

The ABC of KNITTING

FOR RIGHT-HANDED STUDENTS

also available for
left-handed students

NEEDLES—The first thing you need is a pair of knitting needles. They should be single-pointed, which is the type used for flat work. For easy handling, they should not be more than 10" long and not smaller than size 5. If you buy the needles, get a size 8, the size specified for making the Head Band below.

YARN—Then you will need yarn. Knitting worsted is the kind easiest to handle. Any leftover lengths are good for practice. If you do not have any, buy a 1/3-ounce Pull-Out Skein of Coats & Clark's "RED HEART" Knitting Worsted in a bright color.

INSTRUCTIONS—Now take your yarn and knitting needles and turn to the inside pages of this leaflet. Read what it says in each square and DO IT before going on to the next. Remember that the girl who can follow directions is the girl who gets there. You will be knitting before you know it.

When you have worked through "Binding Off," you will be ready for your first project, the Head Band below.

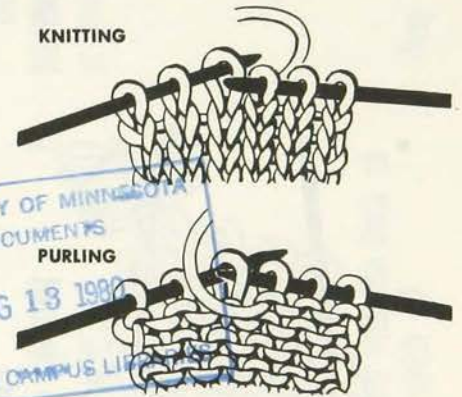
TENSION—As you try these stitches and knit your practice piece, you will notice that the yarn coming from the skein and going to your needles is controlled by the way it passes through your fingers—tightly or loosely. This is called the TENSION of your yarn. As you practice knitting you learn to relax . . . in relaxed fingers the flow of yarn is even. Even tension makes even work. Try to make your loops and stitches just loose enough so the needles go through easily but do not fall out.

ABBREVIATIONS are needed to avoid repeating long words. These are the ones used most often:

k	knit	st	stitch
p	purl	sts	stitches
dec	decrease	p s o	pass slipped stitch over
inc	increase	incl	inclusive
beg	beginning	pat	pattern
tog	together	*(asterisk)	repeat the instructions as many times as specified
sl	slip	()	parentheses are sometimes used instead of the asterisk and mean exactly the same
yo or o	yarn over		

POINTERS for beginners

DOES YOUR NEEDLE GO IN RIGHT?
Do you have trouble with stitches getting twisted? If you have, it is because your needle does not always go into the stitch the right way. This is very important. Use these diagrams to check on what you do. See that you always pick up your stitch the way it is shown, knitting or purling.



PUTTING DOWN YOUR WORK—Do not put down your work while you are in the middle of a row. Knit to the end of the row and push the stitches back to the end of the needle so that they cannot accidentally slip off. If the needle is very full, that means if you have many stitches, wind a small rubber band around the point of the needle to keep the stitches from slipping off. Or use a point protector which can be bought. Roll your work carefully and loosely around the needles; place back into your bag to prevent it from getting soiled.



HEAD BAND (measures 2 x 10 inches stretched)

Try out your new knitting knowledge with this very easy project

YOU NEED

- Coats & Clark's RED HEART® Knitting Worsted, 4 ply
- Knitting needles, 1 pair No. 8 (10-inch length)
- 9 inches narrow elastic



Cast on 50 sts. Work in ribbing of k 1, p 1, across. When work is about 2 inches deep, bind off loosely.

At one short end of band, gather sts together; fasten ends of yarn. Finish other short end the same way. Turn under raw edges of elastic and sew to each end of band.

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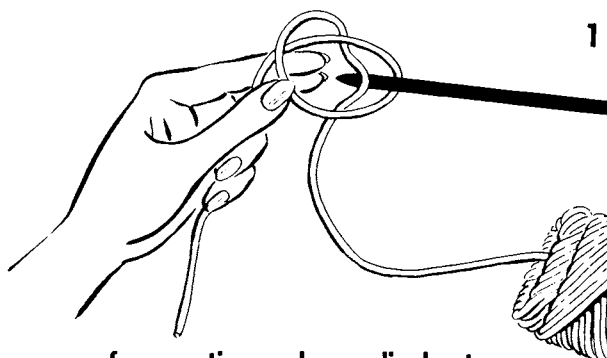
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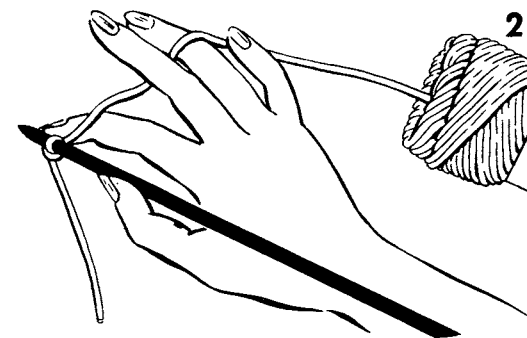
CASTING ON

