



# KNITTING 101

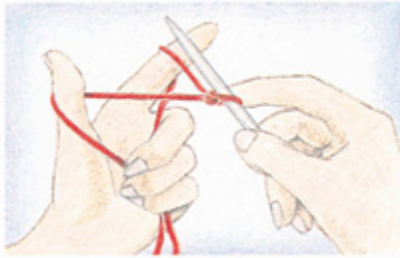
Brought to you by:

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Samantha Cresswell  
Jeannine Lau

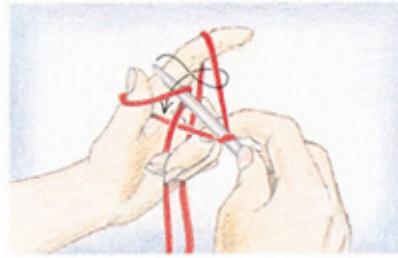
# CASTING ON<sup>1</sup>

## Long-tail Cast-on

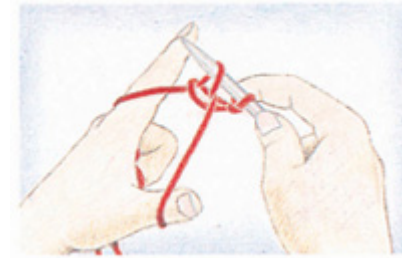
The long-tail cast-on method provides a firm yet elastic edge and is frequently recommended for beginners.



1. Make a slip knot on the right needle, leaving a long tail. Wind the tail end around your left thumb, front to back. Wrap the yarn from the ball over your left index finger and secure the ends in your palm.



2. Insert the needle upward in the loop on your thumb. Then with the needle, draw the yarn from the ball through the loop to form a stitch.



3. Take your thumb out of the loop and tighten the loop on the needle. Continue in this way until all the stitches are cast on.

## Knitted Cast-on

For the knitted cast-on, use two needles and one length of yarn.



1. Make a slip knot on the left needle.  
\*Insert the right needle knitwise into the stitch on the left needle. Wrap the yarn around the right needle as if to knit.

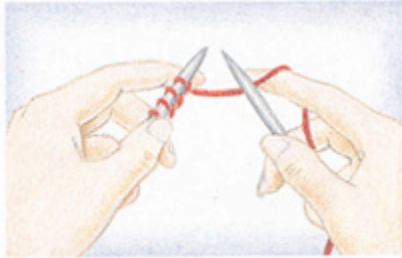


<sup>1</sup> [http://www.vogueknitting.com/pattern\\_help/how-to/learn\\_to\\_knit/first\\_stitches.aspx](http://www.vogueknitting.com/pattern_help/how-to/learn_to_knit/first_stitches.aspx)

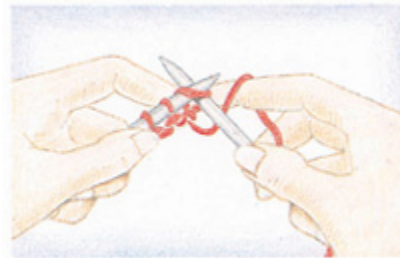
# The Knit Stitch<sup>2</sup>

*There are two different ways to make a knit stitch (English or Continental method), and the one you choose depends largely on which you're most comfortable with. English method is the most common in the U.S.*

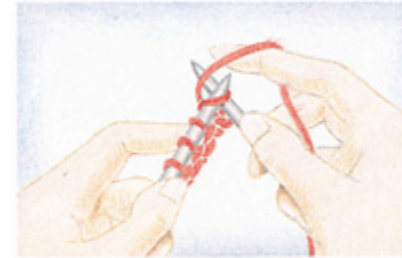
## **Knit Stitch (English)**



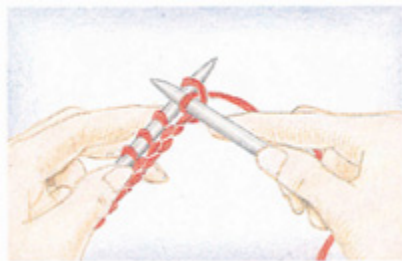
1. Hold the needle with the cast-on stitches in your left hand. Hold the working needle in your right hand, wrapping the yarn around your fingers.



2. Insert the right needle from front to back into the first cast-on stitch on the left needle. Keep the right needle under the left needle and the yarn at the back.



