in the round, the working yarn is attached to the last stitch knit or purled. The yarn should be coming from the right side of the stitch, no matter which hand you hold the yarn to knit. If necessary, unknit or tink a stitch to know which way you are going.

When you are working the stockinette stitch (knit one row, purl one row), recognizing the right side of your project is important once the pattern is showing. Mark the right side with the piece of yarn tied on when starting the pattern. If you are working the stockinette stitch after the border, the smooth side with the V stitches is the right side. The bumpy side is the purl side.

Choose the right yarn that feels good in your hand. For the beginner a medium thickness number 4 plain yarn in a solid lighter color, not too dark, not hairy, and not slippery or novelty yarns.

On your first couple knitting projects, ADMIRE your work on both sides and count your stitches after every row. As you gain confidence, you may count your stitches after every few rows to improve your chances of catching a fumble when it is easier to fix. Most either add stitches or eliminate stitches changing the number of stitches. If the stitch number stays the same you probably haven't made a fumble in your knitting. If the stitch number is not the same as the pattern, examine your project for the fumble. Hold it up to the light to look for holes.

There is no race or competition in how fast a project is finished. It is more important to gain confidence and enjoy knitting more and more. Be kind to yourself. Make the time to practice, go at your own pace and enjoy the process of knitting. You are gaining a lifelong skill that can be done almost anywhere and you'll have something nice when you finish.

If the **stitch on the end of the needle doesn't have yarn coming from it** and the yarn is in the second or third stitch, the yarn has slipped out of the first (and second and third) stitch. Put the affected stitch(es) back on the empty needle *with the needles beside one another* so the right side of the stitch is toward you in your left hand, the right hand is holding the rest of the stitches and knit the last stitch(es) again.

To avoid having a large stitch at the end of your row, knit on the tips of your needles, avoid inserting both shafts into the stitch and avoid pulling your stitches further apart than the width of the needle between stitches. Watch [Troubleshooting Knitting Problems \(5:00-8:14\)](#). If you see a large stitch on the preceding row, you may knit into the front and back of the stitch to make it conform. To maintain the same stitch count knit two stitches together on the next row but avoid the edge stitches.

Try to finish a row before putting your work down. If not, look for where the yarn is coming from, the last stitch you did is where the yarn comes from on the right needle. After a few stitches look to make sure you are on the right row and haven't created a hole by turning your work around.

For every row pull out enough yarn from the skein to complete one row of knitting. This is usually three times the width of the row of your project unless you are a loose knitter and may need four widths. Pulling the yarn directly from the skein while knitting can change your gauge.

A timesaver when you are knitting: If your left hand needle has slipped out of the stitch you are working on, you don't have to put the left hand needle back into the stitch to complete the stitch. Pull the project to the left enough to open up the left < corner of the stitch. Put the right hand needle in the stitch and bring the point of the right hand needle through the < corner of the stitch and move the new stitch to the shank of the right hand needle to complete the stitch. A stitch in time saves 9.

A new knitter is smart enough to learn to knit. Look at all the life gifts you do well. If you do not understand something about knitting, it is not because you are not smart enough. It's because it hasn't been explained well enough for you to understand or well enough so it makes sense the way your mind thinks. Look at a different video for the same word here in *Knitwiser* or on YouTube.

When possible it helps to use **light colored needles** with dark yarn and dark colored needles for light yarn. When knitting a project in a dark color, place a white sheet, towel or tablecloth underneath the project with good light to see the stitches easier. Use a dark towel on your lap when working with light colored yarn. My eyes usually only let me knit with dark yarn during the day next to a bright window. Recently I've been using a halogen light coming from behind me to cut down on the glare and flooding my eyes with too much light. You want to help "illuminate" dark colors without excess light shining directly into your eyes that can "distort" what you see.

Try to finish the project on your needles first before going on to another project; either finish it or unravel it if you no longer like it. If you need the needle, put a piece of scrap yarn in the stitches and attach a note what size and type needle (wooden or metal) you were using.

Move your stitches close to the shaft of the needle closest to the needle tip. Try not to stretch your working stitch more than the width of the needle, especially the first and last stitches of the row or they will be extra-large size on the next row. Those stitches should be pulled tighter.

To start a new skein or new color yarn, insert your needle into the first stitch, put a loop about 5" from the end of the yarn on the working needle and pull the new yarn through the stitch. Pull the tail to tighten the stitch. If you don't need the remaining tail to sew up a seam in the garment you may knit in the end at this point making sure when you knit back across the row that you remember that the 2 strands should be treated as if they were one stitch and not accidentally increase the number of stitches. Otherwise you will need to weave in the yarn end with a tapestry needle or crochet hook at a later time.

Although not essential if you're not making fumbles, put in a [lifeline](#) after you have knit a couple of inches correctly so you don't have to rip out stitches that are correct. Sew embroidery thread, crochet cotton or a light weight contrasting color yarn with a [tapestry](#) needle through the stitches on the needle or cord. Continue to put in a lifeline every few rows when a row is knit correctly by sewing the stitches attached to the needle. If you make a fumble and need to rip out your work, rip back to the lifeline and the stitches will be waiting to be put back on the needle. As you are knitting, don't knit into the lifeline. If you have it you won't need it. If you don't have it, you'll need it.

Finish a project already on your needles. If the project isn't working, unravel it.

When making an [extra-LONG long-tail cast on](#) (more than 100 stitches such as for a blanket or lengthwise scarf or cowl in the round), use the other end of your skein or a second skein for the long tail. Use the two ends together loosely to make the slip knot, do your long-tail cast on, not counting the slip knot as a stitch. Use markers every 20 or 25 stitches to make it easier to count the stitches and not spend time recounting stitches when you get interrupted or you lose count. Knit or purl

back across the row removing the markers and pulling out the slip knot. For one strand leave about 5 inches to weave in and cut it off. Weave in one of the ends as you knit the next row by knitting the two strands as if they were one for 5 or 6 stitches or weave it in later. Knit in the second end likewise when you return to that edge and start the next row. Use this cast on when knitting with two skeins of yarn so your cast on row isn't two strands thick unless you want it to be straight, stronger and not drape.

If you do the long-tail cast on tightly, leave $\frac{1}{4}$ to $\frac{1}{2}$ inch of yarn between the cast on stitches. This small adjustment assures even edge stitches, helps keep the tension looser to begin the project and the cast on stitches will not form a tight row limiting the wearer to have free access of the project. There's nothing worse than knitting a pair of socks where you can't get your foot past the cast on stitches. If your cast on doesn't move easily across your project needle, cast on again looser leaving more yarn space between each stitch. A tight cast on does not promote progress.

On a project with no seams like a scarf or afghan, after casting on, hold both the new yarn and the tail together as you begin knitting the row to weave in the tail 5 or 6 stitches. Be sure the "tail" is worked in while knitting or woven in after you finish. Don't knit the whole tail into your project but use this "tail" as the starting point to begin the body and decreasing the crown for hats. Leave at least a small amount of tail for many of the following reasons:

There are many uses for the **ALL IMPORTANT TAIL** in the long-tail cast on. To remember the needle size you are knitting with, tie a knot in the end of the "tail" of the yarn as many times as the size of the needle. After it has been woven in, snip it off when you finish your project.

The right side of a flat project is usually indicated when the "tail" of the yarn is on your left and you are usually on an odd row. If it is on your right, it is the wrong side, which is usually an even row. You might use some kind of marker or twisted bread wire ties on one end of a straight needle to mark the right hand needle after casting on and before starting to knit. This could also be a different color needle of the same size when using straight needles. This way, if the marked needle is in your right hand, you know you are on an odd-numbered row. On circular knitting, the yarn is at the stitch you are working and you are knitting counter-clockwise.

When knitting a pattern and starting with the long tail cast on, notice if the first row of the pattern starts on the right side. The pattern will say "Row 1 (RS)." But the long tail makes the first row with the cast on. The next row knit is the wrong side. Therefore, you need to knit a set up row in order to be able to knit the first pattern row on the right side. The pattern won't tell you but you need to know this if you want to starting the project on the right side. It isn't a big deal and you wouldn't need to knit the set up row with the knitted or cable cast ons.

AN ADVANCED KNITTER TIP: The long tail cast on creates knit stitches but many hat patterns start the pattern with ribbing. To have an extra tidy edge, cast on both the knit and purl stitches to match the ribbing pattern. Watch and look at the video Norman at Nimble Needles made, a [detailed tutorial on how to cast on purlwise](#). A [stretchy cast on](#) or [Alternating Long tail cast on](#) is better for ribbing. [Everything About Long Tail Cast On\(LTCO\)](#)

[TWO WAYS to make a cast on that MATCHES regular bind off](#)

A [stretchy rib cast ON](#) and a [stretchy rib cast OFF](#)

[Things Nobody Tells Beginner Knitters](#) Notes following:

Needle Size in a pattern is a suggestion – are whatever needle to get gauge

If you aren't getting gauge, change your needle size to get gauge you need.

If you have to go up 2 sizes or go down 2 sizes, it is not a crime.

Gauge listed on yarn label is a suggestion – gives information to make decisions

Pay attention to gauge on pattern and what needle size it calls for.

Don't change yarn weight on the pattern. Patterns are generally made to work with a specific yarn weight.

Gauge listed on pattern is a BLOCKED gauge.

Take the yarn off needles to get gauge.

Cast on in most patterns is a suggestion. Some patterns call for a specific cast on.

Do one that gives a similar effect. Use the one you like except backwards loop cast on
You are in charge of your knitting. Enjoy the process.

[5 Common Knitting Fumbles and How to Avoid Them](#)

[How to tell Right Side from Wrong Side in Knitting](#)

[Wood vs Metal Knitting Needles a Beginners Guide on How to Choose - YouTube](#)

[How and Why to Hold Tension on Your Yarn While Knitting - YouTube](#)

Knitting can be as expensive a craft as you let it be. Acrylic yarn can be purchased from Walmart and Michaels for three or four dollars, while fancier fibers (wool, cashmere, linen) can run to over a hundred dollars per project. Needles can also range in price, what they're made of and durability. But your purchases will give you hours of entertainment, stress release, and intellectual stimulation and yes, sometimes frustration too.

Your first project doesn't have to be a scarf, a long and repetitive project that can get boring quickly. Think about starting with a cowl or hat knit flat or in the round, either for yourself or for a baby or child. You still learn the basic stitches, how to decrease and finish the project faster. Even if you make fumbles, it is better to have a finished project than a strip of fabric that seems like it will never end!

Look forward to learning a new skill or technique with every new project from Section 23???. But start out with a smaller project (not a blanket) that is only knit or knit and purled.

One of the best parts of knitting is that you can most always rip out your fumbles and try again! If possible, find a friend or group to learn with, with whom you share pattern ideas, text progress updates, and get excited with when you finish a new project. Try to always bind off a project when someone else is around to share your joy. Knitting is one way to celebrate life by knitting wedding or baby shower presents, knitting for charity, or decompress from stressful situations. When learned well (and that's what I'm trying to do here), it is a skill that will last a lifetime and you can knit thoughtful items that last even longer, especially when they are knitted with love.

SECTION 15: CHOOSING A BEGINNER PATTERN

Determining what drives you to knit is important in determining what kind of pattern you choose. You want to choose a pattern to spend your time doing that you enjoy. Do you want to spend a small amount of time on a project or a lot of time?

A single size pattern is best for a beginner such as a hat, scarf, basket, or pillow. Look at the abbreviations list to give you an idea what stitches and techniques are used in the pattern. Look to see how many balls of yarn the pattern takes. Knitting several balls is going to take a long time and you're not learning more techniques. Keep to small projects at first. Look at the photo. Are you excited by the photo enough to learn the techniques. Is the yarn easy to find to make the pattern? How expensive is the yarn used in the pattern? Are you willing to make that kind of investment?

Read [How to Understand A Knitting Pattern](#). Look for a Beginner or Easy Skill Level and avoid Intermediate or Advanced unless you understand and can apply what the pattern says. Size and Gauge are usually not too important in beginner patterns but it is wise to read and understand what they are.

Choose a dishcloth pattern to knit in Section 97 using wooden size 8 needles and a small ball of Lily Sugar and Cream cotton yarn from Walmart, Michaels, Hobby Lobby or Joann's.

Go to Yarnspirations.com or [Tin Can Knits](#) and look for Easy or Beginner patterns.

Go to Ravelry.com in the next Section to set up a user name and password. Write it down because you'll use it again. Choose Pattern in the Search In box. In the Search Terms box write in words: Easy, Beginner, free, knit, cowl or dishcloth, and click on the magnifying glass.

When you decide to make a particular pattern, **make a copy** of it for your own use so it is in larger print, if necessary, and easier to read and save the original untouched. Copy the most important parts of your pattern into your device. Rewrite these parts of the pattern in large letters with short sentences to be able to read it quickly. Writing out the pattern helps your brain process the pattern.

Break the instructions up into smaller parts, expand them to landscape orientation and the width of a piece of paper. Staple the pages together in order or punch holes and put in a ring binder. Copy a tape measure in the margin to have one handy. Mark up and make notes on the copy. Copy the pattern to your phone or email it to yourself. Then you'll always have it with you. Or print only the stitch pattern that is going to become a project.

Put your working pattern copy in a plastic page sleeve to keep it clean. Use highlighter tape or a sticky note to help keep track of your place. Place the sticky note below the row on which you are working and move it down as you work a row.

Make notes where you might need help from your knitting group or forum.

When you've chosen a size, it is a good idea to use a highlighter to underline or circle the appropriate size numbers throughout the pattern, when increases and decreases happen, when instructions are repeated, any special instructions, especially when knitting the arm hole and neckline at the same time to eliminate errors. Or you could use your pdf app of choice such as iBooks and use the highlighter option to do the same. There is nothing worse than reading one size for half the pattern and reading a different size for the rest.

Make notes on this photocopy about variations you make during the process to help avoid fumbles, to remember how you did something so you can do it again, decide what not to do again or want to share with others. We learn from our fumbles as well as our accomplishments.

Experiment with patterns, colors and different kinds of yarn. You don't always have to follow a pattern or use the yarn the pattern says. Individualize your knitted items. They might turn out differently from what you thought, but fumbles usually lead to successes. The best way to learn to knit expressing your own personality is to try new things. Do not be afraid of experimenting. It can moar always be ripped out and use the yarn for something else.

[10 FREE and EASY Knitting Projects for Beginners!](#)

[10 Beginner Knitting Projects](#) (for absolute beginners)

[10 MORE Easy Knitting Projects for Beginners](#)

[20 Easy Knitting Projects Every Beginner Can Do](#) (a missing link - [Red Heart Cocoon & Cap](#))

More beginner patterns in Section 97.

SECTION 16: [USING RAVELRY.com](#) - My Ravelry name is CharityJoan.

Do yourself a favor and sign up for Ravelry. It's a free knitting and crochet database. When you start thinking about looking for a pattern, even a beginner pattern, one place to go to is Ravelry.com. It's easy to find [Ravelry Free Patterns](#). After joining for free, you can spend hours looking at patterns and see what others have done with yarn. It is the world's most extensive database of patterns and yarns with 9 million yarn lovers. There are a million patterns available to download with pictures, many of them free. Filter your pattern search with hundreds of criteria to find exactly what you are looking for in the perfect project! There are also directories of designers, pattern sources, local yarn stores, yarn brands, people, and groups to search for information. For tips on getting the most out of Ravelry look at the [Help Page](#). Ravelry is truly a life changing experience for a knitter.

Before you cast on for a swatch for a pattern to knit, check to see if the pattern is on Ravelry.com and if you have the pattern's most recent version to help eliminate problems before they happen. Read the comments or project notes on Ravelry to see what other knitters may have posted about their experiences, problems they had with the pattern, errata, pattern corrections or modifications you might want to add to your project. There can be key pieces of information that throw off the whole pattern. You can find who is working on a similar project. There may be suggestions for yarn choices. Other people may have had the same problem and shared a solution. You might want to look for another pattern if the pattern has been on Ravelry over a year and no one has posted their finished project, if there is confusion about the pattern or trouble encountered, if the pattern isn't on Ravelry, or if the pattern has been published only recently. Otherwise you might as well be the unpaid test knitter. You might find a group devoted to the particular kind of project you're knitting and some designers have their own groups. I have spent many hours on Ravelry.

There are groups (Knitters and Crocheters Care) and forums to participate in and friends to make through Ravelry. Keep track of your projects, your yarn stash, and queue up patterns you'd like to knit in the future on Ravelry. Through Ravelry, you can make knitting friends and participate in a Knit Along (KAL). There are opportunities to explore different knitting styles or push yourself to learn new techniques. Make a Friend of prolific knitters like [Ravelry: Purlificknitter's profile](#) to who writes terrific notes in the comments on patterns she has test knit.

There is a section to keep inventories of your patterns under construction, stash and needles for yourself and to share with others.

SECTION 17: [READING THE KNITTING PATTERN](#) – Watch 17 minute [Lesson 1 - the basics](#) and [Lesson 2](#) about repeats on a row. These videos explain it better. Barbara Benson is a Sarasota resident and works part time at A Good Yarn store. Norman at Nimble Needles has a tutorial on [how to read knitting patterns](#).

Read the pattern the first time to determine if the yarn, needle size, gauge stitch pattern, diagram and picture are what you might be interested in making. Read your pattern all the way through quickly to get an overview and to determine if you need to try something you don't know how to do. If you don't understand the symbols and abbreviations in the pattern, look them up in Sections 1 and 102, KnittingFool.com or use a search engine.

A knitting pattern is not written to be read; it is written to be followed. If you are reading a pattern and puzzling over why something is written, work the pattern as it is written. Work each step of the pattern instructions carefully, one phrase at a time, from one comma or semi-colon to the next, the number of times stated, and start and finish each repeat as one complete step.

As you knit the project, read the pattern again and follow what it says word for word. The instructions should answer your question as you knit. Anticipating the next step before the previous step is finished is setting yourself up for frustration. Break down the parts between commas into individual sections as you work them. When you can speak the language of knitting, you will increase your confidence and enjoyment of knitting.

Don't try to understand everything in your head but work the project with your hands as you learn. Your hands and the yarn will transform the instructions someone else wrote into your own project. You may change instructions to the way you want your garment to look but write down the changes so the changes can be duplicated in the future. If you don't write them down, you probably won't remember what you did.

However, if some instruction seems weird, including the number of stitches to cast on, check the pattern web site or Ravelry.com for errata or pattern corrections before beginning a pattern, free or purchased. Patterns are not always perfect! Check many sources for errata. Most patterns, knitting books and magazines list web sites or an email address to contact the author with questions. If the pattern came from a book, print the page of corrections and clip them to the inside of the book. For my own personal books, I put the corrections directly on the pattern page. Then you know about corrections before beginning to craft the pattern. Look at the charts and diagrams.

Knitting patterns may be overwhelming when read all at once. Don't read ahead when knitting and following a pattern. Knit one row at a time. Or break it down. Only follow instructions from comma to comma or bracket to bracket to not confuse and frustrate yourself. When this step is completed, read the next instruction.

Pay attention to the punctuation to help read the pattern. Periods are usually at the end of a row. Items in brackets are repeated. An asterisk (*) says this is the beginning and/or end of stitches to be repeated, over and over and over again, forming multiples of the pattern. Sometimes a semi-colon marks the end of the repeat. Other stitches outside the asterisks will balance the pattern. These extra stitches may be called edge, border, or selvage stitches.

When a pattern says, “Work sts as they present themselves,” it means to knit what looks like a knit stitch (smooth V) and purl what looks like a purl stitch (has a bump) such as in ribbing; knit the knits and purl and purls. [Good Tension Between Knit and Purl Stitches \(1:32\)](#)

If you have a pattern with 4 rows or more repeat, (all purl rows don't count) put one row on one 3x5" index card, number the cards and connect them with a ring, paper clip, rubber band, binder clip or a few inches of yarn. When the row is worked, flip the card behind the others. Then you are only looking at the one row at a time and you'll always know what row you are working on. Do this on the computer and print on card stock or in a small spiral bound notebook. Use post-it notes or knitters tape to mark your place in the pattern because they're easily moved. Use whatever helps.

Stitch patterns can be repeated stitches, combinations of knits, purls, increases, and decreases, or repeated rows. Pay attention to the order of the number of the rows. To save space the pattern instructions are often condensed and several rows will repeat the same stitches. Watch the numbering. The pattern may say all even numbered rows are purl but the pattern will stop at an odd number and expect you to know to complete the even numbered purl row before beginning to repeat the pattern rows again.

If the pattern has asterisks, brackets, parentheses or “x times,” all these indicate to repeat the instructions that follow or are inside the punctuation.

If the pattern has a chart, look at the key to the symbols. The chart represents the stitch pattern (or texture) of the right side of the fabric and may also have the color pattern (main color and contrasting colors). Each square represents each stitch and the symbol inside the square indicates how to work the stitch in the pattern. Find Row 1 on the right of the chart and read across the row going from right to left, how the stitches appear. The chart shows how the stitches will look when they are knit and your knitting will look like the chart.

Avoid a pattern in the beginning that needs to be shaped and fitted until you know more about gauge, measurements and fitting a garment.

You don't have to use the yarn the pattern says. Make sure you have the same weight, diameter or thickness of the yarn and enough yardage as the suggested yarn. It is important to select the right yarn so choose either a number 4 or 5 on the yarn label for your beginner project. A similar gauge helps too. Look at the yarn label and see which yarn weight number it is and the suggested needle to use with the yarn. If the pattern suggests a DK yarn (Light #3) and you choose a super bulky yarn (super bulky #6) the size of the finished project is going to be drastically different.

You don't have to use the needle size the pattern says. Make a 6" gauge swatch with 3 different size needles to practice the stitch pattern and any special stitches. Do you like the stitch pattern? If you don't like it now you really won't like it after 100 rows. Which size needle looks best with the yarn and your tension? Which is too loose or too tight? Your swatch will show you.

Use a pen, pencil or highlighter to make notes or highlight special instructions, needle and color changes, repeats, special instructions or “at the same time.” Make a note on which row you stop working on the project when you put it down.

Follow the instructions in each row, one at a time, and check it off by using a magnet or sticky note.

A cookbook holder on a table or a music stand can be used to hold your pattern and easily adjusts to the proper height to read your pattern. Place a pattern inside a plastic sheet protector and use a dry erase marker to keep track of your place in the pattern without damaging it. Wipe off a sheet protector with a wet towel or rubbing alcohol. Be careful not to wipe it off with your project or your carpeting.

When knitting on long car trips and doing a project that requires looking at the pattern, use masking tape to attach the plastic bag or sheet protector to the passenger side dashboard so the pattern can be read easily.

There are several new free and paid apps available to download in Section 96. One is [knitCompanion 8 Videos](#) to interact with your own and Ravelry patterns, multiple projects, remember your place in the pattern, row counters, the ability to highlight a row and write project notes or changes typed, written or drawn with a pen and a time to use on a tablet or laptop. Video links may be added and watched as a part of the pattern. You may rotate a page, customize the six counters, voice commands, knitCompanion will let you customize charts and patterns, row reminders with your own voice and highlight the rows of text to be cropped or used. Linked counters can be either action or repeat. There is a knitCompanion Next Generation Forum on Ravelry. [KnitCompanion](#) works with both android and apple touch screen devices. The paid version includes the ability to watch the video links.

LOCATING YOUR PLACE IN THE PATTERN: Read your stitches. Is the stitch flat or bumpy? Are the first couple stitches on the row knits or purls? Are the border stitches a V or a smile or frown? Did you put the hole there? Is it a yarn over? Flat is the knit side, bumpy is the purl side of stockinette stitch. V is a knit stitch and smile or frown is a purl stitch or the back of a knit stitch. Look on the back of the knitting to locate decreases. SSK leans left and K2tog leans right.

With more difficult patterns of 10+ rows, think of this scenario: Your friend has a pattern with an 18 row repeat and she doesn't know where she stopped in the pattern. She has asked for your help to locate where to start knitting again. You look at what is on the needles and cord, starting with the border and figure out if there is a repeat of the row on the needles. The repeat only has to be 5 or 6 stitches—K,P,K,P,K or SKP, YO, K2tog. Luckily for me the repeat was only on one row of the project. Now you look to find that repeat in the pattern. Have your friend verify reading the written pattern while you read the stitches from the needles. Double check your starting point in the pattern by comparing the rows worked in the unfinished repeat with the first knitted stitch pattern repeat after the border in the project.

If you don't recognize a particular stitch pattern, look for a row or pattern you recognize like YO, K2tog. Can you find a column of stitches where you are able to count the bars between the stitches to the last row knit? Count the purl bumps on the diagonal as well as in columns if it is easier.

Most of the time knitting patterns are well-written. Often purchased patterns or those found in books or magazines are test-knit, tech-edited, or otherwise checked and usually have few errors. However, fumbles happen. When you have a problem with a knitting pattern, check the publisher's or magazine's list on their web site of errata, a fancy name for the fumbles in patterns, to see what might have gone wrong.

Sometimes you might not understand the directions. Check the abbreviations key to make sure you understand the definition. The row numbers start with 1 and follow in order. Sometimes a printed pattern pages can get out of order. Count your stitches to make sure you have the right number and you are doing the stitch pattern multiple correctly. The multiple is the number of stitches needed to complete one repeat of the stitch pattern.

Look for the pattern on the social networking site Ravelry to make sure the pattern you have is the most recent version. Click on the Projects tab to see what other knitters may have posted, if other people have had the same problem and shared a solution. You might find a group devoted to the particular kind of project you're knitting and some designers have their own groups.

LionBrand will tell you in the beginning of the pattern when and how they updated their pattern. Use Knitting Paradise(KP), other knitting-related forums and Facebook knitting groups online are resources to get an answer quickly, no matter where you live or what time of day it is. It's amazing how fast responses occur on KP in the middle of the night. You might ask for help from your LYS if you bought the yarn and/or the pattern there. Don't expect to take a free pattern and yarn you didn't buy there into the knitting store and ask for help. The designer or publisher can be emailed but don't expect a quick response or be available with troubleshooting support.

When a stitch pattern sounds confusing, make a swatch of it and follow the pattern. Cast on 20 or 30 stitches, or a multiple of the pattern repeat plus border stitches, and give it a test drive. The

stitch pattern may not make sense until you actually knit the stitches. Patterns are meant to be knitted, not read.

If you see a stitch pattern you like, make a swatch of the stitch pattern and keep the pattern with it. Try to learn something new with every project, a new stitch or a new technique.

If you take the attitude that a pattern will be too hard, be assured it will be. Because a pattern may look difficult doesn't mean you shouldn't try it. They are only knit and purl stitches and what you do with them. Read about how simple cables are to knit in Section 74 here in *Knitwiser*. Yes avoid advanced patterns until you get to be a better knitter but you won't always be a beginner.

Frog/rip out part of a project and try again either now or later.

If a pattern isn't making you happy, give it a time out and work on another project. If a pattern isn't going well, put the project away for the following day. Return to the project when you are calm.

Sometimes it is a mistake that sends a project to the time-out bin until you are no longer angry with the project and can return to knitting it.

If you modify a pattern, make notes so you can repeat the modifications on another sleeve or if you knit the pattern again. I've been known to completely edit a blanket pattern on my computer, change the side edge stitches, change the beginning and ending border, and change the type increases and decreases.

When it comes to patterns my findings are much faster than my knitting.

Be cautious if the pattern isn't on Ravelry, it is advisable to look for another pattern or another source, unless it is a Yarnspiration pattern. Yarnspiration has gathered up lots of yarn company patterns on one web site and not all of them are on Ravelry.

Your yarn will tell you what it wants to be. Listen to it. It may not want to be the scarf and hat that the yarn was bought for. It may want to be a cowl and mitts that takes less time than a scarf.

Sometimes you might not understand the directions. Check the abbreviations key to make sure you understand the definition. The row numbers start with 1 and follow in order. Sometimes printed pattern pages get out of order. Count your stitches to make sure you have the right number and you are doing the stitch pattern multiple correctly. The multiple is the number of stitches needed to complete one repeat of the stitch pattern.

The biggest barrier for most people when it comes to reading knitting patterns is all of those abbreviations. Some of the abbreviations are not hard—K is knit and P is purl, but k2tog means knit 2 stitches together, a decrease, and an SSK is slip, slip, knit, another decrease. The knitting community has their own language in knitting patterns which contain abbreviations, terms, acronyms, slang, phrases and techniques that the knitter needs to know but some may make you laugh. With a small investment of time and energy acquaint yourself with the abbreviations and words found in a pattern in Section 1 you open yourself to a whole new world of knitting. Most patterns will also include a key to the abbreviations in the pattern. Section 105 is a more comprehensive list of abbreviations and definitions at the end of *Knitwiser*.

A knitting pattern is like a recipe that appears more complicated than it really is. Although knitting patterns may look like they are written in a different language, learning how to read knitting patterns is not that complicated! Yes you have to figure out the abbreviations but most of them are common sense, and once you learn the ones needed for your pattern, they'll become second nature. There is some punctuation at the beginning. Read each step from comma to comma.

The pattern abbreviations are shorthand to tell you the techniques to use and make the patterns shorter and simpler to follow. It is a simple enough language to understand. They can be confusing but through experience you will get used to them, know them and then wonder why you were ever confused. For example, K is knit and P is purl. The number next to it tells you how many stitches to knit: K6. If the pattern says “*K2, P2, rep from *” K stands for Knit and P stands for Purl, so Knit 2 stitches and Purl 2 stitches and then repeat from the asterisk(*) Work each step of the pattern

between commas or semi-colons as one complete step. Stitch patterns can be repeated stitches, combinations of knits, purls, increases, and decreases, or repeated rows. Pay attention to the order of the number of the rows. To save space the pattern instructions are often condensed and several rows will repeat the same stitches. Watch the numbering.

Often one of the first things you see on a pattern, after the name and a picture of the project is the skill level so you know right away to skip the ones that say "advanced" or "intermediate" or 2, 3 or 4. The Beginner or Easy skill level will include more simple stitches (knit and purl and maybe knit 2 together shaping), and maybe some basic color work although there are pretty yarns now that go from one color to another and do all the work for you. As a beginner, look for patterns for blankets, scarves, or simple garments that don't require shaping or look at the key to see if they have too many complicated stitches.

When choosing a pattern, check if you have selected the right yarn and needles/hooks for the pattern, so that you will have the same gauge and it will turn out as the picture shows.

For a beginning knitter, please pick a beginner pattern so you don't frustrate yourself and want to quit knitting on your first pattern. Photocopy the pattern if it didn't come off your computer.

What is Your Knitting Skill Level? You won't always be a beginner. Watch BarbaraKnit explain it.

Read the whole pattern all the way through to decide if you want to knit it and does it make sense to you. Do you understand all the terms? Look them up in the pattern key, in Sections 1 or 102, the list of abbreviations at the beginning and end of *Knitwiser*, Google and on YouTube. Without abbreviations, knitting patterns would be several pages long and take much longer to read. Are there special stitches or techniques? Look them up on YouTube and try them out on your swatch. As Roxanne Richardson says, "When in doubt, swatch it out!"

There will come a time when you need to figure out what is wrong with a pattern or only what the multiple of stitches is for the pattern. You need to count the number of stitches needed to make the pattern. This is not the number of stitches you will end up making on the row.

When you are counting stitches for a row, yarn overs and pass the slipped stitch over will not be counted because they will be formed on the row and don't take a stitch from the row above to complete them. If the pattern says *K2tog, YO, K3, YO, Slip 1, K2tog, PSSO,* you count two stitches for the K2tog, ignore the YOs because they don't require a stitch to make them, three stitches for K3, Slip 1 is one stitch, K2tog is two stitches and PSSO is an instruction. So the multiple is $2+3+1+2=8$ stitches. At the end of the row the count is $1+1+3+1+1=7$ stitches because the K2tog becomes one stitch, the YOs make a stitch each, K3 is three stitches, and slip 1, K2tog, PSSO is a decrease to one stitch.

SECTION 18: COPYING PATTERNS. If possible, copy a pattern to your device that may interest you. Don't expect to find a pattern that interests you in the future. Sites go down, patterns become discontinued, the yarn company goes out of business, etc.

Knitting patterns on my computer are divided by types of projects and stages of life. Written patterns are organized and stored in individual sub-directories: Knitting/ patterns/ afghans/ lap robes/ throws or baby/ afghans/ bibs/ booties/ hats/ preemie, scarves, socks, sweaters, etc. There are other directories under Knitting: Stitches, Finished Projects, Proposed Projects, Knitting How To Dos, Tips and Wish Lists, to name a few. Put a pattern in a directory where you will be able to find it again. Most pdf files can be copied as a whole, sometimes in portions, which may be easier to copy from the bottom up, reformatted and reassembled.

If possible, be sure to copy the link from the top of the pattern screen in case you want to go back to the pattern, especially if the picture or [schematic](#) doesn't copy or is blacked out. If the picture won't copy using the right mouse button menu or doesn't copy well, try copying a picture from a different page or from the Ravelry page. If the picture is too big, click on a corner of the picture and drag the mouse toward the center to make the picture smaller. I change and increase the size font to Arial 11 to make reading it easier, re-format it to fit on a page, put it in columns to get the pattern on as few pages as possible, edit it, delete unnecessary parts such as yarn colors, etc.

Or you might put the pattern copies in the free program, Dropbox. It gives you secure access to all your files from any device.

SECTION 19: [SWATCH](#) AND [GAUGE](#)

A person would think swatch is a dirty word the way knitters avoid making them. Even using the word swatch may elicit a groan from a non-believer. Those of us who hate to make swatches or, at least, deeply wish we didn't have to, feel that knitting swatches are a waste of time.

A swatch may also be called a tension square, practice piece, [audition](#) or test drive. You are interviewing or testing the yarn and the stitch you are using with different size and/or type needles to see if they will play well with one another. You may not want to use metal needles with slippery yarn or you will be frustrated.

The goal in making a swatch is to establish your gauge so you don't end up with a project that doesn't fit. Knowing how to measure and work with gauge allows you to go from a knitted swatch to a finished project with the correct measurements when it counts. Swatch and gauge can make the difference whether a project fits or not or whether your time invested was in vain. WARNING: This is a long section because it is so important.

Gauge is the number of stitches created horizontally and the number of rows or rounds created vertically in the center of the swatch. When making a project in a specific size you need to confirm you have the correct gauge to achieve the pattern measurements so it will end up fitting the person for whom you are making the project before casting on your project. When knitwear doesn't fit it doesn't flatter the figure. When you are investing a lot of time, you want to create a garment that is flattering.

Gauge/tension is also how tight or loose your stitches are, whether you are holding the working yarn too tightly or too loosely. If your gauge is too tight, the fabric will pull in and have no give. If your gauge is too loose, you will create gaps or holes in your fabric and the fabric won't have any structure. Either way is not good stitch definition. To match your knitting to the yarn and to the needle to have good stitch definition is why it is important to make a swatch.

Knitting a swatch is a tedious task that needs to happen before starting the project or the project becomes the swatch. *Use the needles you are planning to use and that are appropriate for the yarn and the project.* These may or may not be the needle size the pattern or the yarn label recommended. Give the yarn an audition with the pattern needle suggestion or take the yarn for a test drive with a different size needle and decide which fabric you like. However, the yarn manufacturers' information on the label is for guidance but is not standardized, even though the Craft Yarn Council says it is as you will learn.

Knit a swatch for three reasons: to determine the number of stitches you get so you can make the project the size you want, to determine if you like the fabric produced with the needle size, and if you need to go up a size or two for a fabric with more drape or down a size or two for a firmer fabric.

One of the first and most important steps in making an accurately sized project is to make a swatch. Basically it is a square or rectangle of knitted fabric to show how the way you knit, the needles and the yarn work together before you start knitting the project. Creating a swatch helps to understand the properties of the yarn, especially with novelty yarns as they do not always look the same when knit. The swatch will also help you to decide more accurately about coordinating yarns for ribbing or other trim. Swatching will ultimately contribute to a more "professional" look. Patterns give a recommended gauge listing stitches and rows per inch or 4 inches.

Take the time to save time by making a swatch. A swatch can be your blueprint for knitting success. Why is there always time to redo a project that didn't fit but not time to make a swatch? It shouldn't take longer than an hour, certainly less time and energy than to rip out a project and much less time than the hours of complaining about why your project did not fit!

Your pattern should tell you in the gauge paragraph whether to knit a swatch in the stockinette stitch or the *stitch pattern* for the project. The size needle specified in the pattern is the one the designer used to achieve the stated gauge. It is more important to knit at the gauge specified in the pattern than to use the needle size the designer used. You may knit tighter or looser than the designer and need to determine the needle size based on your knitting style.

Before starting your gauge swatch, check the size of unmarked circular, straight, or double-pointed needles with a Knitting Needle Measuring Guide to determine the size. Do not rely on what size the manufacturer says they are so always check. Use the same needles, exact color and yarn you plan to use for your project for the swatch as for the actual project. Wooden needles knit differently from plastic or metal needles. Small differences like type of needle and yarn color can affect your gauge. Your knitting speed and rhythm is going to be different on circulars than on double pointed needles.

To make the gauge swatch, cast on either 40 stitches, 6 inches (the gauge number for 4 inches times 1.5), or at least twice the multiple of the pattern stitches plus stitches for the borders, whichever is larger. For the borders make 4 rows of seed stitch at the top (and the end if the swatch is lace or wool and being washed) and 5 stitches or more of seed stitch on each side. Border stitches help the gauge swatch lay flat to measure it. Bind off the swatch with a larger size needle. For successful accurate swatching, make your swatch big enough. Twenty stitches wide and ten rows long is not enough.

Pull out the yarn for several rows from the yarn bowl, skein or ball ahead of knitting with it. Even the friction of the yarn dragging from these items can affect the swatch measurement. Lay the swatch on a flat surface. Place a ruler over the swatch and mark with straight pins a square 4" on each side, avoiding the border stitches. Make sure your knitting is flat on a table and your measuring device is lying parallel to your rows of stitches. Count the number of stitches across and the number of rows down (including fractions of stitches and rows) in the 4" (10 cm). Repeat counting two or three times on different areas of the swatch to confirm the measurements.

Use a ruler or stitch gauge (because a tape measure can stretch) to measure in one inch from each side and put straight pins 4 inches across the center stitches in both horizontal and vertical directions and count the number of stitches and rows within those four inches including fractions of stitches.

RULE OF KNITTING: A good measurable area of a swatch is four inches long but should be knit six inches long: one inch to work off the effects of the cast on row, two inches to get the rhythm of your knitting even enough for a gauge measurement to be accurate, and then another inch or two before the bind-off to offset the effects of that row. The same rule applies to the width: Make the swatch wide enough to measure four inches in the middle and one inch away from each side edge.

If there are more stitches to the inch than the pattern gauge says, go up one needle size and make another swatch. If there are fewer stitches than the pattern gauge says, go down one needle size and continue swatching again. If you need to go down in needle sizes to make gauge, you may need to go down more than one size needle **until you can match the gauge in the pattern.**

One way to remember _____ is to imagine your stitches are children sitting on a bench. When big teenagers are sitting on the bench they take up more space on the bench individually so not so many of them can sit together on the bench. But with small preschool children, more children will take up less space on the bench so more stitches per inch means you need to knit smaller stitches "The *bigger* your needles, the *bigger* your stitches will be, and the *fewer* stitches you will have per inch. Imagine your stitches are children on a bench. Big teenagers take up more space on the bench individually so fewer of them can sit together on the bench. Small preschool children will take up less space on the bench individually so more of them can sit together on the bench. Therefore if you need fewer stitches so there's more stitches per inch, use a smaller gauge needle.

If your project is knitted in the round, knit your gauge swatch in the round. If you knit the gauge swatch flat for a circular project, half your stitches will be purled. If your purl gauge is different from your knit gauge, the flat gauge swatch will be different from a gauge of a tube when you are only knitting in stockinette. Further instructions on knitting a round swatch are [here](#) and [here](#).

Your gauge can be tighter when you are feeling tense or upset. Your method of knitting such as how you hold your needles and how your yarn is wrapped around the needles, and whether your stitches are formed on the points of the needles, making the stitches tighter than if the stitches are formed on the needle shaft. This may be the reason if you regularly experience difficulty sliding your new stitches on the needle.

On the first row of the border of your swatch, make an equal number of [K2tog, YO] repeated stitch patterns as the size of the needle used to be a reminder of the needle size number you are using for the swatch, especially when using several different size needles for several different swatches. Other people tie the same number of knots in the tail of the yarn as the number of the needle.

If you have to knit another swatch, continue on the same swatch putting a ridge of garter stitch (2 rows of knit stitch) between the two size swatches. Use the same number of YO K2tog stitch patterns for the new needle number on the first row and knit another four inches. Repeat the measuring process until the gauge is correct. Write down your results. Wash and block the swatch to see how the yarn will react before you wash the completed project and re-measure the swatch.

Look at the swatch and see if the stitch pattern shows up well with the yarn and how stiff or drapey the swatch feels. Is that the texture and drape you want for the project? Be careful about using a complicated stitch pattern in patterned or dark colored yarn that won't show the stitch pattern and waste your time. The darker or busier the color yarn, the less the stitch pattern will show up.

The beginning of a new project can be a gauge swatch. Once you've gotten five inches into your project, measure for gauge again to make sure you are still on gauge. Start knitting a sweater pattern with the sleeves, usually a smaller part than a front or back, and remeasure your gauge on the sleeve so you don't have so much to rip out if you're not on gauge.

Once you have measured and pinned the center four inches and you have trouble seeing the stitches to count them, stretch the swatch and look at your swatch in front of a window in the daytime. If you are having trouble counting your stitches for a particular type yarn, work a contrasting yarn into the swatch. Multiply the stitch pattern or yarn inch gauge from the label by 6, cast on that number of stitches and knit a border of 6 rows. Knit 5 seed stitches on each side for the side border, knit stockinette or the stitch pattern for 5 more stitches, then put pieces of yarn between the number of stitches the label or pattern says should be four inches, then work the other 5 stitches and the border stitches for the other side. Carry the threads up the project every few rows to give a visual border. Then you know how many stitches are inside that part, measure and divide.

If you find that your pattern gauge falls between the pattern needle sizes, try needles of a different material. How slippery or sticky your needles are affects how loosely or tightly you knit. A project needs an accurate gauge to be sure it fits but also try it on the wearer, if possible.

Once you get as close as possible to the pattern gauge, you like the stitch pattern and the way the needles are interacting with the yarn, and the swatch is not too drapey or the stitches too tight and the swatch too stiff, you may start knitting your project. *However, your resulting project gauge may be different from your gauge swatch.* Some knitters will knit tighter or looser when they become more comfortable with their knitting and have more stitches on their needle than the few number of stitches on their swatch. So *after you have worked 5 inches of the first project piece, recheck your gauge on the flat surface again.* Hopefully, your project gauge will be as close to the pattern gauge as it was before. If it is not, rip out the project and start again with an appropriate different needle size. Measure the gauge again after 5 inches into working the project. *It is more important that your sweater fits.* Even if you carefully measure your swatch, *it is smart to measure the gauge for your first piece of knitting after working a few inches to make sure it is the same*

gauge. It is better to realize early in your project if your gauge isn't correct rather than wait until you've knit the project and find it doesn't fit.

Gauge is not so important for a scarf, cowl, blanket or shawl that can be a few inches different from the pattern. Knit with a larger needle to create a looser fabric. If the project is measured in inches, then the row gauge is not so essential. Baby items, purses, and socks don't require a gauge swatch.

However, you might cast on 30 stitches for a scarf, realize you wanted a thinner or thicker scarf and rip out a few inches to start again with only 30 stitches. That was your swatch! You don't have to make a swatch for baby socks. Change needle sizes and start again.

There are no Swatch Police or I would've been locked up in Gauge Jail many years ago. Because I am more of a charity process knitter than a project knitter, I don't always need to make a gauge swatch for these projects. Blankets, scarves, shawls, etc. don't require precise measurements and still let me knit with yarn in one-size-fits-all hand-crafted items. Hats, scarves and mittens are going to fit some child or adult. However, you will need to knit a few swatches or projects to determine whether your gauge works best with #3 baby yarn on size 3, 4, 5, or 6 needle, worsted #4 yarn (or #3 doubled) with a size 7, 8 or 9 needle, or #5 or 6 bulky yarn (and #4 doubled) with a size 10, 10.5, 10.75, or 11 needle depending on your tension.

As you learn to knit, look for trouble spots or "glitches." A good example of a glitch is understanding gauge. The size of the project created is based on the size of the needles, the ply of the yarn and the knitter's individual style of how loosely or tightly they knit. A knitter who doesn't take the time to knit a gauge swatch runs the risk of spending many hours knitting and then ending up with a project that isn't the right size and needs to be ripped out unless it fits someone else.

When your knitted fabric comes off the needles, it often doesn't match the required finished dimensions until it's been subjected to blocking. **Gauge is not permanent, except in special circumstances.** Grasp a swatch at the side edges, and pull. The fabric will get shorter vertically the more you pull horizontally. Grasp the top and bottom edges and pull again. As the tension increases, the fabric will get more narrow.

There are three schools of thought on whether or not to measure gauge on the needles or live stitches off the needle. It isn't necessarily essential to bind off unless you are working with wool or lace and need to wash and block the swatch. Move the stitches to waste yarn, remove the needle from the stitches and place the gauge swatch on a flat, smooth surface like a table or floor to measure it. Or stitches will relax on the circular needle cord but they can be pulled in by a too-tight bind off row. Or needles pull on the top row of live stitches, distorting the rows and stitches below them. You won't be wearing your sweater on the needles. Remove the swatch from the needles to measure it. It is more essential to measure at least one inch away from the edge.

Wetting, drying and blocking your swatch before and after measuring it will let you know what to expect from blocking your finished piece. An unblocked swatch is hard to measure accurately if it hasn't been wet. Be sure to measure your swatch BOTH before and after it is blocked because you don't know what water is going to do to your knitting, shrink it or stretch it? to see how it is going to act before buying a large amount of the yarn (so you will be able to return the yarn within the return policy or at least before winding it into a cake or ball).

The finished measurements and [schematic](#) measurements in a knitting pattern are taken after the project is blocked. Know how your before-blocking knitting measures up to the post-blocking piece, particularly the length. If the pattern says "Knit until the piece measures 20 inches from the cast on edge, but the project hasn't been blocked and it shrinks 10% lengthwise after you block it, then you know how much longer you need to make your project to allow for shrinkage.

Again, there are no Swatch Police, although swatching is important for all kinds of technical reasons, you need to determine whether to swatch or not. Give yourself Swatch Encouragement in whatever way works for you: plan to use your swatches for a beautifully clever project. Or keep your swatches in a lovely journal and think of swatching as your personal knitting design time. Motivate yourself to swatch because it's all knitting and you love to knit, and so when you are swatching, you

are only doing more of what you love. If you don't keep your swatches for your knitting journal, other uses might be as a doll afghan, to patch torn jeans, make into a change purse, tiny bag or sachet, mug rug, or sew the squares together for a charity afghan.

Avoid projects that aren't right for you. If knitting the swatch annoys you, that's a good sign you won't have much fun knitting the project.

Is it a fair question to ask what size needle to use to cast on a certain project or how many skeins does it take for a baby blanket? Do you knit tightly or loosely? What climate are you knitting for? Do you want a 24" square blanket or a 36" x 52" baby blanket? Use the gauge on the yarn label to give you guidance for how many stitches to cast on but don't be disappointed if the blanket turns out too narrow. You'll know in the first two inches if the blanket is too narrow, too wide or just right. So your gauge swatch might be 2" x 22"(too narrow) or 2" x 50"(too wide unless you're making it lengthwise.)

I had knit half a baby blanket for my grandson that I absolutely hated the pattern. But then I settled into a lovely stitch and rhythm that worked. So I cut a stitch at the first half point, pulled out one row of stitches as I put the stitches back on the needle, ripped out the yarn and reknit the first half. If I had done a gauge swatch I wouldn't have had half the blanket as the gauge swatch!

ADVANCED FOR DIFFERENT GAUGES: Remember when you thought you'd never use that math you learned in high school? Algebra has practical applications when it comes to knitting! Ann Budd did a worksheet for how to change sweater patterns for different gauges of yarns. This is the time to use your knitting patience and this formula! [These web sites](#) do the math for you.

Allowing for movement in the project is called **tolerance**. For a bust measurement, the tolerance is one to two inches larger than actual bust measurement.

If you are knitting a sock, cast on according to the pattern directions and check the gauge after knitting four inches down the leg or foot of the sock. Sometimes you will need to frog it but more likely you will have half a sock done and trying it on at this point is the best test to see if it fits.

When knitting a stocking hat for a granddaughter, instead of knitting a swatch, knit a headband with the yarn and circular needles intended for her hat and try it on her. It's the easiest way to make sure the hat will fit and not waste my time knitting a hat that is too small or too large. She ends up with an extra bonus headband Granny knit for her.

Even when using a different color of the same yarn for two different projects, it is necessary to do two different gauge swatches when the gauge requirements are the same because even different dyes of Red Heart Super Saver yarn create different diameters and thereby different gauges. The best answer continues to be that a separate swatch is required for each yarn/needle combination.

How to Measure Gauge Knitting Stitches

[KNITTING GAUGE for Total Beginners](#)

[Understanding Knitting Gauge with Debbie Stoller](#)

[Knitting gauge swatches](#)

[Sweater Obstacles and Choosing Your First Sweater Project](#)

[Does your gauge change or do swatches lie](#)

[Swatch out](#)

[How to convert from one gauge to another](#)

[How to Change the Gauge of a Pattern](#)

SECTION 20: MORE CAST ON STITCHES (continued from Section 10.)

The type cast on you use will depend on the project and what is happening on the first row of your pattern.

A [cable cast on](#) results in the next row being a knit row.

Cable Cast On is not a stretchy cast on. A stiff but decorative cast on method, it makes a firm edge for a scarf or cowl. This method is good for where you need stability, like buttonholes. Because it matches the knitted bind off better, it is good to use when you want to pick up stitches, such as for a lace border.

To make a clean-looking cable cast on for knit or purl stitches, begin with a slip knot (counts as one stitch) on your needle, cast on one knitted cast on stitch (above) for a total of two stitches. For the knitted cable cast on, *insert your needle between the two stitches from front to back to knit a stitch--wrap your yarn counterclockwise around the needle, bring the knit stitch through but don't slip it off the needle. Place this new stitch on the left hand needle with the two needles facing the same way beside one another and slide the stitch off onto the left needle; repeat from * until desired number of stitches have been cast on.

For a purl stitch, insert your needle through the next two stitches from the back to front, wrap your yarn around the front of the needle, bring the yarn through to make a purl stitch and place the new stitch on the left hand needle with the two needles facing the same way. If you can't remember which stitch you did last, you did a knit stitch if your yarn is in the back and you did a purl stitch if your yarn is in the front. Start at minute 4 of the video for purlwise cable cast on.

ADVANCED: When using the cable cast on in the middle of the row you are working on for a buttonhole or slit, turn your project around to the back and with the working yarn, use the cable cast on starting between the last two stitches until there are the required additional number of stitches **plus one**. Turn your work back to the front and continue knitting the stitches already made on the other side of the cast on. When knitting back across the row with the new cast on, knit together the first original stitch before the last cast on stitch with the extra cast on stitch so the end of the additional stitches are firmed up.

LONG-TAIL OR TWO STRAND CAST ON - You don't have to make a slip knot if you hold the yarn on top of the right needle with your forefinger in the form of a triangle or sling shot and then proceed to cast on. A long-tail cast on includes the first knit row and results in the next row being a purl row. But beware that knitting all stockinette stitches will cause the project to curl unless you also knit ten stitches for each side border and ten garter ridge borders at the top and bottom of the stockinette stitch. This is a stretchy cast on and one used primarily because it is easy and fast. It works well for the beginning of stockinette stitch or rib stitch projects that need an even elastic edge like hats and socks. 6 Tips to Prevent a Tight Cast On

The long tail is held on the left around your thumb when casting on. If you have measured correctly, you won't run out of yarn before you are finished casting on.

How much yarn for a long tail cast on For number 4-worsted weight yarn, use about 12 inches for each 10 stitches to be cast on, 8 inches for number 3-DK weight, 15 to 16 inches for Bulky and super bulky gets about 18 inches for each 10 stitches. One way to figure how much yarn to allow for long-tail cast on, wrap your yarn around your needle 10 times or a multiple of the number of stitches you need and measure the amount of yarn. This is the approximate length of tail needed for 10 stitches or your multiple. Measure this length for every 10 stitches you need or multiply by the times the number is needed for the total number of stitches. For example, if you need to cast on 100 stitches, wrap the yarn 10 times around your needle and measure the amount 9 more times or $10 \times 10 = 100$ stitches. Another way is to figure $\frac{1}{2}$ " to 1" per stitch for the tail depending on the size needle and yarn weight. Use a yard long tail to cast on 72 stitches with baby yarn over size 4 needles for an infant hat, 2.3 yards with #4 yarn over a size 6 for a woman's hat, 2-1/2 yards over a size 6 for a man's hat or three times the width of a project for an afghan or other flat project. Add another foot or two if you are a loose knitter.

There are several different methods to do the long tail cast on, the traditional sling shot method or Long tail Cast On using your thumb method. Deborah Norville demonstrates her easy method.

How to Improve Your Long-Tail Cast On

Casting on in the middle of the row-2 ways –New Stitch a Day

Another good elastic edge cast on for socks, especially for children, is to do a long-tail cast on with twice the number of stitches, k2tog across for the first row and then start the pattern ribbing.

The Provisional Cast On allows a knitter to start a knitted project with a temporary starting point that will be removed or unraveled later and the stitches picked up from the waste yarn. One of the main reasons for a provisional cast on is to be able to add particular pattern stitches without the project unraveling.

The two pieces may need to be seamed together using a Kitchener stitch. For a scarf like in the [feather and fan](#) lace stitch pattern where you would want the ends to match, start with a provisional cast on, pick up the stitches that will become the center of the scarf and knit from the center to one end of the scarf. Then go back and pick up the stitches of the project yarn from the provisional cast on stitches, remove the provisional cast on stitches, and then knit from the center to the opposite end of the scarf. The ends of the scarf design will match and the center seam will be almost invisible.

Use a provisional cast on to knit a rectangular project and bind off. Then pick up the provisional stitches and bind off to assure both ends look the same.

Another reason you might use a provisional cast on is when you are unsure how long a project needs to be or when adding an edging to the finished project. Again, the stitches would be picked up and worked so that the design is uniform in appearance all the way around the finished item.

There are many provisional cast ons using a crochet hook [that corresponds](#) to the knitting needle size to make a chain. A knitting needle is used to pick up stitches from a crochet chain. Use the following provisional cast on when you can't decide what border you want to use to start the project. Because they are both cast off, the beginning and ending edges will match.

One of the easiest most successful provisional cast on is made with a scrap of smooth strongly contrasting yarn (even if your yarn is textured) and using a crochet hook appropriate for the weight of the yarn to attach the cast on directly to a knitting needle. Crochet a chain five stitches more than the number of cast on stitches needed, cut the yarn and pull the end through the last loop. Tie a slip knot in the beginning of the yarn so you know which end not to pull to release the cast on stitches. When it is time to knit from this invisible cast on edge and remove the waste yarn, simply pull out the tail end from the last loop, pull each stitch individually on the chain stitches and insert your needle into each live stitch so the right side of the stitch is toward you. The chain will unravel beautifully, leaving a nice edge of live stitches on your needle ready to be knit or purled. [New Stitch A Day Provisional Cast On](#)

[Three Ways to Make Provisional Cast On Without a Crochet Hook](#)

SECTION 21: OTHER CASTING ON NOTES:

When casting on for a garment to be seamed, calculate three times the length of the seam (plus the amount of yarn for the long tail) to use for joining the pieces from both ends to keep extra bulk away from both edges so there aren't any tails to weave in at the edge. Wrap this tail on a plastic square tie from a bread bag as a small bobbin or wind a [yarn butterfly](#) around your hand and tie the center of the loops with the last yard to keep the beginning yarn tail out of the way and so the end isn't knit inadvertently. Knit the first and last stitch on each row to make it easier to sew the seam.

When casting on, place a piece of yarn or plastic marker every 20th stitch to easily count the stitches, so you don't have to recount each part when you get interrupted. This hint is especially helpful when you need to cast on a great deal of stitches. See markers in Section 29.

If you haven't counted your cast on stitches correctly, knit into the front and back or knit two stitches together a stitch or two near the end of the first row on a charity hat. Time is the most important phase of charity knitting—the more items made for babies, keeping children warm, women undergoing chemo, seamen, soldiers, the elderly, sick, infirmed, or the homeless the better. Ripping out and casting on again for one or two stitches is wasting time.

Whether working the knitted, purled, or cable cast on in the round, cast on one more stitch than the amount needed, then *work the last cast on stitch together with the next stitch to tighten the gap* between new and live stitches.

When the pattern says to “cast on 1 st” put a slip knot on the needle.

There's a story about the [Chinese Waitress Cast on](#) being taught to knitting book author Cap Sease's friend by a waitress in a Beijing restaurant. It uses a knitting needle and either another knitting needle or a [crochet hook](#) perpendicular and with a [crochet hook parallel](#) to create an advanced knitted cast on that looks good on both sides of the project. It is pretty, stretchy, reversible and has a three-dimensional, braided look. It is good for shawls, scarves, blankets and edges that need to be reversible, sturdy and stretchy. The [Chinese Waitress Bind Off](#) uses a purl stitch that is wrapped clockwise as opposed to usually wrapping a purl stitch counterclockwise and a clockwise yarn over.

Although not recommended, if you have to use the Backwards Look Cast on, apply some of Roxanne Richardson's [Tips & Tricks for the Backwards Loop Cast on](#)

SECTION 22: READING YOUR KNITTING PROJECT is an essential skill to be able to recognize the stitches you have already knitted and help you know where you are in your pattern

It is important to be able to count your stitches, know how many rows you have knitted, to be able to identify the stitches, [whether it is a [knit](#), [purl](#), [increase or decrease](#)] and which strands involve the particular stitches. To know where you are in the pattern helps to know where to start and which row to knit next. You need to know if you have made a fumble or not, know how to fix the fumble and if the correct number of stitches are on the needle. If not, the rest of your project may be affected. However, it is not necessary to unravel an entire project when you have made a fumble.

Being able to [read your knitting](#) can make the difference between being a confident knitter and being frustrated and confused. In the stockinette stitch the knit stitch appears as a V stitch, actually columns of [loops](#). The purl side is horizontal bumps. Some of the bumps curve upward like a smile and some bumps curve downward like a frown. The rear of the knit loop is the purl bump in the rear of the project. Except for a different direction, both knit and purl stitches pull loops of yarn through already formed loops.

With [ribbed](#) (8:43) stitches, knit the knit stitches and purl the purl stitches or knit the stitches as they present themselves. With [seed stitch](#) (11:44) and [moss stitch](#) (14:23) you will do the opposite knit or purl stitch as they present themselves.

SECTION 23: NOTIONS

Part 1: [Necessary Notions](#) - Equipment used in knitting:

Knitting doesn't need any expensive equipment to start, only needles and yarn. However, as you progress, it will be useful to have a knitting box or bag to keep the following equipment:

[Crochet hook](#), a cylindrical stick with a hook on one end, helps with finishing a knitted project, correcting fumbles and recovering dropped stitches. It is best to work with a hook the same millimeter size as your knitting needle or slightly smaller. Use a size H crochet hook (plastic or metal) with a size 8 knitting needle and worsted weight #4 yarn. Sold with other knitting supplies in big box stores.

Conversion Chart

Knitting Needle to Crochet Hook

Metric size (mm)	Knitting Needle	Crochet Hook Letter	Metric size (mm)	Knitting Needle	Crochet Hook Letter
2.25	1	B	4.0	6	G
2.75	2	C	4.5	7	
3.25	3	D	5.0	8	H
3.5	4	E	5.5	9	I
3.75	5	F	6.0	10	J

6.5	10 ½	K	9.0	13	M
7.0	10 ¾		10	15	N
8.0	11	L			

[Blunt point tapestry yarn needles](#) with a large eye to sew seams, weave in ends, or embroider decorative stitches. Find them in a yarn store or in the embroidery department of a craft store or Walmart. May be metal or plastic.

[Stitch Markers](#): small circles of plastic, metal, rubber or contrasting color, texture and weight yarn to help separate stitches into pattern parts, for increases, decreases, borders or to help count stitches when casting on and then remove when knitting the first row.

[Knit Chek](#), needle measuring gauge or [needle sizer gauge](#) has graduated holes to check needles by size number to identify the needle size before starting a project and may have a hole to measure row and stitch gauge.

[Ruler on-line](#), [straight pins](#) and [tape measure](#): for accurate gauge measurement and checking project length.

[Scissors](#): keep in a case for safety so the tip doesn't poke through your bag. Tie scissors to the handles of knitting bag or small notions case with a length of scrap yarn. Keep a scissors next to your knitting chair so you don't take your scissors from your knitting bag and leave them home.

[Nail file](#) or [emery board](#) for your fingernails so they don't catch on the yarn and to work on a spot on a wooden needle that snags the yarn.

[Notebook](#) and pencil to keep knitting notes and about projects: yarn, date and amount purchased, dye lot number, color number.

Small transparent notions case to keep all easily lost small items together and within easy reach. This can be as simple as a zippered pencil case, a tin box mints came in or an old glasses case.

[Wax paper](#) to rub on wooden needles that become slow or develop rough and catchy spots.

Canvas or fabric knitting bag or backpack to organize, carry and not lose all your pattern, yarn equipment. Put some form of identification on it.

[What Knitting Tools Do I Buy?](#)

Part 2: Equipment not so necessary at first:

[Row Counter](#): used to record the number of rows completed. Twist the dials manually to advance the numbers on the counter as each row is completed.

[Stitch holders](#): in various sizes to securely hold stitches when not in use but which will be worked on later such as sleeves, thumbs and necklines. Scrap yarn works better and doesn't stretch out stitches.

[The Knitting Barber Cords](#) are hollow tubes that will hold sleeve stitches until you are ready to knit them or hold sweater stitches so you can try on the sweater as you knit it. Put the needle tip into the end of the hollow cord and push or pull the stitches easily onto the cord. 1-60" and 2-30" cords.

[Cable needle](#): a "j shaped" double pointed needle to temporarily hold stitches in the front or back of the work when forming cables. A double pointed needle, partially straightened out paper clip or sleek black hairpin women use to keep hair twisted into a bun works instead of a cable needle.

[Magnetic board](#) and magnet strips to hold patterns and charts to make them easier to read.

Blocking pins won't rust when pinning the project when blocking. They have large heads so they don't get lost in the project.

Yarn bobbins are small or larger flat plastic pieces with slots to hold the ends of yarn wound in small amounts. Used when adding small areas of color to your project.

Part 3: Notion notes: After knitting needles and yarn there are a few small tools necessary with which to knit projects.

Small scissors are a necessity to cut yarn, make fringe, or snip loose ends. Use scrap yarn to tie the scissors to your knitting bag handle so you know where they are for easy retrieval.

When using up dental floss, put the empty container into a knitting bag because the cutter is perfect to go on an overseas airplane without question to cut yarn instead of scissors and much safer around little fingers. Keep one in each knitting bag.

A [tapestry](#) or yarn needle is used for weaving in ends, adding decorative stitches and sewing together pieces of knitting. Tapestry needles with (small for embroidery) large eye openings for yarn, both metal and plastic, are sold in the embroidery department at Walmart or craft stores with the knitting needles, embroidery floss or plastic canvas. Larger eye opening tapestry needles with blunt tips (to prevent splitting the yarn) are sold at our local yarn store ([lys](#)). A favorite is [Chibi](#) with two bent end needles that come in a handy tube holder with a screw on cap, using the hole in the lid to put a yard of leftover yarn. Have scissors tied to the other end and the yarn is looped around the handle of my favorite knitting bag or pocketbook, so they're both easy to locate. You want to know where your sewing yarn needles and scissors are when it's time to sew in the ends of your finished hat or garment.

Keep a bright piece of yarn in your tapestry needle to be able to find it. Fold your thread or yarn and hold the fold tightly between your thumb and first finger to thread it through the needle eye.

An old eye glasses case that will snap shut works well to keep a small pair of scissors, tapestry needles, pen, pencils, markers, post-it notes for keeping track of where you are in your pattern, crochet hook and double pointed needles.

Or you might use a flat travel-size "baby wipes" container or open-at-the-top plastic school container to carry stitch markers/ring markers/coil-less safety pins, tape measure to measure yourself or anything curvy, ruler/[needle gauge](#), row counter, scrap yarn and other [essential tools](#).

A small hotel-size plastic bottle of hand lotion in your knitting bag to soften rough or tired hands and a nail file/small emery board to file a rough spot on your fingernail. Also carry a travel-size bottle of baby powder or corn starch to keep hands dry, knitting clean, help yarn glide smoothly around your fingers, prevent perspiring and the yarn sticking to your fingers in warm weather.

Row and stitch counters are available that slip on a straight knitting needle or the cord of a circular needle. Also tie a piece of scrap yarn through the hole and pin it to double as either the right side marker and/or at the beginning of the round of a project on circular needles.

A cribbage board makes a good counter for intricate patterns. It counts by moving a peg when a row is completed. One board can keep track of up to three patterns or projects at a time using one pattern or project per peg color.

Various size plastic zipper bags can be used for storing everything and are a main staple in a knitting bag to hold small projects, patterns, circular needles, the end of a skein of yarn, notions, pattern or miscellaneous notes, and 3x5 cards for pattern rows. The snack size bags hold needle point protectors, stitch markers, waste yarn, etc. These bags are light, inexpensive, stay closed, don't take up much room in a knitting bag, keep you organized, and to see what's in each one.

To keep knitting tools within reach next to your knitting chair, use florist's foam (the green stuff that comes in brick shapes). Poke knitting needles, hooks, sewing needles, pencils, and even your gauge measure into it.

There are lots of tools available to make knitting go smoothly. As your skills progress, you will add to your supply of notions but start with these essentials.

Collecting [knitting bags](#) is another whole hobby. It is good to have a different project in each bag. There is a time to carry small projects to a doctor's appointment or keep an afghan project in a large bag. Put an **ID tag** with your name, address, phone number and email on your knitting bag so if you lose it, there is a better chance of its being returned to you. If you are part of a crafting group and share tools, tie bright ribbons on the tools or knit and monogram something like tiny blue mice and tie them to your tools.

[New Knitting Products Roundup, Part I](#) and [Part II](#)

Part 4: [YARN BOWLS](#) There are many different options to keep your project yarn from rolling around on the floor. There are yarn bowls made of ceramic and wooden material. Ceramic bowls don't like to come in contact with glass and metal library doors when entering for a knitting

meeting and have broken. But you may have an empty Cool Whip bowl or smooth basket at home that will work quite well, especially if you add a small binder clip to hold the yarn strand through the middle of the metal clip arm. Or your yarn could be held in a cardboard shipping box, empty tissue box, empty clean ice cream container(my favorite) or colander. These, however, do not keep yarn away from pets. I received my yarn bowl as a gift but they are not an essential until you have one. A soup turbine or teapot where yarn is threaded through the spoon opening or spout would hold yarn but it would keep your yarn captive.

SECTION 24: KNITTING NEEDLES—I order Knitters Pride Zing, Nova Platina, Nova Cubics Platina and Royale needles from <https://www.handsomefibers.com> in Oregon, don't get charged shipping and receive them within a week. They also carry Addi; ChaioGoo; Lantern Moon; LYKKE; and Knitters Pride Ginger, Karbonz, Mindful, SmartStix.

It is important to have the right tools for your project. The only tools a beginner needs to start knitting are a pair of size 8(5mm) wooden straight knitting needles, #4 light colored acrylic or wool yarn that matches the size of the needles and a determination to learn. Knitting using a medium size (7-9) needle is advised for beginners since they are easier to handle with the medium worsted (#4) weight yarn.