• the first step in knitting

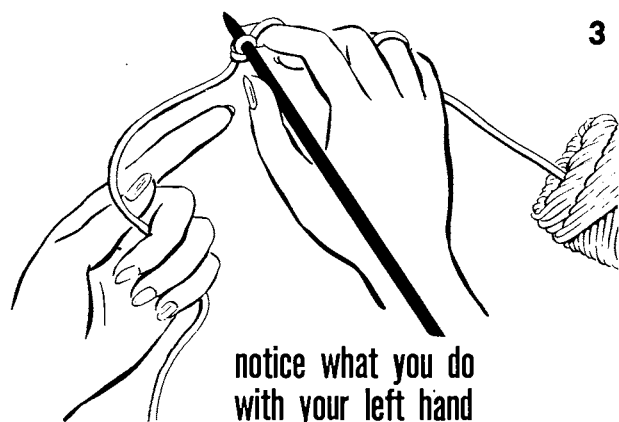
This means putting the first row of stitches on the knitting needle. The loop of the slip knot you start with counts as a first stitch. Cast on loosely.



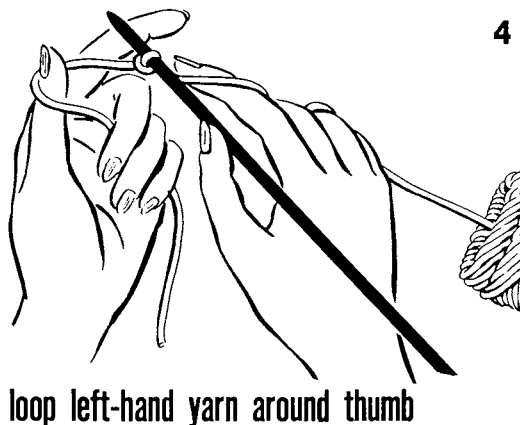
for practice make a slip knot
12" from end of yarn



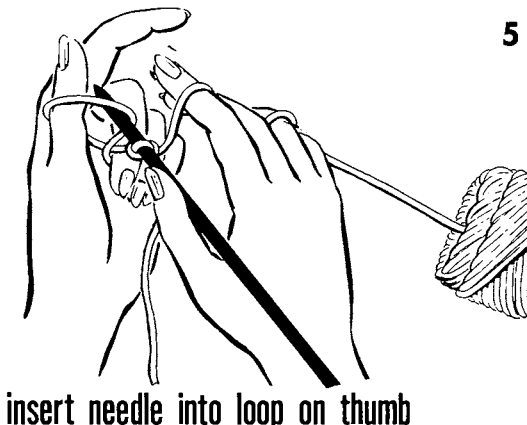
hold needle in right hand —
notice how yarn from skein is held



