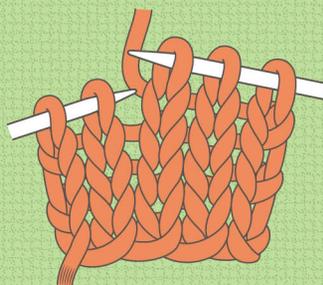


STITCH
ENCYCLOPEDIA

KNITTING



AN ILLUSTRATED GUIDE TO THE
ESSENTIAL KNITTING STITCHES



KNITTING

BASICS



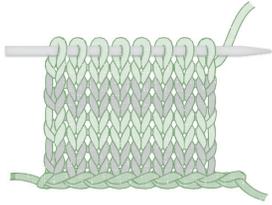
STITCH ENCYCLOPEDIA

An Illustrated Guide to the Essential Knitting Stitches



CHRONICLE BOOKS
SAN FRANCISCO





Welcome.

For those who are thinking of trying knitting for the first time and those who are already knitting but don't yet understand all the basic techniques, you can master knitting by following each step with these easy-to-understand illustrations.

The basic stitches in knitting are simple—knit and purl. With that combination, you can make a wide variety of knitted fabrics. And by increasing or decreasing stitches, you can easily adjust the shape of your piece.

At first, your project may not be exactly the shape you intended. Perhaps, without realizing it, you dropped a stitch or two or added stitches where you didn't want them. Relax. Just practice until you get the knitting rhythm, step by step.

Basic Techniques

Knitting Basics	5
Casting on	6
Long-tail cast-on	6
Crochet cast-on	8
Knit-on cast-on	10
Circular knitting cast-on	10
Center-loop cast-on	11
Knit & purl	12
Knit stitch (front stitch) = knitting	12
Purl stitch (reverse stitch) = purling	13
Basic stitch patterns	14
Reading a symbol chart	14
Stockinette (or stocking) stitch	14
Garter stitch	16
Single rib (1x1, or k1-p1)	16
Double rib (2x2, or k2-p2)	18
Symbolcraft	19
Yarn over, Twisted stitch, Slip stitch	19
Single left-slanting decreases	20
Single right-slanting decreases	21
Double decreases	22
Lifted increases—single right-slanting increases	23
Lifted increases—single left-slanting increases	24

Decreases & Increases

Adding & Subtracting Stitches

Decreases	26
Decreasing 1 stitch at each side	26
Binding off	32
Increases	34
Increasing 1 stitch at each side	34
Increasing multiple stitches	36

Finishing

Assembling & Binding Off

Binding off	50
Binding off with knitting needles	50
Crochet slip-stitch bind-off	51
Loop bind-off	52
All-at-once bind-off	52
Rib-stitch bind-off	53
Double-rib bind-off	54
Picking up stitches	55
Picking up from stitches, Picking up from rows	55
Grafting	56
Crochet slip stitch, Crochet slip stitch pass over	56
Kitchener stitch (stockinette)	57
Kitchener stitch (garter)	58
Seaming	59
Mattress stitch	59
Woven, Crochet slip stitch, Backstitch, Half backstitch	62
First aid	63
Buttonholes	64
1-stitch buttonhole, 2-stitch buttonhole	64

Popular Knit Patterns

Common Stitch Patterns

Cable knit patterns	39
Lace patterns	43
Bobble patterns	44
Knit-1-below patterns	46
Color knitting	47

Tools & Tips

Getting Started & Finishing Touches

Attaching buttons	65
Knitting needles	66
Yarns	67
Gauge	67
Yarn needles	68
Weaving yarn tails	68
Joining yarn	69
Other tools	69





KNITTING

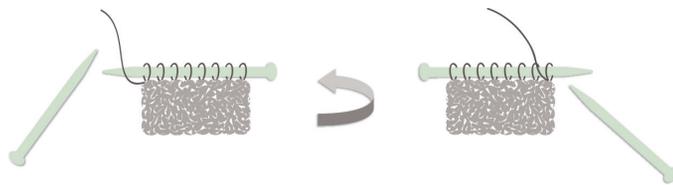
BASICS

Basic Techniques

KNITTING BASICS

There are just two basic knitting stitches, knit and purl. To begin knitting, you need to learn to cast on stitches, which become the foundation for the remainder of your piece. Casting on may seem complicated at first, but have a bit of patience and soon your needle will be covered with new stitches.

And after you work the first row, it's just repetition. Once you learn the stitch symbols, you'll also be able to knit a design from any knitting book.



TURNING KNITTED FABRIC

When knitting back and forth in rows (also called flat knitting), one important skill is turning your work when you've worked to the end of the row. After you work the last stitch, with the yarn still over the index finger of your left hand, turn the knitted fabric to the other side, and transfer it to your left hand, placing the empty needle in your right hand. You'll see this illustration throughout the book reminding you to turn your fabric.

Basic Techniques

C A S T I N G O N

A cast-on stitch is a foundation stitch made on the needle prior to beginning to knit. There are many different ways to cast on; 5 popular methods follow.

LONG-TAIL CAST-ON

This is a well-known cast-on method and is usually the first a beginner learns. It's worked by twisting the yarn around the fingers of your left hand. This is a flexible cast-on, suitable for many stitch patterns. To keep your cast-on flexible, use a needle 2 sizes larger than the needles you will be using for the project.

1



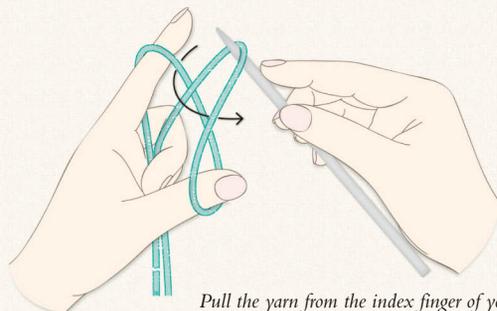
Wrap the yarn around the fingers of your left hand as shown, leaving a long tail, approximately 3 times the length of the knitted fabric being cast on (a 12-in-/30-cm-wide scarf would require approximately 1 yd/1 m for the tail).

2



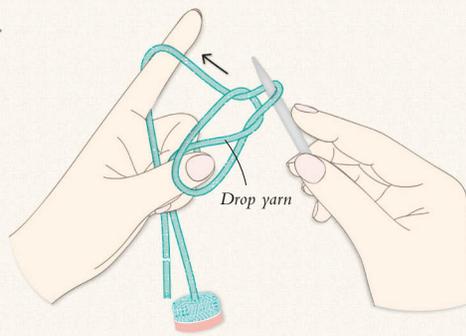
Change the position of the yarn on your thumb, and then insert the needle in the direction shown by the arrow.

3



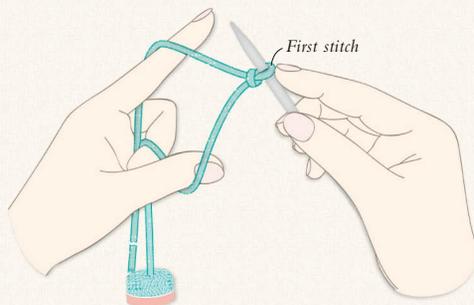
Pull the yarn from the index finger of your left hand out through the middle of the loop on your thumb.

4

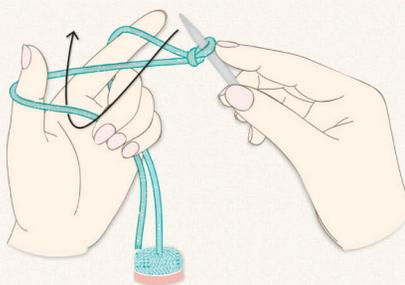


Drop the loop off your thumb, then pick up the yarn again and tighten the loop on the needle.

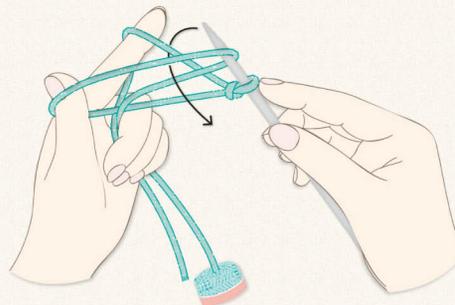
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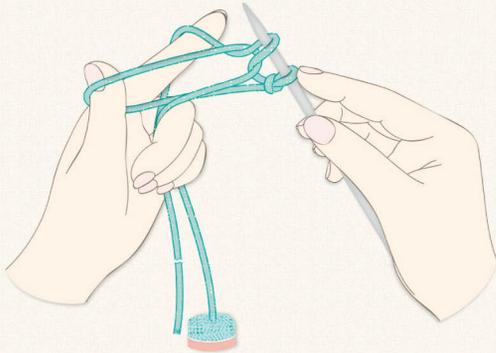
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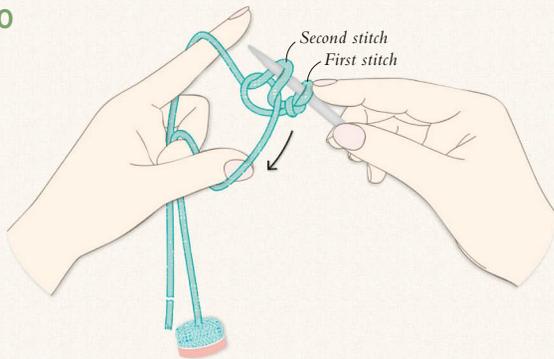
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9

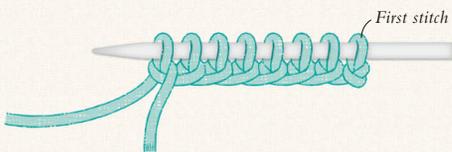


10



Pick up the yarn with your thumb as shown and tighten the loop; you've made the second stitch. Repeat steps 6 to 10 for each stitch to be cast on.

11



Make the required number of stitches. The cast-on stitches count as the first row.

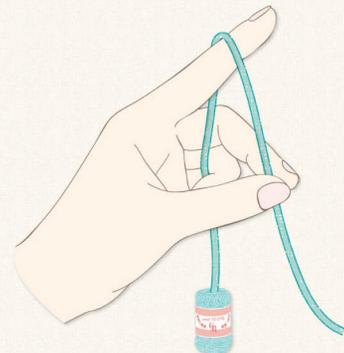
Holding the yarn and needles

This method of knitting is called the Continental (or French) style and is recommended here because it allows for speedy knitting. It doesn't matter if you hold the yarn another way; the important thing is that you're comfortable and knit with a regular rhythm and even tension.

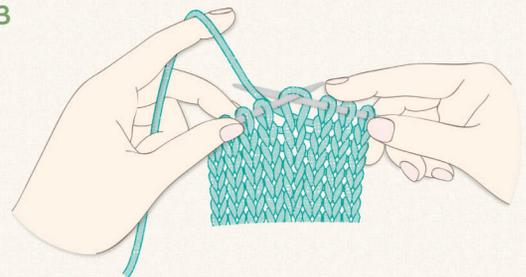
1



2



3

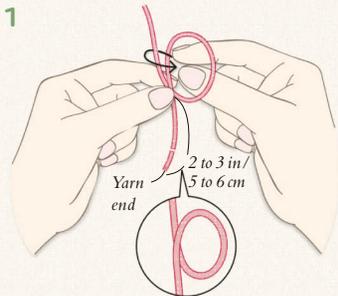


Basic Techniques

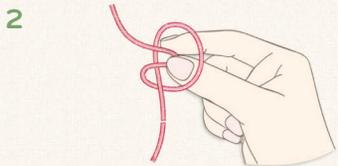
CROCHET CAST-ON

This cast-on method can be worked in 2 ways, either using the main yarn (the yarn that will be used for the rest of the project), or using waste yarn (provisional cast-on). If the main yarn is used, the cast-on stitches become the finished edge; if waste yarn is used, it is removed and the first row worked becomes the finished edge.

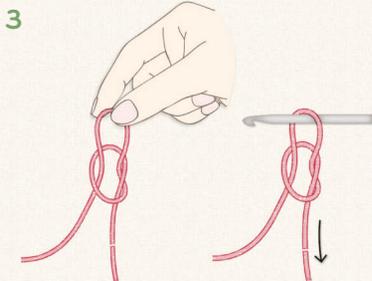
USING THE MAIN YARN



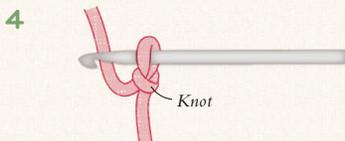
Make a loop at a place 2 to 3 in / 5 to 6 cm from the yarn end. Pinch the intersection of the loop with the fingers of your left hand, and from the other side of the loop, insert the fingers of your right hand into the middle of the loop.



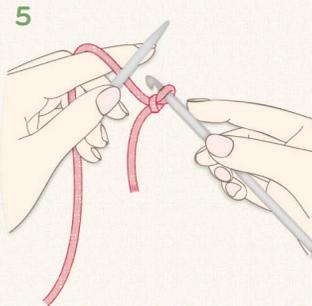
Pick up the upper yarn strand, and pull it out through the middle of the loop.



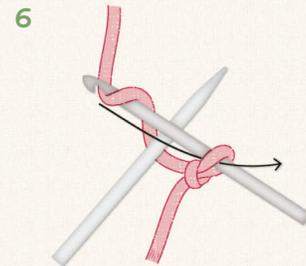
Holding the crochet hook in your right hand, insert it through the center of the loop and tighten the loop.



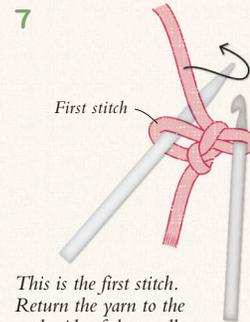
A slipknot has been made on the hook.



Wrap the yarn over your left index finger, and hold a knitting needle above the yarn.



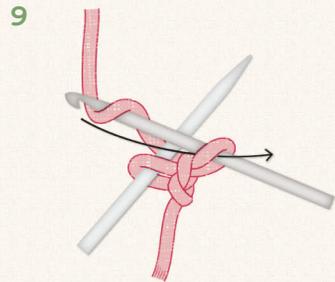
Yarn over the hook and pull the yarn out in the direction of the arrow, through the loop of the slipknot.



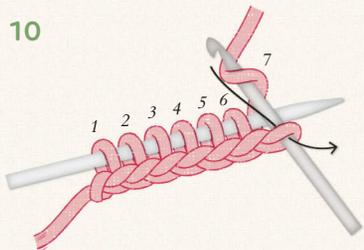
This is the first stitch. Return the yarn to the underside of the needle.



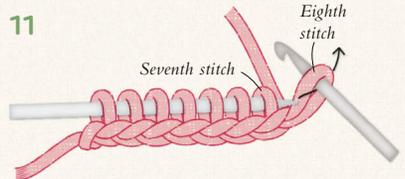
The yarn is in position under the needle.



Repeat steps 6 to 8.



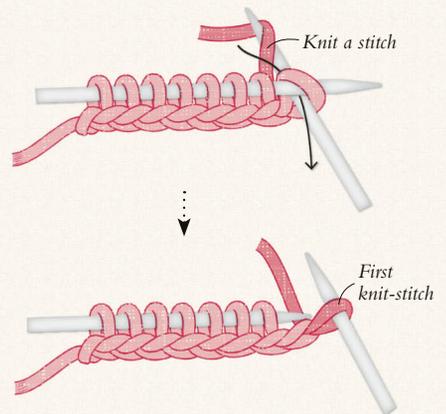
Cast on the required number of stitches, minus 1.



For the last stitch (here, the eighth stitch), put the last loop pulled through by the hook onto the needle. This cast-on is not counted as a row!

Beginning the First Row

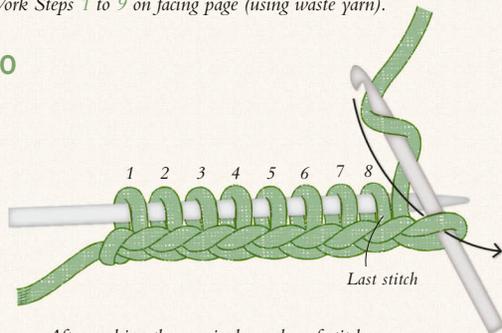
Work in stockinette stitch (see page 14).



PROVISIONAL CROCHET CAST-ON

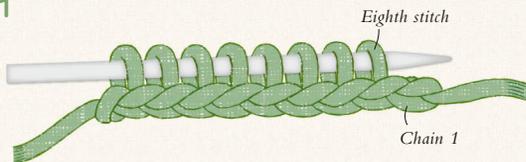
Work Steps 1 to 9 on facing page (using waste yarn).

10



After making the required number of stitches, chain 1 and cut the yarn.

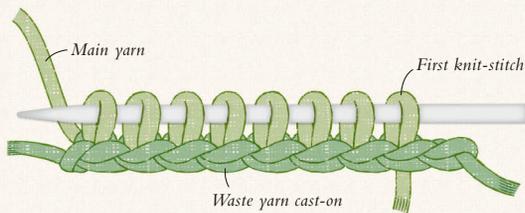
11



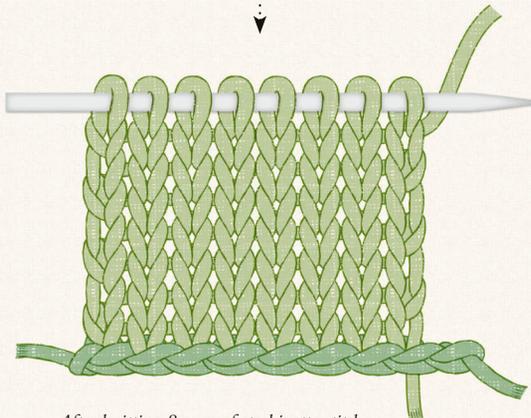
This cast-on is not counted as a row, as it will be removed!

First Row

Join main yarn (for stockinette stitch, see page 14).



Knit 1 row with the main yarn.

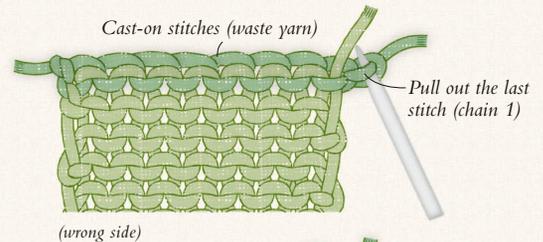


After knitting 8 rows of stockinette stitch, right-side facing.

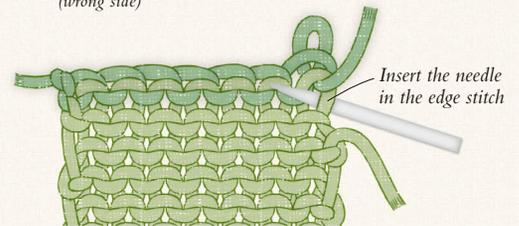
Picking up live stitches from the provisional cast-on

With the wrong-side facing, pick up stitches while removing the waste yarn; with the right-side facing, work in pattern desired.

1

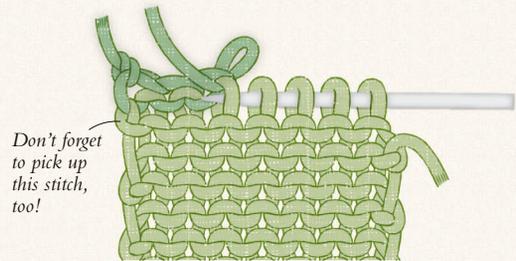


2

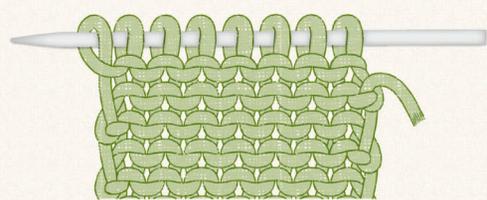


Pick up the first row of stitches with the needle while removing the waste yarn, 1 stitch at a time.

3

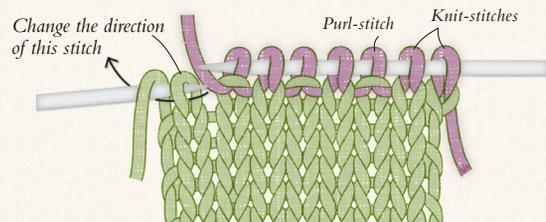


4



5

The first row of the edging (single rib shown)



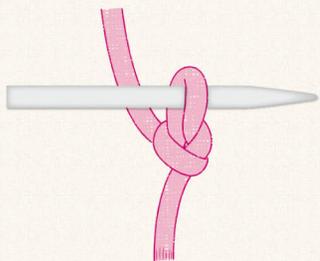
Turn the knitted fabric to the right side and work the first row. Knit the last stitch together with the yarn end as shown and the edge will be neatly finished.

Basic Techniques

KNIT-ON CAST-ON

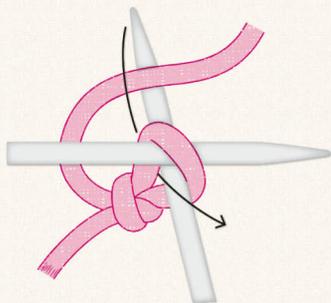
Casting on using the same needles that will be used for working the project is easy to do, and the beginning of your knitting will be firm and stable.

1



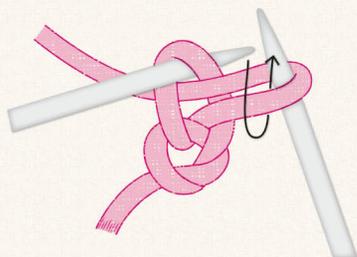
Make a slipknot and place it on the left needle. (First stitch; this is the same as steps 1 to 3 on page 8.)

