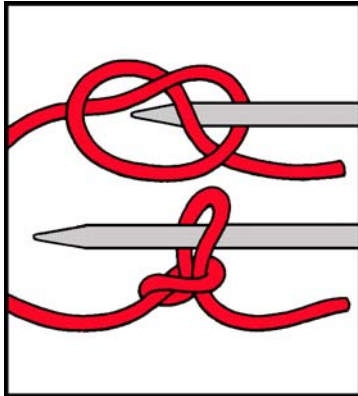


INSTRUCTIONS FOR KNITTING

CASTING ON

The first step in knitting is to cast the yarn onto the needle. This provides the first row of stitches which is usually the bottom edge or selvedge of the piece you're knitting.

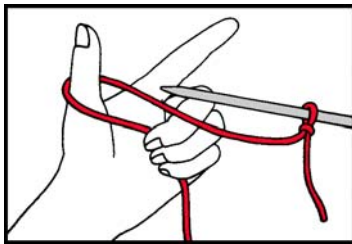


Loop Knot

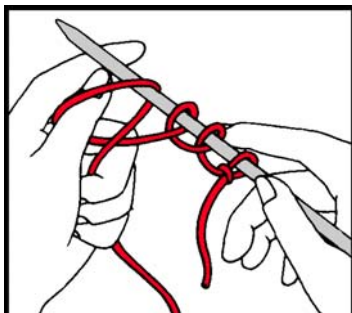
To start your first row of stitches you need to make a loop knot (slip knot) on the needle. Make the loop knot about 15 cm from the end of the yarn. Insert the needle under the short length of the yarn then draw the needle through the loop and tighten the knot.

There are several methods used for casting on. Each method will produce a slightly different edge look. Below are the three main methods.

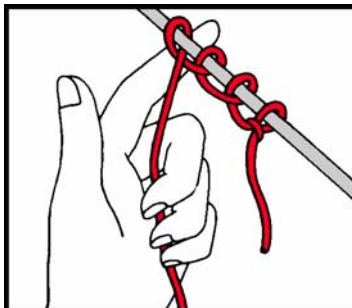
The Thumb Method - Using One Needle



Place the needle in your right hand and wrap the yarn from the ball around your left thumb, holding onto the yarn with your left fingers.

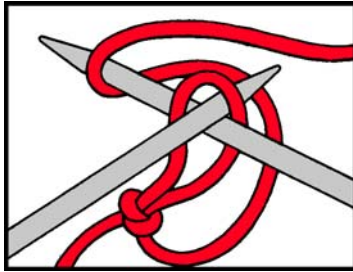


Twist your left hand so that your thumb is facing you. Place the needle through the loop from front to back.

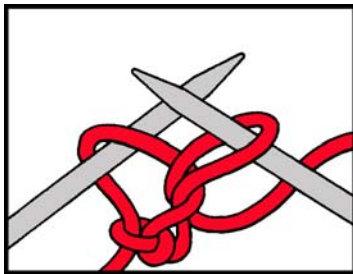


Remove your left thumb whilst pulling the yarn down. This will close the loop. Repeat these steps until you have cast on the desired number of stitches.

Knitting On Method - Using Two Needles



Place the needle with the loop knot in your left hand. Place the right hand needle through the loop, under the left hand needle as pictured. Holding the yarn from the ball in your right hand place the yarn around the point of the right hand needle and back under the point of the left hand needle - as for knitting.



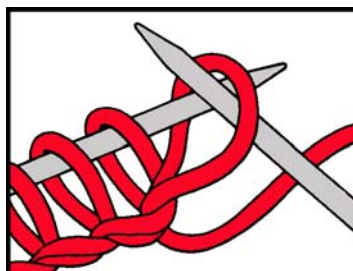
Bring the right hand needle up from under the left hand needle and draw the yarn up so there is a loop on the right hand needle. Place the left hand needle through the back of the loop on the right hand needle and remove the right hand needle thus leaving two loops on the left hand needle.

Repeat these steps until you have cast on the desired number of stitches.

Cable Cast On Method - Using Two Needles



The first two stitches are made by using the Knitting On Method (above). Once these are complete, and for each new stitch after this, you insert the right hand needle between the previous two stitches. Then place the yarn around the point of the right hand needle and back under the point of the left hand needle - as for knitting.



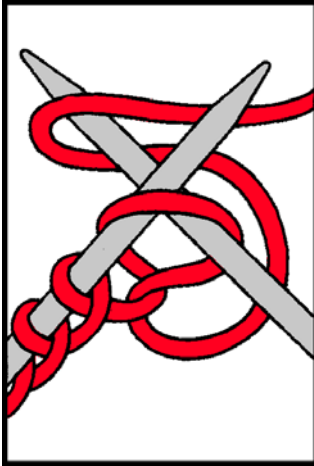
Bring the right hand needle up producing a loop on it, then move it back to the left hand needle as shown in the Knitting On Method above. Continue to repeat the steps until the desired number of stitches in on the needle.

The Cable Cast On Method produces a more decorative edge.