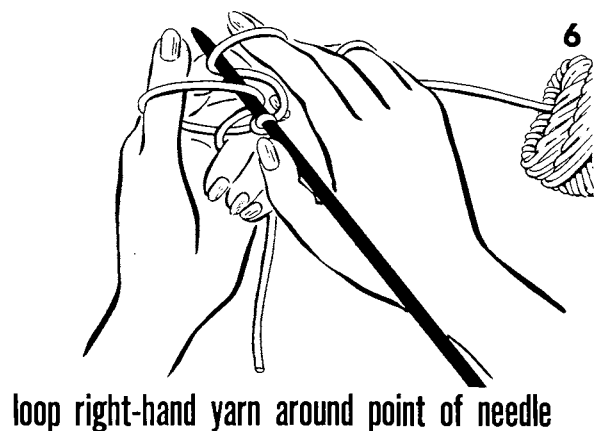
notice what you do
with your left hand



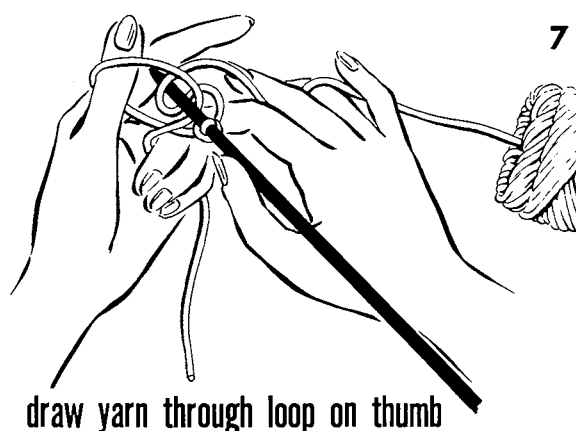
loop left-hand yarn around thumb



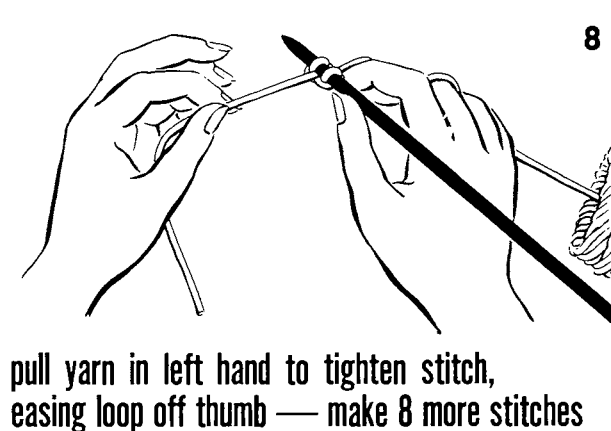
insert needle into loop on thumb



loop right-hand yarn around point of needle



draw yarn through loop on thumb

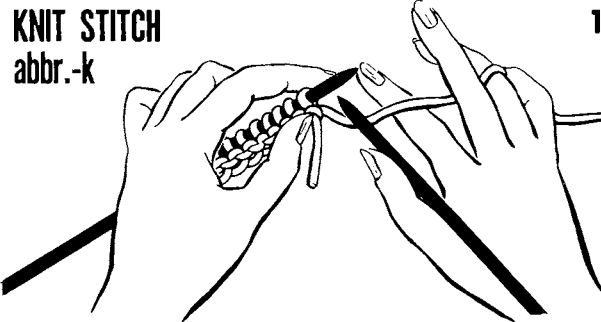


pull yarn in left hand to tighten stitch,
easing loop off thumb — make 8 more stitches

how to KNIT and PURL

- the basis of all knitting

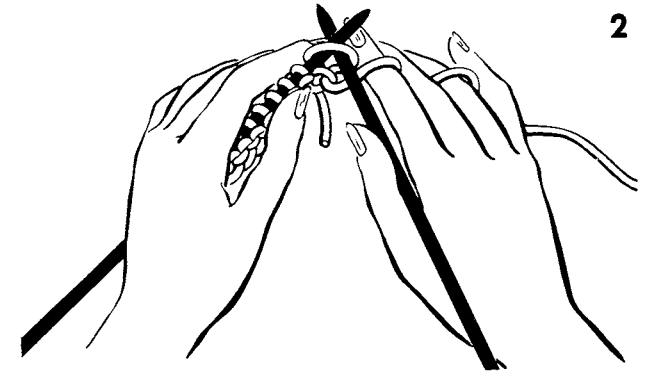
The movements in knitting are the same as in casting on. Push stitches on left needle up toward the point as you work. At end of row the needles change hands: full needle to the left hand, empty needle to the right.



KNIT STITCH
abbr.-k

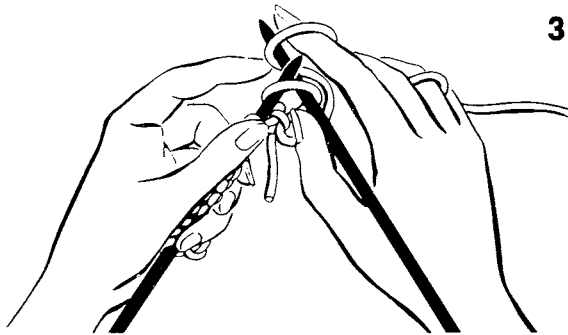
1

hold needle with cast-on stitches in left hand, empty needle and yarn in right hand