2



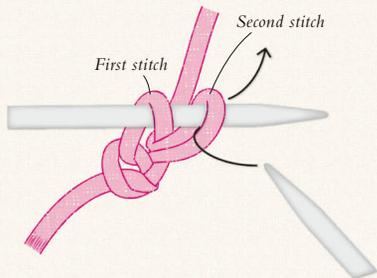
Insert the right-hand needle into the first stitch, wrap the yarn around, and pull it out in the direction of the arrow.

3



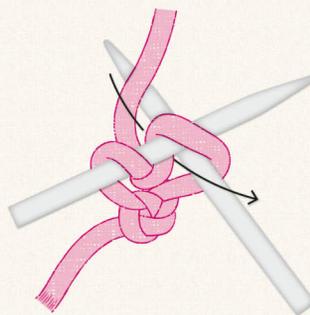
Insert the left-hand needle into the loop and remove the right-hand needle, as shown.

4

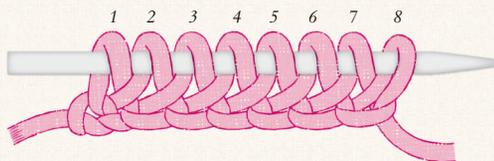


Repeat steps 2 and 3 for the desired number of stitches.

5



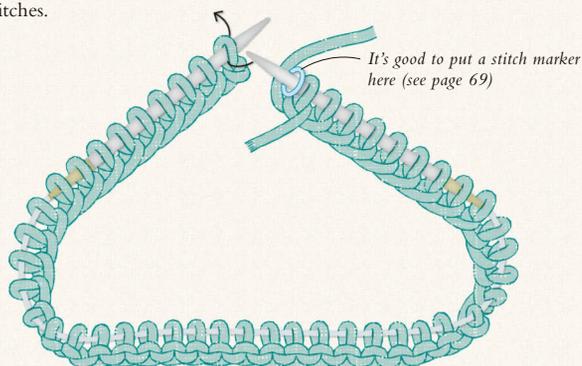
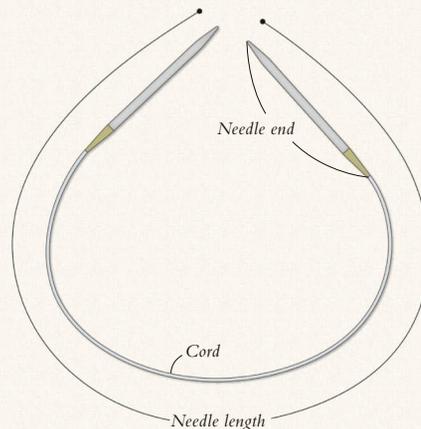
6



8 stitches cast on. The cast-on stitches are not counted as a row.

CIRCULAR KNITTING CAST-ON

When knitting in the round to make a tubular fabric, circular needles (see page 66) are used. Use any of the cast-on methods on pages 6 through 10; the illustration shows long-tail cast-on. When beginning the first row, be sure to keep the cast-on stitches all facing the same direction. The stitches on the ends can get twisted, so be sure to check them carefully. It's a good idea to place a marker between the first and last stitches.

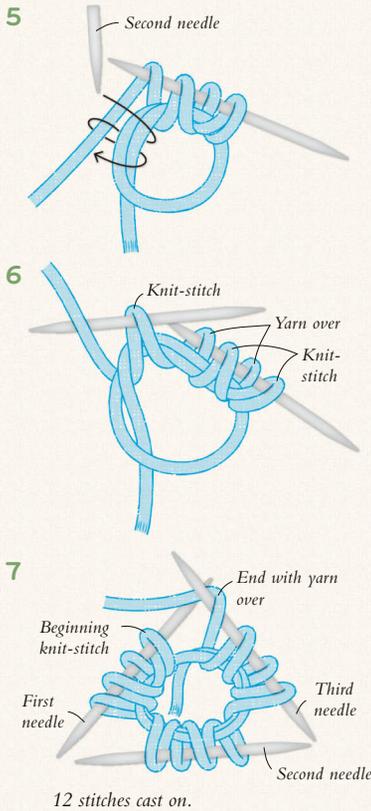
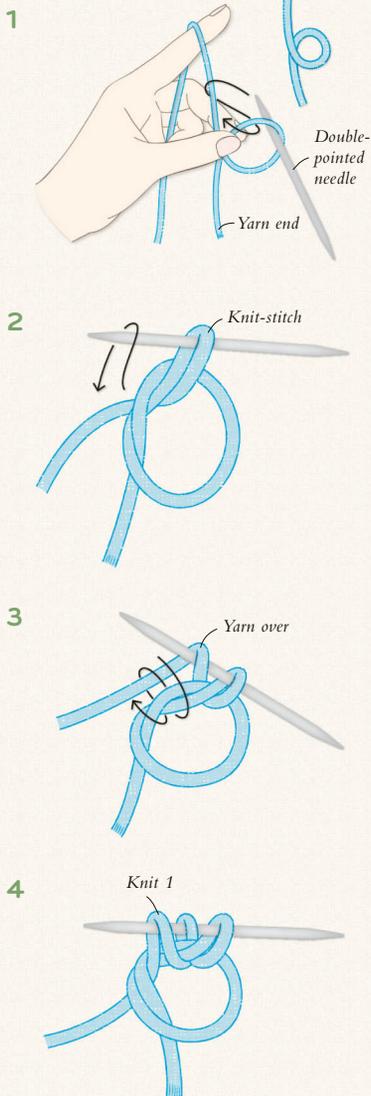


CENTER-LOOP CAST-ON

This cast-on method is used when working a circular or square motif from the center out. Increasing stitches with a yarn over makes a delicate lace pattern.

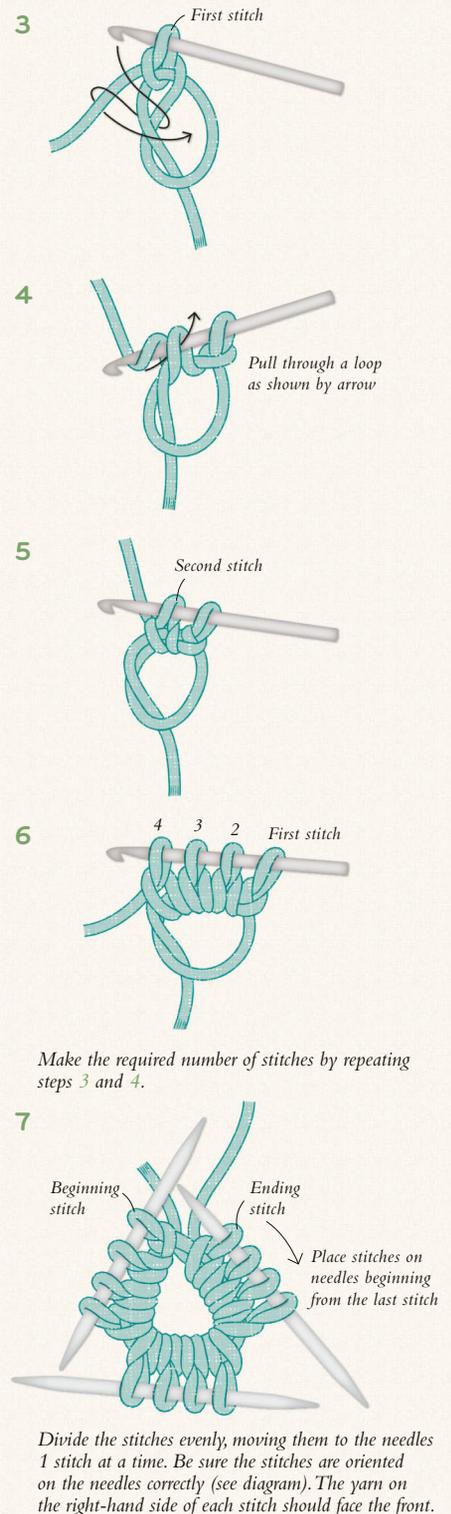
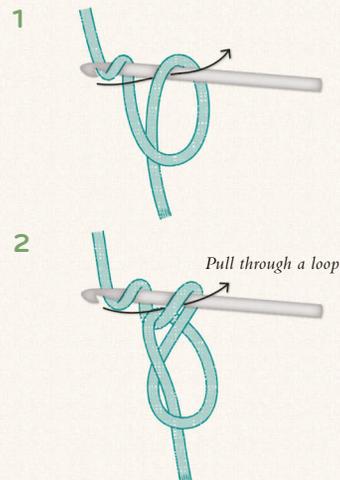
Using double-pointed needles

Using 3 or 4 short needles, cast on the required number of stitches by working knit 1, yarn over into the center of a yarn loop. After working 3 or 4 rows, pull the yarn end to tighten the loop.



Using a crochet hook

Cast on by pulling up loops from within the central loop. When you have cast on the required number of stitches, divide them evenly onto 3 or 4 double-pointed needles. When you have worked 3 or 4 rows, pull the yarn end to tighten the loop.



Make the required number of stitches by repeating steps 3 and 4.

Divide the stitches evenly, moving them to the needles 1 stitch at a time. Be sure the stitches are oriented on the needles correctly (see diagram). The yarn on the right-hand side of each stitch should face the front.

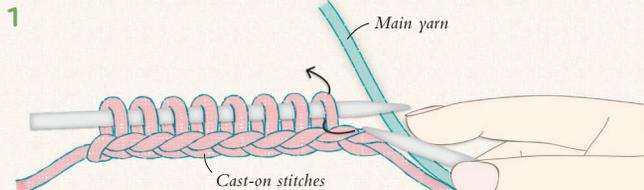
Basic Techniques

K N I T & P U R L

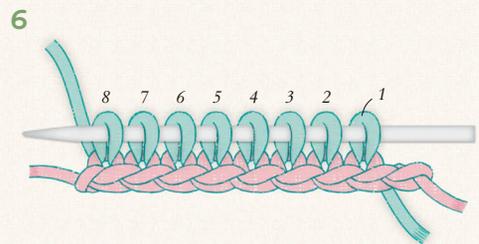
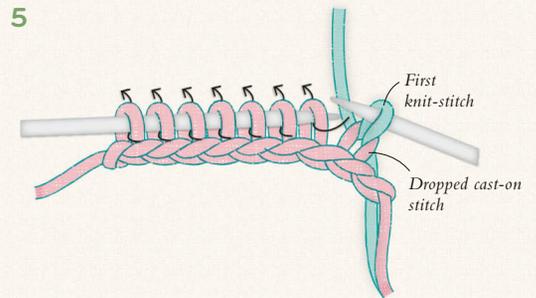
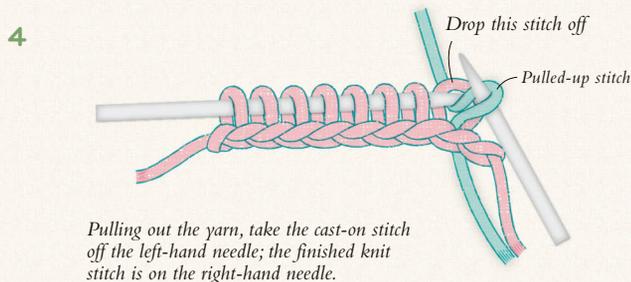
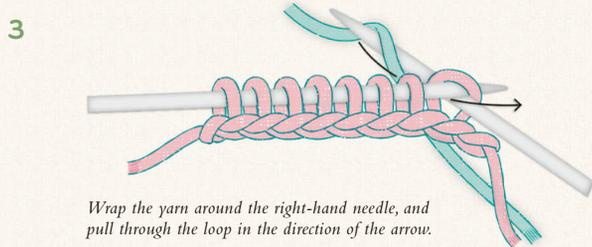
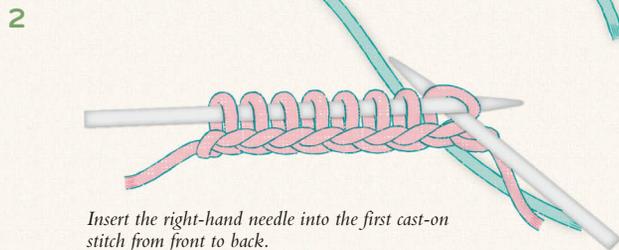
Knitting is based on 2 stitches, the knit-stitch and the purl-stitch, shown on these pages along with their knitting stitch symbols. These basic stitches form a front (right side) and back (wrong side). The following instructions and illustrations will get you started on the basics.

1 KNIT-STITCH (FRONT STITCH) = KNITTING

The cast-on stitches are worked with the provisional crochet cast-on, using waste yarn (see pages 8 and 9).



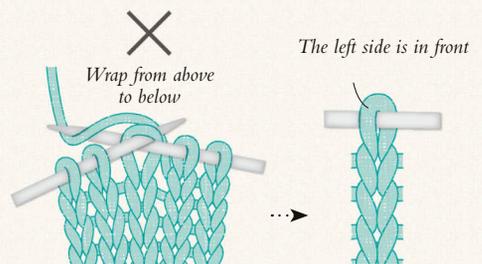
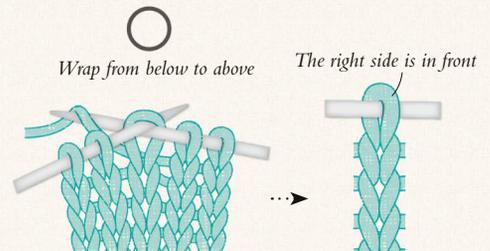
Hold the needle with the cast-on stitches in your left hand; in your right hand, hold the needle you're working with and the yarn.



After 1 row is worked across in knit-stitch.
*The purl stitch on the next page is working the reverse side of this knit-stitch fabric.

If you make a mistake in wrapping the yarn

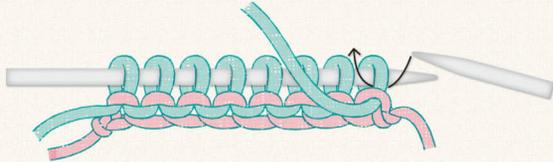
[O = correct; X = incorrect]





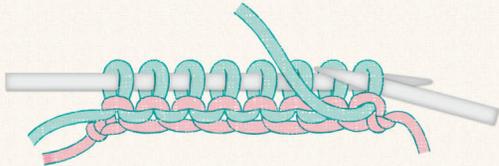
**PURL-STITCH (REVERSE STITCH)
= PURLING**

1

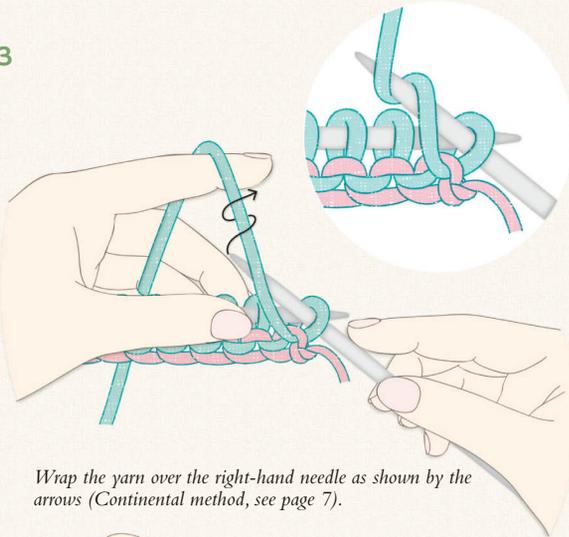


Turn over the fabric begun on the facing page and hold it in your left hand; place the main yarn in front of the knitting needle. Insert the right-hand needle into the first stitch from back to front (see arrow).

2



3



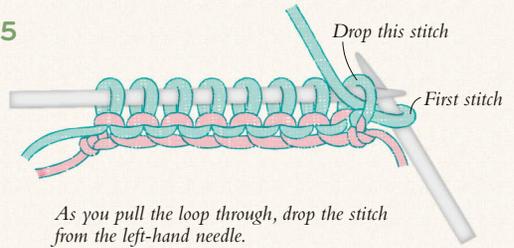
Wrap the yarn over the right-hand needle as shown by the arrows (Continental method, see page 7).

4



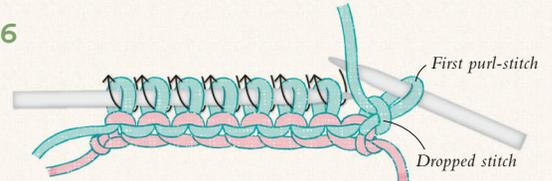
Pull the yarn down with the index finger of your left hand, and without letting the yarn wrapped over the right-hand needle loosen, pull a loop from front to back through the first stitch.

5



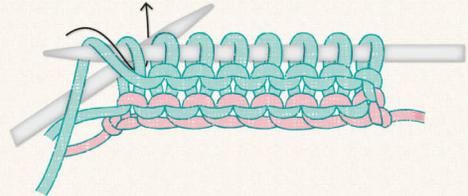
As you pull the loop through, drop the stitch from the left-hand needle.

6

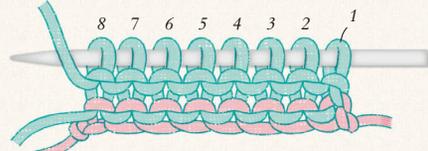


The purl stitch is on the right-hand needle.

7



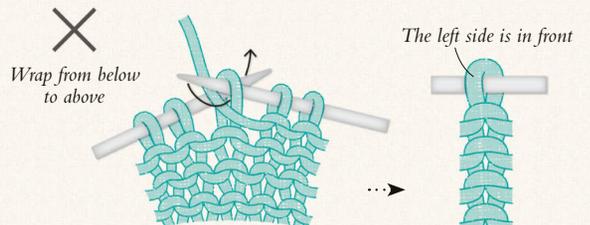
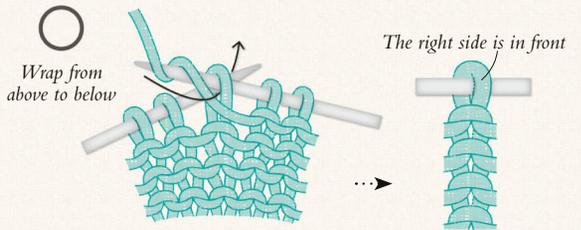
8



After purling 1 row.

If you make a mistake in wrapping the yarn

[O = correct; X = incorrect]

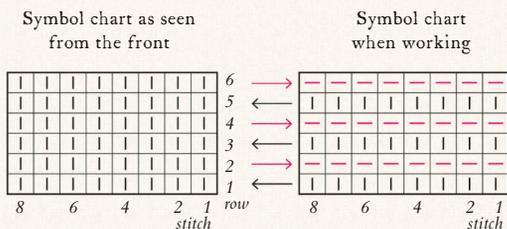


BASIC STITCH PATTERNS

The basic knit fabrics—stockinette stitch, garter stitch, and rib stitch—are made by combining knit-stitches and purl-stitches. Knitting instructions are often given as symbol charts, so learning to read a chart is important.

READING A SYMBOL CHART

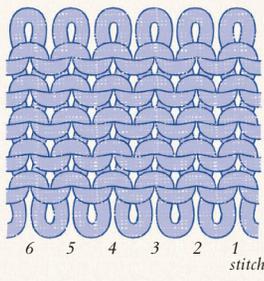
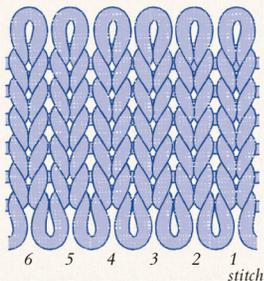
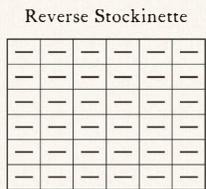
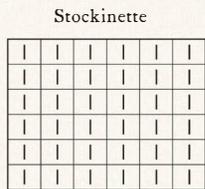
A symbol chart shows the arrangement of stitches as seen from the front (right side) of the completed fabric. Look at the symbol chart for knitting back and forth in rows while working stockinette stitch. Note: Knitting in rows means working a row in pattern, turning, then working the alternate row in pattern; for stockinette stitch this means knit a right-side row, turn, purl the wrong-side row, turn.



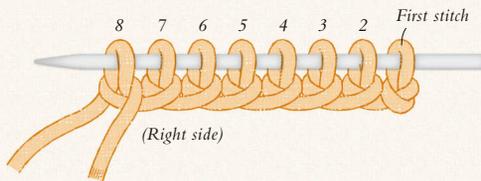
According to the charts, rows worked with the right-side facing (Rows 1, 3, and 5) are worked as knit-stitches, as shown by the symbols; rows worked with the wrong-side facing (Rows 2, 4, and 6) are worked as purl-stitches.

STOCKINETTE (OR STOCKING) STITCH

When working back and forth in rows, stockinette stitch is worked by alternating knit-stitches and purl-stitches every other row; in circular knitting (see page 10), knit-stitch is worked every round. The right side and wrong side of this fabric can be clearly distinguished. A surface with all knit-stitches facing is called stockinette stitch, and a surface with all purl-stitches facing is called reverse stockinette stitch. The lower edges will roll up toward the knit-stitch side.