Straight wooden knitting needles have a point at one end and a stopper at the other end and, like the ones you may have learned on, are good for beginner knitters. Straight needles come in 10" and 14" lengths. Straight and double pointed needles (straight with a point at each end) were essentially the only type needles available for my grandmother to use until the mid-1900s. But only smaller flat projects can be knit on straight knitting needles. Parts of projects can be sewn together to make larger ones like a sweater or an afghan made in strips. But the problem is that most of the weight of the project is on the needles which can cause pain in your hands, wrists, back and shoulders, especially as you get older. You are limited to the number of stitches that will fit on 14" and the stitches fall off the needles more easily.

Knitting needles can be wood, plastic, metal and glass in different sizes, shapes and types. There are two numbers that refer to the width of knitting needles. One number is a US size number from 0 to 50, from small to gigantic, usually with the number on the end of the straight needle. The other is the actual metric millimeter (mm) size of the diameter, how wide they are such as 4.5 mm, which is how the rest of the world outside of the United States, refers to the size of knitting needles. Needles can be round, square, hexagonal and triangular. The square needles are said to be easier on arthritic hands.

<u>US Size</u>	<u>MM Size</u>	<u>(The Rest of the World Size)</u>		<u>US Size</u>	<u>MM Size</u>	<u>US Size</u>	<u>MM Size</u>
0	2mm	5	3.75mm	10	6 mm	15	10 mm
1	2.25mm	6	4 mm	10.5	6.5 mm	17	12.75 mm
2	2.75 mm	7	4.5 mm	10.75*	7 mm	19	15 mm
3	3.25mm	8	5 mm	11	8 mm	35	19 mm
4	3.5mm	9	5.5 mm	13	9 mm	50	25 mm

*The US Size 10.75 is my favorite KnitPicks and Knitter's Pride needle for making double stranded size 3 baby yarn or Hobby Lobby I Love This Yarn worsted (#4) baby blankets in states north of Florida. It is just that much smaller (a full millimeter) than US Size 11 which the baby could stick their fingers into the double strand baby yarn stitches made with a size 11.

Knitting needles should be light weight and flexible enough to permit knitting long hours without making your hands and shoulders tired. They should be designed to slide easily through the stitches without splitting the yarn and have the right point for the yarn and project. Needles need to match the project—single point or straight for dishcloths; double point or sock needles; short circular for sleeves, round neck ribbing, small seamless projects like hats and long circular for afghans and sweaters.

RULE OF KNITTING: The needle is about twice as thick as the yarn. Thicker needles will make looser fabric, thinner needles form a denser fabric, depending on the yarn.

If you have an unfamiliar yarn and do not know which needle size to use, double the yarn and thread it through your [needle measuring gauge](#) holes. Choose the needle size that the yarn fits the hole best without being too tight or leaving gaping spaces. You still need to knit a gauge swatch to double check.

It is wise to invest in a [needle gauge](#) with both American and metric-sized numbers to help determine the size of an unmarked knitting needle. However, a US Size 8 may not be the same as a metric size 5 as sizes often differ slightly between manufacturers. Before starting your gauge swatch, check the size of unmarked circular, straight, or double-pointed needles with a [needle sizer](#) (also called [Knit Chek](#)) to determine the size. They can be loose in the needle measuring gauge too.

Mark the size of your double-pointed and circular needles that don't have the size on the needle with a fine-point permanent marker with the same number of dots, such as four dots for size 4.

Different needle finishes work better with different yarns. Especially when using a "fuzzy" or "sticky" yarn, use a metal needle so the stitches slide easily. Try different needles to see which ones glide most easily through your yarn and work best for you. It is recommended to use bamboo needles especially for cotton yarn and beginner knitters which make it easier to keep stitches on the needles. Metal needles are more slippery and recommended for wool and knitters with some experience.

Needle tips (points) may range from extremely sharp to blunt and affects the ability to manipulate stitches in the project. Lace knitters, tight knitters, those who do cables and pass stitches over doing decreases may prefer sharper points. Fuzzy and novelty yarns or yarns that aren't tightly spun and tend to split are often easier to manipulate with a blunt tip. Use another strand of the same color number 3-DK or number 4-worsted when knitting with novelty yarns such as fun fur and hold it up to the light to see your stitches.

Try a different type needle if you seem to knit slowly, if it is clumsy, or if the stitches fall off. How smoothly your work goes can depend on the material or type needle tip you are using. Going from a plastic needle to a metal sharp-tip one makes a great deal of difference in speed.

Rub Cutrite wax paper over bamboo needles to make the needles smoother and knit easier. If wooden needles begin to feel sticky, rub them with fine steel wool.

Keep the inventory of your needles on a note card in your pocketbook so when you are shopping for a new project you'll know if you need to buy needles for a project. Trace the circles from a needle sizer, write the size numbers underneath circles, fill in circles with the type needles you have – dpns, 16" bamboo circular, 14" straight needles.

Sizes 0-3 are good for using fine yarn to make fine lace or sock yarn to make socks.

Sizes 4-6 are good for using #3 baby yarn to make baby projects or light weight sweaters.

Sizes 7-9 are good to use with #4 worsted yarn for hats, scarves, mittens, etc.

Sizes 10, 10-1/2 and 11 are good for bulky (#5) yarn for shawls, lap robes and blankets.

Sizes 13, 15 and 17 are good for super bulky (#6) yarn for heavier blankets.

SECTION 29: MARKERS are small circles of plastic, metal, rubber or contrasting color and texture yarn. Commercial ring markers are cute little plastic, metal or rubber circles sold in a craft store yarn department but can be very expensive, especially with charms attached, and easy to lose. Rubber bands from the orthodontist, paper clips, jump rings, a cut drinking straw,

loose-leaf binder paper reinforcement tabs, old "onesie" hoop earrings, color rings that go on the bottom of replacement electric toothbrushes, inexpensive wine charms, thin metal washers, rubber gaskets used for small engine repair can be used as markers. A coil-less safety pin in a split-lock design can be slipped around a stitch to mark a fumble, for buttonhole placement or other temporary reasons.

Fancy stitch markers make a quick gift by putting a bead or two on a jump ring.

Stitch markers are placed on the knitting needle and moved from left needle tip to right needle tip to move with the row as you knit showing where to make increases, decreases or change the stitch pattern such as a border or when counting stitches when casting on the project.

Put stitch markers between both simple and complicated pattern repeats to help do a quick scan of the working row just completed to catch a fumble before it is several rows back.

Use stitch markers (sometimes called place markers) to help concentrate and pay attention to details in the pattern. Use one color marker to keep track of the number of stitches on your needles and use another color or type of marker to indicate to stop and pay attention to the pattern. If one marker doesn't work, I've had to use two markers when my mind wants to take a trip without me. If you are distracted easily and hate having to rip it out and knit it over again, do whatever makes things easier for you. Ripping is a part of stitching. When it's necessary, just do it.

Use embroidery thread or smooth yarn scraps like cotton (left after weaving in dishcloth ends) to tie into a knotted circles to make contrasting color markers to show the beginning of the round in circular knitting, to mark every 20 stitches when casting on so they don't have to be recounted, to mark every 20 rows, or tied to a stitch to mark the right side of the project.

An added bonus is the same stitch marker can be used as a progress tracker. When starting a knitting session or also known as happy me time, adjust the stitch marker to point of the last completed row on the right side and begin knitting. When your happy me time has ended, you will see how far the project progressed, unless you talked more than you knitted.

Keep markers in recycled prescription bottles or a small tin.

When you are ready to decrease for a hat crown, when knitting the last row of the body of the hat, place markers separating each multiple of stitches where to knit the 2 stitches together before the marker. See my decreasing chart at the end of *Knitwiser*.

Use a set of colored markers to highlight which pattern instructions to follow at that point on your row. This method works no matter how simple or how complex the pattern is, especially if your project is put down for a few days. Write a key on your pattern for what the different colors designate. [10 UNUSUAL ways to use stitch markers every knitter should know](#)

On a large project, use a removable marker or tie a different color string when you start knitting to see your progress and motivate yourself.

When all else fails and you need a marker immediately, use the opposite end of your skein of yarn. Put the end through the point to be marked. You might wrap it around a stitch to hold it. If I want to count the stitches on a row of a hat, I'll pull out enough yarn for a row and a half, form a loop of the yarn and put the loop through the starting point to be marked.

Do not be afraid to use markers as your helper, even when you think you do not need them. It's better to have and not need than need and not have. You'll wish you had had them when you forgot to knit border stitches several rows back. If one marker doesn't remind you, use two!

If you slip them from the left needle to the right needle, tip to tip as if to purl, they won't be as likely to fly off and get lost, although they will sometimes. That is why you need lots of them.

A hint to keep markers attached to your project so you don't lose ring markers:

Put a folded 4 or 5" strand of scrap yarn through the ring marker and then thread the ends of the yarn through the folded loop so the yarn is held around the edge of the ring marker. As you knit, with the marker on the needle, knit one of the strands into one stitch to hold the marker to the project, in case it tries to get away, get lost, and it can be moved up the rows as necessary. Be sure to knit one strand with one stitch to reattach it after you move the ring marker.

Use [markers to separate pattern repeats](#) to make it easier to catch increase or decrease fumbles or if the pattern requires a lot of counting. If you have to continue to count an area of stitches, do yourself a favor, save time and put a marker every 10 or 20 stitches and then count groups of stitches such as when casting on. Put markers where blocks of different stitches should be knit.

In patterns, M or m stands for marker, PM or pm is the abbreviation for place marker, SM or sm stands for slip marker. A pattern that moves markers on the same line will have a mm abbreviation.

Learn how to [make your own](#) charm stitch markers or [beaded stitch markers](#). In Bradenton, Jennifer Wiles Studio, 4041 Cortez Road West, carries charms, beads, and jewelry making supplies and on-line at jenniferwilesstudio.com Look there to see what's available. There's an open knitting group meeting there too.

Move markers from needle to needle with the tips pointing at one another to try to avoid dropping the markers or have them flying away.

Put a split marker or coil-less safety pin on the first stitch of the first row of a pattern repeat and move it at the beginning of the next pattern repeat. It is easier to count the pattern rows to remember which row you are on. Put coil-less safety pins or scrap yarn to mark a decrease or increase (D/I) row to show where the D/I are to help make them evenly down a sleeve, etc.

Periodically, as you knit count the number of stitches between the markers to make sure you have not dropped or added a stitch without having to count the entire row.

When going from purl to knit, be sure to put yarn back in the knit position before moving the marker or it may become entangled in the stitches and can't be moved. If you carry the yarn over over the marker, you will get the yarn tangled in the marker, knit the marker into your project and may not be removed without cutting it. Be sure to keep your markers at the front of your work to see them.

Make slip knots of scrap contrasting color and texture yarn to use as stitch markers. One problem with using yarn markers, be sure to keep track of where they are or you might accidentally knit them into your project. To avoid this is to use different size, content and textures of yarn for your marker different from your project, such as cotton with acrylic projects, boucle' markers with baby yarn or bulky wool markers with sport weight acrylic. Use large stitch markers for lace knitting. Put markers between patterns so they won't get lost in the yarn overs.

If you don't have a marker, there is usually the other tail of the yarn that could be used as a marker. To stop on the next round, pull out more than enough yarn to be knit (3-4 times the width) before reaching the marker. Place a loop of yarn between the stitches at the point in your knitting that needs marking.

PART C: ALL ABOUT YARN

SECTION 26: YARN LABELS (also called yarn bands or ball bands) contain a wealth of information. It is important to learn how to read a yarn label and understand how to use that knowledge in your knitting projects. The label will tell you how to care for your project once it is knit. The length of yarn in the skein is important to have enough yarn for the project before

starting the project. Keep your yarn labels to refer back to when you don't remember the care when it gets dirty or how many skeins or balls you used.

[How to Read and Understand Yarn Labels - YouTube](#)

[FabricCareSymbols.pdf \(cleaninginstitute.org\)](#)

[How To Read Yarn Labels \(A Beginners Guide To Ball Bands\)](#)

[How to Read a Yarn Label for Beginners](#)

Get the Yarn Label Cheat Sheet PDF [here](#).

Read what the yarn label says about the content and care of the yarn, the manufacturer, the yarn's brand name and identifying dye lot number of the color, the yarn content (what the fibers contain), the weight in grams and ounces, the length in meters and yards, the expected gauge, suggested knitting needle and hook size to use for the yarn and **how to care for the yarn**.

Please keep your yarn label because it is very important, especially for the care of your project. If your project is a gift, include the label with the gift so the recipient knows how to care for the item. There will come a time when your project needs to be cleaned or washed. You need to know how the project will act when washed or cleaned. You don't want all your hard work to shrink and be firm so it will not be able to be worn or used simply because you washed the project the wrong way. If the yarn is acrylic or super wash wool, you may wash it in the washing machine on the gentle cycle, preferably by itself or in a mesh laundry bag and machine dry it, according to the label instructions. If it is a wool or wool blend yarn, it needs more special care, washed in a special wool wash solution named Soak or Eucalan, NOT Woolite, which is very harsh to wool. Also handle it with care when wet so it doesn't stretch and dry laid out flat according to the schematic in the pattern. See Care (Section 82)

To help prevent losing a pattern, clip it to the yarn label for the project to keep the pattern and yarn together.

What you knit is important to gaining confidence. Choose a pattern you want to wear. It doesn't have to be a boring scarf but could be a shorter cowl. But also try not to choose a complicated project that is going to cause you stress when you are a beginner.

SECTION 27: [YARN WEIGHT](#) refers to the thickness of the strand of yarn. As a beginner, use yarn between super bulky (#7) and DK (#3), because these yarns are thicker and will allow you to see your stitches easily. Thicker yarns are also more comfortable to move in your hands than a thin yarn, giving you more control over your work. Yarns to avoid as a beginner are fingering yarns or thread, as these can prove too intricate for anyone new to the crafts of knitting or crochet because it is more difficult to distinguish the separate stitches. Learn more detail about the various yarn weights in

[Yarn Weights – A Beginners Guide](#)

Yarn	Yards per	Size
Weight	pound	Needle
Common name and uses for different yarn weights;		
#0: Lace Weight Yarn – Lace knitting/crochet thread	2500	000-2
#1: Super Fine/Fingering Yarn – Light eyelet/socks(yarn with nylon)	1675-2100	1-3
#2: Fine Weight Yarn – Light sweaters/baby items/accessories	1350-1650	3-5
#3: Sport in US -children's clothing, lighter weight sweaters DK in UK–and other garments for summer or winter, lightweight scarves. twice as thick as #1 yarn	1100-1300	5-7
#4: Medium/Worsted Weight Yarn– Sweaters/blankets/hats/scarves, twice as thick as #3 yarn	900-1100	7-9
#5: Chunky/Bulky Weight Yarn– Rugs/jackets/blankets/hats, twice as thick as #4 yarn	500-800	9-11
#6: Super Bulky Weight Yarn– Heavy blankets/sweaters/rugs/hats, three times as thick as #4 worsted yarn		13-15

#7: Jumbo Yarn— heavy blankets/rugs, twice as thick as #6 17-19
Yarn weights are given (from 0-7) and the other common names that type of yarn is known by.
Note: knitting needle size numbers are given both in metric and US sizes.

The yarn weight chart above and [here](#) is a good place to start to determine which size needle for which yarn number to use for a project.

[Understanding Yarn "Weight"](#)

[Standard Yarn Weight](#)

[Understanding Yarn Structure and How it Affects Your Knitting](#)

[How Caron One Pound Yarn is Made | Yarnspirations](#)

[Learn How Red Heart Yarn is Made - YouTube](#)

[How Yarn is Made - YouTube](#)

[How Cotton Yarn is Dyed - YouTube](#)

[How Cotton Yarn is Made into Yarn Cones & Yarn Balls - YouTube](#)

[How Linen Is Made - YouTube](#)

[Yarn Types {Everything You Need To Know!} | Handy Little Me](#)

[Let's Talk Yarn: Understanding Wool, Silk, and Bamboo Fiber Blends for Knitting](#)

SECTION 28: YARN usually comes in a ball, a skein, a cake, a hank or a cone. Skeins, cakes and cones of cotton are usually found in Walmart, Joanne's and Michael's. Balls and hanks are usually found in your local yarn store ([lys](#)). Hanks are circles of good quality yarn, can be folded straight or sold in twisted into pretty braids. They may be hand dyed in various substances from 100% wool to blends of cotton, alpaca, silk, corn, milk, acrylic, etc. Hanks need to be wound into balls or cakes before they can be used. New knitters would be wise to start with a pull skein of acrylic from Walmart, Joanne's or Michael's.

Compare different colors of yarn side by side in direct sunlight, if possible, to see how the colors will actually look when they're put together in a project.

SECTION 29: CHOOSING YARN

Choose a yarn taking into account the project shape, stitch pattern and yarn that must all work together for a successful knitting or crochet project. Usually the more colorful the yarn, the simpler the project shape and pattern stitch should be. One light color yarn will show up the texture of the stitches, like cabling and more complex stitch patterns. If you are using variegated or a highly textured yarn, don't bother with complicated stitches because the stitches won't show up as well. Use stockinette with a border of garter stitches, seed stitch or ribbing.

Good quality yarn comes in pretty spiral **hanks** for sale in local yarn stores. These hanks must be wound into balls or cakes before beginning to knit with them. The yarn store should do this for you. If not, read about winding the yarn into a ball, make a yarn butterfly or use a yarn [winder](#) in the next section.

Select the weight yarn (bulky, worsted, sport, baby) recommended in the project instructions. Many skeins of yarn have a **dye lot number** and others do not. Buy all the skeins of one color in the same dye lot. The dye lot is the number assigned to the color batch of yarn produced in a single dyeing session. Although the colors used in each dye lot is the same, there is a possibility the color might differ slightly, especially with variegated yarn. Check the dye lot numbers on the yarn label so they are all the same. Buy the best possible materials to make your valuable time count. Buy enough yarn to complete the project. If in doubt, buy an extra skein. If you end up with too much yarn use it for accessories or multicolored projects.

Other skeins are labeled as no dye lot yarns and are spun from already colored fiber. Be sure to purchase all the same dye lot number to avoid having odd patches of color in your project. If you can't avoid having different dye lots, introduce the new color alternating double rows of

horizontal stripes for 6 to 10 rows and continue on with the new skein so your eye will blend them together. Make it a design element.

Cotton, silk, soy, and bamboo are **non-elastic yarns** and should be used with patterns that don't depend on ribbing for fit. Use a pattern that hangs straight to highlight the drape of these yarns. How you want your project to drape will affect the gauge, yarn and needle size of your project. Any yarn can be knit in many gauges from loose to tight by changing the needle size.

When choosing yarn for a gift project ask "the" question of yourself, "Are they knit worthy?" In other words, will they appreciate it? Is the gift recipient worthy of your time, effort, and expense?

When [choosing yarn](#) for a project take into account the fiber or combination of fibers or material of the yarn, the color, texture, weight, thickness, and gauge. How do you expect the project to look.

The words yarn and wool are often thought to be interchangeable but they are different. Wool is only one type of yarn. Your eye will choose a yarn first by color but that isn't the most important trait.

The three basic materials of yarn are protein based fibers, plant based fibers and synthetic or man-made fibers. Protein-based fibers are animal products such as sheep's wool, mohair, silk, or cashmere which are warm, stretchy, soft and breathable. However, these fibers are not washable and tend to pill and felt. Plant-based fibers come from plants—cotton, linen and bamboo, aren't warm, absorb water, and are usually washable.

If you are unable to find the yarn listed in the pattern, substitute another yarn of the same fabric and gauge. The texture and fibers might be different but it is the gauge that counts. Compare all properties of your yarn to those of similar weight and fiber content for yardage, etc. If the label doesn't have the yardage listed, look up the info on the yarn website or on [Ravelry](#). Don't use cotton or linen with less elasticity that will require additional stitches to achieve the right fit when the pattern calls for wool and vice versa. Be sure to check the yardage on each yarn label to make sure you have the correct amount to finish the project.

[Choose a color of yarn](#) that looks good on you, definitely not the color only because the model is wearing it in the pattern. Again, look at the sweaters you already wear. Think about your favorite colors. This is the time to play it safe. Hold a skein of yarn up to your face in the mirror at the yarn store to help you decide which of two colors would look better. You might want to bring a trustful friend along who has a great fashion sense to help you pick out the right color of yarn. If you're spending a good deal of money on the raw materials for your sweater, you want to choose yarn that looks good on you and that you will enjoy knitting.

Choose your yarn fiber according to how you want your finished project to look and function. Some knitted garments are supposed to have structure like socks. Lace Shawls are meant to be ethereal and light. A cardigan is meant to have structure, shine and drape if it is made with both wool and silk. Other sweaters like a pea coat look best in a rugged tweed. Other projects will need to be able to be washed repeatedly like dishcloths. If you use the wrong yarn with the wrong fiber content or blend of fibers, your garments will not do what you want them to do. To choose the right yarn for your project:

If you want your project to be

Structured
Drapey
Washable
Shiny
Soft or not itchy
Very warm

Then choose a yarn that is primarily:

Wool
Silk or bamboo
Cotton or machine-wash wool
Silk or bamboo
Merino wool, cashmere or cotton
Alpaca or mohair

Purchase yarn by yardage, not by weight. Cotton yarn weighs more per yard than wool and even wools vary in weight. The yardage is usually listed on the label. If not, you or your local yarn store owner should be able to search the internet for the information so you have enough yarn for your project. Other information found on the yarn label might be fiber content, the best method to block the project, laundry instructions and suggested needle sizes.

The [Craft Yarn Council's](#) web site has important information about yarn, [yarn sizes](#), which needles to use with which yarn, [chart symbols](#), [how to read patterns](#), a chart of [knitting needle and crochet hook sizes and millimeter sizes](#), [standard body measurement and sizing charts](#), yarn label information and what the [care symbols](#) mean.

[5 Biggest Mistakes Knitters Make When Buying Yarn](#)

[9 TIPS to SAVE MONEY on YARN \(and knitting supplies!\)](#)

[Understanding Yarn Structure and How it Affects Your Knitting](#)

Ply is the number of strands twisted together during the manufacturing process to make a yarn. It is not a weight or class of yarn. It is the diameter of these plies that determines the weight of the yarn. As a general rule, the more plies of yarn, the less likely the yarn will pill and break.

Yarns can be made up of natural fibers, cotton, or man-made acrylic. **To tell if** a skein of yarn without a label is a **natural or synthetic fiber**, carefully put a match or grill igniter to a few small threads and burn them in your sink or other non-flammable surface with water available. Synthetics melt and fuse together, can [burn](#) rapidly like a match or candle and cotton may flame and smolder. If it is natural wool, it will smolder and smell like burning flesh or hair and may look like cigarette ashes. For strong hands, wool will break, acrylic will not.

Plant based yarns are the only man-made yarns that are not made as by-products of the oil industry. [Linen](#) and cotton are used to make a soft, breathable [textiles](#). The market for cotton and wool yarns came under threat with the introduction of acrylic into the fiber marketplace in the mid-1940s. The petroleum industry introduced [nylon](#) and [acrylic](#) by DuPont in 1936 and 1944 and created the first fiber synthesized entirely from petrochemicals.

How much yarn to buy? The probability of using a yarn different from the pattern's suggestion is good. So you may need to do a little math: Multiply the number of skeins the pattern calls for times the yards in the skein which gives you the total yards needed for the project. Now you need to divide that number by the yards in the skein of your chosen yarn and that equals the number of skeins you need rounded up to the nearest whole number.

[Math for Knitters: Knitting with Yarn Held Double](#)

If you aren't working from a pattern or are working at a different gauge than what the pattern recommends, it is time to estimate how much you need. This table gives yardage guidelines for various projects in a variety of gauges.

Estimated Yardage of Yarn for Projects
(will vary depending on your gauge and manufacturer's yarn)

Yarn Weight Category/Needle	Stitches per inch	Yards for adult hat	Yards for adult scarf	Yards for Adult S
1 Superfine/0-1	7 to 8	300 to 375	350 to 400	1,500 to
2 Fine/2-3	6 to 7	250 to 350	300 to 350	1,200 to

3 Light/4-6	5 to 6	200 to 300	250 to 300	1,000 to
4 Medium/7-9	4 to 5	150 to 250	200 to 250	800 to 1,
5 Bulky/10-11	3 to 4	125 to 200	150 to 200	600 to 1,
6 Super bulky/13-15	1.5 to 3	75 to 125	125 to 150	400 to 8

LionBrand has a chart about yardage requirements for projects: [How much yarn is needed to make different projects](#) using LionBrand yarn. It depends on how many yards are in a ball or skein.

Patterns are known for calling for more yarn than you'll actually use. Swatching takes some and you might want to change the pattern. It is always safer to buy a little extra yarn. The probability of it being discontinued is good. A pattern with ribbing or cables takes more yarn than stockinette stitch, and your knitting tension may vary from the designer.

When starting with a new skein of yarn, ALWAYS TRY to pull the end of the yarn from the center of the skein to help prevent tangled yarn and to keep the skein from rolling around when the yarn is pulled. The skein was formed from the center. There is also a difference in the nap of the yarn. If you pull from the outside of the skein, the yarn is twisting every time it unwinds from around the skein which should be untwisted or will eventually result in a mess of very tightly twisted yarn.

[Finding the center starting end](#) of a yarn skein is one of the most frustrating parts of knitting. First, look to see if you find an outside end running into the center of the skein. Pull it out to prevent it from tangling around the center starting end. This is the finishing end when the yarn was wound into a skein at the factory. *The beginning end should be at the opposite end of the skein.* Push the ends of the skein toward the center to "spread" the center open and loosen it. Next, dig down with your fingers into both ends into the very center of the skein, grasp one of the innermost wraps and pull out a center strand or the most center section of yarn, hopefully with the beginning of the skein, pulling until there is only one strand. "Usually" the starting end will appear using this method. This clump is called yarn barf, yarn burp or yarn vomit. Wind the excess around the starting end of the skein. You'll knit it up soon.

There is supposed to be a secret or "trick" to finding the center starting end of yarn skeins on the label. If the printing on the label is written horizontally, pull out the starting end from the right where the words end. If you read the label vertically, the end will come from the bottom of the skein but none of these are fool proof. There is a YouTube video about finding the end of the yarn that tells the exact opposite instructions. The worst culprits to finding the starting end that I've found are the "pound" skeins, which sometimes are only 10 ounces! Get the picture? Good Luck and try until you succeed! Most of the time success comes. You're going to knit up the excess yarn pulled out.

SECTION 30: YARN WINDING If your yarn skein isn't pulling from the center, [rewind the yarn](#) into a loose *center-pull ball* or yarn butterfly (in next paragraph) so it pulls from the center or use a yarn winder. Having a center-pull ball prevents the yarn from rolling around on the floor getting dirty and lets you find where the yarn is knotted as you wind it. Rewinding yarn is also the time to look for loosely wound yarn, imperfections in the yarn or knots. This is the time to start a new cake.

To make a [yarn butterfly](#), wrap the end of the yarn around the base of your thumb or pinky finger for *a few rounds to anchor it* and then roll your yarn loosely in a figure 8 motion near the middle to tips of your forefinger and pinky finger. When you pull out your finger make sure the end of the yarn pulls out also. I wind the last 50 yards of a skein of my project yarn into a yarn

butterfly to prevent it from getting tangled. Tie a slip knot, wrap the last 5 yards around the center of the figure 8 and tuck in the end. The slip knot is an alert that you are coming to the end of the yarn to plan where the end goes.

[To wind a braided/twisted hank](#), untwist it by taking the end with the ball band through the loop beneath it. Lay out the circle of yarn and untwist circle. If you have a swift, open it up a little to receive the hank. If not, put two straight-back chairs back to back and drape the hank over the backs of the chairs. Gently separate the chairs until the hank is extended. Open up the swift a little extending the arms of the swift to accept the hank so it rests in the “V” of the arms with enough tension to be tight enough to hold the yarn but not so tight as the yarn binds in the “V”. The hank is knotted in several places to keep the strands organized. Once on the swift, remove the ties. Be careful because one or two of the knots includes the ends of the hank to use to begin winding a ball or cake. Figure out which side is on the outside. This takes some trial and error and twisting the hank so the yarn unwinds easily. Then wrap by hand or with a yarn winder following.

To use a [yarn winder](#) or [here](#), prepare the yarn hank to be wrapped by untwisting the ends. Place the circular hank on a [swift](#), a gadget with umbrella-like spokes or [4 pegs on 2 arms](#) that extend to hold the hank and revolve. Or you could have a friend or spouse [hold the oval](#)(at 17:34) hank of yarn or place the hank around two chairs placed [back to back](#)(at 15:00) and spread the chairs apart to tension the yarn.

One way to wind a ball of yarn by hand into a loose center-pull ball from a hank of yarn: hold the beginning strand separate, wind the yarn a dozen times around your hand, remove, put wrapped yarn parallel next to your hand and wrap another dozen times around the yarn and your hand or at least over two of your fingers repeating these steps to keep the yarn loose throughout the winding of the entire hank holding the beginning strand separate to pull from the center.

Two important points about **wrapping yarn into balls**:

1. Hold the starting end by wrapping the yarn several times around the base of your little finger to create a center pull ball.
2. Be sure to wind the yarn LOOSELY over two of your fingers as you wind. If yarn is stretched when wrapped tightly into balls it will bounce when dropped. When knit and the wool yarn returns to its original length it may cause your project to look puckered and uneven or you will think your project shrank once the yarn gets its memory back.

Only then cut the strands holding the hank of yarn, find the one with the hank ends and make sure one end is unwinding on the outside. Firmly attach the [yarn winder](#) (at 3:30) to the edge of a table. I use a thick knitted hot pad to protect the table from damage and get a secure tight fit on the edge of the table.

Adjust the metal wire guide pulled out from the base of the winder until it clicks into place and stands straight up by itself. Thread the beginning yarn end through the metal wire guide or wrap the yarn around and through the coil to get the yarn to the center. Put the yarn end into the two slits at the top of the tube of the winder where the yarn winds around. Begin to slowly turn the handle. With your left hand fingers, gently hold the yarn threading into the metal wire guide with the coil to maintain a little tension on the yarn being wrapped by the yarn winder. Turn the handle only one way. Maintain a slow to medium speed but don't wind too fast so the yarn ball doesn't fly off the tube (it happened when the wrapped yarn was too loose) or be wound so tight that the yarn stretches. Holding the yarn (as it is being wrapped by the yarn winder by the handle using your right hand) also helps find knots or other defects in the yarn in advance to cut them out and start new cakes.

Be sure the metal wire guide with the coil stays straight up to prevent yarn from winding around the bottom of the tube and into the gears. If so, the tube may be able to be twisted off and the yarn pulled out of the gears by moving the handle back and forth and gently pulling the yarn through the gear. With the same left hand maintaining tension on the yarn to keep the ball from flying off, I have one pinky finger on my left hand wrapped around the bottom of the metal arm with the coil attached, at the bottom of the yarn winder, to make sure the arm stays pulled out and standing straight up so the yarn doesn't wind around the base and into the gears.

When finished winding the cake, pull the end of the yarn off the center of the tube first before removing the cake. Roll up the yarn label and insert it into the center of the cake as you slide the cake off the yarn winder. If when wound the cake seems too tight or feels hard, I will rewind it from the center strand to loosen it up so the yarn isn't stretched. The yarn ball or cake should be able to be squeezed but not be hard enough to bounce like a ball. I have wound a 300 yard skein from both ends of the skein and left the middle of the yarn attached between both cakes when there weren't any knots. Cut the yarn at a knot and restart a ball to eliminate hiding a knot or use the [Russian Join](#) to join the ends together into a single strand and then there are no ends to have to weave in. When finished winding the yarn, tuck the yarn end under several outside strands or use a small 2-inch or smaller [hair clip](#) to hold the yarn end to the cake. Sold in Dollar Stores with many on a card, these clips flip the ends forward and back to hold or release the yarn end from the side of the cake. [Avoiding Excess Twist as You Knit](#)

Knit a cake from the center pull strand for the least amount of twist to the yarn. If you want to knit from the outside of the cake, use a lazy susan type device with a spindle to hold the cake or wind on a toilet paper core and use a toilet paper holder or similar type spindle for the cake to be placed to unspool the yarn to keep the yarn from twisting. Sometimes the cake will only have to be unwound to eliminate the twisted yarn.

Other items to use when [hand winding](#) a ball from a skein of yarn is an old medicine/tablet bottle, paper towel or toilet paper tube. Put the starting end of the yarn inside the bottle and place the lid on top. For the tube, cut a slit on the edge and slide the end of the yarn into the slit so the end of the yarn is inside the tube. Start wrapping the yarn loosely into a ball without wrapping the top making sure to wind the yarn around the ball AND two fingers to keep the ball from becoming too tight. When finished, take the top off, pull out the bottle or tube and pull out the starting end.

The Scandinavians have a yarn-winding stick called a [nøstepinde](#) or a large dowel or the handle of a wooden spoon may be substituted. Anchor the starting end of yarn around the neck of the nøsty a few times between the handle and the tapered top part. Starting below the center of the tapered section, begin loosely winding the yarn putting the wraps diagonally next to each other while turning it, until you have about 1½" of wraps. Reverse the diagonal wraps building "a nest" proceeding slowly being sure each diagonal lays down next to one before. Keep winding diagonally loosely back and forth while slowly turning the nøsty. The ball will look similar to a football standing on end. When the ball is done, slide it off the nøsty maintaining the center pull strand.

Use a clean knee-high nylon stocking (that might have a small run and can't be worn again) to slip a yarn ball into to keep the left-over yarn neat and let the ball or cake constrict as it gets smaller. Use a longish leftover piece of yarn to knot the bag closed, and cut off the excess of the bag above the tie.

Winding yarn is rote work but it gives a knitter time to feel what the hank of yarn wants to be. Let your imagination run wild to collect ideas of what to make that would look best with the yarn.

Yarn and threads have a nap or "**right**" way to work with them. When you run your fingers down the yarn pulled from the middle of the skein, especially a fluffy yarn, you will see the threads coming from the yarn are going down--the right direction to work with the yarn coming from the center of the skein. If you run your fingers down the yarn on the outside tail, you will see lots of tails sticking out, working against the nap of the yarn. Like most threads and yarns, working against the nap of the yarn makes it more likely to twist and knot.

Yarn skeins are wound into center pull skeins and meant to be pulled from the center so the yarn does not "un-ply." Pulling yarn from the center also assures you will not be pulling against the yarn ply or twist.

When I ripped out an unfinished project, I was able to partially **relax the wrinkles** from the yarn by winding the yarn around my salad spinner. You could use any large object such as a box, a swift or from your hand around your bent elbow. Tie it in three or four places with a contrasting color yarn. Using a microwave safe glass bowl or measuring cup, boil a cup of water in the microwave. Put the hank of yarn around the bowl or cup and leave it in the microwave for 20-30 minutes with the microwave off. Remove the yarn, reheat the water and repeat if necessary. Put the hank flat on a towel to dry completely and wind it into a ball loosely and knit it up. Or you may use a steamer. If you unravel an old sweater, wind the yarn loosely around a cake cooling rack that won't rust. Dip the rack into water, let the yarn dry on the rack to smooth out the kinks and then wind the yarn into balls.

When using multiple skeins of a color-changing yarn, make sure to keep the striping and color effects consistent by pulling all the skeins from the same direction and if they are wound the same.

SECTION 31: AVOIDING TANGLING YARN

Managing yarns keeps yarns from tangling by rotating the project clockwise one time and counter clockwise the next time, not continuously in the same direction when knitting flat. Repeat with every two rounds. In circular knitting to avoid tangling two strands, alternate by turning your project the opposite way you turn your project. Repeat this so your strands do not become hopelessly tangled around each other and save yourself a lot of aggravation.

Untangling yarn takes a lot of patience. It really isn't a tangled knotted mess, instead it got wound around itself. Look for the ends or a single strand on either side of the yarn clumps and follow it back over and under the strands. Use one hand with each end to wind a butterfly. Raise the yarn clump into the air. Gently shake it to get the yarn clump to untangle itself. It may need help to gently loosen the clump. Don't yank or pull on the clump to avoid forming knots. Gentle shaking and patience are essential.

The shape of the yarn can have an effect on yarn tangling. Balls tangle less frequently than skeins. Hanks should always be wound into balls or center-pull cakes before starting to knit from the ball or cake. The action of unwinding from the outside of the cake twists the yarn, especially if you are pulling both from the center and outside. Wrap a butterfly of yarn from the outside of the cake or skein before starting your project if you are using both ends of the skein to keep the strands from winding around one another.

Always pull out the ending tail from a skein to avoid it tangling on the inside of the skein to keep the end from winding around the beginning on the inside of the skein.

Leave skeins and commercially wound balls in their original shape and knit from the inside of skeins and outside of commercially wound balls.

Knit from the center of a skein or cake of yarn to keep your yarn from twisting and the cake/skein from moving around. Pulling from the outside of a cake will cause the yarn to twist. If you are pulling from both the inside and outside of the cake, the outside strand will wrap

around the strand coming from the inside of the cake. Wind off 15-20 yards from the outside of the cake into [a yarn butterfly](#) before beginning to make a Helical hat and prevent tangling with the center-pull strand from the same cake.

As you get to the end of the skein of yarn, it tends to get tangled. When you get to the point that the label falls off, rewind what's left. You may want to rewind your yarn into a ball before starting a project so if there is a damaged part of the skein or a knot, it can be avoided and a [Russian Join](#) created at that point. Your local liquor store receives stretchy mesh bottle covers that keep bottles from rattling around and may give you them to put around your yarn or use a knee-hi stocking or [yarn bra](#).

The process of knitting can loosen the ball or skein making the project more prone to tangles. Rewind a ball or skein for the last 50 yards to prevent tangling.

Knitting left handed can increase your chances of tangles because you might be pulling against the twist of the yarn.

Different types of yarn will tangle more from others due to the quality of the yarn. Wool and alpaca behave differently than acrylic or silk with different weights and strand lengths. Cashmere will tangle and pill due to its short length.

Knitting with more than one color or strand of yarn at the same time makes it difficult to avoid tangling. The more strands you use the more challenging it becomes to keep the yarns from tangling with itself or other yarn strands. Wind yarn around a spring-type clothespin or other type bobbin. Put the working end of the yarn or bobbin that closes automatically. Either holding the strands and letting the project unwind or specifically turning the project opposite to the way you have been turning the project will unwind some of the tangling of yarns.

There are knitting bags that come with multiple holes for different strands of yarn allowing the yarn to unravel from the skein without tangling as much. When confined skeins will not fall off a table and onto the floor. You might use an old cereal box or zipper bag with holes in different sides to keep several colors of yarn separated, organized and keep the yarn from falling out and end up in a tangled mess. A plastic food container from coffee, whipped topping or ice cream works with the edge of the hole taped to prevent the yarn from catching on the plastic edge.

Leaving yarn in its original packaging will inevitably result in its becoming tangled as it becomes less tight. Rewrap the yarn into a ball, cake or butterfly trying to pull from the center of the skein as often as possible. How the yarn is unwrapped on the outside of the skein can cause tangles so try to keep it from twisting. Keeping the yarn in a more compact ball or cake will help avoid tangling the yarn.

Securing the tail of the yarn attached to the ball or cake with a [hair clip](#) or binder clip, holding the project up and then letting the ball naturally untwist frequently will keep the yarn from tangling and twisting on itself. A sock knitter friend of mine who knits socks two at a time holds the yarn strands up in the air every couple rows, lets the needles hang and they will naturally untwist by themselves. Most knitters experience tangling yarn. Keep practicing regularly to get better at knitting and tangles will decrease but don't let tangles stop you from knitting.

Different stitches use different amounts of yarn. Ribbing, moss and [seed stitch](#) use more when the yarn moves forward and backward between the stitches. Over many rows this can be quite a length of additional yarn. Knit Garter Stitch does not create as long a fabric than what stockinette stitch makes and doesn't take as much yarn. So you have to use more yarn to make more rows of garter stitch to achieve the same length as stockinette. However, garter stitch is more thermal, creating a thick, heat-catching fabric designed to trap warmth between the layers of yarn as opposed to a single layer of stockinette stitch.

SECTION 32: YARN STASH is the amount of yarn you have accumulated in your collection for your knitting pleasure. Stash has been described as larger than a bread box but smaller than New Jersey. Collecting yarn is like chocolate—you can never have enough of either. My stash was a comfort to me during the pandemic, however, it is still too large.

I have two stashes of yarn, one in Virginia and one in Florida. My stash is a reasonable size – the size a knitter who acquired both her grandmothers and mother's stashes (but that's all been knit up) has been actively stashing yarn since Michael's started offering coupons in the dark ages. Purchasing yarn soothed my soul when I was upset, depressed or my sons were sick or in the hospital—two of them had extended stays but are well now. I am also storing multiple Works in Progress (WIPs) and ideas of what my next knitting projects will be, well at least maybe the next one. Every so often I inventory and give away some of my stash to other knitters who are more likely to use it in the next year. When I look at a skein of yarn, if *it doesn't give me joy*, it gets put in the donate or giveaway bag.

Having a stash is a big comfort to me. Having a stash is like having shelves of books in my home. I don't read as much as I want to, but I need to collect books so they're available when I get around to reading them. My shelves have too many books that aren't being read, and some day they may be given away or maybe I'll read one of them tomorrow. I think about my yarn the same way. Some yarns get purchased knowing the project they will be knit into starting this week in the same way I know I'll immediately read the latest library book.

Tools and supplies are essential to a creative person. Yarn is the notes that make music to knitters. We have rooms filled with tools to assist in our knitting: swifts, ball winders (doesn't everyone have a ball winder attached to their dining room table?), dpns, circular needles, yarn bowls in addition to yarn, all together they make up *our stash*. Clara Parkes in the Forward to her book, *A Stash of One's Own*, said,

"Yarn is as essential to us as paint is to the artist, flour to the baker, soil to the gardener. We can improvise on most of the tools, tying string into a stitch marker, sanding down a bamboo chopstick in a pinch. But without yarn, our hands are idle. As many kinds of yarn exist as there are people on earth. Each has a distinct structure and texture and behavior and ideal use. With so many options, and so many directions dictated by each choice, we require a healthy supply of materials in order to do our work." Every knitter might define *healthy* differently. Clara continues, "Most knitters dwell somewhere between 'Gosh, I love my yarn' and 'Am I a hoarder?' We stash yarn away so we can start a project in the middle of the night if we wish to but the relationship between yarn and the knitter goes far beyond simply being prepared. Yarn is more than a means to an end. It is a cherished commodity by crafters."

Being a proud member of YAA (Yarn Addicts Anonymous) means you don't wish to be cured! Yarn collecting is a whole different hobby from knitting, both common addictions.

Do you have a stash of chocolate or wine or both? Both may be absolutely necessary when the yarn misbehaves.

Do you collect more patterns from the internet than anyone can knit in 1000 years? You are not alone. Ravelry is addicting. I save patterns when I find them because I may not be able to find the pattern when I want to knit it. Or it may be discontinued!

If you don't cook there is no need for all those pesky pots and pans which means you also get to hide yarn in the kitchen cabinets.

A friend has an extra shower stall lined with stacking wire baskets. After all, it's great insulation.

At one time my bed was on stilts to accommodate more stash! A mattress will go on top of yarn bins for a guest to sleep on as well.

Not a permanent solution but if you are expecting dinner guests, a quick hiding spot for your current project is the dryer.

Why hide it, flaunt it. Keep yarn at hands reach with baskets and containers beside a knitting chair. A large plastic container doubles as a side table top. There are never enough surfaces.

Because I'm addicted to yarn and know there is not a 12 stitch, no I mean 12 step program to help yarnaholics like me (because I don't want to be cured), I admit I am a member of the SABLE (Stash Accumulating Beyond Life Expectancy) Club. There is more yarn in my homes than food. Because I have a SABLE and won't knit it all in my lifetime, I'm still not able to stop buying new yarn, especially when it's on sale. There are a lot worse things I could do. At least I stay out of most trouble and it is a productive addiction. I hate to waste my idle time or TV time being idle when there are children, adults and seamen who need hats, scarves and [mittens](#).

I don't trust my Executor/son to not put my yarn stash in the landfill when I'm gone. So I have appointed two young yarn executors to take charge of the distribution of my stash, one in Florida and one in Virginia and everybody has everyone else's phone number.

SECTION 33: PROJECTS HALF DONE (PHDs), UNFINISHED OBJECTS (UFOs), WORKS IN PROGRESS (WIPs) or What I'm Practicing Last year I had to relearn to swatch a pattern, not start a project! I had too many half-finished projects. When we start too many projects and have too many UFOs we may feel unhappy and overwhelmed. The project has been around too long when they look like aliens because we forgot what the project was to be or what the stitch pattern was.

What happens when we see the perfect ([fill in the blank](#)) project and get that urge to cast it on? Or get the urge to learn a new technique or stitch that you've always wanted to know. It works to limit oneself to a swatch of the technique or stitch. It doesn't take as many hours or as much yarn and you get to learn and improve your skills. If it isn't as perfect as you thought it was going to be you haven't invested as much time and effort in another UFO.

You think the project is perfect. You say to yourself, "I want to look perfect so I'll make this project..." but you'll never be that skinny. Can you really "see" yourself wearing the project? You know it won't make you skinny and you'll create another UFO. Look up the pattern on Ravelry and look at other people's project photos to see if you still like it!

If the project is only going to use up some of your stash, unless it is for charity, do you really want to waste the time on the project. Teaching children to knit or volunteering would be better and you would enjoy spending the time being with different people. Try to give the urge to try a new pattern time to simmer. Will you learn something, will the project get worn and be becoming to your wardrobe? Is it the right color? Do you really have time to make the project? Don't create a deadline for the project unless it is years in advance. Have you ever timed yourself how long it takes to knit a row? Can you give the project an hour a day? How long is the project going to take? Can you finish another project first before starting this one?

SECTION 34: STORING YARN

Keeping my yarn organized is one of my fun activities so I can easily find a specific yarn in my stash and make it available to others. I separate yarns, especially wools, so they don't come in contact with other yarns. I use plastic bins with lids and large zipper bags. I use smaller bags for particular projects to hold the yarn, pattern, and any other accessories such as buttons, for projects I have put on my Future Projects List or for gifts. Other yarns are separate—three bins for cotton, two for wools, one for fingering weight yarns and delicate yarns. Zipper plastic bags hold decorative yarn. The acrylics get stored by color in separate bins.

Bins for storing yarn should be no deeper than a skein length to make it easy to see all of the yarn from the top. Keep yarn sorted by type, weight, color and ply to find what is needed for the next project easily. Incoming envelopes make good signs to show through the plastic and on the outsides of the bins. Several colors of DK weight yarn is stored together in a bin.

Put Silica beads packs in the plastic tubs, in case of humidity and away from sunshine. Also put a bay leaf in anything that is not sealed in case a bug should show up. Bugs do not like acrylic yarns. Manufacturers store their yarns in plastic on shelves and in boxes. Bugs do like wool so it is important to keep wool yarn out of the sunlight. Storing wool yarns in clear plastic in a closet or a place next to an inner wall where it gets minimal light and little heat is best.

It isn't necessary to keep acrylic yarns in plastic bags in plastic containers unless the yarn is for a project and you want to keep like kinds and colors of yarn together. New plastic bins should be aired out in the fresh air for a few days before placing yarn in it to eliminate their plastic odor. Then store your stash inside the plastic bin safely. If bins get condensation on the inside the yarn can develop mildew and have an odor. Use a bit of lemon verbena soap and liquid dish soap. Soak, rinse and hang to dry outside in the sun until dry.

Storing small amounts of leftover yarn: A trick for storing extra yarn is wrapped on empty toilet paper, paper towel, or aluminum foil rolls. These are especially good for delicate and specialty yarns. Cut the longer ones into several rolls. Quite a few small rolls can be cut out of long wrapping paper rolls. Wrap the yarn loosely around it, tape the yarn end to the roll, and tape the yarn label inside the roll. Smaller amounts can be used for a one or two row stripe in a hat, helical knitting, button covers, to sew faces on stuffed animal toys, make a little flower pin, add a little border on a hat or gloves, etc.

[Storing Your Yarn Stash and Preventing Pests](#)

[Get Creative With Your Yarn Storage](#)

[Protecting Your Stash: How to Safely Store Your Yarn](#)

PART D: WHAT DO I DO WITH THIS MESS?

SECTION 35: FUMBLES HAPPEN Fumbles are inevitable, but the stress associated with fumbles is what we do to ourselves. Hopefully these tips will help de-stress a project for you.

Admire your knitting frequently to double check your work. Look for fumbles on both sides frequently because fumbles are much easier to correct if they are within one or two rows from the working needle. Look for errors as often as the rows you might have to tinker or rip out. At first check every 2 rows (like tasting food before you serve it) or at the end of the pattern repeat. Check to see if it looks the way you want it to look and if there are any fumbles.

Like any other handcraft, you cannot knit without being willing to acknowledge fumbles, rip it out and re-knit it. Although this is part of the process and not fun, it increases the satisfaction level of your finished project knowing the extra effort it took to complete the project to the best "of your ability." You do not have to be a perfectionist or you will never finish a project. Refuse to be defeated by a minor setback!

Knitters in general are a little different from regular people in that we have a tendency to find humor in everything, including our fumbles. A fumble is something you do once. Knitting something so you do it consistently is a PATTERN! After all, a pattern is a suggestion or also known as a recipe!

A knitting teacher once said, "Once is a fumble, twice is a problem, three times is a design element." Turn a fumble into a design element! Do it again, be consistent and it is a design element or a change in the pattern. A fumble has also been called an "Angel Kiss." Only God makes perfect things and we are not perfect, no matter what the perfectionists tell us. Little errors are our human signature on our projects but I have been known to get writer's cramp from knitting too many signatures! It is more important to finish the project than worry about fumbles.

You are entitled to a 5 minute pity party and a good cry. Take a break, both for yourself and your knitting. Another goal for knitting is to be calm and relaxed. The easiest way to boost your confidence and ability to tackle any project is to know how to identify and fix your fumbles so your project will move ahead.

The #1 reason holding you back from becoming a good knitter is trying to learn how to identify and fix a fumble. Every knitter has been there. Making fumbles is part of the learning process. When a new knitter makes a fumble they learn how to fix it and remember. The light bulb moments are a reaction to correcting fumbles. Sometimes it may take making the fumble more than once for the light bulb to come on. Fixing a fumble or two is easier than ripping out your whole project.

There are MANY schools of thought on fumbles. No matter your expertise as a knitter, fumbles happen. The question is what to do: Leave the fumble and keep working or go back and fix it? You have to choose what is right for you. If it is worth knitting, it is worth ripping it to make it right. It is not as much fun to rip out part of a project, but you will be happier you did later rather than leaving a fumble you could have fixed, especially one that you'll always see later. The problem is compounded when the fumble is several rows back.

However, the fumble may also be your revision in the pattern. First Lady Lou Henry Hoover (wife of President Herbert Hoover) once said, "You and I are too busy to rip. If you make a fumble, make it again the next row and call it a new pattern. A prominent knitter has been known to ask the question if a fumble will be "seen by the rider on a galloping horse?"

If you make the fumble early in the pattern, or if you frequently make the same fumble, decide to make it part of your design. Your fumbles can't be crucial steps such as increases or decreases

for shaping, but for example if you find you are turning your cables the wrong direction, continue to do it consistently.

If fixing the fumble is an opportunity to learn how to do it correctly or you want to do your best for a gift, then it is tinking or ripping time. But an infant or its mother won't care if there is a small hole and you shouldn't either as long as the stitches won't come undone.

Knitting is like life, a little loopy, full of twists and turns...but in life we don't get the opportunity to tink it and start over. Re-knitting is a given, even if we put it away for a while. You get paid the same for putting the stitches on the needles as you get paid for tinking them off the needles. Enjoy each process. It is the journey - not the destination! Either way you're still knitting.

Most people polled, regardless of if they knit or crochet, will go back and fix the fumble, even if it makes no difference to the pattern. I hate fumbles even if nobody else would see it, but I would know it's there, so I have to try fixing it. However, no one likes to waste time to go back and fix a fumble that has no bearing on the pattern so we have to accept certain fumbles while knitting.

When knitting the only way to "sign" a piece is through a fumble or attaching a tag.

There are no knitting police. Another school of thought is from a recovering perfectionist who eventually learned, "done is better than perfect." However, if the stitch count in the lace pattern is adversely affected by a missed yarn over, the project does not fit or the fronts are not the same length, then it is ripping time.

SECTION 36: [TROUBLESHOOTING FUMBLES](#) – Learn to handle them, fix them and avoid others. We all make fumbles. If you knit, you rip! If you want your project to look good, you rip occasionally, put the stitches back on the needle (you will learn how to tink in the next section) and continue knitting.

When you make a fumble, the first thing to do is *don't panic*, keep calm and knit it again! Knitting fumbles are not critical, nobody died, but fumbles can be an opportunity to learn a new skill and learn how to avoid making the fumble in the future. Part of your learning process is making fumbles.

Common fumbles are dropped stitches, holes, twisted stitches, split stitches and stitches falling off the needle. Be sure to check the ends of the row for forgotten stitches.

Having a deadline for your project to be completed can force a person to accept fumbles. It often takes longer to go back and fix a minor fumble than it would to complete the work. If it doesn't change the overall pattern or is an easy fix with joining two stitches together, for example, it's often better to do that than to frog it and start again or rip back to the fumble.

Be gentle with your yarn. Some yarns don't hold up well being ripped several times during your learning phase. Depending on the fiber content and the number of plies of the yarn, ripping and/or frogging can be hard on good yarn. Single plies or loose plies can easily pull apart. Being kind to the project means being gentle when ripping back or leaving the fumble alone altogether if possible. Use acrylic yarn and a larger needle to practice a technique or stitch pattern. This will *save* wear and tear on your good yarn and learn without worrying about whether you will have enough yarn to complete your project.

SECTION 37: [TINK](#) is **Knit** spelled backwards and means taking out one stitch at a time with your needle or knitting backwards. When knitting, we make a fumble and have to pull it out, we rip it, rip it.

[Tink](#) Or Unknit? When you tink: If a fumble is within a row or two, tink back to the fumble. Tinking is tedious so take your time and when you reach the fumble, see what caused it so you don't do the same thing again. Take a deep breath, have good light and relax. It is only

yarn and nobody gets hurt. A knitted project is only columns of loops you are working with. You know there is a fumble and it can be fixed. Think of your stitches as a right side of the stitch or loop and a left side of the stitch or a right and left leg. You want to try to have the right side of the stitch to be closest to you when you put the stitch on your needle. Then your stitches won't be twisted.

To Tink is to take out one stitch or un-knit a few stitches as opposed to unraveling all the stitches in a row. If needed, put a coil-less safety pin in the project to mark the fumble. If you find the fumble on the working row or a row or two previous, [tinking](#) is the process. When tinking or unknitting stitch by stitch, to avoid the yarn getting caught between the loops on your needle, be sure the working yarn is in the front when taking out a purl stitch and in the back when taking out knit stitches, so the yarn is out of the way and to see where to stick the needle into the stitch. Pull the working yarn up to see the hole where to put your needle. It doesn't matter whether you are going forward or backward, you're still knitting!

It is important for the self-sufficient knitter to know how to correctly put *both* the knit and purl stitches back on the needle *with the right side of the stitch toward you* to fix the fumble. If the stitch is put onto the needle the opposite way with the leading leg slanting to the left, the stitch will be twisted and look different. Knitting into the front of this stitch will encounter tight resistance. So *knit into the back of the stitch to turn it around*.

It is easier for me to tink by turning the project around to the backside so I can see my stitches better and I am working with my right hand to tink. Pull the project knit stitches down to notice the stitch below the needle. That stitch is the one that needs to go back on the left needle. Pull the working yarn strand up to help expose the stitch where your needle goes.

Put the point of the needle into the stitch where the loop of the stitch is from back to front through the stitch below the working yarn on the right hand needle where the yarn is to be removed so the right side of the stitch will be on the needle toward you. The object is to follow the yarn with the needle point through the loop out of the stitch inserting the needle in the hole from where you are pulling the yarn, regardless of whether it is a knit stitch or a purl stitch. If it is a purl stitch move your yarn to the front and to the back if it is a knit stitch. Stick your needle into that stitch following the direction of the yarn and gently pull out the working yarn from the stitch with your right hand. If the needle is there holding the stitch before you pull the yarn out, you won't drop the stitch and you're not as likely to split a stitch. Proceed to tink the next stitch and repeat tinking back to the fumble, fix the fumble, turn the project around to the front and start knitting forward again. You might have to knit or purl into the back of a stitch to keep the stitch from twisting that wasn't put on the needle with the correct stitch mount with the right leg toward you. If you've got some decreases or increases in what needs to be tinked, rip to a row that is all purl stitches and tink it. [Advanced Tinking - verypink.com](#)

If you are tinking from the front side where you were working, insert the left needle securely into the stitch (front to back) where the yarn is on the right needle. Slip the loop off the right needle and carefully pull the yarn out of the stitch. Inserting the left needle before pulling out the yarn helps avoid splitting and dropping a stitch and prevents a "run" down the project.

Always try to fix a stitch on the "Knit" smooth side of the stockinette stitch where the columns of loops go through one another on the front instead of the "purl" or bumpy side where you have to pull the yarn through from the back and the bar is in front of the stitch. If the fumble is on the purl side, it is easier to turn the work around and repair the fumble from the knit side. [How to take out purl stitches in your knitting.](#)

When you knit the first row after tinking, if you find you have split the strands of a stitch and don't have all the strands of the whole stitch on your left hand needle, move the stitch to the right hand needle, find the strands of the rest of the stitch with the right hand needle, move the

whole stitch back to the left hand needle and knit it. If you find you have small split strands of yarn on your working row, knit the split strand together with a stitch beside the split strand.

There is [another](#) faster way than to tink each stockinette stitch or when the fumble is larger or occurred more than a few rows back. You need to frog (rip it, rip it), unravel or take out rows, which applies to part of the project, not the whole project. But before you rip, put in a lifeline or safety line as shown in the video and explained further in Section 40. If not, at least mark the fumble with a piece of scrap yarn or a marker.

Now you are ready to [frog](#) down to the fumble. Remove the project from the needles and carefully and gently rip the stitches (following the guidance of the frog video) down to one row before the fumble. If you haven't put in a lifeline or safety line, use a thinner needle than the one used for the project, usually working with your right hand from the back to see the stitches more easily and good light to be able to see what you're doing to put the project stitches back on a needle. Tink the last row carefully putting the needle into the stitch to follow the yarn as it unravels out of each stitch placing the right leg of the stitch back on the needle. Then knit or purl these stitches back onto the correct size project needle making sure your stitches are not twisted but looped with the right side of the stitch toward you. After frogging, count your stitches so you have the correct number of stitches. Be sure to start knitting again on the correct row in your pattern. When I have put the needle into the row of live stitches without tinking the row, the stitches didn't have the same tension and that row showed forever as not being right.

[How to Fix Knitting Fumbles Several Rows Down](#) It may take less time to take the project off the needles. Use a coil-less safety pin marker, piece of scrap yarn or double pointed needle to mark the fumble to know how far back to rip. Make a note on your pattern which row you are on and which row of the pattern has the fumble. Especially if your project is lace but with any project, put in a lifeline or safety line through the row below the fumble with a small number size circular needle or sew embroidery thread or crochet cotton through the right side of each stitch from front to back and to the front again catching the right side of the knit stitch to make it easier to put the stitches back on the needle. Be careful to look at the base of the stitches to stay on the same row and not pick up extra stitches by splitting stitches. If you have it use a smaller size circular needle because you never know on which side the yarn end will end up being on or use embroidery floss or in a pinch doubled sewing thread or waste yarn in a contrasting color.

Please don't rip out the whole project when it isn't necessary. This will wear out your yarn, and you may not finish your project.

Lay the project on a flat surface, table or the floor. Use your hand flat to hold the project two rows below and gently pull the working yarn out of the row. Repeat down to the row above the marker at the fumble ending at the end of the row. Using the tinking method above, put each stitch of the next row back on a smaller number circular needle (circular so you don't have to worry about which end you need to start knitting from). The smaller number size needle is easier to get into larger made stitches.

Count your stitches. If your project has a pattern, read your stitches aloud and compare them to the pattern. Look on the back of your project for stray bars that didn't become stitches.

Make sure your stitches are not twisted. The right leg of the stitch is supposed to be closest to you compared to the left back leg. If not, either [knit into the back](#) (8:48-9:20) of the loop or turn the stitch around using your left needle tip or fingers.

The test after ripping out: Does the repaired stitch look like the stitch beside it or as it is supposed to be in the pattern?

An urban dictionary defines **Frog**: To unravel a hand knitted or crocheted fabric, either partially or entirely. Frogging is taking the needles out of the project and pulling on the working yarn to drop out the series of loops that make up the knitted fabric. Often there is a lifeline placed in advance to prevent frogging past the fumble. The term originates with the similarity between "rip it" or unravel and "rib-bit" or the sound a frog makes. FROG also stands for Forever Ripping Out Goofs and is an acronym for Fully Rely On God.

A Frog Pond is when you have a whole pile of curly ripped out yarn on the floor next to you. Also a Frog Pond can refer to a group of projects needing to be ripped. Trip to the Frog Pond is used to refer to the time spent ripping.

Also you may try to ignore a fumble saying "no one will notice" and go knitting merrily along until you can't stand having the fumble any more (usually after you have lost sleep over it). You know it is there and it bugs you until you frog back to fix it before doing any more rows of knitting. If you enjoyed knitting it the first time, you will love knitting it the second (or more) time! You don't have to unravel an entire project when you have made a fumble.

Rarely do you regret frogging part of a project to make it look better. Or you could ignore the fumble for now and then frog it after many more rows further down in the project!

Contrary to popular opinion, I frog rather frequently reminding myself under my breath that I teach these methods! Don't be ashamed to rip out your work. Every knitter rips a row or two, sooner or later. You will feel more confident when you have re-knit that length of yarn. Unfortunately unraveling is a part of knitting. But I remember, knitting keeps my life from unraveling completely! [How to Unravel Knitting the Right Way - Sheep and Stitch](#)

SECTION 38: LIFELINES or **safety lines** are put into the project while knitting or afterwards so, if an error happens, it is easy to rip back to the point of the lifeline where the stitches are held ready to reinsert a smaller size needle and then knit onto the project needle. Lifelines are most often used in lace knitting. It is a good idea to leave lifelines in your project until it is complete. Put in lifelines every few rows or at the end of a pattern repeat to save a lot of frustration whenever knitting anything with yarn overs and is lacy or difficult stitch patterns.

Anyone who uses a Lifeline swears by using them especially when they have worked a lace or a cable pattern. Add a lifeline in plain stockinette stitches or any pattern, preferably on an all knit or purl row. A lifeline is used to prevent having to unravel the entire project when you have made a fumble, attempt to correct it, and can't pick up all the stitches of the piece you're working on. Insert the lifeline so the project doesn't rip any farther than a few inches of lost rows.

PRACTICE PIECE, insert an afterwards lifeline and follow the instructions below.

For an afterwards lifeline use a tapestry needle with a contrasting color lightweight strand of DK cotton yarn, crochet cotton or embroidery thread to go through the stitches of one row of the project when you know you have a correct part of your lace pattern, except if your project is white yarn. Then use a much smaller thread than the yarn because you don't want any dye to transfer to your project yarn from the lifeline. Be sure to use crochet cottons or "mercerized cottons" yarn or embroidery thread that will NOT shed dye onto your project. Leave very long tails so the lifeline will pull out easily, reinstall it or so it won't fall out.

[Insert a lifeline](#) using a smaller (preferably) or the same size circular needle by picking up the *right* leg of each stitch all the way across the row, usually on a totally knit or purl row, *below* your fumble making sure you stay on the same row. Be careful to look at the base of the stitch to stay on the same row and not pick up extra stitches by splitting stitches. Make sure you are able to see what you are doing with good light and your project is flat on a table. Now you can remove your original project needle, rip out the yarn that is necessary back to the repair row and your

stitches are waiting on the circular needle ready to start knitting again onto the project needle. The size of your stitch is determined by the right hand needle forming the stitch.

PRACTICE PIECE: Knit a square stockinette wash cloth with garter stitch borders, put in a lifeline in a row below the needle picking up the stitches with a smaller needle, remove your project needle, rip back to the row and knit from the small needle to the project needle.

Use a circular needle or double pointed needle because you never know on which side the yarn end will end up or if you are using a straight needle and end up with the yarn on the wrong side you may have to move the stitches to another needle and then knit them back onto the project needle. Because the stitch is formed by the right needle, you can knit off any size needle.

When you've finished knitting a row at the end of a pattern repeat that you know is correct, move the stitches to the circular needle cord because there is more room to insert a lifeline inserting the tapestry needle with the DK cotton yarn or other substitute or a smaller circular needle inserted purlwise through all the right sides of the stitches on the row starting with the edge stitch. It is your call whether you go around the markers or leave the markers, put the lifeline through the markers on this row and add different types of markers with which to continue knitting. If you have to rip back, the markers are already there waiting and you don't have to figure out where the markers go. You may also [tape](#) (starting at 5:22) a lifeline to the shaft of a straight needle, knit the row, then remove the tape from the needle and leave the lifeline hanging.

You may also thread a lifeline with smooth, tightly twisted yarn thinner than the project yarn, crochet cotton or DK cotton yarn through the hole used to tighten the tip in an interchangeable needle and place the lifeline as you knit the row. When using a different yarn and needle than I normally use, I was sure the head band was going to be too small. I used crochet cotton and cut the end on a sharp angle that I threaded into the hole in the interchangeable needle tightening hole. After knitting the row also containing the lifeline, I removed the needles and tried on the headband that was too big. I only had a few rows to rip out and start again to repeat the process.

Please don't use dental floss as it may cut into the strands of yarn if pulled out too fast. If you have to use dental floss, be more careful removing the lifeline so as not to cut the yarn.

Let the lifeline "dangle" as you knit. Make a notation on your pattern where the lifeline is to know on what row to start knitting after going back to the lifeline.

When we find a fumble, must rip back and need a reactive lifeline to keep from making an unraveling mess. Grab a small circular needle to follow and recover the stitches across a row. Then rip back to the lifeline needle leaving it in place, and resume working with your project needle because the stitch size is formed by the right hand needle.

When I make a cape project on circular needles and I have increased from 40 to 200 bulky yarn stitches on the size 13 36" long needle, I can't tell if I have done enough increases for the cape or if it is getting too big. So I put in a lifeline as I am knitting to try on the cape and see if the increases are where I want them to be. Or have I been increasing too fast? Is it hanging the way I want it to hang? I've done this with a triangular shawl and a blanket. A friend should have done it long before casting off her 5 sided square blanket she knit in the round and then had to rip out almost the whole thing.

If you find you have too many or too few stitches or have made a mess, rip back to the lifeline, and you'll have one perfect row waiting on a small circular needle, DK yarn or a substitute and only correct knitting left to put back on your needles.

Especially with a difficult or lace pattern insert a lifeline at the end of each pattern repeat. It is advisable to put in a second lifeline but do not take out the first one until you are ready for the third or fourth one. You do not want to take out one lifeline and then mess up putting in the

second one. Use a yarn much thinner than your project yarn to keep it from being picked up and knitted. This also prevents going "off gauge". Your stitches will more often be oriented properly when you pick up the stitches with a smaller needle if you follow the lifeline thread. Then knit back on to the project needle. Remove the lifelines gently when the project is finished.

When you see a fumble, put in a coil-less safety pin or marker before the fumble to know where to rip back to so you do not rip too far.

Lace Lifeline Tips from *Interweave*

1. Thread the needle through the live stitches on your knitting needle, instead of trying to pick out stitches in a row already worked.