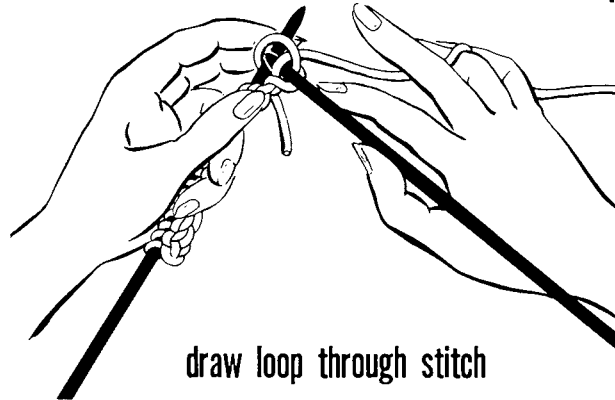
2

slip point of needle into front of first stitch



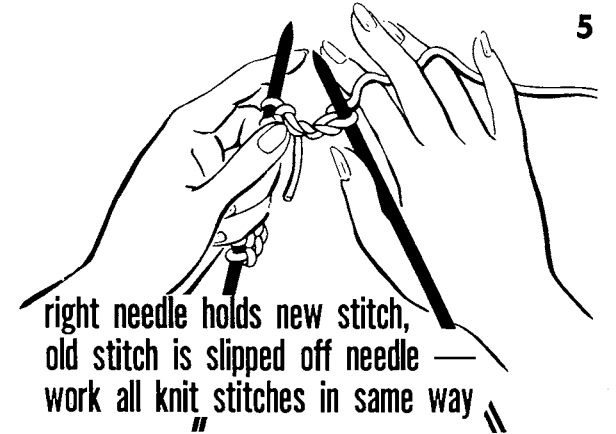
3

loop yarn around point of needle with index finger as you did for casting on



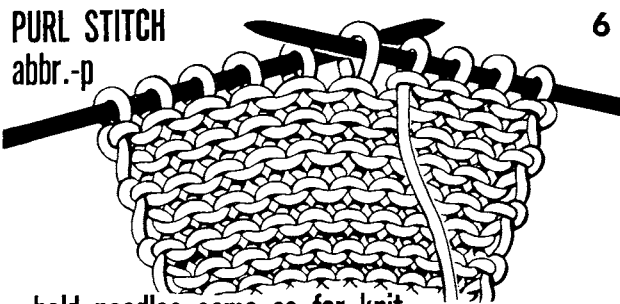
4

draw loop through stitch



5

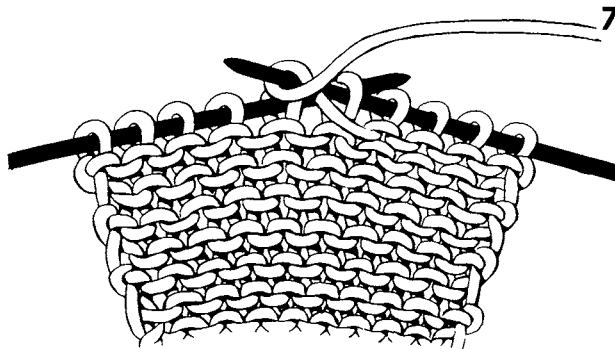
right needle holds new stitch, old stitch is slipped off needle — work all knit stitches in same way //



6

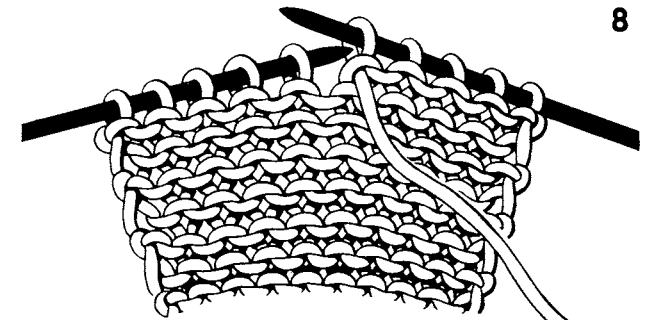
PURL STITCH
abbr.-p

hold needles same as for knit stitch but with yarn in front — slip point of needle in from back of stitch



