

Knitting

The following instructions for casting on, for plain knitting, for purl knitting and for casting off have been made as clear as possible, and have been successfully tested by some very inexperienced knitters, but the easiest way to learn how to knit is for someone to show you, and if you have any difficulty following them it may be a good idea to seek help from a friend who knows how to knit.

Casting on

Casting on is the most difficult aspect of knitting and there are various different methods of doing it. The method shown here is relatively simple and works well.

Tip: The ball of wool should be at your right side, and the wool is carried by the right hand, unless you are left-handed, in which case the instructions can be reversed. However, some left-handed people are quite at ease knitting in a right-handed way, provided they learn the right-handed method from the beginning.

1. Make a loop 20 cm (8") from the end of the wool and push the left needle through this loop. Pull the loop up so that it fits closely round the needle, but is not too tight. This will be the first stitch.
2. Hold this needle in the left hand. Take the second needle and the length of wool that is attached to the ball, in the right hand. Push the right needle up through the loop on the left needle, so that the right needle comes *under* the left one (*Diagram 1*).
3. Bring the wool that is attached to the ball round the back and over the point of the right needle.
4. Draw the right needle back towards yourself from under the left needle. Bring the point through the first stitch, without letting the wool slip off, and place it on top of the left needle (*Diagram 2*).
5. Bring the point of the left needle round on top of the right needle, insert it up through the loop on the right needle, then draw the right needle out and away (*Diagram 3*). There are now 2 stitches or loops on the left needle.
6. Repeat steps 2 to 5 until you have the required number of stitches on your left needle.
7. Always keep the length of wool that you are knitting with, underneath and at the back of the needles.

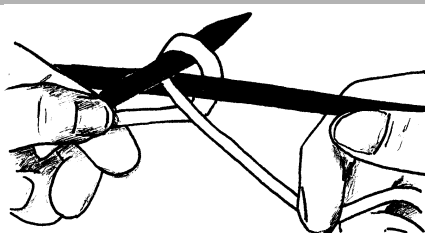


Diagram 1

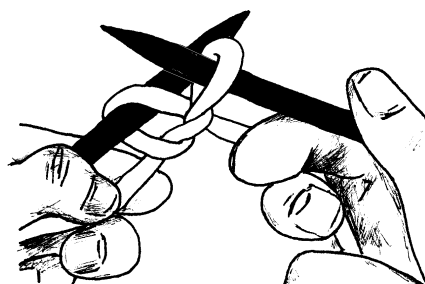


Diagram 2

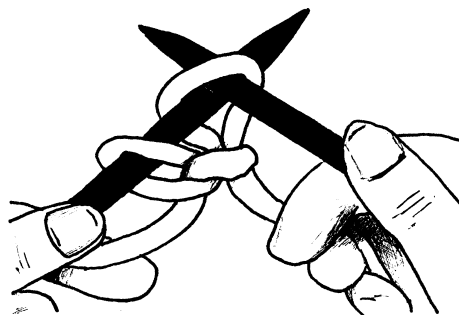


Diagram 3

Plain Knitting

There are 2 basic knitting stitches – plain and purl. Plain knitting is usually abbreviated to ‘K’ in knitting patterns.

Before you begin a garment it is a good idea to do some practice knitting to get used to the stitches. You can always pull out your work and start again if it all goes wrong.

1. Cast on 10 stitches.
2. Hold the needle with the stitches in the left hand. Insert the right needle up through the first stitch on the left needle, so that the right needle comes under the left one (just as you did when casting on) (*Diagram 1*).
3. Pass the wool round the back and over the point of the right needle, from left to right. Draw the point of the right needle back out of the stitch and round to the front of the needle, making sure that you still have a stitch on the right needle (*Diagrams 2 and 3*).
4. Slip the first loop off the left needle. There should now be 9 stitches on the left needle and 1 stitch on the right needle.
5. Continue to work into every loop in this way, until there are 10 stitches on the right needle and none on the left needle.
6. Turn the work, placing the needle with all the new stitches into the left hand, with its tip pointing to the right.
7. Work another row exactly as you did the last one, remembering that in plain knitting the wool is always kept at the back of the work, and that every row is the same.