2. Turn your knitting over so that you are threading from right to left across the back of your knitting. Lots of purl bumps make it easier to see the stitches. Also, if the thread runs through the back of each loop, there is plenty of room in the front loop when you are knitting the next row.

There are two schools of thought on this subject:

3. Do NOT thread the lifeline through your stitch markers! Thread your needle through the last stitch right before the marker, bring the lifeline around across the outside of the marker, and then thread your needle through the next stitch after the marker.

If you are knitting the lifeline, keep the markers. You may need to add a different kind of additional markers to the continuation of your project; but if you have to rip back to this lifeline, the markers are already there in place.

Conclusion to the two schools of thought: Do what works for you and your project.

4. Place a lifeline in the last row of each pattern repeat as an easy way to count repeats.

5. Use a thin, smooth yarn, such as a cotton crochet thread, so the lifeline will pull out easily when you are done.

6. Cut the lifeline long enough so that it won't pull out at either end when you spread the stitches out.

7. Secure the ends by tying each one around a stitch marker to help keep them in place.

8. If The Worst happens and you have to rip back: Take the knitting off your needle, and carefully rip back to the row BEFORE the lifeline. Then slowly rip back a few stitches at a time as you put the live "lifeline stitches" back on the needle, using the lifeline to guide where your needle ought to go. Count stitches as you put them back on, and insert stitch markers as needed. Once everything is back on the needle, re-count to be sure, and then off you go!

SECTION 39: DROPPED STITCHES and other fumbles tend to happen when a project is left in the middle of the row or a stitch falls off the needle. Because this stitch is not interlocked with the others, there may result a "run," a column of bars, similar to that found in a T-shirt or ladies' stockings or a ladder. Dropped stitches have to be fixed because no one wants to see a run in the middle of an intricate shawl or hat. Fixing fumbles in lacework to maintain the pattern is also understandable.

If the needle is full of stitches that might fall off, use a point protector or half a wine cork will hold the stitches on a straight knitting needle or double pointed needle. Putting your needle between the stitches and not into the stitch loop is another way dropped stitches occur.

A [hole](#) may be caused by having your yarn in the wrong position for a knit or purl stitch, or by not crossing or not twisting two yarn strands when changing colors. Techknitter has some good illustrations of dropped stitches and assorted holes in the [hole link](#) at the beginning of this paragraph.

Other fumbles that cause you to drop down to fix a stitch are [split stitches](#) and twisted stitches of yarn and separating them, can result in two stitches where there was one stitch or more likely a part of the stitch is left behind and shows. Split stitches occur mostly when the yarn isn't as tightly wound like cotton. Try using a knitting needle with a more blunt tip such as a wooden needle to avoid splitting stitches. If you have split a stitch and don't have all the strands of the stitch on your needle, move the stitch to the other needle, find the strands of the rest of the stitch, move the whole stitch back to the left hand needle and knit it again. If as a new knitter you find you have small split strands of yarn on your working row, knit the split strand together with the next stitch. As you practice you will get better about knitting directly into the stitch.

To avoid having stitches unravel or drop creating a hole or a run and cause an issue later, try to always finish knitting across a row before putting your knitting down. We know this is not always possible because a child, the door or the phone needs to be answered, etc. In addition, to prevent dropped stitches, push your stitches away from the points, use point protectors, erasers that fit over the end of pencils, or move the stitches to the cord of a circular needle when you have to put down an unfinished row. Rubber tipped point protectors may be purchased to prevent stitches from slipping off the needle points and shield the ends of needles from poking holes in a knitting bag. Stitches will slide off needles and may unravel creating dropped stitches. Sometimes the dropped stitches show up and may **not** become apparent until a hole appears in the project. Before putting your knitting down, bring both needle points together, grab the stitches and gently slide them away from the points to help prevent stitches from slipping off the needles.

We all use the delaying tactic, "let me finish this row" but it is important to avoid having to fix a problem when we come back to our knitting. One woman said she was going to put on her mother's grave marker, "got to finish this row."

[To fix a dropped stitch](#) or change an incorrect stitch within a couple of rows, put a coil-less safety pin or scrap yarn through the offending stitch to hold it. Knit over to above the column of stitches with the offending stitch. Spread out the section of stitches to be able to see where the dropped stitch is. Either try to pick up the dropped stitch with the [needle tips](#) and your [fingernails](#) if the ladders are visible or use a crochet hook to pull the stitch through the loose ladders. Put the last stitch back on the needle with the right side of the stitch toward you. *The fixed stitch should look like the stitches above and below, on either side of one another or according to the pattern.*

If there is only one stitch where two stitches were beside it, look on the back for another ladder that didn't get picked up. Repeat the process to make sure to pick up all the ladders and bring them back up to the needle. *Be sure to check the back side of your work again to make sure every stitch was picked up.* It's easier to do it now than later.

[To pick up a dropped KNIT stitch](#) – the yarn ladder is behind the stitch, the crochet hook has to go into the stitch from the front, pick up the ladder and pull it through the stitch in the front.

[To pick up a dropped PURL stitch](#) – with the yarn ladder in front, insert the crochet hook from the back into the stitch, grab the ladder and pull it through the stitch or turn the project over and pick up the dropped stitch on the easier knit side. [To pick up a dropped purl stitch on the purl side](#), continue picking up the bars until loops are made in all the dropped bars and the top stitch is back on your needle with the right side of the stitch toward you on your left knitting needle and knit it. If the dropped stitch is more than two inches of rows down, it may be best to unravel the knitting to the error. *But it is worth trying* to work the stitches up to the working row first and make it look like the stitch was never dropped. Sometimes you are successful, especially if it is all stockinette stitch.

Pick Up a Dropped Stitch from Several Rows Below – Make a PRACTICE PIECE and watch the slow motion [video](#). To pick up a dropped stitch from several rows below, or change a fumble stitch, knit to the column of stitches where the stitch has been dropped, unraveled or knitted incorrectly. Remove the stitch in that column from your needle. Unravel down to the offending stitch by pulling the bar beside the stitch loop and removing the stitch. Continue unraveling down to the offending stitch.

Keep a crochet hook close by for picking up a nearby (within 5 rows although I've done as many as 20 rows) dropped stitch or to correct a fumble such as a knit stitch where there should have been a purl stitch or if the yarn split. In a pinch, the tip of your knitting needle and fingernails may be used instead of a crochet hook, but it is harder to manipulate the needles more than a row or two. Usually you need to pick up dropped stitches on the right side.

Use a similar size crochet hook as the project knitting needle to go through the loop of the dropped stitch to maintain the size of the stitches making sure you are entering the stitch from the correct side to make it look like the other knit or purl stitches in the row. KnitPicks sells a [key ring](#) with small two-sided hooks that works well for picking up dropped stitches but the size of the stitches may need to be adjusted. After being fixed, draw the straight ladder or unworked strand through the dropped stitch maintaining the stitch gauge. You shouldn't be able to tell where the stitch was originally dropped when using the same size crochet hook. If you see it, stretch the fabric in all directions to straighten up the stitches. Washing the project will help too.

[In stockinette stitch:](#) To rescue a dropped stitch from the knit side of stockinette stitch (if the purl side is facing, turn project around), reach through the dropped stitch with a crochet hook from front to back and grab the bottommost horizontal strand in the ladder, the stitch closest to the loop with the crook of the crochet hook. Then, pull the strand through the stitch toward you to form a new stitch. Repeat this maneuver to pull each successive strand in the ladder through the loop until the last strand has been worked. Check on the back for any missed ladders. Put the last stitch back on the needle with the right side of the stitch toward you and continue knitting. All the stockinette stitches should look the same. Once you get the hang of it, it is much easier and faster than ripping out rows of knitting and re-knitting those rows. Another video is [here](#).

[In garter stitch:](#) Although more difficult than repairing stockinette stitch, it is not impossible. In order to pick up several rows of dropped stitches, you have to alternate the direction from which the ladder strands are pulled through the dropped stitch. For a front knit stitch use a crochet hook a similar size to your project needle to pull the bar through the front of the stitch and for a back purl stitch (although you were only doing knit stitches) you pull the bar through the back of the stitch. Try to determine whether the first stitch to be pulled through is a knit or purl stitch. If it looks like a V it is a knit stitch, and if it looks like it has a collar or bump, it is a purl stitch. If you can't tell (and sometimes I can't tell), try one way and then check the next stitch to see if it looks like its neighbor or the stitch below, how it is supposed to look. If not, try the opposite way of pulling the stitch through. Alternately pull the stitches from each direction, in the correct order, keeping the same tension, until the next to last loop has been pulled through the last strand and the last loop is put on the left hand needle with the right side of the stitch toward you to be knitted.

Check frequently on the back to make sure you don't miss a bar or ladder of yarn. Pull on the stitches in that area to even out the stitches. The fix shouldn't show. Another video is [here](#).

When picking up dropped stitches in ribbing, it is easier to pick up stitches on the consecutive loop knit side of the rib. So if the dropped stitch is on the purl side, turn the project over to pick up the knit stitches. A fumble involving an increase or decrease cannot be fixed this way.

Fumbles happen. If a dropped stitch is way back from where you are currently knitting, if you can't pick it up as described above, if it doesn't affect your pattern and you don't want to unravel

so much knitting, use a coil-less safety pin or contrasting scrap yarn tied to hold the dropped stitch when it can't be fixed right away. Later go back and weave in an end on the wrong side going two ways, slip the end through the loop of the dropped stitch, create a stitch into the stitch beside, above or below it and weave in the other end of the correcting yarn on the wrong side two directions to hold it so it doesn't unravel. (See Weave in Ends in Section 80).

When admiring your project and you find a stitch that is extra-long two rows high and there is a bar behind it, especially in stockinette stitch, you have slipped the stitch rather than following through the third step to knit it. Knit over to above the same column of stitches. Undo the column of stitches down to the slipped stitch and then use a crochet hook to work the stitches back up to your row of knitting, making sure there is not a long bar behind your knitting any more.

Sometimes if you have knitted several rows beyond the dropped stitch, you need to "borrow" a cross strand of yarn from another stitch to create a stitch because you knitted over the column where the dropped stitch had been. It is difficult but not impossible. Otherwise fix it like in the Fumbles happen paragraph two paragraphs back.

Knitting SOS - [Laddering Down to Correct Errors](#)

Fixing Fumbles - [Tinking or Unknitting Stitches](#)

We all make fumbles – [picking up dropped stitches](#)

[How to Repair a Hole in Your Knitting - YouTube](#)

[Knitting Fumbles and How to Fix Them](#)

[How to Fix a Dropped Stitch](#)

[How to Unravel Knitting the RIGHT way](#)

[Picking up a dropped yarn over in lace knitting](#)

Remember, you *can* do this! Look at the videos, make a PRACTICE PIECE with scrap yarn and try out these techniques so you will know how to do it on your project!!! Practice makes perfect.

Also remember, knitting is a communal hobby. Please don't hesitate to **ask for help**, ask questions of other knitters or in the knitting community such as my email

JoanKnitsFL@gmail.com (put HELP in the subject) or there are some terrific expert knitters at KnittingParadise.com and other knitting forums where you can ask questions. Google and YouTube can also be quite helpful if you include the word knitting in your search.

GOT A KNITTING QUESTION? is offered by Cheryl Burnette

[HTTP://CHERYLBRUNETTE.COM](http://CHERYLBRUNETTE.COM) If not, you can send her an email.

Cheryl reads every email but cannot promise a response to everyone. Even if you do not hear from her, that she has taken notes on your problem and you are helping her shape future articles and videos. Your email may inspire a new program.

Stretched Stitches tend to happen when a work in progress is left in the middle of the row or round and is not tightened up when the knitting was picked up and started again. A stitch will stretch when the needles are laid down and especially when needles are not knitted close together. A stitch will stretch when the needles are not kept together both when you are knitting and when the needles are laid down. To avoid stretched stitches, clip a clothespin or use a rubber band over your straight needle tips or move the project onto the cord of the circular knitting and keep the circular needles in a circle. *Every time you pick up your knitting always tighten the last stitch that was knitted on the right needle to avoid one stitch looking larger than the other stitches because it has probably relaxed and stretched while it was sitting.* This applies to advanced knitters as well.

If and when your stitches fall off your needle *do not panic.* Calmly put the needle back into the stitches any way possible, twisted or not, either on a smaller or the offending needle one

at a time in the same order they were with the right leg toward you, if possible, trying not to twist any of the stitches. As you knit or purl the next row examine each stitch to see if the right leg of the stitch is on the front of the needle, toward you. Twisted stitches will feel tighter than normal when you try to knit them. If necessary, tink the row to make sure you have all the stitches in the correct alignment. This is a good time to count your stitches and look carefully for a wayward stitch that will show up as a dropped stitch in a couple rows.

[Twisted stitches](#) (2:05-4:48) are backward stitches crossed at the base of the stitch and caused by wrapping the yarn around the needle clockwise or after correcting an error by putting a stitch back on the needle incorrectly with the left leg of the stitch toward you. A stitch on the needle is a loop with two legs. The front loop is the right leg and is supposed to be toward you on the needle. The back loop is the left leg and is behind the needle. To fix a twisted stitch with the left leg forward, turn the stitch around by either knitting or purling into the back of the stitch and it will untwist or take the stitch off the left needle, untwist it with the needle or your fingers, put it back on the needle and knit or purl it. This saves time and patience when first learning to knit. Twisted stitches can be created intentionally giving a different texture by knitting into the back of the loop instead the front.

When **picking up your knitting** after fixing a fumble, a distraction or a span of time, make sure your yarn end is on the right. If you wonder which needle is which, the needle with the yarn ball coming from it is almost always the right hand needle in a completed stitch. At the beginning of the row, the yarn is coming from the left hand needle.

Now you are ready to start knitting again with your project needle. The stitch is formed with the right hand needle and it doesn't matter what smaller size the left hand circular needle may be when knitting in the round. The stitch is made by the right hand needle.

Every once in a while I pick up my knitting incorrectly and because I left the needles in a stitch I undo a stitch rather than knitting it. If I did not leave the needle in a stitch I'll knit the opposite way and knit a short row—WRONG! Look at how the stitch is formed surrounding the hole. Are there two rows on one side and only one on the other side of the hole? If so, you put a project down in the middle of a row, picked it up, turned your knitting around and went knitting in the wrong direction instead of continuing on the same row. To avoid this, make sure your yarn is coming from the right side stitch. Recently I discovered when holding up a nearly finished project I saw a [mysterious hole](#)! I had picked up my knitting and started knitting the wrong way when I was almost finished with a gift baby blanket and had many rows to rip out. Let me assure you it is not only the new knitter who makes fumbles.

To fix holes in your project: Unknit, tink or frog back beyond the hole and begin knitting again. Also make a knit 2 together near the middle of the row to go back to the original stitch number. Or leave it. If this becomes a problem, you will need to start counting your stitches every couple of rows. If you have more stitches than you started with, you probably made a yarn over or other increase. Pull out the excess yarn and distribute it evenly among the adjacent stitches. Or weave in a piece of yarn the same color on the wrong side, go around the hole under the purl bars, pull the hole closed, and weave in the end going two ways going under five purl bumps diagonally, turn and repeat. Try piercing the yarn of the first woven in strand when going back.

Keep your edges and stitch counts even. If you seem to be **adding stitches**, be sure the first stitch is the loop coming directly from the skein of yarn. Also make sure you are throwing your yarn forward to purl and back to knit below the needle on the first stitch.

Knitting and crocheting are only sticks and string. They are not worth getting upset over. Fumbles can be corrected. Don't let them intimidate you. You are the boss! Have fun and don't give up!

Please don't obsess over a tiny fumble. If it can barely be seen, a non-knitter won't know it is there. Not many people will look at your work as closely as you see it. Hold the project out at arm's length. Can you still see the fumble? Or can it be seen by a man on a galloping horse? It is more important to go forward and finish a project than correct all the fumbles and not finish the project. Perfection is not a prerequisite of beauty. However, it is necessary to appreciate the *beauty of the imperfect project* to find joy in our knitting. Remember, only God is perfect and God forgives our fumbles. In the Bible, Isaiah 1:18 "...the Lord said, if your sins(fumbles) be as scarlet, they shall be made as white as snow: and if they be red as crimson, they shall be white as wool."

A fumble made when you are tired, late at night or after your bedtime may not be a fumble in the morning. If it is still a fumble, it is easier to fix or deal with in the morning after a good night's sleep, especially when the sun is shining.

Learn to read your knitting to find your fumbles or where you are in the pattern. Know what a knit stitch looks like, what a purl stitch looks like, what an incorrect or dropped stitch looks like.

Learn to fix your knitting fumbles using a crochet hook to drop down rows to a funky or dropped stitch. Create a 30 stitch 10 row PRACTICE PIECE of scrap yarn, knitting a row of purl stitches in the middle of stockinette stitches and PRACTICE fixing fumbles on the practice piece.

Cast on 30 stitches with worsted #4 yarn and size 10, 10.5 or 11 size straight or circular needles

Rows 1, 2, 4, 6, 8, 10, 14, 16: K across.

Rows 3, 5, 7, 9, 11, 12: K5, P20, K5.

Rows 13, 15: K5, P15, K10.

Using a crochet hook, drop down each column of stitches and turn the middle 20 stitches of row 12 into a Knit row.

Other ways to avoid fumbles: Count your stitches after casting on. Count them after increasing or decreasing. Count your stitches when picking up your knitting, especially when you left off in the middle of a row. When working on a seamless garment, count all the sections (sleeves, front, back, button bands, lace panels etc.). Checking the stitch count is the best prevention to catch simple errors like casting on the wrong number of stitches, skipped increasing or decreasing, dropped stitches, or a missed yarn over.

FIXING COMMON KNITTING FUMBLES

[4 Common Knitting Fumbles and How to Fix Them Quickly](#)

[Tinking in slow motion](#)

[Regular Speed tinking video](#)

[Advanced tinking](#)

[Why Are There Holes in My Knitting?](#)

[Tips on ripping out](#)

[How to Fix Common Knitting Fumbles](#)

[Take out purl stitches putting needle into where the yarn comes out](#)

[Tinking in Purl and Rib front to back](#)

[Ribbing Fumbles](#)

[Unknitting](#)

[How to Un-knit and Un-Purl](#)

[Pick Up a Dropped Stitch in Knitting For Dummies](#)

[Fixing a run or dropped stitch with your needles](#)

[Fix a dropped stitch with a crochet hook](#)

[Fixing Holes and Dropped Stitches](#)

[17 Types of Knitting Fumble Fixes](#) – Spend an afternoon looking at these next articles and videos

[9 Common Knitting Fumbles Beginners Make](#) (& How To Fix Them) article

[Correcting Fumbles](#) Staci at Very Pink has a listing of 4 pages of topics

[Knitting Tips](#) spend a day looking at these videos

[Crochet for knitters – 5 smart techniques YOU need to know](#)

Students tend to learn when they make an error and then fix it. Let your fumbles make you a better crafter. Please don't take a student's needles and fix the fumble. Create the fumble on your own needles and show them how to fix the fumble so they can do it the next time they make the fumble.

When you are able to fix your own fumbles, you will enjoy knitting more. Not much can be more discouraging when you're knitting along and find a fumble you can't fix especially when it brings your knitting experience to a screeching halt. It is hoped that showing you some easy fixes will help you be able to continue your knitting experience and not let fumbles slow you down to a stop.

Sometimes it is easier to see a problem on the back side of your project. Turn your work around to the other side to see where you have columns of loop stitches. If there is a bar length of yarn that needs to become a loop and needs to be brought through the loop of the last stitch. Stick your crochet hook (or other knitting needle) through the loop, catch the bar of yarn that is behind the stitch and bring it through loop of the stitch and put it on your knitting needle to fix that stitch.

SECTION 40: [ACCIDENTAL INCREASES AND DECREASES](#). A common problem for new knitters is that their project doesn't stay the same width. New knitters will either add or subtract stitches resulting in unintentional holes in their project. One way to add stitches to a project is inadvertently wrapping the yarn over the needle when you are not meaning to form a stitch. Yarn overs are used to deliberately create holes in lace patterns to make decorative holes and also to increase the number of stitches in the project. However, holes can be unattractive when you're not meaning to make the holes. For unintentional holes, tink or frog beyond the hole and start knitting again from that point.

You will add stitches to your project by pulling the first stitch too tight and the stitch below looks like 2 stitches. Keep your needles more closely together especially when knitting the end of the row causing that large stitch on the row below. Knit the last 2 stitches of the row more tightly so you are knitting only the stitch on the needle on the next row. Also adding stitches often happens when switching between knit and purl stitches on the same row. The yarn is supposed to move from front to back *between the needles* and not by wrapping the yarn around the needle.

If you have fewer stitches than you started with you may be dropping a stitch or working two stitches together.

This aspect of knitting is an exercise in patience, let go of producing a perfect product, let go of the attachment to accomplishment, time, judging, and keep working on it until it looks good.

Ann Budd, the editor of Interweave's new book [Simple Style](#), used to say, "Remember it's only knitting--no one dies, no one's life is at stake." In her new book devoted to keeping our knitting simple, Ann offers the ABC's of Simple Knitting—here are a couple of her "alphabet advice"

A is for: "Ask for help if you run into problems. Knitting stores are full of kind, helpful people who have a vested interest in your success." (People in knitting groups are helpful too.)

L is for: "Laugh at your fumbles and learn from them."

Q is for: "Quit when you are tired or frustrated with a pattern. Chances are it won't seem so daunting when you are fresh and rested."

SECTION 41: METHODS TO COUNT TO SAVE TIME

Counting each stitch knitted and/or purled is easier if you bend your swatch or project slightly as you count. If you can pull the stitches apart slightly, it's easier to [count the rows](#) by touching the holes in stockinette stitch or counting the bars between stitches. Don't count the cast on row when counting rows.

Always count the amount of stitches on your needle at least twice and get the same answer.

When casting on stitches, use markers to separate groups of 20, 25, 40 or 50 stitches as you cast on to count large numbers faster and easier and not have to recount the first sets of the same stitches.

It is easy to count ribbing by twos for one by one ribbing and then multiply the answer by two or for two by two ribbing multiply times four. [Count rows of garter stitch](#) by twos because each ridge is two rows of all knit stitches or all purl stitches.

When **counting stitches on your needle and/or cord**, to save time count by 2s or 3s or 2s plus 3s to equal five or $2+3+2+3=10$ s. If you are capable to count by 4s or 5s accurately, this would save more time. Group the stitches when it is easier for your brain to process. Two by two ribbing can be counted in groups of four by counting either the knit or purl parts and multiply by four. If the pattern calls for 72 stitches, that's two groups of four less than 80 ($80-2 \times 4=72$).

If you have long stretches of knit and purl stitches on the same row, [knitCompanion](#) will count the stitches for you so you will be able to knit more and frog less.

To count knit and purl stitches, you need to know the [anatomy of the stitches](#). The knit stitch looks like a V and you can count the Vs where the yarn is pulled through another loop from behind. The purl stitch has a collar or bump and the yarn is pulled through another loop from the front. Some people prefer to count the ridges on the purl side of stockinette. Knit and purl stitches are mirror inverted, appear exactly like one another on the other side.

Frequently count your stitches so you maintain the correct number of stitches for your project.

To count your rounds in circular knitting: put a piece of contrasting yarn around the first stitch in the first round, the second stitch in the second round, etc. If you're knitting on straight needles, place the contrasting yarn after the first stitch, knit the row, knit or purl the next row back to the beginning, place the contrasting yarn around the third stitch on the third row continuing every other row. Locking stitch markers or coil-less safety pins work also.

Sometimes it is hard to forget to count when working a project. The above method is much easier than trying to remember if you clicked the row counter or made a hash mark on your paper.

If you have trouble using a row counter or pencil and paper to count completed rows, to keep track of decreases in a sweater or counting rows between patterns including cables, use a yard or more length of contrasting scrap yarn putting it around or between stitches in the decrease or cable row. Then you will be able to count your rows and make sure your decreases or patterns are spaced evenly between rows. A picture illustrating this method is [here](#). [How to Count Rows - Counting Rows in Your Knitting](#)

When decreasing for a hat, count using the tens place as the section number and the ones place as the stitch number. For the first decreasing section of knit 8, K2tog count stitches 11, 12, 13, 14, 15, 16, 17, 18, K2tog. For the second section count the stitches 21, 22, 23, 24, 25, 26, 27, 28, K2tog and so on.

Stitch patterns are very easy to count when they have very clear repeats. Count the repeats and then multiply by the number of rows in each pattern. It is easier to count stitches if you point to each row with something short and sharp like a tapestry needle or cable needle. If your eyes start seeing double, push the needle into the fabric and take a break. If your eyesight is poor, use a string of markers.

SECTION 42: MEASUREMENTS

Measure yourself to learn the specific length of a body part like your hand so you will always have it with you. Measure your index finger from the tip to the first knuckle and also its entire length will always give you something to measure with. My outstretched hand from thumb to pinkie is about 8 inches long. Three hand stretches equals two feet.

From my fingertip to elbow equals 18" times two equals a yard. A length of medium-weight yarn from fingertips to elbow is enough to cast on 20 stitches with a long tail cast on.

Measure the dimensions of your phone and the screen to use to measure your knitting!

If you do not have a ruler, a dollar bill measures 6". Fold it in half, and you've got a 3-inch measure. Fold it in thirds and you have 2 or 4 inch measures.

A sheet of copy paper measures 8-1/2" x 11" or 4 1/4" x 5 1/2" if folded.

A standard business card is 2" x 3.5".

From your wrist bone at the base of your thumb to the tips of your fingers is the length of your sock before decreasing for the toes.

From the tip of my shoulder to the tip of my opposite hand is approximately a yard.

PRACTICE PIECE: Find the yard or meter measurement on your body.

When you need to measure your knitting several times for a specific length and width like for a 6" x 9" rectangle for the Church of the Annunciation in Holmes Beach, cut a rectangle piece of heavy-duty paper like card stock or a cereal or cracker box of the required length and width and keep it with your project.

Also you might mark off a couple of inches along the edge of your project page with a ruler. I also use my gauge as a guide and count the rows by pulling the ribbing apart and counting the bars between the stitches, one bar for each row. Except for adult hats, infant (in #3 baby yarn) and children's hats (in #4) are 30 stockinette rows from the ribbing to the beginning of the decreasing in my gauge.

Count horizontal stripes by the row thickness of the stripe, such as 3, 6, 9, 12 or 4, 8, 12, 16.

Put inch marks with a permanent marker on a straight knitting needle to measure work in progress. Make a cross at every 4 or 5 inch mark. Or mark the inches on the side of the pattern with a ruler so it is always handy.

There are fixed cord circular knitting needles and [interchangeables](#) with the inches marked on the needle and the cord. Mine are [Knitters Pride SmartStix](#).

E. WHAT THOSE STITCHES DO

SECTION 43: RIBBING is found most often at the bottom edge of a hat band, top of a sock, or a sweater bottom edge, neckline and/or cuff where you need elasticity and borders to lie flat. Ribbing is a good beginner [project](#). The two most common ribbing stitches are Knit 1, Purl 1 (K1, P1) and Knit 2, Purl 2 (K2, P2) which adds elasticity to the edge of the project when using most yarns except all cotton or all linen yarn, which has no elasticity.

The most important thing about ribbing and avoiding a fumble is when you switch from a knit stitch to a purl stitch in a row, you **MUST** move your yarn from the back of the project where it is when knitting to the front of the project (for purling), *bringing the yarn in between the needles*, not over the needles, or you will create an unwanted extra stitch.

Alternating knit and purl stitches beside one another causes the fabric to pull together across the row or around. The larger the number of knit and purl stitches, the less pulling ability the ribbing has. K1, P1 is known to look more like stockinette because you don't see the purl stitches they are so close together, hiding behind the knit stitches and is firmer but K2, P2 stretches more.

A size or two smaller needle than the project needle is often used for the ribbing for the hat, neck, waist or wrist band to maintain the size of the stitch. The body of the project is done in a slightly larger size needle so the ribbing doesn't look larger than the body of the project. For K1, P1 ribbing you need to cast on a multiple of 2 stitches for circular knitting. You need to cast on a multiple of 4 stitches to use [K2 P2 ribbing](#) for circular knitting. When doing K2, P2, give an extra pull on the first purl stitch to eliminate extra yarn created when bringing the yarn forward and to keep your ribbing stitches even. Ribbing does not have to have the same number of knits and purls but the ribs can be as narrow or wide as you want.

Rib patterns will not roll but will pull the fabric in where ribbing is used, so this must be taken into account. However, if you knit on the right side and do the rib patterns on the wrong side, the fabric doesn't pull in but lies flat.

To make [clean horizontal stripes](#) when knitting a color change in ribbing, knit a row across the ribbing on the right side with the new color. If you are working on a hat in the round where half the ribbing will be turned up, purl the row around on the first half with the new color. Continue the ribbing in the new color on the next round. This will make the hat look better with the new color on one row and doesn't show that there weren't any purl stitches.

Use K2, P2 ribbing on the right side of the garment and purl straight rows on the back to have the ribbing but not have the ribbing retract. Use swatching to get the look you want.

If you want ribbing for your project and the pattern doesn't call for it, use a needle two sizes smaller for the ribbing to make the ribbing stretch less and decrease the length of the original project by the amount of the ribbing, or subtract the additional ribbing length from the hat or sleeve length. If you want to decrease the width of the ribbing, maintain the overall measurements by working fewer rows but be sure to add extra rows when working the remainder of the project.

When making k3, p1 or k2, p2 ribbing on a hat or sock, distribute the yarn on double pointed needles or two sets of circular needles in multiples of 4 to always end the same set of knit and purl stitches on the same needle. Likewise when decreasing for the crown of a hat, make sure the set of stitches in each decreasing section are on the same needle and the last stitch is the decrease.

When knitting over an edge with a fold like for a hat or a waistband, put a row or two of knit or purl stitches so the bumps are on the outside of the fold to create a fold line.

When knitting children's sweaters cuffs, add two inches to the length of the ribbing so the child gets an extra year's wearing from the sweater. Turn half of the ribbing under and tack down the first year and the following year undo the turned under section.

Keep extra yarn to add rows as children grow by crocheting children's projects together with slip stitches. When the child grows, release the slipped stitches and use the extra yarn to add rows to the project.

Pick up dropped stitches in ribbing on the consecutive loop knit side of the rib. If the fumble is on the purl part, turn the project over to more easily fix the fumble on the looping knit side. See Dropped Stitches in Section 39.

The perfect place to [weave in ends is under ribbing](#). Sew the ends up through one column of rib stitches and back down through another column, although you may have to enter one stitch at a time to not show on the other side. Avoid weaving in ribbing ends horizontally which would restrict the stretchiness of the fabric. Stretch the project fabric when weaving in ends to keep the project stretchy and get the end to slide under the stitches and hide.

BEGINNERS AND ADVANCED KNITTERS: One old and one new hint when going from ribbing to the stockinette stitch for the body of a hat or sweater:

Change from the smaller needle for the ribbing to a project needle one or two sizes larger than the smaller project needle knitting from one needle to the new needle.

There isn't so much of an abrupt change in the texture of the stitches if for only the first row after finishing knitting the ribbing that you [knit the purl stitches and slip the knit stitches](#) leaving the full length of stranded yarn behind the slipped stitches by intentionally stretching out your stitches enough when slipping the stitches. This trick also works when knitting the body of the project first and then knitting the ribbing. For 1x1 ribbing, K1, Sl1 on the last row of the body before the ribbing or for 2x2 ribbing K2, Sl2 stitches. This is a relatively new hint not many knitters know about.

[How to knit ribbing neater](#) - tips for perfecting your tension for ANY knit/purl combination When going from a knit stitch to a purl stitch, tug on the purl stitch to tighten the yarn slack going between the knit to the purl stitches. [Very Pink](#) (1:30) teaches to tighten up the first purl stitch and to bring the yarn to the back and tug instead of only tugging on the yarn in the front. This technique is better with one less step.

FOR ADVANCED KNITTERS: [The Hows and Whys of Ribbing Modifications](#)
[Garter Stitch Has Never Looked so Good | Knitting Nuances](#) – showy decreases.

When beginning to knit a beanie, after knitting the first section of ribbing and the knit stitch fold line(s), you can continue the same ribbing as the first half or you can alternate the ribbing from the first half so the knit stitches fit into the purl stitches when the brim is turned up.

A different look to ribbing is created by [knitting into the back](#) of the knit stitches when creating the knit stitches. Insert the right needle into the stitch from right to left through the back leg and complete the stitch as normal. Knitting through the back loop will twist the stitch and create the unusual look.

[Twisted Ribbing](#) has even more texture than regular ribbing and is created by knitting into the back of the knit stitch(es) thereby twisting the stitch(es) and purling as usual. As an alternative ribbing, a more pronounced rib and a little bit of a scalloped edge is created. Doing this ribbing on a hat or sweater gives the project a whole different look. Also try knitting into the back of the purl stitches too. [Twisted ribbing](#) may be substituted for any ribbing or combinations of knits and purl stitches. Turn K2, P2 ribbing into twisted rib by substituting knitting the first two

stitches through the back loop instead of as a regular knit stitch. Try out all three ways on a PRACTICE PIECE!

[Corrugated Ribbing](#) is two-color ribbing made by alternating colors of the ribbing stitches—one color for knit stitches in one hand and another color for purl stitches using your other hand while the other color is carried behind, often used with stranded knitting. Use the knit stitch for both colors for the first round to avoid two colors on the same stitch. Floats should not extend longer than 3 or 4 stitches before being tacked or caught with the other strand behind the fabric. [Corrugated Ribbing](#) isn't as stretchy as regular ribbing. In K2, P2 ribbing keep the floats long enough to stretch over the alternating stitches and not lose the stretchiness of the hat.

You may continue to knit straight edged scarves, shawls, dishcloths, lap robes and blankets in knits and purls through your whole knitting career. But if you want to do something a little special, get a little creative in your projects by adding increases and decreases and making lace or zig zag or scalloped scarves and blankets.

SECTION 44: [INCREASES](#) and [DECREASES](#) (I/D)

A method to shape a knitted piece is by increasing or decreasing the number of stitches in a row. Knitting two stitches together (K2tog) or purling two stitches together (P2tog) is the most common way to decrease. There are often many methods for accomplishing the same increase or decrease. The method you choose depends on the stitch pattern you are using. If the surrounding stitches are being knit, then use the K2tog, If the surrounding stitches are being purled, decrease using the P2tog. The slant of the decrease is also important. There is also a new relatively unknown [K2tog-L](#).

An [increase](#) is as simple as adding a stitch to your knitting. Elizabeth Zimmermann advocated doing a backward loop increase method. At the point to be increased, lift the working yarn with your fingers, twist it to make a loop and put the twisted loop on the right needle. As an increase it works for both the knit and purl side and is almost undetectable. However, this method is not recommended for casting on as it has a tendency to create uneven stitches, the first row is difficult to knit, it has no stitch definition and there can be yarn left over at the end of the cast on row.

Another easy increase is [knit into the front and back](#) of the stitch ([KFB](#), [Kf&b](#)), Inc1 or bar increase – Knit one stitch without removing it from left needle, then knit through the back of the same stitch, one stitch increased. The increase leaves a slight purl look in the increase.

You may also knit into the front of the stitch and then slip the back of the same stitch which increases one stitch but avoids having a purl bump at the wrong spot and looking like a fumble. Keep the stitch on the tip of your needles so it doesn't use too much yarn for the slipped stitch.

PRACTICE PIECE: HEART – Cast on 1 st. Row 1: Kfb. Row 2: Kfb, K1. Row 3: Kfb, K2. Continue increasing at the beginning of each row until there are 15 stitches.

1st decreasing row: K2tog, K4, K2tog. 2nd row: Knit. 3rd row: K2tog, K to 2 sts from end, K2tog. Repeat or bind off all sts and break yarn.

Rejoin yarn at center of heart. Repeat decreases to bind off using center stitch for both lobes.

Weave in ends. Make heart in different yarns and needles for different look, texture and size.

Make larger or smaller by increasing the number of stitches maintaining an odd number when lobes are started.

[Make 1](#) (M1): For this almost invisible increase lift the bar between two stitches and put it on the left needle. For Make 1 Left (M1L), insert the left needle under the bar before the next stitch from front to back. Knit this stitch through the back loop twisting the lifted bar and preventing a hole. For Make 1 Right (M1R), insert the left needle under the bar before the next stitch from back to front. Knit this stitch through the front twisting the lifted bar and preventing a hole. Be sure to knit the stitch in the back or twist the lifted bar so it does not create a hole. It is easiest to

do this by using a sharp pointed needle like KnitPicks or Knitters Pride (available at Hobby Lobby and your LYS) needles. These needles also are helpful when passing a slipped stitch over. A good video covering all the increases is [here](#).

[Tips and Tricks Mirrored M1 \(make 1\) Increases](#)

[Knit Front Back \(kfb\) Increases](#)

[Make 1 increase directly on the needle with a yarn over](#)

[A neater flatter alternative to K2tog](#)

[Yarn over](#) (YO) also called a yarn forward (YF) or yarn around needle (yan) in patterns written in the United Kingdom. Yarn over is the most simple one stitch increase, creates a simple hole stitch and is used especially when knitting lace. To make a yarn over is simply wrapping the yarn around your right needle counter clockwise. In most patterns when knitting the next row, treat the YO as if it were a regular stitch and knit or purl it in pattern unless the pattern says differently. Some YOs are dropped when making elongated stitches. A YO can be wrapped multiple times for different size holes, such as buttonholes. (See Double Yarn over below.)

A yarn over is simply a hole or eyelet in your knitting you deliberately created. On a knit row, with the yarn back, bring the yarn counterclockwise forward between the two needles, then back over the right needle to the back of the project. Knit the next stitch. This is the most common way to make a yarn over, a decorative hole and also increase the number of stitches in the project. A yarn over is also the easiest way to create lace.

Use the [yarn over increase with Knit 2 together](#) or Slip Slip Knit decreases (shown below) to keep the same number of stitches on your row, make a decorative hole design or an easy buttonhole in your project. When knitting a gauge swatch I will begin the swatch with the same number of YO, K2tog as the number of the needle I'm using for the swatch so the swatch tells me which size needle I used for that part of the swatch.

A project with rows of YO, K2tog will slant to the right unless you alternate every fourth row with four rows of YO, SSK to slant the project to the left also.

To make a yarn over on a purl row with the yarn in front, bring the yarn over the right needle to the back of the work, then bring it back forward again between the needles. Purl the next stitch. A yarn over after a purl stitch and before a knit stitch, don't bring the yarn to the back for the knit stitch. A neat yarn over is created by letting the yarn drape over the needle when starting the knit stitch.

When a yarn over comes after a knit stitch and before a purl stitch, bring the yarn forward between the needles, then back over the top of the right needle and forward between the needles again ready to purl the next stitch.

To make a yarn over before a purl stitch, essentially you are wrapping your yarn around your needle twice, once for the YO and once to bring the yarn forward for the purl stitch. To keep it of a uniform size, I will change a pattern to insert a P1 in front of the YO purlwise in the stitch pattern so the hole isn't too big. [How to yarn over knitwise and purlwise](#).

When a yarn over comes after a purl stitch and before a knit stitch, take the yarn over the right needle to the back so it is in position to knit the next stitch.

[Double yarn overs](#), wrapping the yarn around the needle twice counter clockwise creates a larger hole. On the following row or round you need to knit into both the front of the first stitch on the needle and the back (or purl) of the second loop of the yarn over or purl the first loop and knit into the second loop if that is easier for you.

A double increase (dbl inc) (knit 1, yo, knit 1) all into next stitch.

ADVANCED: [Reverse Yarn over](#) (RYO) Knit to the point where to put the reverse yarn over. Wrap the yarn in the OPPOSITE direction (clockwise) which shortens the amount of yarn needed for the YO. Be sure to account for the wrap going the other way in the next row. Because the wrap is in the other direction insert the right needle straight into the stitch so it is untwisted. You may use the reverse yarn over rather than make 1 right or make 1 left increases shown in link. Use reverse yarn overs to have [more even eyelets](#).

MAKE A PRACTICE PIECE. If you knit into the back of the yarn over stitch, it creates a more closed up hole, a whole different kind of stitch from what you think of as the hole a yarn over usually creates.

If you missed putting in a yarn over where there should have been one, see how to pick up [missed yarn overs](#) here.

Although a pattern might be considered to be a baby blanket, certain patterns may be the right size but should be avoided when making them for a baby or small child. StudioKnits has a policy to avoid open holes in any garment or blanket made for babies and young children whose fingers can get stuck in those eyelets made with yarn overs which could cause them harm. Avoid making baby items with yarn over holes big enough that baby might be able to stick their finger into and get caught. Increases with US needle size 4 and above would be too big depending on how loose you knit. Changing the yarn over to a simple knit into the front and back of the stitch is a simple change for every baby knitting pattern with yarn.

Avoid adding any embellishments like ribbon threaded through the holes that a baby might pull out. You wouldn't want a stray ribbon wrapped around a baby's neck. Avoid adding an embellishment that a baby might put in their mouth, pull off the blanket or sweater and swallow. When knitting for a baby, instead of attaching a bead or button for an eye, make a mini bobble or a full bobble, so the baby won't chew on something that could come loose and cause choking.

A [decrease](#) can be as simple as [knitting 2 stitches together](#) (K2tog) like you knit one stitch and is a right leaning decrease. [K2tog through the back loops](#) (K2togtbl) is also like knitting one stitch but knits in the back loops and is a left leaning decrease. Decreases can look like knit stitches until you look at the back of the stitch to see how it is formed.

In the olden days patterns would tell you to decrease evenly across a row a certain number of stitches but didn't tell where the decreases go or which decrease to use. If that happens to you, you'll know what options you have. Some decreases are discreet and almost invisible while others are more decorative and some lean to the left or right. Do you need a single or double decrease?

Purl two stitches (P2tog) together is worked the same as a purl stitch except you insert the right needle into two loops on the left needle with the yarn forward and slants to the right on the knit side of stockinette stitch.

[Left leaning decreases](#). Decreasing can be as difficult as [Slip, Slip, Knit](#) (SSK). Slip one stitch as if to knit from the left needle to the right needle, slip a second stitch as if to knit, put your left needle back into the front of these two stitches from left to right crossing your needles, not side by side, and knit them together. It looks the same and slants to the left! Also slanting to the left is [Slip 1, Knit 1, Pass the Slipped Stitch Over](#) (SKP or skpo). Slip one stitch from the left needle to the right needles as if to knit, knit one stitch, and using the tip of the left needle, pull the slipped stitch up and over the knit stitch as if binding off. SKP slants to the left when viewing it from the knit side of stockinette stitch. [A new and improved SSK](#) slips the first stitch as if to knit, slips the second stitch as if to purl and then knit them together through the front loops. It lays flatter and still slants to the left. Another improved SSK is [here](#). Sometimes there are multiple stitches slipped and passed over and these abbreviations may also include numbers. S2KP2 or SK2P.

Choose which one you like best. If I'm in a hurry to do a left leaning decrease, I'll go back to the easy old standby [K2tog through the back loops](#) above.

To work a [pass the slipped stitch over a purl stitch](#)(psso) on the purl side, slip the next stitch purlwise to the right hand needle, purl 1 stitch, and insert the right hand needle into the slipped stitch and bring it over the purled stitch and off the needle.

An easy way to **remember** which way **k2tog** and **ssk/skpo slant** is to imagine an even sided triangle with k2tog on the left side and ssk/skpo on the right side because "k" comes before "s" in the alphabet. After you make a bunch of hats with K2tog decreases for the top, you'll remember that K2tog slants to the right and ssk is the opposite slant.

When used with K2tog, SSK is closest in appearance and is often used when the decreases will be visible, such as in [raglan](#) sleeves in top down sweaters matching twin stitches in a pattern. There is a [new improved](#) SSK which lays slightly flatter and is an even closer match to K2tog. Slip the first stitch knitwise, knit the second stitch, pass the slipped stitch over the knit stitch.

There is an even flatter simple bound off K2tog right leaning decrease [here](#).

[Knit 3 together](#) (K3tog) or P3tog or any larger decreases can be difficult to complete. An alternative is to slip two stitches as if to knit, knit one stitch and pass the two slipped stitches over the single knit stitch as if to bind off to complete this double decrease.

[Centered Single Decrease](#) in two ways: one looks like a mountain peak and the other forms a somewhat straight line of decreases.

A **Centered Double Decrease (CDD)** is an upright stitch common in lace knitting, a decrease that doesn't lean left or right. To make this decrease, slip the next two stitches as if to knit two stitches together but slip them off to the right needle. Knit the next stitch and pass the two slipped stitches over the knit stitch as if binding them off with the left needle. Slipping as if to knit flips the order of the two stitches. When these two stitches are slipped back over the knit stitch the second stitch will end up on top and be in the center.

Dbl dec - Double decrease: slip next 2 stitches as if to knit, knit 1, pass 2 slip stitches over.

PRACTICE to take control of your knitting. Learn to read your knitting. Learn how to identify a knit (K) stitch and a purl (P) stitch, an intentional yarn over hole (YO), a Knit 2 together (K2tog) where there are 2 stitches on one stitch as well as a Slip Slip Knit (SSK). Knit the following PRACTICE PIECE of these stitches. Cast on 26 stitches. P5, *K1, YO, K2tog, SSK, YO, rep from *, end K1, P5. Purl the second row. Repeat these two rows if necessary. Look how the stitches relate to one another slanting toward one another. This is how to figure out where you are in the pattern, what instruction to do next without referring to the pattern so often, even if you put a project down for a length of time, which makes knitting easier. Not having to rely on looking at each pattern row will make it easier to recognize when there is a fumble.

[Mirroring decreases at the end of each row](#)

ADVANCED: Purl into the front and back is similar to knit into the front and back but trickier. Purl a stitch but leave it on the left needle. Slide the right needle around to the back and insert it left to right through the original loop's back leg feeling like it is backwards which it is. Purl another stitch and slide the stitch off the needle.

[Multiple Increases in One Stitch Stacked increases](#)

ADVANCED: A [Yarn Over at the beginning of a row](#) creates an interesting decorative treatment when starting the row with a lacey edge. On the knit side when the YO is the first stitch in the pattern, the working yarn hangs from the left needle and the hanging yarn needs to be draped

over the right needle before the right needle is inserted in the first stitch to create the YO and form the first stitch.

TECHKnitting blog talks about an [invisible increase](#) to make in the middle of stockinette that is neither right nor left but lifts the stitch below to create an increase without it being noticed, puts the stitch on the left needle untwisted and knit.

To make it easier to sew seams and look better, make increases and decreases (I/D) on sleeves and short row shoulder shaping by knitting one border/seaming stitch, then knit the I/D stitch, knit to within one stitch of the end of I/D row, and put the I/D before the last knit/border/seaming stitch. This makes the sleeve edges or tank top shoulder more even and easier to sew. To decrease at the beginning of a new row, knit two stitches and knit the next two stitches together. To decrease at the end of the row, knit to the last four stitches, slip one stitch, knit one stitch, pass the slipped stitch over, and knit the last two stitches.

ADVANCED KNITTER LINKS: [Multiple-stitch Decreases the Easy Way](#), [Showy Decreases](#), [4 Stitch Decrease](#), [Fixing Yarn Over Fumbles](#), [How to pick up missed yarn overs](#), [Fixing a Dropped Yarn Over](#), [Afterthought Yarn Over](#), [Fixing Yarn over Holes](#)—twisting and darning
[Neat Decrease in 1x1 Ribbing](#)

SECTION 45: SLIP STITCHES--To slip a stitch is the action to move a stitch from the left needle to the right needle without working it point to point, in the same position as it was on the left needle and the yarn held behind the project unless the pattern says otherwise. To slip a stitch, insert the right hand needle purlwise (as if you were going to purl) into the first stitch on the left hand needle and slip it off the left hand needle onto the right hand needle without knitting or purling it. Slip the stitch as if to purl with the yarn in the back or from one needle point to the other needle point unless the pattern states differently. Ordinarily, stitches are slipped every other row and worked on alternate rounds to even up the fabric.

In general when slipping a stitch, slip it purlwise unless the pattern specifically states otherwise or the slipped stitch is a part of most decreases. If a pattern does not specify, slip the stitch as if to purl. This keeps the stitch with the same "leg" toward the front of the needle after you slip the stitch as before it was slipped. Of course, the exception to this rule is the SSK stitch and most decreasing stitches, when you usually always slip the stitches knitwise and usually individually. Slipping a stitch as if to knit twists the stitch, makes an edge with bumps, which makes seaming or picking up stitches easier. [How to Slip Stitches Correctly](#) [Fancy Slip Stitch Rib pattern](#)

Slipped stitches are used to make Mosaic knitting.

[Slipped Stitch Edge](#) (border or selvage) **stitches** are worked at the beginning and end of each row to create a neat finished edge to your project and balance the pattern making the edges look like chains to match the cast on and bind off. Edge stitches might be 6 to 10 stitches knit every row garter stitch, rib or seed stitch. Six or seven edge stitches and top and bottom border stitches should keep a stockinette stitch scarf (k one row, p one row) from curling. If the edge is going to be within a seam, curling doesn't matter and the edge shouldn't be slipped either.

A **chain stitch selvage** creates a more finished looking crochet chain edge on a scarf, blanket, cardigan bands, collars and shawl projects with an exposed edge. Slip the first stitch purlwise with the yarn in front and knit the last stitch through the back loop. Be sure to pass your yarn to the back between your needles if the next stitch is a knit stitch, give this stitch an extra tug against the needle and knit the last stitch on the row; also pull the yarn tight after knitting or purling the next stitch. You may create an edge stitch on any project that is not being seamed up. Sometimes I also knit the last stitch through the back loop to give the edge a braided finish and the edges don't stretch out of shape. You may have to add an extra stitch or two to your cast on to allow for this edge in your pattern. [Knitting with Slipped Stitch Edges How to do it and Why](#)

[Ways to Make NEAT SIDE EDGES in Knitting](#) – slip the 1st st, purl the last st.

Directions For The "Untwisted" Or "Open" Edge Stitches

- 1) Set up row: The end stitches should be knits on the right or public side of the piece.
- 2) RS (Right Side) Rows: Slip the first and last stitches PURLwise with yarn in back of work.
- 3) WS (Wrong Side) Rows: Purl beginning and end stitches and work the middle stitches in your pattern.

Directions For The "Twisted" Or "Braided" Edge

- 1) Set up row: The end stitches should be knits on the right or public side of the piece.
- 2) RS (Right Side) Rows: Slip the first and last stitches KNITwise with yarn in back of work.
- 3) WS (Wrong Side) Rows: Purl end stitches and work the middle stitches in your pattern.

[Working a Slipped Stitch Edge in Garter Stitch](#) shows examples of both the first stitch and last stitch slipped purlwise by transferring the stitch from the left to the right needle without working it; tug the yarn gently against the needle for uniformity, move the yarn to the back between the needles if the next stitch is to be knit. Work the stitch pattern in between slipped stitches.

For the [Silesian Selvage](#), the first stitch of the row is knit through the back loop and the last stitch of the row is slipped purlwise with the yarn in front of the project. My new favorite is to knit the first stitch normally and the last stitch of the row is slipped purlwise with the yarn in front.

Another selvage stitch is to slip the first stitch purlwise and knit the last stitch through the back loop to give the edge a braided finish and the edges don't stretch out of shape.

[Fancy edging with any yarn](#)

If knitting two row stripes and slipping the first stitch, knit the last stitch of the stripe in the alternate color so when that stitch is slipped on the next row it has the right color for the first stitch of the new stripe.

You may have to add an extra stitch or two to your cast on to allow for these edge stitches in your stitch pattern.

Knit a PRACTICE PIECE to try out edge stitches, knit 5 stitches between and find which method you like best. Makes notes when you change types of slipped stitches.

F: GOING ON A MERRY GO ROUND

SECTION 46: [CIRCULAR NEEDLES](#)

Beginners use straight needles for small flat projects but most knitters eventually use circulars. Circular needles can be used for flat straight needle projects, especially helpful when working on big projects like afghans or shawls, or to make hats, bags, sweaters or socks without a seam. Knitting with circular needles is the same as using straight needles. Do not join in the round. Cast on and knit from the left needle to the right needle like normal. When you get to the end of the row, switch hands like you would when knitting with straight needles.

People who have wrist pain using straight needles usually don't have the pain with circular needles. If you are having pain knitting, switch from straight needles to circulars. The weight of the project rests in your lap and not on the needles when using circular needles. Taking frequent breaks is essential. If the pain is not relieved, stop knitting and take a break. Rest your hands. If you are throwing your yarn, try continental knitting or crocheting. We knit to enjoy the process and relax, not to be in pain.

If your circular needle cord is tightly twisted, to remove the curl hold the needle tips and dip the cord but NOT the joins to the needles, in very hot tap water for five to fifteen seconds, and

holding ONLY the needles, stretch out the cord tight and hold straight for a minute until cool, relax the cord, making it more pliable and easier to work with. Repeat if needed. The last twisted cord I did this to jumped out of the water untwisted. Cords become stiff due to a lack of moisture when they've been in the package a long time. I've been known to put the cord around my neck to warm it in a pinch. I also store circular needles around my neck when I'm going to use them in a few minutes or in the car. Yes, I have walked into a store (to buy straight training needles) wearing a circular needle necklace.

It is all right to make a cowl for your first couple projects but make a hat on a circular needle soon afterward. A hat adds a bit of complexity to your knitting. People love putting things on their head so they make a great gift. I prefer to use a 16" circular needle for hats so I don't have to sew a seam.

When I cast for a hat I cast on one extra stitch and make sure the stitches aren't twisted around the needle. One way I've used many years to join the round is put the last stitch next to the first stitch and knit the 2 stitches together to make a firm join. When I don't cast on an extra stitch, I switch the order of the first and last stitch and knit them in that order.

An [invisible join](#) that has become my favorite is to slip the first stitch with the tail attached and knit ribbing around the circle before joining. With the last stitch of the round, I put it next to the first slipped stitch, pass the first slipped stitch over the last stitch, and move the first stitch off the needle to around the base of the last stitch and tighten the yarn with the yarn tail. This join shows the end of the round the least.

There are two sides from which to access your project. Circular needles give added flexibility in making single-row color combinations on flat pieces. Slide the finished row to the other end of the needle and add a new color, use the original color on the next row without having to cut any strands.

[Circular needles - what length should you use?](#)

[How to Choose the Length of Circular Knitting Needles – Sew Homey](#)

[Nant-y-glo Needles: How many stitches fit on a circular needle?](#)

[Two Ways to Work in the Round with TWO CIRCULAR NEEDLES](#) The second way starting at 6:28 is one of my preferred methods, using the second needle to knit off the first needle,

[A Very Pink Review of Knitting Needle Types video](#)

[The 10 Best Knitting Needle Sets](#)

[Top 14 Best Circular Knitting Needles Reviews 2022](#)

What to do with straight knitting needles once you have moved on to circular needles: They are good for short projects such as knitting scarves crosswise. I had to tie the two needles together with two feet of yarn to keep from dropping them.

Lay a ruler against a straight knitting needle. Take a Sharpie and mark every inch to use as a measuring tool.

Straight needles make great back scratchers, plant stakes, or are simply pretty arranged in a vase. If the birds are having trouble getting their food from your bird feeder, put straight needles crossed in the bottom of the bird feeder for perches. I use them as letter openers for my mail.

SECTION 47: KNITTING IN THE ROUND

Knit a swatch in the round when the project is to be knit in the round. Using the size and type circular needle you plan to use for the circular project, start a 6 inch swatch with a seed stitch border knitting across a right-side row. Do not turn the work. Slide the stitches you've knit back to the right-hand needle tip and leave enough working yarn to loosely fit across the back of the swatch, enough that it will lay flat. Knit 5 seed stitch borders on both sides and at the top and bottom and knit 5 inches of stockinette stitch. Cut the swatch yarn if it won't lay flat. Avoiding

the borders, measure the center four inches of the stitches. The gauge should be within a stitch of the desired gauge or you need to change needle sizes and knit another gauge.

When knitting a hat in short **variegated yarn** the colors will only correspond if you have the right number of stitches to let the colors overlap in the round or create an argyle effect when knitted flat. The multiple number of stitches to cast on to overlap the variegated colors in the round can be between 72 and 88 stitches on a size 6 or 7 needle knitted tightly. Sometimes you have to experiment on the project by increasing or decreasing to get the colors to continue to overlap while knitting the project. Some colors may overlap only 4 or 5 stitches with Caron Simply Soft yarn and other colors on the same strand may have 10-15 stitches for each color repeat with Red Heart Super Saver. It takes experimentation. The color changes will be fewer stitches with ribbing than with stockinette stitch. When changing from ribbing to stockinette, also increase the needle size such as from a size 6 to a size 8 needle and the colors continue to overlap. There may be a need to add stitches evenly to the round to make the colors continue to overlap on a spiral stripe beanie hat. Not all variegated yarns overlap conveniently.

To check a new short variegated yarn skein to see if it will spiral stripe, pull out two yards, [arrange the yarn in an overlapping circle](#) about a yard wide and see if the colors match up and more often than not it will continue to match as the color pattern continues. Tie a slip knot near the two yard point at an evident color change to know where to start the long tail cast on for a children's hat. Using this method the color repeats usually won't work for teen or adult size hats. Also, the colors don't correspond with the cast on round and the rest of the hat. Cast on until meeting and usually overlapping the color change after the first corresponding color repeat. Sometimes it takes trial and error. 71 stitches will work but 72 or 70 doesn't! Sometimes the colors will overlap (either before or after) to make thin or thick spiral stripes, depending on your number of stitches per color. Try to avoid putting the color changes stacked directly on top of one another unless you're going for the column look.

Variegated yarns are available today with short and long spans of variegated colors. Yarns with long variegations or long spans of color are more practical to do projects that have long rows, such as shawls or blankets, modular knits, mitered squares, entrelec and "10 stitch" designs.

Variegated and ombre yarns are dyed with a sequence of different colors repeated along the strand. The length of each color changes slightly so that the colors may form a pattern in your project depending on the width of the project. Variegated yarns will look different when knitted than what they look on the skein. You won't get a true idea of what the yarn will look like until it is knitted into a project.

Margaret Radcliffe has a chapter on variegated yarns in her book, *The Essential Guide to Color Knitting*. Alexandria's Beatley Library, the Knitting Artists of Northern Virginia library. Manatee County's Braden River branch and my library have copies of this book available.

When using variegated yarn, complicated stitches won't show up as well. Use stockinette with a border of garter stitches, seed stitch or ribbing. [Six Tips for Knitting with Variegated Yarn](#)

Pooling is knitting slang for when stitches in a color in a variegated yarn congregate together with the same color. Puddling is similar to pooling but a color appears more like a blotch of one color from the variegated yarn. [Knit Argyle Color Pooling Easy Knitting Stitch that Looks Great in Variegated Yarn](#)

For a variegated hat it looks best to make the ribbing brim in a solid color.

To tell the **difference between variegated and striped yarn**, try to follow a strand of yarn for a couple of inches in the skein. If the color changes, then it is variegated. If it stays the same color, it is self striping. Self striping yarn has lengths of color in the yarn long enough to leave stripes around or across your project. Ombre yarn has gradual changes in shades or tones of one

or more colors before merging into another color. [Gradient yarn has shades or tones](#) (16:54) of a single color that gradually shift through the project.

If you want to use variegated yarn that doesn't create a stripe or you need to use more stitches than works for stripes, put a solid (matching, gray or black) color row between the rows of variegated yarn for a different look. See Helix hat knitting, Section 98.

SECTION 48: CIRCULAR KNITTING NOTES, KNITTING IN THE ROUND (or really a spiral) Circular needles can be used to knit everything you would knit on straight needles and many projects single pointed needles can't knit.

The extent to which you use circular knitting needles, and the variety of projects they adapt to, has a lot to do with how you use them. A 16" circular needle used to knit a hat is going to be used differently than a larger 29" circular needle used for knitting a long shawl flat.

Not all circular needles have the size marked on them. This problem can be solved with a [needle size checker](#), an inexpensive tool used to insert a needle tip into a hole to determine its size. Measure the width of the circular needle into successive holes until it doesn't fit into a hole. The size is the smallest hole the straight shaft of the needle will fit into.

[Circular needles knit the same](#) as straight needles as long as you treat each end as a separate needle. Do not be confused that the needles just happen to be connected to each other with a cord. Circular knitting needles are a cord linking together two needle tips available both as fixed needles and interchangeable needles. Interchangeable means that the needles can be screwed off the cord and changed. Knit from the left needle to the right needle on a flat project. When starting the next row, switch the needle tips to the other hand, like when working with straight needles. At first circular needles may seem challenging and may feel strange. Most knitters who use circulars prefer them and you will gain confidence as you use them. Stitches won't pop off your needles as easily (as on straight needles) when you put your knitting down. Simply push the stitches onto the cord or put a rubber band around both needles.

Circular needles can hold many more times the number of stitches straight needles can hold. You may knit back and forth with circular needles on small pieces like scarves or large pieces like afghans, with a large number of stitches on longer cords.

Circular needles create seamless projects, especially hats for children, adults or chemo patients (see patterns at end), knit tubes to save time turning the work and purling which is usually slower, work well for afghans with a large number of stitches, prevent dropping your needle, and you are less likely to drop stitches. Try on a customized project as you are knitting it in the round for a better fit. Eliminating seams also eliminates the bulk of the seams inside a project unless those seams are necessary for structural support. Some side and shoulder seams help maintain the shape the project so it doesn't stretch too much at those points.

The stitch is formed with the right hand needle and it doesn't matter what smaller size the left hand circular needle may be when knitting in the round.

Fixed circular knitting needles have an attached cord and are less expensive than sets of interchangeable needles. For a big project that needs a long cord, a fixed circular needle would be the needle to use. Unless they break they rarely come apart like interchangeables are known to do. You are able to knit flat back and forth with fixed circular needles as if they were straight needles but they hold so many more stitches.

When you're a **new knitter** and want to buy a circular knitting needle, find needles you like—a long tip, a short tip? Look at the point, is it too pointed to split your stitches or not pointed enough for increase and decreases? What do you want the tips to be made of? Wood (good for beginners), acrylic (lighter weight), metal (stitches slip easier for advanced or too easily for beginners), or carbon (both smooth and light). A flexible cord is better for magic loop method.

Needles without flexible cords are Clover, Susan Bates, Boye brands. Needles with flexible cords like [Hiya Hiya](#) can be found at your [LYS](#) or [order](#) on-line: [KnitPicks](#), [ChaoGoo](#), [Addi](#), and [Knitters Pride](#), my favorite and limited types may be available at Hobby Lobby.

Store your circular needles in gallon size zipper bags or clear page protectors and keep them in a notebook or accordion filing organizer. For my birthday one year I asked for a Bass Pro Shop [Tackle Bag](#) with 10 PVC-reinforced resealable binder bags that zipped up and had lots of pockets for my circular needles and other notions. Another good idea a friend of mine has is store her needles with the cords hanging from her skirt hanger clips.

Circular needles take the weight and pressure off your shoulders and wrists. You are not lifting your whole project with every stitch you knit. Your hands hold and support only the stitches on the tips of the needles and your project is in your lap. They may be challenging to knit with at first but most knitters who use them prefer them. You may knit back and forth on circular needles on small or larger pieces like afghans, which can get heavy as you make progress. Circular needles can hold up to four times the original number of stitches. A lot of stitches won't pop off your needles (like on straight needles) when you set your knitting down. Put a rubber band around the needles or push the stitches onto the cord so the stitches won't get distorted from being on the needle and there's no risk they'll fall off.

If a project is left on straight needles for months, the stitches on the needles stretch and a visible break is possible with some stitch patterns. This is not a problem with circular needles; the stitches are totally relaxed and can safely sit unworked for years on the circular cord!

Another reason to knit in the round with circulars: when some people knit in the round their stitches are perfectly even as opposed to when knitting with straight needles the knitting is uneven. This is because purling back can make knitting look uneven. The circular needles also hold the stitches up close and tight at the right angle. When you change to knitting across with circular needles, try using one size smaller needle for the purl round. This is easier with interchangeable needles.

Store smaller circular needles in a CD zip pack. Store larger ones in gallon size plastic bags or clear page protectors and keep them in a notebook.

Reminder: When you pick up your knitting, find where the yarn is extending from the last stitch. This strand needs to be on your right and you begin knitting again counterclockwise. Whenever you pick up your knitting, tighten the join and look between the stitches to check the joins every row or round or so.

SECTION 49: LENGTH OF CIRCULAR NEEDLES

Because knitters use their circular needles in different ways, you may want different lengths of needles. I have 16" circulars because I like to knit small projects like hats and mittens. I use a size 4 - 16 inch circular needle and baby yarn for baby hats. I use sizes 6 and 8 - 16 inch circular needles for child and adult hats, size 6 for the ribbing and size 8 for the body of the hat. A 24" length needle is too large to make most adult hats. Premie hats are usually too small to fit on a 16 inch circular needle, the length from tip to tip, unless you use two circulars like double pointed needles or use a circular needle where the cord is flexible enough to pull out the cord between stitches to make the circle smaller using the magic loop method. Some smaller circular needle lengths are available on the internet – 9 inch and 12 inch -- but are difficult to work with for some adult fingers.

After casting on for a circular project, you may need to knit garter, ribbing or stockinette stitch for several rows to then be able to stretch the stitches around the 16" needle to join in a circle. Use the beginning tail to sew up the little seam.

You are able to knit in the round with fixed circulars also as long as the circumference of the needles is less than the circumference of the project or you use the magic loop method. Both will allow you to knit large and small projects as long as the cord is flexible. Most of the weight of the project is on the cord resting in your lap.

Use long cords for bigger projects like lengthwise scarves, sweaters, shawls and afghans. But if you prefer the magic loop method to knit smaller circumferences you would only need long cords.

Be sure to use the correct length of circular needle unless you're doing the magic loop method knitting smaller circumferences on long cords. If a circular needle is shorter than what is called for, you may not be able to fit all the stitches on it. A circular needle that's too long will have more cord than necessary and the stitches will be tight or impossible to knit continuously in a circle or you'll have to pull out a length of cord.

RULE OF KNITTING: The length of the needles and cord connecting the needles needs to be shorter than the circumference of the item you are knitting unless you are using the Magic Loop method. ‘

The length of the needles and cord connecting the needles is measured from the tip of the needle to the tip of the needle and needs to be shorter than the circumference of the item you are knitting. I mostly use size 6 for the ribbing and size 8 needles for the body of a hat with a 16 inch circular needle for child and adult hats. I recommend bamboo or wooden needle tips for beginners because they drag and grip the yarn better than metal needles that are smooth and slippery. A 24" length or longer needle is too long to make most adult hats because the needle length needs to be shorter than the knitting. Premie hats are usually too small to fit on a 16 inch circular needle. A 9" needle or double pointed needles could be used for premie hats.

When knitting in the round, the length of the circular needle can't be more than the circumference of your project.

[How to determine which circular needle length you need](#)

[How many stitches will circular needles hold](#)

With a gauge of 5 stitches to the inch using #4 worsted yarn:

With a 16" circular needle, cast on a minimum of 80 stitches (5 stitches to the inch), although I've decreased down to 50 stitches before needing to add a dpn or another circular needle. The maximum stitches a 16" circular needle will hold is 160 stitches (10 stitches to the inch.)

With a 24" circular needle, cast on a minimum of 120 stitches. The maximum stitches it holds is 240 stitches.

With a 29" circular needle, cast on a minimum of 145 stitches. It will hold a maximum of 290 stitches although I've squeezed 400 stitches on this cord and knitted back and forth to a 36" cord of the same size needle.

For a 36" circular needle, cast on a minimum of 180 stitches. It will hold a maximum of 360 stitches.