7

loop yarn around point of needle



8

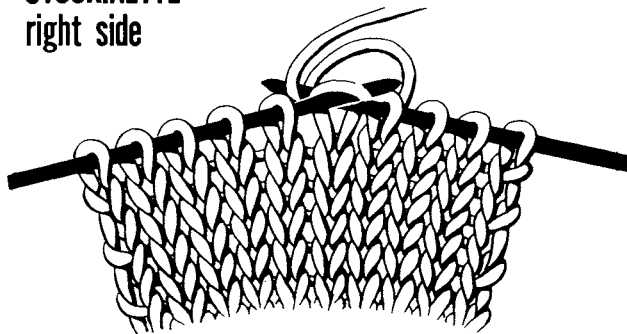
draw yarn through stitch; slip old stitch off left needle — work all purl stitches in same way //

BASIC STITCHES and BINDING OFF

• bind off loosely

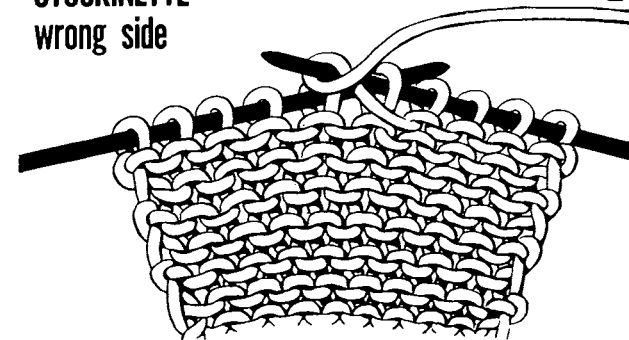
To bind off ribbing, knit the k stitches, purl the p stitches.

STOCKINETTE
right side



knit one row . . .

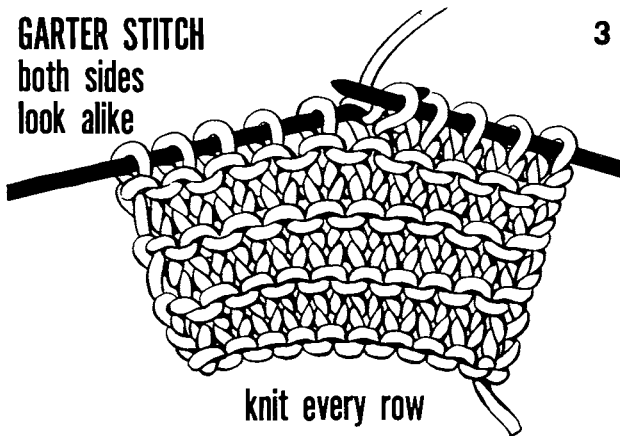
1 STOCKINETTE
wrong side



. . . purl one row

GARTER STITCH
both sides
look alike

3



knit every row

RIBBING — k1, p1
both sides look alike

4



RIBBING — k2, p2
both sides look alike

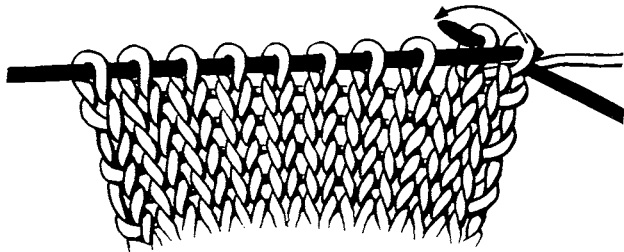
5



RIBBING draws the knitting together, making it elastic . . . there are two basic types: knit one stitch (k1), bring yarn to front, purl one stitch (p1), take yarn back; repeat to end of row . . . or, knit two (k2) and purl two (p2) . . . if row ends with purl start next row with knit.

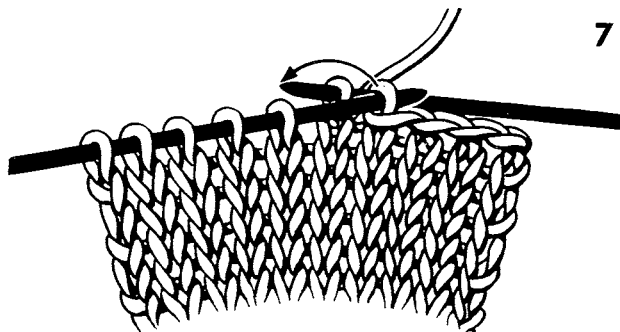
BINDING or CASTING OFF

6



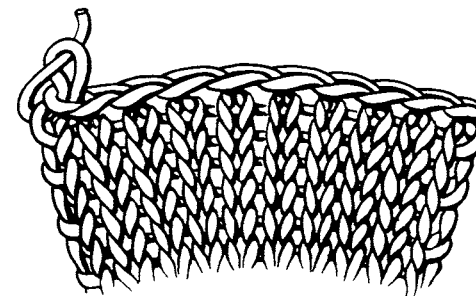
knit two stitches loosely . . . pass first over second stitch and off right needle . . .