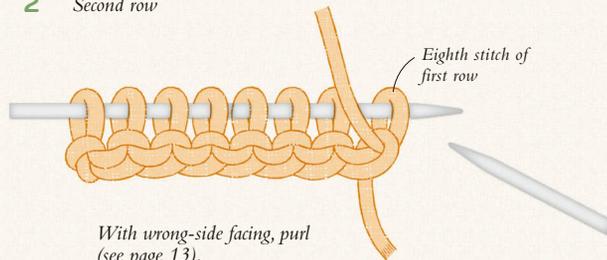


1 Refer to the charts while knitting.

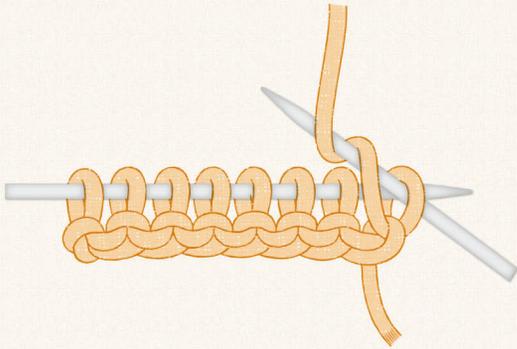


Using the long-tail cast-on method, cast on stitches (see page 6); the cast-on stitches become the first row.

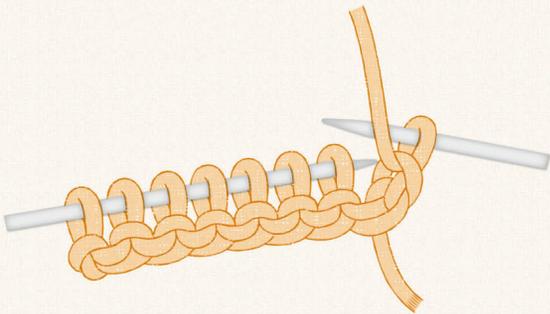
2 Second row



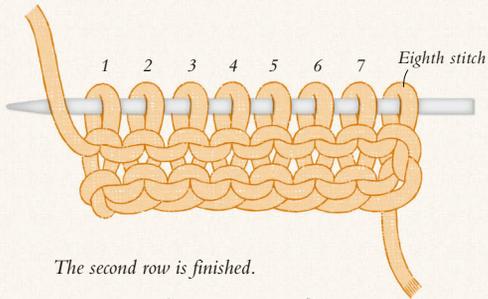
3



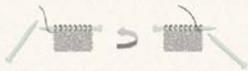
4



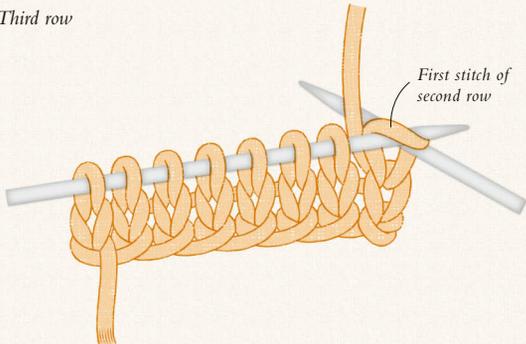
5



The second row is finished.

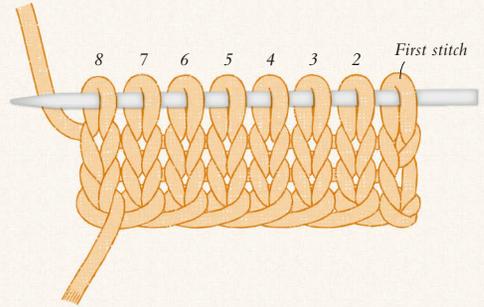


6 Third row

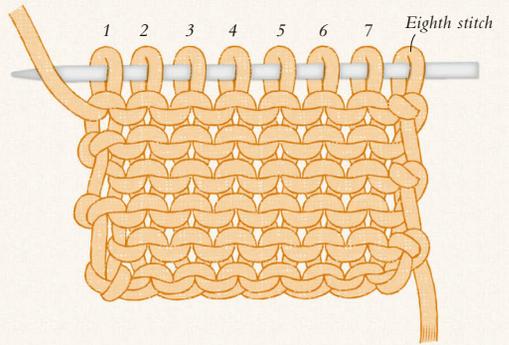


With right-side facing, knit (see page 12).

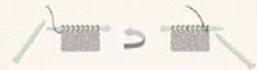
7



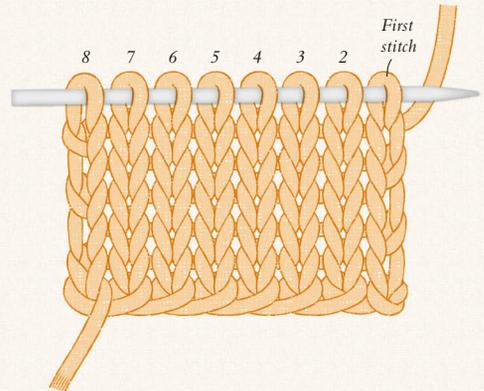
8



The sixth row is finished, wrong-side facing.



9



A view from the right side after turning the fabric of step 8.

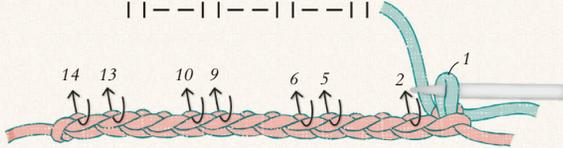
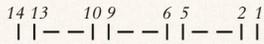
Basic Techniques

DOUBLE RIB (2x2 OR K2-P2)

This fabric alternates 2 knit-stitches with 2 purl-stitches lengthwise. The working method is essentially the same as for single rib (1x1, or k1-p1, see page 16), and it's convenient to cast on in pattern.

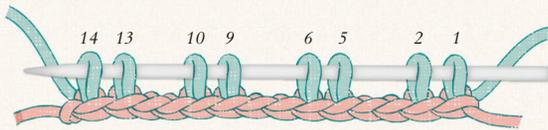
Double-rib cast-on—with 2 knit stitches at both edges

1 Row 1



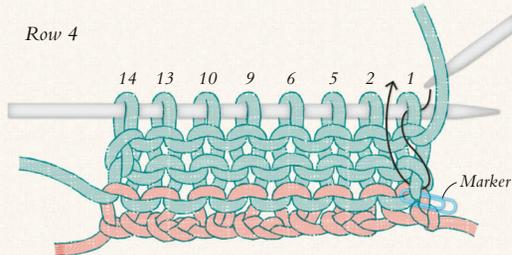
With a crochet hook and waste yarn, chain the required number of stitches. Change to the main yarn, then insert a knitting needle into the back of the chain stitch, yarn over, and pull up a loop.

2



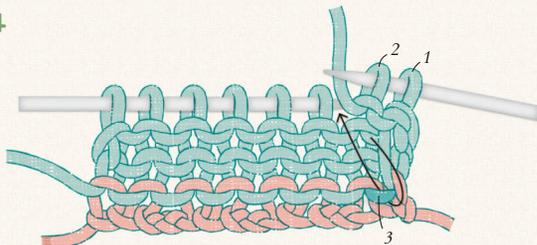
At intervals of 2 (work into 2 chains, skip 2 chains), pick up and knit across (see single rib, page 16).

3 Row 4



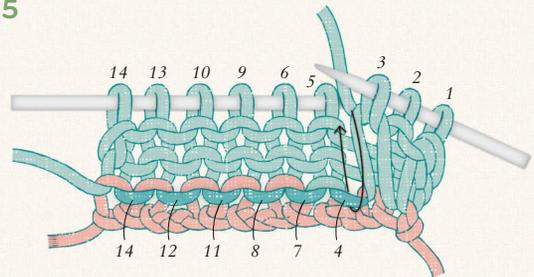
Place a marker as for single rib; work 3 rows in stockinette stitch. Row 4 (wrong-side facing), insert the needle as shown by the arrow and purl the stitch and the pulled-up loop together (see page 16).

4



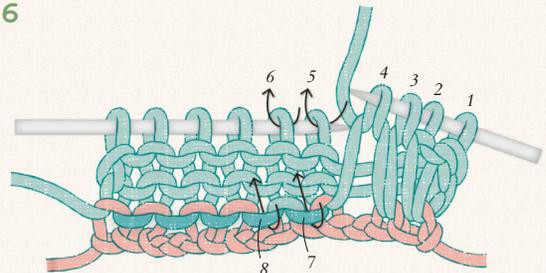
Purl the second stitch. For the third stitch, insert the needle into the main yarn purl bump from Row 1 and knit it.

5



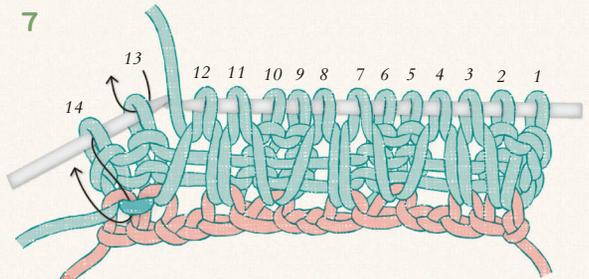
Work the next (fourth) stitch in the same manner.

6

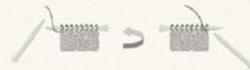


Return to the stitches on the needle. Purl 2 stitches from the needle, inserting the needle as shown by the arrows, then knit 2 stitches from Row 1. Repeat across.

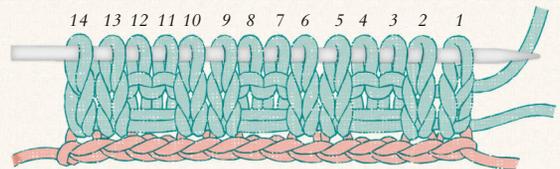
7



Purl the last 2 stitches, as shown by the arrows.



8

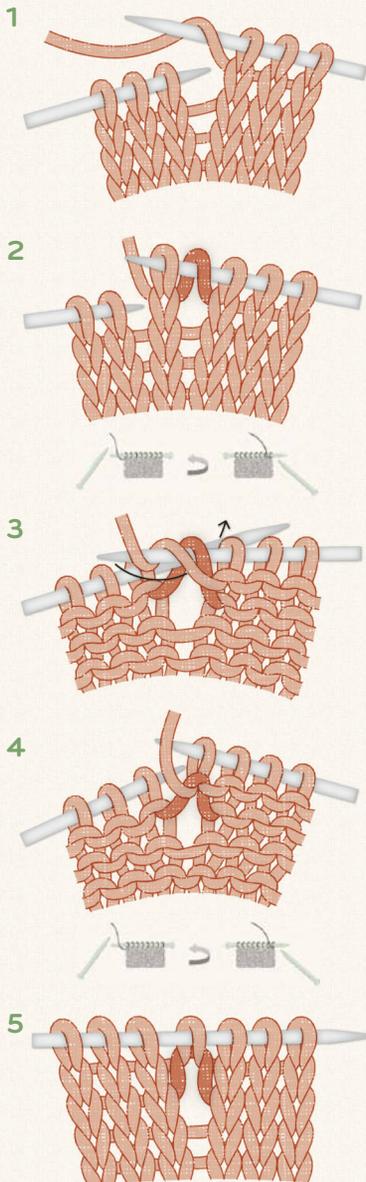


Step 7, as seen from the right side; the double-rib cast-on is complete and counts as 2 rows. Follow the symbol chart to work double rib.

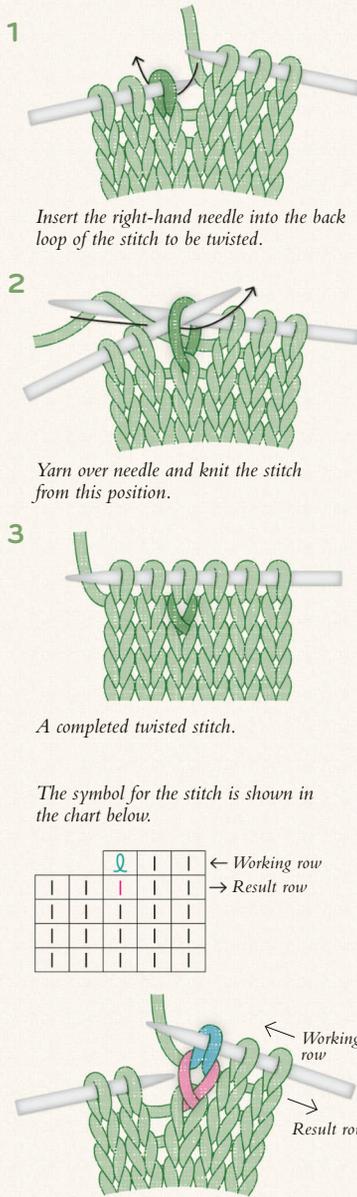
S Y M B O L C R A F T

Stitch symbols (Japanese Industrial Standards) are used on charts to indicate how a stitch should be worked—no words needed! We will explore more stitch symbols commonly used to add variety to knitted fabrics.

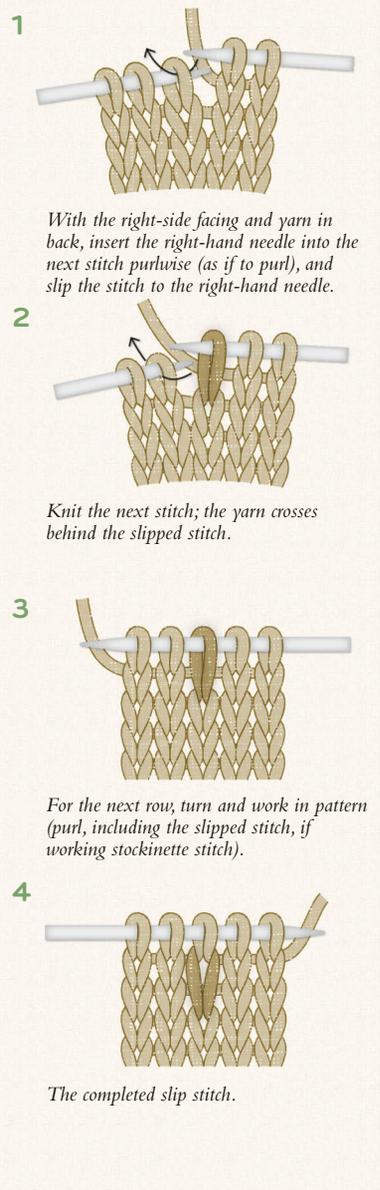
 **YARN OVER**



 **TWISTED STITCH**
(Knit into the back loop.)



 **SLIP STITCH**
(Shown with yarn held in back.)



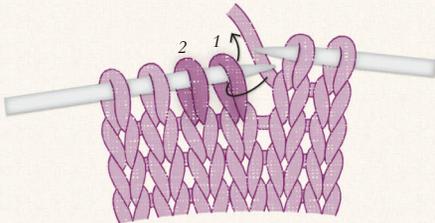
Basic Techniques



SINGLE LEFT-SLANTING DECREASE

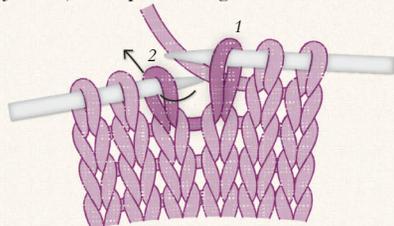
Slip 1, knit 1, pass slipped stitch over (slip, knit, pass or skp).

1



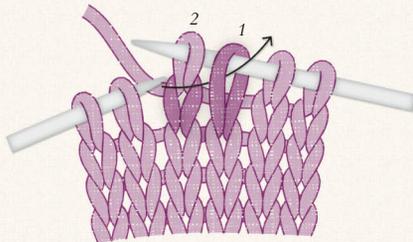
Insert the right-hand needle into the next stitch knitwise (as if to knit) and slip it to the right-hand needle.

2



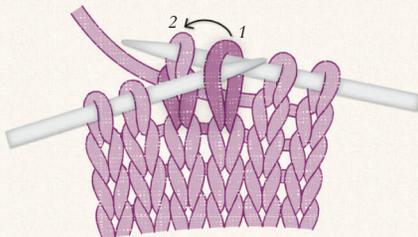
Knit the next stitch.

3



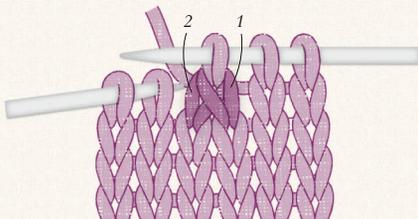
Insert the left-hand needle into the slipped stitch as shown.

4



Pass the slipped stitch over the knit stitch.

5



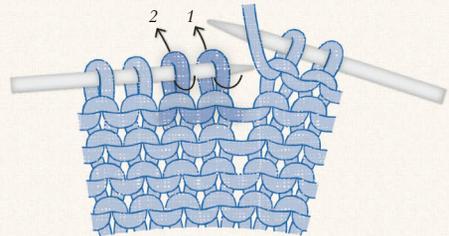
The slipped stitch is on top of the knit-stitch and slants to the left; 1 stitch is decreased.



SINGLE LEFT-SLANTING DECREASE

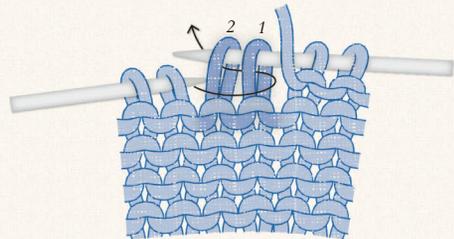
Slip 2 stitches (1 at a time) to the right-hand needle, return to the left-hand needle in reverse order, purl 2 together.

1



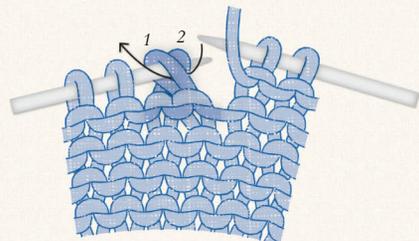
Insert the right-hand needle into the next 2 stitches knitwise, and slip the stitches 1 at a time to the right-hand needle.

2



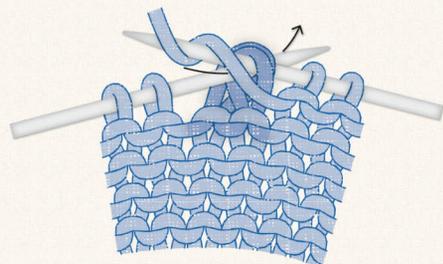
Insert the left-hand needle into the slipped stitches and return them to the left-hand needle as shown.

3

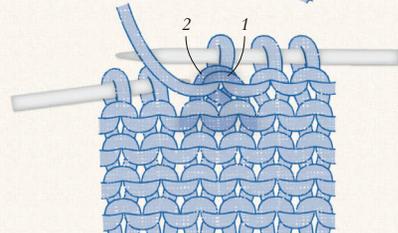


Stitches 1 and 2 have changed places; purl these 2 stitches together.

4



5

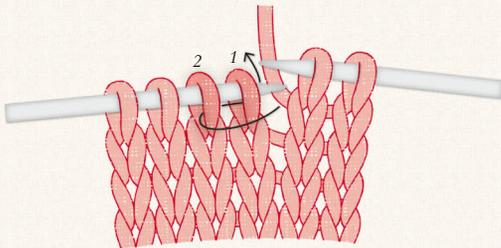


On the right side, the top stitch slants to the left; 1 stitch is decreased.



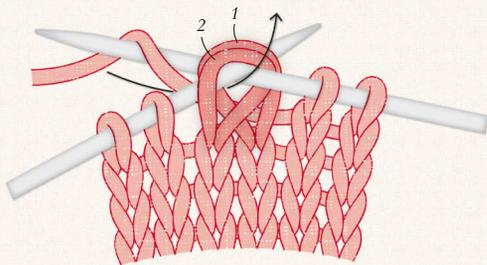
SINGLE RIGHT-SLANTING DECREASE
Knit 2 together.

1



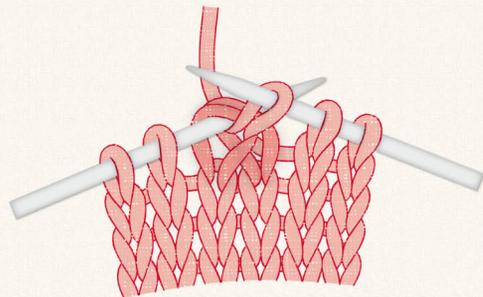
Insert the right-hand needle into 2 stitches together, stitch 2 then stitch 1, as shown by the arrow.

2



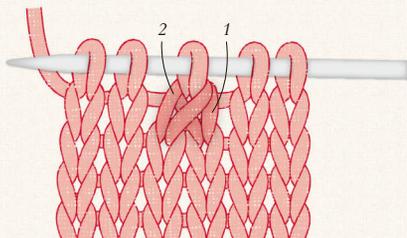
Knit both stitches together.

3



After pulling through the new stitch, drop both stitches from the left-hand needle.

4

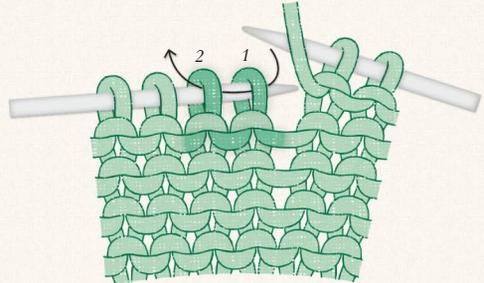


The top stitch slants to the right; 1 stitch is decreased.



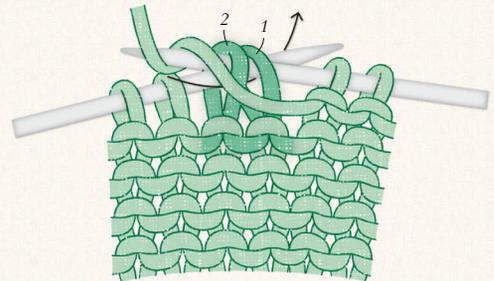
SINGLE RIGHT-SLANTING DECREASE
Purl 2 together.