For a 60" circular needle, cast on a minimum of 300 stitches. It will hold a maximum of 600 stitches.

If you are knitting a sweater on a fixed circular needle and need another fixed circular needle in the same size but with a longer cord in order to try it on while still on the needles, you would have to buy another needle. But with interchangeable knitting needles, you can put your tips on a longer cord instead and knit to the longer needle.

SECTION 50: STARTING AND ENDING CIRCULAR KNITTING

To calculate the size of your hat, measure your head circumference a little above the ears and across forehead and measure from ear lobe to ear lobe over the top of the head. You want to knit a basic beanie-style hat in a smaller circumference than your head. It should stretch to be comfortable but fit snugly. You don't want it resting on your ears or over your eyes. The negative ease should be about 2" for an adult-sized hat or about 10%. What style hat and also how it is worn can determine how it fits.

Guideline measurements for an average(large) adult hat would have a circumference of 22"(24") and 8"(9") hat length.

For a long tail for an adult hat, pull out 2 1/2 yards (about 1 inch per stitch) of worsted #4 yarn or twice plus half the length from your left shoulder to the end of your right hand. For a long tail for a child's hat pull out 2 yards of worsted (#4). For a toddler hat, pull out a little more than 1 yard of baby yarn (#3) for the long tail.

Casting on to straight needles and circular needles is the same. Use whatever cast on method you prefer. Cast on to one of the two needles of the circulars, and as the needle fills with stitches you push the stitches onto the cord to make room for more. Keep your cast on loose. If you have a tendency to cast on too tight, leave 1/4 inch between each stitch for baby #3 or worsted #4 yarn. If you are more comfortable doing so, cast onto a straight needle and knit the ribbing stitches to the circular needles.

To cast on loosely, cast on leaving 1/4 inch of yarn between your cast on stitches so the cast on for your hat, sock or sweater neck won't be too tight, your cast on matches your gauge, your stitches stretch around your circle and so you do not have trouble moving the stitches on the needles when knitting the first row. Be sure your stitches face the same way on the inside of the circle so they are not twisted and your yarn is outside the circle before joining your circle. The goal in joining the end of the first row is to not create a gap in the row of stitches.

Important points in joining the round is that your stitches NOT be twisted (there is a fix only after the first row) and avoid having a hole where your stitches join and having the join not show. The yarn end should be coming from the right hand needle tip.

A beginning of the round marker is only to show where each round begins and where to start the decreasing if there is no pattern other than stockinette. That point is not set in stone and moving the marker is more of a bother than a help. The tail end is a perfectly good end of round marker and doesn't have to be moved on every round.

Leave the cast on tail exposed to mark near the beginning of the round or you may place a marker to indicate the beginning/end of the round. Slip the marker every round purlwise.

Once you have cast on, knit ribbing for the first round and joined the work into a round, simply proceed to work the ribbing pattern as described. Working in the round on circular needles is simple, knit and/or purl around and around and around!

After I have done ribbing (knit 1 stitch, purl 1 stitch and repeat) for 10 rows for a hat, I knit one row around to give the ribbing a fold line. I use two knit rows for the fold for children and adult hats. Then I continue with the second set of 10 rows of ribbing. I prefer my ribbing to be knit 2, purl 2 and repeat. It is your choice, your hat.

If you want a rolled edge to your hat, omit ribbing and simply begin knitting your hat in stockinette stitch because stockinette curls naturally toward the knit stitch side.

If you don't change needles to the larger size like when continuing with a size 7 and worsted yarn, add 10% more stitches immediately following the ribbing of your hat so the ribbing is pulling in and not being the same size or larger than the hat body.

Enjoy knitting your hat. When working in the round, the right side is facing you because you are working in a spiral most of the time, with one row right over the next row producing a tube. When you are using only the knit stitch, it looks like stockinette when you are knitting in the round (which is knit one row, purl one row on straight needles). To make circular knitting look like the garter stitch (knit every row on straight needles), alternate knit a round and purl a round, a fun way to create textured stripes. To make your circular stitches look like reverse stockinette (the inside of stockinette), purl every round.

After you have knit the ribbing and the body of the hat for approximately 30 rows for a child, 40 rows for an adult, begin decreasing for the crown of the hat. Pull the stitches apart and count the bars between the stitches. Or if the hat is for yourself, put the edge of the hat at the ribbing fold up next to the bottom of your ear and see if the circular needles are at the beginning where your skull starts slanting in.

You may want to place markers when knitting the last round of the body of your hat so you know where to make decrease stitches and to make sure your decreases come out even. Decrease the two stitches before the marker by knitting the 2 stitches together. Putting markers is the easiest way to find out you have not counted correctly before starting to make decreases that might have to be tinked or unknitted.

When decreasing for the crown of the hat, the pattern will tell you the number of stitches to knit before knitting two stitches together for the first row to decrease your hat. On row 2, knit the row without decreasing. For the third row, decrease one stitch less than the starting row, i.e., if you knit 8 and knit 2 together originally, knit 7 and knit 2 together on the third row. Continue alternating knitting a row without decreasing and then decreasing one less stitch per row, following the line of decreasing stitches. Switch to double pointed needles or another circular needle (see instructions below) when there are too few stitches to keep knitting in the round (about 50 stitches). If your pattern doesn't tell you or you have a different number of stitches than the pattern, there is a decreasing chart at the end of *Knitwiser* to tell you how many stitches to decrease on the first row. Count the number of stitches on your needles and find that number on the left column of the decreasing chart.

The last 3 rows of the top of a hat, for example, should all be decreasing rows and not have a plain row of knitting (or purling) between the decreasing rows, so the hat does not come to a point, unless you want your hat to be pointed.

When finishing a hat, cut the yarn leaving a 6 inch tail. The tail is used to sew the top stitches together and cut long enough to go through the remaining stitches twice around with a tapestry (large eye yarn) needle, removing the circular knitting needle. Pull the remaining stitches closed tightly after the first round. Look for any stray dropped stitches at the top of your hat that can be caught by this strand of yarn too.

Weave in the end of the yarn on the inside of the top stitches reversing over one stitch and going the opposite way around. Cut off any remaining tail. Weave in your beginning tail if you didn't knit it in at the beginning.

If you don't have the tapestry needle handy right that moment, cut the yarn tail, pull the tail across the needle next to the first stitch of the last round, lift that stitch over the yarn tail strand and off the needle, repeat for the rest of the stitches at the top of the hat and pull the yarn tail through so the hat is finished except for sewing around through the last round, weaving in the end and you get your knitting needle out of the hat.

Another way to end the top of a hat if you don't have double pointed needles or another circular needle, is to knit the stitches straight on your circular needle twice as many rows as you have left between the decrease stitches. If you decreased down to 8 sections of 6 stitches each, knit 12 rows. Cut the yarn leaving a 6" tail and thread onto a tapestry (large eye) needle, draw the yarn

tail through the stitches left on your needle yarn needle, twice around, removing the circular knitting needle, and pull the stitches together tightly after going through the stitches the first time.

SECTION 51: FIXING FUMBLES IN CIRCULAR KNITTING

Every knit pattern cast on with a circular needle says to be sure the cast on *is not twisted*. If you catch the fumble that the cast on is twisted by the end of the first row, it can be fixed without showing.

To **Fix a Twist** in your circular cast on at the end of the first row of knitting: at the last stitch of the first round bring the right needle under the circle of stitches and turn the stitches around so they are all facing the same way with the stitches in the center of the circular needle. It twists one stitch but is barely detectable at the end of the first row. It is more noticeable if fixed after the first row. If there are too many stitches on a 16" circular needle to be sure, transfer part of the stitches to another smaller size needle until all the stitches are going the same way without a twist. I've also been known to cast on to a 20" or 24" circular needle to be sure my cast on isn't twisted and knit the next row onto the 16" needle so the stitches aren't stretched larger than the circumference of the hat or use the magic loop method with a 29" long flexible cord or longer.

If you have a large number of stitches, you might use two long circulars like straight needles and knit from one to the other rather than pushing the stitches around one needle.

Fumbles many knitters have already done (and you don't have to do):

Knit two heels on one sock, knitting with worsted weight #4 yarn with the wrong number needles causing either stiff or too loose fabric, knitting with two needles of different numbers unintentionally.

Our minds are so overflowing with knowledge that some things get overlooked. We are not dummies, but very, very busy people with too much to do and not enough time to do it in. You are not dumb. You're officially one of us now.

If you find you have an extra stitch, check the columns of stitches below the stitches on your needle. Sometimes your needle picks up the strand between the stitches and it looks like a stitch. See if letting it go off the needle doesn't change your knitting. It isn't attached to anything but is the bar or strand between two stitches.

SECTION 52: TWO CIRCULAR NEEDLES can be used instead of four double-pointed needles, can be less dangerous and I prefer two circulars, especially for the tops of hats, mittens and socks. The stitches are divided on three of the points of the two circulars and the other point is used to knit with. Remember that the needle point has to be pointed ready to accept stitches as you knit around. You can't knit with the cord end! Or you'll find yourself transferring stitches to a free needle. After transferring stitches, be sure to pull through the other needle end, which is not pointing ready to accept stitches either. Once stitches are knitted off a point, pull the needle through the stitches to the other end of the needle for the stitches to be ready to be knitted when you get to that point in the circle again. While you knit the first stitch on the next needle, maintain the tension for both the last stitch and the first next needle stitch. Then slide the stitches away from the point of the needle onto the cord so you do not have to worry about them slipping off the needle. This is my own application with no video to demonstrate it.

Knitting in the round on two circulars is for those who don't like DPNs, aren't comfortable with one circular needle and accomplishes the same thing, knitting in a continuous manner, circularly (although really it's a spiral). You will discover and use the technique that works for you, including positioning the stitches the way you want them.

When knitting a large item in the round with two circular needles use point protectors to keep circular needles clearly separated. Use one color for the tips of one needle, another color for the



other needle. When finished knitting with one needle, put the point protectors back on, remove them from the other needle and finish the round which keeps me from getting confused (and sometimes that's not easy to do!)

SECTION 53: [DOUBLE POINTED NEEDLES \(dpns\)](#) may be scary when you think of knitting with 4 or 5 needles at a time and takes getting used to, but remember, you are only knitting with two needles at any one time. All the rest are stitch holders until you finish knitting the stitches off one needle and move to the next needle. Keep the stitches that are waiting in the center of the needles and they won't fall off as easily. New knitters should use point protectors on the ends of dpns so their stitches don't fall off or the needle fall out of the stitches. You'll figure out how to hold your work and your needles (*and everyone is different*). All you need is a little practice to wrestle the porcupine! [How to knit with double pointed needles like a pro](#)

Short straight needles with points on both ends, dpns come in sets of 4 or 5 needles. They are used to knit in the round, specifically for small projects like socks, mittens, the sleeve of a sweater, especially for a baby and preemie hats.

You may cast on all the stitches on one needle and then move or knit a third or quarter of the stitches on each of the other two or three needles or you may cast them onto the three or four needles directly by casting on a third or a quarter of the stitches on each of the three or four needles. The number of stitches on each needle should be about the same number with groups of stitches on the same needle according to the pattern. Arrange the needles to form a triangle or square on a flat surface making sure that the cast on edge does not twist around the needles. Carefully pick up the three or four needles and hold the first needle in your left hand and the fourth or fifth needle in your right hand with the yarn in position to knit. Insert the fourth or fifth needle into the first stitch on the left hand needle and work the stitch joining the round and ready to complete the first round of knitting.

Important points of dpns are to make sure your cast on stitches are facing all in the same direction when you join stitches to knit in a circle. The empty needle is the next needle to knit with. Find where your yarn is coming from. That's the last knit stitch and where to begin knitting. Avoid creating ladders (loose strands) between needles by pulling the first two stitches on each needle a little extra tight. [Knitting with double-pointed knitting needles: 10 Easy tricks for neater results](#)

Keep in mind the right side is facing you when knitting in the round. When working stockinette stitch, knit all the stitches on every round because you are most always working on the front side of the project. To make garter stitch in the round, alternate knit and purl rows with a marker at the beginning of the round to know when to change your stitch from knit to purl and vice versa.

When you are starting a project on dpns, it helps to work at a table with good light to be able to rest the needles on the table and you don't have far for them to drop. It helps to keep the needles from flopping around and the yarn from getting twisted. If you have a set of five needles, you have four to work and one in your hand to use to knit. Using five needles is better to **avoid ladders**, the stretching of yarn between stitches that may form where dpns join together, when the angle of the stretch in the fabric is only 90 degrees instead of 120 degrees.

To avoid ladders, it is best to get in the habit of firming up both of the first two stitches after changing needles at each corner. The second stitch on the dpn must be firmed up too so that the first stitch will hold to avoid ladders.

Another way to avoid ladders is to knit a few stitches on the next dpn with the needle with stitches on it all the way around so you don't keep changing needles in the same place between the same two stitches and not keep knitting the same set of stitches. Depending on the pattern

knit two stitches or a stitch pattern from each needle onto the next dpn so you do not have the separation at the same spot for every row.

Periodically change the point where you change needles when you are knitting in the round to help avoid ladders or a beginning of the round mark between the stitches, even when knitting with a circular needle using the magic loop or traveling loop method. Knit into the first stitch on the cord using the right needle, finish the stitch, move it to the right hand needle and then move the rest of the stitches to the point of the left hand needle. I do this with 16" circular needles to keep from getting a beginning of round mark in the stitches because I don't pull that first stitch as tight as the others.

I've also read that if you wrap the yarn around the needle in the "wrong" direction on the last two stitches of needle one and the first two stitches on needle two helps to avoid ladders. You would normally wrap the stitch counter-clockwise, so try wrapping the first two and last two stitches clockwise because it uses less yarn and seems to close up that ladder nicely.

If you don't have five needles the same size, do not be afraid to work with one needle from a size below or a size above. The odd needle will work its way around the project so the difference in size is so slight that it will not show the difference.

Switch to double pointed needles when knitting the crown of a hat with a circular needle when there are too few stitches to stretch around the circular needle.

Keep each whole decreasing section together on one needle. Knit directly onto the dpn rather than transferring stitches to the dpn with the last two stitches knit together to decrease in a section. Knit three sections onto each of two dpns and leave the last sections on the circular needle moving the stitches to the other end of the needle when they have been knit.

Continue decreasing according to your pattern until you have less than 15 stitches left on all of the three needles after completing a round. Cut the yarn end leaving a 6" tail. Thread the tapestry needle with the yarn tail and sew through the remaining stitches, and off the dpns and circular needle. Pull the top stitches together and go through the same stitches a second time, Turn, skip over one stitch and then insert the needle into the top stitches again to weave in the end the opposite way.

Double pointed needles may be made out of dowels from the hardware store for the sizes available in dowels. Cut the dowel to the desired length, sharpen it to a point with a pencil sharpener on both ends and sand it with 150 fine and then 400 grade very very fine sand paper. Wax paper and hand lotion may also be applied and the excess wiped off, if necessary. I've also used round chopsticks.

It can be difficult when the pattern says to start with 4 stitches and then knit into the front and back of each stitch for the first round. It is easier to use an extra-long tail cast on and then in the first round knit with two strands using both the yarn and the tail from the cast on so you have essentially doubled your stitches without having to knit into the front and back of each stitch on this first more difficult round.

Shorter double pointed needles or short circular needles are good to use when knitting small items like toys, dolls or doll clothes instead of single pointed, straight needles, which are too long for the purpose. These can also be used as stitch holders and then knit the stitches off the "stitch holder." Put a point protector or rubber band at one end of the dpns so the stitches don't fall off.

The hard plastic toothbrush travel cases found at the dollar store are great for keeping sets of double pointed needles and crochet hooks together. Use a permanent marker to write the needle size right on the case. Cover the end holes with tape or stuff a cotton ball in the ends so the

needles do not slide out. Double pointed needles and small knitting supplies may be stored in a canvas pencil or money bag to keep them from injuring you.

[Flexible dpns](#), a new alternative to dpns to use for socks, are two points with a short cord between the points. They come in sets of three and give more to hold onto than 9" circulars.

SECTION 54: MAGIC LOOP method is used when the circumference of the circular knitting project is small so the longer flexible cord of the needle (like KnitPicks, Knitters Pride, Hiya Hiya, ChiaoGoo and others) is pulled out between two stitches to knit the project in the round that the circumference is smaller than the length of the needle. When you have knit to the loop and there are no more stitches on the needle, move the stitches until there are stitches on the left needle again. Twist the right needle around to begin knitting and the extra cable will create a new loop like magic.

The [Magic Loop](#) method is important because you are able to knit different circumferences with one long needle and don't have to have so many length needles, especially if you don't have a 16" circular when knitting a hat, even a preemie hat.

A method made popular in 2002 by Bev Galeskas and Sarah Hauschka, use a 40-inch circular needle to cast on the desired number of stitches for the project. Find the approximate center. Pull out a loop of cord about 10 inches between the two stitches to divide the stitches fairly equally. Put the yarn tail and working yarn on the left, outside the needles, and the stitches with the first cast on stitch on the right with all the stitches lying flat on the cord and not twisted. Slide the set of stitches until they are on the left needle. Pull the empty right needle around to get it ready to knit.

If you have cast on an extra stitch, move the first stitch next to the last stitch, pass it over the last stitch and off the needle to join your work and tighten the stitch with the yarn tail. If not, knit into the first stitch on the left needle to join the round and keep the first and second stitches tight to prevent gapping between the needles. Use the free needle tip to knit across the first half of the stitches. Rotate the needles and move the next set of stitches to the right onto the needle to be ready to be knit. Slide the other set of stitches to the left resting on the back portion of the cord. Keep a loop of the cord between the 2 sets of stitches but not necessarily between the same two stitches all the time. If the loop disappears, repeat dividing the stitches approximately in half and pull the cord through that midway point. Pull out the empty back needle, keep the first two stitches tight and knit the rest of the front set of stitches, having knit one round. The yarn tail marks the beginning of the new round.

[Magic Loop](#) method is used for socks, hat, sleeves or when the cord is too long to fit inside the stitches in circular knitting. It should be a flexible cord or it will stretch the stitches. The cord may be stiff as long as you make sure the cord pulled out into a loop is crossed in an X rather than in a U shape and not stretching the yarn between the stitches. Pull out the right needle and extra cord and then you can knit smaller circumferences with a longer circular needle, at least a 32-inch circular needle for socks and a 40-inch needle for a larger-circumference project such as a hat or baby sweater. Knit until you get to the loop. When there are no more stitches on the needle, pull the stitches from the right needle tip until you have stitches on your left needle again. Twist the right needle around to begin knitting and the extra cord will create a new loop like magic. The greatest advantage over dpns is you avoid having ladders, longer lengths of yarn between stitches, usually when changing needles.

When knitting the magic loop in the round and struggling to push stitches onto the left hand interchangeable needle, use a size smaller needle for the left hand needle and the stitches will slip right on and off. It doesn't bother with the gauge because you are forming the stitches with the correct size right hand needle.

SECTION 55: HALF MAGIC LOOP or Traveling Loop method allows you to knit small numbers of stitches in the round with a long circular needle that has a very flexible cord (like KnitPicks, Knitters Pride, ChiaoGoo, Hiya Hiya, Addi and others) without stretching the stitches out. The cord may be stiff as long as you make sure the cord pulled out into a loop is crossed in an X rather than in a U shape and not stretching the yarn between the stitches. Move the loop of the cord so it is not between the same two stitches all the time. I usually knit the first stitch off the cord and pull out the loop after that stitch to change the position of the loop after every round to avoid ladders. This method does not work with knitting mittens. Toward the end of decreasing when knitting in the round, revert to Magic Loop to decrease the last couple rows.

Use a [traveling loop method](#) when it is necessary to knit circularly with a cord larger than the circumference of the project. Pull out the loop of the cord and begin knitting with the cord extended out in one loop from the first stitch knit for that round. Adjust the needle pulling it through when returning to the beginning point. Knitting in the round is my favorite way to make a hat. Usually I use a 16" circular needle and finish the top with it and two double pointed needles pulling the circular needle through the stitches to use both ends of the circular needle. However, many times my 16" circulars are all busy and I use this method. Almost always I use a 29" length flexible cord and pull the right hand needle tip and cord out to the point that the stitches are comfortably arranged in the circle following the left hand needle tip and knit from the left tip to the right tip as usual in one loop. Having all the extra cord before the right tip, it seems to disappear as if I wasn't using it. While shaping by increasing or decreasing the stitch count, this extra cord is pulled into use or pulled out into a loop, when needed, out of the way but always available.

IMPORTANT: At the end of the first round check one more time to make sure your round isn't **twisted** because now it [can be fixed](#) by dipping one needle down and under the stitches from the inside of the circle to the outside of the circle. The cast on row will be twisted but will barely show. After the end of the first round a twisted cast on can't be fixed without it showing. Slide the next set of stitches to be knit onto the needle and continue doing the magic loop method. Be sure to be knitting the right side of the knitting on the outside of the tube.

When casting on a hat to knit in the round, cast on one more stitch than the pattern calls for to knit the last stitch with the first stitch to form a circle being sure your stitches are not twisted and the working yarn is outside the circle. Begin the ribbing with a purl stitch to help keep from twisting the round when joining the tube on circular needles. To give you enough room to stretch out your stitches around the 16" cord if you have cast on too tightly, knit the ribbing or pattern rows back and forth for a couple rows and then join in the round. This also helps to make sure the stitches are not twisted when joined and may be easier to see if laid on a flat surface. Sew the small seam at the bottom with the leftover tail.

At the end of the round, knit or purl the last (extra) stitch together with the first stitch of the next round for a much tighter join and the join does not show as much if it is a purl stitch. Before joining the round (closing to form a tube) make sure your stitches all face the same way, inward or toward the center all the way around your needle or down if the cord is out straight. The only way to fix an unintended twisted round beyond the first round of knitting is starting over. Learn how to fix a twisted cast on in circular knitting [here](#). See further instructions in my infant hat pattern in Section 99.

For the long-tail cast on, use about 3-1/2 feet of baby #3 yarn for an infant hat or 1-1/2 yards of soft worsted #4 yarn for a chemo hat.

It used to be recommended to cast on for a hat using a larger needle or two smaller circular needles side by side with the long tail cast on to make loose stitches for the cast on. However, at a class at the Knitting Guild of America meeting I learned that using a larger needle created a

loose first row but didn't make the long-tail cast on loose. If you cast on with 2 different color yarns tied together and use a larger needle to cast on, you will see that the loose stitches are only in the first knit row and not the cast on. At that meeting, I learned that the way to have a loose cast on to match your gauge was to leave between ¼ inch (for yarn sizes 3 and 4) and ½ inch of yarn between the cast on stitches for yarn sizes 5 and 6, or about the width of your finger. That may seem like a lot of yarn between the stitches, but it achieves the necessary loose cast on to match your gauge for a flat piece, a sock or for a hat to stretch around the 16" needle too.

Knit a round of ribbing if the stitches don't stretch around the needle and then join the round. Use the tail to sew the small seam and then weave in the tail. Not being able to stretch the stitches around a 16" needle is more a problem with casting on 72 stitches of baby yarn when making infant hats for the hospital. [Tight Circular Cast-Ons](#)

SECTION 56: [JOINING IN THE ROUND](#) (at 3:15) When doing circular knitting, the two ends need to be joined so you have a continuous piece of fabric. Before joining, spread out your stitches on the needle being very careful that the stitches **are not twisted** and are all facing the same way. I usually put all the stitches on the inside of the circle of the needles. The stitches should not twist around the cord. If you have one, use a 24" circular needle of the same number or millimeter size to spread out the stitches. Once joined, knit the stitches onto the 16" needle matching the yarn.

There are several methods that cause a jog in the cast on round. However, one method of joining the stitches called the [invisible join](#) makes the least noticeable jog for the join. You need to cast on one extra stitch for this method and the circle of stitches are not joined until the end of the first round for the right side of the brim to be turned up on the outside of a hat. So after casting on, reverse the needles into your other hands. Slip the first stitch attached to the working yarn and knit either 1 x 1 or 2 x 2 ribbing to the last stitch. Move the last stitch to the left needle next to the first slipped stitch. Pass the slipped stitch over the last stitch and off the needle. Pull the yarn tail to tighten this stitch around the legs of the last stitch. Then move the last stitch back to the right needle and continue purling or knitting the ribbing.

Another easy method of **joining the stitches in a circle that requires an extra stitch cast on** is to move the last cast on stitch from the end of the needle to the other end, next to the first cast on stitch. Join the circle of stitches by purling the two stitches together if you are making ribbing (or k2tog) these first and last stitches. Move the stitch to the right needle and begin knitting the ribbing.

A join that does not require an extra stitch to be cast on is to [switch the two end stitches](#). Take off the first stitch from the left and right needles. Then, put the right stitch onto the left needle and the left stitch onto the right needle reversing the order of the first and last cast on stitches, put on the stitch marker, if desired, and then knit the stitches in the new order to help avoid the "hump," which occurs on the edge when knitting in the round.

Another easy way is to put the stitch marker on first. Then hold the tail end and the working yarn together and knit the first three stitches with both strands.

Some knitters start out knitting and don't do anything special about joining the stitches, but I've had an unsightly gap of yarn between the stitches on the first row if I didn't make an effort to join the stitches.

When knitting in the round almost every pattern will say to *be careful to avoid twisted stitches* when joining in the round which is really a twisted circle. [To avoid a twisted circle](#) in circular knitting check your cast on stitches really closely before joining and start knitting in the round. All the stitches should be turned with the chain of the cast on turned inwards and the loops on the needle outwards before joining to easily see if there's a twist somewhere and untwist it. If your stitches aren't crammed together on the cable, it's easier to see if the stitches are twisted.

An alternative is to cast on your stitches and knit a row or two flat before joining the stitches. Use the cast on tail to sew up the small seam.

At the end of the first row check again to make sure there isn't a twisted circle. Unfortunately it sometimes happens anyway, but it is possible to [fix twisted stitches](#) and not produce twisted fabric. If you detect a twist in your cast on and you have knitted only the first row, you can twist the right [needle down through the center](#) of the circle of stitches, bring the needle up on the outside of the circle and continue knitting. This little fumble of a twisted cast on row won't show in the end.

If you don't notice you have a twisted circle until you have knitted several rows there isn't really anything to do but to rip it out and start over. You are not the first person to do this. Good knitters do it more often than we care to admit when we're not paying attention when joining the stitches.

Make sure you knit with the working yarn (the yarn strand attached to the ball of yarn) and not the yarn tail. It is wise to tie a slip knot or a butterfly in the yarn tail to avoid knitting with it.

Like it is important to count your rows in flat knitting, it is important to count your rounds in circular knitting. At the end of the next round check one more time to make sure your stitches are not twisted around the needle.

In knitting, there is the "right side" and the "wrong side" of the project. If you are knitting a project such as a sweater, the outside is the right side, and the inside is the wrong side. When knitting a project like a cowl it can be a little more tricky to recognize the right side and the wrong side. For some stitch patterns, both sides of the fabric look identical or near-identical, while for others it's obvious that there's a pretty side meant to be shown to the world, the right side, and a less pretty backside, the wrong side. Even when the two sides look almost identical, most patterns require you to know which side is which so mark a stitch with a removable marker or piece of scrap yarn.

When knitting in the round, your gauge may be different from when knitting flat. Therefore it is important to make a gauge swatch according to how the project is going to knit. Make a flat swatch for knitting flat and a "round" swatch when the project is knit in the round. And if your project requires both flat and round knitting, make sure to make a swatch for each.

Circular swatches can be small tubes measuring about 8" in circumference and about 5" long. If you don't want to make a tube, you can also start to make a hat, a sleeve, or a sweater neck.

When decreasing for the crown of the hat, the pattern will tell you the number of stitches to knit before knitting two stitches together for the first row to decrease your hat. On row 2, knit the row without decreasing. On the third row, decrease one stitch less than the starting row, i.e., if you knit 8 and knit 2 together originally, knit 7 and knit 2 together on the third row. Continue alternating knitting a row without decreasing and then decreasing one less stitch per row, following the line of decreasing stitches. [This plain knit round is not always necessary for a large number of decreases (over 80 stitches) or thick yarn depending on how high you want the top of your hat.] Switch to double pointed needles or another circular needle (see instructions below) when there are too few stitches to keep knitting in the round (about 50 stitches). If your pattern doesn't tell you, there is a decreasing chart at the end of *Knitwiser* to tell you how many stitches to begin decreasing. Count the number of stitches on your needles and find that number on the left column of the decreasing chart. The last 3 rounds should all be decreasing rounds, not have a plain round of knitting or purling between the decreasing rounds, (and may be knit with a smaller needle to look better) so the hat does not come to a point, unless that is the way you want your hat to look.

There is a chart at the end of *Knitwiser* I devised for math challenged people to determine the decreases for hats when you have a specific number of stitches. Look up the number of stitches you have on your needle. Next to that number are listed the number of stitches to knit before knitting two stitches together for the first round to decrease your hat. On the next round you have the option to knit or purl a round without decreasing.

When you are decreasing in the round and forget a decrease, the decrease can be made on the next round knit plain. Once I get my stitch counts established in decreasing sections, I don't tink decreasing if I forget to do a decrease on the decreasing round but adjust for it on the next "plain knit or purled" round and try to keep the decreases the same between the sections on the "plain knit or purled" round.

When making hats, socks, or mittens, reduce the needle size for your last two or three rows before sewing up the final stitches to make them have a neater appearance. I change from size 8 to size 6 and 4 when I have to change to two circulars on the hat crown.

When finishing a hat, it will close up tighter if the tail yarn used to sew the top stitches together is 6 inches, cut long enough to be sewn through the remaining stitches twice to pull them closed with a double thickness of yarn.

When working in the round, the right side is facing you because you are working a spiral most of the time, with one round right over the next round, using the knit stitch, which looks like stockinette when you are knitting in the round. To make circular knitting look like the garter stitch, alternate knit a round and purl a round. To make your circular stitches look like reverse stockinette, purl every round.

A flat knitting pattern is written for two needles and knitted flat with a seam. You may choose wisely to knit the project in the round and eliminate having to sew a seam if the pattern and wrong side rows will [convert](#). In other words, if the pattern calls for the stockinette stitch, or knit one row, purl one row in flat knitting, instead you will knit 2 rounds.

Think of a purl stitch as the back side of a knit stitch and keep this relationship in mind when converting a pattern to the round. Because you're only knitting on the right side, a purl stitch on the wrong side in a flat pattern becomes a knit stitch when knitting in the round. Any selvage or "balancing" stitches may be eliminated when converting a pattern and use only the repeating pattern in lace. This is when it can be necessary to use different colored markers for the beginning of the row, where the row would end at the front and back of a project and between pattern repeats so repeats are evenly spaced and to be able to spot fumbles more easily.

On a hat knit flat, leave a long tail of yarn at both the bottom and top ends (both together equal to three times the length to be sewn) to sew the back seam halfway from both ends to the middle so there are no visible tails to weave in at the cuff and there is less pressure for a seam to come apart in the center as would be on either end.

When knitting a pullover sweater in the round without seams, add 2 stitches to the pattern. Work the pattern, place a marker and purl the two stitches, one "seam stitch" on each side where each seam would be, thus "marking" the side seams. When it is finished, the side seams are obvious, and very neat, making it easier to knit or sew in the sleeves.

When binding off working in the round, at the end of the round in order to make a nice neat continuous bind off use a tapestry needle to sew the tail through the center of the last stitch

SECTION 57: [INTERCHANGEABLE](#) KNITTING NEEDLES are circular knitting needles that can be separated into the tips and the cords and then combined to create the needle you need for a specific project. Pairs of tips in every size can be combined with different length cords. Of course there are about 7 different companies making interchangeables but they are not interchangeable between companies except Knitters Pride (limited types are available at Hobby

Lobby) and KnitPicks. The sets are expensive but a good investment. Interchangeables are available in your preference of metal, wood and plastic tips in round or square shapes with stiff or flexible cords, flexible being better for magic loop.

If you're only doing one project at a time, you only need one pair of tips in every size. It is only necessary to have one cord of every length you like to use but more than one project requires more than one cord. Often I have projects waiting for cords to come out of projects. A set of interchangeable knitting needles is expensive, but you might save money in the long run instead of buying several needles in every size to get the right lengths.

Interchangeable knitting needles can be taken apart. The tips and cords can be put together to create the needle necessary for a current project and then changed for the next project. Lots of combinations can be made when you have one pair of tips in every size and one cord of every preferred length although I admit I have ordered additional cords several times. With interchangeable needles, cords can be attached to one another to create longer cords for triangular shawls or afghans with lots of stitches, although I recently had 400 stitches of Homespun (#5 bulky yarn) on a 36" needle.

Investing in [interchangeable](#) knitting needles is a commitment to the next 10 or more years of your knitting pleasure and can be \$50 - \$168+ in 2020, the biggest question is which sets of tips and cords are the best value. Choosing between the four or five leading brands is a matter of personal preference for needle type, needle length, needle material, type point, join, type cords and how they are stored. Look at the point on the tips. Are they pointed enough to do SSK and make one increases? Look at the joins between the tips and the cord to see if they are smooth enough. If not the yarn will get snagged at the joins and this can be really annoying.

When considering purchasing a set, compare the range of size needles and number of needle sizes, lengths of cords, how needle tips connect to the cords, will the join snag your yarn, do they come in a case, what items can be purchased separately (at KnitPicks and Knitters Pride you can order individual tips including size 10.75), are the needle points too long for knitting hats, the warranty ("life time" doesn't mean much if they go out of business), etc.

Knitters Pride needles are durable, high-quality, and perform very well. They also have several features that you won't find in most other knitting needles. Regardless of the material, all Knitters Pride needles use the same style of keyed connector so you can mix and match with different cables and types of needles as well as all types of KnitPicks needles, which have the same screw-in connector. However, ChiaoGoo cables don't fit KnitPicks or Knitters Pride needles because they are threaded differently.

Because they can be put together as you wish you may not need as many needles when you have interchangeables. This doesn't mean you have to throw out all of your knitting needles and order new ones but consider trying interchangeable needles. If you have a little yarn store near you that lets you try out needles, take advantage of it. There are starter sets available or you may be able to order your favorite size interchangeable points and one cord to try them.

THE BENEFITS: Whole sets of needles don't contain as many parts. Swatching is easier because they contain pairs of tips in every size and cords of differing lengths to go with them. The expensive price is not a benefit until you consider the number of fixed needles in different lengths you would need to invest in to get the same needle options. They may come in an organized case—a place for everything and everything in its place which makes it easier to stay organized. When it is necessary to change needle sizes in the middle of your work, all you have to do is exchange the tips. If the needle tips are needed for another project, the needles screw off and stoppers screw onto the cord ends. Leave a note of which size needle you were using. If you need a longer cord, there are connectors to screw two cords together to create a very long cord.

[Staci at Very Pink Knits](#) has an excellent 8 minute video on circular needles vs. straight needles, fixed circulars vs. interchangeable sets, different cord lengths including her personal preferences

When knitting in the round you are really knitting in a spiral. You only have to do the knit stitch to create stockinette stitch. To create garter stitch when knitting in the round you need to knit one row and purl the next row to create the garter ridges.

It is possible to knit with two different sizes of needles at the same time if you need to even out your gauge between knit and purl rows. The holes in interchangeable needles help to create [lifelines](#). Put a strand of embroidery thread or crochet cotton with the end cut at an angle to easily push the thread or cotton through the hole to create a lifeline while you knit a row. Interchangeables make it easy to change the needle size when knitting a swatch to find the gauge. It is possible to have multiple projects in progress with interchangeables by taking the needle tips off and screwing on the provided end caps to the cord to hold the stitches. Attach a note to the cord indicating what size needle was used. It is possible to create flexible “straight” needles by adding a needle tip to one end of the cord and an end cap to the other end of a cord.

Interchangeables will occasionally unscrew when the key hasn’t been used to tighten the needle to the cord and a little round piece of rubber (or thick rubber band), called a needle grip, is used to get a good grip on the needle when attaching or detaching the tips to the cord. The thread holding the needle to the cord is quite long and usually I have been able to see it or feel the stitches dragging over the groove created between the separating needle and the cord and screwed them back together before they came apart. One disadvantage is interchangeable needles unscrew because I have not used the needle grip when screwing them on.

Advantages of Interchangeable knitting needles

Hands, wrists, and shoulders get less tired when knitting with circular needles.

With interchangeables I can knit flat, in the round, magic loop, and small or big projects.

In one small portable case, the needles are organized by size and ready to go.

I have several sets of **interchangeable needles and extra cords** but mostly still prefer the fixed circular needles in sizes 4, 6, 7 and 8 in 16” lengths for hats. Sizes 8, 10, 10.5, and 10.75 in 24” and 36” lengths for long scarves and baby blankets and sizes 11, 13, 15, and 17 in 24” length and higher for doubled number 4 and number 5-Homespun yarn afghans, prayer shawls and lap robes. However, interchangeables have a lot of good uses. I use the same size needle points as short double pointed needles frequently to finish decreasing the top of a hat or casting off with a larger size tip than the project needle. It isn’t necessary to move the stitches from a circular needle to a double pointed needle. They can be knit off the circular onto the double pointed needle set. Keep sets of decreases or ribbing together. The number of stitches does not have to be equal between the needles.

The tips of interchangeable needles are equally useful to make an I-cord because of the short length of the needle tips. They are really good for determining gauge, especially when you knit tightly. They are good for knitting a border around a baby afghan by making a pair of matching circular needles from one set and connecting the cords together. Use the desired size tip on the end held by your right hand and use a smaller size tip on the other end. Gauge is determined by the right hand tip with which you are forming the stitches. Using this same configuration of needle tips will help tight knitters knit less tightly with circular knitting only. Replace the smaller tip as many as 3 or 4 sizes less. When knitting in rows, you have to have the same size tips. When knitting with interchangeable needles and you need to start over again, remove the tip from one end of the cord and all your stitches will slide off very easily. Many knitters purl more loosely than they knit causing uneven stockinette. Use a smaller tip one or two sizes smaller on the purl side of the cord. This will vary depending on your yarn and gauge.

The holes at the base of the [interchangeable](#) needle tips are there to use a key (or regular size paperclip or safety pin) that came with the set to go into the hole and help to tighten the join of the tip to the cord and to help keep the needle shanks from coming undone from the cord. Also hold the metal part of the needle (not the needle) with gripper rubber or a thick rubber band to help tighten the needle to the cord. This is the major problem with interchangeables. If your interchangeable needles are the screw-in type, it's normal for them to unscrew and come loose as you knit. You usually feel the yarn drag over the separation. But make sure they don't become so loose that the tips and cord separate while you knit, causing some of your stitches to fall off your needle and cord. Whenever you pick up your knitting, tighten the join and look between the stitches to check the joins every row or round or so.

The needle tips connect to the cord differently between different brands of knitting needles. Some needles click together, needles screw on and need a little key (same size as a regular size paperclip or safety pin) to tighten the needle tips to the cord.

Using two different sized needles on the ends of an interchangeable cord gives a special look to the pattern. The needle tips can be as different as numbers 3 and 15. People who knit too tightly should use the needle size called for in the pattern and then a needle two sizes larger so that the gauge works out correctly to knit loosely enough to get a flexible fabric.

Interchangeables are wonderful except for knitting hats—some are not short enough but there are short interchangeable sets with short needles and short cords. You need to have a 16" needle for a hat. You can't use a circular needle that is longer than the circumference of the item you're knitting.

Sometimes tips and cords are measured separately because the tips and needles are sold separately. Even when you get them together in a set you need to know the lengths of the parts to be able to calculate which needles to put together to make a 32 inch needle. Sometimes you see the measurements given for the whole needle and measure from needle point to needle point.

Most interchangeable sets let you to knit anything on interchangeable knitting needles, including socks, because they have a flexible cord. Boye and Clover are two brands that don't have a flexible enough cord to use the magic loop method to knit small circumferences.

When knitting socks on a circular knitting needle, use a super short cord with short tips equaling nine inches or use magic loop instead. Some knitters prefer short needles but it depends on your dexterity.

You could also use two circular needles and keep half of the stitches on one needle and the other half on the second needle. This way you don't have to knit on that tiny needle. When the cord is too long to fit inside the stitches you pull it out between two stitches, the magic loop method.

Larger projects work well with interchangeable needles because more stitches fit on a long cord and the cord rests the weight of a large project on your lap saving your shoulders, wrists, and arms from having pain eventually.

A long cord makes it possible to try on garments while knitting. If you're knitting a sweater top down, to see how it fits, attach a long cord and try it on! If the cord isn't long enough, take off one of the tips, use a cord connector, and attach another cord to the first. Screw in the tip again or an end protector. Now the really long cord allows you to pull on the sweater over your head.

SECTION 57: [FLAT VS CIRCULAR KNITTING?](#)

Flat knitting goes into making squares, rectangles and small projects of knitted fabric. Circular knitting makes seamless tubes of knitted fabric. Although you probably learned to knit flat on straight, single-pointed needles, a stick with a point on one end and a knob on the other end,

you soon graduate to finding you prefer circular knitting whenever you are knitting anything that involves knitted fabric. Most knitters prefer circular needles and rarely use straight needles. To knit flat don't join in the round, pretend the needles are not connected, and turn the project around when you finish a row. The cord length can be less important when you are knitting flat. Personally, I use both depending on the project and which needles the right size are closer; but I have to tie the ball ends of straight needles together with yarn so I don't drop them. When knitting a really large flat piece such as a blanket, preferably in the wintertime, you will definitely want to use circular needles with a long cord that will accommodate hundreds of stitches. The circular needle also takes the weight of the blanket off the needles so you are able to knit without pain.

Even though you might have started out on straight needles, knit the stitches on to a circular needle to join the cast on stitches together to form a circle and knit in a spiral forming seamless tubes to make socks, hats, tops, sweaters, mittens and gloves. Although anything can be knit flat and sewn into a shape, it is easier to knit fitted garments in the round.

SECTION G: HOW TO KNIT WHAT?

SECTION 59: STRIPES are a long, straight section of stitches of a single color. They can be horizontal, vertical or diagonal depending on how the project is knit. They can be one row or even number multiple rows of stockinette or garter stitches or a multitude of stitches adding texture and [color](#) to your project. Be creative in your choices. Even if you are knitting ribbing or seed stitch horizontal stripes, *knit the first row of the section on the right side to eliminate purl bumps showing through in the alternate color.*

To add variety to your beginner projects, experiment with color. Use separate colors to make stripes or contrasting hems and cuffs or yarns can be multicolored. Tweed yarns have strands of different colors twisted into one yarn which creates subtle multicolored effects. Variegated yarns are good for beginners to add variety and hide uneven and twisted stitches better than solid color yarns.

In general, textured yarns can be more difficult to work with and not recommended for beginners. Chenille has a deep pile applied to a central core thread, looks soft, plush and velvety and is made from cotton, rayon or acrylic. Boucle is a specialty yarn with irregular loops twisted around a thinner “support thread” creating a bumpy surface looking spongy. LionBrand has a terrific boucle’ called Homespun used for making prayer shawls and capes.

Knitting horizontal stripes are one of my favorite ways to knit projects whenever possible, the more color the better. Small amounts of yarn can be used to make a horizontal stripe—6 times the width of the project when knitting flat (3 widths per row) or six times the width of a hat or sleeve for 2 row horizontal stripes. But one disadvantage to knitting stripes is, at the end of the project there are lots of ends to weave in because of the color changes.

When using multiple color yarns, if a yarn color will be used again within four rows, carry the end of a yarn up the side of your project by twisting the row yarn and the carried yarn together at the end of alternate rows. Otherwise, cut and weave in the end of each color (a real pain).

Carrying Colors for Stripes

When changing colors of yarn for horizontal stripes, most of the time I use the [back to back join](#) so I don’t have ends to weave in. I make a loop in my knitting yarn, enough to knit the last 5 stitches of one color, knit a few stitches with the 2 strands of the loop, thread the other color yarn through the first loop and make a loop of the second color. Keep knitting the two strands as if they were one with the two loops held together in one continuous row and to weave in the end of the first color and the beginning of the second color at the same time. When you knit around the row, knit the double strand stitches as if they were one stitch. Clip the end of the first color within a half inch of your knitting stitches or carry it up your project if the horizontal stripe will be used within 4 rows. Do not use these methods with bulky yarn.

Start color changes of your horizontal stripes on the edge of the right side of your project or you will have polka dots, blips or [purl dash lines](#) on the right side. Insert the right needle in the first stitch on the left needle. Make a loop, put it around your right needle and [bring the new color](#) (leaving a 6” tail) through the first stitch to complete the stitch. After knitting two rows of stockinette, one right side knit row, one wrong side purl row, pass the strand of the yarn you’re not knitting above the working yarn used to knit the row to catch the non-working yarn. Don’t pull the ending strand of the row to shrink the border but keep the spacing uniform. There is no need to tie the strands. Take the strand of the color you want to knit with next and knit a right side row. Twist the yarns together along the wrong side of the project every time the working yarn has finished knitting the wrong side row. It is best to not carry yarn more than four rows of knitting. If you are knitting two row stripes, you could carry three strands up the side of your

afghan or scarf project or inside a circular scarf or hat twisting them around one another at the end of every wrong side row.

If you change color in the middle of a row, intertwine the colors of yarn to prevent a hole forming by crossing the yarns. I did this first on a piano pattern scarf I knit in high school. It still needs the end woven in.

The garter stitch looks good in horizontal stripes on the right side of the project in two rows of each color. With three colors or less carry the yarn up the side of the project with 2 row horizontal stripes so you don't have so many ends to weave in. Cross the strands to keep them together. Use 4 rows of knit stitch in garter stitch in each color, 4 rows of each color in stockinette, or 4 rows of stockinette in one color and 2 rows of garter stitch in another color. Notice the difference in gauge between garter and stockinette stitch.

To make [clean horizontal stripes](#) when knitting a color change in ribbing, knit a row across on the right side with the new color to make the color change invisible and avoid having purl dash lines. If you are working on a hat in the round where half the ribbing will be turned up, purl the row around on the first half of the brim with the new color. Continue the ribbing in the new color on the next round. This will make the hat look better with the new color on one row and doesn't show.

Many variegated yarns will spiral stripe if the colors overlap at the beginning or ending of the colors if the width of the child's hat allows for it. See Section 99.

With different dye lots, alternate double rows of horizontal stripes for 6 to 10 rows and proceed with the new skein so your eye will blend the two dye lots together.

When slipping the first stitch and knitting two row stripes, knit the last stitch of the stripe in the alternate color so when the stitch is slipped on the next row it is the right color for the stripe.

An easier way to count horizontal stripes is by the multiple of the number of rows of the stripe. If you have four burgundy rows and two gold rows (for the Washington Football Team), count in sections of six.

For textured stripes and to make circular knitting look like the garter stitch (knit every row on straight needles), alternate knit a round and purl a round on circular needles.

Textured stripes stand out even when using one color of yarn. Vary the pattern of knit and purl rows to create textured stripes of one thickness or alternate thick and thin textured stripes. The weight and texture of yarns can be mixed and matched with smooth and fuzzy yarns to create stripes. Use narrow stripes of yarns of different weights when the difference isn't too much.

When decreasing for the crown of a hat, knit at least 2 rounds of the horizontal stripe before beginning to decrease so your horizontal stripes do not form angles unless this is the look you are trying to make.

When using self-striping yarn for a triangular shawl pattern you will have wide horizontal stripes at the beginning of the project and more narrow horizontal stripes as your triangular shawl increases in width. Or make your own horizontal stripes by changing colors on a right side row or use the entire or partial skein for one color to make a large horizontal stripe.

Knitting with two strands of different colors knitting them as you would one strand adds a marled or muddled tweed effect to your project, either in horizontal stripes or the whole project. See the easy [Color Flux Scarf](#).

[Weave in ends as you knit](#) horizontal stripes or as your project progresses so you do not have too many ends to weave in at the end of your project, especially if you're working on a big project or a project with a lot of horizontal stripes and a lot of ends.

With a circular needle, single horizontal stripes of leftover yarn can be started on the right side edge for a self-fringing scarf. Move the stitches back to the beginning of the row to begin the next horizontal stripe and leave the ends on both sides to tie into fringe.

Even stripes can get so boring! Use your device to bring up the [Random Horizontal Stripe Generator](#) to create a color pattern for horizontal stripes to make sweaters, scarves, or blankets. It'll give you an idea of what the finished project will look like, but it still leaves some unpredictability to the horizontal stripe pattern. Enter your choice of colors and your desired horizontal stripe widths. If you only have a limited amount of certain colors, use the [weighted Random Stripe Generator](#).

When I'm knitting rows of horizontal stripes in the round for a hat (except Helix), instead of weaving in the ends, I *carry them along the back of the project* and anchor them every second row by twisting the other stripe yarns with the working yarn when I start a new round.

To prevent a hole when changing colors on a row, bring the color to be used over the last color used to hold it under the working yarn or twist them when making the next stitch. [Weave in the ends as your knit](#) a new row.

When you want to add a new color or stripe in circular knitting, to **prevent a jog at the joining point**, knit one round with the new color. When you get to the end of the round, bring up the first stitch, place it on your left needle, knit it together with the first stitch on the second round and continue knitting your rounds. Or slip the first stitch of the color change. Eunny Jang demonstrates this slip stitch method [here](#).

[To knit horizontal stripes in the round without a jog](#) (if you have a minimum of 2 rows per horizontal stripe) because you are knitting in a spiral, knit a round of the new stripe color. When you get to the first stitch of the second round put your needle in the row below, lift the right leg from the last stitch of the first color from the row below, and place it on the left needle. Knit these two stitches together and continue knitting around. The end of the round moves one stitch to the left. Two more ways to make [Jogless Stripes](#). Another option is [here](#).

For vertical stripes of from one to five stitches carry the yarn along the back or wrong side of the project. Vertical stripes are also called looping or stranding. The biggest problem of vertical stripes is to carry the yarn behind the number of stitches at a normal tension so it is neither too tight nor too loose. If too tight, the knitting will pull together and the stitches will pucker. If the yarn is too loose it will hang and the wearer will catch the strand when the project is put on. If you are carrying a strand more than four stitches, weave the yarn through the back of half the stitches or every 4 stitches.

When you run out of **self-striping yarn** and need to **add a new skein**, the beginning of the second skein will likely not match where the first skein colors stopped. To start knitting with the second skein at this point would cause an undesirable and noticeable color change in your project. To prevent this from happening, unwind the new skein to the place in the color scheme where the other skein ended. This will waste some yarn, but this is the one way to make the skeins match up and to keep your project continuing in a good color pattern.

When decreasing for the crown of a hat, knit at least 2 rounds of the stripe before beginning to decrease so your stripes do not form angles unless this is the look you are trying to make.

[Three Ways to Attach a New Colour - YouTube](#)

[How to change colors in knitting - 10 easy methods \[mid row or at the beginning\]](#)

[How to avoid dash lines when knitting stripes and other tips \(bhg.com.au\)](#)

[5 Best Tips for Knitting Stripes | Studio Knit \(studioknitsf.com\)](#)

[Easily Knit Vertical Stripes using a Crochet Chain | Studio Knit \(studioknitsf.com\)](#)

[How to add vertical stripes in another color - The Blog - US/UK \(weareknitters.com\)](#)

[How to make elevations with the slip stitch - The Blog - US/UK \(weareknitters.com\)](#)

[How to Fade Yarns in Your Knitting Pattern](#)

[How to Carry Yarn up the Side When Knitting Stripes](#)

ADVANCED: [Vertical Stripes Stitch](#)

When are stripes not stripes? When they are the newest color block knitting, the latest fashion trend of using large blocks of color. Separating parts of a garment into colored sections has seen a resurgence in knitwear. Bold graphic designs are easy to create. Color blocking consists of two to four or more wide non-repeating sections of colors in a project. Changing the color of the garment at a third or halfway point can make a large difference. A garment in a simple design can be improved by a subtle color change. [Ravelry: Color Block Sweater pattern by Ashlea Konecny](#) [Ravelry: Color Block Baby Cardigan pattern by Joan Horton](#) [Ravelry: Color Block Mittens pattern by Bethany Dearden](#) [Ravelry: Color Block Sweater pattern by Ashlea Konecny](#)

SECTION 60: SHORT ROWS are extra rows invisibly inserted into a knitted project to add shaping and achieve proper fit for shaping like a shoulder slant. They are also used to create a flair in a skirt or cape. Short rows may be worked on either the knit or purl side of stockinette stitch. [Ravelry Page](#) for [Potato Chip Scarf](#).

They are used for some sock toes, bust lines (instead of darts or increases/decreases), sweater necklines and around hips in skirts. Short rows are formed by wrapping yarn around certain stitches and then picking up and knitting those wrapped stitches. The procedure is to move your yarn to the front, slip the next stitch knitwise and then turn your work. When your yarn is in back, slip the slipped stitch back to your right needle. Bring the yarn to the front to form a wrap around the slipped stitch. When you have wrapped the number of stitches, knit (or purl) back to pick up your wraps. Knit the slipped stitches you want to pick up and knit (or purl) the wraps with the stitches making sure to hide the wrap on the back side.

The key is to first wrap the stitch. [To help understand the wrap and turn \(w&t\)](#)

To pick up the wrapped stitch, knit to where the wrap occurs, pick up the wrapped stitch, put it on the left needle from the knit side and knit or purl the two stitches together.

[Cat Bordhi – slip knitwise, wrap and turn, concealing wraps](#)

[Introduction to Short Rows](#) – Roxanne Richardson

Wrap and Turn (w&t) is a procedure to avoid making holes in your knitting anytime you want to make a short row or when knitting socks such as a **Helix Ruffled Scarf**, a garter stitch pattern with short-row ruffles on each side of a central strip: Cast on 30 stitches. Knit the first row. Row 2: K10, w&t, knit back to edge. Row 3: Knit 5, w&t, knit back to edge. Repeat Rows 1-3 until desired length, such as 36 to 72 inches. Bind off.

Short Rows - {Wrap and turn} [Make Shadow Wraps in Garter Stitch](#)

Right Side (RS): Work in pattern to the stitch to be wrapped, move yarn to front of work and slip next stitch as if to knit. Bring yarn to back and turn work to other side. With WS facing, slip same stitch back to right needle as if to purl. Proceed to work across row in pattern picking up wrap and knitting with adjoining stitch when appropriate.

Wrong Side (WS): Work in pattern to the stitch to be wrapped, move yarn to back of work and slip next stitch as if to purl. Bring yarn to front and turn work to other side. With RS facing, slip same stitch back to right needle as if to purl. Proceed to work across row in pattern. The resulting wrap will look like a "necklace" or "noose" around your stitch.

Picking up wraps:

Note : Picking up and knitting the wraps makes the wraps less visible and produces a much neater look to your finished piece.

Pull each wrap over to the wrong side of your work as follows:

Right Side (RS): Work to previously wrapped stitch. Insert right needle tip under wrap from the bottom up. Pull it up and over the stitch it was wrapping and onto the needle. The wrap will now be behind the stitch on the left needle. Knit both the stitch and the wrap together through the back loop. The wrap should be completely invisible from the right side.

Wrong Side (WS): Work to previously wrapped stitch. Insert right hand needle tip under wrap on the RS of your work from the bottom up (as for the RS instructions). Since the WS is facing you, you will have to twist your work to do this. Pull it up and over the stitch it was wrapping towards the WS that is facing you and onto the needle. The wrap will now be behind the stitch on the left hand needle. Purl both the stitch and the wrap together. The wrap should be completely invisible from the right side.

GERMAN SHORT ROWS (GSR) --an alternative to wrap and turn, a simpler version of short rows and easier to “pick up” the stitch. [German Short Rows](#) can be used for both toe and heel and a stretchy bind off for the 2x2 ribbing that 1" of ribbing takes 5 gr of yarn for 11 rows or 1 inch to use up all the yarn. She also shows how to finish off the bind off so it goes all the way around.

Advanced - [Tinking Short Rows](#)

SECTION 61: [PICK UP AND KNIT](#) is the method to create live stitches usually along an edge where there aren't any stitches and need to be to create another knitted piece. Around a neckline, sleeve or down the front of a sweater, a pattern will say “**pick up and knit**” so many stitches along this edge. This instruction does not mean to insert your needle in the side of the stitches. The instruction means to insert your knitting needle as if to knit under a stitch and sometimes under two legs of a stitch, one or two stitches in from the edge, wrap your yarn around the needle as if to knit and pull the loop through the stitches creating a new row of stitches on your needle. Sometimes you will have to “pick up and knit” more than one stitch in one edge stitch to maintain your gauge because rows of stitches are not as dense as lines of stitches or do an increase in a tight corner to create more stitches such as knit in the front and back of the stitch. The “rule” is to pick up 3 edge stitches for every 4 rows of stockinette rows or 2 edge stitches for every 3 rows of garter stitch and more for corners so they lay flat.

An easy way to pick up stitches is with a crochet hook going through the stitches, pull the loop of new yarn through with the crochet hook and put the new loop on the project knitting needle.

To **pick up stitches evenly around a curve** such as a neckline or sleeve, use a measuring tape to place coil-less safety pins or removable markers every inch. Pick up the number of stitches for your gauge every inch between the markers. In other words, if your gauge is five stitches to the inch, pick up or make five stitches between each marker. Put your needle in the center of each stitch. Sometimes it helps to twist the stitch before putting it on the needle or use a smaller needle to prevent making holes in the row being picked up and then change to the project needle. Think of the number of stitches to pick up as a guideline. Pick up one or two more stitches than the pattern says, especially on a curve, and knit two stitches together as necessary if you need a certain number of stitches on the next round. The goal is for the picked up stitches to become a button band or neckline to be flat and not ruffled (have too many stitches) or pulled in (have too few stitches).

For the [sweater sleeve](#), [pick up](#) and knit stitches around the sleeve opening.

When [picking up stitches](#), insert the needle into the left side of the stitch, then knit it like a normal stitch. Picking up stitches leaves a small ridge on the opposite side. Usually you will pick up the stitches with the right side facing you so the small ridge will be on the wrong side when it is facing you. Use one of the project knitting needles and the project yarn to pick up stitches.

Insert the knitting needle from front to back under two stitch strands at the edge of the worked piece. Put the yarn around the needle as if to knit, bring the needle with the yarn back through the stitch to the right side resulting with a stitch on the needle. Repeat along the edge as necessary.

If there are a large number of stitches to be picked up, divide the work into quarters, marking the quarter or eight sections (or another convenient number) with pins to keep your stitches even and well spaced. Pick up a quarter (or another convenient number) of the total number of stitches in each section. If the pattern doesn't say how many stitches to pick up, the general rule is to pick up one stitch for every stitch along a horizontal or bound off edge.

SECTION 62: SOCKS take approximately the same amount of stitches as a sweater and can be as addicting. Sock knitters have suggested to me to make my first sock on size 8 needles with worsted yarn to practice all the steps with larger yarn and larger needles to be able to see the stitches more easily. Or you might knit a pair of baby socks as a first try. They have all the same techniques but with fewer stitches.

This is the time to decide whether you are going to knit your socks toe up or top down and with the magic loop method, a 9" circular or double pointed needles and practice using the different methods. The method doesn't affect the socks but a top down sock is not the same construction as a toe up sock. The size needle affects the socks. Sock yarn should have nylon included in the yarn so the socks wear longer. Socks shouldn't be too long or too short either. Try them on and allow for a little stretch. Make sure the sock yarn and the size needle you use fits in your shoe if that is where you intend to wear them. A sock designer told me that heels should be knit on a needle no larger than size 1 to wear longer. Buy sock yarn with a percentage of nylon in the yarn to wear longer. Sock yarn doesn't lend itself to being a lace shawl because it contains a percentage of nylon and doesn't block as well as fingering yarn. Fingering weight wouldn't have the durability to hold up to being socks.

[Sock Sizes and Measurements \(fibergypsy.com\)](http://fibergypsy.com)

[ShoeSockChart - Knitting Any Way](#)

[Silver's Sock Classes — KristinBelle](#)

[Learn to Knit Socks - very pink.com - knitting patterns and video tutorials](#)

[Customizable Toe-Up Sock Tutorial - Section 1 - YouTube](#)

[Simple Toe Up Socks! - New Leaf Designs](#)

[How to Knit Toe Up Socks - Section 1: Casting on! - YouTube](#)

[How to Knit Socks Toe Up - Section 2 : Toe Increases - YouTube](#)

[How to Knit Socks Toe Up - Section 3: German Short Row Heel - YouTube](#)

[How To: Close the Gap on Sock Heels - YouTube](#)

[How to Knit Toe Up Socks - Section 4: The Cuff - YouTube](#)

[How to Knit Socks for Beginners](#)

[How to Knit Socks on Magic Loop - A Tutorial by Crazy Sock Lady](#)

[Knit Your First Pair of Socks for Beginners](#) part 1 of 7

[Reinforce Sock Heels and Toes](#) with sewing thread

[Afterthought Everything Sock Tutorial - Crazy Sock Lady](#)

[How To Do Contrasting Heels, Toes, and Cuffs - Crazy Sock Lady](#)

[How to Knit Socks — RJKnit](#)

[Heel Flap Socks — Roxanne Richardson](#)

[Answers to sock questions — Roxanne Richardson](#)

[Expert Tips for Knitting Socks - Tips and Tricks from the Experts!](#)

[A suggested site for different pattern socks](#)

[Knit & Chat: 5 Sock Knitting Mistakes to Avoid - YouTube](#)

A decorative textured lateral braid technique for your socks: ADVANCED: [The EASIEST Lateral Braid Technique Ever](#) and [How I Knit a Braid In the Round](#). Also see Latvian Braid links in Section 80.

SECTION 63: SHAWL NOTES: Shawls are a great way to improve your knitting skills. They are larger than a scarf so you have more time to hone your knitting skills. Use interesting yarn with a shawl that may take only a skein or two. Shawls have [simple shaping](#) to help you understand how increasing and decreasing stitches to change the shape of your project. But you don't have to worry about perfect fit like for a sweater. Use the recommended yarn weight and needle size and begin knitting. Shawls are good in your wardrobe for layering, adding a pop of color, an accessorizing feature or for a little extra warmth.

Triangular shawls with two even sides are all very easy similar patterns. Use any size needle and any kind of yarn, depending on how heavy you want your shawl to be. To be fashionable and drape use size yarn 1-3, to be warm use size yarn 4-6, or double the yarn strands for more warmth. Make it lacy with lots of yarn over holes or larger needles or solid with smaller needles and not use a yarn over increase. Using self-striping yarn for a triangular shawl pattern will give you wide horizontal stripes at the beginning of the project and more narrow horizontal stripes as your triangular shawl increases in width. Or make your own horizontal stripes from changing colors every second row or use the entire or partial skein for one color to make a large horizontal stripe. A shawllette can be made from less than 6 ounces of yarn such as a "Shawl in a Ball." Make a swatch and see how the yarn reacts with the size needle you choose.

The body of the shawl may be partially to mostly stockinette stitch, (a knit pattern on the right side, purl stitches on the opposite side) with varying size borders of garter, ribbing or seed stitch. You either start with a tab which once you learn is more stable and especially when using similar size borders. Or begin at the center top of the shawl by casting on a few stitches in addition to the borders

If you're new to making shawls, let me pass on some information I learned at a Stitches weekend meeting shawl class. Think about gravity when it comes to making and wearing shawls. If you put more yarn weight behind you, the shawl will want to fall off your shoulders. AVOID making a shawl with a narrow 90 degree angle with one increase every row like using half of the [Grandma's favorite dishcloth pattern](#) made into a triangular shawl is one increase or yarn over every row either at the edges or down the center back. It is long lengthwise, a 90 degree right triangle and only increases one stitch per row. Unless you love the pattern (and there are 33 pages of them on Ravelry) because it gets too long from top to bottom and heavy before it is wide enough to go around your shoulders unless you are tiny, has too much weight behind you, therefore, doesn't want to stay on your shoulders and it's the first point to dip in the toilet.

A longer width 135+ degree triangle shawl will put more weight in front of your shoulders and increases two or more stitches per row either at both sides and the center or the One Row Pattern near the end of this Section has one increase at the edge and one on the right side of the center stitch(es) on both the right side and the wrong side rows. Remember when we thought we'd never use those math/angles/degrees subjects ever again! HA!

Depending on the yarn type, wool, a blend or acrylic, the thickness of the yarn, size of the needles and your gauge, will determine how wide the center front borders need to be to not curl if your shawl is primarily stockinette stitch. I've had to use 10 knit stitches on each side using acrylic worsted (#4) yarn with size 10 needles.

One way to avoid having a point in the center (back) of the shawl end the center back with 30 stitches or make more of a half-circle shawl or cape by putting two sets of increases at each shoulder or centered across the back of the shawl in addition to the two increases on each side of the center front borders.

EASY TRIANGLE SHAWL PATTERN: Cast on 13 stitches with size 10, 10.5, 10.75 or 11 needles that coordinates with the yarn [I like the LionBrand Homespun (#5) with size 11 needles for shawls].

For the set up: K5 (border), *place marker, k1, repeat from * to last 5 sts, pm, k5.

Row 1: Knit 5 border stitches, slip marker (sm), YO, K1 after the first marker, YO, sm, k1, sm YO to increase on both sides of the center markers, K1, YO, sm to increase before the last marker and knit the 5 border stitches for a total of 17 stitches.

Row 2: Knit all the stitches.

Row 3: Knit 5, sm, YO, knit to marker, YO, sm, K1, sm, YO for the center increases, knit to next marker, YO, sm, knit 5 border stitches. – 21 stitches.

Repeat rows 2 and 3 for the pattern.

When you have about 200 stitches on your needle, add another long needle to half the stitches or put in a lifeline and try it on to see if you need to discontinue increasing unless you want to make it more full or throw one end across your shoulder. Continue to knit until it is as long as you want. Bind off. Weave in ends. [Simple Lace Triangle Shawl](#)

Try on your shawl and see how big it is getting. When the edge is bigger than your circular needle, thread a length of mercerized cotton or another thinner yarn through the stitches. Put all the stitches on the circular needle cord and sew through the stitches leaving a long tail so it doesn't pull out. You can also knit half the stitches on another circular needle (with point protectors) to hold the stitches while you try it on. You may knit off any size needle because the stitches are formed by the working needle.

You may also measure flat four unstretched inches of the shawl to determine how many stitches for one inch and divide the determined number for one inch into the total number of stitches to get the approximate number of inches for your shawl. Then measure you including your arms.

I start many of my top down wide triangular shawls with a [tab](#) because I use a 8-10 stitch garter stitch border with size 10.5, 10.75 or 11 needles and #4 yarn. If I want a heavy weight shawl, I'll double the #4 yarn and use size 11 or 13 needles. The tab helps the neckline at the back not to stretch the increases and continues the border behind the neck of the shawl.

When casting on for a [garter tab](#) at the beginning of a triangular shawl, cast on 3 stitches with just the points of your interchangeable needles and knit the first row. Place a locking stitch marker in the left leg of the 3 cast on stitches. After you have knit the sixth row (3 ridges), turn and pick up the 3 side purl stitches, turn again and pick up the 3 stitches from the cast on row that are marked ready to be picked up and 3 stitches from the other end of the garter tab.

Proceed to knit one of the triangular shawl patterns found on Ravelry. [Knit A Simple Shawl](#)
A Tin Can Knits easy triangular shawl pattern in 3 weights of yarn with 4 increases in 2 rows including a center spine.

Whether you use yarn overs for the following lacy shawls is up to you. I rarely use yarn overs down the center back because my 77+ brain forgets to make the yarn overs or puts them in the wrong place and then has to be frogged, even when marked with a marker, mainly forgotten when my mind has taken a trip without me instead of concentrating on knitting. An alternate increase is knit into the front and back of the stitch instead of yarn overs before and after the center marker. I also will avoid creating a potty point on a long length triangular shawl.