7



. . . one stitch remains on right needle; knit next stitch loosely and repeat . . .

8

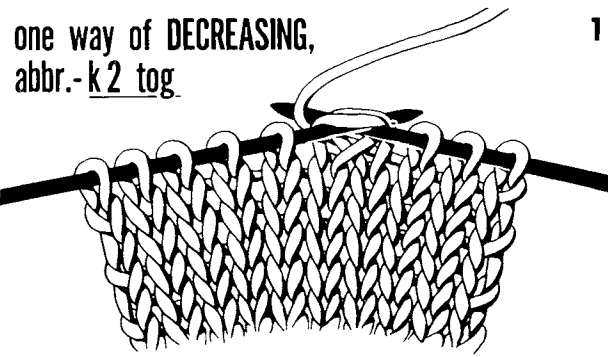


bind off all stitches but one; break yarn and draw end through stitch

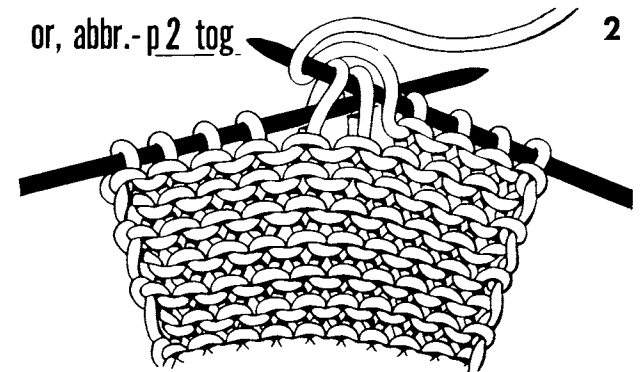
DECREASING and INCREASING

• for shaping a garment

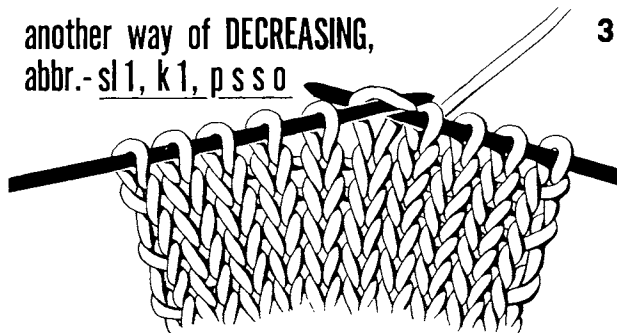
There are two ways of decreasing—you must learn both. The knitting instructions tell you which to use.