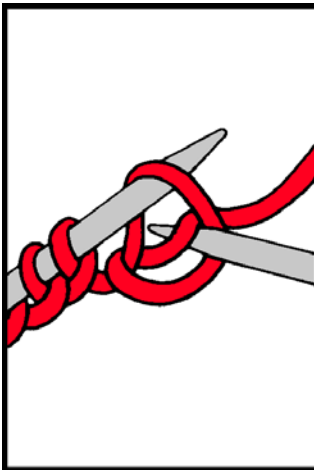
BASIC STITCHES

There are only two stitches used in knitting. One is called Knit (or plain) and the other is called Purl. All knitted fabrics are a combination of these two stitches no matter how complicated the pattern is.

The Knit Stitch



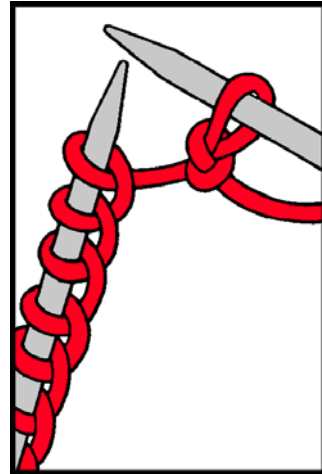
Place the right hand needle through the loop, under the left hand needle as pictured. Holding the yarn from the ball in your right hand place the yarn around the point of the right hand needle and back under the point of the left hand needle.



Bring the right hand needle up from under the left hand needle (pictured left).

Draw the yarn up so there is a loop on the right hand needle and allow the stitch to slip off the left hand needle.

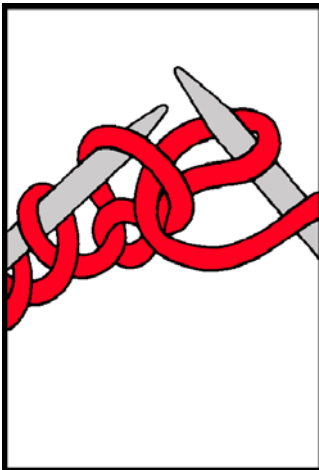
Continue these steps until all stitches are on the right hand needle.



The Purl Stitch



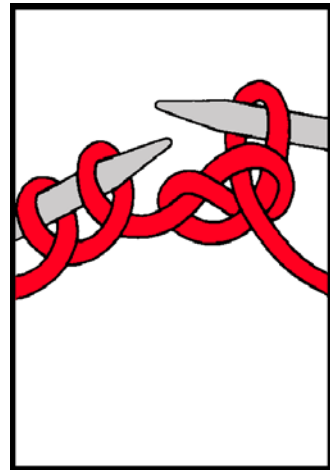
Place the right hand needle through the loop from back to front, over the left hand needle. Make sure the yarn from the ball is on the left side of the right hand needle as pictured. Holding the yarn from the ball in your right hand place the yarn around the point of the right hand needle.



Draw the loop through the stitch moving the right hand needle down under the left hand needle (pictured left).

Draw the yarn up so there is a loop on the right hand needle and allow the stitch to slip off the left hand needle.

Continue these steps until all stitches are on the right hand needle.

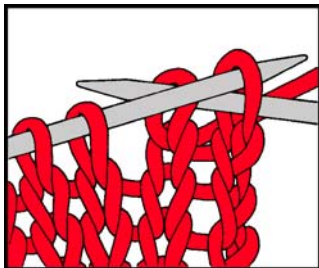


CASTING OFF

Once you have completed the piece you're working on you'll need to cast off (also known as binding off). Casting off allows you to remove stitches from the needle without the stitches unravelling. This provides the last row of stitches which is usually the top edge or selvedge.

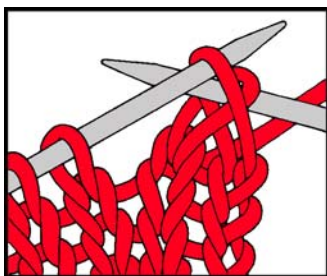
There are several methods to cast off however the method below is the most common.

Plain Casting Off

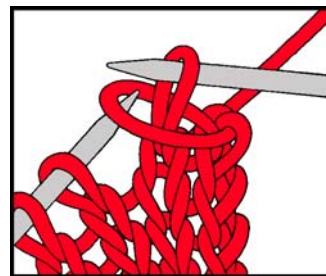


Knit two stitches in the usual way so that there is two stitches on the right hand needle. (NOTE: The pattern may say to knit or purl the stitch to be cast off).

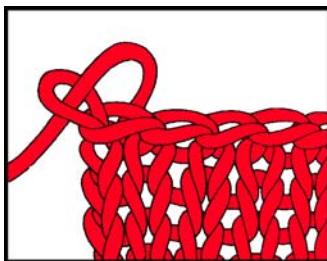
Place the point of the left hand needle through the first stitch on the right hand needle as pictured.



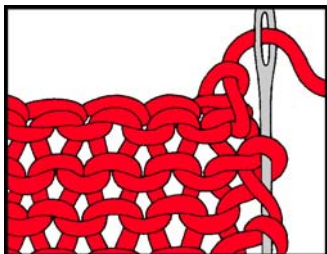
Lift this stitch over the second stitch on the right hand needle (pictured left) then drop the stitch (pictured right).



Knit another stitch onto the right hand needle and repeat these steps until you have cast off all the stitches.



Once you have cast off the last stitch slip the remaining yarn through the stitch and pull to tighten the loop. This will secure the yarn end.



Weave about 5 cm of the yarn end through the edge seam with a needle to secure the yarn.