1



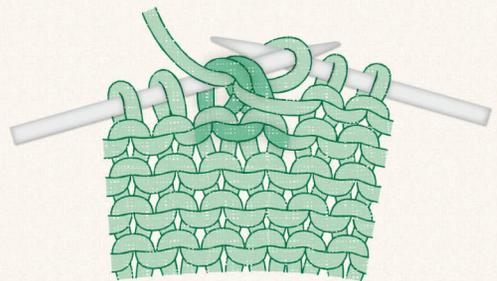
Insert the right-hand needle into the next 2 stitches together purlwise, as shown by the arrow.

2



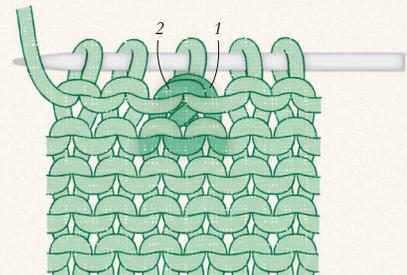
Purl these 2 stitches together.

3



After pulling through the new stitch, drop both stitches off the left-hand needle.

4



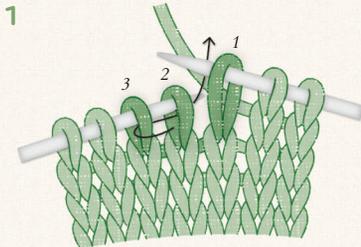
With right-side facing, the top stitch slants to the right; 1 stitch is decreased.

Basic Techniques

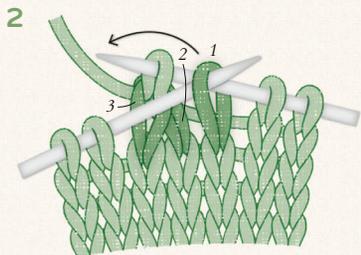


DOUBLE LEFT-SLANTING DECREASE

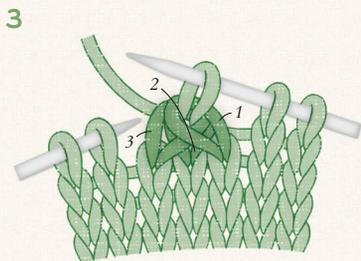
Slip 1, knit 2 together, pass slipped stitch over.



With right-side facing, slip the next stitch (1) knitwise to the right-hand needle; knit 2 together (2 and 3); stitch 3 is on top of stitch 2.



Insert the left-hand needle into the slipped stitch (1) and pass it over the knit stitch.

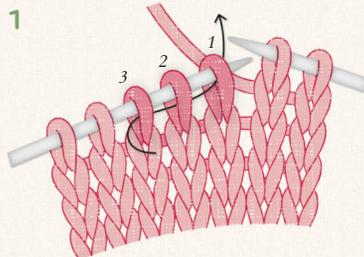


The slipped stitch is on top of stitches 3 and 2 and slants left; 2 stitches decreased.

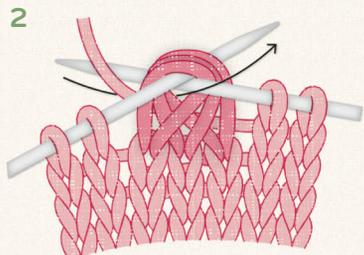


DOUBLE RIGHT-SLANTING DECREASE

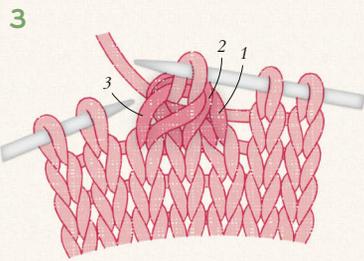
Knit 3 together.



Insert the right-hand needle into the next 3 stitches (3, 2, 1, in that order), all together, as shown by the arrow.



Knit 3 stitches together.

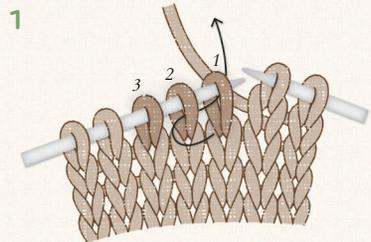


Stitch 3 is on top of stitches 2 and 1 and slants to the right; 2 stitches decreased.

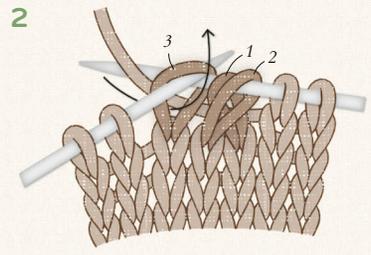


DOUBLE CENTERED DECREASE

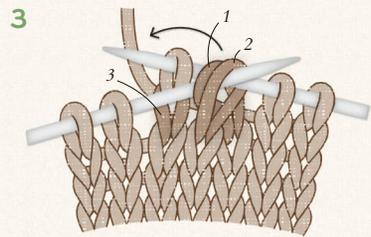
Slip 2 stitches together (as if to knit 2 together), knit 1, pass slipped stitches over the knit stitch.



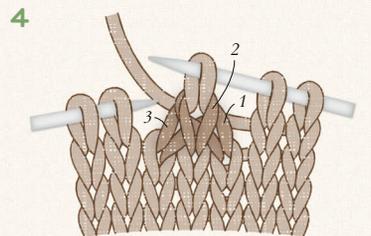
Insert the right-hand needle into the next 2 stitches (2 and 1), and slip them together to the right-hand needle, as shown by the arrow.



Knit the next stitch (3).



Pass the slipped stitches (2 and 1) over the knit stitch.

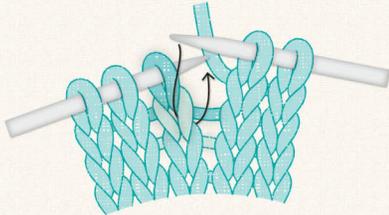


Stitch 2 is on top of the other stitches, no slant; 2 stitches decreased.



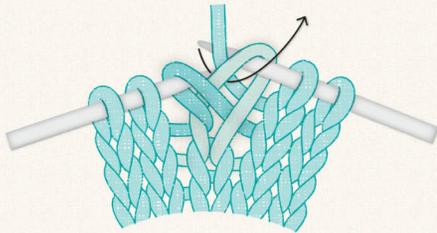
LIFTED INCREASE—SINGLE RIGHT-SLANTING INCREASE, KNITWISE

1



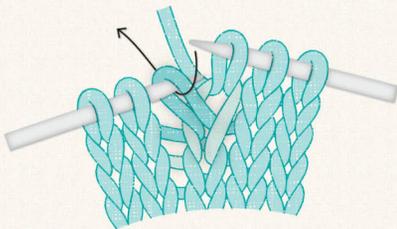
Insert the right-hand needle from front to back into the stitch 1 row below the next stitch on the left-hand needle.

2



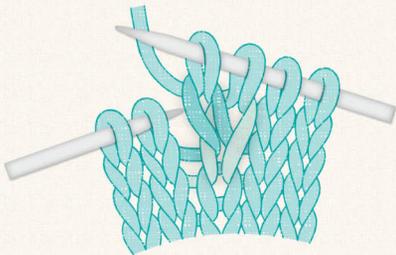
Lift the stitch and knit it.

3

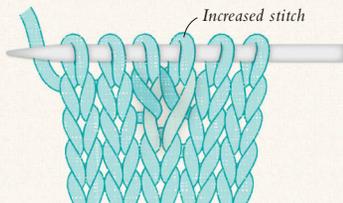


Knit the next stitch on the left-hand needle.

4



5

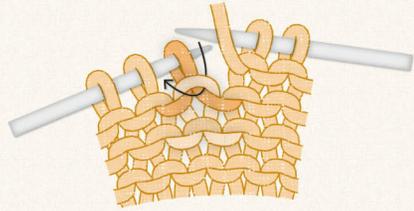


1 stitch increased.



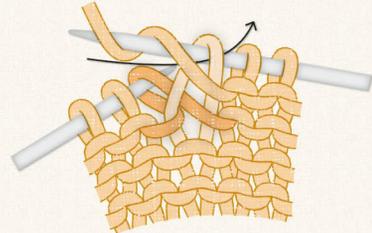
LIFTED INCREASE—SINGLE RIGHT-SLANTING INCREASE, PURLWISE

1



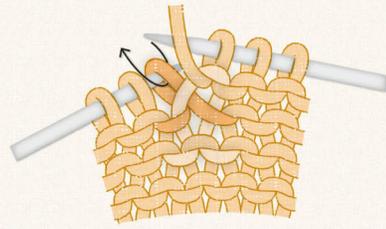
With yarn in front, insert the right-hand needle into the stitch 1 row below the next stitch on the left-hand needle.

2



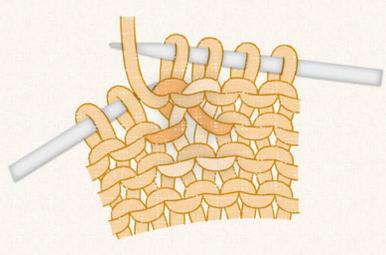
Lift the stitch and purl it.

3

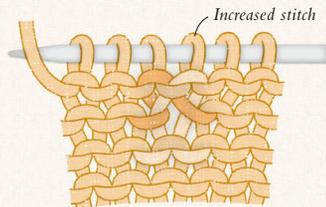


Purl the next stitch on the left-hand needle.

4



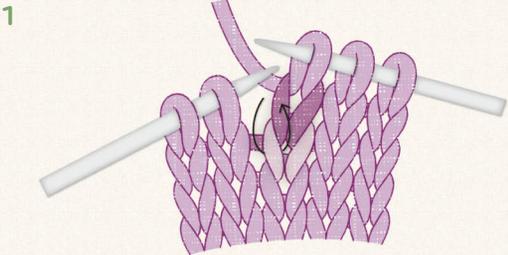
5



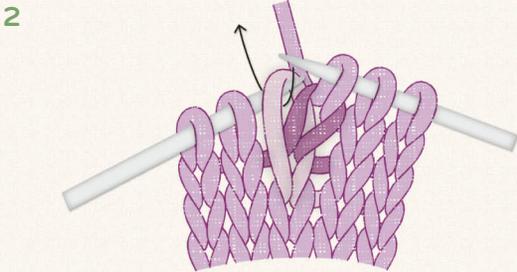
1 stitch increased.

Basic Techniques

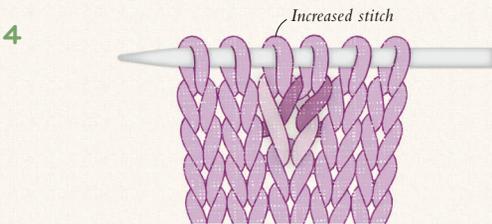
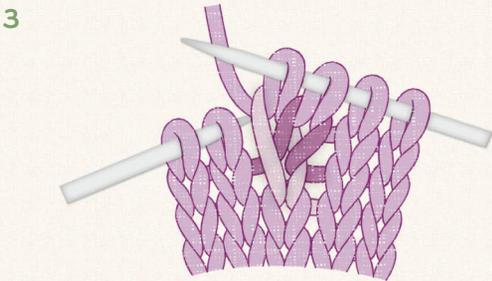
LIFTED INCREASE—SINGLE LEFT-SLANTING INCREASE, KNITWISE



Knit the stitch above the place where the increase is desired. Insert the left-hand needle into the stitch 1 row below that same stitch.

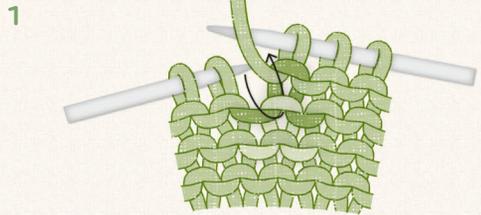


Lift the stitch and knit it.

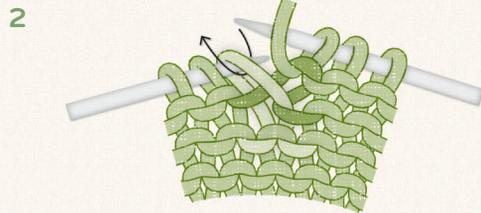


1 stitch increased.

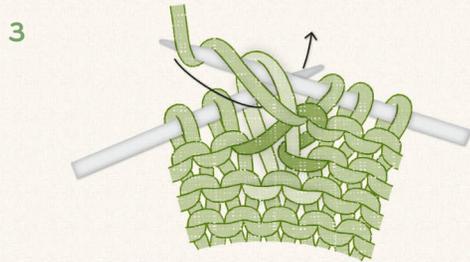
LIFTED INCREASE—SINGLE LEFT-SLANTING INCREASE, PURLWISE



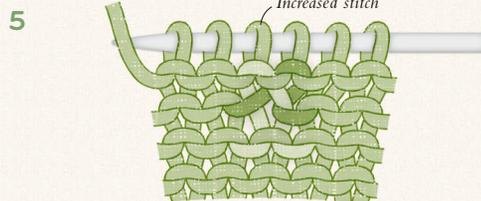
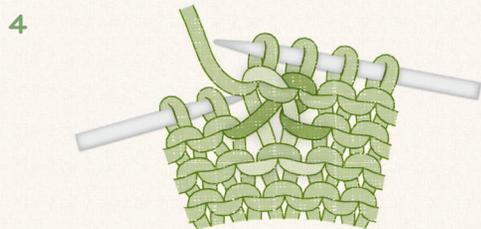
Purl the stitch above the place where the increase is desired. Insert the left-hand needle into the stitch 1 row below that same stitch.



Place the lifted stitch on the left-hand needle.



Purl the lifted stitch.



1 stitch increased.

KNITTING

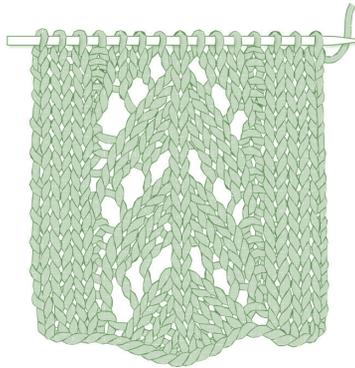
BASICS

Decreases & Increases

ADDING & SUBTRACTING STITCHES

The previous chapter explained in detail how to work increase and decrease techniques. This chapter explains decreasing one stitch at the edge, decreasing while maintaining an edge stitch, and decreasing two stitches or more from the edge. There are also instructions for increasing one stitch while maintaining an edge stitch and increasing two stitches or more from the edge. Decreases are used for necklines, armholes, and sleeve caps; increases are used for the lower edges of sleeves and other places where additional stitches are required.

By combining decreases and increases without changing the stitch count, the fabric becomes lacy or may slant for added appeal.



Decreases & Increases

DECREASES

One or more stitches may need to be decreased to shape a project; perhaps 1 stitch at each side of a row for side, armhole, or neck shaping, or multiple stitches on each side for armholes or neck shaping. Multiple decreases may be needed evenly spaced across a row or may be worked at specific places in the fabric, such as for darts. See pages 20 and 21 for symbols and working instructions for knit 2 together (right-slant) and slip, knit, pass (left-slant) decreases.

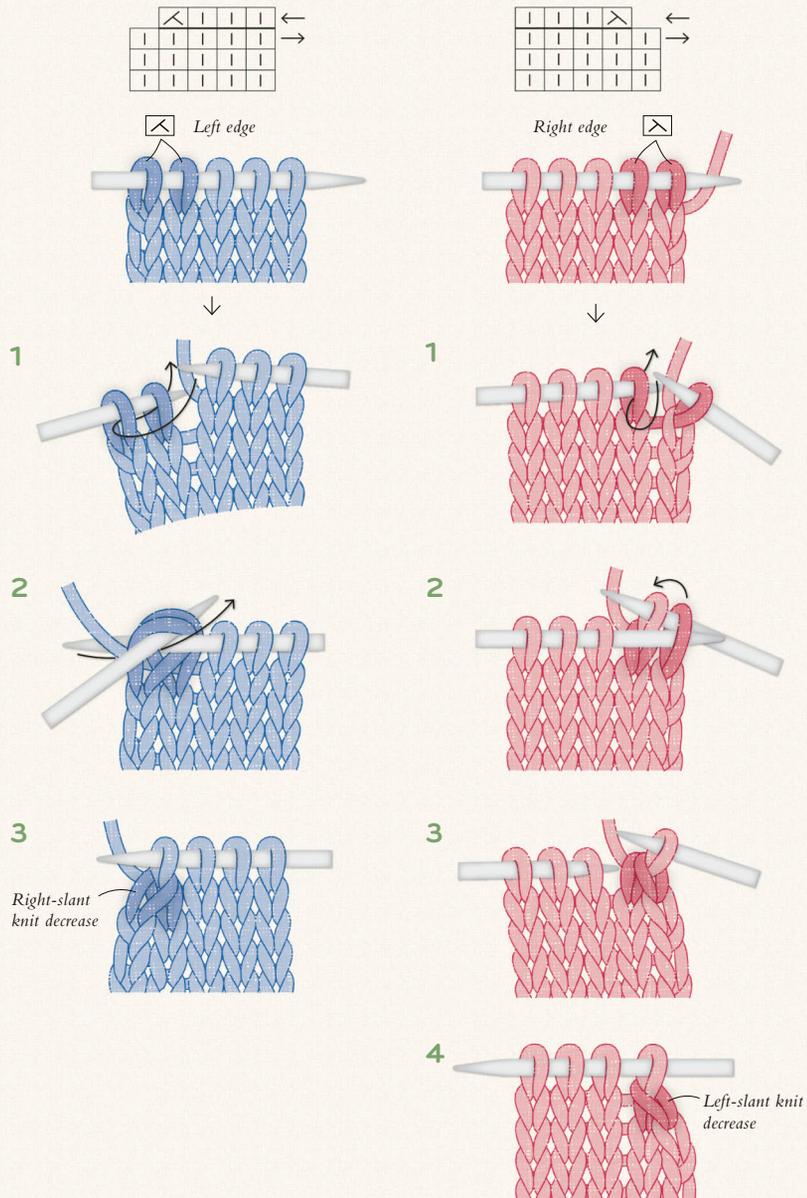
DECREASING 1 STITCH AT EACH SIDE

Mirrored decreases, 1 stitch at the beginning and 1 stitch at the end of the row.

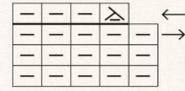
Decreasing at the edge may be done in 2 ways depending on the look desired. Method A shows the edge stitches facing (the edge stitches on top of the adjacent stitches); method B shows the adjacent stitches facing (the edge stitches under the adjacent stitches).

METHOD A: Because the edge stitches stretch, this is suitable for curved areas.

DECREASING KNIT-STITCHES: At the right-hand side, work a left-slanting knit decrease; at the left-hand side, work a right-slanting knit decrease.

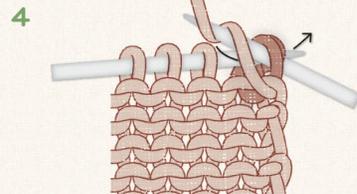
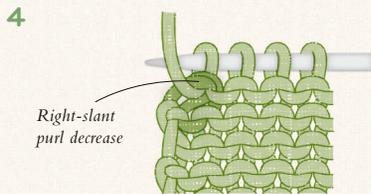
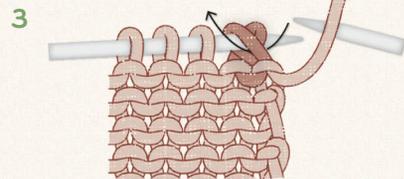
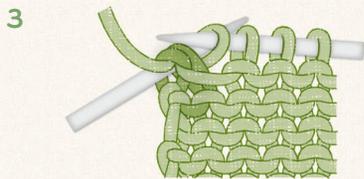
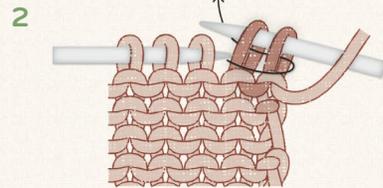
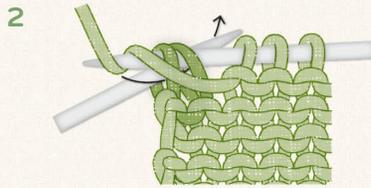
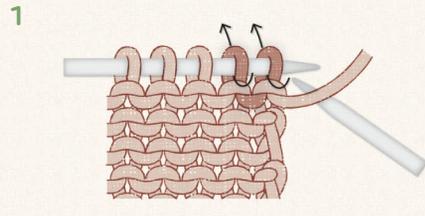
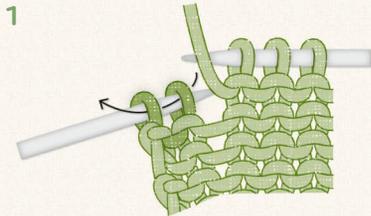
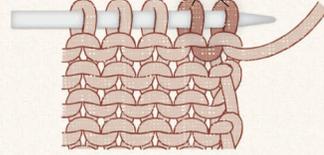
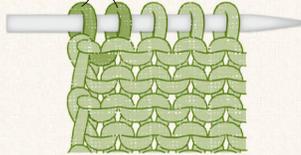


DECREASING PURL-STITCHES: At the right-hand edge, work a left-slanting purl decrease; at the left-hand edge, work a right-slanting purl decrease.