[How to Knit an EASY Triangle Shawl | BEGINNER Knitting Tutorial](#)
[How to Knit a 3 Wedge Shawl in Any Yarn](#)

Use **center front chain borders** by slipping the first stitch of every row purlwise, pull the stitch firmly against the needle for uniformity before throwing the yarn to the back of the work to knit the next stitch, and knit the last stitch of every row through the back loop. This creates a chain border for the edge. If you have a stitch pattern that doesn't have plain knit stitches at the

beginning and end of the row to allow for this slipped stitch in the pattern, increase the number cast on by two, one for the slipped stitch and another stitch for the slipped stitch on the next row. This is also called a chain stitch selvage.

Because garter stitch makes a thicker fabric, it will also keep you warmer than stockinette stitch. I made a garter stitch shawl in double strand baby yarn from a Pound of Love skein and won't make another garter stitch shawl for Florida use. This shawl will go to my Northern Virginia prayer shawl ministry instead of donating it here in Florida.

In 1998, Janet Severi Bristow and Victoria Galo, two graduates of the 1997 Women's Leadership Institute at The Hartford Seminary in Hartford, Connecticut, created a new ministry under the direction of Professor Miriam Therese Winter, MMS. Their love of the knitting and crochet crafts combined with their spiritual practice led to the creation of the prayer shawl. Their process begins with saying prayers and blessings for the intended recipient, then continuing those prayers throughout the creation of the shawl. A final blessing is offered to the recipient before the shawl is delivered or sent.

Any crafted shawl pattern can be a prayer shawl, a wearable hug crafted with love and intent from maker to recipient. A prayer shawl is infused with prayer before, during and after it is made. As the knitter, crocheter, sewer or weaver is making it they are praying for the recipient, whether known or not. Some crafters include a handwritten version of the prayer as a note when gifting a prayer shawl. A prayer shawl is not exclusive to any particular religion. The [Trinity Stitch](#) may be used or stitch patterns (not ribbing) in multiples of three knit by Christians to represent the Holy Trinity. If you cast on 57 stitches, make the pattern in multiples of 6 stitches of 3 knits and 3 purls + 3 stitches for a border, then the pattern will always start with knit 3 stitches. The shawl may be plain or may have beads, bobbles, shells, fringe, fun fur or other decorations woven along the ends or a few inches from the end. It is also common for groups to meet at the temple or church to knit healing prayer shawls for those in need. Many faiths use a wedding prayer shawl as a symbolic garment of love and union.

The intention, love, caring, and comfort are universal truths for many people, soothe the crafters as they work, and the recipient who can feel the love and care that went into the piece. Anyone of a faith (or even the lack thereof) can make or wear a prayer shawl, permeating their own religious beliefs or prayers within the fabric, in the hopes that it comforts the person it is intended for as if God's arms were wrapped around them. Or the prayer may be replaced by an affirmation "Everything needed to heal yourself is already within you." Comfort shawls are the epitome of the phrase "it's the thought that counts." Although meant to be a source of comfort to the recipient in times of distress, a loss or stressful time, undergoing or recovering from illness or medical procedures, they can also be a gift as a sign of encouragement, general affection or to signify happy or positive events such as a bridal or baby shower, graduation, birthday, anniversary, ordination, or other holiday.

Prayer shawls may be knitted, crocheted, woven, or worked by any other means desired. They may be adorned with beads, bobbles, shells, fringe, etc., or left plain and understated. They can be any color or stitch pattern. Prayer shawls are intentionally easy to knit, so that the knitter can concentrate more on infusing healing thoughts and protective prayers into the stitches, instead of focusing on a complicated pattern.

Prayer shawls are one of my favorite larger charity projects to make, although they are hard for me to give away because I like wearing them. Prayers shawls may also be called comfort or peace shawls. No matter what you call them, they are a wearable hug crafted with love and intent from the person who made it to the recipient. [20 Knit Prayer Shawl Patterns - Marly Bird](#)

The One Row Elongated Triangle Shawl Pattern on the next page will stay on your shoulders better because there isn't so much weight behind you because it increases at least two stitches a

row or four stitches every other row, and the shawl is *wider than a 90 degree angle*. Have the center back increases with an increase on each side of the spine. This shawl is wider than it is long.

A shawl with six increases every other row or three per row gives you more than one point and there doesn't have to have increases in the center back. Start with border stitches, an increase stitch, Knit to next increase, increase stitch, Knit one, increase stitch, Knit to next increase, increase stitch, Knit one, increase stitch, knit to next increase, increase stitch, border stitches. The increase stitches can be YO, Kfb, M1R and L, etc.

You want to increase a shawl to 200-300 stitches depending on your size and then discontinue increasing unless you want a ruffle effect at the edge or the shawl can be thrown over your shoulder to go around more than once.

[5 Biggest Mistakes Shawl Knitters Make: Don't Do These!](#)

Check the yarn swatch for drape. The yarn might not be right for a shawl or you have the wrong size needle. The bind off is too tight. Either bind off with a larger needle or bind off with a stretchy bind off (shown in video above). Use a long circular needle. Use lifelines. Block your shawl to achieve its ultimate beauty.

The Boomerang Shawl is an asymmetrical uneven sided triangular shawl pattern with a sharp point at one end and two angles on the other end. One side of the row uses an increase and a decrease and the other side is decreased only. You knit the yarn over increase near the edge and right-slanting K2tog decrease on the right side and knit the left-slanting SSK decrease on the left side. It can be made in any weight yarn.

Boomerang Garter Stitch – thanks to Susan Blauel for sharing this on the AutoTrain

Cast on 4 stitches

Row 1: Sl1, Kf&b, K to last 2 sts, YO, K2tog.

Row 2: Sl1, K to last st, Kf&b.

Repeat these two rows for the pattern.

If using the long tail cast on, begin with Row 2.

Continue until achieving the length you want or approximately 6 feet.

Use row 2 to bind off to last st, Kf&b, BO last 2 sts and weave in ends.

This boomerang stitch is asymmetrical, the point of the shawl is off center.

Like [Feather and Fan](#), there are multiple patterns by different designers using different increases and decreases, different stitch patterns and ways to make a Boomerang pattern.

[How to Knit an Easy 2 row Lace Crescent Shaped Shawl](#)

The Boomerang Shawl KEY: [kYOk](#) – K1, YO, K1 in the same stitch-a double increase

Set Up Row 1: K2, kYOk, k3, kYOk, k2 [13 sts] SK2P - Slip1-knit2tog-pass slipped st over

Set Up Row 2: s1-wyif, k1, YO, k9, YO, k1, s1-wyif [15 sts]

Body Row 1: K2, kYOk, *k3, YO, SK2P, YO; rep from * to last 6 sts, k3, kYOk, k2 [4 sts inc'd]

Row 2: S1-wyif, k1, YO, purl to last two sts, YO, k1, s1-wyif [2 sts inc'd]

Repeat Rows 1 & 2 until the shawl is desired size.

Bind off using a stretchy method. Block assertively to crescent shape.

[Easy Knitted Garter Top-Down Triangular Shawl! - YouTube – 1 stitch edge border Scarf, Shawl, Stole and Wrap – Different Size measurements](#)

And then look at how you might wear it:

[How To Wear A Shawl - 10 Stylist Suggestions - YouTube](#)

[Creative ways to wear a triangle shawl from Knitting in the Park - YouTube](#) and using a shawl pin or chopstick

[Wearing Lace Shawls | \(knitpicks.com\)](#)
[How To Wear Asymmetrical Shawls - YouTube](#)
[How to Wear a Triangle Shawl - YouTube](#)
[Bind off for Shawls](#)
[Stretchy Shawl Bind Off - How to do a shawl bind off](#)
[The Half Pi Shawl Knitting Tutorial!](#)
[Circular Knitting Needle Life Line Hack! - YouTube](#)

One Row Elongated Triangle Shawl Pattern – Two super easy garter stitch (all knit) patterns with two increases per row. Choose your own increase to make before or after the marker. Slip stitch edges are optional. Make a small 5-10 row 10 stitch PRACTICE PIECE for both options to see which option you like best. Try out different increases every four rows on this PRACTICE PIECE.

Choose your knitting needle size to match your yarn. Number 3 yarn uses US size 4-6 needles, Number 4 yarn uses US Size 7-10, Number 5 yarn uses US Size 10.5-17 needles (I used 2 skeins LionBrand Homespun #5 6 oz/185 yards) 370 to 728 yards (using 2 skeins Red Heart Super Saver #4 7 oz/364 yards) of yarn using size 7-10 needles will make an elongated triangle shawl.

CAST ON 5 stitches, place marker and then cast on another 5 stitches.

OPTION 1: All rows: Slip 1 stitch purlwise,* knit 3, YO or Kfb, knit to marker, slip marker, inc YO or Kfb, knit to end of row. Knit with both strands to weave in end on the first row and give your structure to your first row.

*Slip stitches are optional and create a pretty chain edge to your shawl but you are able to substitute a simple knit stitch for this slipped stitch at the beginning and end of the row.

Two ways are offered.

*Slip the first stitch purlwise with the yarn in front. Then throw the yarn back BETWEEN the needles and tighten the stitch gently against the needle to have uniform edge stitches.

OPTION 2: All rows: Knit 3, YO or Kfb, knit to stitch before marker, YO or Kfb, slip marker, knit to last stitch and slip the last stitch purlwise with yarn in front.

Choose your own increase. It may be a simple Yarn Over, knit into the front and back of the stitch, or make one left increase after the marker or make one right increase at the beginning of the row and before the marker. Choose one increase at the beginning of the row and it could be a different increase in the middle of the row at the marker but be consistent throughout the pattern.

AN ADDITIONAL ROW OPTION to add some eyelet lace to your shawl: Every 5 or 10 ridges on right side rows, substitute “knit to marker, end or last stitch” instructions with “K2together, Yarn Over” across row from after the first increase to before the last increase leaving the border 3 stitch knit stitches and adjacent increase stitches as they are established.

Knit until you have at least 12 yards of yarn left for the bind off or your shawl is as long as you wish. The row you are working on your needles is the bottom row of the V of the shawl.

Bind off. Weave in ends.

Easy Long Triangular Shawl - Increases six stitches every two rows – measures 66”x16”
8 or 12 oz skein of #4 acrylic yarn – I used one skein Hobby Lobby I Love This Yarn solid color Size 10 or 10.5 wooden circular knitting needles 29” to 40” long.

Option: use #5 yarn with 29”-36” size 11 or 13 wooden knitting needles.

Make a slip knot to cast on 1 st with about a 5 inch tail. In this pattern you would have to cast on 3 sts to use a slipped stitch edge on both sides of the center pattern.

Row 1:(RS). (K1 YO K1) all in the same stitch to make 3 sts knitting with both strands to weave in end.

Row 2: Knit across row treating both strands as one stitch. 3 sts.

Row 3: Kfb twice. K1 to make 5 sts.

Row 4: Knit across row. 5 sts.

Row 5: Kfb 4 times. K1. 9 sts.

Row 6: Kfb. K3. PM. Sl1Pwyif. PM for center. Knit to last 2 sts. Kfb. K1. 11 sts

Row 6 explained: Knit into the front and back of the first stitch. Knit 3 sts. Place a marker before and after the following stitch. Move yarn to the front and slip 1 stitch purlwise to become the center stitch on every other row. Move yarn to the back. Knit 2 sts. Knit into the front and back of the next to last stitch. Knit 1 stitch to make a total of 11 sts.

You may begin slipping the first or last stitch of the row for a chained edge on every row.

Row 7: Kfb. Knit to one st before marker. Kfb. SM. K1 (center stitch). SM. Kfb. Knit to last 2 sts. Kfb. K1.

Row 8: Kfb. Knit to marked st. Sl1Pwyif. Knit to last 2 sts. Kfb. K1 like Row 6.

Rep last 2 rows for pat until work across longer side on the needles measures approx 80" [200 cm], ending on a WS row.

Option for row 8: On the wrong side, every 10 ridges Kfb, knit the first 7 stitches (border), purl to the center stitch, slip markers and the center stitch wyif, purl to the last 7 stitches, K5, Kfb, K1(or slip if making the chain edge) for 5 or 10 ridges. Continue row 7 as written. Repeat last two rows.

To prevent shawl from curling on the edge, with the last 220 yards I switched to garter stitch lace for last 15 rows-- YO, K2tog, K1 on the right side and knit the wrong side.

Cast off loosely knitwise when you are at the end of the row and still have at least 12 yards of the end of the skein. Weave in ends.

ABBREVIATIONS:

Approx = Approximate(ly)

Cm = centimeters

K= Knit

Kfb= Knit into the front and back of the stitch

Oz = ounce

PM = Place Marker

Rep = Repeat

RS = Right Side

Sl1Pwyif = Slip next stitch purlwise with yarn in front of work

SM = Slip Marker

St(s) = Stitch(es)

WS = Wrong Side

SECTION 64: SCARF NOTES: [Scarf, Shawl, Stole and Wrap – Different Size measurements](#) [A Man's Guide to the Scarf: How and Why to Wear One, and 7 Ways to Tie Yours](#)

Most men's scarves are approximately **10 inches** wide, 70 inches long, and made from either a solid or patterned cut of cloth designed to wrap around the neck. In a nutshell, a scarf is a simple rectangle of fabric. Yet most men are baffled as to how to properly wear one, and worse, many feel the wearing of a scarf is somehow effeminate.

How long should you knit your scarf? [How Many Stitches Should I Cast On for a Scarf?](#) [Make and Attach Fringe Tassels to a Scarf, Shawl or Sweater](#) Knit all rows until the scarf is a minimum of **27 inches** long. End on a wrong side row and bind off on the right side. Stripes are optional. For my first scarf, I knit with each yarn color for 6 rows and then switched to the other color and repeated for the length of the scarf. [Kids Loop Scarf Pattern Little Red Window](#)

When making a scarf, to make it less cumbersome when turning back and forth, roll up the scarf starting with the short end and tie the edges with scrap yarn leaving 6-8 inches of the scarf left out to work on. Also scarves may be knit lengthwise allowing a whole different set of design patterns of stitches and color patterns.

SECTION 65: LACE is impressive whether it is a beautiful edge, column or small centered motif made with the finest crochet cotton or bulky yarn. Like Dee O'Keefe's patterns on Ravelry, lace shawls of different shapes and patterns are an art form of their own. It's fun to intentionally put holes in your knitting to create patterns from basic to complex. The stitches can be as simple

as a line of the K2tog, YO stitch pattern repeated across the project and surrounded by rows of garter stitch. See the practice piece below*. Swatch lace patterns in different yarns and needle sizes to see the variety of effects that can be created with a single pattern. A beautiful beginner **Like Lace Easy Stitch** Video has **patterns** and **variations** that would make beautiful scarves and shawls but not baby blankets that a baby might catch in their fingers. A light color yarn is best to let the lace show.

When every yarn over is paired with a decrease stitch of K2tog or SSK, the stitch number doesn't change. If you use only one type decrease your project may lean only that way. You may need to change from using only a right leaning decrease to a left leaning decrease every four rows to keep the project going straight. The decrease doesn't even have to be next to or on the same row as the increase. Sometimes you might have two yarn overs on either side of a centered double decrease.

Use markers to separate pattern repeats to be able to check after each repeat to make sure the section is correct and not find a fumble on the next row and have to tink back to fix the fumble.

Use your most pointed needles to make it easier to do the increases and decreases in lace patterns.

Lifelines can save the life of your lace project safely holding a row of stitches to rip back to and start again.

Use Post-it tape or a strip magnet to help keep your place in the pattern or on a chart. Use your printer to enlarge the chart to the size of the page to read the pattern or chart easily.

[How to knit lace](#) in 3 easy steps - Lace for beginners

[A Knitter's Guide to Fixing Common Fumbles in Lace Knitting | Knitting | Interweave](#)

[The Workday Scarf](#) is an easy beginner simple garter stitch project with lace edging, that is easy to knit and beautiful to wear. Referred to as "Comfort Knitting," this scarf offers the ease and beauty of garter stitch with a lovely lace edging worked at the same time as the body of the scarf that requires attention to detail only every 8th row.

*PRACTICE PIECE: Cast on an even number of stitches over 20. *Knit 2 or more rows. Make an optional border of K5, (K2tog, YO) repeated to last 5 sts, K5. Knit the next row. Repeat from the * as long as you want. Knit 2 more rows. Bind off.

[Learn to Knit Lace](#) – Very Pink 10:05-12:00 Lifeline

[Best Lace Knitting Needles](#) [3 Stitch Lace](#)

[Tiny Hearts Lace](#)

[Quick and Simple Lace Stitch | Knitting Lace Stitches](#)

[How to knit an easy lace stitch pattern in four rows](#) - (two of which are purl rows).

CO multiples of 6 + 2; i.e., 6 * 3 = 18 + 2 = 20 stitches

Row 1 (RS): K1, *K3, yo, sl2, k1, pssso, yo*. Repeat from * to *, K1.

Rows 2 and 4: P across the row

Row 3: K1, *yo, sl2, k1, pssso, yo, K3*. Repeat from * to *, K1

These four rows create the pattern. Repeat them until the desired length is reached.

When finished, BO purl wise after a row 3.

[Eyelet Rows Lace Stitch](#) Tutorial for Beginners - Easy, Beginner Lace Knit Stitch

[How to Knit The Simple Garter Lace Stitch](#)- Beginner Friendly!

Pattern: Cast on multiples of 4 + 2

Row 1 and all rows - knit 2, yo (wrapping your needle once) p2tog (purl 2 stitches together)
Repeat this row until you reach your desired length.
Bind off with your desired method.

VERY EASY LACE STITCH

CO17 Multiple of 5 plus 2 edge sts.

Setup: Purl 1 row

Row 1: K1, *K2tog, YO, K1, YO, SKP, rep from * to last st, K1.

Row 2: K1, P to end K2tog – knit two stitches together

Row 3: P3, K to end SKP – Slip one knitwise, knit one, lift and pass the
slipped stitch over the knit stitch

Row 4: K1, K to end of row. YO – yarn over, wrapping yarn around needle

Spike Trellis Stitch

CO multiple of 4 stitches

Row 1: *K2, YO, Sl1, K1, PSSO, rep from *

Row 2: *P2, YO, P2tog, rep from *

Repeat these 2 rows for pattern.

Trellis Lace Knitting Stitch

Cast on a multiple of 3 + 1

Row 1: *P1, YO, K2tog, rep from * to last st, P1.

Row 2: *K1, P2,(in second one purl in back of stitch), rep from * to last st, K1

Row 3: *P1, K2tog, YO, rep from * to last st, P1.

Row 4: *K1, P2 (both in front), to last stitch

Herringbone Lace stitch: A one-row repeat, reversible knitting pattern, ideal for beginners

Multiple of 4 stitches.

Row 1: *K2, YO, K2tog, rep to end.

EASY "Peasy" Knitted Lacy Scarf

Multiple of 18 stitches. – Feather and Fan

Knit 5 rows for border on each end.

Row 1: *K2togx3, (K1, YO)x6, K2togx3, rep from * to end.

Knit 2 rows

Purl 1 row.

Repeat last 4 rows.

Easy Four Row Lace

CO multiples of 6 + 2; i.e.: $6 * 3 = 18 + 2 = 20$ stitches

Row (RS): K1, *K3, yo, sl2, k1, pssso, yo*. Repeat from * to * to last stitch, K1

Rows 2 and 4: P across

Row 3: K1, *yo, sl2, k1, pssso, yo, K3*. Repeat from * to * to last stitch, K1

These four rows create the pattern. Repeat them until the desired length is reached. When finished, BO purl wise after a row 3.

Grid lace stitch

CO multiples of 4; i.e.: $4 * 4 = 16$ stitches

1 row: *K2, yox2, p2tog*. Repeat from * to *, to the end.

These three steps will be repeated on each row, until the desired length is reached.

yox2-double yarnover

wrap yarn around twice

When finished, BO purlwise on the side you started (you'll know because the yarn from the cast-on edge is on the left side of the work).

Two-row reversible lace knitting pattern (doesn't curl)

CO multiples of 3 + 2 (edge stitches); i.e.: 3 * 3 = 9 + 2 = 11 stitches.

The edge stitches (first and last) will be knitted on each row.

Row 1: K1, *P1, k2tog, yo*, K1. Repeat from * to * to end

Row 2: K1, *K1, P2*. Repeat from * to * to end

Repeat two rows for the pattern. Repeat them until the desired length is reached. When finished, BO after a row 2, working each stitch as it presents.

Spring Lace stitch

Row 1: K1, *K1, SSK, K1, K2tog, YO, K1, rep from * to last st, K1tbl.

Row 2, 4, 6, and 8: P

Row 3: K1, *K2tog, YO, K3, YO, SSK, K1

Row 5: K1, *YO, K1, SSK, K1 K2tog, K1, YO, rep from * to last st, K1.

Row 7: K1, *K1, YO, SSK, K1, K2tog, YO, K1, rep from * to last st, K1.

Repeat these 8 rows for the pattern. Block to avoid curling.

The Fern Lace Stitch Knitting Tutorial! By Fibre Spider

Multiple of 9+4 = 22, 31, 40, etc.

Knit set up row or border of 5 rows.

Row 1 - [4:10](#) Purl

Row 2 - [7:33](#) K3, *YO, K2, SKP, K2tog, K2, YO, K1, rep from * to last st, K1.

Row 3 - [12:11](#) Purl

Row 4 - [15:59](#) K2, *YO, K2, SKP, K2tog, K2, YO, K1, rep from * to last st, K1.

Repeats of... Row 2 - [21:05](#) and Row 4 - [26:05](#)

Zig-Zag Lace (easy-peasy and it doesn't curl)

CO multiples of 10 + 2 = 22, 32 stitches for a scarf or shawl with 52, 62 stitches

Row 1: *K2, P2, K1, K2tog, yo, K1, P2*. Repeat from * to *, to last 2 st, ending the row with K2.

Rows 2 and 4: *P2, K2, P4, K2*. Repeat from * to *, to last 2 st, ending the row with P2.

Row 3: *K2, P2, K1, yo, sd, K1, P2*. Repeat from * to *, to last 2 st, ending the row with K2.

These four rows make up the pattern. Repeat them until the desired length is reached.

When finished, BO working each stitch as it presents, after a row 4.

SECTION 66: MOSAIC KNITTING (1:04) or slip stitch knitting is a method of using slipped stitches to make two color on-the-same-row designs. It is a way to create a color work pattern holding one strand of yarn at a time possibly with multiple colors while knitting or purling and slipping stitches. It is an advanced form of color work sometimes with lace or cable stitches, more than one yarn color and using a chart. It retains its stretchiness and you don't use as much yarn in the project as most two color projects.

Mosaic knitting is the easiest knitting technique that uses multiple colors. Although it appears to be complicated, it is as easy as knitting a row, slipping a few stitches where you would normally knit with the other color on the row, bringing the color up to the next row and creating a pretty design. Different color strands are used one at a time working two rows with one color and change at the beginning of each right side row, dropping one and picking up the next color.

The same rules for slipped stitches apply in mosaic knitting: pass one stitch from one needle to the other without knitting or purling it, slip the stitch as if to purl unless otherwise instructed,

holding the yarn on the wrong or back side of the stitches so the slipped stitch is not being twisted as it passes from one needle to the other needle. Therefore, when working on the wrong side row, the yarn is held in front so the yarn is most always going across the back side of the knitting. Create mosaic knitting by switching back and forth between slipped stitches in one color and knit or purl stitches in another color to create a color work pattern from a chart. You may work the pattern/chart with two or more color yarns working two rows or rounds with a main color and then two rows or rounds with a contrasting color. To create the mosaic knitting pattern you may repeat the same set of one or more of the same slipped stitches for several rows.

Mosaic knitting may take longer than regular knitting because it takes two passes of knitting and slipping to create one row. Every wrong side row is exactly like the proceeding right side row. The same stitches are worked and the same stitches are slipped. Because of this, each row on the chart is really two rows of knitting. Read the first row from right to left and the second row from the left to right. On every row that begins and ends with a black stitch, the black stitches are knit and the white ones are slipped. On every row that begins and ends with a white stitch, the white stitches are knit and the black stitches are slipped. The [brick stitch](#) is an easy mosaic pattern using one color per row.

A typical pattern would be to knit two rows with color A. On the next row repeat knitting two stitches with Color B and slip two stitches with the yarn in back to the end of the row. On the next row on the wrong side, knit 2 and slip two stitches with the yarn in front. Then drop Color B and pick up Color A to knit two rows again and so on. You do not do slip stitching on Color A rows, it's straight knitting. Slip stitches with yarn in back on all right side rows and with yarn in front on all wrong side rows so the yarn is always held to the wrong side.

There are over a thousand free mosaic patterns on Ravelry.

As with most knitting, knit a PRACTICE PIECE of mosaic knitting to understand it better. There are further explanations how to do mosaic knitting, how to read the color work charts, how to do a swatch, two generators to make your own patterns and other beautiful mosaic knitting patterns in the following links.

[The Magic of Slip Stitch Colorwork](#)

[Beginning Slip Stitch Knitting Worked Flat](#)

[Mosaic knitting and slipping stitches](#)

[Modern Mosaic Blankets](#)

[Learn Easy Mosaic Knitting](#)

[Mosaic Knitting - The Ultimate tutorial \[+tips & tricks\]](#)

[Mosaic project](#) and blanket and pillow [here](#) and [slippers here](#)



SECTION 67: MODULAR KNITTING, number knitting or domino knitting is the technique to creating mitered squares or multiple pieces of fabric joined together by picking up stitches on the side of a previously created piece and adding another likewise piece. A mitered square afghan or scarf can be created by making a diagonal row of decreases down the center of the square, the stitches go in two different directions creating two triangular halves of the square of various colors and color combinations. Popular forms of modular knitting are [Triangular Shell](#) or Scallop Modules, and [domino knitting](#), a type of modular knitting, knitted squares and strips building on one another to form a larger piece, the same as dominoes are placed next to one another to create a larger project.

Square modules or mitered squares are one of the most common type of modular knitting, simple enough for advanced beginner knitters who know how to decrease, and look stunning because they have a distinct line going diagonally down the center created by one of multiple forms of double decreases. They appear to be made out of two triangles and the stitches go in

two different directions. Use a little color work to make the directional texture showcasing multi-colored yarn and stripes. There are endless possibilities to make impressive visually stunning fabrics.

PRACTICE PIECE: Typical Mitered Square Pattern in Garter Stitch

With worsted (#4) yarn, size 8 needles and a stitch marker, cast on an even number of stitches such as 36 with the long tail cast on.

Row 1 (Wrong Side): Knit across the row placing a stitch marker at the halfway point after the 18th stitch.

Row 2 (Right Side): Knit to two stitches before the stitch marker. Knit [K2tog](#), slip the marker, [SSK](#), Knit to the end. The two decreases (K2tog & SSK) may be substituted for a Centered Double Decrease. Knit to one stitch before the marker. Move marker to one stitch before middle. Slip the center two stitches together as if to K2tog, knit 1, with the left hand needle pass the slipped stitches over the knit stitch. Knit to the end of the row.

Repeat until there are only two stitches, a right side row. K2tog and bind off or pick up stitches along another side to create another square. Mitered square patterns: [MUD Hat-Mosaic Ugly Duckling Hat](#), [Mod Mosaic Pillow](#). [Amazing Mitered Shawl | AllFreeKnitting.com](#)

SECTION 68: SEQUENCE KNITTING creates complex fabrics using simple knit-and-purl patterns repeated in a certain sequence. The joy of sequence knitting is that it only takes thinking up knit and purl patterns and proceed to make a pattern, sometimes reversible. It is the same concept as basic ribbing, seed stitch, mistake rib stitch and similar patterns but on steroids. Sequences and colors may be changed as you like. Note that different sequences create different row counts, so each sequence is knitted until a square is formed. Counting rows doesn't apply. Measure frequently to make sure you have knit a full square. The goal is to make the intersections intersect neatly and squarely. After washing and drying, sew the pieces together into strips and then sew the strips together using the mattress stitch, three-needle bind off, or crochet them together. An I-cord border or other border may be added although a border may not be necessary.

Knitting a sequence of stitches like K3, P2 repeated again and again in some pre-planned way forms a fabric like a sleeve cuff. Sequence knitting is about texture and color. It can also involve marls, working multiple strands together as if they were one strand.

SECTION 69: INTRODUCTION TO CHARTS

A knitting chart is a visual graphic format or "road map" of how the knitted project stitches are going to look like when shown from the front side. Each stitch is represented in each box on the chart for the project to be knit. Charts are very popular and helpful for lace, cables and color work projects. The chart condenses the information from a written pattern to a visual version making it easier to understand how the stitches work together forming the pattern and gain a new perspective on your knitting.

Please don't avoid charts because they look hard or are different from what you learned so far. They may help you understand some written patterns and be easier to follow, especially with some lace patterns. Charts will show you how increases or decreases line up that a written pattern won't show.

Charts can be intimidating to the new knitter but once you've learned to read a written pattern, reading charts will be the next step in your knitting skill set. Some people find it easier to follow a chart than losing their place in a written pattern. I use them in conjunction with one another if they are both offered. Some books only offer charts. I have written out the chart using abbreviations to get a handle on the pattern, keep track of the rows and diagnose errors.

A chart is always written starting from the right side. You start reading from the bottom right corner, usually where there is a number 1 for row or round one. Charts are read from the bottom up with row or round numbers on the side. If the numbers are written on both sides of the chart the project is knit flat back and forth. If the numbers are only on one side, the chart is for a project knit in the round. If the row numbers alternate on the right side there is an unseen knit or purl row in between the charted rows. Some charts are to show for which stitches the colors are used to create the color pattern such as argyle or plaid.

For flat knitting Row 1 of a [chart](#) is read from right to left, and Row 2 is read from left to right. If you are reading a flat pattern from a chart and want to change to knitting in the round, you will read all the rows from right to left beginning at the right bottom corner.

Sometimes the chart is only the right side of the fabric, especially if you are knitting in the round, when the round numbers are only on the right edge of the chart. Sometimes the chart represents stitches on both sides of the fabric knit flat when the row numbers are on both sides.

[To read a chart](#), you need to acquaint yourself with the Key or Legend listing the standard “abbreviations” or symbols for the standard and unusual stitches contained in the chart, like reading a knitting pattern. A knit stitch usually is a blank box on the right side of the project. A purl stitch usually has a dot or dash in the middle of the box on the right side of the project. A “/” right slash is a knit 2 together and the way the stitch slants as is the “\” left slash a Slip Slip Knit (SSK). An “O” is a yarn over. The heavy black line surrounding columns of stitches represents the stitch pattern repeat. The stitch boxes outside the repeat lines are usually only knit once per row. A black box means the box isn’t necessary for the pattern and is defined “no stitch.” The chart could be decreasing which would need the black boxes to line up the stitch pattern.

You might place a sticky note above the working row of the pattern to be able to see the pattern you are knitting as well as the pattern you have knit and move it when you finish knitting the row. Or you might use a metal “board” with a magnet strips to be able to refer to your chart and keep track of where you are in the chart. Move the magnet up as you complete a row. If you place the magnet above the row in the chart you are knitting, to be able to see the stitches you have completed to compare your project to the chart so that the stitches you are knitting are lining up with the pattern.

Knitpicks video How to read lace charts: [KnitPicks Your Guide to Reading Charts](#)

[Knitting Charts Demystified! How To Read Charts For Beginners](#)

[How to Read a Knitting Chart for Absolute Beginners](#)

[Knitting Chart Basics // Technique Tuesday](#)

[Bernat Read a Knitting Chart](#)

[7 Tips for Decoding a Knitting Chart](#)

[How to Read Charts](#)

ADVANCED: [Reading Charts](#)

[How to Read a Knitting Chart](#)

[Make a Knitting Chart in Excel](#)

[How to Read a Knitting Chart](#)

SECTION 70: [BUTTONHOLES](#) are basically three types: round, vertical or horizontal. After working a buttonhole, you may want to leave it unfinished or finish the edges by working an overcast stitch or buttonhole stitch around the edge.

A Yarn over buttonhole is the simplest method for a buttonhole, suitable for small buttons or for forming eyelets. When working on the right side, yarn over and knit two stitches together. On the next row the yarn over is treated as a stitch.

A [one row buttonhole](#) is indicated on charts by a dash representing the width of the buttonhole. Knit to the start of the buttonhole, cast off the number of stitches required. When you knit back to the buttonhole spot, cast on one more stitch than the number of stitches you bound off using the cable cast on method. With the last cast on stitch knit it together with the first stitch next to the buttonhole. If you are new to making buttonholes in a cardigan, make a baby size one first to learn how it's done, then you do not have so many stitches to unpick if you do it wrong. To make the placement more accurately, count the number of rows or ridges between buttonholes instead of measuring each space or in the end of the row opposite the buttonhole, knit in a purl stitch or purl in a knit stitch and you'll have perfect placement for your button when you are ready to sew it on.

Knitting experts recommend that knitted pieces should have small buttons and the easiest buttonhole I have done is using a YO, K2tog. To make a little larger buttonhole for a child or adult, wrap the yarn over twice around, K2tog dropping the second yarn over when knitting the next row or doing both a knit and a purl stitch into the yarn over. Too large or heavy buttons will make the project hang, droop, and generally look awful, detracting from the knitting style. Use smaller, light-weight buttons and place them about two inches apart on an adult project. Also place two buttonholes in the bottom rib of a sweater and one in the top rib.

A single yarn over makes a 1/2 inch hole for a baby button with a size 8 needle

A Double yarn over makes 3/4 inch hole for a child's button

A triple yarn over makes a 1 inch hole for an adult button.

Knit one stitch on the next row and let the other loops of the yarn over fall off.

Another option is to make buttonholes on both sides of children's sweaters. When you find out for which sex you are making it, sew up the side not being used and sew the button over it.

Choosing the correct button is difficult and can make or break a sweater. Purchase buttons before making the button bands so the buttonhole will fit the button. When button shopping, take your project or gauge swatch with the buttonhole in the swatch to be able to "try on" the buttons to see how they look. Do the buttons need to stand out or be unobtrusive? Do you want to match the yarn color or would a contrasting color be easier to find? The buttons should match the width and texture of the yarn. Is the yarn thick enough to require shank buttons or do you need to sew on shanks? Use sewing or embroidery thread in a matching color to sew on the buttons. Use elastic thread, not yarn, to sew buttons on knitted projects so the buttons won't pull on the knitted fabric or cut the yarn after wearing several times. Elastic thread can be purchased at fabric stores. A small clear button on the wrong side or a small piece of felt may be used as backing or reinforcement. Buttons may be knitted, crocheted around a ring, crocheted and stuffed, or use a kit.

[Make Your Own Tiny Hand-Knit Cover Buttons](#)

To make a knitted button: With a yard long tail, cast on 26 stitches with worsted weight #4 yarn and a size 8 needle leaving a 10-12" beginning tail. Bind off all stitches leaving a 10" ending tail. Wind the stitches into a flat coil starting with the first cast on stitch. Use the ending tail to sew through the center of and across the stitches 6-8 times with small stitches at differing angles around in spokes of a wheel shape to keep the button flat. Use the cast on tail to sew the button to the project. I thank my friend and knitting designer, [Reah Janise Kauffman](#) for teaching this method at a [Knitting Artists of Northern Virginia](#) meeting at the Mason District Government Center on Columbia Pike in Annandale. For more information look up the KANV.org web site. You might want to join strictly for access to the group's extensive library of 574 knitting books listed on [Ravelry](#). Contact the KANV [Librarian](#).

[When sewing on buttons](#) with yarn for a sweater or ear saver, you might have trouble pulling the needle through the hole in the button the last time with several layers of yarn (especially cotton)

already in the hole. Dig out your plyers to grip the needle, pull it the rest of the way through the hole and save wear and tear on your poor fingers. However, pulling a needle through a button with too many threads risks breaking the button. Use a smaller button on the inside of your project to secure the project button. Make sure your needle and yarn or thread will go through both of the buttons' holes. Use a straight pin or needle across the button and sew the thread or yarn over the pin or needle to make space when finished sewing the button to wrap the yarn or thread around behind the button to form a shank.

SECTION 71: I-CORD - a little tube of knitting to make ties for a knitted project like an ear-flap hat, booties or to connect 2 mittens through a child's coat sleeves so they don't get lost. It is an easy way to make hair band, belt, purse handles, baby bootie ties, bracelets, halter straps, necklaces, drawstrings, spaghetti straps, decorative bows or appliqués, knitted garlands, bracelets, shoe laces, cute pig tail on the top of a hat, fringe, a tassel, a frog closure, added as a decoration for a luggage marker, sewn into a flower shape, edging for a sweater, or used as a bind off. I added I-cord ties to my sun hat. Elizabeth Zimmermann, a knitting icon, called it an idiot cord in honor of accidentally discovering this simple technique. The size of the cord is determined by the weight of the yarn and the size needles.

To make an I-cord, cast on 3, 4 or more stitches on one of two double pointed, circular or two tips of an interchangeable needle two sizes smaller than the project needle. *Knit across row. Do not slip the first stitch. Do not turn your work but slide the stitches to the opposite end of the working needle bringing the working yarn behind the stitches firmly and pull firmly before making the next stitch. Repeat from * creating a small tube. Pull the end of the I-cord down frequently to firm up the edge stitch. Definitely pull the I-cord to its longest length before measuring to make sure it is as long as you want, cast off after sliding the stitches for the last time, pull the end through the last stitch, cut the yarn leaving at least a four inch tail. Thread the tail onto a tapestry needle, sew the end up through the center for an inch, bring to the outside, go back in at the same point and sew the end in the opposite direction in a di
The Flat I-Cord Gets Wide (Really Wide) | Knitting Nuances
Mega Flat I-Cord Pattern & Tutorial | Knitting Nuances

It may also be formed with a "knitting Nancy"(see picture). The size of the cord is determined by the weight of the yarn and the size needles.



To make I-cord fringe: Pick up and knit stitches along the edge of your project. Transfer these stitches to a stitch holder. Transfer the first three stitches from the holder to a double pointed, circular or the tip of an interchangeable needle two sizes smaller than the project needle. Follow the instructions above to knit an I-cord. Continue working the fringe across your project in 3 stitch increments.

To make an I-cord tassel: Knit a group of I-cords as instructed above twice the length desired for your tassel. Lay down a length of yarn, fold the group of I-cords in half, and wrap the length of yarn around the folded I-cords an inch from the folds to form a tassel leaving a tail. Sew the tail back and forth into the wrap to anchor it.

A built-in or knit as you go **I-cord** (or Idiot Cord), brilliantly devised by Elizabeth Zimmermann, finishes edges on sweaters, scarves and shawls with a stylish built-in rolled edge [bind off](#).

SECTION 72: FRINGE: When making scarves, or anything that will have fringe on it, **cut the fringe** first and store in a plastic zipper bag. Then the project will have as much length as possible from the remaining yarn and you do not have to worry you won't have enough yarn for the fringe.

For Variegated Yarn: trim fringe from the beginning of the skein and from the end of the last skein to be used and store in separate baggies. This way the fringe should match. To prevent splotches of color, knit 2 rows of 1 ball, then 2 rows of another ball and keep switching back and forth.

Use a CD or DVD case as a tool to make fringe. Wrap the yarn around the case as many times as you wish. Cut straight across the yarn between the yarn and the case. The CD case will create 2 different sizes of fringe depending on which way you wrap the yarn. It may appear to be square but it is not. The DVD case will make long to extra-long fringe depending on how you wrap the yarn.

SECTION 73: [RUFFLES](#) make a pretty edge to your project creating a classy yet playful look. Use it as a girl's blanket edge, on socks or hats. Ruffles are made simply by doubling the number of project stitches or decreasing from double the number of stitches on an edge and knitting a couple rows. The ruffle can be applied at the cast on or bind off. Yarn used to make ruffles needs to be elastic such as wool or acrylic and not too drapery so the ruffles don't flatten but stay firm. Create an infant hat that starts with the ruffle. This pattern is the reverse based on the [Bernat baby hat](#) that begins at the top and ends with the ruffle formed by knitting in the front and back of each stitch of the hat. Start with double the number of stitches for the infant hat, knit a couple rows, then knit two stitches together around the row before starting the ribbing for the hat. I much prefer knitting two stitches together to make a ruffle as opposed to knitting in the front and back of 72 stitches to form ruffles.

If you want to make a ruffled edge at the end of your project: knit to the hem, then increase after every stitch on the next row (*K1, M1*, Kfb or *K1, yo* for an eyelet row). Work garter stitch to your desired length. Bind off as usual.

If you want "fluffier" ruffles, increase the number of stitches on more rows or have more stitches to knit together on multiple rows.

PRACTICE PIECE: To make a ruffled edge: cast on twice as many stitches as your project calls for, knit two rows (one garter stitch ridge on the right side when knitting flat). In the round knit one row, purl one row and repeat these two rows. Knit to the width ruffle desired, then *K2tog (knit two together) across the next row or round and bind off.

SECTION 74: [CABLES INTRODUCTION](#) Cable stitches create those beautiful winding, rope-like designs on sweaters. They look complicated and intimidating but they shouldn't be. Cables are created when a number of stitches are moved to another needle, held in front of or behind the columns of stitches and the stitches are knit off the left handed needle first. Then the held stitches are knit creating a "twist" in the columns of stitches and the result is a cable pattern.

[Cables](#) look difficult enough to require an engineering degree because they look like stitches are twisted around, over or under one another. Cable stitches are knit like any other knit stitch, but the stitch positions are moved around to make what looks like twists for both the Advanced Beginner and Advanced Knitter. Sometimes the knit stitches are surrounded on each side by purl stitches which makes reverse stockinette stitch to make the cables elevate from the flat surface. Most cable patterns are worked in solid colors so the yarn color doesn't detract from the beauty of the cables. The more complicated the stitch pattern, the fewer the number of colors, because you want the complicated cable stitch pattern to show, not be lost in too many or dark colors.

[Knitting a Cable](#) [Braid cable](#) [Chain Cable](#)

Cable stitches are twisted either to the right or left. For this to happen, the first set of stitches is held either to the back or front of the project while the next set of stitches is knitted. If you hold

the first set of stitches to the *back* of the project, the cable will twist to the *right*, and if the first set of stitches are held to the *front*, your cable will twist to the *left*. Also the cabled portion of the project ends up narrower than the rest of the knitting. This needs to be allowed for when determining the dimensions of your project.

What is happening is the order in which stitches are knit on a row changes. Instead of knitting stitches in order on rows 3 and 7 in the pattern below you will be knitting the stitches in the row 1, 2, 3, 7, 8, 9, 4, 5, 6, 10, 11, 12.

To explain it a different way: Hold up 3 fingers in each hand. Now put your hands on the other side of one another. That is in essence what you are doing knitting this basic cable stitch. On both rows you move the stitches 4, 5, 6 to another needle, either a crooked, “u” or “j” shaped cable needle (cn), a double pointed needle, a crochet hook, toothpick, hairpin, paper clip uncoiled, or chopstick to hold the stitches in the front of your work on row 3 and in the back of your work on row 7.

Cable stitches are usually surrounded by purl stitches to set them apart. Cables can go as wide as 8 to 10 stitches. When you become an expert knitter you won’t use a cable needle or substitute at all, let the stitches hang out for less than 5 seconds while you reorder them on your needle.

Any kind of cable can be made by holding a number of stitches on a cable needle while you knit that same number of stitches from the left hand needle. Then knit the held stitches either by returning them to the left hand needle and knitting them or by knitting them straight from the cable needle. Knitting stitches out of order enables you to cross the stitches creating [cables](#). Whether you are making simple or intricate cables, all you’re doing is crossing stitches. The most basic cables are called standard or rope cables. Generally stitches cross predictably up a single column of stitches. A rope cable can be made over almost any even number of stitches usually 2-12 or more. [How to Knit Standard Cable Stitch \[Rope Cable\]](#)

The following are instructions for a 6-stitch left-twisting cable:

Sl 3 sts to cn, hold in *front*, k3, k3 from cn. In English, these abbreviations are read:

Slip 3 stitches purlwise to cable needle, hold in front of your project, knit next 3 stitches on knitting needle, knit 3 stitches from cable needle.

The same cable instructions for twisting to the right is written: Sl 3 sts to cn, hold in *back*, k3, k3 from cn.

There are cable abbreviations like C3F and C3B. The “C” before a number indicates that these stitches are cable stitches. The number indicates how many stitches are involved with this particular stitch pattern. An “F” or “B” indicates whether to hold the stitches in the front or in the back of your project.

When knitting standard cables, you only cross stitches every 4th, 6th, 8th or 10th row. The turning row is the one on which the stitches are crossed over each other. Then you work 3-9 plain rows and then knit another turning row. Many cable patterns have the same number of plain rows between turning rows as there are stitches in the cable. For example, a 6 stitches wide cable will have the turning row every 6 rows.

A combination of knit panels with purl panels as in ribbing and crossing stitches over stitches causes cable patterns to pull in widthwise. A project worked with a cable pattern will be significantly narrower than one made in the same number of stitches in stockinette stitch. You’ll need both more yarn and more stitches for a cable sweater than for one of the same dimensions in a knit and purl pattern.

Remember to position your yarn in front when holding the cable needle behind the project or behind when holding the cable needle in front of the project.

When making a project with a repeating cable pattern, be sure to make a large enough swatch to be able to measure gauge accurately. It should include at least two repeats of the cable pattern horizontally and vertically. When working several different cables, check your gauge over each one.

Cables should begin and end on a row between turnings where the cable stitches are relaxed and the fabric is flat. At the beginning and ending borders plan to increase a stitch or two over the cable stitches when beginning a cable and decrease a stitch or two when binding off over a cable because the cable stitches spread out a bit between turning rows for a smooth transition between the beginning and ending of cables. To bind off cable stitches: *k1, bind off, k2tog, bind off, k1, bind off; rep from * to the end of the cable stitches. Then go back to binding off the other stitches as they come along.

Once you become proficient with cables, discover how to knit them without using a cable needle. Although this technique requires a little practice at first, once you get used to it you'll love knitting the cables even more. It is so much easier to knit rows without having to stop often to use a third needle to cross the stitches. [How to Cable Without a Cable Needle](#).

PRACTICE PIECE: Knit this 12 stitches wide panel with a 6 stitches wide cable.
Cast on 12 sts.

Rows 1 and 5 (RS): P3, k6, p3.

Rows 2, 4, 6, and 8: K3, p6, k3.

Row 3: P3, sl next 3 sts to cn or dpn and hold in front, k3, k3 from cn or dpn, p3.

Row 7: P3, sl next 3 sts to cn or dpn and hold in back, k3, k3 from cn or dpn, p3.

Rep Rows 1–8.

When using a cable needle or a crochet hook, slip the extra needle or hook under your watchband to be readily available. I also store a crochet hook behind my ear and a circular needle around my neck.

To **avoid the holes at the sides of the cables**, re-arrange the stitches on the left hand needle before knitting them and the hole that usually appears on the sides of the cables either doesn't appear or is a lot smaller than usual.

When knitting a scarf or other item that shows on both sides, cables knit in the stockinette stitch don't look as nice on the wrong side. To make a [cable double sided](#) is a matter of knitting ribbing for the cable.

[Tin can knits – let's knit a northward hat/](#)

[How To Knit Cables](#) [How to Cable](#) [How to knit cable lace - The Blog - \(weareknitters.com\)](#)

[Three Ways to Combat Cable Flare](#) [Three Ways To Knit Cables Without A Cable Needle](#)

[Cable Knitting Stitches {Knitting Stitchionary}](#) 402 stitch patterns

[Super Simple Way to Count Rows Between Cables](#)

[Cabling Without a Cable Needle // Technique Tuesday](#)

[LATVIAN BRAID](#)

Because I like stripes, texture and decorations on my hats to make them unique, I am including some videos to introduce you to knitting a fun and simple [Latvian Braid](#) with an explanation how to fix the jog. Latvian Braids may be knit in the [round](#) and [flat](#), on a sock or on a sweater.

SECTION 75: [KNITTING WITH BEADS](#) Add beads to a project because it looks very pretty on knitted fabric and the added weight helps to make the fabric drape better.

#6 Seed beads are the larger size; #8 Seed beads are the smaller size bead. Choose a suitable weight bead for the fabric and have a hole in the bead large enough to pass the yarn through one

or two thicknesses. Avoid working with too loose a gauge so the beads won't slip through to the wrong side of the project.

Do you wish to have the bead placed horizontally or vertically on the project.

There are two methods: stringing them on yarn before you begin and work them in as you knit or use a small crochet hook such as .75 mm hook and 1.3 mm hook to go through the beads to grab the yarn to pull it through the bead.

Place the crochet hook through the bead first. Knit over to the point to put the bead. Pinch the stitch. Pull the yarn through the seed bead. Put the yarn loop with the bead on it onto the knitting needle and knit the stitch. Knit to the next point to place a bead and repeat.

[All About Adding Beads to Your Knitting](#) shows both methods to apply beads to your knitting. To keep your bead on the front of stockinette stitch, put a purl stitch before and after the bead.

Make sure the crochet hook will go through the hole of the bead with yarn.

Put the bead on the stitch with the crochet hook, put the stitch on the needle and purl or knit it.

Non-threaded bead knitting may be used on knit or purl stitches and results in a vertically placed bead with a large hole. At the stitch below the bead position, work the stitch winding the yarn twice around the needle. On the next row slip this enlarged stitch off the needle and pass the stitch loop through the bead. A tapestry needle may prove helpful in pulling the loop through. Place the loop back on the left needle and work the stitch as normal. The bead will sit straight with the stitch running through it.

SECTION H. MAKE IT LOOK PROFESSIONAL!

SECTION 76: JOINING YARN Eventually, the yarn runs out and a new ball needs to be started. When joining a new ball of yarn, there are several ways to do it. In Elizabeth Zimmermann's day you joined the new ball when the old ball ran out knitting both strands for a few stitches. In the olden days, the new ball of yarn was joined at the beginning or end of the row of knitting, whichever used up the most yarn. With circular knitting in more recent times, there are different ways. When it is necessary to join the yarn while working across a row or round, leave an end about 4 inches long; then work from the new ball of yarn on the next stitch, also leaving a 4 inch end. After working one inch more, gently tie these two ends in a loose square knot so the tension will be the same as the other stitches. These ends will be untied and woven in near the end of the project.

When coming to the end of the skein, [to add the new skein](#) of the same color, overlap the ends, knit them as one strand and weave in the ends.

Another way to **join a new skein** of yarn of the same color even in the middle of a row or with the beginning tail when starting a project, knit one stitch with old skein or tail yarn, next stitch with new skein or working yarn, and continue alternating for several more stitches, then drop the old skein. This helps to avoid having to weave in ends at the end of the project and worrying about the yarn working its way out of the weave in when washed. Be sure to knit the two strands as one stitch. [Here](#) is another technique to weave in ends as you knit.

With slippery yarn the ends might work themselves out and the weaving in ends as above might not work. Use the [Russian Join](#). Take a small tapestry needle, thread the working yarn through the needle, leaving a very short end of the old yarn through the needle, pierce the yarn seven or more times using small stitches so you are threading the yarn back through the center of itself and sewing through the old yarn strand toward the project, The doubled up area should cover at least an inch and leave a small loop at the end. With the new yarn sew first through the old yarn loop and then start sewing at 3 inches from the end of the new yarn and into the center of the new yarn or in and out in short stitches toward the new ball for 3 inches or longer than the end forming two interlocking loops. Sometimes it helps to untwist the plies slightly to see where to sew up through the center of the yarn. Pull the yarn thru the end until the needle comes out. Cut the yarn end and then pull the ends gently to hide the end within the yarn and shrink the loops. When pulled on, the join should be tight and very secure with no knots. Continue knitting as if it were one strand and trim the small ends. This method works for cottons and superwash wools. This join reduces the likelihood of ends popping out. Other [Russian Join](#) videos at [Jimmy beans wool](#), [Marlene Dysert](#)

[How to weave in slippery yarn ends](#)

My favorite way to join yarn is a modified Russian Join that isn't sewn called a [back to back join](#) by TechKnitter. Fold the last 5 or 6 stitches of the end of the old skein of yarn in half and knit the two strands together as if they were one strand leaving a small loop at the end. Thread the end of the new skein of yarn through the old yarn loop and fold back about five stitches worth), hold the two pieces of the new yarn together as if they were one strand and continue knitting the two strands of the new yarn without a knot and without having to weave in ends. It reduces the likelihood of ends popping out of the work and does not come apart or show, even in a project knit in the round. This will work with most yarns except mohair or thin lace yarn,

Avoid any "bulkiness" in the Russian Join by splicing the yarn. Unravel and cut off half of the strands (e.g., 4 ply - cut away 2 of the ply) about 3" from each section to be joined. thread them as you would a regular Russian Join making sure you've closed the gap and you've got a nice connection. Snip away any stray threads.

For the [braided join](#), split one of the yarn ends into two strands with a tapestry needle, lay the yarns overlapping and braid the three strands braiding the outside ends tightly over the center strand for 6 inches and then continue knitting with the joined yarn. The thickness of both pieces of yarn can be the same as one thickness this way. It is very neat, smooth, and only very slightly thicker than one strand of the yarn. It is easier to do than trying to do a Russian join on fine yarn.

When **joining thicker yarn** instead of using both strands to knit with, knit the first stitch with the new yarn, the second stitch with the old tail, third stitch with new yarn, fourth stitch with old tail, then continue working only with the new yarn. Remember to bring the strand you are working with under the last strand used. This will twist your strands and give them an even look on the back side of your work.

Knots can be bulky, can show through from the back of your knitting and they can come undone quite easily. Knots are close to a cardinal sin in knitting. Please weave in your ends for a more professional finishing touch to your knitting.

A [spit splice](#) or felted join: To join a new end of yarn of the same color, if the yarn is pure animal fiber (100% wool, alpaca, mohair, etc.) felt the two ends together by spreading out the plies of both ends about an inch, cut an inch off half the plies, and overlapping them. Dampen the join by spitting into your hand and firmly rub the join back and forth between your palms or against your jeans, applying pressure and creating heat. Sometimes it takes a few tries, but you'll end up with a firm, invisible felted join.

SECTION 77: SEAMING

Most knit projects not made on circular needles will need to be assembled. Common methods are using the [mattress stitch](#), [back stitch](#), weaving, the slip stitch and crocheting the project together. [Horizontal Invisible Seam](#)

To thread yarn into a tapestry needle to sew a seam, fold the yarn across the end of the tapestry needle, pinch the yarn end between your thumb and index finger to make it very flat. Push the needle between your thumb and forefinger and push the yarn into the eye of the needle and/or the needle onto the yarn. Folding the yarn flat to make a sharp edge to push through the needle hole avoids the frustration of threading frayed yarn ends. Use this method with sewing thread too.

Another way to thread yarn into a tapestry needle is to cut a piece of paper one and a half times the length of the eye of your needle and about an inch long. Fold the paper in half lengthwise, slip the yarn end inside of the fold and put the folded paper through your needle eye. This works especially well for specialty and frayed yarns. Write needle threader on this paper and keep it with your other notions.

Plan when casting on to use the cast on tail to sew up a seam in a project and move the beginning or end of sewing the seam away from the edges. When determining the long tail for casting on for the project to be seamed up, allow extra length when determining the long tail to have enough yarn to seam up half the seam, up from the bottom. Wrap the extra-long yarn tail you're saving to seam with around the square of plastic that holds bread wrappers closed. Leave a long enough tail end when finishing the knitting for this seam to sew halfway down from the top at the end of the project. Allow for a total of three times the length to be seamed for the amount of yarn to sew up the seam with the [mattress](#) stitch. If you are a loose knitter, add another length of yarn.

After finishing the knitting, the last thing to do to make the pieces wearable is to sew the seams with a yarn needle and the project yarn. First, pin together the cast on stitches on both sides. Pin again every ten rows or so and continue to end. Sewing from top down and bottom up helps to ease in extra rows if one piece is not as long as the other.

The mattress stitch, sometimes called the invisible seam because it almost disappears when done well, is used to sew together two knitted items like afghan blocks or the side seams of a sweater. Work from the right side facing you, placing the edges to join the seam in order to see what you are doing, sew between the right side stitches, and get the right tension on the public side. With the long tail from the cast on row threaded on a blunt tapestry needle so you won't split the yarn when sewing it, join at the lower edge in a figure eight from back to front into the corner stitch without the tail and then into the piece with the tail from back to front. Tighten up the stitch to close the gap. Then insert the yarn needle under the horizontal bar between the first and second stitches on the right side and repeat with the corresponding bar on the other piece. Continue alternating side to side putting the needle into the same space it came from, pick up the bar, return to the other side putting the needle into the same space it came from and pick up the bar.

Also use the mattress stitch for vertical seams (like an afghan) and the Kitchener stitch or grafting (6:30-8:30) for horizontal seams (see next page). Also use the three needle bind off for shoulder seams. For the three needle bind off, there must be the same number of stitches on each shoulder, the yarn needs to be pulled tight enough to hide the bound-off edges and make the finished seam resemble a row of knit stitches.

When sewing the pieces together, use the project yarn if at all possible. If not, use a thinner, smooth wool or cotton in a suitable color. Because it is not elastic enough, sewing thread is not a good substitute.

When sewing a project, especially with cotton or bulky yarn, split the end of the yarn and weave it two different ways so the woven ends do not add bulk to your project.

PRACTICE PIECE: Make two 10-stitch swatches twenty rows long in #4 or #5 yarns with the same stitch as your project and the corresponding needles. Learn to do the mattress stitch (video in slow motion) effectively on these swatches before using it on your project.

Seaming knitting with the Bickford method creates a more flat seam on the back although not as invisible and not as sturdy as the mattress stitch. Start at 1:32 here.

The back stitch is another firm stitch for seams that get heavy wear such as shoulders and sleeve seams. Use a tapestry needle and matching yarn. Place your pieces with the right sides together. Secure the yarn on the edge of the project before coming through both pieces. Make a back stitch. Work one stitch in from vertical edges. For bound off edges be sure the bind off loops are hidden in the seam and don't show on the right side. Pull the stitches tight to be hidden.

SECTION 78: KITCHENER STITCH is an invisible stitch because it creates a row of stitches, also known as grafting for sock toes (top down), feather and fan scarves and other projects where you want to join two pieces together in the center so both the exposed ends look the same rather than being the beginning and end. It is used to stitch the same number of live stitches together and "bind" them off at the same time like for a shoulder seam. Please practice the Kitchener stitch on two swatches several times before using it on your project. It looks so easy and logical but applying it is another story.

You either love or you hate the Kitchener Stitch. It is a method to join two knitted pieces creating a row of knitting using the project yarn and a tapestry needle and creating a very stretchy and almost invisible join. This is one of those activities that needs to be practiced on a swatch first. You will not remember how to do this. To get it right most expert knitters have to look up the instructions every time they use it. It has been written out on a cuff bracelet and a key ring. There is a Kitchener Stitch for Stockinette Cheat Card available to be printed to help remember the steps.

Use a yarn tail at least four times the width of the piece. With a tapestry needle, run a piece of scrap yarn through the stitches to secure the stitches during blocking. Place the pieces right sides up with the stitches head to head to join them as if there wasn't a seam. Thread a tapestry needle with the working yarn.

With the needles parallel to one another, the working yarn should come off the back needle, on the right edge to begin the Kitchener Stitch.

*Bring the darning needle through the first stitch on the front needle purlwise.

Bring the needle through the first stitch on the back needle purlwise, and remove this stitch from the back needle.

Bring the needle through the next stitch on the back needle knitwise.

Bring the needle through the first stitch on the front needle knitwise, and remove this stitch from the front needle.

Repeat * until you work all the stitches. Adjust the tension of the grafted stitches by carefully using the darning needle tip to pull up any slack in the stitches, working from right to left across the project.

After you work most of the slack across to the left side of the project, pull the tail of yarn to tighten.

Bring the tail to the inside of the project and weave in the end.

The [Finchley Graft](#) is thought to be more simple than the Kitchener graft. Compare for yourself.

There is another stitch called the **ball stitch** which like the mattress stitch covers most situations—making a perfectly flat seam without a seam allowance, is reversible, decorative, and professional. It is important to know several ways to do seams. A Knitting Daily [video](#) shows a lot of information on different seams and the ball stitch starts about minute five.

Use a firmly joined or bound off seam to stabilize your project and to prevent sagging, especially for a sagging neckline. Be sure that your bind off doesn't make the seam pucker and make the seam look worse. Firm side seams help prevent a sweater or vest from sagging.

Mark the center of the sleeve with a coil-less safety pin and match the shoulder seam opposite this center point. Use the project yarn to make a running stitch at the top of the sleeve and pull it to gather the top of the sleeve to make it easier to ease the sleeve into the arm hole. Leave half the sewing yarn at the shoulder seam and join the sleeve to the front arm hole with the other half. Instead of using straight pins, use the usually pink old-fashioned plastic picks from brush-style hair rollers as giant stick pins or bobby pins to hold seams together while sewing knit pieces together. Put them at intervals down the seam. Then you do not have to worry about losing one or leaving a straight pin in a project. Or use a small number knitting needle to hold the sides of a project together while the side seam is being sewn and make the seam come out straight. The mattress stitch is usually shown for side seams only, but works equally well for shoulders and for sewing in the sleeves of drop shoulder garments.

Graft stitches from right to left unless the yarn tail is at the other end, then reverse direction. Starting in the bottom part, insert the needle up through the first loop on the right, and pull the yarn through. Insert the needle up through the first right loop on the upper piece and pull the yarn through. Insert the needle down into the first loop where you began on the bottom piece, come up through the loop next to it and pull the yarn through. Insert the needle down into the first loop on the upper piece, up through the stitch next to it and pull the yarn through. Repeat inserting the needle into loops until the last stitch on both pieces. Insert the needle down into the last stitch on the bottom piece and then down into the last stitch on the top piece. Weave in the end.

[Shoulder seams](#), [Berroco](#), [IKnits](#), [seam horizontal edges](#), [5 Seaming Techniques](#), [A faster flatter mattress stitch](#), [Shoulder seams video](#)

[Three-Needle Bind Off Seam](#), a bit easier than Kitchener stitch, creates an actual seam on the project while binding off at the same time. This seam is done before the stitches are bound off and usually before the sleeve is added. Although not completely invisible, it leaves a little ridge on the back, but it makes a stronger seam without casting off first. With the same number of stitches on two needles, knit with the third needle through the first stitches on each needle and then bind them off together. Repeat to the end. [Three needle bind off in slow motion video](#)

When binding off in a series such as for shoulder shaping or tops of sleeves, bind off the first stitches on each side as usual but in every succeeding bind-off, slip the first stitch and do not work it. This will give less of a step up and more of a straight line. Another way is to do short rows for the shoulder seams.

To avoid that almost inevitable little point at the two sides of the top of the sleeve cap, instead of binding off all the stitches on the very last row, bind off only half of them on one row and the remaining half on the return row, thus making the top of the cap more rounded and the ending thread at very center of cap. This will help fit the sleeve into the armhole.

There are three advanced ways to [Finess the Three Needle Bind off](#) to create a mirror image by using P2tog in the opposite direction armhole to neck for a decorative variation. Or [join the two](#) pieces of fabric with the yarn between the needles by entering the front needle as if to knit and the back needle as if to purl and then the standard bind off. A decorative contrasting color for the bind off is another variation.

When knitting a top down sweater or top for underarms, use claw clips to hold the seams of the knitted project closed before and during sewing a seam.

SECTION 79: BINDING OFF (BO) or also called Casting Off in the UK (more notes in Section 12) The [Standard Bind Off](#) is to knit the first two stitches with a size or two larger needle, if you have one. Otherwise, keep your bind off loose.

IF YOUR BIND OFF IS FLAT you may cut the yarn. If the bind off is not flat, especially if it is pulling in more narrow than the rest of the project, tink the bind off and try the bind off with a larger knitting needle or inserting yarn overs periodically to expand the bind off.

Please don't ruin your project with a too tight or too loose bind off. Make it flat unless it is supposed to be ruffled. If the edges or corners flare, frog the border, use a size smaller needle or reduce the number of stitches by 10% and then reknit the border to make it lie flat.

If you end up with only enough yarn to bind off on the wrong side, purl the bind off. My grandmother wouldn't want me to stop knitting a project when I could get one more row knit with the yarn I had. Now my grandmother has been gone for more than 50 years but I respected her. When binding off on a wrong side row, purl the bind off stitches so the right side bind off loops are showing on the right side.

For scarves, use a knitted cast on and bind-off so they look the same. The knitted bind-off is done by knitting 2 together, then slipping the new stitch back onto the left needle, knit 2 together, and so on across the row. It's a less "finished" look than the regular pass stitch over cast-off, and winds up matching the cast on edge much better.

[A Crocheted Bind off](#) Use a crochet hook as the right needle and doesn't stretch out the stitches like what can happen when using two knitting needles. When binding off a large number of stitches such as at the bottom of a sweater, binding off with a crochet hook could be much quicker and easier. Hold yarn in left hand as in crocheting, insert hook into first stitch on left hand needle and pull yarn through this stitch, slipping the stitch from the needle. *Insert hook into next stitch, hook yarn through stitch on needle and also through the stitch on the hook,

slipping the stitch from the needle as you work. Keep the bound off edge loose as the knitted work itself.

When binding off on a wrong side row, purl the bind off stitches so the bind off loops are showing on the right side.

Starting with a provisional cast on using waste yarn allows you to bind off the beginning and ending rows together to look the same or to form a hem. If you haven't decided what kind of border you are going to use for a blanket use a provisional cast on and make up your mind later.

A [decorative picot edge hem](#): A picot hem can be achieved by knitting several rows of stockinette. On the right side make a row of YO, K2tog to make a lace-style row. Then do a couple more rows of stockinette, more than the first section. Fold the fabric on the YO, K2tog row and hem up the first section creating a "bumpy" picot edge hem for the garment. This can be done in the round, as hems for both ends of a blanket or the bottom of sweaters, neck bands, sleeves etc.

Be sure to check the gauge of your project's hem. A lot of knitters balk at even the thought of knitting a gauge swatch. But knitting a swatch is important if you want to knit a hem that will lie flat and not flare out or pull in along the hemline.

Like swatching stitches, also swatch your cast on and bind off. Practice the bind off to see if this bind off is what you want. It is wise to put in a lifeline on the last row of your project so if you don't like the bind off, it is easier to put your stitches back on your needle.

A book entitled [54 Ways to Cast on and Bind off](#) by Leslie Ann Bestor and published by KnitPicks is an extensive collection of cast on and bind off techniques. There is another book called [Cast On, Bind Off: 211 Ways to Begin and End Your Knitting](#). Following are a few bind offs.

To Bind off in Ribbing: Look at the second stitch on the left hand needle, purl or knit according to what the second stitch is, remembering to move the yarn to the front between purl stitches and back between knit stitches. The first and second stitches will be bound off in that stitch for K1, P1 ribbing. Because the second stitch is a purl, the first two stitches would be purled together, the resulting stitch and the next stitch would be knit together, the resulting stitch and the next stitch would be purled together, etc. For K2, P2 ribbing, the first two stitches would be knit together, the resulting stitch and the next stitch would be purled together, the resulting stitch and the next stitch would be purled together, the resulting stitch and the next stitch would be knit together, etc.

Elastic stretch type bind off: knit the first stitch, then K2tog, pull the first stitch knit over the k2tog st, then k2tog, pull the one stitch left over the k2tog stitch, continue in this manner until all stitches have been bound off to give an elastic stretch to the bind off. There are several explanations of stretchy bind off methods. [Jeny's Surprisingly Stretchy Bind Off](#) [Weebleknits Stretchy Bind Off](#) [Stretchy Bind Off by Sarah Hauschka](#)

Easy Bind Off: Sl1, K1, psso, *K2tog, slip stitch back on left hand needle knitwise (needles point the same way) rep from * to end. Pull yarn through last stitch.