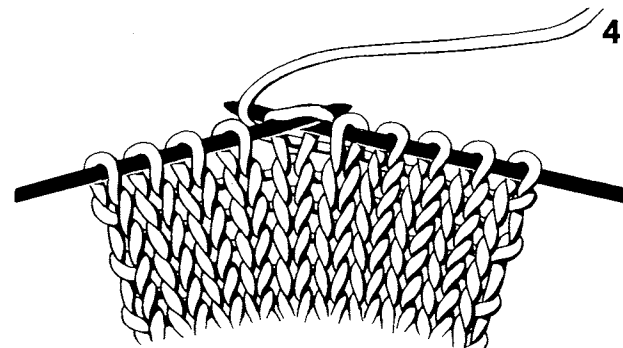
knit two stitches together



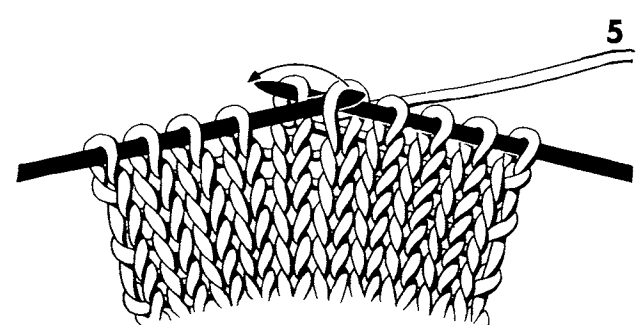
or purl two stitches together



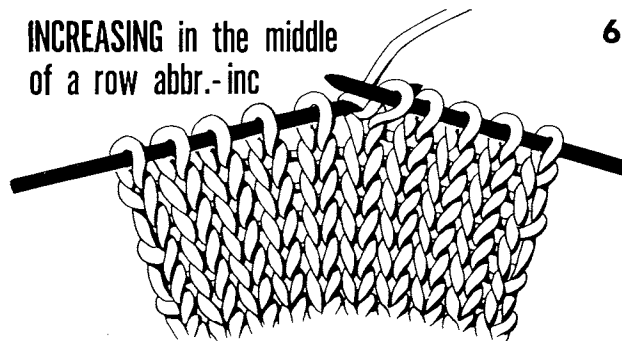
slip one stitch from left to right needle without knitting, abbr.- sl 1...



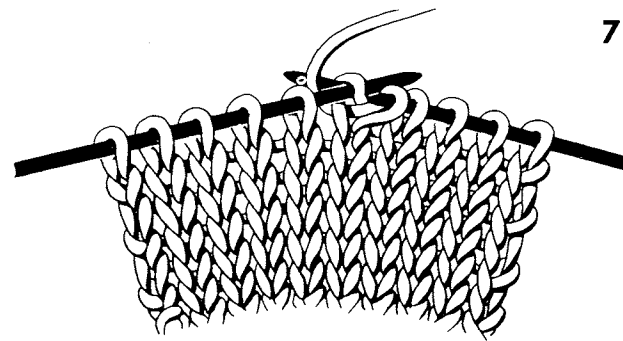
...knit one stitch, abbr.- k 1...



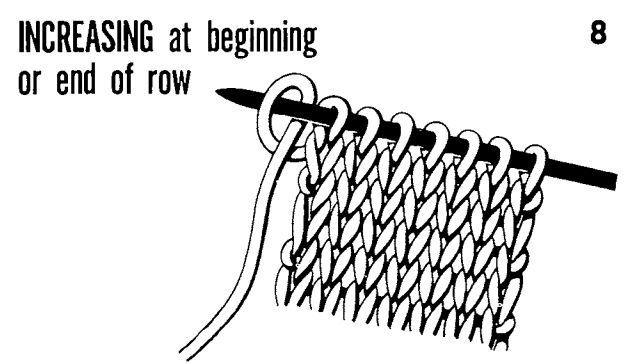
...with help of left needle, pass the slipped stitch over the knitted stitch, abbr.- p s s o



knit one stitch as usual but do not slip old stitch off left needle...



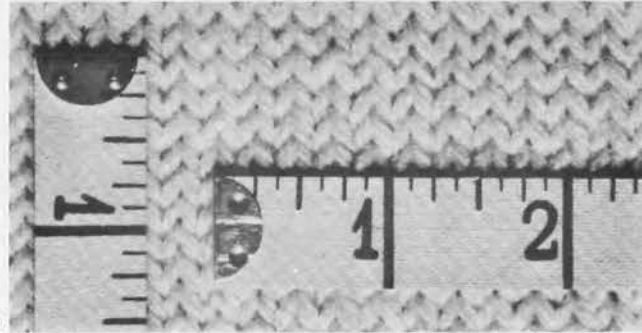
...now knit a second stitch into the back of the same stitch - slip old stitch off



loop yarn around point of needle, as shown

WHAT EVERY KNITTER SHOULD KNOW

GAUGE—To make sure your knitting is neither too loose nor too tight and that your garment will correspond to the model, a gauge is given at the beginning of all knitting instructions. The gauge gives the number of stitches to an inch and the number of rows to an inch.



The gauge on this stockinette stitch, made with Knitting Worsted and needles No. 8 is: 4½ stitches = 1 inch (or 9 stitches = 2 inches) 6 rows = 1 inch

To see if your own knitting has the same gauge, make a small sample. Cast on 20 sts and knit about 2 inches with the needles and yarn specified in the instructions. Measure your sample as shown (8) counting the stitches per inch and the rows per inch. Compare these with the gauge given in the instructions. If you have more stitches and rows, it means that you knit tightly; try using larger needles. If you have fewer stitches and rows, you knit loosely; try smaller needles. Keep trying until your gauge agrees with the one given.