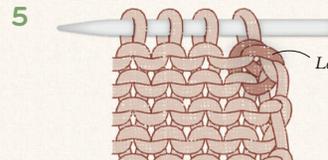
Left edge

Right edge



Right-slant purl decrease

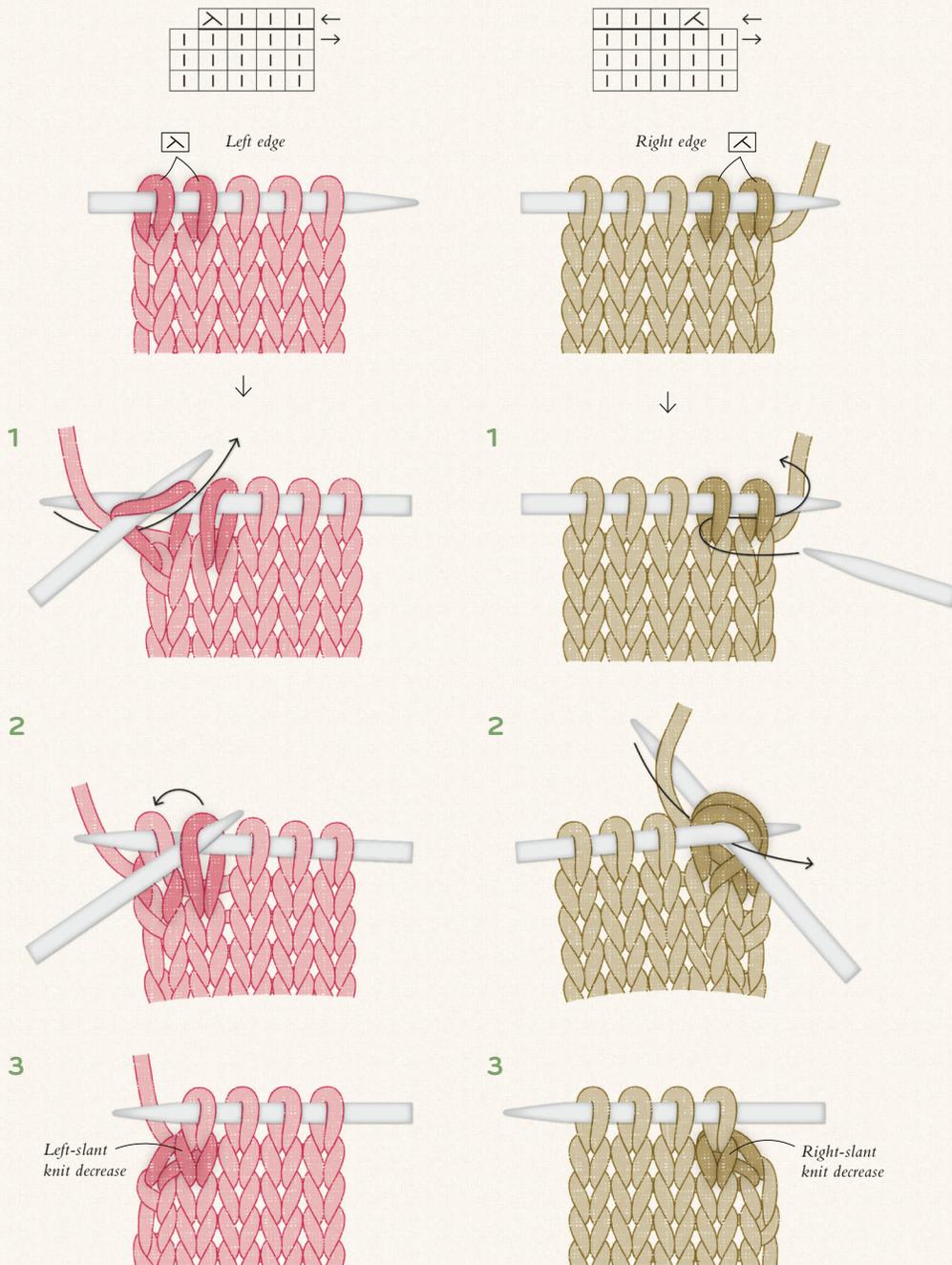
Left-slant purl decrease



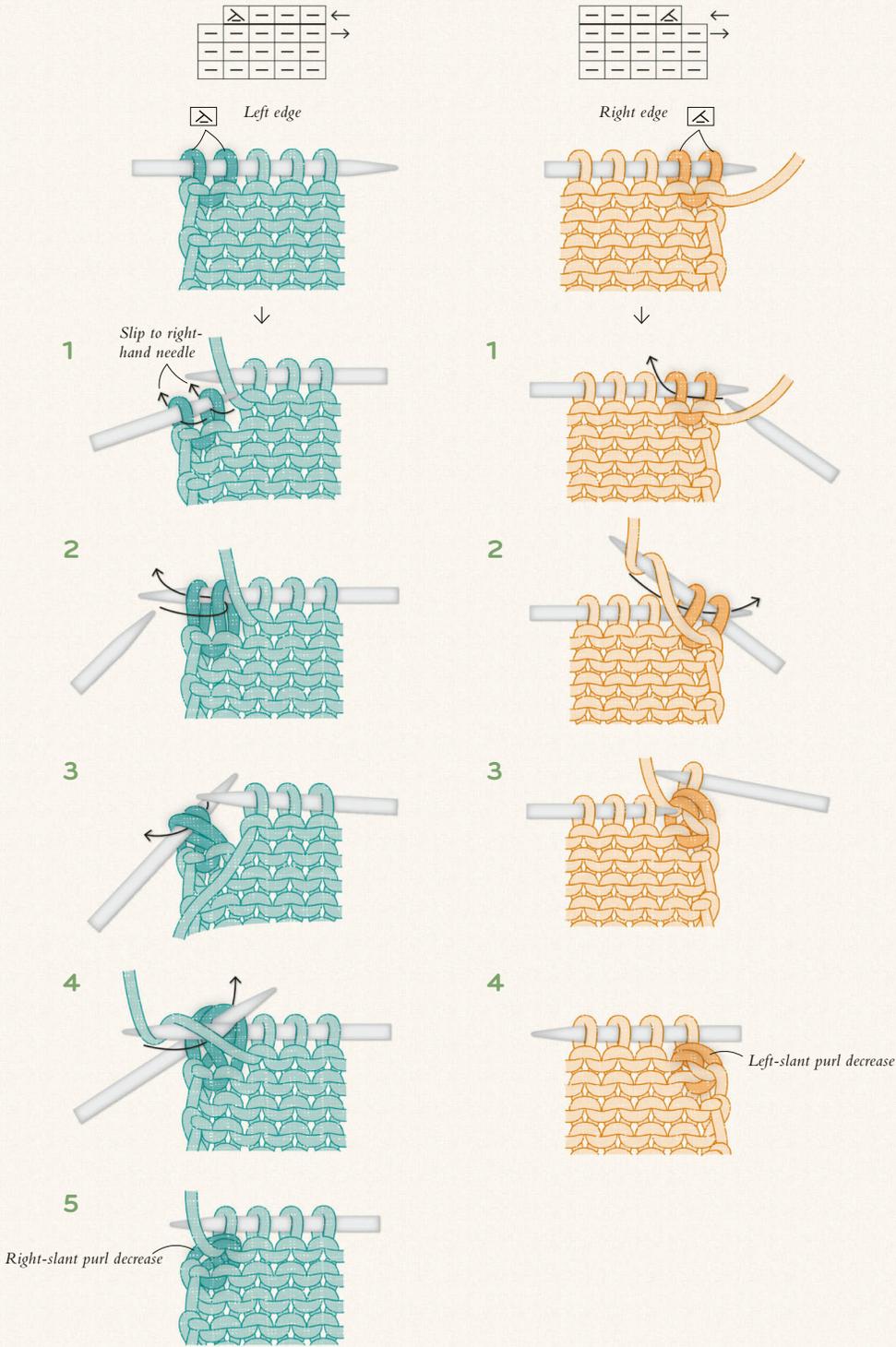
Decreases & Increases

METHOD B: The decreases worked with this method aren't conspicuous, making it suitable for areas where stitches will not be picked up later, such as seaming and grafting.

DECREASING KNIT-STITCHES: At the right-hand edge, work a right-slanting knit decrease; at the left-hand edge, work a left-slanting knit decrease.



DECREASING PURL-STITCHES: At the right-hand edge, work a left-slanting purl decrease; at the left-hand edge, work a right-slanting purl decrease.

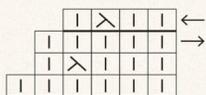


Decreases & Increases

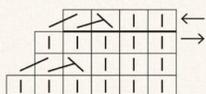
DECREASING WHILE MAINTAINING EDGE STITCH(ES)

Decreasing with 1 standing edge stitch or more means decreasing 1 stitch or more in from each edge. This makes the edge stitches easy to pick up and leaves a smooth edge for seaming.

1 STITCH AT EACH EDGE: Work a single decrease over the second and third stitches from each side. The third stitch is facing (on top of the second stitch). The edge stitch is difficult to stretch, making it ideal for seaming, and the position of the decreased stitch is not conspicuous. There are 2 ways to chart this method, but the knitting is the same.



or



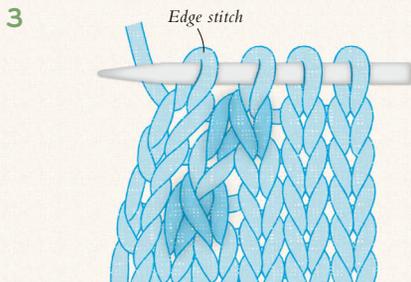
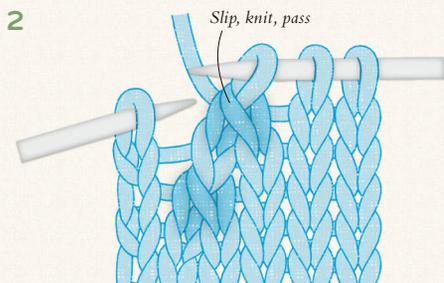
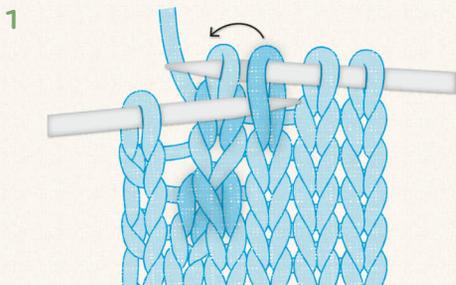
Left edge: 1 edge stitch, left-slant decrease



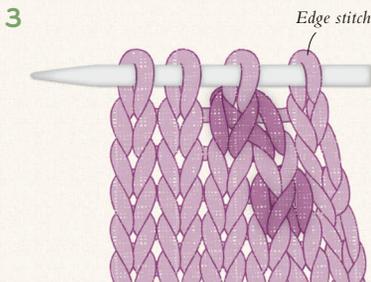
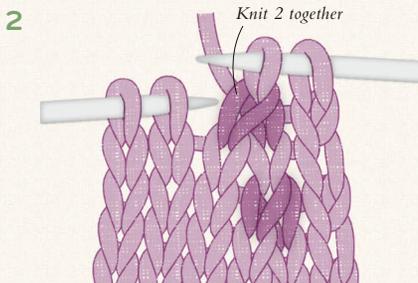
or



Right edge: 1 edge stitch, right-slant decrease

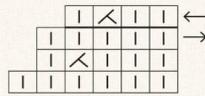


1 edge stitch on the left-hand side; the second stitch is decreased.

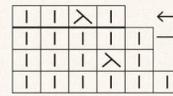
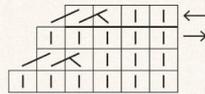


1 edge stitch on the right-hand side; the second stitch is decreased.

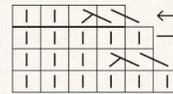
2 STITCHES AT EACH EDGE: When a single decrease is worked so that the second stitch from the edge is facing (on top of the third stitch), 2 edge stitches result. There are 2 ways to chart this method, but the knitting is the same.



or

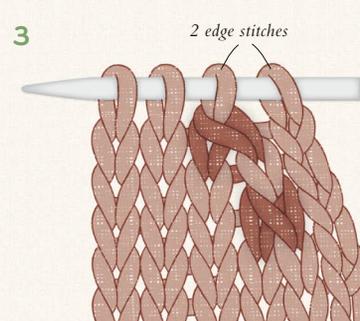
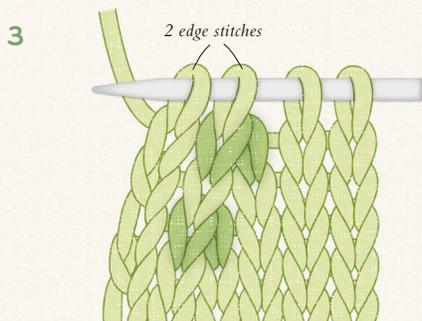
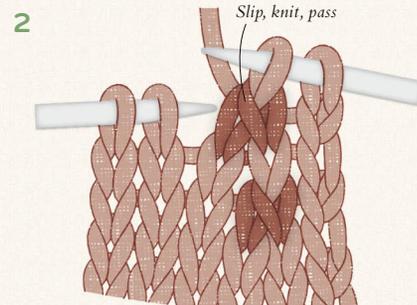
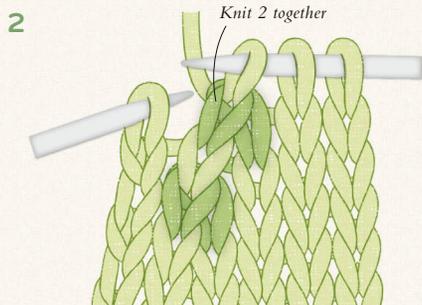
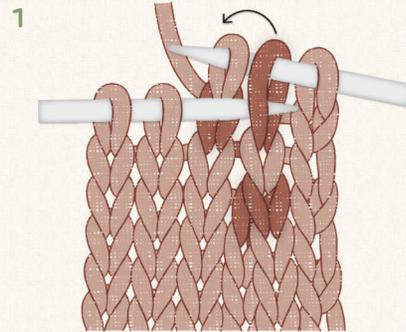
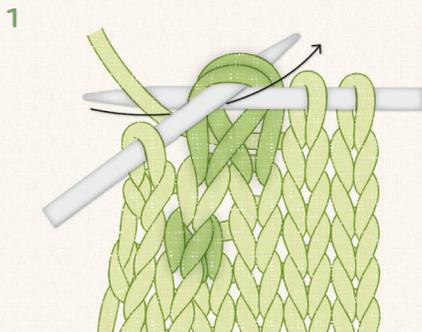


or



Left edge: 2 edge stitches, right-slant decrease

Right edge: 2 edge stitches, left-slant decrease



2 edge stitches on the left-hand side; the third stitch is decreased.

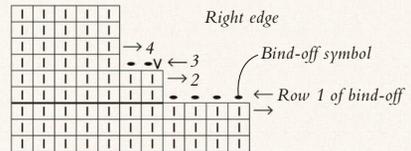
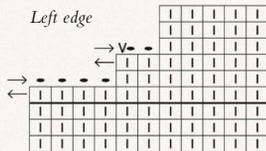
2 edge stitches on the right-hand side; the third stitch is decreased.

Decreases & Increases

BINDING OFF

Decreasing 2 stitches or more at an edge is called binding off and is used for making gently sloping curves. Because binding off is worked from the edge with the yarn, it cannot be done at each end of the same row.

FIRST BIND-OFF EACH SIDE: To begin bind-off, work the first 2 stitches, then pass the first stitch over the second stitch. Work the next stitch and continue to bind off in this manner.



With the right-side facing, beginning at right-hand side

1 Row 1

2

3

4

Knit 1, pass the previous stitch over 3 times.

5

Work to the end of the row; turn.

Left edge Right edge

4 3 2 1

4 stitches bound off

With the wrong-side facing (fabric has been turned)

6 Row 2

7

8

9

Purl 1, pass the previous stitch over 3 times.

10

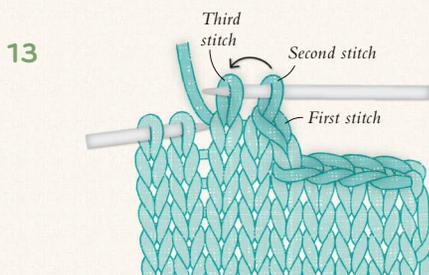
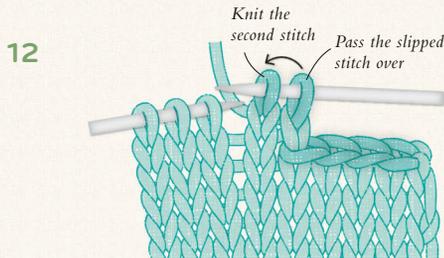
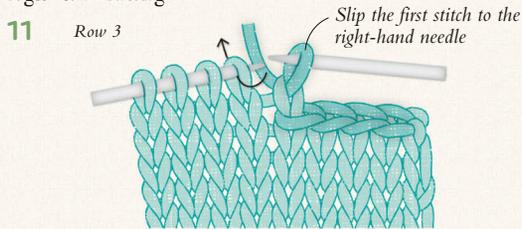
Right edge Left edge

4 3 2 1

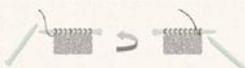
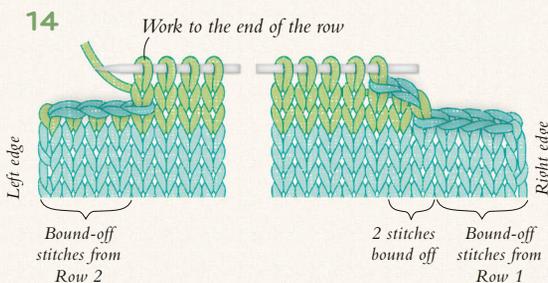
4 stitches bound off

SECOND BIND-OFF EACH SIDE: The second time and thereafter, to gently slope the edge, slip the first stitch, knit the next stitch, then pass the first (slipped) stitch over the second stitch.

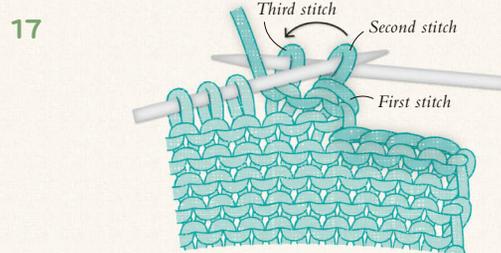
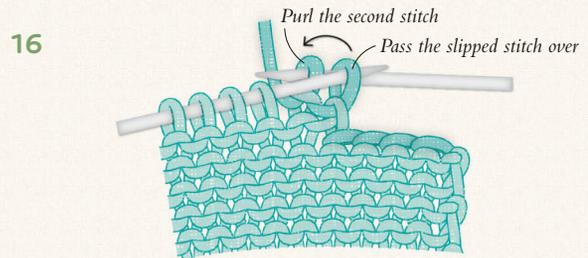
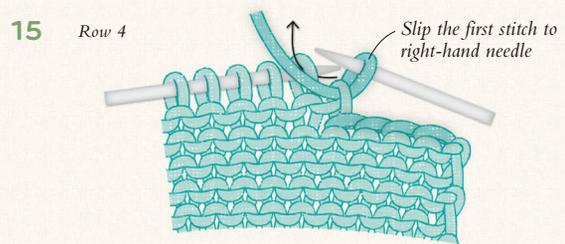
Second bind-off on the right side, with the right-side facing



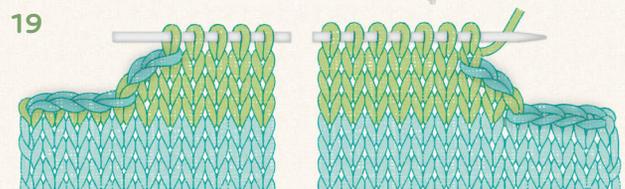
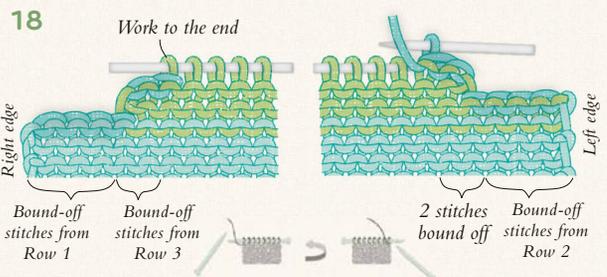
Knit the third stitch, pass the second stitch over.



Second bind-off on the left side, with wrong-side facing



Purl the third stitch, pass the second stitch over.



The fabric after step 18, turned and shown right-side facing. The darker stitches are the bound-off stitches.