Different or Delayed Bind-Off: Begin your bind-off as standard, but instead of dropping the bound stitch from the left-hand needle, knit the second stitch on your left-hand needle, then drop both stitches from the left-hand needle. This method elongates the bound-off stitch. The only thing that's different from the standard bind-off is when you are dropping the stitch from your needle.

Firm-Edge Bind-Off (Also Good For Lace Edges):

To start, purl 2 stitches together at same time, purl one stitch, slip both stitches back to

left-hand needle and purl them together. You are working one stitch twice giving a stretchy and sturdy edge.

K2tog Thru The Back Loops for an even, straight, flexible edge. Put stitch back on left needle. k2 tog thru back loops. Repeat until all stitches are bound off. This makes the neatest edge, and it is not tight.

When binding off for shoulders and have to bind off on two different rows if you slip the first stitch on the second round of binding off, you don't get an uneven edge. Yes doing a short row works too but sometimes that gives a little hole.

Decorative Picot Bind-Off: Starting on the bind-off row, *knit cast on 3 stitches in the first stitch, then bind off these stitches right away one stitch at a time. Bind-off two more stitches*. Repeat between *s across the row creating a decorative picot edge.

Picot Bind Off Knit the first two stitches onto the right needle. Slip the first stitch over the second stitch as if to bind off. Do this only once at the beginning of the row. You have one stitch on the right needle. Slip that stitch back to the LH needle. *Make 2 backwards e loops with your fingers or do the knitted or cable cast on for 2 stitches. Then bind off 4 stitches. Repeat from * until 1 stitch remains. It is always a good idea to knit a swatch and practice this bind off on the swatch until you are familiar with the bind off.

A Two-Row Bind Off gives the knitted edge eyelets where fringe may be added. For the 1x1 rib stitch pattern, it is binding off in pattern. Begin binding off on the right side of your work and then finish binding off on the wrong side too resulting in a pretty stockinette finish, has moderate stretch and adds a little extra flair to your knitted scarves and blankets with an even number of stitches. Begin on the right side:

Row 1: *Knit one stitch, bring yarn to the front to purl one stitch. Bring yarn to the back. With the left needle, pass the knitted stitch over the purled stitch and leave it on the needle. Repeat from *resulting in half the number of stitches.

Row 2: Slip 2 stitches purlwise to the right needle and pass the first one over the second stitch. Slip another stitch to the right needle and pass the right stitch over the left stitch and off the needle. Repeat to the end of the stitches. With one stitch left on the needle, use a small piece of yarn to weave through the last stitch loop. Weave in the cut yarn end on the other side. Cut yarn tails.

[Bind Off That Keeps Stockinette Edges From Curling](#)

[Icelandic bind off](#) – stretchy & decorative

[Grandma's Favorite Bind Off](#) (Loose Bind Off) P2tog wrapping clockwise & return to LH needle.

[A Favorite Bind Off For Top Down Lace Shawls](#) - K2tog tbl loosely and return to LH needle.

[Expandable Lace Bind-off](#)- bind off like SSK.

[Tips & Tricks for Better Bind Off Edges](#) an excellent video

[Bind off in Russian Knitting](#) – P2togtbl and move resulting stitch to left needle

[Removing a Bind Off Row](#) and [Undo a Bind Off \(BO\) - How to Tink or UnKnit a Cast Off](#)

[Binding-off: Tidying Up the Last Stitch](#)

SECTION 80: WEAVE IN ENDS or FINDING YOURSELF AT LOOSE ENDS

At the end of almost every pattern, it says, “weave in ends” because a project isn’t finished until all the ends are woven in on the wrong side with a tapestry needle. It would be nice when you bind off the project, it would be finished. But if you haven’t knitted in the cast on end at the beginning of the project, you have at least two ends that need to be woven in, or unless you’ve made a horizontal scarf where the ends become part of the fringe. Using good finishing techniques ensures your project will look lovingly handmade rather than a homemade mess. Weaving in ends tends to be tedious and tiresome but a necessary job. Put on some good music,

listen to a good TV program or wait until you're in a knitting meeting to distract you from the boredom.

If you joined a new ball to your project or changed colors in your project, you'll have lots of loose ends. Untie any knots you may have made when joining yarn and thread the loose strand onto a yarn needle. Weave the end away from the edge and follow a set of stitches on the wrong side. Check on the right side to make sure the weave isn't showing through.

Leave yarn ends about six inches long. Use a tapestry needle threaded with the yarn to weave in through the back of the same color purl loop stitches on the diagonal for a few inches in one direction, and then turn and work in the opposite direction for an inch or two allowing for stretching of the project. Look at the front of the project to make sure the ends are not peeking through to the right side. Pull the yarn gently to tighten, and cut it close to the work after it has been washed. Stretch the knitting slightly so that the tail disappears under a stitch.

The object of your effort to weaving in ends is to make sure your project isn't going to pull loose or come unraveled when the project is worn or washed, for the ends to look neat, not show on the right side, not have excess yarn showing, to be as inconspicuous while being secure as possible and maintaining the elasticity. There is not one right way to weave in ends.

To assure success weave the yarn end in multiple directions, not only one straight line. Don't pull the woven end too tight assuring that the project won't pucker. If the project is to be blocked and stretched, like a lace shawl, wait to weave in the ends after the project is blocked. If you weave in the ends don't cut the yarn end too close until after blocking so the ends won't pop out.

With "grabby" yarn, pierce the needle through the strand to secure the yarn end. If the yarn is "slippery" weave in the end twice the normal number of stitches as less slippery yarn. If the slippery yarn has multiple plies, split the yarn in half so there are two strands to weave in different directions. With super slippery yarn weave one strand away one stitch from the other strand and then tie the two strands together in a knot, the exception to the no-knot rule.

To make it easier to weave in ends, **plan ahead where the ends will go**, like near an edge, whenever possible. Join a new ball of yarn close to an edge of the project whenever possible but weave in the end away from the edge where there is less friction.

If there is a seam, weave in ends on the inside ridge of a seam slipping it through a few stitches. Wait to trim the ends to less than a half inch until after the project is washed, blocked and the ends are set. The objective is for the join not to pull out when the project is washed or will show as a thick spot on the front of your project once it has been blocked. Avoid running long stitches on either the front or back.

There are many techniques to weaving in ends. My favorite method with stockinette stitch uses the 2 bar stitches side by side on an angle. On the wrong side diagonally go under the purl bumps for 1 to 2 inches diagonally in two different directions up and back beside the first diagonal and behind the same color yarn. Place the needle and before pulling the needle through the stitches, turn the work over to the front of the work with the needle inserted to see if you see metal so these ends will not show on the front of your project. If so, reposition the needle so the woven in stitches don't show on the right side. You may also go back through the yarn going in the first direction piercing the yarn to lock the ends. Or you could fasten the yarn tails by going zigzag under the purl bumps on the wrong side and run the point of the tapestry needle between the plies of the first two stitches.

Wash your project before cutting the ends too short which can change after it is washed.

Both ends of the tapestry needle have a point. Use the "eye end" to sew with when necessary to reverse your stitches or when the end is short.

If the yarn is too short to thread the needle and sew, place the needle where to weave in the end and then thread the needle. Repeat if necessary.

Be careful to keep the right side stitches even when weaving in their tails. Pull the tails snugly, not too tight or too loose to keep a good tension on the right side of the project. Also preserve the elasticity of the project by weaving in the tails using the reverse duplicate stitch, following the path of the knitted stitch on the wrong side and matching the tension of the knitted stitches to maintain flexibility.

Watch when your skein is coming near the end. Try not to have a woven end in an uncomfortable place or where it will show, like the middle front of a sweater or bottom of a slipper. Make a rough measurement of the amount of yarn needed for one row (three times the width) and tie a loose knot starting from the yarn end to warn you the end is coming.

If your project is a scarf or throw that doesn't have an obvious front and back, make the woven in ends as inconspicuous as possible.

When you get tired of weaving in ends with a tapestry needle, try [knitting in ends](#) as you start a new skein or color or similarly [weaving in ends](#) on the back of the project as you knit with Staci at Very Pink. 8 out of 10 are [Working in ends as you go along](#). [Weavin' Stephen \(new favorite\)](#)

To [weave in ends under ribbing](#) sew the ends up through one column of rib stitches and back down through another column. Avoid weaving in ribbing ends horizontally which would restrict the stretchiness of the fabric. Stretch the project fabric when weaving in ends to keep the project stretchy and get the end to slide under the stitches and hide.

Ending one skein and joining a new skein of yarn or changing colors in a horizontal stripe pattern create ends to be woven in. Whenever it is possible, weave the end into the back of an area with the same color to prevent the end from showing through on the right side. With the needle in the stitches under where the end is going, be sure to always double check the right side of the fabric to see if you see the needle or the yarn end might show. Also make sure there is no puckering or unsightly looseness where the ends began.

If you created a knot, untie the knot you made when you joined the new yarn. Thread the loose end through a yarn needle and sew the needle and yarn under and through approximately five purl bumps away from the edge, turn and sew back in the opposite direction. Snip the end close to the work but do not cut into the actual knitting. To secure the second strand, thread it through the yarn needle and weave in the opposite direction.

Hold up your project with light behind it to look for gaps or holes in the front of the work before weaving in an end. If the hole is caused by one large stitch, adjust the tension of the nearby stitches to absorb this extra yarn and close the hole. Another method is to use the extra yarn tail to correct the hole from the wrong side. On the wrong side sew under the purl bumps around the hole and pull the knitting together to close up the hole. Weave in both ends of this yarn.

If an end is too short to weave into your project, place the empty tapestry needle as if it were already threaded, then thread the short yarn into the eye of the needle and finish pulling it through the project. Sometimes I've been able to do this twice, one way and then the other, sewing the end with the "eye" end of the needle because it has a point too. As a last resort, whip stitch a short tail to your fabric with sewing thread.

[Weave in ends as you knit](#) or as your project progresses so you do not have too many ends to do at the end of your project, especially if you're working on a big project or a project with a lot of horizontal stripes and a lot of ends. [Weave in ends](#) when you are tired of knitting or when you are distracted like in a knitting meeting. Advanced knitter Elaine weaves in her ends every 10 rows. Many knitters hate this part, but it doesn't have to be frustrating. Be patient. Weaving in

ends can be a time-consuming process, but with every stitch your project is becoming stronger and longer lasting. As soon as the ends are woven, you can start enjoying your finished project!

As you are knitting, you also might hold both strands of yarn together, leaving a six inch tail on each, and knit the next stitch or the first stitch of the row holding both strands together making that one stitch a little bulkier but it shouldn't be noticeable on the finished project. Be sure to knit those two strands as one stitch, not two, when returning knitting across the next row.

When finishing the project where there are two ends, cross the ends between stitches and weave them in. Weave the two ends across the join, a tail from the left stitch over to the right and a tail from the right stitch over to the left, to keep the gap closed and make the appearance of a normal stitch.

There are different schools of thought about hiding the woven in end on the edge of the project. Some sources work in ends straight up or down, staying close to the edge of the piece, especially if the edge is a seam. Weave in an end away from the edge (except seams) where it might get more wear, especially the edge of a hat where the end is so easily hid under a column of ribbing or cabling.

Ends can be woven in while you are in the process of knitting the project. When an end appears, use the [Russian Join](#) or [knit the end under the next row of stitches](#), making sure the end is being caught under the yarn being thrown for your knit stitches. Catching an end under the yarn being thrown at the beginning of the row is one way to carry ends up the side of a striped project, afghan or scarf. A crochet hook may also be used to weave in ends but I don't find it to be as neat or as easy.

Please avoid knots or tying two pieces of yarn together when knitting. Permanent knots are almost a cardinal sin in knitting except for yarn that will fray. Plan where the ends will be so you have control over where your ends will end up, but also avoid knots for looks and the comfort of the wearer. However, tie a knot in the ends of LionBrand Homespun, loose spun and especially with any Chained or Chainette yarn where the yarn is formed by essentially crocheting or making I-cords of yarn. Tie the ends of both unknit yarn and knitted yarn ends. Cut the knots off when you need to thread the end through a needle, weave in an end, tie a knot and position the knot next to the project with the needle before cutting the yarn. Tying a knot in the very end keeps the yarn from fraying or unraveling badly and affect your knitted project.

PRACTICE PIECE: weave in ends by knitting a 6-inch swatch with light colored worsted #4 yarn with a larger than recommended needle, sizes 10-11. Knit a row in a contrasting color in the middle of the swatch to show you how to weave in ends using [duplicate stitch](#) and how to weave in ends when crossing tails of two yarns following the paths of stitches in a row of knitting. The video also shows weaving in bulky yarn with half the plies.

[Weaving in ends 10 ways with different kinds of yarn](#)

SECTION 81: [BLOCKING](#) is a method to put the finishing touch on a hand knit or crocheted item to stretch and shape the item to the specific dimensions needed as shown in the pattern. The advantage to blocking your project is to even out the stitches, smooth out the irregularities, flatten curling edges and make your work look more professional. Blocking is essential for lace projects to open up the holes in the lace stitches and give each stitch definition. Even cotton dishcloths given as gifts will look better if they are blocked. Be sure to look at the label directions to see how the yarn is to be washed and dried.

Like making a gauge swatch, [blocking](#) is one of those essential steps that knitters tend to ignore. It may not be as much fun as choosing colors and textures, but without blocking, your perfectly knit garment may look as sloppy as a wrinkled shirt.

There are two main categories of blocking: wet and steam. To know which one to use with your particular yarn, read the yarn label. Before beginning either method, find the schematics or measurements of the pattern, and use them to know exactly how far the pieces should stretch.

Blocking takes special supplies. First of all you need a padded and covered flat surface that is large enough to lay out the project pieces. This could be carpet or a bed covered with plastic and a towel. Then you need rust-proof T-pins. Don't use pins with plastic colored heads that will melt during steam blocking. Dig out your tape measure and several colorfast towels. You're going to need a spray bottle or basin with cool water, a hand-held steamer or steam iron.

Unless you're knitting a lot of lace shawls, you don't need blocking frames, wires, mats, pins, a comb and a steamer. You need to wash the pieces and let them dry.

One method of wet blocking is to immerse the project pieces into cool water, squeeze out the water, wrap in towels and press out water, stretch the pieces to the exact measurements from the pattern schematic onto the flat board. Another method is to pin the pieces all the way around evenly (omitting the ribbing) first and then wet them down with the spray water bottle. Leave the project for at least 24 hours until completely dry. Putting the project under a ceiling fan turned on will shorten the time.

Use a large salad spinner to soak and spin project to remove the water.

Any knitting project with pieces to be attached to each other benefit from blocking before being sewn together. Blocking also helps to make a project conform to the pattern dimensions, make the pieces look better so they will fit together better for sewing and fit the wearer better.

Before seaming your woolen project, **block** the pieces by dampening them in the sink until wet but not dripping, squeeze gently, lay them out flat on a towel, sheet or clean garbage bag (which won't absorb water and allow the piece to dry faster). Spread your project out evenly according to your pattern measurements on the floor, on top of the dog's crate or a spare bed and allow it to dry completely undisturbed. An ironing board or other flat surface may be used that will allow the use of stainless steel or nickel plated rust-proof pins. You don't want "pin-vees" and rust marks left behind. Pin around the edges to hold the shape with enough pins so the edges are straight and not pulled to create peaks.

If you are a serious knitter or into lace and/or shawl knitting, invest in a set of [blocking wires](#). Smooth out the damp knitting, gently ease it to the correct size and shape. To dry your project quickly, put it on an old, non-rust window screen, covered with a towel over a bath tub. On nice days set the towel covered screen outside in the shade, propped on blocks or bricks for air circulation. If your garment needs to be stretched to a larger size, pull gently, let dry a few hours and repeat the sizing regularly until the garment dries.

Blocking boards, made of heat-resistant materials, are made for blocking knitting. Often grids are printed on the boards so pieces can be easily measured. A blocking board may be made from sheets of polystyrene wall insulation cut to size and covered in 1 inch checked fabric. A blocking board should be able to accept T-pins being pinned into it and fold for storage. Like regular straight pins with a T-shaped head, T-pins are long and rust-proof. Blocking wires, used for blocking lace and other large projects, are flexible metal wires that can help block curves or the straight sides of a large project by weaving the wires in and out of the project and may be reinforced with straight pins.

Use the wet block by spraying method of blocking for wool, wool blends, mohair and all wool-like fibers such as alpaca, camel hair and cashmere. Cotton or linen should be wet blocked or warm/hot steamed.

Steam is the most commonly used method used by professional blockers because of its speed. The non-professional should use it carefully since the damage caused by over steaming is irreversible, destroying the elasticity and resilience of the fibers. For steam blocking, pin the pieces on the flat surface to the exact measurements from the pattern schematic. Use the hand-held steamer or steam iron held close to the fabric until it is completely damp. Please do not touch the project. It should be held at least one inch above the garment. If you think you need to spot press the project, use a colorfast towel or press cloth to protect the project. Never press a knitted project with the weight of the iron, which with the steam and the heat will crush the stitches. Pressing will cause the stitches to flatten and lose definition. Leave the project flat to “rest” and completely dry.

Steam blocking is the best process for fibers that shouldn't get wet, as well as for cottons, which tend to lose their shape completely when wet. It is similar to wet blocking, except steam is used to relax the fibers instead of water. It shouldn't be used on man-made fibers, because heat and steam tend to destroy them. Use a quality steam iron to hover an iron over the knitted piece while steaming generously.

For cable or texture patterns, steam only lightly, and define the cables and patterns with your fingers so they stand out more as they cool. Steam it with a pressing cloth over it; but never let the iron rest on it, even with a pressing cloth between the yarn and iron.

Some knitters can get the project into shape without steam and will stretch and pin first, using steam to set the shape. Others steam first and then pin to allow the steam to relax the fibers. Slightly dampen a clean sheet or other piece of fabric and place it over the project pieces. Use a hot iron to push the steam through the sheet and into the knitting until the sheet is dry. Steam blocking may also be done without a protective layer of fabric. Set the iron on steam and wave the iron slowly over the project pieces, making sure not to touch the pieces with the iron. Then pin if necessary and leave to dry.

Spray blocking is the most gentle blocking process and is a good method to use when you aren't sure with what kind of yarn the project pieces are made. It is an especially good method to use for expensive and delicate fibers like silk and cashmere. Pin the pieces to the desired dimensions and lightly spray the finished pieces with water from a spray bottle avoiding getting the pieces soaking wet but damp enough to relax the fibers and let dry.

An acrylic project should be blocked to give the garment a finished look and make the yarn look better. Pin the pieces to a blocking board according to the pattern measurements being sure the edges are straight and even. The curved edges should be curved using thin, flexible blocking wires for accurate measurements.

Pin pieces wrong side up unless the fabric has a deeply textured pattern in it, like cables and twisted stitches. Pin it right side up to prevent the texture from being flattened. Now steam gently. Using a Jiffy Steamer is suggested however a good steam iron also works well when held less than two inches away from the iron or steamer. Hover over the garment but do not touch the fabric with the iron to prevent melting. Over-steaming will kill it. Killing acrylic means *to* overheat the yarn to the point that it melts and loses its elasticity. While steaming, gently pat the fabric with your fingers to smooth it out. Sliding your fingers over the garment will cause it to stretch. Steam blocking your garment a little won't hurt the [acrylic yarn](#). Leave to cool and dry completely.

Test your [gauge swatch to how the fibers react to heat and blocking](#).

[How to Wet Block | Methods to Wet Block](#)

[Blocking Your Knitting: What is it, how is it done, and why should I do it? \(2:15\)](#)

[How to Block Knitting: Everything You Need to Know!](#)

[5 MinKnits of Knitting Wet Blocking](#)

[Blocking in Three Simple Steps](#)

[Blocking Yarn with Acrylic Content](#)

[More Yarn with Acrylic Content](#)

[Swatch Lab: Knit Picks Mighty Stitch Super Bulky \(20% wool/80% acrylic\)](#)

[Wet Blocking and Steam Blocking Acrylic Yarn](#) – Marly Bird

SECTION 82: CARE - Washing and keeping hand knitted projects clean

To keep a large item clean, like a baby blanket or afghan (especially when it's a light color), put the item inside a pillow case or zipper bag that bedding comes in, leaving only a few rows out. To assure the project stays inside while working on it use either clamp clothes pins or binder clips attached on each side of the opening.

After completing a project made with dark yarn, **wash your knitting needles** to make sure any dye residue is not transferred to a next lighter colored project. Keep a used dryer sheet in your knitting bag to clean knitting needles. Oil from our hands can cause the yarn to stick.

It is always wise to check the colorfastness of your yarn before washing your project, either by hand or in the machine. Dip either your gauge swatch or several strands of leftover yarn in water. Blot the strands or swatch with a paper towel. If any color comes off on the towel, dry clean the project.

When determining the best way to **launder projects** made from yarn, check the laundering instructions on the yarn label. This label will tell you whether to machine wash and dry or hand-laundry and dry it flat, the temperature of the water, and a slow spin rate for the dryer. Only fill the machine to two thirds of its capacity. This is a delicate handmade item and should be washed in a mesh laundry bag or pillowcase separately from your other laundry. A single bra hook could make a mess of what it took hours to create and ruin your project.

Superwash wool may be washed in the washing machine on gentle. Then follow the drying instructions.

Hand wash a knitted woolen project inside out, so the right side is not so stressed.

Use a liquid washing agent, a mild or special wool detergent so there's no danger of soap residues remaining in the project. Eucalan is an additive to water, conditions and cleanses wool yarn to make it feel softer, does not have to be rinsed out and comes in several scents including

unscented. Don't soak your wools more than 15 minutes or the recommended time in Soak or

Eucalan or the colors might bleed. [How to Wash Sweaters and Knitwear](#)

Wool should be hand washed in cold water using mild suds, Squeeze suds through the project gently, but do not rub or twist. Rinse thoroughly in cold water. Squeeze out excess water, lift gently, roll in towel twice, unroll at once. Shape gently to original shape and measurements. Dry flat away from sun and heat. May be dry cleaned for best results.

Do not treat woolen projects with fabric softener because the wool would lose its elasticity. Yarns labeled "superwash" cannot handle softener at all. The symbol "Easy-care" in knitting yarns does not necessarily mean these can be machine-washed, the projects made from such yarn can be easily washed and dry quickly. If you are unsure, it is better to wash it by hand.

Soften a finished project made with Red Heart or other not-so-soft yarn by filling your clean kitchen sink or large bucket with water and add a cap of liquid fabric softener. Allow your project to soak for several hours, rinse well and machine dry in a lingerie bag.

If your project yarn label recommends dry cleaning or hand washing, please do not put your project in the washing machine.

Either trace the outline of your project on a piece of paper or measure it carefully and write down the measurements on a diagram.

Wash it gently in a sink or large container. Use cold or slightly temperate water and rinse the project several times with clear water.

Gently squeeze the water out without wringing it. Do not wring, twist or scrub a knitted garment which will cause the yarn to shrink and mat.

Gently pick up the item supporting the wet fabric with your hands. Don't pick it up by the corner or shoulder which might make it stretch and sag.

Lay it out flat between two towels, roll up the towels and squeeze out the water. It is all right to step on the towels to release the water. Unroll the towels and lay out the garment on a dry towel, sheet or clean garbage bag (which won't absorb water and allow the project to dry faster).

Spread out and pat your project evenly into the shape of your diagram on the floor or a spare bed and allow it to dry completely undisturbed. An ironing board or other flat surface may be used that will allow the use of stainless steel or nickel plated rust-proof pins, if necessary.

Pin around the edges to hold the shape with enough pins so the edges are straight and not pulled to create peaks.

Don't place it near a heat source or dry it in the sun that would damage the fibers.

Do not ever brush it.

Do not dry your woolen items in a tumble dryer or they will felt! Some wool yarns can be washed only and others must dry cleaned. Keep a label and write on it which project is made from it and to check how to care for your project.

Knitted projects (and also purchased ones) should be folded and stored lying flat on a shelf. By nature knitted garments, of both natural or man-made fibers, are stretchy and will sag out of shape when hung. They will lose their shape on a hanger from the pull of their own weight. If stored in a plastic bag, don't seal the bag airtight because yarn dyes can interact with the plastic. If you use a zipper bag, use a needle to put small holes in the bag to allow air to circulate. They should also be kept protected from sunlight or the colors will fade.

To properly care for your knitted garment you need to keep the yarn label with a piece of the yarn attached. Keep the label in the laundry room or area where the garment will be washed.

Acrylic yarn may be machine washed at a low temperature setting. The yarn blocks automatically. It stretches when wet and returns to its original shape when dried. Use lukewarm water and detergent. Fabric softener may be added to the final rinse. Always machine dry after machine washing. If hand washing and drying, wash gently in lukewarm water using detergent. Support garment during washing and rising and when removing garment after cold rinse. Bunch it together and lift with both hands. Squeeze out excess water, roll in a towel and squeeze again. Unroll immediately. Spread out on a flat surface, shaping as necessary and allow to dry thoroughly but not in direct sunlight or hung to dry. Do not dry clean acrylic and nylon. Polyester can be dry cleaned.

Cotton garments may be machine washed and dried. Turn the garment inside out. Machine wash in cold soapy water. Cottons may be machine washed in warm water only if the yarn is preshrunk cotton or in a blend containing less than 50% cotton. Tumble dry low heat. Hand wash in cold soapy water. Rinse thoroughly in cold water. Squeeze out excess water, roll in towel, squeeze again and unroll immediately. Spread to dry thoroughly but not in direct sunlight, by heat or hung. Dry cleanable.

Blends of different fibers should be cared for by following the instructions for the most delicate fibers. Give particular attention to heat sensitivity, shrinkage factor and color fastness of the

finished item to determine proper care. When in doubt, check the manufacturer's washing instructions.

Fibers are classified as natural or manmade. Natural fibers are found in nature, produced by either plants or animals and categorized as vegetable fibers, produced by plants such as cotton or flax, and protein fibers, produced by animals, such as wool and silk.

Manmade fibers come from materials found in nature but aren't fibers in their natural state. Two basic types: Cellulosic fibers come primarily from cellulose, the fibrous substances derived from soft wood trees and transformed chemically into long or short fibers such as rayon. Non-cellulosic fibers are produced from chemical combinations derived primarily from petroleum and natural gas. By linking chemical molecules into long chains called polymers, fiber chemists have created non-cellulosic fibers such as acrylic, nylon, and polyester that have characteristics not found in natural fibers. Both natural and man-made fibers and combinations or blends thereof are produced for the craft yarn market. Acrylic is soft, warm, wool-like, lightweight, retains shape, resilient, quick-drying, resistant to moths, sunlight, oil and chemicals. Cotton is soft, highly absorbent, durable, resistant to alkalis, good conductor of heat which makes it a breathable fiber. Flax is a long smooth fiber with high absorbency, good conductor of heat making it a breathable fiber, lustrous, strongest of the vegetable fibers but has poor elasticity. Rayon is highly absorbent, soft and comfortable, good drapability, not affected by ordinary household chemicals, and strong. Silk is smooth, lustrous, warm fiber, absorbent and extremely strong with good wrinkle recovery. Wood is warm, absorbent fiber with natural elasticity; wrinkle resistant, good insulation properties but limited resistance to heat.

By combining or blending two or more fibers, the characteristics of the resulting yarn may be enhanced to achieve improved performance and aesthetic characteristics. For example, cotton can be blended with polyester to combine easy-care characteristics of polyester with absorbency of cotton. Man-made fibers blended with natural fibers generally improve strength and abrasion resistance of the resulting yarn. Fibers with high heat conductivity can be combined with those of low heat conductivity to make them more suitable for the changing seasons.



Dye catcher sheets catch loose dyes that seep into the water when a knitted project is washed. Dye catcher sheets prevent the dye from running or bleeding onto other colors of a knitted project

Shout Color Catcher, Dye-Trapping Sheets, 24 Sheets Walmart #1344939
\$4.22

SECTION I: THERE HAS TO BE A CATCH ALL SECTION

SECTION 83: MISCELLANEOUS PROJECT NOTES

[Sweater Obstacles and Choosing Your First Sweater Project](#)

When making a **sweater**, cast on the sleeves first at the same time with different skeins to give you a chance to practice the pattern on a smaller piece and check your gauge again. When the back is done and then the front, you will have finished all but the seaming.

Put in a fake side seam when knitting a cardigan or pullover sweater in stockinette stitch in the round to make the sweater lay more flat when folded. When you come to the stitch at the sides of the sweater, either purl that stitch on the right side (or knit on the wrong side) or knit that stitch on one row and slip it on the next row. Either way, you will have a garment that lays flatter.

When knitting a **long project like a shawl or scarf**, it can become unwieldy when turning the project every row. Turn the project to the right and then on the next row turn the project to the left to keep the yarn from twisting. Wrap the project around the core of a roll of paper towels

or roll it up on itself and secure it with scrap yarn wrapping around the project an inch or so from the edge, crossing over to the other side and wrapping around the other edge in a figure 8 motion. Repeat several times securing the end of the scrap yarn under a wrap. Don't forget to measure the length of your project when you are getting near to finishing it so it doesn't get too long.

Keep a more simple project on hand for **social knitting**. Trying to concentrate on knitting a lace or other difficult pattern and listening to friends talk don't go well together. Save most difficult and lace knitting for when you are alone without distractions.

If you want to turn multiple yards of #4 worsted weight cotton yarn into light weight cotton yarn, use a bobby pin on the ball of cotton, so that it cannot unwind further by itself. Then pull the ends apart and as the ball lifts up from the floor it will start to "unspin." As soon as the plies are separated to the bobby pin, I wind them on their own little balls. Then continue with the next 2 yards. Yes, it's tedious but also mindless, so it can be done while talking or watching TV.

Mark off inches with magic marker on straight knitting needles.

When starting a pattern, recheck the pattern which may have changed since you first saw it. Also read through the Ravelry comments for the pattern to help eliminate problems before they happen. There may be suggestions for yarn choices and pattern modifications you might want to add to your project.

Anything that there are **two of to knit**, you might find it easier to knit both at the same time – Cast on sleeves, 2 in 1 socks on dpns, mittens, or 2 cardigan fronts to avoid them turning out to be different sizes. There is the possibility that the yarn will tangle, but it's the best way to make sure the two are somewhat the same. The two seem to go more quickly and evenly that way too so that they're both closer to the same size and you're only reading the directions once.

For my own lap robe, I brought the two bottom corners to the center of the bottom and roughly stitched in and out with yarn across the bottom thereby creating a pocket for my feet. Therefore my sock-clad feet don't stick out or the lap robe fall off my feet while I am napping, knitting, watching TV, etc. with my feet elevated in my recliner.

Flat Projects need borders for two reasons. To avoid having curled ends at the beginning of an afghan or scarf, knit 20 rows of garter, ribbing or seed stitches. To avoid having flared ends at the ends of an afghan or scarf cast on 10% fewer number of stitches -- two stitches for a scarf and ten stitches for a baby blanket or afghan. At the end of the border section, increase to the number of stitches in the pattern for the body of the project. Decrease in the same manner at the other end of the project before knitting the ending border.

Use 6-10 edge stitches and 13-21 border rows to try to keep a stockinette stitch project from curling. Use the smaller numbers for scarves and the larger numbers for blankets. Both can be garter stitch, seed stitch or ribbing.

Intentionally leave a long tail when starting a scarf and when ending it. Use that yarn to do a reverse single crochet stitch on each end to make a nice finish.

Determine which finished size is right for you by measuring the width, length, sleeve length, etc. from a favorite sweater that fits well and compare them to the pattern measurements. Choose the size closest to these measurements and circle the numbers for this size on your pattern.

When I go to a knitting group where I will want to listen and participate in the conversations, I take mindless knitting, something I do not have to concentrate on or count a pattern. Good examples are a hat on circular needles, an all knit scarf or knit one row, purl one row shawl or afghan project with a border. I'm never bored and turn downtime into being productive. I also

do these projects in front of the TV and computer reading emails or watching knitting YouTube videos. My daughter-in-law gave me a foot pedal to advance the computer pages with my foot!

Use a rolling carry-on suitcase with a retractable handle to roll your heavy knitting project from your car to knitting groups or whenever you are knitting in public.

Take a picture of your finished knitted projects with a light background. Keep a journal of the unusual items (not all charity hats, scarves and mittens) made including the approximate dates it was started and finished, a piece of the yarn as a sample, how many skeins it took and the yarn label taped to the page. Note who it was made for, what size needles were used, the pattern and any variations made to the pattern, note the gauge, attach the swatch (sometimes the only souvenir of a gift), a photo of the finished project (the picture tells what the gift looked like), and the story behind the project that person doesn't receive the same gift a couple years later.

Keep the yarn labels to keep track of the number of skeins you used in a project and the care instructions. If you forget, weigh the project and then the same yarn and color on a kitchen scale and divide by the grams or ounces per skein. Some yarn labels have tape measures on their sides that I'll use when a tape measure isn't as handy.

Scissors and other notions are easily found if they are tied to scrap yarn that is wrapped around the handle of a pocketbook so it is always with you, no matter which knitting bag you have. Tapestry needles can be kept in a needle holder or pocket of a change purse. Scissors can be tied on the handle of knitting bags too. After a meeting when I got to my car I realized the scissors yarn wasn't around my pocketbook handle and I returned to retrieve my borrowed scissors and not lose them.

Carry a small **memo book** in your project bag to note the project, date made, project name, yarn used, needle size etc. When the project is completed, enter the recipient, draw a picture with sleeve length, length of garment and how it fit.

Keep a **wish list** of items to make in a journal or on a computer device. When your family and friends have a full wardrobe of hats, scarves and sweaters, you might wonder who else might benefit from your labor. **Charity knitting** is the answer! When donating to a local charity, knitters find joy in making items that will keep the needy comfortable and warm. Look in your own neighborhood for service organizations that will accept knitted items such as blankets, scarves, and hats. The Salvation Army, hospitals, churches and synagogues, abused women's shelters, crisis pregnancy centers, homeless shelters, and animal shelters all have needs that may be met by local knitters. Please don't allow smoke around items to be donated. Use new yarn, make sure the item has all the ends woven in, is *clean using unscented detergent, no fabric softener and dry* when you send it. Nursing Homes, Seniors Centers, and Shelters need warm items for their residents and clients. [Bev's Country Cottage](#) has patterns to help you make socks, slippers, prayer shawls, ponchos, lap robes, wheelchair totes, fidget blankets and more. Make sure to check with the charity to see if it is willing to take the item before starting the project. Not all hospitals take baby hats any more. Pet hair and smoke knit into baby hats became a problem and has prevented all of us from donating hats to our local hospitals.

For the bottom of handmade bedroom slippers use [Amazon.com: Viva Decor sock stop non slip Transparent Liquid 2,77 fl oz,ABS anti skid fabric - liquid anti-slip for socks - Made In Germany : Office Products](#)

Use yarn scraps to stuff knit and crochet toys. Even the smallest pieces of leftover specialty yarns will make embellishments on handmade cards and scrapbooks.

Longer scraps of yarn may be used as book marks or stitch holders for mittens, etc.

Use natural sun light to check the yarn color. What was thought to be dark brown at night proved to be dark plum purple in the daylight.

Small amounts of leftover yarn can be stored on empty toilet paper rolls, paper towel or aluminum foil paper cores or cut the long wrapping paper rolls into several rolls. Wrap yarn around it loosely, slip the yarn ends into a slit on the side of the roll or tape the yarn end to the roll and tape the yarn label inside the roll. They are especially good for delicate and specialty yarns. Use them for button covers, to sew faces on animals, make a little flower pin, add a little border on a hat or gloves, etc. Wrap leftover yarn into bobbins with a piece of cardboard or clothespin to hold the end.

A big kilt pin, diaper pin, or a double-pointed needle with a stopper or point protector at each end makes a wonderful **stitch holder** for large pieces and maybe the same or smaller size needle.

A double-pointed needle also works as a cable needle.

If you are putting a project away for a while, move the stitches to **long waste yarn** instead of using metal holders so you do not have a line of stretched-out stitches when you return to the project. Attach a note saying what size needle you were using and the pattern.

When knitting in the round for sleeves, socks or mittens, sometimes you need to increase or decrease every other row. Make 2 loops of contrasting yarn with a knot in the middle as markers. When doing a straight (no increase or decrease) round, use only one marker on the needle. If it is an increase or decrease round, put the second marker on the needle as well. This allows the work to be put down and still know if you are on an increase or decrease row or not. Otherwise you could look at the stitches and see if there are two stitches together in one stitch.

When knitting a large project with a front and a back, like a sweater or a poncho, mark every 10 or 20 rows with a plastic marker or yarn of a contrasting color, so when you get to the area of shaping, you do not have to measure and it should line up better.

Use [point protectors](#), a cork from a wine bottle cut in half, replacement rubber erasers, pen tops or rubber bands. These items also may prevent knitting needles from poking through project bags and dropping stitches. Use point protectors on scissor tips so that they won't damage items in your knitting bag or the bag itself.

Use point protectors to keep circular needles clearly separated when knitting a large item in the round with two circular needles. Use one color for the tips of one needle, another color for the other needle. When finished knitting with one needle, put the point protectors back on, remove them from the other needle and finish the round which keeps me from getting confused (and sometimes that's not easy to do!)

Store your straight needles with vase or jar and dpns in a pencil box. I use my metal straight large size needles as letter openers.

Rubber bands could turn double pointed needles into short needles when knitting a scarf, cowl, baby booties or other small project.

The hard plastic toothbrush travel cases found at the dollar store are great for keeping sets of double pointed needles and crochet hooks together. Use a permanent marker to write the needle size right on the case. Cover the end holes with tape or stuff a cotton ball in the ends so the needles do not slide out. Double pointed needles and small knitting supplies may be stored in a canvas pencil or money bag to keep them from injuring you.

Please, please, please do not stick your needles into your yarn skein when you are finished working on your project or through the project already completed. This weakens the fibers of the yarn where you stick the needles and causes strands to break. It is not the yarn's fault but "operator error." I have knit with donated skeins where many strands were broken and they stuck out like a sore thumb when I didn't want them to. That's when I'd like to give the

skein to a person who sticks their needles in the yarn and let them see how the broken strands adversely affects how the project looks.

To keep your work clean and tidy, always use a project bag. If nothing else is available, use a pillowcase or a clean dish towel.

Keep yarn in closed containers away from pets because wool can get caught **wrapped around** a cat's intestines. Do not put yarn scraps out for the birds to use to build their nests as baby birds can catch their feet in the yarn and not be able to leave the nest. Use yarn scraps to stuff small pillows and toys. Scraps can be tied together, made into a ball and stored in your bag for a future assorted stash project—scarf, cowl, shawl, afghan, or yarn bombing.

To knit a large item in the warmer weather, put a straight-back chair in front of you with the back of the chair towards you and drape the large item over it. It's as if you're knitting in the air and don't have the warmth of the item in your lap.

If your cast on tends to be tight leave ¼" of yarn between the stitches for size yarns 1-4 and ½" for bulky yarns. Yes this is repeated for emphasis.

[To knit without looking](#), put your pointer finger on your left hand on the stitch to be knit so you know where the needle goes if you are doing English knitting. Put your third finger on the stitch to be knit if you are doing continental knitting. Start by knitting 5 stitches while looking away. Check your work to see that you didn't make a fumble. Then try knitting 10 stitches while looking away. Check your work. This is even easier when doing stockinette stitch in the round such as on the body of a hat. With practice you will be able to knit in a dark movie theater. Have two projects so when you make a fumble on one you can put it down and pick up the other project to begin working on it.

Try to end knitting a skein at the edge of the project and start a new skein or color at the beginning of the next row.

Start a new color yarn on the right side of the project or the public side of the project. If you used the long-tail cast on, the right side is the side with the loops formed on the cast on and the purl bumps are on the wrong side. Start a new color on the right side of your project so the new color yarn first row polka dots or purl dash lines will be on the wrong side of the project.

If you are knitting over an edge with a fold like the double ribbing in a hat or a waistband, put an entire knit or purl row or two for the bumps to be on the outside of the fold to create a fold line.

In the wintertime knit a big afghan to cover your lap. Why shiver if the project will keep you warm? Summertime is the time to do baby things, hats, scarves, mittens and other small projects, not afghans.

Reverse shaping is the shaping in the opposite direction on the second piece of a pattern, such as the right and left side of the front. Instead of writing a separate set of instructions for each side of a mirrored pattern, the pattern says to reverse the shaping. The slant of the decreases may need to be changed.

When a pattern specifies **right front**, it means the front that would be on your right side when you wear the finished piece. The left side of the garment is referred to it as if you were wearing it, not being the left side of the row as you look at it. When in doubt, hold your knitted project up to yourself with the wrong side to your body to check whether it is the right or left front.

Use two skeins of yarn to knit both sleeves, socks, mittens or slippers at the same time on the same long circular needle so they correspond in mirror images to one another, to make it easier so you do not have to count rows, they're the same length, and you are able to knit increases and decreases on the same row, with the same gauge and assure symmetry. Try to always finish both sleeves so you know which row is next. Put a coil-less safety pin on the side you are working on

so when you pick up your work again, you'll know on which side to begin working. Also use this method to make sure the buttonholes are lined up to the other side of a cardigan and knit the front left and right side of a vest or sweater pattern at the same time.

RULE OF KNITTING: Pick up one stitch less per inch of your project edge to help the button/buttonhole band lie flatter. For example, if you made a project with a gauge of 7 stitches per inch of knit rows. When making an added edge along the side of the knit rows such as for button/buttonhole bands, use your swatch to pick up 6 stitches per inch of knit rows to help the button/buttonhole bands lie flatter and not distort the edges of the gauge swatch or knitted project.

There comes a time in every crafter's life when we get completely stumped and no matter what we do, we don't understand what the pattern is trying to say. That is when we turn to our crafty friends. Guilds or knitting meetings are wonderful sources for help. You can work together with other crafters to get past a tricky stitch or instruction. Or you might go to knitting classes held in libraries or yarn stores. Yarn stores are where we find our kindred spirits who love yarn, knitting as much as we do, and crafters who might be happy to help you work through a problem! Or bring it up on Knitting Paradise or other forum.

Whenever possible allow yourself a 'lost' enjoyable knitting weekend. When asked what you did for the weekend, say something like "I created this amazing...." instead of saying "I knitted."

With Homespun or other **fuzzy yarn**, tie a knot at the yarn end to keep the yarn from unraveling into fuzz. This is one of the few times knots are allowed in knitting. Cut off the knot to weave in half the end in one direction and the other half in the opposite direction.

Because of the nap, **mohair** can be difficult to knit. Use a blunt-tip needle to avoid splitting your stitches. It works well when knit with another thin yarn to give the project body. When trying to rip out mohair or other fuzzy yarns, freeze the project overnight to overcome the tendency of fuzzy yarns to stick together. To rip out, pull the stitch out after putting your needle in the stitch you are ripping. You might have to tug on the stitch a bit.

If you are running out of yarn of one dye lot and can't get more or it's donated yarn without a yarn label, but you have the same color in a different dye lot, do two rows of one ball, then two rows of the other ball, and keep switching back and forth every two rows for 10 rows if you are knitting rows. Use a slipped stitch Helical change every round if you are knitting in the round. It softens the change between the two dye lots and either makes it less visible or a pretty stripe design element.

If you are running out of yarn near the top of a hat, decrease without having plain knit rows between the first couple of decreasing rows and put as many plain rows toward the end of the decreasing rows as you have yarn.

Whenever there is a new technique in your pattern, try it out on scrap yarn first. When an advanced knitter had German short rows in her project. She was advised to try them out with an inexpensive yarn on a practice piece and then she felt confident putting them into her project with the expensive yarn.

When you are working with one skein and the pattern says to attach or join a new skein of yarn, take another ball of yarn of the same (or a different color) and begin knitting with it. An example would be starting the other side of the neckline or making straps for a tank.

[15 Tips To Be A Better Knitter](#)

[10 Practical Tips Every Knitter Should Know](#)

[Adding A Stitch Several Rows Back](#) – Creating a forgotten yarn over and a column of stitches several rows back.

Miscellaneous advanced knitter videos:

[Quick tips to help you improve your knitting // Knit your own clothes](#)

[Knitting Design Books and how Test Knitting Works](#)

[Slow Motion Backwards/Mirror Knitting](#)

[2 ways to attach a Faux Fur Pom Pom](#)

[Two-Color Cables](#)

[Ways to Keep Your Knitting INTERESTING](#)

[New York Times article on Ruth Bader Ginsburg's collars](#)

[Simple Way to Attach a Button Band As You Knit](#)

[How to Fade Yarns in Your Knitting Pattern](#)

Flicking: [These videos](#) will show you an easy way to hold your yarn and [knit faster](#) as an English knitter and throw your yarn.

Different ways to knit: [Portuguese knitting](#) will rest tired hands as well as switching to Continental style knitting when doing stockinette will relax your hands. Russian and [Russian purling](#)

[Latvian Twist Edging - Great for Socks, Mittens, Hats and Shawls](#) video and [Latvian Twist](#) to read the written tutorial for a simple way to create a beautiful cast on border.

History of Knitting: It is thought that the earliest form of knitting was found in Egypt where archeologists discovered a pair of knitted socks that were believed to have been knit in the 11th century. The purl stitch was found in a short row heel suggesting that knitting had been done for a long time before the socks were made. English sailors and soldiers were known to have knitted caps in the 13th century and knitting was a major industry in Europe in the 1500s. Queen Victoria was an avid knitter during her reign from 1837 to 1901 but the unavailability of steel needles prevented knitting from becoming popular for the masses. It is thought that European immigrants brought knitting to the USA. Check out the history of hand knitting [here](#) and [here](#). [Knitting in the newspaper in 1920](#)

Bobbins: When a project uses a small amount of different colors of yarn, remove the matches from a matchbook, wind your yarn around the match book and tuck in the cover so the yarn does not unravel. A bread bag plastic square tie can be used to wind yarn around and the knitting end slipped in the center to hold it until needed. Another way is to wind small balls and put them in small zipper bags with an opening for the yarn to go through.

Toward the end of the skein or ball of yarn, start to measure how many rows you can still knit from the remaining yarn so you don't end up at a bad spot on the row. It is easier to hide an end in a border and won't show so much than the middle of a row. Knit to the end of the row. Bring the end of your yarn to the end of the row of knitting and hold it there. Stretch out the two strands of yarn to find the half-way point and tie a loose overhand knot in the fold of this remaining tail or put a marker attached to the working yarn using a twist tie, mini clothespin, or coil-less safety pin. Complete a row of the pattern. If you reach the marked point before you finish the row, you know you do not have enough yarn to finish another row. If you have not reached the marked point, you know how much yarn you used for one row and that you will be able to complete at least another row with the remaining yarn. Sometimes, I've retied knots a couple times at the end of a skein or ball and sometimes I'm thankful I tied a knot to know I do not have enough yarn to complete another row and don't have to tink the next row.

GUARD AGAINST PLAYING YARN CHICKEN: To help you know if you have enough yarn left for another repeat before the yarn skein or ball runs out or to finish your project. The technique Jimmy Beans Wool uses is to try a knot halfway of what yarn is left to see if there is enough to

knit a repeat of two rows. If you are pretty sure you have enough for a right side and wrong side row, but don't know if there is enough yarn for another set of two rows. So tie a loose knot halfway of the yarn that is left. Then knit the right and wrong side rows. If you had to untie the knot, you don't have enough yarn to knit both rows again. If you did not have to untie the knot to complete those two rows, then you know you have enough yarn for two more rows. It is wise to untie the old knot and tie a new knot at the halfway point of what yarn is left. Continue to repeat this process until you reach the point and know there is not enough yarn to do it again.

If I'm near the end of my project, I've also doubled, tripled, or multiplied the length of yarn for a row by 21 plus a little and then placed the loose knot so I know I have enough yarn to finish a row or two or the ten ridge garter stitch border AND cast off. My Scottish grandmother would not want me to waste any yarn or have a small amount leftover when I could have knit another two rows and made the scarf or afghan longer. Also measure how much yarn is needed for the crown of a hat. It takes about thirteen yards for the crown of my baby hat patterns on circular needles knitting a plain round between the decreasing rounds. If I'm not knitting a plain round between the decreasing rounds, I multiply the length of one round by half the amount of rounds to be knit for the crown.

Carry a previously used colored yarn up the side of the project instead of cutting and dropping the old color when beginning the new color yarn within 5 rows twisting the two yarns together at the end of the row.

Ribbon yarns are fun and decorative for your garment or accessory but they should be kept from twisting and turning when you are knitting with them. Because ribbon yarn is flat, it should be kept flat while knitting it for the best effect. Mount the spool so it will unwind the ribbon straight or rewind the ribbon yarn onto a knitting needle that will twist and turn as it is being wound keeping the yarn flat. Take the ribbon ball off the knitting needle and put it in a small container or mount the needle so the yarn will keep releasing straight and flat on 2 stacks of books with each side of the needle untwisting between 2 books.

When working with ribbon on a garment or scarf, put a small amount of clear nail polish on the ends to keep the ends from fraying.

Investigate dropped or elongated stitches to use with basic yarns, ribbon or textured yarns to show off the long floats.

Achieve a tweedy look to your project by holding together **two strands** of different color yarns and knitting them as you would one strand including the swatch, except for sewing the seam. Eye lash or furry yarn is easier to work with when used with another strand of number 4-worsted or number 3-sport yarn and will give your project body. Use two strands of yarn of a lighter weight for a pattern if it calls for a heavier weight yarn. Use two strands of the same or different colors of #3 baby yarn on size 11 needles for a winter baby blanket. To add softness and texture, use a soft fuzzy yarn with a plain wool or cotton. Keep the pattern simple and let the yarn show. Be careful not to forget to carry the second strand in your hands and when picking them up (or under) the needle or hook. It is advisable to keep the skeins of yarn separate as they may feel differently. Wind a couple rows at a time into a yarn butterfly, winding yarn around my forefinger and pinky and tying the end around the center of the butterfly while still attached to the single skeins. Pull from the center of the yarn butterfly. I've found knots or had to unroll and untangle too many balls to wind too much more at a time.

Different natural fibers of yarn may be used together.

When using self-stripping yarn and making two sleeves or two socks, always start the cast on at the point where the colors change from one color stripe to the next color so the stripes line up for both sleeves or socks.

[Wool Dryer Balls](#) are a natural alternative to chemical filled fabric softeners and dryer sheets. Because they are made with 100% wool yarn, they naturally wick moisture away from the clothes resulting in soft and fluffy laundry without the static cling. Another plus is because the balls bounce around in the dryer, they lessen the drying time and save on your electric bill! I set my stove timer to 10-15 minutes less than what the dryer timer says and that's when I take out my dry clothes. Dryer balls love to hide in fitted sheets and fluffy towels as you take them out of the dryer. Dryer balls are number 23 on the [list of things you should never buy](#) [Simple Way to Make Dryer Balls](#) and [Make Homemade Felted Wool Dryer Balls](#)

SECTION 84: GIFTS: Include the label from a skein of the yarn used to let the recipient know how to clean the item and what fiber was used. Also include a yard or two of yarn in case it needs to be mended.

Launder the project and check for loose ends and stitches that may have come undone. These are easier for you to fix before giving it away and the receiver is able to start using the gift right away.

Add a "From the needles of" or similar label to a project. It adds a special touch and the recipient will remember from whom it came. One place to order labels from is <http://www.namemaker.com>. Check the internet for more.

Keep a list of gifts you've made and given to whom, the date, pattern and yarn so you do not duplicate a yarn, color or pattern to the same person or within the family.

Rinse woolen hats made for the homeless in cold water, apply a solution of water and a small amount of hair crème rinse to soften the wool. Be sure to rinse several times. Spin them in a salad spinner and dry them flat for several days.

When a knitted project is completed or when the project is for someone, run a length or two of the yarn along the inside sleeve and underarm seams. If the project is damaged or needs repair, the extra yarn will be the same color as the project, even after many years and launderings since the project was completed.

Use your colorful yarn to make inexpensive and beautifully wrapped gifts. Make [pom poms](#) from yarns in coordinating colors wrapped in newspaper 'funny' papers. Or [use a fork](#) to make a pom pom. Use several strands of yarn around the package. Or with the black and white comic pages use black and white yarn. More pom pom instructions [here](#) and [here](#). Pom poms date back to the 19th century when French sailors wore them on their hats to protect their heads from hitting the ship's low ceilings and smaller doorways. The pom poms absorbed the blow.

[Different Methods of Making Pom Poms \(hearthookhome.com\)](#)

SECTION 85: [KNITTING WHILE TRAVELING](#). Knitting needles are allowed on flights within the USA. However, it is up to the TSA agent in a foreign country. Two inexpensive bamboo circular needles is safer to take on an overseas flight. Checking with an overseas airline may not be accurate. Good advice is to carry a self-addressed stamped padded envelope to mail home any needles not allowed. Take the project off the needles. [Can you bring knitting needles on a plane?](#)

Back in 2001 I knew of a knitter who was stopped at the airport taking a 16" circular needle through a USA checkpoint. She got mad and went to the restroom. She took the project off the needles, put a charm attached marker on the needle, put it around her neck and wore the "necklace" through the same checkpoint successfully with the needles toward the back under her hair.

My knitting bag that will also hold my pocketbook is usually packed before my suitcase. I always take a small simple project or two like a cowl or hat on circular needles. Knitting makes the time

go by much faster waiting to board and in the air. These projects are easier to work on in a tight airplane seat; you won't poke the person beside you and there's no chance of dropping a needle. Carry a written pattern page. Also take a small blunt pair of scissors or empty dental floss container, tape measure, crochet hook, markers and other notions all in a zipper gallon bag. If I have to take a larger project in progress, I pack it in my checked luggage to work on when I get up north especially in winter.

What did upset me was when my project on 10" straight bamboo needles was taken at the Fairfax County Court House when I was going to be there all day. I did retrieve them at the end of the day but lost all that knitting time. Luckily I also had a book with me.

What I love about knitting: knitting hats, especially in horizontal stripes, winding yarn especially with a yarn winder, detangling yarn, casting off a project, finding a new yarn and imagining a project to go with it, and teaching knitting.

One of my favorite children's hat is a spiral striped hat made from variegated yarn (see pink hat picture) with a plain color brim. The long tail for a younger elementary school children's hat is approximately 72 inches for worsted #4 yarn and size 6 needles. But my favorite is being replaced by helical striped hats in multiple colors and multiple width stripes. (See Section 98.)

Although usually a positive person, I do have my yarn and knitting pet peeves: I discourage using the backwards loop method cast on. It has no stitch definition, stitches are uneven and there may be leftover yarn at the end of the row that is difficult to deal with.

Seeing a hand knitted item mistreated hurts my soul. On a trip to a thrift store looking for yarn I found a balled up feather and fan afghan that someone had put a lot of love into when it was made. I bought the \$5 afghan, washed it and donated it to someone who needed it.

Please don't donate yarn to stores like Goodwill that resell yarn for the chief executive to make a million dollars a year. If the store contributes to a worthy charity, that's good. Give it to libraries, senior centers, prisons, assisted living and nursing homes, 4-H and Girl Scout troops, schools or anyone who will use it, especially for charity knitting.

SECTION 86: TEACHING

Always keep an extra pair of plastic or bamboo 10" needles and leftover worsted weight #4 yarn in zipper bag in your knitting bag to use to teach someone to knit who asks you.

I admit to being a knitting "pusher." I never miss an opportunity to teach or inform knitters about local meetings. I carry extra needles and yarn in my car to be able to teach at a moment's notice. With small swatches of knit stitches prepared in advance, new knitters can begin to learn to work the basic knit stitch first rather than learning to cast on first. I want them to get "hooked" on actual knitting and then learn the mundane parts of knitting like casting on and binding off. By giving students a hook or needles with a few rows of 20 or 30 stitches per row of knitting completed, students have something to hold onto when beginning and learn the basics more easily and later learn the cast on, which can be tricky for beginners. It is called a practice piece so there is no pressure to get it perfect. Once they've learned to knit it is easier to teach them the knitted cast on or cable cast on as their first cast on because they already know how to knit.

If their hands want to put the needle into the stitch from right to left, I teach them to purl first. Because K comes before P is no reason to teach the knit stitch first. Purling every row makes the same garter stitch. My whole purpose is to get them hooked on knitting or purling and learning to relax away from electronic equipment.

A rhyme that has worked to help children learn to knit:
In through the front door, once around the back, peek through the window, and off jumps Jack.
A rhyme to purl: In front of the fence, catch the goat, back we go, jump off the boat.

In addition to teaching elementary school students to knit, I taught them to turn their work to the back side and tuck it to correct their own fumbles. I teach tucking before purling to get the students comfortable with correcting their own fumbles.

When teaching left-handed people how to knit, teach them how to knit right-handed but teach them the Continental method-- to pick instead of throw, because then they get to use their left hand dominantly but they do not have to go through the hassle of trying to find left-handed patterns or trying to convert right-handed patterns.

If you have a child younger than age 8 expose them to [finger knitting](#), [Kumihimo Square Braid](#), [French knitting](#) or [loom knitting](#). Their fine motor development hasn't advanced enough to hold and wrap needles although there are exceptions. But you don't want them to get frustrated either. I've known of kindergarteners who have taken to knitting like a duck to water when the teacher was sitting with them. [Finger knitting projects](#)

SECTION 87: KNITTING IS SOCIAL

Thankfully knitting has brought people together who have become friends that share the love for yarn and the resulting projects. We may talk about our experiences over our needles. Although we may not share the same opinions, our common love for yarn brings us together and we find common ground to contribute to lively discussions. You never know what you will learn at a knitting meeting! One member was talking about her high school experiences in Thailand. Another member remembered her neighbor talking about the same experiences. When reunited at a knitting meeting, they realized they were in the same class and had a wonderful reunion!

Spending hours creating beautiful projects with others can be an excellent avenue to find the ways we're actually similar. Having similar interests with common goals helps us remember that those around us aren't that different from us. Having similar hobbies and interests pulls together diverse groups of people with different ages, backgrounds and lives.

Besides the sheer joy of creation and relieving stress, our knitting community is not as rocked by the controversy of Ravelry. Controversy doesn't belong in the knitting world as do religious and political discussions in knitting meetings and yarn stores. That the Ravelry owners banned users from expressing political views on their forum is their right. Knitting needles and yarn were never intended to be used as weapons.

SECTION 88: WHAT KIND OF A KNITTER ARE YOU?

There is a difference between knitters and people who knit. People who knit usually are working on one project at a time until it is finished. Knitters usually have several projects going, in various stages of completion to be able to switch to something simpler if where they are knitting is noisy or distracting and save complicated projects for more quiet times.

There are at least 5 different kinds of knitters, although knitters can be more than one kind. A project knitter desires a sweater, a hat, or a pair of socks and wants them enough to make it for themselves, their family or friends.

A process knitter finds joy in the process of knitting and loves spending time knitting, being not as dependent on what they are making as long as they are knitting. The process knitter is not in any hurry to finish the item, enjoys learning new techniques and enjoys challenges, ripping out and re-knitting whenever necessary.

However, the results-oriented knitter is compelled to make the item quickly and move on to the next project, stacking up finished items for the satisfaction of creating like a charity knitter. They are willing to give away what they are making.

A comfort knitter or TV knitter likes the activity of knitting without having to focus on a pattern. If I'm sitting I'm knitting! This kind of knitting is similar to meditation. They want to avoid choosing a pattern that is so difficult that it is going to annoy them. A new knitter needs a comfort knitter pattern with lots of garter and stockinette stitches.

A challenge knitter wants a pattern that will be intricate enough to keep them from being bored. They can't do the pattern in front of the TV. They need to focus on the pattern to count the stitches to get the item finished knitting. Using complex patterns with 27 rows in the pattern gives them a challenge and makes them happy.

Some crafters knit and crochet to relax or help with anxiety or just to be creative, There is a pillow that says, "If I'm sitting, I'm knitting." A project goes everywhere with the knitter or crocheter. You never know when you might get marooned somewhere. A small pickup/put down project like a hat, cowl, scarf or pair of socks with little stitch pattern and not much to remember is always ready in a small knitting bag or plastic bag near the door or already in the car ready to be knit at red lights, dentist chair, doctor's office, waiting for an oil change, on public transportation, Knitting In Public or "KIPing" groups, meetings, restaurants, movies, sporting events, on the stationary bicycle at the gym, any standing in line time like the post office or grocery store or a few extra minutes to spare like before a concert. Knit when your spouse is driving. A larger project is better to be at home unless it serves to keep you warm in cold weather. Keeping more than one project going, especially on different size needles, is better for your hands to exercise muscles differently and keep your hands from getting too tired. Knitting helps fill downtime to keep from being bored, while being productive at the same time and experience joy and relief when a project is completed.

SECTION 89: ADDICTION AND KNITTING

Admitting I'm addicted to knitting goes along with also admitting I am a pusher of knitting. Isn't it interesting that usually addictive behavior is described as creating increased stress, anxiety, feelings of helplessness and even depression for the family and friends of the person suffering from addiction. But being addicted to knitting creates less stress and anxiety and may allow friends and family to benefit from the creations of a knitting addiction! Often friends and family of those with other addictive behaviors seek out to attend knitting meetings (their own therapy 12-step program) to gain peace of mind away from the addicted person.

You know you're an addicted knitter when you knit in bed, in a hammock. in waiting rooms, when commuting, when you gather lots of patterns around you, when you have a multitude of projects in different corners of the house, when you fondle yarn, get super excited about interesting pattern books, when you adore projects other people have made and want to know the details because you are determined to create one, when your husband pursues his own hobbies because you're happy to knit, and when you love to have time ALONE to knit.

When I recognized my knitting addiction, I went to a KA meeting (Knitters Anonymous) and the lady asked me to ask myself these questions before admitting I was an addict:

1. Are my children and husband still eating? He was capable to making himself a bowl of soup.
2. Are there dust bunnies on the furniture? The dust bunnies are in charge of themselves. They come and go freely. And I need no note paper, jot the info on the coffee table.
3. Had the dog/cat given up asking to go outside? No pet, good thing.
4. Do I knit while I drive? Only when my foot is on the brake, mostly.
5. Do I have my LYS on speed dial. Not yet.
6. Do I speak in letters and parenthesis? Yes and I think and write that way too.
7. Do I have more yarn magazines coming to my house in brown paper wrapping than junk mail? No time to read them, too busy knitting.
8. Can I tell a person the millimeter of every size American needle? I have a chart next to my computer and use it frequently.

9. Do I have different colors of all the sizes of needles, sets of interchangeables and can I tell you what I have? Absolutely. Can I always find the needle size I want? No. It's in a WIP!
10. Do I hide yarn skeins in totes marked with holiday names and a sign that says "DO NOT OPEN". When I buy it, I wait until he's gone to bed before bringing it into the house to hide it.

After I answered more than 8 of them, she said, I was in the right place and to take a seat. I got a sponsor, and we used to shop almost four days a week for yarn. We tell everyone we are going to get groceries or whatever. It's wonderful to have friends who understand.

Top Ten Reasons Knitting is Better than Therapy

- 10.) Yarn doesn't nod and ask you how you feel about that.
 - 9.) You don't have to work through your issues... you can poke things with pointy sticks.
 - 8.) You can get more than one hour of yarn therapy for that \$350.
 - 7.) You don't blame your mother for all of your knitting fumbles.
 - 6.) It is perfectly acceptable to conduct your yarn therapy at Starbucks or other meetings... psychotherapy, not so much.
 - 5.) The only shock therapy you endure is with wool, metal needles, and a fast hand.
 - 4.) The only chemicals you put into your body are tea, coffee, wine, or chocolate, and you can take them DURING therapy.
 - 3.) Your insurance premiums won't increase.
 - 2.) You can enjoy yarn therapy on vacation; in your jammies; in bed; on the train/bus/subway; in the park; or at work (secretly).
- AND THE NUMBER ONE REASON KNITTING IS BETTER THAN THERAPY IS.....
- 1.) You can't fondle your therapist.

You know you're an addicted knitter when:

You'd much rather go yarn shopping than clothes shopping.
You stay up late frequently because you have to do 'one more row'.
You shop with the purpose to get ideas for knitting patterns.
You pray for rain so you have the excuse to be stuck at home with nothing to do but knit.
You have to pick up patterns and yarn from the couch so visitors can sit down.
Instead of change, you find knitting needles in your couch cushions and under the Lazy boy.
Your stash accumulates faster than your completed projects.
The dog knows not to ask to go out until you reach the end of a row.
You have to move your portable knitting project when you open your purse to pay for something.
You have been known to pay more for a skein of yarn than a pair of shoes.
You have a project in a plastic bag in the bathroom instead of a book.
You think about getting a tattoo that says, 'knit and purl'.
At 1pm you tell your husband you are going to the yarn shop and he asks if you will be home for dinner!
You've been known to wake up at 4:00am to finish a swatch gauge or get up at 5:00am to enjoy a peaceful knitting session.
You think twice whether to stay home and knit or go out for drinks with the girls!
You love the smell of yarn much better than French perfume.
You won't leave the house to do errands until UPS arrives with your new yarn.
You have so much yarn in your stash that you could make sweaters for everyone on your street and still have leftovers to make them scarves, and maybe mittens for their children.
You see someone knitting across a crowded waiting room, are disappointed you can't sit beside them but you put your needles down and walk over to ask, "can I feel your yarn" or "what are you making?"
Someone asks what you are making and in no time they are holding your spare needles and yarn and you are explaining the basics of knitting.

You find bits of yarn in your hair brush.
You find pieces of yarn in the cat's bed.
You find your kids clearing the shredder blades with your needles.
Your husband wakes you up angry because you fell asleep knitting in bed again and he found your double pointed needle.
Your knitting bag is always the first thing packed when going on vacation.
AND you can't wait to get on KP every morning to start your day.
It has been decided we knitters are normal. It's OTHERS (the ones that don't knit that are not normal) because under the skin we knitters are all sisters and brothers.

SECTION 90: EXERCISE AND KNITTING HEALTH

When we are knitting, it is important to take breaks frequently to rest your hands. You want to avoid inflamed ligaments or muscle strain, and developing arthritis in hands, although doctors recommend to arthritis suffers to keep knitting for exercise. If you develop pain in your hands when knitting with straight needles, try knitting with circular needles to put the weight of the project on your lap or on a table instead of putting the strain of the weight on your arms.

Aspercream with Lidocaine helps relieve joint pain if it interferes with your knitting. [10 simple ways to prevent knitting pain \[in hands, wrists & shoulders\]](#) [10 Hand exercises for Knitting and Crochet! - YouTube](#) [Yoga For Knitters: hands and wrists - YouTube](#), [10 Ways to Stop Pain from Crocheting & Knitting - YouTube](#)

[FIGHT Stress, Anxiety & Depression by Crocheting and Knitting ★ | Stitching for Better Mental Health - YouTube](#) And many more may be found on the internet searching Youtube pain injuries knitting.

If you develop arm or hand cramps, stiff shoulders, neckache, or backache, it is the time to stop knitting it is time to consult your doctor to make sure there is nothing seriously wrong. The cause could be the way you hold your head bent forward or to one side, your body is slouching, you're tensed up, you are clutching your needles or yarn, your elbows are protruding out, you're constantly moving your arms or you bend your right thumb up to hold the needle. If you do any of these, please discontinue. You might need to sit in a chair with more support to your back. You might try relaxation techniques, acupuncture, or manipulation. See your doctor but don't let knitting be painful.

Wash your hands in very warm water and apply pain cream to your hands, massaging it in well. You might fix yourself a warm beverage or broth and hold the cup in both hands while sipping it slowly. Wait an hour before resuming knitting. Read the article on knitting, pain, posture, circular needles and [ergonomic knitting](#).

Every hour you should stand up and move your legs. Do some Jumping Jacks and stretch your legs, back, arms and fingers. Daily I go for a brisk two mile walk raising my arms straight up one at a time reaching and repeating multiple times and stretching my arms out straight forming small circles for a hundred circles.