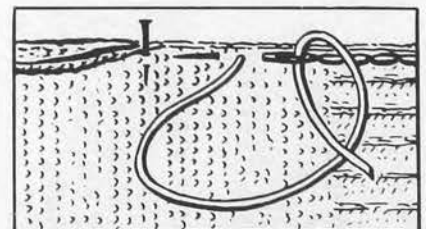
BLOCKING—This means to steam into shape. For good fit and smartness, block the separate pieces of your work before joining them together. Place each section on a padded surface, wrong side up and pin to the proper shape and measurements (see knitting instructions). Steam lightly through a damp cloth; do not rest the iron on the knitting or an impression will be left. Ribbing is never blocked. If a piece is soiled, wash, lay it flat between two towels, and pat it as dry as you can. Then spread it flat on a dry towel, ease it to the proper shape and measurements, and allow it to dry.

SEAMS—Most knitted garments are made in separate sections. These, after blocking, are joined by seams, using as thread the yarn used for knitting—the seams, in fact, are usually started with the hanging yarn-ends.

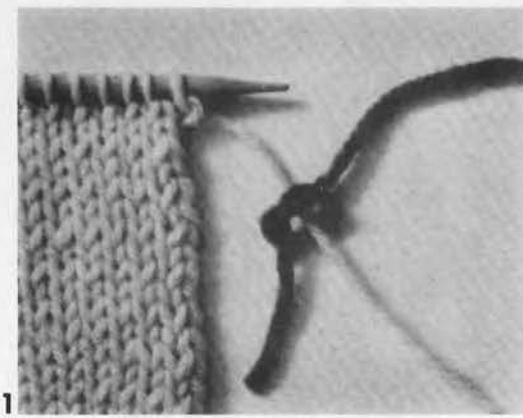
The best **needle to use** is a large-eyed, blunt-pointed tapestry needle, but there are also plastic needles made especially for the purpose. For back-stitched seams a yarn darning needle may also be used.

There are two kinds of seams—**backstitched seams**, which can be made anywhere, and **woven seams**, possible only on lengthwise edges (side seams, sleeve seams), where the rows end. One garment, therefore, can be joined with different seams. Carefully match rows and patterns when sewing.

A BACKSTITCHED SEAM can be made anywhere and allows for adjusting edges if this happens to be necessary. The knitted pieces are handled like fabric. Pin the two pieces together, right sides facing, matching rows and pattern. Make back stitches through both thicknesses, either very close to edges, as in illustration (9), or taking wider seams, as necessary for fit.

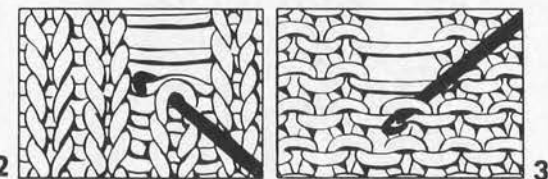


A WOVEN SEAM is the most invisible seam. It is done from the right side. Starting at one edge, bring needle up through first stitch. Put needle down through first stitch on other edge and bring it up along the same edge two rows beyond (10). Put it down through the corresponding stitch on the first edge and bring it up two rows beyond. Continue weaving back and forth in this way (10).

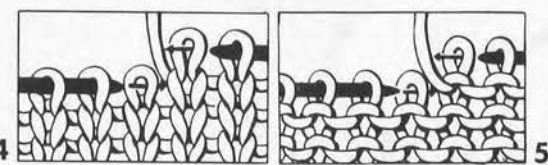


JOINING YARNS—Always join a new skein of yarn at the beginning of a row by tying the new strand to the old with a slipknot (1). Move slipknot up close to the work. If the yarn cannot be joined at the beginning of a row, thread new yarn into a tapestry needle. Weave into end of old yarn for about 3", leaving a short end on the wrong side, which can be trimmed away after a few rows.

CORRECTING ERRORS



Dropped stitches—Use a crochet hook to catch the loose stitch and work it up on the horizontal thread of each row. Follow the illustrations for knit (2) and purl (3) until you reach the row on which you are working.



When putting stitches back on the needle—after ripping and also after picking up dropped stitches—the needle must be inserted correctly or the knitting will be twisted: Insert right needle from back to front, left needle from front to back through each loop. See illustrations for knit (4) and purl (5).



If you make an error in the pattern, do not undo all the stitches at once. Remove one at a time, as follows: slip **left-hand** needle into the stitch **under** the first stitch now on **right-hand** needle (6). Drop first stitch off right-hand needle and pull yarn (7). Repeat until you come to the place where the error was made.

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