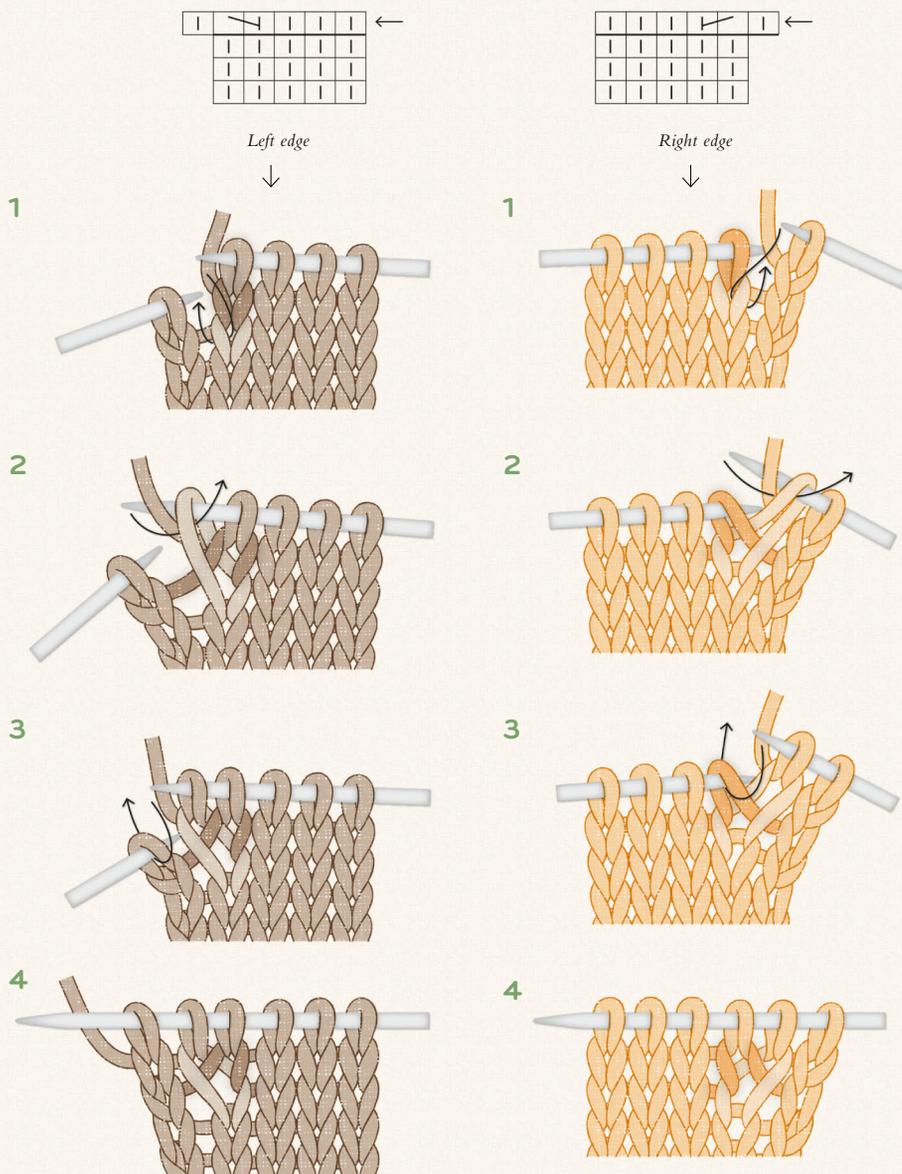
Decreases & Increases

I N C R E A S E S

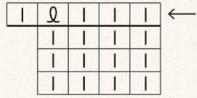
The number of stitches on the needle can be increased in a number of ways: increasing 1 stitch or multiple stitches at a time. When working increases at side edges, it's best to work the increase(s) 1 stitch in from the edge, leaving a smooth edge for seaming.

INCREASING 1 STITCH AT EACH EDGE

LIFTED INCREASE: A single increase worked by lifting a stitch from the row below; shown in stockinette stitch. The increase is worked 1 stitch in from the edge. This technique is best used when there are several rows between the increase rows. (See pages 23 and 24.)



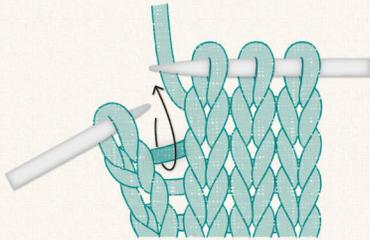
MAKE 1: A single increase worked by lifting the strand between 2 stitches and twisting the loop to prevent a hole, shown in stockinette stitch. Worked untwisted, the loop will appear as an eyelet, but smaller than a yarn over. This technique may be worked left slanting or right slanting (see illustrations) and is suitable for thin and/or smooth yarn.



Left edge

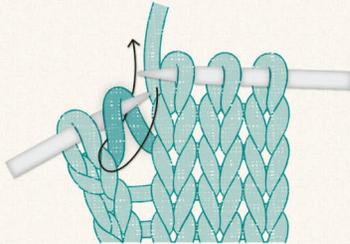


1



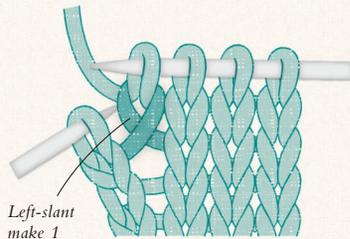
Insert the left-hand needle as shown by the arrow.

2



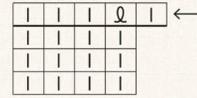
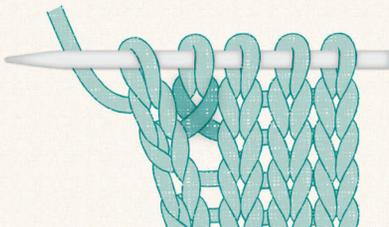
Insert the right-hand needle into the pulled-up strand and knit, twisting the strand.

3



Left-slant make 1

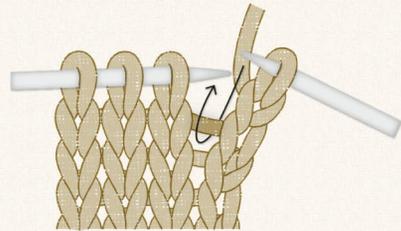
4



Right edge

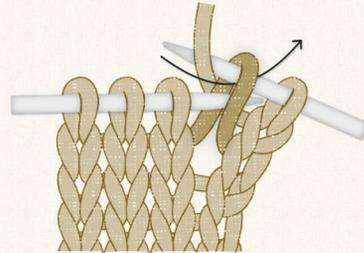


1



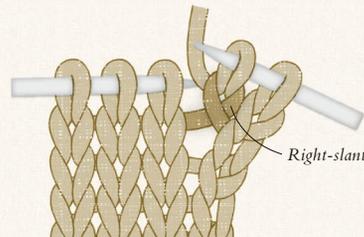
Insert the right-hand needle as shown by the arrow.

2



Insert the left-hand needle into the front of the pulled-up strand and knit, twisting the strand.

3



Right-slant make 1

4

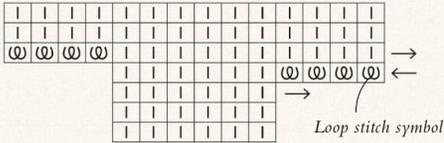


Decreases & Increases

INCREASING MULTIPLE STITCHES

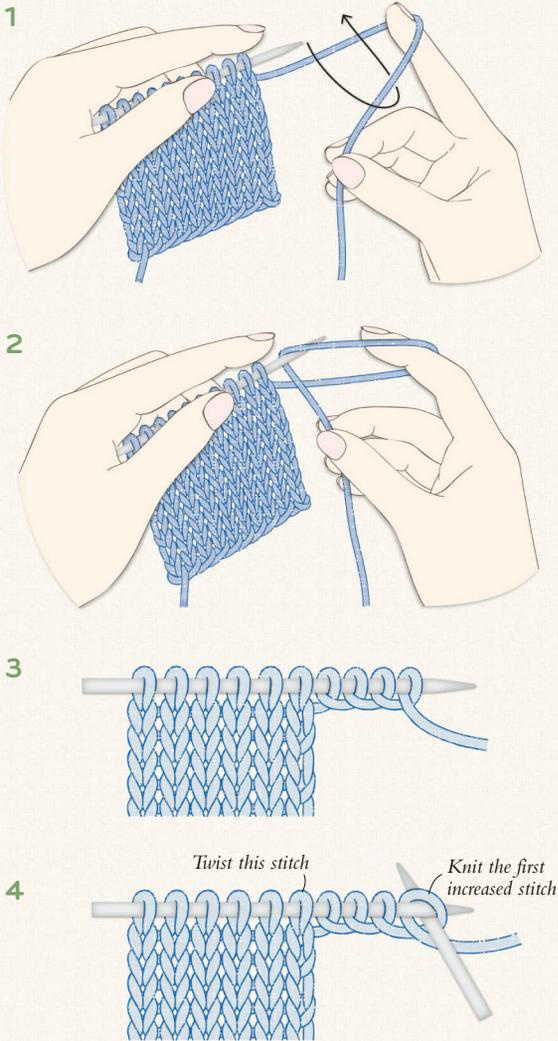
Increasing 2 stitches or more at once is done from the side with the yarn. Any cast-on method may be used; the loop cast-on and knit cast-on are illustrated in both stockinette and reverse stockinette stitch.

LOOP CAST-ON: A method for increasing stitches by looping the yarn around the needle while looking at the front of the knitted fabric. It's easy to do and is even suitable for thick yarn.



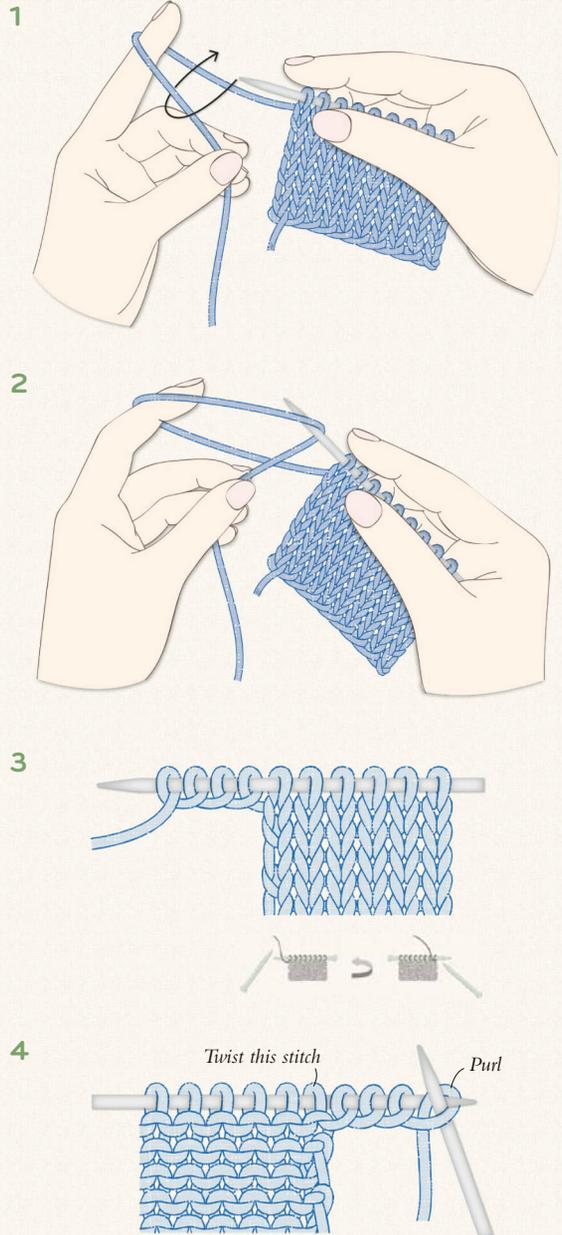
STOCKINETTE STITCH

Right edge: Increase at the beginning of the row.



REVERSE STOCKINETTE STITCH

Left edge: Increase at the end of the row.

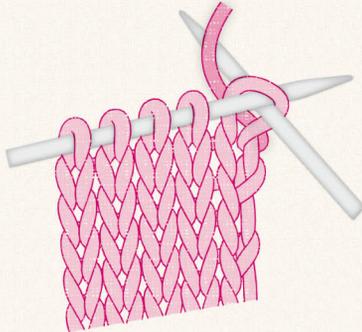


KNIT-ON CAST-ON: Illustrated in both stockinette stitch and reverse stockinette stitch. Because this technique creates a thicker and tighter stitch than the loop cast-on, it is suitable for thin yarn.

STOCKINETTE STITCH

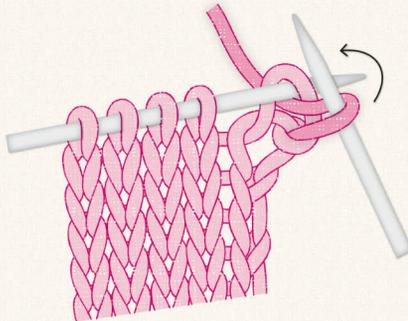
Right edge

1



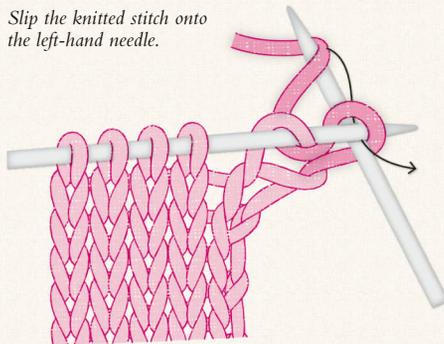
Knit the edge stitch.

2



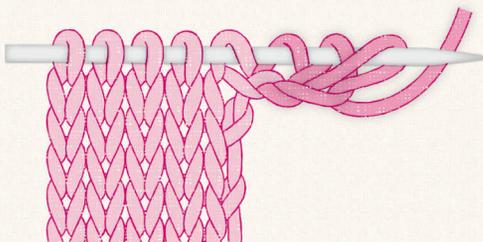
Slip the knitted stitch onto the left-hand needle.

3



Knit the new stitch.

4

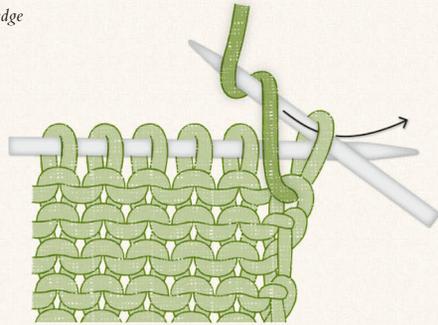


Repeat steps 2 and 3 to increase (cast on) the required number of stitches.

REVERSE STOCKINETTE STITCH

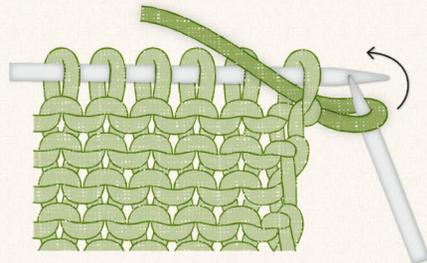
Left edge

1



Purl the edge stitch.

2



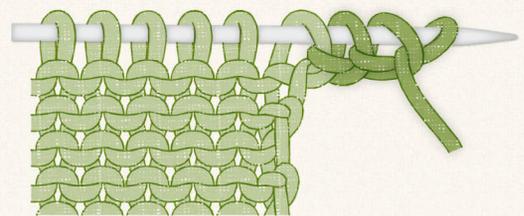
Slip the stitch onto the left-hand needle.

3



Purl the new stitch.

4



Repeat steps 2 and 3 to increase (cast on) the required number of stitches.

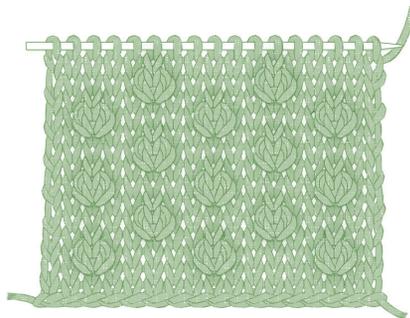
KNITTING

BASICS

Popular Knit Patterns

COMMON STITCH PATTERNS

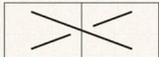
There are five common types of stitch patterns: cables, worked by crossing stitches to the right or left; lace stitch patterns, worked in a combination of yarn over and decrease stitches; bobble stitch patterns, which form small ball-shaped motifs; knit-1-below stitch patterns, which extend a stitch over two rows vertically; and color work (intarsia or Fair Isle), which uses two or more colors per row, most commonly worked in stockinette stitch. These are all fun techniques and can be created using only the basic knit and purl stitches, combined with yarn overs and decreases. Once you master these individual techniques, try combining them for more challenging stitch patterns such as traditional Arans, multicolor Fair Isle motifs, or traditional Nordic patterns.



CABLE KNIT PATTERNS

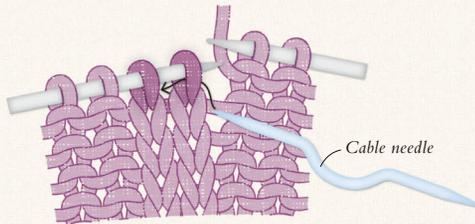
A cable is made by crossing stitches. When worked inside a purled base, the stockinette-stitch cable stands out from the surrounding stitches. By varying the number of stitches and the direction they are crossed, a wide variety of cables can be created. Following are illustrations for working a 2-stitch cable (1 over 1), a 4-stitch cable (2 over 2), and a 3-stitch cable (2 over 1). When working cables, it's best to use a cable needle (see page 69) to hold the stitches to the back or front of your work. Using a cable needle will prevent the stitches from being dropped accidentally.

2-STITCH CABLE (ALSO CALLED A 2-STITCH TWIST)



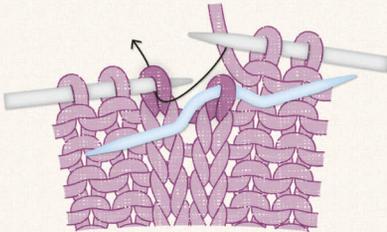
2-stitch left-slant cable

1



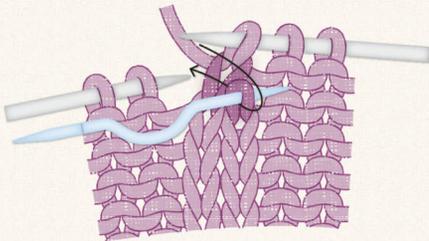
Insert the cable needle into the next stitch, slip the stitch to the cable needle, and hold to the front.

2



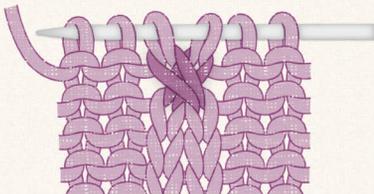
Knit the next stitch.

3

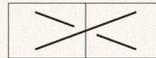


Knit the stitch from the cable needle.

4

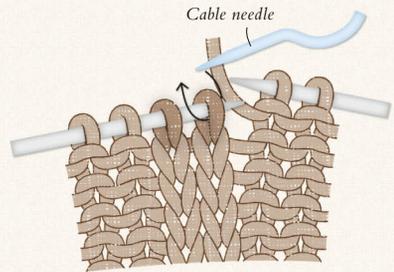


The completed left-slant 2-stitch cable.



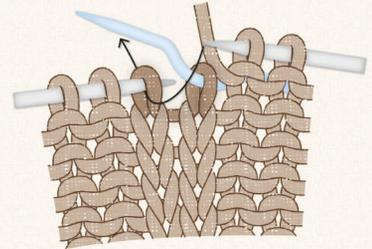
2-stitch right-slant cable

1



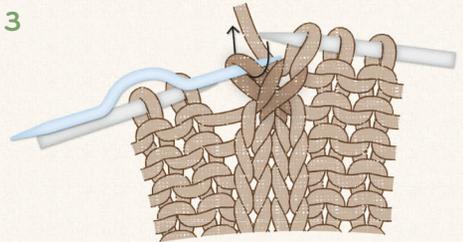
Insert the cable needle into the next stitch, slip the stitch to the cable needle, and hold to the back.

2



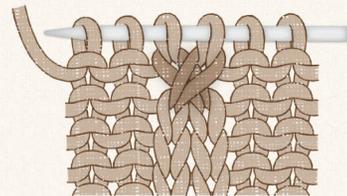
Knit the next stitch.

3



Knit the stitch from the cable needle.

4

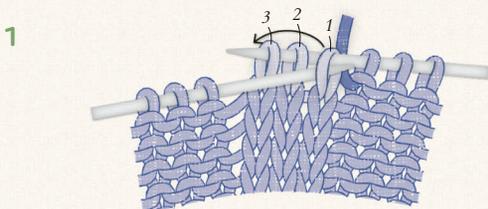


The completed 2-stitch right-slant cable.

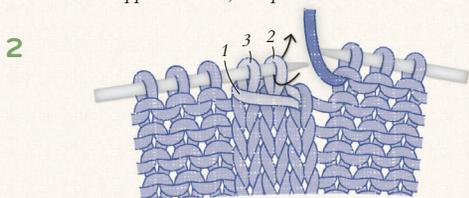
Popular Knit Patterns

FAUX CABLE (PASS-OVER-STITCH CROSS)

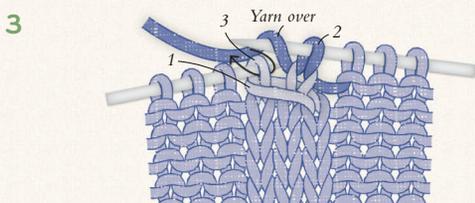
Left-slant faux cable



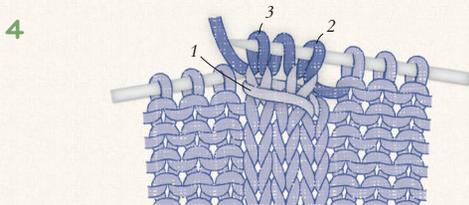
Slip 3 stitches to the right-hand needle, as follows: slip 1 knitwise, slip 2 purlwise. Insert the left-hand needle into the stitch slipped knitwise, and pass it over stitches 2 and 3.



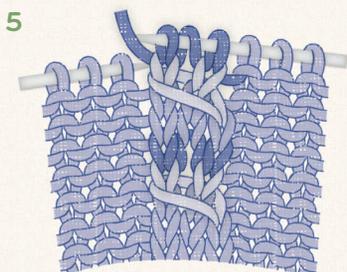
Return stitches 2 and 3 to the left-hand needle; knit stitch 2.



Work a yarn over, then knit stitch 3. The yarn over returns the stitch count to the original 3 stitches.

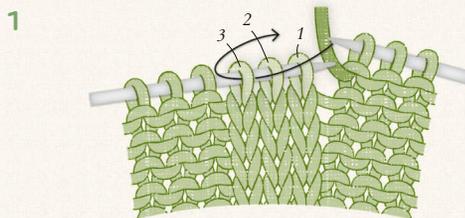


The left-slant faux cable is complete.