3. Wrap the yarn under and over the right needle in a clockwise motion.



4. With the right needle, catch the yarn and pull it through the cast-on stitch.

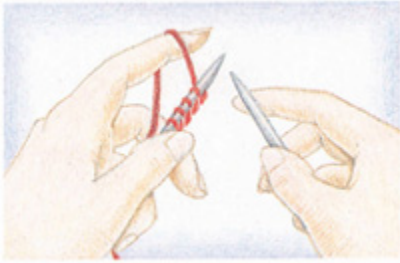


5. Slip the cast-on stitch off the left needle, leaving the newly formed stitch on the right needle. Repeat these steps in each subsequent stitch until all stitches have been worked from the left needle. You have made one row of knit stitches.

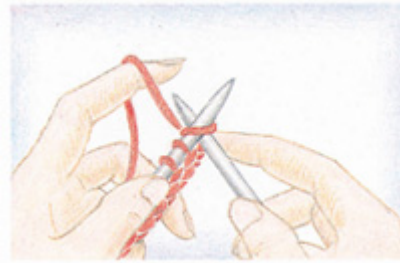
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<sup>2</sup> [http://www.vogueknitting.com/pattern\\_help/how-to/learn\\_to\\_knit/the\\_knit\\_stitch.aspx](http://www.vogueknitting.com/pattern_help/how-to/learn_to_knit/the_knit_stitch.aspx)

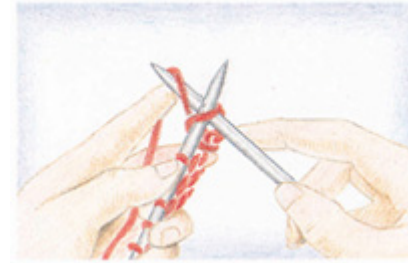
## **Knit Stitch (Continental)**



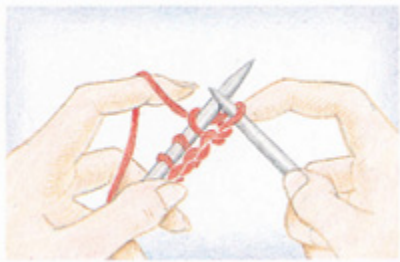
1. Hold the needles in the same way as for the English method shown above, but hold the yarn with your left hand rather than your right.



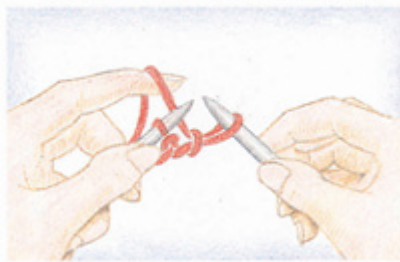
2. Insert the right needle from front to back into the first cast-on stitch on the left needle. Keep the right needle under the left needle, with the yarn in back of both needles.



3. Lay the yarn over the right needle as shown.



4. With the tip of the right needle, pull the strand through the cast-on stitch, holding the strand with the right index finger if necessary.

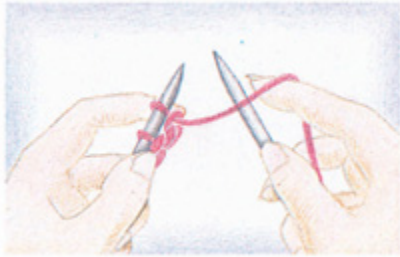


5. Slip the cast-on stitch off the left needle, leaving the newly formed stitch on the right needle. Continue to repeat these steps until you have worked all of the stitches from the left needle to the right needle. You have made one row of knit stitches

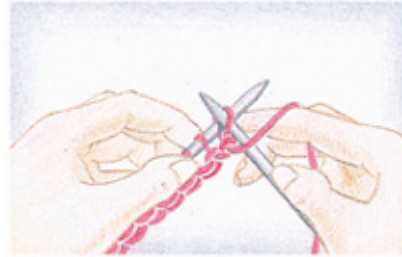
## The Purl Stitch<sup>3</sup>

*Purling is basically just a backwards version of knitting, and when you put the two together, you can come up with literally hundreds of stitch patterns.*

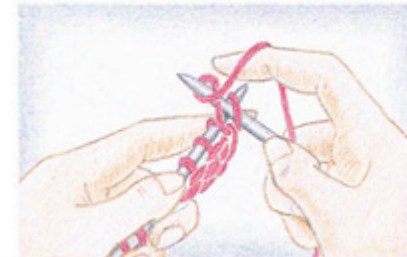
### **Purl Stitch (English)**



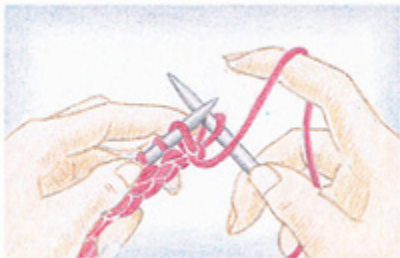
1. As with the knit stitch, hold the working needle in your right hand and the needle with the stitches in your left. The yarn is held and manipulated with your right hand and is kept to the front of the work.