Both my ring and little fingers on both hands used to catch or lock in a circular fist position when I awakened in the morning and were painful to straighten out with the other hand. I attributed it to my "advanced age" of 64 at the time and knitting too much. But I happened to mention it to my D.O.(Doctor of Osteopathy, a fully-functioning medical doctor with two more years of medical school than a chiropractor) stepson at my annual blood test and he told me I was probably clenching my fist when I was asleep. He urged me to lay my hands flat on the sheet or put them in a praying position when I went to sleep. I haven't had a problem with trigger fingers since (except when I forget to do as told) and I've probably been knitting more since this appointment and since I became a widow.

Do as I say, not as I do. I know from experience it is not a good idea to put your knitting project in your favorite chair. I didn't think when I moved my knitting off my dinner tray but when I sat down and felt a sharp pain, I knew I wouldn't throw my knitting in my chair again. Believe me, a circular needle tip hurts in the butt end region.

SECTION 91: MEDITATION AND CONCLUSION

Stephanie Pearl-McPhee wrote an excellent book, *At Knit's End: Meditations for Women Who Knit Too Much*. It is the reading material I leave beside my houseguest bed. Everyone has enjoyed it and laughed a lot. Most of Stephanie Pearl-McPhee's books are recommended for their laughter content.

For many people, knitting is meditation. Meditation is Step 11 for both Alcoholics Anonymous and Al-Anon. Worth reading is a recent article, [Medknititation Parts I, II and III: How Are Meditation and Knitting Related?](#)

CONCLUSION: These hints are presented to help people overcome knitting obstacles and walk them through what they may think are tricky knitting techniques until they become automatic.

Knitting gives me joy in my heart and the desire to share that feeling of joy with everyone around me, young or old.

Knitting doesn't have to be perfect. Do your best knitting possible because only God is perfect.

Knitting is hard but be patient with yourself and don't give up. Keep trying.

It is very important that you learn to enjoy knitting!

Knitting is meant to be fun and I want it to be fun for you.

You may find knitting to be healing and calming and is much less expensive than therapy.

There is no race when it comes to knitting. People knit at different speeds. You are only competing with yourself. But there are some [interesting statistics](#) and take the survey.

There is no such thing as knitting police or a perfectly right or wrong way to knit. Knit the way that works for you.

[Roxanne Richardson](#) has a terrific video on [Perfectionism](#) starting at 3:19. When someone gives you a compliment on a project you knitted, don't point out the fumbles. Say "Thank you" and that's enough, especially if the compliment is given by a noted author and designer.

Knitting should be fun. Do it because you love it, not because you have to. Even though someone may ask, you do not have to knit an item for them only because they ask. Offer to teach them to knit it instead or find them someone who will. They will appreciate how much work it takes to create the item and appreciate the item more.

"Stitch your favorite projects, at your own speed, be kind to one another, take special care of your health and always, always, just keep SMILING!" -- Lois Moore in her retirement farewell

letter to her fellow members of www.fromtheheartstitchers.org that she founded 20+ years ago.

SECTION 92: Knitting Notes suggested by Helen Hines, Knitting Extraordinaire, from Arlington, VA

Put a 3 or 5 stitch seed stitch border, K1, *P1, K1,* repeat to the end, is the border for a scarf on all sides, right and left and top and bottom so the edges don't curl.

McTwist Hat Pattern (discontinued) Small (Medium, Large)

Directions are for size Small, Changes are for sizes medium and large are in parentheses.

Finished Measurement: Hat circumference: 17 (19 1/4, 21 1/2) inches

Skill Level: Advanced Beginner to Intermediate

Materials: 1 skein of bulky yarn to match size 10-1/2 needles

Size US 10-1/2 (6.5mm) or size needed to obtain gauge

Gauge: 15 sts and 22 rows = 4" in stockinette stitch. To save time and ensure proper fit, take time to check gauge.

Stitch Guide: **Hurdle Pattern:** Multiple of 2 sts

Round 1: Knit

Round 2: Purl

Rounds 3 and 4: *P1, K1; rep from * to end

Repeat these 4 rounds for pattern

Abbreviations:	K	Knit	K2tog	Knit 2 stitches together	P	purl
Pm	place marker on needle	Rep	repeat	Sl	slip	St(s) stitches

McTwist Hat Pattern

Cast on 64(72, 80) sts. Place marker for beginning of round and join, being careful not to twist.

Work even in Hurdle Pattern until piece measures 5 (5-1/2, 6)"

Next round: *Work 8 (9, 10) stitches in pattern, pm, rep from * to end, 8 markers placed.

Next round: Decrease round: *Work in pattern to 2 sts before marker, k2tog, rep from * to end 56, (62, 72) sts.

Maintaining pattern as established, repeat decrease round every other round until 8 sts remain.

Cut yarn and use tapestry needle to draw the tail through the remaining stitches twice. Pull tight and fasten off weaving in the end under remaining stitches going the opposite way over a stitch.

SECTION 93: Quotes and Humor

On a t-shirt: If I can't bring my YARN, I'm not going.

On a t-shirt: God would not have made me a knitter if He wanted me to cook and clean.

On a gift mug: I knit because killing people is frowned upon. (Save a life...send yarn.)

I'm always ready to go for SEX, or a Stash Enhancement eXpedition to a local yarn store. It's a weakness. Every year or so I go through my stash to update my inventory, give away what I won't use, remember what I have in order to keep my New Year's resolution to stay out of Michaels and quit buying the pound skeins of yarn with the weekly coupons. However, I can now actually walk into my LYS seeking a specific yarn, not find it, say to myself, 'oh yeah that is yarn I don't need,' look around and leave, even when tempted by friends who went with me who were buying. I've already made next year's New Year's resolution to finish the 5 prayer shawls I have in various stages of completion and get those finished and to the church. They're not doing anyone any good right now.

When I was caring for my toddler granddaughter and she would need something, I would tell her to let me finish this row first. After she learned to talk, she would come and say, "Finish row, Granny." My tomb stone should say, "I finished the row, now it is time to go."

Do you collect more patterns from the internet than anyone can knit in 1000 years?

"Knitting keeps me from unraveling."

"I knit so I don't kill "

"Stay Calm Carry Yarn"

"I only knit on days ending in "Y"

"Veni vidi acubus texui--I came, I saw, I knitted".

"Who's retired? Knitting is a full time job."

"I can go loopy, or I can knit. Your choice."

Knitting is sitting still for creative people. Seen on a shirt.

With time, women gain weight because we accumulate so much information and wisdom in our heads that when there is no more room, it distributes out to the rest of our bodies. So we aren't heavy, we are enormously cultured, educated and happy. Beginning today, when I look at my butt in the mirror I will think, "Good grief, look how smart I am!" Must be where "Smart Ass" came from!

A friend takes her knitting to meetings. At a church meeting on a very hot and humid night, she took out her knitting. Another woman said, "What, you even knit in the summer? Doesn't it make you sweat?" Her husband said, "Wanna see her sweat? Take away her knitting!"

Seen on a bumper sticker, "He told me it was either him or knitting. I'm going to miss him."

On Using Wool for Baby Knitting: "Pass by the synthetic yarn department, then, with your nose in the air. Should a clerk come out with the remark that All Young Mothers in This Day and Age (why can't they save their breath and say 'now'?) insist on a yarn which can be machine-washed and machine-dried, come back at her with the reply that one day, you suppose, they will develop a baby that can be machine washed and dried."--From *Knitter's Almanac*

"Knitters form every stitch. We know the fumbles we are willing to fix and the flaws we are willing to overlook. We cast on. We cast off. We develop a rhythm. We count stitches. We make fabrics. We make projects. We make necessities. We make gifts. We follow patterns. We take a

chance at designing. In the end, we usually find we've enjoyed the process as much as the final product. "I know you, as if I had knitted you." From [Goodnightgram's blog](#)

My favorite birthday card: You were KNITTED together. You weren't an accident, You weren't mass produced. You aren't an assembly line product. You are one-of-a-kind wonderful.

Knitting is chocolate for the mind. ~Author Unknown

Knit in public so everyone can see what they are missing. ~Author Unknown

Knitting fills my days, not to mention the living room, bedroom, and closets. ~Author Unknown

So much yarn, so little time! ~Author Unknown

As ye knit, so shall ye rip. ~Author Unknown

Any day spent knitting is a good day. ~Author Unknown

As I get older, I only prefer to knit. ~Tracey Ullman

Old Knitters never die, they just unravel. ~Author Unknown

Knit your stress away. ~Author Unknown

I'm in therapy and knitting is cheaper than a psychiatrist. ~Author Unknown

I'd rather be knittin' than in the kitchen! ~Author Unknown

Knitting forever, housework whenever. ~Author Unknown

I like making a piece of string into something I can wear. ~Author Unknown

"Knit fast, die warm." ~Author Unknown

Knitting: A creative mess is better than tidy idleness. ~Author Unknown

Knit your blessings with thankfulness so they don't unravel. ~Author Unknown

If I knit fast enough, does it count as aerobic exercise? ~Author Unknown

When I learned to knit, I forgot how to cook. ~Author Unknown

I cannot count my day complete until needles and yarn meet. ~Author Unknown

"A Stash is like rabbits - it multiplies when you aren't looking!"

Show no fear, keep knitting. It will be better and better every day. [Deb-Babbles](#)

I thought I saw a spider. But it was just a piece of yarn. It's dead yarn now.

Useful and ornamental needlework, knitting, and netting are capable of being made, not only sources of personal gratification, but of high moral benefit, and the means of developing in surpassing loveliness and grace, some of the highest and noblest feelings of the soul. *Author Unknown*, from *The Ladies' Work Table Book*, 1845

Knitting is very conducive to thought. It is nice to knit a while, put down the needles, write a while, then take up the sock again. *Dorothy Day*

Woman has relied heretofore too entirely for her support on the needle - that one-eyed demon of destruction that slays thousands annually; that evil genius of our sex, which, in spite of all our devotion, will never make us healthy, wealthy, or wise. *Elizabeth Cady Stanton*

Really I don't dislike to cook, but what you cook is eaten so quickly. When you knit, you have something that will last to show for your efforts. *Elizabeth Travis Johnson*

It's much easier than I thought it would be. Most things in knitting are, really. *Gil McNeil*

Given good yarn, good workmanship, and good care, a knitted shawl will outlive its knitter, providing warmth and pleasure to several generations of family and friends. *Martha Waterman*

Was it a man who said, "It takes balls to knit". ~Author Unknown

Women like to sit down with trouble - as if it were knitting. ~Ellen Glasgow

"I believe knitting is a gift, a mediation that gives pause and infuses the ordinary day with deeper meaning." Teva Durham

A woman was wearing a t-shirt that read, "Shut up, I'm counting". I always count loudly to let husband know his talking is interrupting me. ~Author Unknown

"If you give a gal a scarf, she'll have an accessory. If you teach her to knit, she'll be in stitches for the rest of her life." Donna Loomas

"I will not let the non-knitters of the world decide how normal I am."~Stephanie Pearl-McPhee

"...the number one reason knitters knit is because they are so smart that they need knitting to make boring things interesting. Knitters are so compellingly clever that they simply can't tolerate boredom. It takes more to engage and entertain this kind of human, and they need an outlet or they get into trouble. Stephanie Pearl-McPhee

"...knitters just can't watch TV without doing something else. Knitters just can't wait in line, knitters just can't sit waiting at the doctor's office. Knitters need knitting to add a layer of interest in other, less constructive ways." — Stephanie Pearl-McPhee

The following five quotes are from Stephanie Pearl-McPhee *At Knit's End: Meditations for Women Who Knit Too Much*

"There is practically no activity that cannot be enhanced or replaced by knitting, if you really want to get obsessive about it."

Everybody tells me that they would love to knit, but they don't have time. I look at people's lives and I can see opportunity and time for knitting all over the place. The time spent riding the bus each day? That's a pair of socks over a month. Waiting in line? Mittens. Watching TV? Buckets of wasted time that could be an exquisite lace shawl.

Knitting is a boon for those of us who are easily bored. I take my knitting everywhere to take the edge off of moments that would otherwise drive me stark raving mad.

It took me years and years of trial efforts to work out that there is absolutely no knitting triumph I can achieve that my husband will think is worth being woken up for.

"Heirloom" is knitting code for "This pattern is so difficult that you would consider death a relief."

If the knitter is weary the baby will have no new bonnet. ~Irish Proverb

The only place where housework comes before knitting is in the dictionary. ~Mary Kurtz

Meg Swansen (Elizabeth Zimmermann's daughter) told a funny story about when she was a kid and her mother had a faceoff with another car driving down a narrow aisle of cars in a parking lot. The man going the wrong way didn't want to back up for her, shrugged and crossed his arms as if to say he would wait until EZ backed up to let him through. Instead, EZ picked up her knitting and made sure he could see she could wait happily. The man angrily backed his car out of the aisle and let her go through. There's nothing harder to take than a smart woman who's right. Don't fool with a knitter!

The following quotes are attributed to Elizabeth Zimmermann:

There is no right way to knit; there is no wrong way to knit. So if anybody kindly tells you that what you are doing is "wrong," don't take umbrage; they mean well. Smile submissively, and listen, keeping your disagreement on an entirely mental level. They may be right, in this

particular case, and even if not, they may drop off pieces of information which will come in very handy if you file them away carefully in your brain for future reference.

A #6 aluminum needle has been known to furnish an excellent emergency shear pin for an outboard motor.

Knit on, with confidence and hope, through all crises.

The following quotes are from *Knitting Without Tears* by Elizabeth Zimmermann:

"One tends to give one's fingers too little credit for their own good sense."

"Really, all you need to become a good knitter are wool, needles, hands, and slightly below-average intelligence. Of course superior intelligence, such as yours and mine, is an advantage."

Now comes what I perhaps inflatedly call my philosophy of knitting. Like many philosophies, it is hard to express in a few words. Its main tenets are enjoyment and satisfaction, accompanied by thrift, inventiveness, an appearance of industry, and, above all, resourcefulness."

"Properly practiced, knitting soothes the troubled spirit, and it doesn't hurt the untroubled spirit, either."

"Really, hand knitting is a dreamy activity, built into many people's thumbs and fingers by genes already there, itching to display their skills and achievement possibilities."--From *Knitting Around*

"What? You can't knit in the dark? Stuff and nonsense; anybody can. Shut your eyes. Knit one stitch. Open your eyes and look at the stitch; it's all right. Shut your eyes and knit two stitches. Open them. Shut them. Knit three stitches. Falling off a log is no comparison."--From *Knitter's Almanac*

After minor surgery, the doctor called my friend into the recovery room because they couldn't figure out what was happening with his wife's hands. They thought she was having some kind of a seizure. He laughed and said, "It's okay, she's knitting!" Can't you picture the look on the doctor's face when he was told.

Are you a Yarn Hoarder? Take this test and count one point if you:

Have yarn stashed anywhere in your home?

Have three or more yarn storage spots in your home?

Have ever spent more money on yarn than food?

Have yarn in more than 3 weights?

Have secret yarn hidden from a spouse or roommate?

Have crochet thread you've never used?

Have yarn you've forgotten about...probably?

Have more than 3 active WIPs (works in progress)?

Have received yarn for your birthday or Christmas?

Have at least 6 different colors of yarn?

Have scrap yarn saved up for later?

Have two or more distinct scrap yarn stashes?

Have unopened yarn from more than 3 years ago?

Have mystery yarn with no skein label?

Have over 5 storage tubs stuffed FULL of yarn?

Have an organization system only you understand?

Have spent more time with yarn than family and friends?

Have ripped out a thrift store sweater to get repurposed yarn?

Have expensive yarn you bought but have never used?

Have told someone the yarn just hopped into your cart?

If you have over ten points, you might have a yarn addiction.

--Author unknown



SECTION 94: RECOMMENDED KNITTING BOOKS – Knitting books are found in your public library at 746.43.

All books written by:

Elizabeth Zimmermann, who wrote wittily (see quotes above) and plainly about knitting techniques and design. She believed that writing knitting patterns is all about math and her books help demystify this process. Many of my friends have done her Baby Surprise Jacket in baby and adult sizes.

Stephanie Pearl McPhee, called the Knitting Harlot, a knitting humorist that you will laugh out loud and see yourself. (See quotes) I have her books on the night stand of my guest room bed.

Barbara G. Walker – expensive [stitch dictionaries](#). Look for them in the library.

Margaret Radcliffe – Several years ago when Aylin's yarn store in Falls Church, VA was still open I flew to DC to take an exhausting weekend class from her. She has written several books and talks the fastest about knitting I've ever heard and yet hang on her every word. She has done a cruise/teaching excursion out of Maine around Labor Day weekend for multiple days but I'm not sure I could digest the amount of information she would impart over that many days. It makes me tired to think about it. But if you want to learn, look into her books and programs. Her books are available at the Alexandria's Main Beatley Library, the Knitting Artists of Northern Virginia library and Manatee County South Branch Library. I have two of her books.

Ann Budd, *The Knitter's Handy Book of Pattern: Basic Designs in Multiple Sizes & Gauges* about knitting sweaters from the top down is a great gift for any skilled knitter. It has fantastic

illustrations and instructions which will give knitters of all levels the confidence to knit a sweater, as well as add in some of their own individual style. Ann Budd is a best-selling knitting author and her books have a way of explaining knitting in a way everyone can understand. It's in my library.

My latest acquisition, *Not Tonight Darling, I'm Knitting* by Betsy Hosegood, a fun read and several updates for Knitwiser.

[Let's Talk: Essential Knitting Books for Every Knitters Library](#)

[Best Knitting Books](#)

[Knitting Reference Books](#)

[Essential Knitting Books for Every Knitters Library](#)

[TOP 10 KNITTING REFERENCE BOOKS || EWE UNIVERSITY](#)

[The 10 best knitting books for beginners & advanced knitters \[review\]](#)

[Knitting Expat - My Favorite Knitting Books!](#)

[Knitting Books to Help You Be a Better Knitter](#)

Noble Knits recommends cozy knitting mystery books at [13 Knitting Mysteries to Unravel when You're Not Knitting](#). [Book Review Knit Happy With Self Striping Yarns by Stephanie Lotven](#)

Knitting For Dummies - find in your local library and on the [internet](#)

ADVANCED: [AlterKnit Stitch Dictionary: 200 Modern Knitting Motifs](#)

SECTION 95: GENERAL HINTS and MISCELLANEOUS TIPS

Knitting even is a song at [\(976\) "Knitting" by Robyn Landis from album WATERPROOF](#)

To dry my clean hair I use the short end of the towel and get 4 or 5 different dry spots to absorb water.

Use yarn scraps to stuff knitted and crocheted toys. Even the smallest pieces of leftover specialty yarns will make embellishments on handmade cards and scrapbooks.

As your arm muscle mass declines, hook your bra in front, turn it around into place and then put your arms through the straps.

To add keys to a circular key ring, use a staple remover to insert between the rings to open them enough to insert another key.

When cutting onions, put a wet towel in your mouth to capture the vapors before they get to your eyes.

If you do not have quick start numbers 1-6 on your microwave, you may have fewer "keystrokes" using the 30-second button to enter less than 2 minutes of cooking time.

With a new deodorant stick and there is an inside plastic cover over the deodorant, it isn't necessary to use your teeth or pliers. Just turn the base to move the deodorant until it rises enough to easily take off the inside plastic cover.

When not watching knitting videos, links watched weekly are: [Howard Smith Jr.](#), [Natalie Raynes](#) Natalie, her father [and friends Revolving Duet Reunion!](#) When you need a lift, laugh at stories told by the late [Jeanne Robertson](#).

You Never Know What You're Going to Learn At a Knitting Meeting: A note for good kidney health learned from a knitter/nurse: When sitting on the toilet and you think you have finished frontal release, lean forward and you may be surprised to have more to expel. A kidney practice nurse piped up and said, "yes, if you do this, you will avoid coming to see me."

Cleaning Tips from Tips.Net newsletter (one at least every week) and [Organizing.Tips.Net](#) to help you regain some semblance of control in your life.
Microsoft Word computer tips from [word.tips.net](#)

SECTION 96: LINKS TO HAND KNITTING WEB SITES

Good web sites to [learn to knit](#), [Free Online Knitting Class](#), [learntocrochet](#), [learn the basics](#), [Knitting 101 - Knitting for Beginners](#) and the [Craft Yarn Council](#).

[10rowsaday](#)

[Advanced Knitting Techniques](#)

[Astra Knots](#)

[B.hooked Crochet](#)

[Babs Rudlin](#)

[Bernat Yarns](#) videos

[Berroco Knit Bits](#) – free weekly pattern

[Bill Souza](#) – left hand videos

[Knit Share Love](#) videos

[CreatiKnit](#)

[Creativebug Studios](#)

[Fiberific!](#)

[FreeVintageKnitting](#)

[Garnstudio DROPS Design](#)

[Hands on Knitting Center](#)

[Howcast](#)

[I knit with cat fur](#)

[Jaala Spiro](#)

[Jimmy Beans Wool](#)

[Katcha Bird Knits](#)

[Knit Much Magazine](#)

[Knit Purl Hunter](#)

[Knit With Hannah](#)

[KnittingHelp](#) has a tab for an active glossary where a definition for a technique includes a video in Continental or English knitting styles, learn to knit, etc.

[knittinghelp.com/videos/knitting-tips](#)

[KnitPicks/tutorials](#)

[Knitting with Cat Bordhi](#)

[Knitting with Cheryl Brunette](#)

[Knitting with Suzanne Bryan](#)

[Knitting with Roxann Richardson](#)

[Knitty.com](#) – oldest continuously running knitting magazine since Summer 2005 with

a pattern library and articles on techniques with Teresa

[Knitty Natty](#)

[KnitPurlHunter.com](#) – many video lessons

[Kristin Omdahl](#)

[Knotty Bebe](#)

[Kyarns](#)

[Laura Cepeda | Learn How to Knit](#)

[Laws Of Knitting](#)

[Lion Brand Yarn](#)

[Magda Makes](#)

[Marly Bird](#)

[Martinirossie 2 Pups](#)

[Marly Bird](#)

[Modern Daily Knitting](#) (MDK used to be [Mason Dixon Knitting](#)) – has many contributors to techniques

[New Stitch a Day: Knitting and Crochet Video Tutorials](#)

[Nimble-Needles](#)

[Pepperly](#)

[Planet Purl](#)

[Red Heart Yarns](#)

[Rokolee DIY](#)

[Sheep & Stitch](#) [Sheep & Stitch](#)

[Sheepishly Sharing videos](#)

[Sheru knitting com](#)

[Studio Knit](#)

[TechKnitting](#)

[The Knit Crowd](#)

[The Knit Witch](#)

[The Knitting Girl](#)

[VeryPink Knits | Knitting Tutorials](#) [Very Pink Knits](#) <https://verypink.com/>

[Wool and the Gang](#)

[WatchBarbaraKnit - Knitwear designer](#)
[Wool And The Gang - A global Gang based in London](#)

[Ysolda](#)

[60 Knitting YouTube Channels for Tutorials on Knitting, Crocheting & Sewing \(feedspot.com\)](#)

FREE KNITTING PATTERNS

[All Free Knitting for Beginners](#)

[Patterns | Berroco](#) 822 free knit patterns

[Knit with Henni](#) for beginners

[Knitting Pattern Central](#) and [directory](#)

[Knitty.com](#) – oldest continuously running knitting magazine since Summer 2005 with patterns

[LoveCrafts](#) for beginners

[LoveLifeYarn](#) easy patterns

[Marly Bird](#)

[Ravelry](#)

[Sprucecrafts](#) -easy knitting patterns for new knitters

[Tin Can Knits](#)

[Yarnspirations](#) including Bernat, Caron, Red Heart and Patons yarn Beginning and Easy patterns.

BLOGS, POD CASTS and NEWSLETTERS – Grab your knitting and listen to them while you knit, do housework or when you are driving, if they don't distract you. Entering Knit, Knitter and Knitting Podcasts in the YouTube search box give slightly different results.

[The best knitting podcasts and youtube vlogs \[2022\] \(from nimble-needles.com\)](#)

[Arne and Carlos](#)

[Barbara Benson's Ask Me Anything](#) YouTube videos or on Facebook

[Berroco E-news](#)

[CherylBrunette](#)

[CraftyGossip](#)

[EatSleepKnitBlog](#)

[EdieEckman](#)

[ExpressionFiberArts](#)

[Kaffe Fassett videos](#)

[Fruity Knitting | Knitting Techniques](#)

[Grocery Girls Knit | Canadian Knitting Podcast](#)

[Houzz](#)

[Hundred Acre Wool](#)

[Interweave Fiber Nation](#) from Berroco, Cascade Yarns, Classic Elite Yarns, Plymouth Yarn, and Valley Yarns to name a few. Apply a filter for the yarn weight, what type of project, or the recipient.

[Jimmy Beans Wool Newsletter](#)

[Joji Locatelli - YouTube](#)

[Newsletter | KnitHacker](#)

[Knit together with Kim & Jonna](#)

[Knitting Paradise](#) (KP) to receive daily email. Pictures and patterns are posted daily. I post there, usually notes from *Knitwiser* as ChocPieMom. (Ask for my easy Chocolate Pie recipe. My middle son says it takes slaving over a hot microwave for 4 minutes!) Click on Active topics at top of page to get an idea. I learn something new at least weekly. There is no such thing as a dumb question on KP. We all have questions every once in a while. Please ask when you need help so others may benefit from the answer. Even experienced knitters learn something new here or can help those asking. Post photos of your completed work. You might inspire others with your creation. You may receive an email telling you the link to the digest is ready to be clicked on. But you can get to the digest other ways. The easiest is to go to the [Knitting Paradise website](#), scroll down to the bottom of the page and click on "Latest Digest" or click on Active Topics at the top of the page.

[Knittingfool blog](#)

[Knitters Review](#) from Clara Parkes

knitty.com - an online knitting magazine with fun designs.

[KnitPicks Blog](#)

[KnittingTraditions](#)

[LionBrand blog](#)

[MDK](#) - Modern Daily Knitting, the politically correct former masondixonknitting blog by Kay Gardiner and Ann Shayne

[Needles at the Ready](#)

[Never Not Knitting blog](#)

[Pixie Purls](#) by Vicki Howell

Project Knitwell [K2Together](#)

[Ready-set-knit-podcast](#) although no longer in production, weekly episodes can still be listened to from WEBS Yarn Store blog as they shared their adventures in life and yarn.

[Roxanne Richardson Technique Tuesday](#) and Casual Friday's pod casts

[Sip Knit Yarn Blog](#) and newsletter

[Stash and Burn](#)

[TechKnitting blog](#)

[Tin Can Knitting](#)

[Very Pink blog](#)

[Wool, Needles, Hands Knitting Podcast](#)

[Yarn Harlot](#) - Stephanie Pearl-McPhee

[Top 35 Knitting Podcasts You Must Follow in 2021 \(feedspot.com\)](#)

[Best Knitting Podcasts \(2021\) \(player.fm\)](#)

[The Rise of Knitting Podcasts \(crunchytales.com\)](#)

[Knitting Calculator](#) to help estimate the total yarn needed to complete a project

[Knitting Needle Substitution and Knitting Yarn Calculator](#)

[Yarn Store Locator](#)

[Yarn Store Directory](#)

Yarn Stores with [KnitPicks Needles](#)

[Standards and Guidelines for Crochet and Knitting](#)

[Measurements for Standard Clothing Sizes](#)

STITCH PATTERN WEB SITES

[Alices Embrace](#) stitch patterns, prayer shawl and lap robe patterns

[Craft Cookie](#) - stitch patterns and pictures

[Johnny @ Knitiversity](#) and [New Stitch A Day](#) – more stitches than you can imagine

Knittingfool has stitch patterns grouped [alphabetically](#), by [knit and purl](#), [texture](#), [lace](#), [cable](#), [picture](#), by the [number of rows](#) in the pattern repeat and by [number of stitches](#) in a pattern repeat, 2345 stitch patterns illustrated.

[Knitting Naturally](#)

[Knitting on the net](#)

[Knitting Pattern Central](#)

[Knitting Stitch Patterns](#)

[LionBrand](#)

[StudioKnits](#) – 50 Knit Stitch Patterns for Beginning Knitters

[VERY PINK Fancy Stitch Combos](#)

[Library of knitting stitches and popular patterns \[free\] \(nimble-needles.com\)](#)

[Knitting Graph Paper](#) design your own charts and much more

[Knitting Graph \(printablepaper.net\)](#)

[Knitting Graph Paper by Megan Goodacre – Tricky Knitter](#)

[KnitPro](#)

[Incompetech](#)

[Random Stripe Generator](#) - very cool FREE programs

"[How To Become An Expert Knitter](#)" Free Book On-line

[Tools to Help You Convert Knitting Patterns](#) - increase/decrease evenly across or down, estimate yardage, help shaping and designing

[KnitPicks](#) has a bunch of freebies such as downloads of yarn wallpaper for your phone, desktop or tablet; a free Yarn cheat sheet of handy reminders, abbreviations, a glossary of common stitches and techniques; gift tags; care instruction cards; free Knitting Bingo cards and more

[How to measure your knitting needles without a gauge](#)

Links for how to tie or wear long scarves:

[9 Ways to Tie Your Scarf](#) and [How to wear a knit scarf](#)

Facebook is full of knitting and crocheting groups for Ravelry, individual knitting bloggers, sock knitters, shawl knitters, etc.

[Recommended best apps for knitting](#)

[BeeCount](#) – free, designed to count multiple sections of multiple knitting projects

[Bellish](#) – free sweater pattern generator

Knit Texxture - \$1.99, basically functions as a knitting stitch index

[Knitting Chart Maker](#) – free ability to make knitting charts

[KnitCompanion](#) – free to upload patterns and track progress. There is a knitCompanion Next Generation Forum on Ravelry.

[Gaugefy Free](#) – free to check gauge

[LoveKnitting](#) – free to store patterns and use stitch and row counters

[Stash2go](#) – Free Lite version to use forums to talk to other knitters and access Ravelry features

[StashBot](#) - How much yarn to buy

[Project Knitwell](#) on TV with yours truly seen and heard

SECTION 97: EASY BEGINNER STITCH PATTERNS – knit flat unless otherwise stated.

Dishcloths made with a small ball of Lily's Sugar and Cream cotton yarn are great learning projects. Use size 7 or 8 wooden straight or circular needles. [Grandma's Favorite Dishcloth](#). One edit for Grandma's Favorite Dishcloth pattern to make it lie flat: in the middle before starting to decrease add 2 rows of neither increasing or decreasing: Knit 2 stitches, Yarn Over, Knit 2 stitches together, Knit to end of row. [How to Knit a Dishcloth](#), [Circular Dishcloth or Washcloth](#), [Interesting Dishcloth patterns](#), [here](#), and [here](#). [All Free Pattern Dishcloths](#) for beginners and [Eloomanator Diagonal Knit Dishcloth](#).

Seed Stitch - reversible – good for borders

Also called English Moss Stitch

With slip knot, CO odd number of sts. 21, 23, 25, 27, 29, 31 etc.

Row 1: *K1, P1, rep from * to last st, K1.

Repeat Row 1 for pattern.

Irish Moss Stitch – reversible

CO in multiples of 2. – 20, 22, 24, 26, 28, 30

Rows 1 and 2: *K1, P1, repeat from *.

Rows 3 and 4: *P1, K1, rep from *.

Repeat rows 1-4 for pattern.

Key:

CO – Cast On

K - Knit

P - Purl

St(s) – Stitch(es)

American Moss Stitch - reversible

CO in multiples of 2+1. – 21, 23, 25, 27, 29, 31

Row 1 and 4: *K1, P1, rep from * to last st, K1.

Row 2 and 3: *P1, K1, rep from * to last st, P1.

Repeat rows 1-4 for pattern.

Double Moss Stitch – also called Two Stitch Check or Box Stitch

CO in multiples of 4+2. Reversible. 22, 26, 30, 34, 38, 42

Row 1: *K2, P2, rep from * to last 2 stitches, K2.

Row 2: *P2, K2, rep from * to last 2 stitches, P2.

Row 3: *P2, K2, rep from * to last 2 stitches, P2. Same as row 2.

Row 4: *K2, P2, rep from * to last 2 stitches, K2. Same as row 1.

Repeat these four rows for the pattern.

Broken Rib stitch pattern knit flat - One row repeat, reversible

CO in multiples of 3. 21, 24, 27, 30, 33

Row 1: *K1, P2, Repeat from * to the end.

This row creates the pattern.

Repeat this row until the desired length is reached.

When finished, BO each st as it presents

(knit the knits and bind off; purl the purls and bind off).

Broken Rib stitch pattern in the round

CO in multiples of 3 st.

Round 1: *K1, P2. Repeat from * to the end.

Round 2: *K2, P1. Repeat from * to the end.
These two rows create the pattern.
Repeat them until the desired length is reached.
When finished, BO each st as it presents.

Another Broken Rib – wrong side called Sand Stitch

CO in multiples of 2 + 1

Row 1: K1, *p1, k1, repeat from * to the end.

Row 2: Purl to the end or Knit to the end
(depending on which cast on you used.)

Repeat these 2 rows for the pattern.

Waffle Stitch in the round

CO in multiples of 4 + 2.

Round 1 and 2: K all sts Round 3 and 4: *K2, P2*; rep from * to end of row or rnd.
Repeat these four rounds for the pattern.

Ridge Stitch

Row 1 (RS) Knit Row 2: Purl Row 3: Purl Row 4: Knit

Repeat these four rows for ridge stitch.

[Birch Stitch](#)

Multiples of (6 sts + 3)

Row 1 *P3, k3; rep from * to last 3 sts, p3.

Row 2 *K3, p1, k1, p1: rep from * to last 3 sts.

Repeat these two rows for the pattern.

[Basketweave Stitch](#) looks fancy and complicated but is actually very easy to create. It is only knit and purl stitches and counting sections of 3 and 5. You can count to 5.

A skein of worsted weight #4 solid color lighter tone yarn.

Size 7 or 8 needles.

Gauge is not important for this pattern.

The beginning Slip 1 (Sl1) stitches make a pretty edge but are optional; instead just copy the stitch following it or cast on one less stitch and ignore the stitch.

Cast on a multiple of 8 sts, plus 5 sts, 29 (5-6") or 37 (6-7") sts for a scarf or cowl.

Rows 1 and 5 (RS): Sl1, Knit across to last st, p1.

Rows 2 and 4: Sl1, K4, * p3, k5; rep from * to last st, p1.

Row 3: Sl1, P4, * k3, p5; rep from * to end of row.

Rows 6 and 8: Sl1, p3, * k5, p3; rep from * to last st, p1.

Row 7: Sl1, k3, * p5, k3; rep from * to last st, p1.

Repeat Rows 1–8 to create the pattern.

Key: K1: Knit one stitch, P1: Purl one stitch, RS: Right Side, Rep: repeat, Sl1: slip one stitch purlwise from one needle to the other without knitting it. Throw yarn back between needles and tighten stitch gently on needle to be uniform chain edge stitches. Sts: stitches

[Pique Rib stitch](#)

Abbreviations: CO: Cast on, st: Stitch, RS: Right side of the work, K: Knit, P: Purl, BO: Bind off, Sl: Slip one stitch purlwise from one needle to the other without knitting it. Throw yarn back between needles to tighten stitch gently on needle to be uniform chain edge stitches.

WS: Wrong side of the work

CO multiples of 3 + 2; i.e.: 3 * 5 = 15 + 2 = 17 st.

Rows 1 and 3 (RS): Sl1 (edge), *K2, P1*. Repeat from * to *, to last st, K1 (edge).
 Row 2: Sl1 (edge), *K1, P2*. Repeat from * to *, to last st, K1 (edge).
 Row 3: Sl1 (edge), *K2, P1*. Repeat from * to *, to last st, K1 (edge).
 Row 4: Sl1, K across.

Feather and Fan vs. Old Shale Names are used incorrectly interchangeably.
[video](#) to learn this stitch. Creates a wavy edge.

For PRACTICE PIECE or scarf cast on 36 sts, for a shawl cast on 54 sts plus border stitches.
 Stitch pattern is a multiple of 18 stitches.

Row 1: *K2tog three times(3x), *(K1, YO)6x, K2tog 3x. Place Marker (pm). Rep from * end.
 (the last 3 K2tog, together with the first 3 K2tog stitches will show as K2tog 6 times in the center of the row. If you put a marker between each of the two sections of 3 K2tog stitches and COUNT 18 stitches in EVERY section, you will not fumble. [Variations](#) cursor down to Rainbow

Row 2: Knit (or Purl)	Key to Abbreviations:
Row 3: Knit (or Purl)	K2tog: Knit 2 stitches together SSK: Slip, Slip, Knit
Row 4: Purl (or Knit)	YO: Yarn over – wrap yarn around needle counterclockwise
Repeat Rows 1-4 for pattern	PM: place marker sts – stitches x - times

Eyelet Fabric: Working with a multiple of 4 stitches plus 20 for borders.

PRACTICE PIECE: cast on 40 sts – could be a cowl if ends are sewn together, scarf if add 10 row garter stitch border at each end, or dishcloth made in cotton yarn.

Row 1: K10, Purl to last 10 stitches, K10.
 Row 2 (Right Side): K10, *YO, K2tog, K2. Repeat from * last 12 sts, YO, K2tog, K10.
 Row 3: K10, Purl to last 10 stitches, K10.
 Row 4: K10, *YO, SSK, K2. Rep from *, end YO, SSK, K10.
 Repeat Rows 1-4 for pattern

VERY EASY LACE STITCH: Multiple of 5+ 4 – SKP= Sl1 knitwise, K1, pass slipped stitch over
 Set up row (if using the long-tail cast on): purl
 Row 1 (RS): K2 *K2tog, YO, K1, YO, SKP, rep to last 2 sts, K2
 Row 2: K2, Purl to last 2 sts, K2

The Red Heart Self-Striping Baby Blanket is a pretty pattern but it is not good for a baby blanket because of the holes a baby could catch their fingers in but it would make a pretty lap robe 30” x 42” (cast on 100) or 16”p x 60” shawl (cast on 50) using YO, K2tog eyelet textured stitch pattern and follow the pattern.

Chevron Stitch patterns look like gently rolling mountains and valleys or arrows. The stitches slant away from columns of increase stitches and columns of decrease stitches depending on which decreases and increases are worked. One combination stitch such as a centered double decrease or decreases spread over several stitches like K2tog twice changes the edges forming either points or gently scalloped borders. Although it looks hard to knit, it is relatively simple if you can do increases and decreases which are classified as Intermediate Skill. These stitches are good for beginners who are ready to increase their knitting knowledge. If you've been knitting mostly stockinette and garter stitches patterns, the way the V sides of this stitch angle towards each other might seem magical and pretty and this stitch is very easy to knit. The wrong side rows are all purl stitches. The right side rows are a combination of knit stitches, increases and decreases that become wavy. Try out this chevron stitch on a scarf. The stitch may also be called Zigzag or Ripple and may also include Feather and Fan/Old Shale stitch patterns. I use one of the chevron stitches for afghans.

For Chevron Stitches, the abbreviations used are **K** Knit, **k2tog** Knit Two Together, **kfb** Knit Front and Back, **P** Purl, **Rep** Repeat. **S1 K1 pssso** Slip One, Knit One, Pass Slipped Stitch Over,

St(s) Stitch(es), **dbl inc** Double Increase (knit 1, yo, knit 1) all into next stitch, **dbl dec** Double Decrease, sl next 2 sts as if to knit, k1, pass 2 sl sts over.

[Easy Garter Stitch Chevron Knitting Tutorial!](#) Watch the video but work on the tips of your needles so it is easier to do the K2tog and Kfb as well as the knit stitches where there is more room in the stitches. Not all videos are perfect.

Cast on multiples of 12.(24 for a pretty scarf, 96 or 120 for a baby blanket)

One Row Pattern: Row 1: *K5, K2tog, K4, Kfb, sm. Repeat from *.

Row 2: Knit

A Chevron Stockinette Stitch: CO14 (change row 1 to knit to make garter stitch for borders)

Row 1 and all odd numbered rows: Purl

Row 2 and all even numbered rows: K1, Kfb, K4, *S1 K1 Pssso, K2tog, K4, Kfb, Kfb, K4, rep from * to last 2 sts, K2tog, K1.

Rep Rows 1 and 2 for pattern. When finished, bind off in pattern.

Another Chevron Stitch Pattern:

Cast on a multiple of 14 sts, plus 3 sts (including 1 extra st on each side for a selvedge stitch).

Row 1 (RS): Sl1, k2tog, * k5, dbl inc, k5, dbl dec; rep from * to last 3 sts, ssk, k1.

Row 2: Sl1, Purl across the row to the end.

Repeat Rows 1 and 2 to create the pattern.

[How-to-Knit-Chevron-Lace](#)

[Chevron-Stitch](#)

Zen Yarn Garden Chevron Baby [Blanket](#)

Basket Rib Stitch has a grid or waffle like pattern, is a rib stitch similar to a 1×1 rib but does not have as much horizontal stretch. Perfect for beginners, the basket rib stitch may be used to make hats, scarves, blankets and sweaters.

Cast on: Multiples of 2 + 1

Row 1 (RS): Knit all sts.

Row 2: Purl all sts.

Row 3: *K1, sl1 purlwise; rep from * to last st, k1.

Row 4: *K1, wyif, sl1, wyib; rep from * to last st, k1.

Repeat rows 1-4 until desired length.

Linen Stitch, looks good on both sides. This pattern simulates a woven fabric like linen by alternating wrapped stitches over slip stitches. The result is a tight dense fabric that is very sturdy and durable for a dishcloth, placemat, scarf, lap robe or blanket.

Cast on an Odd number of sts.

Row 1: K1, yf, sl1p, yb, rep to last st, K1.

Row 2: Sl1p wyib, yf, P1, yb, rep to last st, Sl1.

Repeat these 2 rows to desired length.

yf – yarn forward

yb – yarn back

sl1p – slip one stitch purlwise

wyib – with yarn in back

Open Check Stitch

Cast on a Multiple of 2

Row 1 (RS): Purl

Row 2: Knit

Row 3: K2, *Sl1, K1, rep from * to end.

Row 4: *K1, yf, Sl1, yb, rep from * to last 2 sts, K2.

Row 5: K1, *YO, K2tog, rep from * to last st, K1.

Row 6: Purl

Repeat these 6 rows for the pattern.

Gathered Stitch – works with an even number of stitches

Rows 1-6: Knit

Row 7: Knit into the front and back of each stitch

Rows 8, 10 and 12: Knit

Rows 9 and 11: Purl

Row 13: K2tog, rep to the end.

Repeat from row 7.

For last 6 rows repeat rows 1-6. Bind off.

Not So Gathered Stitch (my own creation) multiple of 2 + 10

Rows 1-5: Knit.

Row 6(RS): K5, *Kfb, K1, rep from * to last 5 sts, K5.

Rows 7, 9 and 11: K5, Purl to last 5 sts, K5.

Rows 8 and 10: Knit.

Row 12: K5, *K2tog, K1, rep from * to last 5 sts, K5.

Rows 13-16: Knit.

Repeat from row 6.

For last 5 rows repeat rows 1-5. Bind off.

English Rib Stitch

Cast on an odd number of stitches

Row 1: Sl1, *P1, K1, rep from * to end of row.

Row 2: Sl1, *K1b, P1, rep from * to end of row.

Repeat rows 1 and 2 to form pattern.

See more [rib stitch patterns](#)

Eyelet Mesh Stitch

Cast on a multiple of 3 stitches.

Row 1 (RS): K1, *K2tog, YO, K1, rep from * to last st, K1.

Row 2 and all even numbered rows: Purl

Row 3: K1, *YO, K1, K2tog, rep from * to last st, K1.

Repeat these four rows for the pattern.

[Giant Eyelet Mesh](#)

Note: Block to stretch vertically to open eyelets.

Cast on a multiple of 3 + 4 stitches

Row 1: K2, *Sl1, K2tog, Psso, double YO, rep to last 2 sts, K2.

Row 2: K2, *(P1, K1) into double YO, P1, rep to last 2 sts, K2.

Row 3: K

Repeat rows 1-3 to form pattern.

[Eyelet Lines](#)

Cast on a multiple of 2 stitches

Row 1 (RS): K.

Row 2 and all following alternate rows: P.

Row 3: K.

Row 4: P

Row 5: K1, *K2tog, YO, rep from * to last st, K1.

Row 6: P.

Repeat rows 1-6 for pattern.

[How to knit an easy one-row repeat pattern with knit stitches only \(reversible\) - So Woolly](#)

Cast on a multiple of 3 + 2.

Row 1: K1, K the second stitch but don't take it off the needle.

Knit the first stitch and take both stitches off the needle. Repeat Row 1 for pattern.

Other [Reversible knitting stitch patterns](#)

[25+ Totally Textured Knitting Stitches for Your Next Project - love. life. yarn. \(lovelifeyarn.com\)](#)

[Knitting textured stitches \(knitmuch.com\)](#)

Stitch Patterns for Advanced Knitters: [Swedish Weave](#) - 2 color

Blanket Notes:

Sizes of Blankets

Infant seat blankets to protect against grocery store air conditioning 18" square

Lap robes 30" wide x 42" long to cover the feet. On one end of mine I folded both sides to meet in the center of the edge and did a running stitch across the end with yarn to create a pocket for my feet or the yarn "seam" could easily be removed.

96" x 66" was the size of the three crocheted afghans I made for my Heaton granddaughters to take to college to accommodate the extra-long twin beds in colleges and be tucked in.

After knitting the top/bottom border of 20 garter-stitch ridges, increase the number of stitches by 10% evenly across after the border or the border will be wider than the blanket. Also, the border tends to spread. Be sure to decrease back to the original cast on number just before knitting the 20 garter-stitch ridges on the other end of the blanket.

SECTION 98: Helix Knitted Hat Notes (pronounced HEEL-ix) Jogless Stripes

<https://www.ravelry.com/patterns/library/helix-striped-cap> shows 1 row stripes

Helical knitting is stash buster stacked spiral stripes sitting on top of one another **without a jog!**

Colors chase each other around as you work a complete circuit or a 360° turn of a helix. This method only works when knitting in the round with dpns or circular needles. Barber pole spiral stripes can be one round wide or to make wider stripes attach several strands of the same color yarn. The more the number of strands, the greater the slant of the spiral. This method avoids having a jog in the stripes and strands are not crossed on the inside of the hat so the inside is as smooth as the outside. This method is good for hand dyed yarns to avoid pooling lines. Different shades will be between different skeins and have soft blended colors smoothing out transitions of the color changes. Don't use a vertical repeat pattern with helical knitting.

Worsted Weight #4 Yarn: amount for an adult doubled brim hat: approximately 70 yards of main color #4 yarn for ribbing and approximately 85 yards of 3-7 other colors of #4 yarn, may be two or more strands of the same color, one of those may be main color, for a TOTAL of 155 yards.

Sizes 6 and 8 16" circular needles or correct needle to get gauge. May use dpns or magic loop method with a 29" or longer length needle. Put the magic loop within the slipped stitches.

Especially with more than 5 slipped stitches, the slipped stitches may be kept on a smaller size 9" or 16" circular needle or a single double pointed needle with point protectors or the magic loop holds the stitches on my dpn. Slip the last two stitches of the round onto the circular or dpn and slip the first section onto the left then right needle to begin working the round.

Use yarn bobbins or separate butterflies (instructions in Section 30) for each strand or a different color yarn on each bobbin or butterfly, allowed to hang from the project and a short distance from the needle eliminating some tangling and making the colors easier to manipulate while creating the design.

Gauge: 5 stitches to the inch and 6 rounds for #4 worsted weight yarn on size 8 needles.

With the size 6 needle and the main color loosely cast on (leave 1/4" between cast on stitches) 72 stitches for a toddler, 80 stitches for an elementary school child, 88 stitches for a teen or female, 96 stitches for a man. Use the crossover join or add one stitch to the cast on numbers and use this invisible join.

Begin ribbing in the main solid color. Using size 6 needle create 12 rounds of either 1x1 or 2x2 ribbing (or your favorite or other patterned stitch), knit two rounds around to create the fold line. Knit 11 more rounds of ribbing using the size 6 needle.

Change to size 8 needle. Basics of Helical Knitting Tutorial The section stitches don't have to be more than two stitches. I prefer at least two rounds of each stripe color to be more bold. Join the yarns in the opposite order in which you want them to show up on your project. The order won't change unless you forget to knit a strand.

Knit a set up round with each strand with the larger project needle and I usually weave in the beginning tail at the same time. Put a loop (stitch) of the previous color yarn behind the new stitch color to avoid having a hole between sections of colors. Usually only the front color shows. On the next round knit into the back of the first stitch of every color so it doesn't twist. I usually knit the stitch behind as a separate stitch because I want to increase the number of stitches by 10% on this round if I'm using the same size needle as I used for the ribbing.

To begin Helical knitting or watch here, here, cowl pattern and here. Knit to the last 2 stitches of the section. *Slip those last 2 stitches purlwise from the left needle to the right needle and drop the yarn. Pick up the strand of yarn attached to the 2nd slipped stitch, tighten up the stitch to the needle and begin knitting the next section with the color of the slipped stitches, to the last 2

stitches of the section. Drop the working yarn and repeat from *. The 2 slipped stitches will be knit on the next round.

With helical knitting it isn't only about avoiding jogs. Use [different stitches](#) and your total stitch count doesn't have to be a multiple of the number of stitches in the pattern repeat.

Margaret Radcliffe in her book, *Circular Knitting Workshop: Essential Techniques to Master Knitting in the Round* explains that you are knitting part of each round with each of the other colors. If you are working with two colors, knit almost the entire circle with one color, slip the last 2 stitches and then knit almost around with the second color. If you have more than two colors, knit until 2 stitches from where the next color is attached and change colors. Two colors are not twisted around one another which would cause a noticeable change in the knitting at the color change and spoil the perfect helix. She also has an explanation of how to start helix knitting at the top of a hat, how to start out at the edge of the project and how to bind off in Helix knitting.

RULES OF HELIX KNITTING: You are always working in the round, the colors repeat in the same order--last introduced becomes the bottom of the pattern, and do not twist or tighten your strand of yarn on the wrong side when changing strands. Avoid carrying the last Section yarn across the slipped stitches like I did several times when I got tired because then you have to tink back. This and the next paragraph happen more when the slipped stitches are spaced out around the circle like in the videos. But when the slipped stitches are all together, you aren't as apt to make that mistake.

Be careful when using one color for two sections to not knit past the second section strand. You can use a marker between sections or bring the ending yarn stand of that section to the front of the work for a visual cue until it is ready to be thrown back to knit the next section. I slip that next strand over a finger on my left hand to remember where it is. It should also be a loose stitch when you knit it inadvertently.

If you run out of yarn on a row and nothing to replace it, slip the stitches forward or back to the next working yarn strand and continue knitting. It is a good yarn buster for 15 to 20 yards of yarn and using several two row stripes or multiple row stripes.

There are multiple **yarn management** methods to keep from tangling the strands. To keep from tangling your yarns, turn the hat in the opposite direction you have been twisting the hat as you knit and straighten out the strands or hold up the strands and let the hat untwist. I usually pick a color and reverse the hat one revolution with every round. Some videos instructed to move the skein of yarn as often as you change the color of yarn or stop and untangle the yarn when necessary. If you pull up too much yarn to complete that section, pull it back down to avoid tangles.

Any number of stitches from zero to a dpn's worth can be slipped on the same round. [How To Knit: Helical Striping in the Round | Brooklyn Tweed](#) slipped an entire double pointed needle's stitches.

[Helical knitting garter stitch](#) is very effective **1x1 stripes**, easy to do in the round and doesn't show a seam. Use one strand for the knit stitches and leave the yarn strand back. Then use the other strand for the purl stitches and leave the yarn strand forward. Slip the last two stitches on each round and you can't see where the change happens. The 2 slipped stitches are knit or purled on the next round. Purl a plain round without decreases in between each decreasing round until you have 5 stitches to be decreased in each section. Discontinue doing plain purl rounds between each decreasing round unless you want a pointed hat and decrease on the purl round too.

If you miss a color change and pick up the color on the next round, the sequence of the stripes changes. It is important which colors are put next to one another. Two lighter colors look better with a darker stripe between them or vice versa.

Having more colors makes a more dramatic helix than having two or four. Using more strands of the same color or multiple colors means the strands don't need to be as long except for the brim color. With ten strands there only needs to be enough yarn of each color to knit five rounds or approximately ten yards per strand.

Because I have all my slipped stitch change of strands at the same place at the top of the hat so when it comes time to decrease, I knit together those two leftover slipped stitches on the second to last round and usually knit two together the stitches of the last round all the way around the circle.

When you have decreased to less than 15 stitches, cut the strands about 6 inches long. Tuck the other strands to the inside of the hat and use the working strand to thread onto a tapestry needle and sew through the remaining stitches around (watch video [here](#)), pull together the circle of stitches and then sew through those same stitches again. Reverse over one stitch and sew through the stitches in the reverse direction to weave in the end under the stitches and cut end. Weave in the remaining ends on the inside over matching color stitches and weave in the beginning strands to close any hole where they started the round. You may want to pull tight the remaining ends before weaving them in as the stitches may have stretched on the last row.

Helical knitting makes more sense to try it out. [Stashbusting Helix Hats, Ravelry: Something New to Learn About Helical Knitting - patterns](#) I changed colors by slipping the last 2 stitches of the end of the color before picking up the next working yarn from the last slipped stitch. There are some helix instructions that don't slip any stitches but this proved difficult to maintain tension and had noticeable creases in a relaxed hat. It is difficult to keep tension even when changing colors especially if *not* slipping the last 2 or 3 stitches in each section (not advisable because of tension irregularities). [To get stitches back](#) (6:56) to the beginning of the round. [Another helical video](#)

Use leftover sock yarn for Helix sock knitting without jogs in one-round spirals.

Use up variegated yarn with a solid (matching, gray or black) color row or rows between the rows of variegated yarn for a good looking hat. Try to start the rows at the same color change.

The appearance isn't affected whether you have the joins every five or six stitches (after weaving in the end) or evenly spaced across the round of knitting. I prefer when the joins are all together so I might knit for 60+ stitches without having to think about picking up a new strand and to have the less possibility of missing a yarn strand to pick up to knit with.

When you miss a strand and have to rip back all the rows to the single point of the missed strand, slip the last two stitches of each strand to re-establish the slipped stitches as you get started again.

Use the chart at the end of *Knitwiser* to determine the first round of decreases and place markers to create a pretty spiral, thought by men to be feminine. Adjust the number of slipped stitches especially when decreasing at the top of the hat to avoid the decreasing stitches being slipped stitches. If you can't avoid it, do the decrease on the next round although I've also done the decrease of the last 2 stitches and picked up the new strand to knit the next section slipping the resulting K2tog. When decreasing on the last row, knit each section of the two slipped strands together on the next to last row and knit two together all the way around the circle on the last round to get to less than 15 stitches.

The underlined numbers of the decreasing chart of the end of *Knitwiser* may be used to determine the points for a double decrease where you can use a SSK before the decrease marker and K2tog decrease after the marker. This double decrease creates lines like the spokes of a wheel and is used most often for the top of hats made by and for men, although this decrease may be used for either gender.

On the last row or two I will knit 2 together the remaining strands that are being slipped.

Following are my infant and adult hat patterns to fill in the blanks about knitting hats. [Hat Techniques \(13 videos\)](#)

SECTION 99: Infant and Child Hat using circular needles

These are strictly guidelines—use your imagination. The hat needs ribbing and the nurses say it should be 7” high in order to stay on the baby’s head.

Gauge: 6 stitches and 8 rounds = 1” with size 4 needles but remember, there are all size babies

Supplies: Soft #3 baby yarn (about 1 oz. needed per hat or approximately 75 yards)

Sizes 4 and 6 - 16” circular needles, tapestry needle

Optional: one set of size 4 double pointed needles.

Cast on 73 stitches (sts) using about 5 inches more than a yard of yarn for the tail for a long-tail cast on and leave one-quarter inch of yarn between each cast on stitch. Loose cast on stitches are necessary so the hat isn’t too tight, stretches around a 16” circular needle and you do not have trouble moving the stitches on the needles when knitting the second round.

If you are doing a doubled brim, put the needles in your other hands and start ribbing for one row before joining so your right side is out when the brim is turned up. If you are making a single brim, you may join your stitches at the beginning.

If the stitches don’t stretch around the 16” needle, knit your ribbing for 1 or 3 rows before joining your stitches and use the tail to seam up this small seam. **Be very careful** that your **stitches aren’t twisted** and **facing the same way** on the needle.

Joining: The round may be joined any way you wish but [this join](#) shows the end of round least and you aren’t as apt to twist your stitches. **Slip the first stitch** from left needle to the right needle as if to purl and with the first stitch on the right needle that has the working yarn attached pass it over the last stitch and off the needle and around the last yarn stitch. Tighten the yarn ends. Check again to make sure your stitches aren’t twisted. The right needle may be brought under the left needle to untwist the stitches only at the end of the first row of knitting so it doesn’t show. The cast on end may be knitted in with the ribbing for 5 or 6 stitches on the second round. Leave a half inch end showing to mark the join or place a marker and remember to weave in the end. The only reason for a marker is to show the beginning of the round where you start decreasing for the crown or for a pattern for the body of the hat not shown here.

Knit K1 x P1 or K2 x P2 ribbing for 2", enough to fold up the cuff (about 10 rounds for single brim or 20+ rounds for double brim). If you remember, **after 10 rounds** of ribbing **knit one round** to give the doubled cuff a fold line.

Set up row for body: Either change to a size 6 needle or increase the number of stitches evenly around by 7 stitches.

Body: Continue knitting in stockinette stitch (knit all rounds) **for 3.5” or about 25 rounds** or consult the [size guide](#) ending at the join marked a few stitches later by the yarn end on the starting edge. You may knit one round placing markers (circles of different color yarn than project yarn) every 12 stitches on the last round.

Decreases: (uses about 10 yards):

Round 1: *Knit 10 sts, Knit 2 together (K2tog) only before the marker; repeat from * around.

Round 2 & every even numbered round: Knit a plain round without decreasing.

Round 3: *Knit 9, K2tog; repeat from * around.

Round 5: *Knit 8, K2tog repeat from * around. Begin on this round if you increased stitches.

Round 7: Knit 7, K2tog repeat from * around

Round 9: Knit 6, K2tog repeat from * around

Discontinue knitting a plain round



Round 11: Knit 5, K2tog repeat from * around

Round 12: Knit 4, K2tog repeat from * around

Round 13: Knit 3, K2tog repeat from * around

Round 14: Knit 2, K2tog repeat from * around

Round 15: Knit 1, K2tog repeat from * around

Notice a line of decreasing stitches developing. Switch to alternating using the other size 4 needle or use dpns when there aren't enough stitches to comfortably fit around the circular needles.

Continue decreasing until less than 18 stitches remain. (If you only have one circular needle and no dpns, continue decreasing until there aren't enough stitches to comfortably fit around the circular needles. Knit those stitches for seven rounds.) **Cut yarn leaving a 5" tail**, thread the tail on a tapestry needle and [sew](#) through the 12 remaining stitches and off the knitting needle, pull stitches to draw the top together, go around through the stitches again with the tapestry needle. Weave in the end by reversing over a stitch and sewing the end in the opposite direction a couple stitches so it doesn't show. Trim ends. Nurses differ on whether infant hats should have pom poms or not to avoid collecting germs or possibly be injurious.

For a child's size hat use this same pattern with worsted weight #4 yarn and a size 6 needle for the ribbing and a size 8 needle for the body of the hat. Increase ribbing to a total of 3" and body of hat to 5". For a spiral striped child's hat with variegated yarn that the color pattern repeats about every yard and a half, cast on until the beginning color overlaps for around 73, 77 or 81 sts for tight knitters.

For an alternate ending, create an I-cord at the top.

This notice must appear with printouts of this pattern.

Please do not sell the pattern but use for your personal use, gifts and charity.

SECTION 100: Teen(Adult) Beanie Hat using circular needles

Please read the entire pattern before beginning and ask questions about anything you don't understand or refer to Section

Gauge: 5 stitches and 8 rows = 1" with size 8 needles

Supplies: #4 yarn approximately 115 yards

Sizes 6 and 8 - 16" circular needle, size 8 double pointed needles, tapestry needle

Cast on 93(101) stitches (sts) with size 8 using about 2-1/2 yards of yarn for a long-tail cast on. Leave 1/4 inch of yarn between each cast on stitch for yarn weights less than bulky; 1/2 inch for bulky yarn. Loose cast on stitches are necessary so the hat isn't too tight, stretches around a 16" circular needle and you do not have trouble moving the stitches on the needles when knitting the second round.

If you are making a doubled brim, pick up the size 6 needle and start ribbing for one row before joining so your right side is out when the brim is turned up. If you are making a single brim, you may join the stitches as below with the size 6 needle. If the stitches don't stretch around the 16" needle, knit your ribbing for 1 or 3 rows before joining your stitches and use the tail to seam up this small seam. **Be very careful** that your **stitches aren't twisted** and **facing the same way** on the needle before joining. The right needle may be brought under the left needle to untwist the stitches only at the end of the first row of knitting so it doesn't show.

Knit a round of ribbing of either Knit 1, Purl 1 or Knit 2, Purl 2 ribbing (my preference). When you get to the last stitch, STOP. Adjust your **stitches so they aren't twisted** and are all facing the same way with the cast on stitches in the center of the needle.

Joining: The round may be joined any way you wish but [this join](#) shows least and you aren't as apt to twist your stitches. Slip the first stitch from left needle to the right needle as if to purl and move the first stitch on the right needle and that has the working yarn attached over the moved stitch and off the needle and around the yarn stitch. Tighten the yarn ends. Check again to make sure your stitches aren't twisted. The cast on yarn end may be knitted in with the ribbing for 5 or



6 stitches on the second round if the cast on edge is smooth, but remember to treat these 2 stitches as if they were one stitch when knitting the ribbing on the next row. Leave a half inch end showing to mark the join or place a marker and remember to weave in the end. The only reason for a marker is to show the beginning of the round where you start decreasing for the crown or for a pattern for the body of the hat not shown here.

Knit K1 x P1 or K2 x P2 **ribbing for 1-1/2 to 2"**, enough to fold up the cuff (about 10 to 12+ rounds). If you remember, **after 12 rounds** of ribbing **knit two rounds** of only the knit stitch for ease of folding the cuff. After knitting the first section of ribbing and the knit stitch fold lines, you can continue the same ribbing as the first half or you can alternate the ribbing from the first half so the knit stitches fit into the purl stitches when the brim is turned up. Resume knitting ribbing for another 10-12 rounds.

Set up row for body: For a cleaner transition from ribbing to stockinette, **change to size 8 needles**, [knit the purl stitches and slip the knit stitches](#) purlwise leaving the stitches spread enough so there is plenty of yarn behind the slipped stitches to not make the hat smaller around.

Body: Continue knitting in stockinette stitch (knit all rounds) **for about 6 inches, 30 rounds or from your ear to the top edge of your skull** or consult the [size guide](#) ending at the join marked near the yarn end on the starting edge. Knit one last round placing markers every 13(10) stitches. Stop knitting 2 stitches before first marker and knit those 2 stitches together. Slip marker. You should have approximately 17 yards of yarn to decrease.

Decreases:

Round 1: For Teen Hat K2tog before marker. ***Knit 8 sts, Knit 2 stitches together (K2tog) before the marker**; repeat from * around.

Round 2 and every even numbered round: Knit a plain knit stitch (stockinette) round without decreasing until round 10.

Round 3: ***Knit 7, K2tog**; repeat from * around.

Round 5: ***Knit 6, K2tog**; repeat from * around. Notice a line of decreasing stitches developing.

Round 7: ***Knit 5, K2tog**; repeat from * around. Change to double pointed needles, magic loop or knit alternately with the size 6 needle when there get to be too few stitches to knit comfortably with one circular needle.

Round 9: ***Knit 4, K2tog**; repeat from * around

Round 11: ***Knit 3, K2tog**; repeat from * around

Discontinue knitting a plain stockinette round between decreasing rounds.

Round 12: ***Knit 2, K2tog**; repeat from * around

Round 13: ***Knit 1, K2tog**; repeat from * around

Continue decreasing until 10-15 stitches remain.

Newest Hint: To make a smooth top/not puckered you may have to K2tog the last 30+ stitches. (If you only have one circular needle and no dpns, continue decreasing until there aren't enough stitches to comfortably fit around the circular needles. Knit those stitches for seven rounds and continue with next paragraph.)

Cut yarn leaving a 6 inch tail, thread the tail on a tapestry needle and [sew](#) through the remaining stitches and off the knitting needle, pulling yarn to draw the top together, going twice around through the stitches with the tapestry needle. Weave in the end by reversing over a stitch and sewing the end in the opposite direction a couple stitches so it doesn't show. Trim ends. Make a pom pom if desired.

To weave in the cast on end and [straighten up the edge](#) starting at 7:32

Notes: These are strictly guidelines—use your imagination. The hat needs ribbing and stripes are nice.

Check the yardage on yarn label to make sure you have at least 100 yards. Some skeins only have 87 yards.

Loose cast on and slipped stitches are necessary so the hat edge isn't too tight and you do not have trouble moving the stitches on the needles when knitting the second round.

A twisted cast on can be fixed before or after the first round only. Bring the needle to the center of the circle and then down and to the outside to straighten out the twisted cast on. After round 1, a twisted cast on needs to be ripped out.

The underlined numbers of the decreasing chart of the end of Knitwiser may be used to determine the points where you can use a SSK before the decrease marker and K2tog decrease after the marker. This decrease is used most often for the top of hats made for men, although this decrease may be used for either gender.

The only reason for a marker is to show the beginning of the round where you start decreasing for the crown or for a repeating stitch pattern not shown here.

Markers can be commercial plastic or metal circles or can be circles of different color yarn than project yarn. Slip them, don't knit them.

HELPFUL LINKS:

[Knitting in the Round for Beginners](#)

[4 Important Tips For Knitting On Circular Needles](#)

[size guide](#)

[How to Knit An Invisible Join in the Round](#) up to 7:32

[How to Fix a Twist | Circular Knitting](#)

[Sewing the top of the hat](#)

[To weave in the cast on end and Finishing the Edge](#) starting at 7:32

[Jogless Cast On in the Round and weaving in end](#)

[Jogless Finish When Binding Off in the Round](#)

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Please do not sell the pattern but use for your personal use and charity knitting only.

GIVE SOMEONE A HAT AND IT WILL WARM THEIR HEAD.

KNIT SOMEONE A HAT AND IT WILL WARM THEIR HEART.TM Loved-and-Found

Men's Hat using bulky yarn or double strand #4 yarn

Cast on 73 or 85 stitches using a size 9 circular needle.

Join in the round and knit ribbing per other pattern.

Change to a size 10 needle and increase 10 stitches evenly around.

Knit body for 7 inches from fold of ribbing.

Decrease without a plain knit row between decreases.

SECTION 101: CHEMO HAT PATTERNS

[Free Knitting Patterns for Chemo Caps](#)

[knots of love](#)

[headhuggers](#) and six pages on **Ravelry**

[Head Huggers Hat Patterns](#)

[Bevs Country Cottage cancer caps](#) – guidelines and patterns

[Give a hoot Beanie](#) pattern

[Mathomhouse](#) yarn list and patterns

[Hugs for your head](#)

[Six Free Knitting Patterns for Hats](#)

[A Guide to Knitting Warm Weather Chemo Caps](#)

I make my chemo hats from Red Heart Soft or soft baby yarns without a seam and so the flat side of stockinette is on the inside.