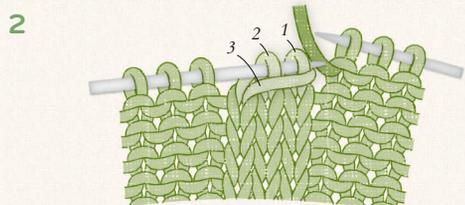


-	-	C	O	L	-	-
-	-				-	-
-	-				-	-
-	-	C	O	L	-	-
-	-				-	-

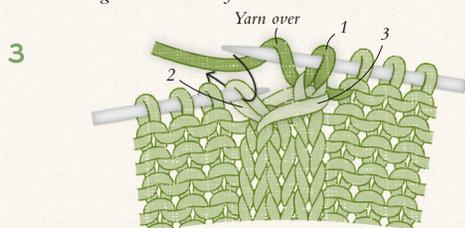
Right-slant faux cable



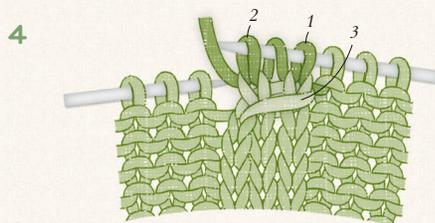
Insert the right-hand needle into stitch 3 on the left-hand needle; pass it over stitches 2 and 1.



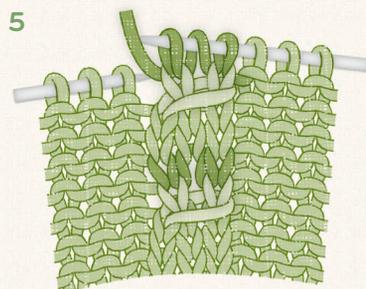
Once you've passed the stitch over, remove the right-hand needle from the stitch.



Knit 1 (1), yarn over, knit 1 (2). The yarn over returns the stitch count to the original 3 stitches.



The right-slant faux cable is complete.

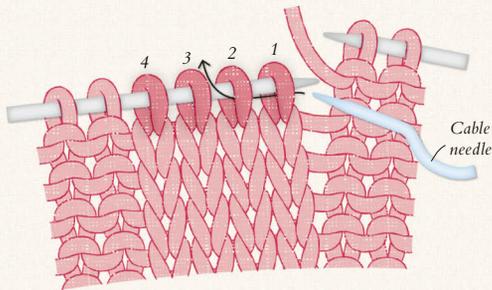


-	-	L	O	R	-	-
-	-				-	-
-	-				-	-
-	-	L	O	R	-	-
-	-				-	-

4-STITCH CABLE

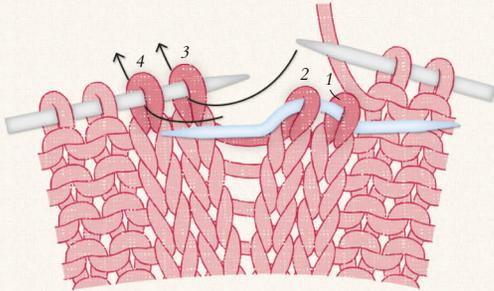
 4-stitch left-slant cable

1



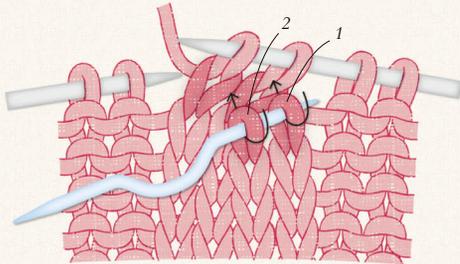
Slip the next 2 stitches (1 and 2) to the cable needle; hold the cable needle to the front.

2



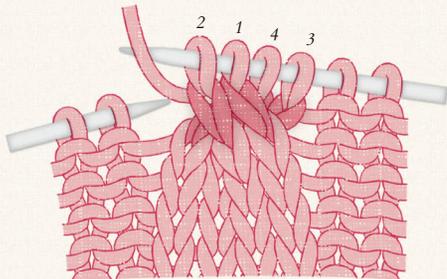
Knit 2 (3 and 4).

3



Knit 2 (1 and 2) from the cable needle.

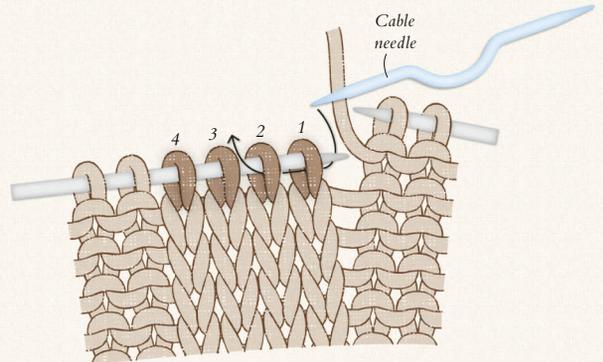
4



The 2 stitches on the right-hand side are crossed over the adjacent 2 stitches to the left.

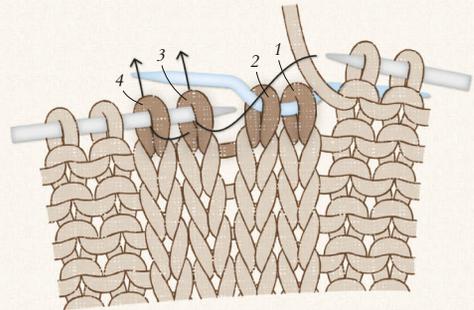
 4-stitch right-slant cable

1



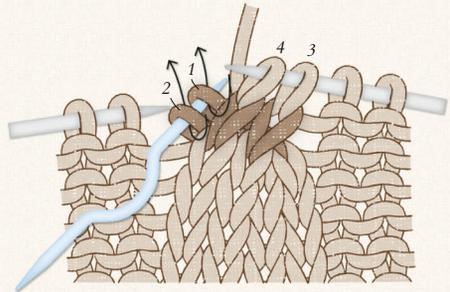
Slip the next 2 stitches (stitches 1 and 2) to the cable needle; hold the cable needle to the back.

2



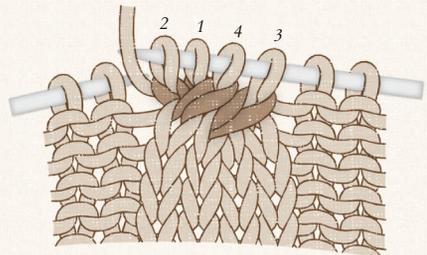
Knit 2 (the next 2 stitches, stitches 3 and 4).

3



Knit the 2 stitches from the cable needle.

4



The 2 stitches on the left-hand side are crossed over the adjacent 2 stitches to the right.

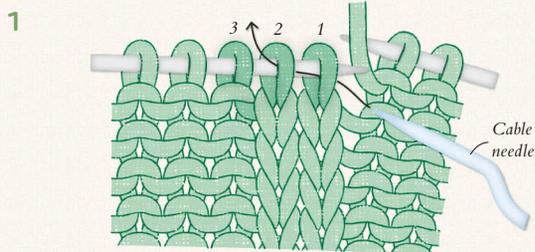
Popular Knit Patterns

3-STITCH TWIST

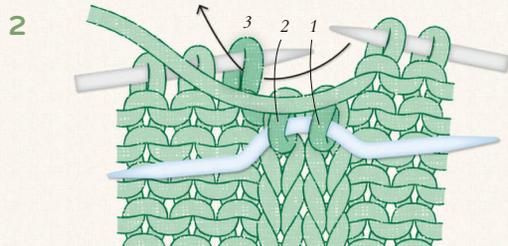
This is a variation of a cable pattern (usually called a twist because the facing stitches are worked as knit-stitches and the under stitch is worked as a purl-stitch). The technique (combining knit and purl-stitches) can be used with any number of stitches.



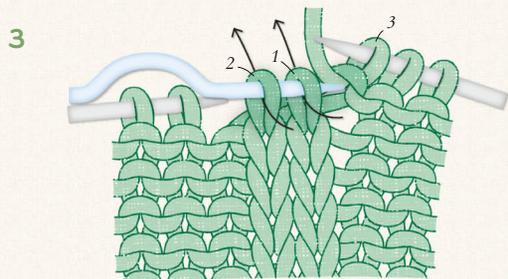
Left-slant 3-stitch twist



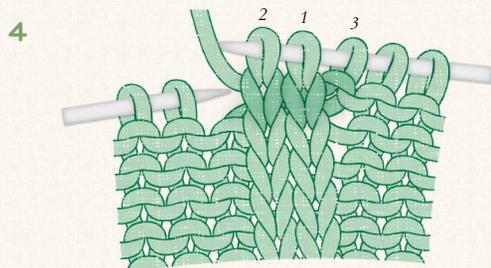
Slip the next 2 stitches (1 and 2) to the cable needle; hold the cable needle to the front.



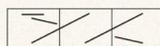
Purl the next stitch (3).



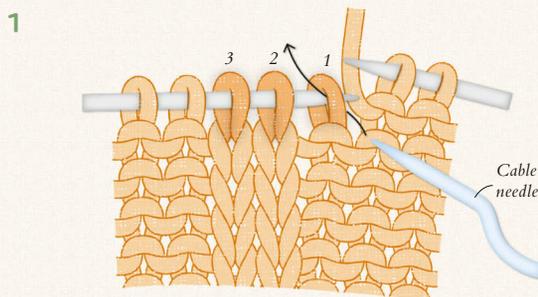
Knit 2 (1 and 2) from the cable needle.



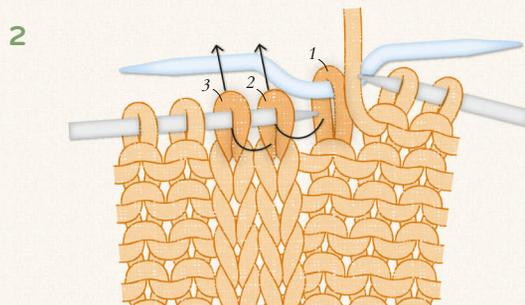
The 2 stitches at the right-hand side are crossed over the adjacent stitch to the left.



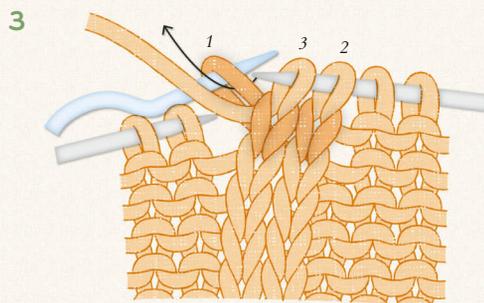
Right-slant 3-stitch twist



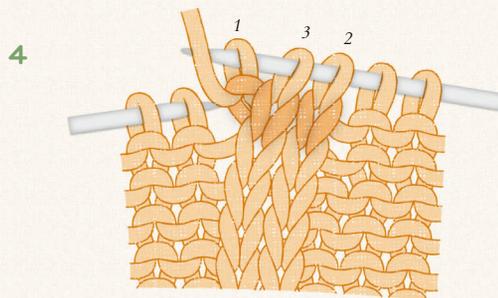
Slip the next stitch to the cable needle (1); hold the cable needle to the back.



Knit 2 (2 and 3).



Purl the stitch from the cable needle.



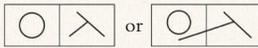
The 2 stitches on the left-hand side are crossed over the adjacent purl stitch.

LACE PATTERNS

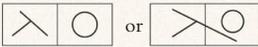
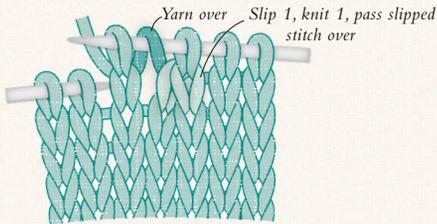
Lace stitch patterns are also called openwork or open-hole patterns. The instructions for yarn over (see page 19), knit 2 together (see page 21), and knit 3 together (see page 22) will be helpful if you need a reminder as to how to work these techniques. **IMPORTANT:** A yarn over increases a stitch; be sure to work a compensating decrease for each yarn over, to maintain the correct stitch count.

YARN OVER/SINGLE-DECREASE COMBINATIONS

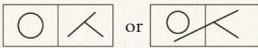
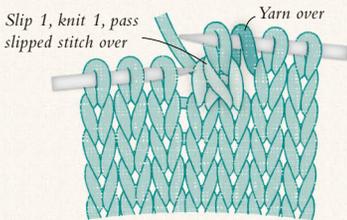
There are two ways to chart this, but the knitting is the same.



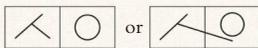
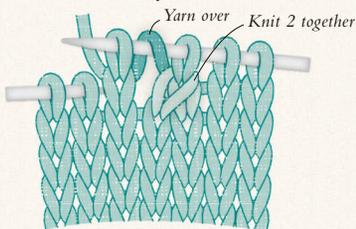
Left-slanting decrease and yarn over



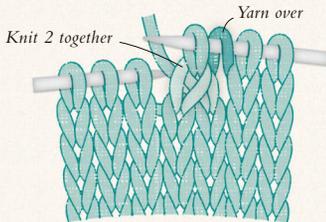
Yarn over and left-slanting decrease



Right-slanting decrease and yarn over



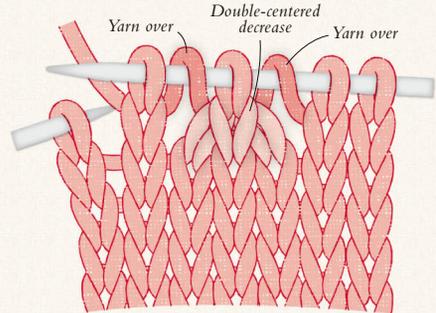
Yarn over and right-slanting decrease



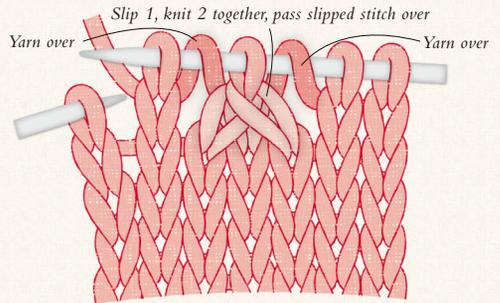
YARN-OVER/DOUBLE-DECREASE COMBINATIONS



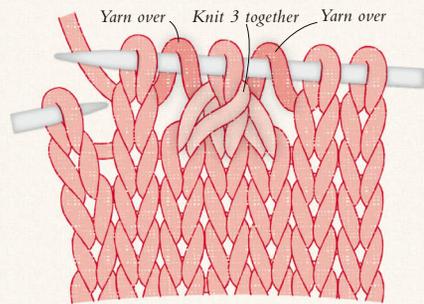
Yarn over and double-centered decrease (no slant)



Yarn over and left-slanting double decrease



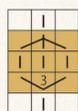
Yarn over and right-slanting double decrease



BOBBLE PATTERNS

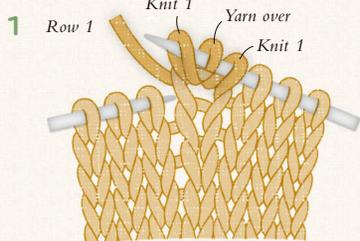
You can make a bouncy, ball-like motif by increasing (knitting 3 or 5 stitches in 1 stitch), working several rows on only those stitches, then decreasing back to 1 stitch. If the stitches are worked in reverse stockinette stitch, you get a more 3-dimensional effect. Bobbles are often worked as part of the stitch pattern for Aran sweaters. Bobbles can also be worked with a crochet hook.

BOBBLES WORKED WITH NEEDLES



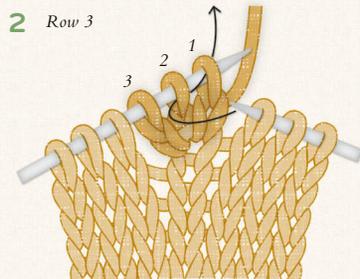
3-stitch 3-row bobble

A small bobble.



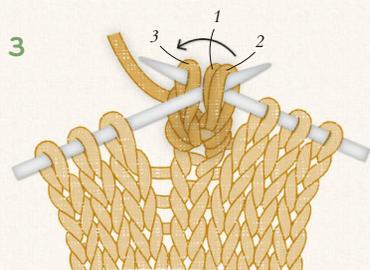
1 Row 1

Work 3 stitches (knit 1, yarn over, knit 1) in next 1 stitch. Row 2: Turn, purl 3.



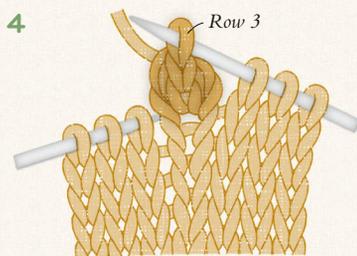
2 Row 3

Turn, insert the right-hand needle into the first 2 stitches, and slip them to the right-hand needle as if to knit 2 together.



3

Knit stitch 3, then pass the 2 stitches on the right-hand needle over the knit stitch.



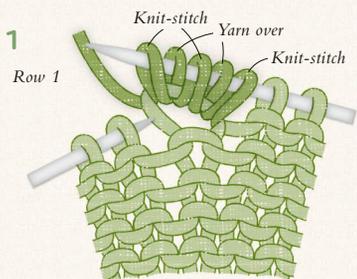
4

The 3-stitch 3-row bobble is complete. Work across.



5-stitch 5-row bobble

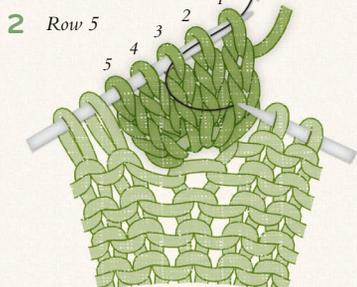
A large bobble; it's very effective if worked in reverse stockinette stitch.



1

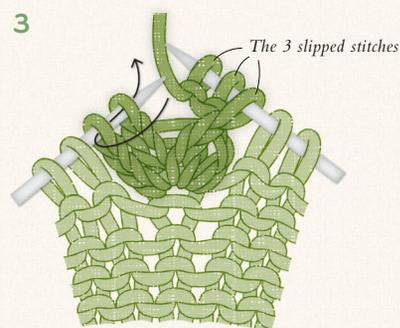
Row 1

With purl-side facing, work 5 stitches (knit 1, yarn over, knit 1, yarn over, knit 1) in the next stitch. Turning after each row of 5 stitches, work in reverse stockinette for 4 rows.



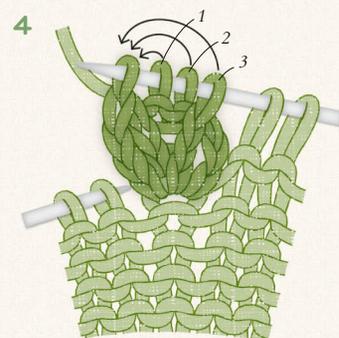
2 Row 5

Slip the first 3 stitches to the right-hand needle, as if to knit 3 together.



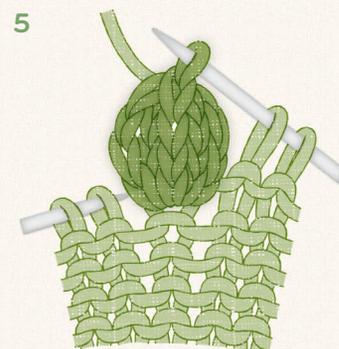
3

Knit the next 2 stitches together.



4

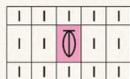
Pass the 3 slipped stitches, 1 at a time (in 1, 2, 3 order), over the knit stitch from Step 3.



5

The 5-stitch 5-row bobble is complete.

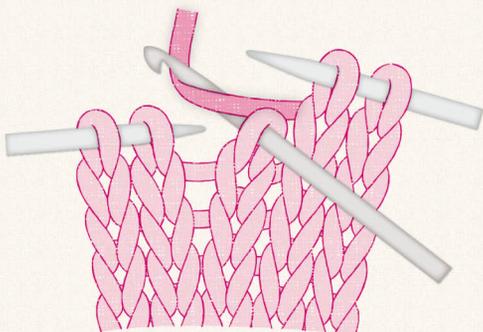
CROCHET-HOOK BOBBLE



Half-double-crochet bobble

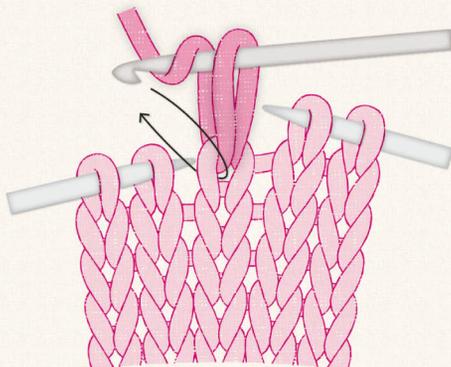
A floating bobble; the size of the crochet hook should be the same as the knitting needles you're using.

1



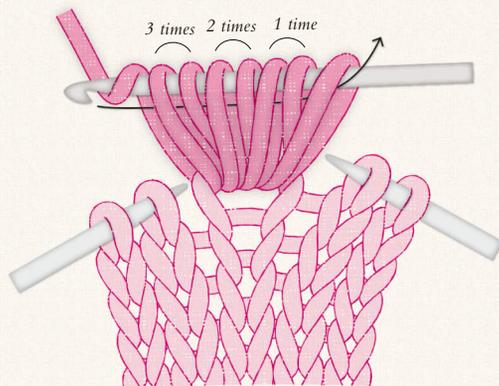
Insert the hook into the next stitch and pull up a loop.