2. Insert the right needle from back to front into the first stitch on the left needle. The right needle is now in front of the left needle and the yarn is at the front of the work.



3. With your right index finger, wrap the yarn counterclockwise around the right needle.



4. Draw the right needle and the yarn backward through the stitch on the left needle, forming a loop on the right needle.

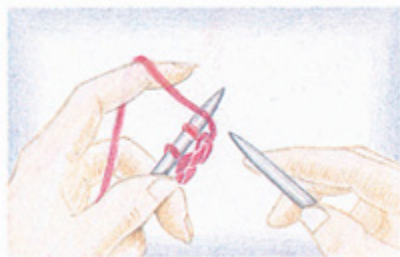


5. Slip the stitch off the left needle. You have made one purl stitch. Repeat these steps in each subsequent stitch until all stitches have been worked from the left needle. You have made one row of purl stitches.

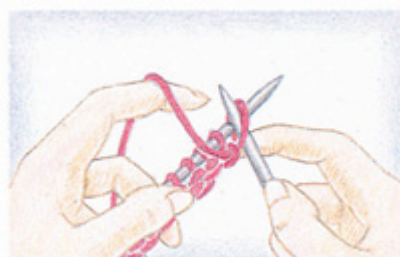
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<sup>3</sup> [http://www.vogueknitting.com/pattern\\_help/how-to/learn\\_to\\_knit/the\\_purl\\_stitch.aspx](http://www.vogueknitting.com/pattern_help/how-to/learn_to_knit/the_purl_stitch.aspx)

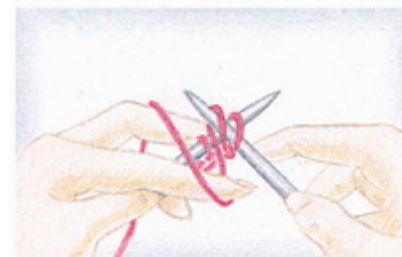
## **Purl Stitch (Continental)**



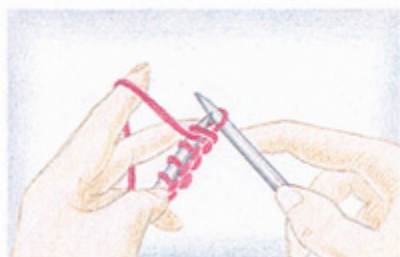
1. As with the knit stitch, hold the working needle in your right hand and the needle with the stitches in your left. The yarn is held and manipulated with your left hand and is kept to the front of the work.



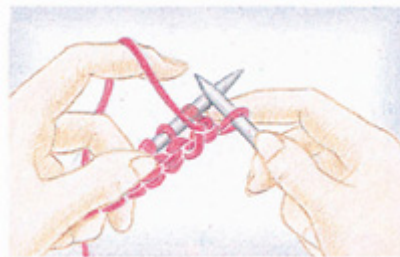
2. Insert the right needle from back to front into the first stitch on the left needle, keeping the yarn in front of the work.



3. Lay the yarn over the right needle as shown. Pull down on the yarn with your left index finger to keep the yarn taut.



4. Bring the right needle and the yarn backward through the stitch on the left needle, forming a loop on the right needle.



5. Slide the stitch off the left needle. Use your left index finger to tighten the new purl stitch on the right needle. Continue to repeat these steps until you have worked all of the stitches from the left needle to the right needle. You have made one row of purl stitches.

## Resources:

### ➤ Online

- Vogue Knitting Help - [http://www.vogueknitting.com/pattern\\_help/how-to.aspx](http://www.vogueknitting.com/pattern_help/how-to.aspx)
  - Help with the basics, advanced techniques, pattern reading, international terms
- Ravelry – [www.ravelry.com](http://www.ravelry.com)
  - Free subscription based website for knitters & crocheters to find community. You can keep track of your yarn, needles, books, projects and also join forums, share and search patterns and more.
- Knitty – [www.knitty.com](http://www.knitty.com)
  - Online magazine that offers free patterns and articles about knitting, even some resources for businesses or yarn entrepreneurs

### ➤ Print (in the library, knitting starts at...746.432\*\*\*)

- *Teach Yourself Visually Knitting & Crocheting* – 746.43 Tea
- *Knitting For Dummies* by Pam Allen – 746.432 All
- *Stitch 'n bitch : the knitter's handbook* by Debbie Stoller – 746.432 Sto
- *Big Book of Knitting* by Katharina Buss – 746.432 Bus