SECTION 102: INDEX, ABBREVIATIONS, TERMS, ACRONYMS, PHRASES, TECHNIQUES AND KNITTING LINGO and SLANG

Knitting patterns have their own foreign language and contain abbreviations to make them not so long and easier to read once you understand the abbreviations. Knowing how to read the abbreviations and shorthand becomes easier the more you work with knitting patterns. Most patterns contain a key to the abbreviations in the pattern. Pattern instructions usually explain any unusual abbreviations or ones that may vary from pattern to pattern.

For antique or vintage knitting pattern [abbreviations](#).

Understanding Knitting Abbreviations and Terms In Patterns

When first reading a knitting pattern it may appear that it has been written in another language. The knitting community has their own set of words in knitting patterns which contain abbreviations, terms, acronyms, phrases and techniques that the knitter needs to know to make the patterns shorter and simpler to understand once you get used to them. For example, K is knit and P is purl. The number next to it tells you how many stitches to knit: K6 or knit 6 stitches.

This list contains the more common knitting phrases in patterns. There is a [Master List](#) at Craft Yarn Council and [KnittingFool](#) but the following list will help you understand most knitting patterns as a beginner.

Typing the word or abbreviation and the word knit into YouTube.com or a search engine to bring up the definition and links to videos and/or articles about the abbreviation or how to do the technique. There is an abundant amount of knitting information and videos on the web.

All web references are active. If an abbreviation is underlined, click on it to see the YouTube video.

When reading knitting patterns, punctuation is important. A comma separates different steps. Work each step between commas or semi-colons as a complete step. An asterisk(*) marks the beginning of instructions and when steps need to be repeated. Brackets or parenthesis enclose instructions which stitches are repeated and how many times. [-] means to repeat the stitches within the brackets again. A pattern containing different sizes and different instructions for each size in brackets or parentheses symbols.

Try reading a pattern out loud to help have a light bulb moment. It takes all our senses to learn. When your eyes do not understand a pattern, use your voice and hearing. It makes a difference. Reading a pattern aloud allows the information to get to the other hemisphere of your brain and hopefully be understood. But knitting patterns were meant to be knit if all else fails.

INDEX, ABBREVIATIONS, PHRASES, TERMS, ACRONYMS, TECHNIQUES AND KNITTING LINGO:

All underlined words in *Knitwiser* are active links. Click on them for an explanation or to go to a link.

” – double quote is used to abbreviate with a number to indicate inches – 5” is five inches.

* - repeat the instructions following the asterisk (*) as directed - *K2tog, YO, rep from * to the end of the row.

* * - repeat the instructions between the asterisks (*) as many times as directed or repeat at specific locations - * K2tog, YO,* rep from * to * to the end of the row.

() or [] – Work the knitting pattern stitch instructions within the parentheses or brackets in the place directed and repeat as many times as directed or work a group of stitches all in the same stitch. [K2, (YO, K2tog)x3, K2] – Knit two, then yarn over and knit two together repeating yarn over and knit two together two more times, then knit two.

(00:39-2:00) – the time in the YouTube video to view.

Abbreviations – See Sections 1 (for beginners) and 102 (this Section).

Accidental Increase – Section 40.

Across – to the end of the row.

Addition and Knitting –Section 89.

Alt – Alternate, Alternating. Alternate rows is every other row or every other pattern.

Approx - approximate(ly). About, not exact.

Aran - an English weight of yarn slightly heavier than worsted #4.

Around – to the end of the round.

as established -When the pattern indicates a series of steps or patterns to knit, rather than repeat the rows, the pattern will say to continue working *as established*. Once the pattern tells you how many stitches to work in the pattern and how many stitches to work in the pattern, it will tell you to continue to work the patterns in the piece *as established*.

Asterisk (*) – a star-like symbol used in knitting instructions to indicated that the following instructions are to be repeated.

at the same time – means that two different shapings need to be worked simultaneously while retaining the pattern stitch. The pattern might say, “dec 2 sts every other row 3 times, at the same time when the piece measures the same...” In this example, the neckline shaping (dec 2 sts) continuing while the shoulder shaping begins. Be aware for this kind of phrase; it’s easy to work one task and forget to notice the other. When you see a similar phrase, you might make a chart of the part of the pattern piece you’ll be shaping. See Bind off from each neck edge.

Avoiding Tangling Yarn – Section 31.

Baby yarn – usually referring to #3 weight soft yarn used to make baby items.

back of the loop– the left side of the stitch. Knitting or purling into the portion of the stitch that is behind the needle as you look at it.

knit into the back loop - a single increase for knit front and back or into a double yarn over.

back of the work - Like “yarn to the back.” The back of the work is the part of the work that faces away while holding the needles. Do not confuse with how you wear the piece or the right and wrong side of your work.

Backstitch – a method of seaming knitting that doubles back on itself to strengthen the seam.

Ball – a round shape that good quality yarn comes in that is usually unwound from the outside. It is also yarn that a knitter may personally wind without using special equipment.

Ball band or yarn label – the paper wrapped around a ball of yarn or tag attached to a skein or hank. It contains a lot of useful information such as dye lot number, care instructions, fiber content, length of the yarn, suggested gauge and needle size and shouldn’t be discarded.

Band – a horizontal panel of stitches, such as a hat band or neck band.

Bar – the strand of yarn between two stitches.

Basketweave stitch – a combination of knit and purl stitches that looks like a woven basket. Use for any project.

Bead knitting – To work commercial beads into knitted fabric with a crochet hook. Section 75.

Bef - before

Beg – begin(ning). Start of row or pattern.

Beginner's Section 9

Bet – between.

Bi-stitchual – being both a knitter and crocheter.

Bias knitting - a type knitting where the columns of stitches go diagonally by increasing on one side and decreasing on the other side.

BO – Bind off, the same thing as cast off in the UK, the process of fastening down the last row of loops on a knitted piece, getting the stitches off the needle and fastened off securely where they won't immediately unravel. However, it is also important that the bind off not pucker or pull in, be stretchy where necessary and not stretch out beyond the gauge of the project. It should match the stitch of the row before. The most common bind off is with two knit or purl stitches on your needle, lift the second stitch over the first stitch and off the needle. Repeat to the end. Cut the end, put it through the last loop to secure the stitches at the end of the project and invisibly weave in the end. There are other methods in Sections 12, 13, 78 and 79.

Bind off from each neck edge - As in "bind off from each neck edge 4 sts once, 3 sts twice, etc." When shaping the neckline on a pullover, work both edges of the neckline at the same time, but shape the right side (as you wear it) on the right-side rows and on the left side on the wrong-side rows.

Bind off in pattern – Knit the "V" knit stitches and purl the "bar" purl stitches as you bind off to flatten the bound off edge. Knit both stitches according to the type stitch of the first stitch.

Block – An essential part of the knitting process, especially with lace and animal yarn projects. Refers to the process of setting the stitches to the dimensions of the project. Steam and wet blocking are the most popular methods. Section 81.

Bobble or popcorn – a decorative cluster of raised stitches created by knitting several stitches in the same stitch. See MB below.

Books, Recommended Knitting – Section 94.

BOR – Beginning of round.

Break yarn – cut the yarn leaving a six inch tail to weave in to hide the end.

Brioche – an advanced knitting technique for you to look forward to doing. Results in an accentuated ribbed fabric. Abbreviations at knittingfool.com.

Bulky - referring to #5 weight thicker yarn. Super bulky is #6. Sections 27 and 29.

Buttonholes – Section 70.

Byo – backward yarn over with the yarn wrapped clockwise.

C4B – Cable 4 Back - Slip next 2 stitches onto cable needle and leave at back of work. Knit 2, then Knit 2 from cable needle.

C4F – Cable 4 Front - Slip next 2 stitches onto cable needle and leave at front of work. Knit 2 stitches, then Knit 2 from cable needle.

CA - Color A.

Cable Cast On - Begin with a slip knot (counts as 1 stitch), knit into this stitch and slide the newly formed stitch onto the left needle with the right and left needle beside one another. *Knit

into the space between the two stitches on left needle, put the knit stitch formed onto left needle with the needles beside one another; repeat from * until desired number of stitches have been cast on. This is a firm cast on and good for scarves. Section 20.

Cable stitch – A whole group of decorative knitting stitches where some of the stitches are worked out of the normal sequence and twisted or crossed at regular intervals to give an appearance similar to a twisted rope, braid or cord but lies flat. As indicated by the pattern, set aside, cross or move the number of stitch(es) to the cable needle to hold stitches in front or back of work, knit the next set of stitch(es), then work stitch(es) from off cable needle. Abbreviations at knittingfool.com. Section 74.

Cake – a form of ball of yarn when wound with a yarn winder into the form of a cake. Knitting Slang.

Care - Washing hand knitted projects – Section 82.

Cast off – See BO - Bind off. To finish off stitches in a secure way in the British language.

Cast on (CO)– The first step in knitting to form the first row of stitches onto the needle. There are different methods of casting on, each suitable for different purposes. See Sections 10, 18, 19.

Cast on for Circular Knitting – Section 50.

CB - Color B.

CC - Contrasting Color.

Cco – cable cast on.

CDD - Central double decrease or centered two stitch decrease - Slip 2 stitches together (as if to k2tog), knit 1 stitch, pass the 2 slipped stitches over the knit stitch to make a center decrease. Decrease doesn't slant one way or another. Section 44.

Change to a larger size needle – start knitting directly from the smaller needle to the larger needle for the hat, sweater or blanket project.

Chart – a picture of squares and symbols representing the stitch pattern of the right side of the fabric. Squares represent each stitch and the symbol inside the square indicates how to work the stitch of the pattern. See Introduction to Charts Section 69.

Chemo Hat Pattern links – Section 101.

Chevron stitch – Creating a “wave” effect created by increases creating rising points and decreases creating dipping points. Section 97,

Choosing a Beginning Pattern – Section 15.

Choosing yarn – Section 29.

Chunky or Bulky weight yarn – Section 27.

circ – circular.

Circular knitting is the action of knitting a spiral tube or knitting in the round. See Sections 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57 and 101.

Cm(s) – centimeter(s). 10cm = 4”.

cn – **cable needle**, a short needle used as an aid to hold stitches in front or in back of the project when forming a cable stitch. Stitches may be knit or purled from the cable needle when forming a cable stitch pattern or the stitches moved back to the working needle from the cable needle. See Cables in Section 80.

CO - Cast On, the first step of knitting forming the first row of stitches onto the needle. There are different methods of casting on, each suitable for different purposes. See Sections 10 and 18.

Condo Knitting – a technique using two different sized knitting needles popular in the 1970s. The smaller needle should match the size of the project yarn and the bigger needle should be drastically larger to create larger holes. Only appears here.

Confident Beginner Knitter, Become a More – Section 14

Cont - continue(s) / continuing / continue(ity). Keep on going following the instructions given previously.

Continental – The method of knitting using the picking method holding the working yarn in the non-dominant hand. The tension in the yarn is held in a different hand than the one maneuvering the working needle. It tends to be a faster method of knitting used by speed knitters. The [fastest knitter](#) in the world apparently could knit continental 262 stitches in 3 minutes continuously. Sections 7 and 12.

Cord – the wire or plastic tube between circular needles to hold the stitches. I have specifically tried to refrain from calling it a cable in *Knitwiser* (as many people and web sites do) to differentiate from cable stitches, the cable cast on and not confuse you.

Count - Methods to Count to Save Time – Section 41.

Cowl – a circular scarf, usually around 25” long and with the short edges stitched together to make a ring or knit in the round. May be as long as 45” to 60” to wrap around twice or thrice. Patterns in Sections 97 and 98.

Dbl dec - Double decrease - slip next 2 stitches as if to knit, knit 1, pass 2 slip stitches over. See CDD or Centered Double Decrease above and Sections 10, 44 and 97.

Dbl inc - [Double increase](#) - make two additional stitches from one stitch (knit 1, yo, knit 1) all into next stitch. Section 97.

Dec – decrease(s) / decreased / decreasing. Reduce by one or more stitches. Make two stitches or more become one stitch by knitting two stitches together in the front or back (K2tog), slip, slip, knit (see SSK) or slip, knit, pass the slipped stitch over (see SKP), purl 2 together through the back loops (see P2togb). Section 44.

Decreasing Chart for Hats for mathematically challenged knitters – Section 103.

DK – double knitting weight yarn, #3 yarn baby yarn; half as fine as worsted weight #4 yarn. DK weight yarn is generally knit at 21-24 stitches per four inches on needle size 5-7. Section 27.

Double knitting - also refers to reversible knitting technique where the same picture is one color on one side and appears as its own negative on the opposite side. Both sides are stockinette.

DPN or dpn(s) – double pointed needle(s) with points on both ends used in sets of 4 or 5 made of wood(recommended for beginners), metal or plastic for knitting small circular projects such as mittens, sleeves, the tops of hats and I-cords. Section 53.

Dropped stitch – a fumble; a stitch that has fallen off the needle while knitting but is fixable. May be dropped intentionally to create a stitch pattern of lacy columns. See Section 39.

Dryer ball – Section 83.

DS – destash, sell or trade unwanted yarn.

Dye lot - the number of the color batch the yarn was dyed in found on the yarn label. Although the colors used in each dye lot is the same, there is a possibility dyeing can lead to different

results and the color might differ slightly. Check the dye lot numbers on the yarn label so they are all the same for your project. The deeper the color, the longer the dyeing process.

Ea – each.

Ease – the extra width that allows free movement of a garment, the tightness or looseness of the garment made by the pattern. Having no ease is next to the skin of the wearer. Negative ease is stretched tight over the body. Positive ease is loose over the body. [Understanding Ease](#).

Edge stitch or selvage – When a project isn't going to be seamed such as a scarf or blanket, create a pretty edge and avoid long edge stitches by using a different stitch for the first or last stitch of the row to create a chained edge. One method: Slip the first stitch of the row purlwise with yarn in front, knit the last stitch of the row. Second method: Knit first stitch of row, and with yarn in front, slip last stitch of row. Section 45.

Elasticity – the ability of the yarn to resume its normal shape after being stretched, the stretchiness of the project.

end on WS: end your knitting having just completed a Wrong Side row.

end on RS: Stop your knitting having just completed a Right Side row. See end with a WS row.

Ends – The beginning and ending tails of yarn. Besides being boring to weave in, ends cause problems for not finishing well and if not dealt with properly, can produce weak spots in both the project and the seams. Avoid ends when possible. Not leaving a long enough end (6") to weave in becomes a major problem. Work in ends away from stress points and edges where they might be most noticeable or come undone. Minimize the number of ends whenever possible. When securing ends use a pointed needle to double back through stitches just formed to split the yarn it is passing through to ensure a permanent fastening.

End with a WS row - finish the part you're working on by working a WS (wrong-side) row last with the next row you work to be a right-side row.

Entrelac – an advanced method of knitting creating textured diamond designs built next to one another to look like strips of knit fabric woven together but is really continuous knitting. It is a short-row technique of knitting which creates a woven looking fabric. A foundation row of triangles goes into squares on their sides on the second row. Stitches are picked up from the square beside the next one to create the next square.

EON – end of needle

EOR – end of row or every other row.

Errata - the fancy word for knitting pattern errors and corrections discovered after it is printed. Magazine and book publishers list errata on their websites when a problem with or a correction to a pattern is brought to their attention. Use your favorite search engine to find the publisher's website or type in the book or magazine name and "errata."

Error – a fumble created on either side of your knitting that may be able to be fixed or ripped partially and made right.

Est'd – established, often referring to repetitive patterns with an established number of stitches.

Exercise and Knitting Health – Section 90.

Fair Isle – an advanced technique of color knitting using two strands of yarn per row or round where one is "stranded" or held behind while another color of yarn is knitted in geometric shapes.

Fasten off – cut the working yarn leaving at least a six inch tail and pull that end through the last stitch to complete the project.

Feather and Fan – an old lacy stitch pattern of hills and valleys or rickrack. Use markers between patterns, count a lot and it will turn out beautiful. Patterns in Sections 65 and 97.

Felt – A process that used to happen by accident but is now done intentionally to apply steam or hot water and agitation to woolen fibers to cause them to mat together, shrink and become stiff and firm.

Finger knitting – a method of knitting for ages up to 8 years using the child's fingers to work the stitches instead of needles.

Fingering – as in fingering weight yarn, #1 on the label, very fine yarn.

Flat vs. Circular Knitting? – Section 58.

Flicking or Lever Knitting – a knitting style which the knitter holds the working yarn in the dominant hand and loops the yarn around the working needle without removing the dominant hand from the needle completely, creating a back and forth levering motion.

FO – Finished Object. Knitting slang.

Foll - follows / following.

Fringe – Section 72.

Frog – the action of unraveling or ripping out stitches because the sound of a frog (rib it, rib it) sounds like rip it, rip it. To unravel a hand knitted fabric, either partially or entirely. Frogging is taking the needles out of the project and pulling on the working yarn to drop out the series of loops that make up the knitted fabric. Often there is a lifeline placed in advance to prevent frogging past the fumble. FROG is an acronym for Forever Ripping Out Goofs and Fully Rely On God. Knitting slang. Section 37.

Frog Pond – a pile of curly ripped out yarn or a group of projects needing to be ripped out. Knitting slang.

Front of your work - the side of your work that faces you as you hold your needles. It could be the wrong side or the right side.

FSOT – yarn for sale or trade. Knitting slang.

Fumble – Verb: use the hands clumsily, to proceed awkwardly and uncertainly, to blunder. Noun: an act of using the hands clumsily while doing or handling something. A more positively substituted word for the negative words, mistake, error or mess up, intentionally changed 204 times throughout *Knitwiser* to prevent feelings of having done something wrong that isn't fixable when knitting can be fixed or ripped partially and made right. It is not only a sports term. See Sections 35-39, 51.

G or gr – gram(s) a weight measurement referring to the amount of yarn in a ball. A gram is .03527396 of an ounce.

G st - **Garter stitch** – To make knitted fabric knitting every stitch of every row when working back and forth in rows on a flat piece. When knitting in the round alternate knit one round, purl one round. Bumpy, stretchy, warm, reversible and lays flat. Sections 12, 65, and 97.

Garment – an item of clothing.

Gauge – or tension. The number of stitches to the inch and/or the number of rows to the inch on a knitted piece. The weight of the yarn, needle size and stitch pattern can affect gauge. For a complete description of the importance of gauge and instructions on how to measure it, see Sections 9 and 19.

General Hints and Miscellaneous Tips –Section 95.

Gifts – Section 84.

Gradient yarn - shades or tones (16:54) of a single color that gradually shift through the project.

Grist - the density of a yarn. When choosing a substitute yarn look for a yarn with the same circumference and weight in the length of the yarn, the same gauge, the fiber has similar properties, and has about the same yards per pound as the original yarn.

Gifted – to give items or yarn to another person for free. Knitting slang.

Grps – groups.

Halo – the little bits of the yarn sticking out from the main strand of yarn, the fuzziness.

Hank – the braided shape of good quality yarn that needs to be wound before using.

Hat Patterns for Infants, Teens and Adults – Sections 102 and 103.

Health Benefits – Section 6.

Heel stitch or Eye of partridge, used on sock heels on top down socks, a durable fabric of slip one stitch with yarn in back, knit one stitch repeating across the heel or project. Looks similar to K1, P1 ribbing. Only appears here.

Helical Knitting – an advanced circular knitting technique used to avoid jogs when knitting horizontal stripes in the round. Different colors of yarn are started at different points on the same round to create a spiral effect for seamless stripes. Section 98.

Hints contributed by Helen Hines – Section 92.

Holding yarn – The method of placing the [yarn around your fingers](#) acts as tension and creates even knit stitches.



I-Cord – a small tube of knitting formed using two double pointed needles, circular needle or even two interchangeable tips to cast on 3 or more stitches. *Knit the stitches, without turning the work slide all stitches to the opposite end of the needle, put the needle with stitches back in your left hand, bring the yarn around from the back and knit the 3 stitches again, tightening the stitch after the first stitch; repeat from * until desired length. After a few rows the tube will be formed. Knit to length desired. Bind off and you have a hair band, belt, purse handles, baby bootie ties, etc. May also be formed with a “knitting Nancy”(see picture). The size of the cord is determined by the weight of the yarn and the size needles. Section 71.

I/D – Increase/Decrease. A method of shaping a knitted piece by making extra loops or stitches that will be worked as a regular stitch on the next row or eliminating stitches. Section 44.

“I have to finish this row” or “Just one more row” – Knitting slang and the most common phrase knitters use to keep knitting when they really don’t want to stop (it’s against the rules to stop in the middle of a row) but we might continue to knit another row or two, we’re obsessed with a stitch pattern or want to see when the next color is coming with self-striping yarn.

Illusion or Shadow Knitting – an impressive knitting technique using horizontal stripes of color and strategically placed purl bumps to create a picture or pattern only revealed when seen from an angle. Only found here.

In(s) – inch, inches.

Inc(d) – increase(s) / increased / increasing. Add one or more stitches; make two stitches or more from one stitch such as knitting into the front and back of the next stitch (Kfb), Pfb, M1L or LRI. They usually lean left or right and may be single or double.

Inc (or dec) every four (six, eight, or whatever) rows or rounds - Increase or decrease on a right-side row(usually), and then work three (five, seven, or whatever) rows without shaping. Increase or decrease on the next row. This is often how the increases along a sleeve seam are written.

Inc (or dec) every other row or rounds - Increase or decrease on the right-side row(usually), and then work the following row without increasing or decreasing. Then, on the next (usually) right--side row, work the increase or decrease again.

Inc (or dec) # sts evenly across row – Count the number of stitches in the row. Divide that number by one more than the number of stitches to be increased (or decreased) because you don't want an increase or decrease on the last stitch. The result tells you how many stitches to knit between each increased (or decreased) stitch. If an uneven number, round down.

In pattern – continue knitting according to the same stitch pattern you've been using.

In the same manner – knit the pattern like you did before.

Infant Hat Pattern – Section 99.

Interchangeable Needles – circular knitting needles that can be separated into the tips and the cords and then combined to create the needle needed. Section 57.

ISO – In search of. Knitting slang.

Intarsia – an advanced method of color work knitting creating blocks of color without strands behind the work. This method cannot be knit in the round.

Jog – a distortion created when knitting stripes in the round which is really a spiral and the end of the stripe doesn't meet on the same round as the beginning of the stripe.

Join – my favorite method of combining two ends of yarn. Section 76

Join - connecting two ends of the first row when knitting in the round. Section 56.

Joining a new ball while knitting. Section 76.

K – **Knit stitch**, knits, knitting, knitted. Make a knit stitch. Numbers after the letter K represent how many stitches to knit. The most basic element of knitting that the stitch looks like a V. Knitting every row results in garter stitch. The knit stitch side is the front smooth side of the stockinette stitch. Section 12.

K1b – Knit 1 stitch in the back loop of stitch.

K1B or K1-b – Knit 1 stitch in row below the current row. Insert needle in through the front through the stitch in the row below left hand needle instead of the stitch on the left hand needle.

K1, P1 – Knit one stitch then purl one stitch and repeat across the row or round. Also called one by one ribbing.

K1tbl – Knit one through the back loop; Knit next stitch through the back loop which causes a twisted stitch that looks like an X or untwists a stitch with the left leg forward.

K2tog – knit two stitches together as if knitting one stitch through the front loops; a single decrease slanting to the right.

K2togb or K2togtbl – knit 2 stitches together through the back loops, same left leaning decrease as SSK.

k2tog wyo - knit the next knit stitch together with its paired yarn over.

k3(4,n)tog - knit 3(4 or another number) stitches together. When knitting more than two stitches together, use the slip #, knit two together and pass the slipped stitches over.

KAL – Knit A Long, A group knits the same project with the help of the designer or in a series of videos to help beginners and advanced viewers through the techniques of a particular pattern. Some knit a long keep the project a mystery until the end. Knitting slang.

Kfb, Kfab or Kf&b – Knit into the front and back loops of the same stitch. Knit one stitch without removing it from left needle, then knit into the back loop of same stitch and remove stitch from needle, increasing one stitch slanting to the right. Also called a bar stitch.

KIP – Knit in Public. World Wide Knit in Public day is celebrated the second Saturday in June yearly. Knitting slang.

Kitchener stitch – a method of grafting two live stockinette stitch pieces together without a seam making it look like it was knit continuously. Section 78.

Kll – knit left loop or lifted increase – use the left hand needle to pick up the stitch below the stitch just knitted and knit into it increasing one stitch.

Knitted Knockers – knitted soft, comfortable prostheses for women to wear in

their bra after a mastectomy without reconstruction.

Knitting - to form a series of loops in different ways and in different patterns to create a hat, mittens, scarf, cowl, garment or blanket.

Knitting Needles – The tools to form stitches on when knitting. See Sections 28, 45 and 56.

Knitting Health – See Sections 5 and 93.

Knitting in the Round – Section 47

Knitting is good for you – Section 5

Knitting is Social – Section 87

Knitting Needles – Section 24, 46 and 57

Knitting Notes suggested by Helen Hines – Section 92

Knitting while traveling – Section 85

Knitting with Beads – Section 75

KP – [Knitting Paradise web site](#) where you can ask questions and get help from experienced knitters. My handle on KP is ChocPieMom. There was a time in my life when my day didn't start until I had read KP. Many paragraph ideas here came from KP.

K-P-K – Knit the next stitch but not remove it from the left hand needle. Purl through the back loop of the same stitch, knit into the same stitch and move stitch right needle.

Krb – Knit in the row below.

Krl – knit right loop or lifted increase before – knit into the back loop of the stitch below the next stitch so one stitch is increased.

KSP – Knit, Slip, Pass over - knit 1 stitch, slip this stitch from the right hand needle to the left hand needle, pass the second stitch on the left hand needle over the first stitch and off the left hand needle; return stitch to the right hand needle; forming single right-leaning decrease.

Ktbl – Knit through the back loop; pass the right needle through the back of the next stitch from right to left completing the knit stitch as usual which causes a twisted stitch that looks like an X or untwists a stitch with the left leg forward.

Kwise – Knitwise, usually slipping a stitch by inserting the right needle into the next stitch from front to back as if to knit but passing the stitch to the right needle without knitting it.

K-yo-k – Knit next stitch but not remove stitch from left hand needle, make a yarn over, then knit into the stitch again and remove stitch from needle.

LH – Left Hand, usually referring to the left hand needle.

Lace – Knitting with holes; can be as simple as K2tog, YO repeated across the row. Section 65.

Lace - #0 light weight yarn to make lace.

Ladder – an extra amount of yarn between vertical columns of stitches creating the look of a ladder, having to do with dropped stitches and double pointed needles.

Lagging leg – the piece of yarn of a stitch on the opposite side of the needle from the leading leg, further away from the working yarn, the left side of the loop.

Leading leg – the piece of yarn of a stitch directly attached to the working yarn. Gently tugging on the working yarn moves the leading leg slightly, the right side of the loop.

Left Lifted Increase or Left Raised Increase – slip one stitch purlwise, lift left leg of stitch below, knit through the back loop.

Left side of the project - the side you would wear on the left side of your body.

Leg – the side of the loop of the stitch, the right and left legs make up the stitch.

Length of Circular Knitting Needles – Section 49.

Lifeline or safety line – a piece of thin waste yarn or crochet thread inserted into the project to hold the stitches in place so, if an error happens, it is easy to rip back to the point of the lifeline. Lifelines are often used in lace knitting. Section 38.

Live stitch –unworked stitches that may or may not be on the needles.

LTCO - Long Tail Cast on or Two Strand Cast on.

Lp(s) – Loop(s) or **lp st** – loop stitch. May also refer to a slip knot.

Lt – **Left twist**. Slip as if to knit, slip as if to knit, return both slipped stitches to left needle. Knit second stitch through the back loop, then knit both stitches together through the back loop.

LRI - Left Raised or Lifted Increase - Insert right needle into the stitch below the first stitch on the left needle and lift it onto the left needle. Knit into the right leg and remove it from the left needle, then knit the original stitch on the left needle (increases 1 stitch - left leaning).

LYS – Local Yarn Store. Knitting slang.

M – Meter, 39.37 inches.

M – marker. A scrap of yarn tied in a circle or a small plastic or metal ring and put on knitting needles to help knitters indicate the beginning of a part of stitch patterns or border.

M1 (or m1) - **Make one stitch** (by your preferred method) or increase the number of stitches by one number. Pick up the horizontal strand between the stitch just worked and the next stitch from front to back, place on left hand needle, knit this stitch through the back to increase one stitch. Also see M1L, M1R, M1p.

M1L - Make One Left - Using left hand needle from front to back, lift the horizontal bar lying before the next stitch on the needle and using right hand needle, knit stitch through the back loop to increase one stitch slanting left. Same as M1. May also be referred to as M1F(ront).

M1p – Make one stitch purlwise. Using left hand needle from back to front lifting the horizontal bar before the next stitch then purl through the front loop to increase 1 stitch.

M1R - Make One Right - Using left hand needle, lift the horizontal bar before the next stitch on the needle from back to front and using right hand needle, knit one stitch through the front loop to increase one stitch, right slanting.

MB – make bobble [(K1, yo) 3 times. K1] all in next stitch. Turn. P7. Turn. SKP, K3, K2tog, Turn, P2tog, P1, P2togtbl. Turn. Sl1, K2togtbl. Turn. Sl1, K2tog, pssso. Bobble made.

Mb – move bead.

MC - Main Color.

MD – [Mitered Decrease](#).

MM – Millimeter. The way knitting needles are measured by the other parts of the world beyond the United States of America.

Mo – months.

[Magic Loop](#) method is used when the circumference of the circular knitting is small so the flexible cord of the needle is pulled out between two stitches to knit the project. When you have knit to the loop and there are no more stitches on the needle, move the stitches until there are stitches on your left needle again. Twist the right needle around to begin knitting and the extra cable will create a new loop like magic.

Marker – Section 29???. A scrap of yarn tied in a circle or a small plastic or metal ring and put on knitting needles to help knitters indicate the beginning of a part of stitch patterns or border.

Mattress St – a seaming method resulting in an invisible seam when done correctly sewn with a tapestry needle and matching yarn from the right side of the project.

Meas – measures.

Measurements –

Meditation – Section 91.

Mirror inverted – a knit stitch appears exactly like a purl stitch on the opposite side of the project and a purl stitch appears exactly like a knit stitch on the opposite side of the project.

Miscellaneous Project Notes – Section 83.

Miscellaneous Tips – Section 95.

Modular Knitting – Section 67.

Mosaic Knitting – a style of knitted color work involving slipping stitches from previous rows and good for beginner knitters.

Moss Stitch – K1, P1 on 2 rows and then P1, K1 on the following 2 rows.

Multiple - the number of stitches needed to complete one repeat of the stitch pattern. The pattern will say, “cast on a multiple of 6, plus 3.” The extra three stitches are usually part of the border.

ndl – needle. See Sections 28, 45, 48 and 56.??? Knitting Needles

Needles, Knitting – Straight, Circular, Interchangeable, Double Pointed. Sections 24, 46 and 57

Needle, Tapestry – for sewing yarn pieces together, weaving in ends, lifelines. Section 23.

[Needle sizer gauge](#) – an essential instrument used to measure graduated holes to check needles to identify the needle size and may have a hole to measure row and stitch gauge.

Negative ease – a term used to refer to fitting garments tighter or looser than the exact measurements.

New ball, adding -

No – number

Notions –

Nup – bits of yarn that stick out from the main strand of yarn. See Halo.

o – over.

O – Yarn over– wrapping the yarn counterclockwise around the needle as if you were knitting or purling a stitch to make a new stitch, an increase with a hole.

Openwork – a term used in lace knitting to refer to parts or panels of knitting with intricate and decorative holes, usually from yarn overs.

opp - opposite

OTN – On the needles. Knitting slang.

Oz – ounce(s) referring to the amount of yarn in a ball.

P – Purl stitch, the second most basic element in knitting that looks like a bar or bump, the bumpy back side of stockinette; numbers after the letter p represent how many stitches to purl. The instruction may apply to one stitch or the whole row.

P1b or Ptbl – purl one stitch through the back loop of stitch. Turn the work over slightly to insert the needle into the left-hand side of the back loop. Wrap the yarn around the needle in the front to complete the purl stitch.

P1-b – purl next stitch in the row below the current row inserting the needle from behind through the stitch in the row below and purl it. Then drop the unworked stitch off the needle. This action results in the unworked stitch being cradled in the purling of the stitch below.

P2sso – pass two slipped stitches over number of stitches from pattern.

P2tog – With the yarn in front, purl two stitches together through the front of the loops to decrease one stitch.

P2tog tbl – With the yarn in front, purl two stitches together through the back loops, also known as ssp, decreases 1 stitch. Turn the work over slightly and insert the right hand needle from the left-hand side to purl the two stitches through the back loops. Wrap the yarn around the needle in the front to complete the purl stitch.

P2tog wyo – With the yarn in front, purl the next purl stitch together with its paired yarn over.

P3(4,n)tog – With the yarn in front, purl 3(4 or another number) stitches together to decrease two or more stitches. Another way to do this is to slip one stitch with the yarn in front, purl two stitches together, pass the slipped stitch over the purled stitch resulting in a double decrease slanted right.

[Pass a stitch over](#) – use the left needle to lift the second stitch on the right needle over the first stitch and off the needle; to bind it off or decrease. Also see psso.

Pat or Patt(s) – pattern(s). the multiple or multiples of repeats of the design or stitch. It can also mean the instructions, directions or recipe.

Patt rep - pattern repeat. Instructions written between an asterisk and a semicolon in a written pattern and between heavy black lines in a chart.

PB – place bead.

Pco - Provisional cast on – a method of casting on which leaves live stitches so you can join the other end of the knitting to it. Use a crochet chain or at least a crochet hook to create a crochet chain to create a cast on directly on the knitting needle in Section 18. When the cast on is removed, the “live” stitches are ready to be knitted into another part of the pattern or joined to the beginning of the project like for an [infinity scarf](#). Section 20.

Pfb – purl into the front and back of the same stitch to increase one stitch.

PHD – Project Half Done; similar to UFO and WIP. Section 33.

PIA – Pain In the A** usually referring to loosely spun yarn that splits too easily making it difficult to knit.

Pick up and knit – A technique used to work bands around neck openings and armholes. When the pattern says, “with RS facing starting at neck edge, pick up and knit 25 sts along right front edge.” Using a separate strand of yarn to create a row of stitches on a needle by pulling loops through and along a knitted edge, usually a cardigan front, armhole or a neckline.

Picot – A series of “bumps” along an edge of either knit fabric.

Pilling – occurs when friction causes small bobbles or “pills” to appear on the yarn surface. Unless specially treated, the softer the yarn the more likely it is to pill. Soft yarn is due to short fibers in the yarn which work free and come together into little balls where the project is rubbed, such as the underarm area. Although not preventable, pills may be removed after being formed by running a razor carefully across the surface of the project at a right angle to the flat fabric. Abrasive defuzzers are also available which remove the pills but tend to leave the surface fluffy ready to form more pills when rubbed. The best method is to remove the pills by hand.

Plarn – plastic grocery bags cut into strips, attached to one another to make “yarn” used to make homeless mats, bags or scrubbies.

Playing Yarn Chicken – there’s no playing about it when you are running out of yarn at the end of a project, hoping and praying you have enough to finish when you have no more yarn if you run out. Slang. (Section 83)

Ply – the number of strands that are twisted together to form a single strand of yarn. used to be more commonly used to mean the weight or strands of the yarn. 1 ply is usually really thin and 12 is thickest. Or a verb meaning “twist.”

PM or pm - place marker. A marker is a plastic ring or knotted loop of contrasting yarn placed between stitches on a needle to divide a number or part of stitches, or indicate the beginning or end of stitch pattern repeats or the beginning of the round in circular knitting. Slip the marker from one needle to the other purlwise to minimize dropping and losing the marker. Also see Slip Marker (SM).

Point protectors – rubber tips placed on the point of a knitting needle to keep stitches from slipping off and protect the tip of the needle and scissors from sticking through your knitting bag.

Pom-pom – little balls of yarn or fake fur used to top hats or at the ends of tassels and I-cords.

Pooling - when stitches in a color in variegated yarn congregate together with the same color. Knitting slang.

Pop – [popcorn stitch pattern](#).

Portuguese Knitting – a knitting style that involves holding the tension of the yarn around the neck instead of in the knitter's hand. Some knitters find this style helps them knit faster.

Positive ease – a term used in knitting fitted projects referring to either a particular gauge used or additional stitches added to make the project measure larger and looser than the exact measurement of the body.

Practice piece – also called gauge swatch, sample square, tension square, audition or test drive; a small knit project made with 20 stitches and 10 rows of scrap yarn done to try out a yarn, stitch pattern, technique, etc. See Swatch in Section 19.

Prev – previous.

Project Notes – Miscellaneous knitting notes. Section 83.

Projects Half Done (PHD) – Section 33.

Pssso - pass slipped stitch over the knit stitch; action taken after slipping a stitch and then worked or knit one or more stitches following the slipped stitch. Pass the slipped stitch(es) over the knit stitch(es) by inserting left needle tip into slipped stitch to the left and off the tip of the right needle. Makes a bound-off stitch in the middle of a row; can be part of a single decrease and in double decreases (decreasing two stitches at the same time); can be worked from knit or purl side of your work.

Ptbl – purl through the back loop or purl through the back leg of the stitch.

PU - Pick Up.

PUK - Pick Up and Knit means to create new stitches from the working yarn with a crochet hook or knitting needle along a bound-off edge that has no live stitches or a vertical edge. You would pick up and knit a neckline or armhole to add ribbing or other finishing stitches, a collar, a hood or add a buttonhole band to the front edge of a cardigan sweater.

Puddling – similar to pooling but color appears more like a blotch of one color from variegated yarn. Knitting slang.

Purl Bead – the horizontal strand that lies directly across the base of a purl stitch.

Purl Stitch (p) – Numbers following the P indicate how many stitches to purl. The yarn is held in the front of the work, the needle is inserted into the front of the stitch, wrapped, purled through the stitch. The back bumpy side of the stockinette stitch.

Pwise – purlwise, inserting the needle into the stitch from back to front or right to left as if you were going to purl the stitch, slipping the stitch without working it from left needle to right needle.

Pyo – pass the first yarnover over both the second yarnover and the knitted stitch.

Quotes and Humor – Section 93.

R – Right or ridge (2 rows of garter stitch knitting, either both rows knit or purl).

Raglan – a style of sweater where the armhole and sleeve are shaped in a diagonal slant so when joined, the top of the sleeve forms the shoulder of the garment. A flattering kind of sleeve for knitted garments that can be used in bottom-up or top-down sweaters.

RAK – Random Act of Kindness, a small gift to another knitter. Knitting slang.

Ravelry.com - a large resource for knitters and crocheters to find patterns for all skill levels, pictures, notes from those who have made the project, groups, yarn notes.

Reading Your Knitting – Section 22.

Reading Patterns – See Sections 16, 22, and 24.

Rem – remain(s) or remaining. The stitches or patterns left to be done after completing some. An example is when you have made a series of bind offs and/or decreases that the pattern will tell you how many stitches should be remaining to be worked.

Rep – repeat. Usually a part of the pattern that is made many times throughout the row. In a written pattern this is often indicated with parentheses () and/or brackets [] and/or an asterisk * and by a heavy solid line on a chart. Or it could mean to “do it over again.” Or it might refer to how many rows needed to achieve a complete pattern stitch design.

Rep from * - Go back to the asterisk (*) and repeat the instruction such as K2, *(P2, K2), rep from * to end.”

Rev St st - Reverse stockinette stitch. The opposite side of stockinette stitch. Purl one row, knit one row alternately when working back and forth in rows. Purl every round when working in the round. The purl side is the right or public side of the project; the bumpy textured backside of stockinette stitch, usually appears on each side of the cable stitches, created by beginning with a purl row and then alternating with knit and purl rows when knitting flat. Simply defined as stockinette stitch work inside out.

Reverse shaping – The pattern will say to knit the second side reversing all shaping, to work the increases and decreases in the opposite direction for the second side. When knitting a cardigan, the two fronts will mirror each other. Most patterns will work the side with the buttons before working the buttonhole side. Instead of writing separate instructions for each side, the pattern will say to reverse the shaping and expect you to write out and know how to knit a right leaning K2tog instead of a left leaning SSK, do a M1L instead of a M1R, or work bind-offs and neck shaping on the reverse side of the fabric.

Reverse Yarn over (RYO) wrapping the yarn over clockwise instead of counter-clockwise.

RH – Right Hand, usually referring to the right hand needle.

Rib/ribbing – the generic name for a set of stitches that alternate vertical columns of knits and purl stitches on the same row, an elastic stitching pattern, does not curl up at the top or bottom so frequently used on hat bands, cuffs, bottoms of sweaters and neck bands. Repeating K1, P1 or K2, P2 or K2, P1 or K3, P1 are only some of the combinations that are established and maintained for several rows and inches. Also could be rounds of stockinette and reverse stockinette. Although these columns typically have a tighter gauge than the rest of the project due to the way the yarn curls between knit and purl stitches, a smaller size needle is commonly used to maintain a similar look between the ridges and the body stitches.

1x1 Ribbing – One by one ribbing - *Knit 1 stitch, purl 1 stitch. Repeat from * across the row to the end or around with a multiple of two stitches.

2x2 Ribbing – Two by two ribbing - *Knit 2 stitches, purl 2 stitches. Repeat from * across the row to the end or around with a multiple of four stitches. Knit the knit stitches and purl the purl stitches.

Ridge –two rows of knit or purl stitches knitted flat, garter stitch or rows of purl bumps placed between rows of knit stitches in the round. The forward pull of purl stitches at the top and bottom push the stitch forward creating the ridge.

Right – When a pattern specifies a right front, the front piece would be on the right side of your body as if you were already wearing it. Hold the piece up next to your clothing with the wrong side toward your body. The outer (visible) side of a project piece as opposed to the wrong side.

Right Needle – the knitting needle held in the right hand forming the size of the new stitches to the end of the row and then the needles are switched to the other hands.

RLI – Right Lifted Increase or right raised increase– With the right needle lift the right leg of the stitch below the next stitch on the left hand needle and knit it for the increase. Knit it together with the last stitch of the first row to keep horizontal stripes even when knitting in the round. OR Insert right hand needle into the purl bump of the next stitch on the left hand needle and knit into this stitch to increase one stitch.

Rnd(s) – round(s). A term used in circular knitting patterns instead of “row.” Except when doing short rows, you rarely turn your knitting when knitting in the round and very rarely find a wrong side round.

Roving – the kind of yarn not completely twisted or plied during the spinning process. Use to create extra bulky projects.

Row – knitting or purling once across the needle.

Rowing out – a term used to describe uneven tension between rows of stockinette that is common among all knitters, both beginner and advanced. Use a few simple tricks like changing the needle size for purled rows or simply blocking to avoid this.

Rpt – repeat. Verb: after knitting through the pattern, go back and do the pattern again the specified number of times. Noun: total number of sets of instructions worked.

RRi - Right Raised Increase or right lifted increase - Insert left needle tip into the stitch that is 2 below the first stitch on the right needle. Lift this stitch onto the left needle, knit into the right leg of the stitch, and remove it from the left needle to increase one right leaning stitch and knit the stitch from which the lifted increase came.

RS - Right Side - the right, public side or visible outside of the project as opposed to the wrong side of the project. The right side is the side of the project people see when it is worn. The right front side of the garment is also the side you would wear on the right side of your body. Hold the piece up next to your clothing with the wrong side toward your body.

RT – right twist. Slip one stitch onto a cable needle and hold in back, knit next stitch, knit stitch from cable needle. Also could be knit two stitches together, leave on needle, then insert right needle between the stitches just knitted, knit the first stitch again, then slip both stitches from left needle.

Ruffles – start or finish off a little girl’s hat or dress with an easy ruffle.

Run – a column of stitches that will unravel like a run in socks or stockings creating ladders of yarn between vertical stitches when dealing with dropped stitches.

Running thread – the horizontal yarn held between two stitches.

Russian Join – a strong, invisible join to splice or join yarn ends together.

SABLE – Acronym for Stash Accumulating Beyond Life Expectancy. Knitting slang.

Scarf – a rectangular knit project, usually as long as the wearer is tall. May also be triangular and crescent. Usually from 4 to 12 inches wide to 30 to 80 inches long.

Schematic – the drawing of the project with the finished measurements of different sizes in the pattern to know what shape you are aiming for.

Seam – the place where two pieces of a garment are stitched together.

Seed Stitch – typically the first textured stitch new knitters learn formed by alternating knit one, purl one stitches across the row over an uneven number of stitches ending K1. Repeat row creating a sort of checkerboard of purl bumps.

SELE – Acronym for Stash Exceeding Life Expectancy.

Selvedge or Selvage – Also called a slip stitch edge, border, or a structured edge involving slipping and working the first and last stitches in each row in a given pattern to create a cleaner looking edge to your project that is not going to be seamed such as a scarf or blanket. The outside vertical edge of a knitted fabric.

Sequence Knitting – Textured patterns repeated.

Set Up or preparation row – may appear in some stitch patterns. This is a row that sets-up the pattern, is worked only at the beginning of the pattern, sometimes after the border and is not part of the pattern repeat.

SEX – Stash Enhancement eXperience – knitting slang for a shopping trip to acquire more yarn.

Shaping – term used in garment projects like sweaters referring to the frequency of decreasing and/or increasing in order to shape the garment to fit the waist with given measurements.

Shawl – a knitted wrap, stole, cape wider than a scarf, enough to cover the shoulders; may be rectangular from 12” x 50” to 18” x 80”, triangular 90 degree to off center or 135 degree, half circle, whole circle folded, crescent, trapezoid, or pointed at one end and wide and squared off on the other end.

Short Rows – A way of turning around in the middle of a row without leaving a hole. To increase the number of stitches vertically in the project which creates a hump by turning before getting to the end of a row, knitting back a certain number of stitches, sometimes repeating the action several times and then continuing on as usual, often used in sock patterns.

S2KP or S2KP2 – slip two stitches together knitwise (as if to begin knit 2 together), knit one stitch, pass the two slipped stitches over (psso) the knit stitch, a centered two stitch decrease or central double decrease. Two stitches decreased.

Sl1-K2tog-P2sso or SK2P- Slip one stitch knitwise, knit two stitches together, pass the slipped stitch over, for left slanting double decrease.

Sl2tbl-P1-p2sso or CDD - Slip 2 stitches together purlwise through the back loops, purl next stitch, pass 2 slipped stitches over for a central double decrease, two stitches decreased.

SK2P - Slip, Knit 2, Pass. Slip one stitch knitwise, knit 2 stitches together, pass slipped stitch over stitches just knitted to decrease two stitches or double decrease leaning left.

SKP/skpo/Sl1, K1, psso - Slip, Knit, Pass over. Slip one stitch to the right hand needle knitwise, knit the next stitch, pass slipped stitch over stitch just knitted to decrease one stitch leaning left.

Sl – slip, slipped or slipping. A technique to insert the right needle through the next stitch as if to purl. The stitch is moved from the left needle to the right needle without being worked. Unless otherwise stated in the pattern, slip the stitch as if to purl except when decreasing.

Sl st(s) – slip stitch(es) Unless otherwise stated in the pattern, slip the stitch as if to purl except when decreasing. Insert right needle through next stitch as if to purl. Move stitch from left needle to right needle without knitting it. May be part of a decrease stitch pattern or an edge, border or selvage stitch.

Sl1 – Slip one stitch purlwise with yarn behind project. Insert right needle into the next stitch as if to purl and slip it off left needle onto right needle without working it. Usually the first or last

stitch of the row to create a neat, even chain edge on a scarf or blanket. Bring the yarn to the back *between* the needles, gently tighten the stitch and proceed with the pattern stitch. The stitch is knit or purled on the next row unless otherwise stated or it is a decreasing stitch.

Sl1, K1, pssso or SKP – slip one, knit one, pass slipped stitch over. Slip one stitch to the right hand needle knitwise, knit the next stitch, pass the slipped stitch over the knit stitch, one stitch decreased leaning left.

Sl1k – slip 1 stitch knitwise, insert right needle into next stitch as if to knit, slip off left needle without working it, usually used when decreasing or as an edge stitch. Stitch is twisted.

Sl1p – slip 1 stitch purlwise, insert right needle into next stitch as if to purl, slip it off of left needle onto right needle without knitting it. Used as an edge stitch or in Mosaic Knitting.

Sl1wyif – Slip one stitch with yarn in front of the project. Used as an edge stitch or in Mosaic Knitting Section 66.

Sl1wyib – Slip one stitch purlwise with yarn in back of the project. Used as an edge stitch or in Mosaic Knitting Section 66.

Sl1yo - slip one yarn over - Slip one stitch purlwise then the yarn is carried over the top of the needle to work the next stitch.

Sl1+yo - slip one plus yarn over - Slip one stitch and its yarn over together purlwise then the yarn is carried over the top of the needle to work the next stitch.

S2KP or Sl2, K1, P2sso– Slip two stitches knitwise at the same time as if to knit two together, knit the next stitch and pass the two slipped stitches over the knit stitch by inserting left needle point into the two slipped stitches and draw them over the knit stitch and off the needle to decrease two left leaning stitches.

Skein – a long tube shape of yarn. Try to pull from the center and also pull out the end strand at the beginning of the project to keep it from winding around the working yarn.

Slip knot – the beginning of most cast on stitches. There are multiple ways to form it.

Slip stitch(es) – Unless otherwise stated in the pattern, slip the stitch as if to purl. Insert right needle through next stitch as if to purl. Move stitch from left needle to right needle without knitting it. May be part of a decrease stitch pattern or an edge, border or selvage stitch. See Sections 37.

sm – slip marker, to move the marker from one needle to the other, slip the marker purlwise to avoid dropping it so often.

Socks –

Split stitch – a stitch to be avoided where the working needle failed to catch the entire thickness of the yarn strand. The knitting needle penetrates the middle of the yarn strand rather than around its entirety leaving part of the stitch behind.

Sport – as in #2 sport weight yarn, a very light weight yarn that corresponds to weight #2, often used for lace, socks, summer projects and baby items.

SSK – Slip, Slip, Knit the two slipped stitches together. Slip two stitches individually knitwise from the left needle to the right needle, then insert the left needle into the front of the slipped stitches and knit them together through the back loops to decrease one stitch slanting left. Opposite of left leaning decrease of K2tog. *An easier way to do SSK* and looks the same: knit two together through the back loops.

SSP – Slip, slip, purl. Slip 2 stitches knitwise, one at a time, from the left needle to the right needle, move slipped stitches back to the left needle, and purl them together through the back loops to decrease one stitch; also known as P2tog tbl.

SSSK – Slip, slip, slip, knit. Slip 3 stitches knitwise, one at a time, from the left needle to the right needle then insert the left needle into the front of the slipped stitches and knit the three stitches together to decrease two left leaning stitches.

SSSP – Slip, slip, slip, purl. Slip 3 stitches knitwise, one at a time, from the left needle to the right needle, pass the 3 stitches back to the left needle and purl the 3 stitches together through the back loops to decrease two right leaning stitches.

St(s) – Stitch(es). Usually preceded by a K or P and a number.

St/in – stitches per inch when relating to gauge.

Stitch Patterns for Beginners –

St St – Stockinette Stitch in the US or stocking stitch in the UK – A simple common stitch pattern created by knitting right side rows and purling the wrong side rows alternately when knitting flat, knit or purl every round in circular knitting. Has a smooth right side or knit side and a uniformly bumpy texture on the wrong side. Has a tendency for the sides to curl toward the back and top and bottom edges to curl toward the front. A rolled edge can be cute and informal detail.

Stash - the amount of yarn accumulated in a collection for knitting pleasure.

Stashbusters – patterns designed to use either a small amount of yarn or small patches of a particular color yarn to use up scrap yarn that's left over from bigger projects.

Stash Diving – when needing to cast on a new project, I go to my stash and start opening bins to see what yarn I can find to start a new WIP. Knitting slang.

Steek – an advanced knitting term. After two rows of sewing machine stitches have been made on either side of a column of knit and/or purl stitches, use a pair of sharp scissors to cut the column of knit and/or purl stitches in order to open up the project such as for a sweater knit in the round in a stranded pattern to turn it into a cardigan or V-neckline.

Stitch (St) - an individual loop made with the needles, the knit stitch and the purl stitch, the core of every pattern you make with the knitting needles.

Stitch Mount or stitch orientation – how the stitch sits on the needle, preferably with the right side of the loop toward you on the needle, the western stitch mount.

Stitch pattern – a combination or pattern of knit and purl stitches in hundreds of shapes, sizes and combinations of individual stitches to create an overall more complicated pattern.

Stockinette Stitch (St st)– knitting the right side rows and alternately purling the wrong side rows.

Storing Yarn – Section 34.

Stranded Knitting – An advanced type of Fair Isle knitting color work using two strands of yarn per row or round where the color of yarn not being used is held on the wrong side of the project creating strands or “floats” behind the stitches making geometric shapes or patterns.

Stripes – multiple long, straight sections of stitches of multiple colors. They can be horizontal, vertical or diagonal depending on how the project is knit. They can be textured stripes of one row or even number multiple rows of stockinette or garter stitches or a multitude of stitches adding texture and [color](#) to your project. See Sections 59 and 98. [Random Stripe Generator](#)

Super Bulky - #6 weight thicker yarn. Super bulky is #6. Sections 27 and 29.

Swatch – noun or verb - also called gauge swatch, sample square, tension square, practice piece, audition, test drive, testing which all refer to the piece made or the act of making a 6” square or rectangle to try out the yarn and needles with your knitting style to test and match the pattern gauge when making a project to fit someone specific. Section 19.

Tacking – catching long floats of more than 4 stitches on the wrong side of stranded knitting.

Tapestry or yarn needle - used for sewing lifelines, weaving in ends, adding decorative stitches and sewing seams to join together pieces of knitting. Tapestry needles have large eye openings for yarn, both metal and plastic, usually with a rounded point. See Notions Section 23.

tbl – through the back loop(s) of stitches. Work stitch through the back loop on needle usually resulting in a twisted stitch or untwisting a stitch. See ktbl and p1b.

Teaching knitting – Section 86.

Teen/Adult Beanie Hat Pattern – Section 100.

Tension – the English word for Gauge. See Sections 9 and 19.

Tink – Knit spelled backwards. Unknitting. To undo knit stitches one at a time when the fumble is noticed in the same row or one row back. When ripping, tink the last row to put the stitches back on the needle with the right side of the stitch toward you. Section 37.

To end – instruction to knit or purl stitches to the end of the row or round.

Tog – together, a maneuver is done to multiple stitches simultaneously. See k2tog and p2tog.

Tolerance - allowing for movement in the project. For a bust measurement, the tolerance is one to two inches larger than the actual bust measurement. Only here

Traveling Loop Method (at 6:34)– like the Magic Loop Method but with one loop of the circular needle cord sticking out between two stitches. Section 55.

Traveling with Knitting –Section 85.

Turn – Turn your project around so that the other side is facing you. Used in short rows.

Twigged - knitting vernacular for having caught on or figured out the pattern/problem.

Twisted circle – when joining stitches in the round with a twist in the circle. Can only be fixed on the first row knit when it doesn’t show. Section 56.

Twisted stitch – Section 39.

UFO – UnFinished Object – An abandoned or neglected work in progress; some or most of the knitting is done but the pieces haven’t been sewn together or the ends woven in yet. Section 33.

Vanilla – A simple, easy pattern such as a beanie hat or cowl. Knitting slang.

Variegated – yarn dyed with more than one color producing different striping or pooling effects depending on the number of stitches, the pattern and the frequency of the color change. See Section 47, pooling and puddling.

Vertical Knitting – the standard direction of working a project from the bottom of the garment up in contrast to horizontal knitting or knitting from side to side or cuff to cuff.

Vertical Stripes Stitch - an advanced knitting technique using slipped stitches and two colors.

W&T – Wrap and Turn in relation to Short Rows. A method of concealing a hole created in short row shaping. Bring yarn to the front, slip 1 stitch purlwise, bring yarn between the needles to the

back, return slipped stitch onto left needle. Turn project over. Unless otherwise indicated, each time you come to a wrapped stitch when working subsequent rows, slip the wrap back over stitch and onto needle, then work the wrap together with its accompanying stitch usually through the back loops. Section 60.

Wale – a column of stitches. Only here.

Weave in Ends – See Sections 80.

Web Sites – Section 96.

Weight – a term referring to the thickness of a yarn. The basic weights of yarn are largest to smallest: bulky (#5), worsted (#4), dk or baby (#3), sport weight (#2) and fingering (#1).

When armhole measures – pattern is signaling to do something different. Measure the armhole *not* from the edge of the project, but from the marker near the middle of the row where the armhole started.

What kind of knitter are you? – Section 88.

Who Knits - Section 3.

Winding yarn – Using your hand or a ball winder to create balls or cakes of yarn. See Section 30.

WIP - Work In Progress which could be at any stage; similar to UFO or PHD. When putting away a work in progress or project half done be sure to move the stitches to the cord and include a copy of the pattern. You might want to mark the last row completed on the pattern to make it easier to pick it up again to know where you are in the pattern. You don't know how long the break will be but it is doubtful you will remember the pattern. Also stands for "What I'm Practicing." Section 33.

Wool Dryer Balls – Section 83

Work across or Work as established/continue in pattern – usually used in a pattern stitch to continue knitting and following the same pattern stitch as it has been set up on the needle, knit the knit stitches and purl the purl stitches in previous rows. Work any decreases or increases in such a way that the established pattern remains the same, usually by working the decreases or increases at the beginning or end of a row, outside the established pattern area. If there are cable stitches, continue working the next rows following the cable chart.

Work as for - As in "work as for right side until piece measures 19 1/2" from beg." Do the back piece the same as the left side saving writing out the same instructions twice.

Work Even – Continue to do in the same established designated stitch pattern as the stitches appear without working any increases or decreases.

Work to end – Knit in the established stitch pattern to the end of the row or round.

Working inc sts into pat: As in "inc 1 st each side (working inc sts into cable pat) every 4th row." This phrase appears when you're increasing along a sleeve. If the pattern is color work, a rib, cable, or lace, as you increase stitches, work the stitch pattern with them. For lace and cables, a certain number of stitches will have to occur before you begin working them in pattern.

Worsted – as in worsted weight yarn, #4 yarn weight, good for scarves, afghans and sweaters.

WPI - wraps per inch, is a measurement often used to determine the yarn weight or thickness when determining the size of a scrap yarn with no label. Measure WPI by wrapping the yarn around a pencil or ruler to see how many wraps are in one inch. Only listed here.

Wrn – wool round needle, a yarn over that increases one stitch between and knit and a purl stitch.

WS – wrong side – inside, less visible, hidden or non-public side of the project, next to your body, the interior of a project piece. In stockinette stitch the wrong side is usually the side with the purl bumps of stitches.

Wyib – with yarn in back – Used with slipped stitches. The working yarn is carried across behind the stitch on the back of the project away from the knitter. When working a right side row slip the stitch with the yarn in back is the default method or unless otherwise instructed.

Wyif - with yarn in front – Used with slipped stitches. The working yarn is held in front of the project as similar to when working purl stitches. The yarn is carried across the front of the slipped stitch on the side of the project toward the knitter.

Wyo - with yarn over (from previous row or round).

Wyt – wrap yarn twice around needle

X - time(s) – number of times to do the stitch(es) for the pattern.

Yarn – Section 28.

Yarn Barf, yarn burp or yarn vomit – the clump of yarn that comes out from the center of the skein when trying to find the beginning of the yarn. Wind the excess around the starting end of the skein and begin knitting. It will be used up soon.

Yarn Bomb – [whimsical artistic installations](#) of knitting and crocheting street art, often put up surreptitiously under the cover of darkness. Impermanent covering, wrapping or decorating objects in pieces of knit or crochet and easily removed from common surfaces it is attached to such as fences, trees, street sign poles, bicycle racks, a tea cozy for a water tower, [bridge](#), statues, benches and street light poles to add a splash of color to a space. Magda Sayeg is credited as the “mother of yarn bombing” ever since she covered a door handle inside her Houston, Texas boutique in 2005. From there she started a group of yarn bombers called the “Knita Please” that worked on projects such as the yarn bombed trolley buses, staircases, statues, and countless poles, notably the 100 yarn bombed trees in front of the US Capitol. The yarn bombing movement has gained popularity in recent years and spread around the world, inspiring a wave of artists whose work shows up on Instagram. As long as it doesn’t block street signage, the limits are as far as the eye can see. Though it takes patience, it brings joy to a community and smiles to those who see colorful yarn where it is completely unexpected. Only listed here.

Yarn bowl – a bowl to keep your yarn clean. Section 23

Yarn, Choosing – Section 29

Yarn Diet – what one has to go on when one has already spent too much money on yarn and/or accumulated too much yarn. Some crafters only track how long it has been since their last purchase of yarn. My least favorite diet. Knitting slang. Only listed here.

Yarnie – a fan of yarn.

Yarn Label or Ball Band – Section 26.

Yarn Weight – referring to the thickness of a yarn. The basic weights of yarn are largest to smallest: bulky (#5), worsted (#4), dk or baby (#3), sport weight (#2) and fingering (#1). Section 27.

Yarn winding – See Section 30.

Yb or ybk – yarn back – move yarn to the back of the project; move working yarn from front of the project to back making sure it passes between needle tips.

Yd(s) – yard(s).

Yf, Yfwd – yarn forward – move yarn to the front of the project, bringing the working yarn between needles to front of the project. Used in Mosaic Knitting Section 66.

YO – Yarn Over – wrapping the yarn counterclockwise around the right needle as if you were knitting or purling a stitch to make a new stitch, an increase with a hole, a method of increasing, creates a small eyelet in project. Often used in lace knitting and as buttonholes. One stitch increased. Also yon or yrn. Section 44.

YO2 – yarn over twice; wrapping the yarn counterclockwise around the right needle two times to make a larger hole. Use both a knit and purl stitch in this stitch on the next row.

YOK (with yarn at front and before a knit stitch) bring yarn over the top of the right needle counterclockwise to back of work and continue with knitting pattern, like a yarn over making one extra stitch.

Yon – yarn over needle, pass yarn from back of work to front or from front to back and lay across top of needle counterclockwise, like a yarn over making one extra stitch.

YOP (with yarn at front and before a purl stitch) bring yarn over right needle counterclockwise and back to front again and continue with knitting pattern, like a yarn over making one extra stitch.

Yrn – yarn around needle - completed same as a yarn over making one extra stitch.

YSA - Yarn Shortage Anxiety. Knitting Slang. Only listed here.

Zero Ease – the intended or unintended fit of a knitted project. The garment matches the same measurements of the body. Only listed here.

Typing the abbreviation and the word knit into a search engine box may bring up both the definition and videos and/or articles about the process involved with the abbreviation.

[Knitting Fool](#)'s list of abbreviations has additional abbreviations for brioche, cable twist stitches, crochet, decreases, increases including brioche, machine knitting, chart abbreviations with corresponding chart symbols and links how to do the particular abbreviation in both Continental and English styles of knitting, Japanese Standards Association abbreviations and knitting abbreviations in other foreign languages.

SECTION 103: DECREASING CHART FOR HATS IN THE ROUND Originally created for mathematically challenged knitters, I've come to depend on my own created table. With fine yarn or low numbers of stitches, knit or purl one or two rounds of straight knitting/purling between decreasing rounds to avoid puckering. With bulky yarn and large needles or crowns above 80 stitches on size 8 needles or above for a flat top, it is your choice to knit a plain round of stitches between the decreasing rounds (discontinued the last 5 rows) unless you want a more rounded crown. If the hat is rounded between each decreasing section, there are too many plain rows. Before or after the formula, repeat from *. Underlined numbers may be used for sections of decreasing K2tog, SSK or K2togtbl method.

When knitting the last row of the body of your hat, insert markers to divide the stitches into equal sections according to the chart below. This makes sure you counted the total number correctly.

The creation of this chart became the beginning of *Knitwiser*. I've put it at the end to be able to find the chart easily. Please do not copy, sell, redistribute or republish this chart. It came out of my own little head.

Stitches on hat	Decrease pattern around		
44 = *K9, K2tog		<u>72</u> = *K6, K2tog or *K10, K2tog	102 = K2tog, K9, *K2tog, K8
45 = *K7, K2tog		73 = K2tog, *K10, K2tog	103 = (K2tog, K9)x2, *K2tog, K8
46 = K2tog, *K7, K2tog		74 = K11, K2tog, *K10, K2tog	<u>104</u> = *K11, K2tog
47 = K2tog, K8, *K2tog, K7		75 = *K13, K2tog	105 = K2tog, *K11, K2tog
48 = *K10, K2tog, or *K6, K2tog		76 = K2tog, *K13, K2tog	106 = K2tog, K12, *K2tog, K11
49 = *K5, K2tog		77 = *K9, K2tog	107 = (K2tog, K12)x2, *K2tog, K11
50 = *K8, K2tog		78 = *K11, K2tog	108 = *K10, K2tog
51 = K2tog, *K8, K2tog		79 = K2tog, *K11, K2tog	109 = K2tog, *K10, K2tog
52 = K2tog, K9, *K2tog, K8		<u>80</u> = *K8, K2tog	110 = *K8, K2tog or *K9, K2tog
53 = (K2tog, K9)x2, *K2tog, K8		81 = *K7, K2tog	111 = K2tog, *K8 or 9, K2tog
54 = *K7, K2tog		82 = K2tog, *K7, K2tog	<u>112</u> = *K12, K2tog
55 = *K9, K2tog		83 = K2tog, K8, *K2tog, K7	113 = K2tog, *K12, K2tog
56 = *K6, K2tog		84 = *K10, K2tog or *K12, K2tog	114 = K2tog, K13, *K2tog, K12
57 = K2tog, *K6, k2tog*		85 = *K15, K2tog	115 = (K2tog, K13)x2, *K2tog, K12
58 = K2tog, K7, *K2tog, K6		86 = K2tog, *K15, K2tog	116 = (K2tog, K13)x3, *K2tog, K12
59 = (K2tog, K7)x2, *K2tog, K6		87 = K2tog, K16, *K2tog, K15	117 = *K7, K2tog or *K11, K2tog
60 = *K8, K2tog		<u>88</u> = *K6, K2tog or *K9, K2tog	118 = K2tog, *K7 or 11, K2tog
61 = K2tog, *K8, k2tog*		89 = K2tog, *K9, K2tog	119 = K2tog, K12, *K2tog, K11
62 = K2tog, K9, *K2tog, K8		90 = *K7, K2tog or *K8, K2tog	<u>120</u> = *K8, K2tog or *K10, K2tog
63 = *K7, K2tog		91 = *K11, K2tog	121 = *K9, K2tog
<u>64</u> = *K6, K2tog		92 = K2tog, *K11, K2tog	122 = K2tog, *K9, K2tog
65 = *K11, K2tog		93 = K2tog, K12, *K2tog, K11	123 = K2tog, K10, *K2tog, K9
66 = *K9, K2tog		94 = (K2tog, K12)x2, *K2tog, K11	124 = (K2tog, K10)x2, *K2tog, K9
67 = K2tog, *K9, K2tog		95 = *K17, K2tog (halfway K2tog)	125 = (K2tog K10)x3, *K2tog, K9
68 = K2tog, K10, *K2tog, K9		<u>96</u> = *K6, K2tog or *K10, K2tog	126 = *K12, K2tog
69 = (K2tog, K10)x2, *K2tog, K9		97 = K2tog, *K10, K2tog	127 = K2tog, *K12, K2tog
70 = *K8, K2tog		98 = *K12, K2tog	<u>128</u> = K13, K2tog, *K2tog, K12
71 = K2tog, *K8, K2tog		99 = *K9, K2tog	130 = *K8, K2tog or *K11, K2tog
		100 = *K8, K2tog	131 = K2tog, *K11(8), K2tog
		101 = K2tog, *K8, K2tog	132 = *K9, K2tog or *K10, K2tog