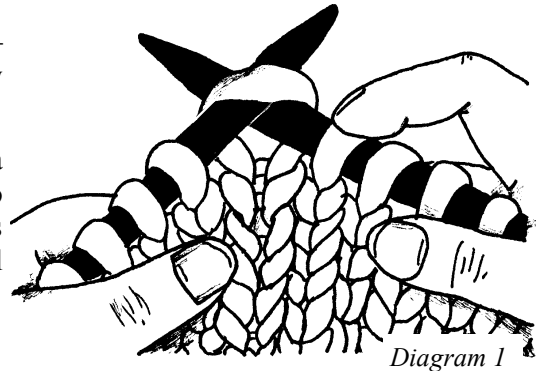


Diagram 1

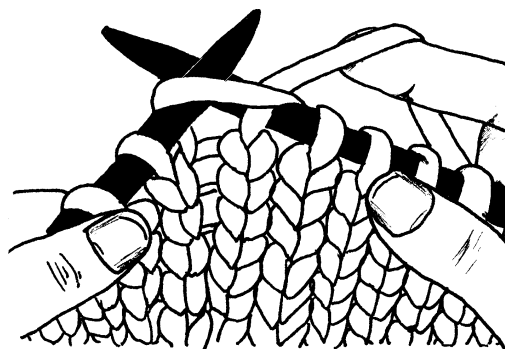


Diagram 2

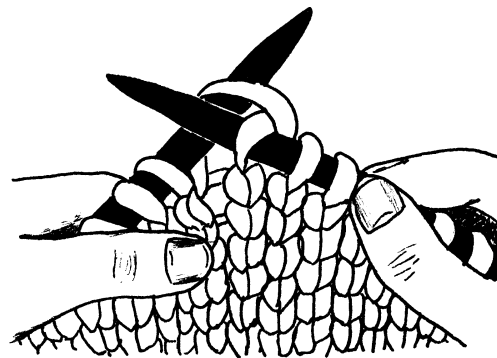


Diagram 3

Purl Knitting

You can now learn purl knitting. This is done into the *front* of the stitches. (It is abbreviated to 'P' in knitting patterns.)

1. Cast on another 10 stitches (or continue on the piece of plain knitting you have just done). Take the needle with stitches in the left hand, and keep the wool at the *front* of the work.
2. Holding the left needle horizontally, push the right needle through the top of the first stitch on the left needle, *from the right to the left of the stitch*, keeping the right needle in front of the left one (*Diagram 1*).
3. Now pass the wool round the point of the right needle, from right to left (*Diagram 2*).
4. Repeat the action described in Step 3 of plain knitting i.e. draw the point of the right needle back out of the stitch making sure that it emerges with the loop still round it (*Diagram 3*).
5. Place the right needle behind the left needle, then slip the first stitch off the left needle.
6. Work into each stitch on the left needle in the same way, until all the stitches are transferred to the right needle.

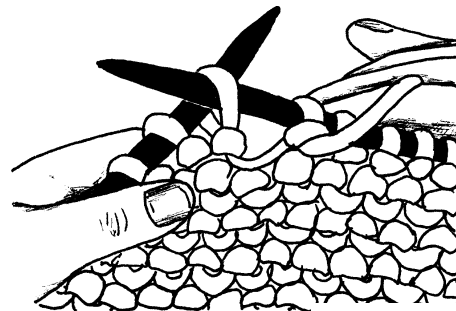


Diagram 1



Diagram 2



Diagram 3

Stitches

Garter Stitch

Garter stitch is another name for plain knitting stitch. Knitting something in garter stitch also means to knit every row in plain knitting (i.e. no purl knitting). It forms ridges on alternate rows.

Stocking Stitch (abbreviated to st.st.)

Stocking stitch is one row in plain knitting and the next row in purl knitting.

Slip Stitch (abbreviated to sl.st.)

1. Hold the needle with the stitches in the left hand.
2. Push the point of the right needle up through the front of the first stitch on the left needle, from left to right, and draw the loop off the left needle on to the right needle, without knitting it.

Casting off

This should be done *loosely*.

1. Put the needle with the stitches on in the left hand, and knit the first two stitches in plain knitting.
2. Push the point of the left needle, *from left to right*, through the front of the first-knitted of the two stitches on the right needle
3. Hook this first stitch over the second stitch and then over the point of the right needle. Let this stitch drop in between the needles. One stitch has now been cast off.
4. Plain knit (K) the next stitch from the left needle, making two stitches again on the right needle and, as before, slip the first one over the second.
5. Continue in this way until only one stitch remains on the right needle.
6. Break off the wool from the work, leaving about 15 cm (6") of wool hanging loose.
7. Slip the last remaining stitch loosely off the needle and draw the end of the wool through this last stitch. Pull tightly.
8. Thread the end through a wool needle and sew it neatly into what you have knitted. (A wool needle is like an ordinary sewing needle, but it has a blunt point.)