2



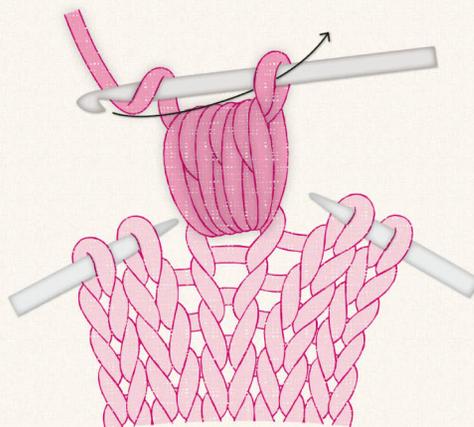
Yarn over and pull up a loop 3 times.

3



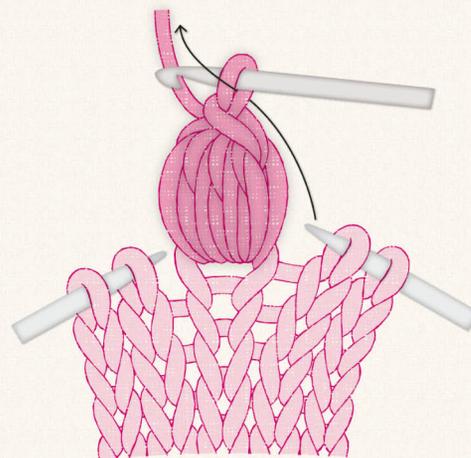
Yarn over and pull through all stitches on the hook.

4



Chain 1 and tighten the stitch to gather the end of the bobble.

5

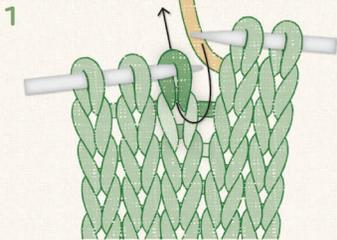


Slip the remaining stitch from the hook onto the right-hand needle; the crochet-hook bobble is complete.

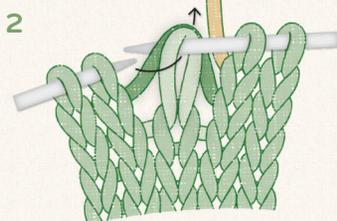
KNIT-1-BELOW PATTERNS

By pulling up a stitch lengthwise, you can add texture to your knitted fabric. It's fun to see the variegated patterns that result from working with 2 or more colors.

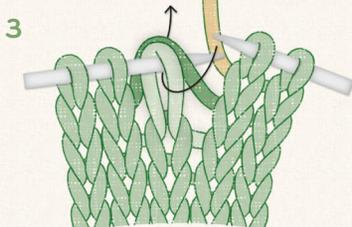
KNIT INTO THE ROW BELOW



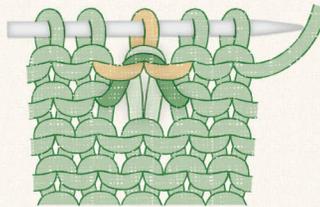
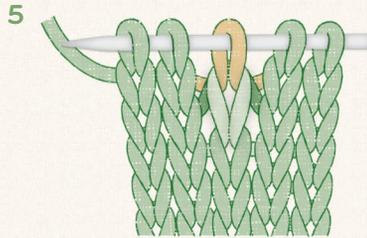
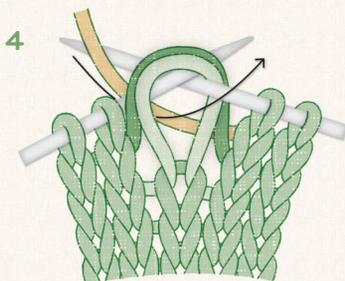
1 Insert the right-hand needle into the stitch below the next stitch and lift both stitches.



2 Slip those 2 stitches from the right-hand needle to the left-hand needle.

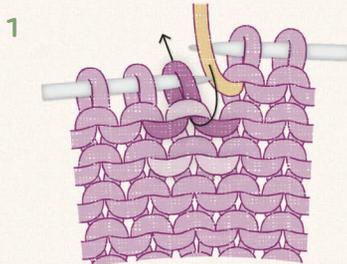


3 Knit both stitches together and drop them from the left-hand needle.

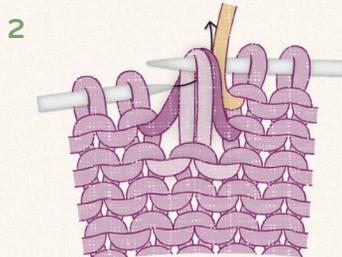


1 completed row, from the wrong side.

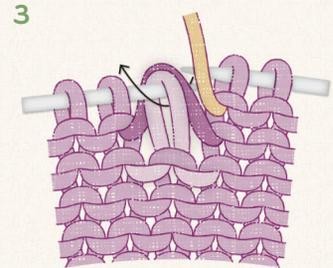
PURL INTO THE ROW BELOW



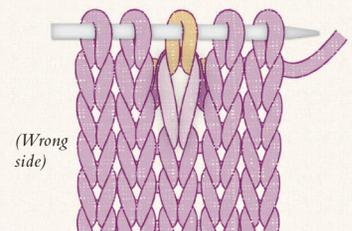
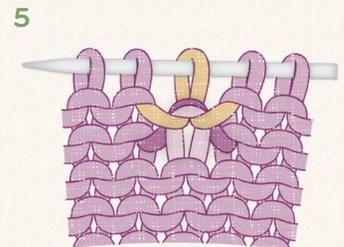
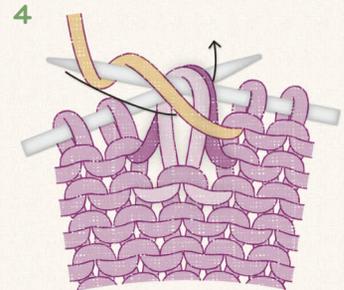
1 Insert the right-hand needle into the stitch below the next stitch and lift both stitches.



2 Slip the stitches from the right-hand needle to the left-hand needle.



3 Purl both stitches together and drop them from the left-hand needle.



(Wrong side)

1 row of purl into the row below is complete.

COLOR KNITTING

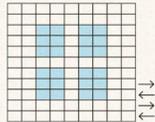
Working in stockinette stitch, a variety of patterns can be worked using yarns of multiple colors. Depending on the stitch pattern, the way of changing the yarn color varies. Once you get used to handling the yarn, color work is a fun technique.

HOW TO HOLD THE YARN: In order to work quickly, hold both yarn colors, one on the index finger of each hand. Hold the main color (the yarn to be used for the background) over the left index finger and the yarn for the contrast color over the right index finger.

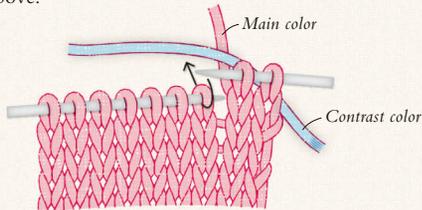
HOW TO CHANGE THE YARN COLOR

SHORT FLOATS

When the pattern is small, there are short floats (strands being carried across the reverse side), and the pattern continues widthwise, the yarn can be carried loosely across the wrong side. **IMPORTANT:** When changing the yarn, always keep the main color below and the contrast color above.

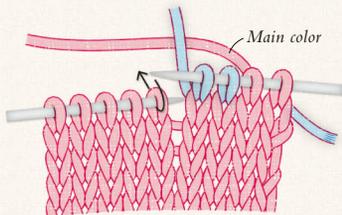


1 A row in stockinette stitch



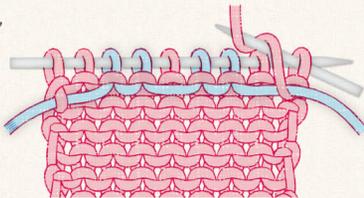
Entwining the contrast color into the edge stitch, knit the 2 edge stitches with the main color. Holding the main color below, and the contrast color above, knit the next 2 stitches with the contrast color.

2



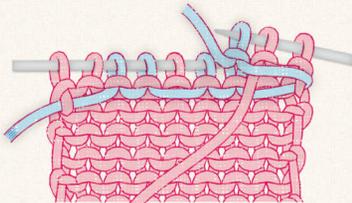
With the main color below, and the contrast color above, knit 1 with the main color; continue from chart across.

3 A purl row



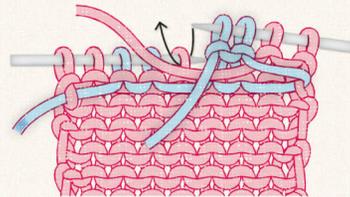
When working the first stitch with the main color, work with the contrast color held above the main color.

4



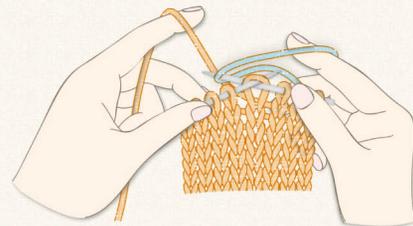
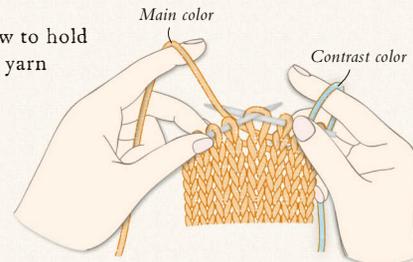
With the main color below and the contrast color above, knit 2 stitches with the contrast color.

5



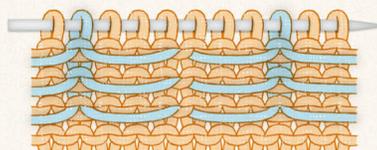
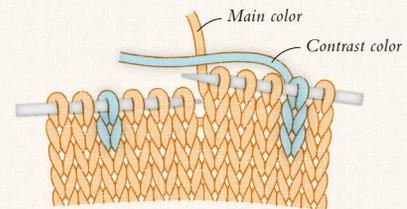
With the main color below and the contrast color above, purl 1 stitch with the main color.

How to hold the yarn



LONG FLOATS

When the yarn being carried loosely across has long floats, it can be easily caught by fingers and pulled out of shape, so wrap the strands into a stitch at various points.

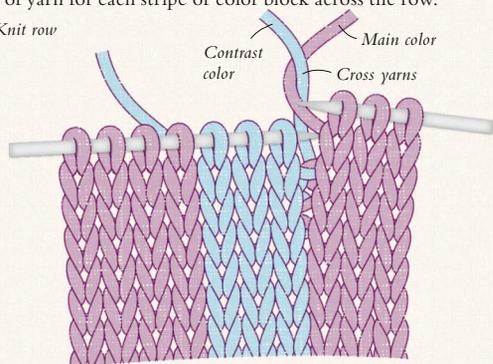


Popular Knit Patterns

INTARSIA, USED FOR VERTICAL STRIPES AND OTHER COLOR BLOCK WORK

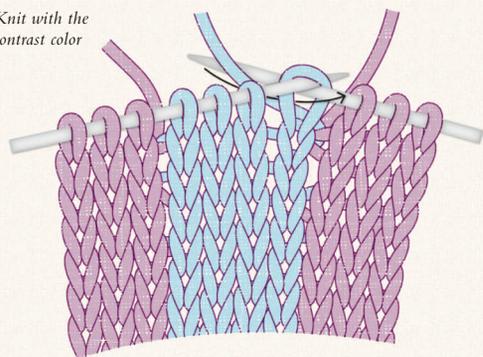
When working stripes or other intarsia motifs, the yarn is carried up the edge of each section, vertically. At the edge of the color block, the main color and contrast color are crossed. (If they are pulled too tightly, the edge stitches may pucker, so be careful!) You'll need 1 strand of yarn for each stripe or color block across the row.

1 Knit row



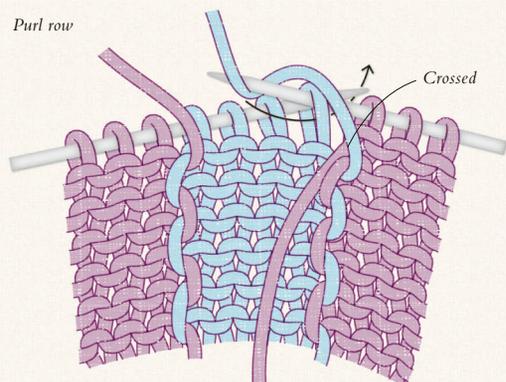
When you've worked to the last stitch of the stripe with the main color, cross the yarn, placing the contrast color below the main color.

2 Knit with the contrast color



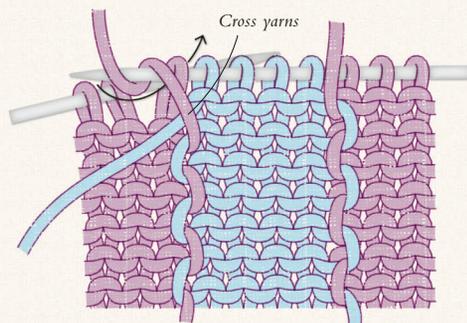
When you've finished working with the contrast color, cross the yarn, putting the main color below, and knit.

3 Purl row



When you've worked to the edge of the stripe with the main color, cross the yarn, placing the contrast color above, and work the next section.

4

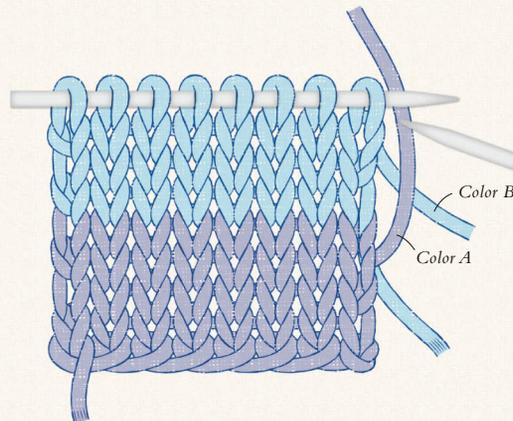


When you've finished working with the contrast color, cross the yarn, placing the contrast color below, and work the next section.

WHEN THE PATTERN HAS HORIZONTAL STRIPES

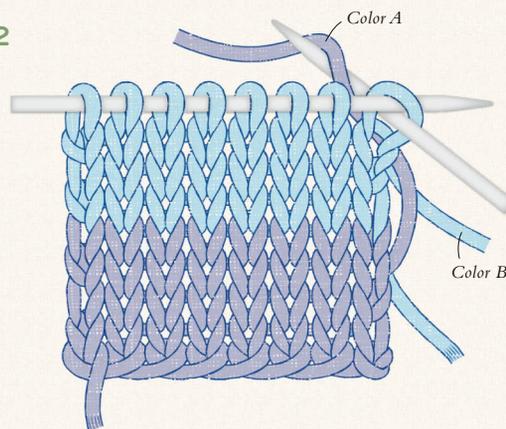
For a narrow stripe pattern (2 to 6 rows), carry the yarn not in use loosely up the side of the piece; each time the color changes, bring it up and continue without cutting the yarn.

1



Drop color B, bring color A up to the beginning of the next row. With color A in front of color B (always keep the new yarn for the next stripe in front), knit.

2



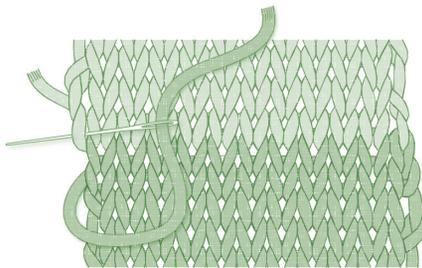
KNITTING

BASICS

Finishing

ASSEMBLING & BINDING OFF

After finishing the last row of a knitted piece, you need to bind off the stitches remaining on the needle. There are various methods for binding off (taking the stitches off one by one so that the fabric will not unravel). This can be done with a yarn needle, a crochet hook, or knitting needles. This chapter also contains instructions for picking up stitches to work edging and two common techniques for joining pieces together—stitch to stitch (grafting) or row to row (seaming).



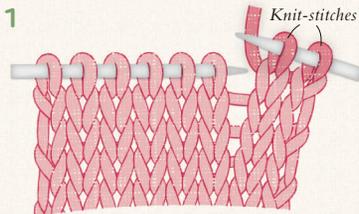
B I N D I N G O F F

Binding off is a technique for finishing off stitches on the needle so they don't come apart and removing the fabric from the knitting needle. There are various ways to bind off. You can use knitting needles, a crochet hook for a slip-stitch bind-off, or a yarn needle for a loop bind-off or a rib-stitch bind-off. In all cases, the tension of the bound-off stitches should match the flexibility of the fabric.

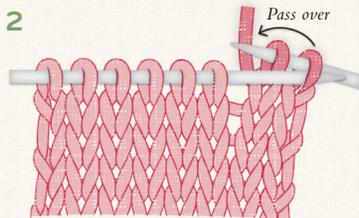
BINDING OFF WITH KNITTING NEEDLES

Bind off stitches with the common bind-off stitch (see page 32), using knitting needles.

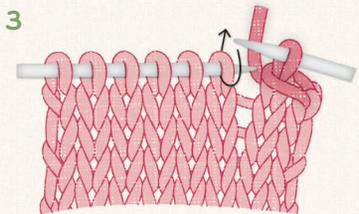
Knit bind-off



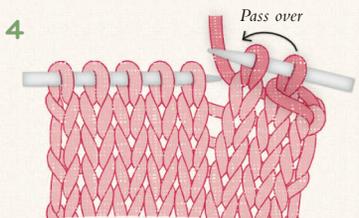
With right-side facing, knit the 2 edge stitches.



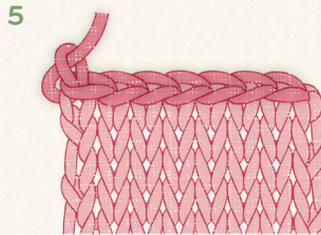
Pass the first stitch over the second stitch.



Knit the next stitch.

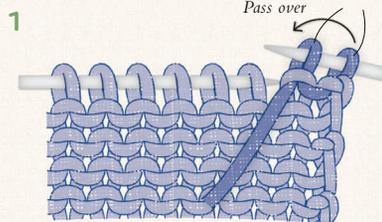


Pass the second stitch over the third stitch. Repeat steps 3 and 4 across.

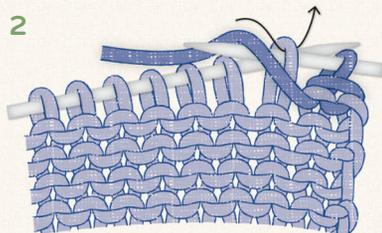


Pulling the yarn end through the last stitch, tighten the stitch.

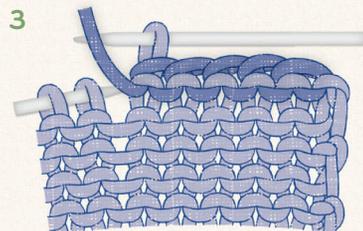
Purl bind-off



Purl the 2 edge stitches, then pass the first stitch over the second stitch.

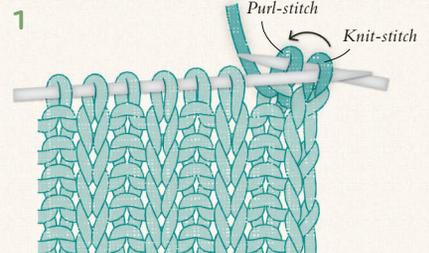


Purl the next stitch; pass the second stitch over the third stitch.

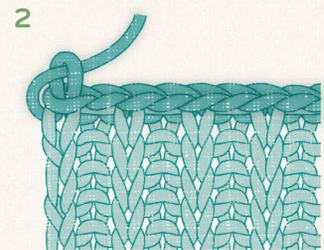


Continue to the end. Pull the yarn through the last stitch and fasten off.

Bind off in rib (Single rib shown.)



Knit the knit-stitches and purl the purl-stitches, passing over after working every second stitch.



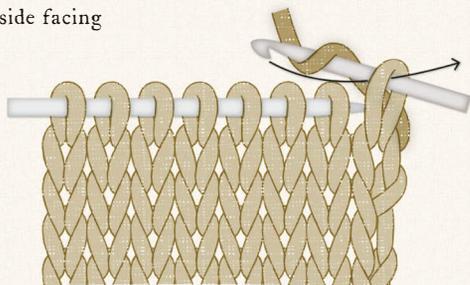
Pull the yarn through the last stitch and fasten off.

CROCHET SLIP-STITCH BIND-OFF

This bind-off, which is worked with a crochet hook, is easy to do. It can be done quickly, but it must be done with a loose tension or the bound-off stitches can be too tight, so be careful!

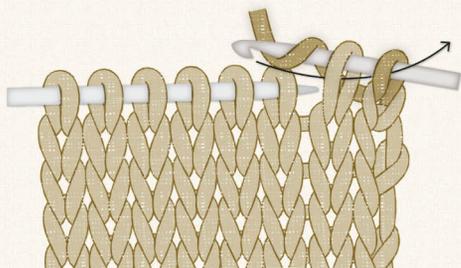
Knit-side facing

1



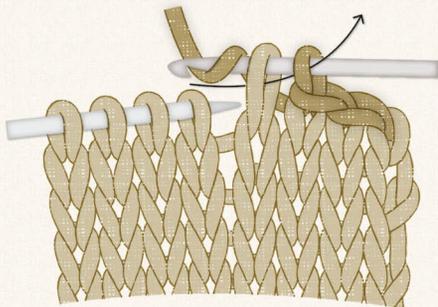
Insert the hook into the edge stitch, taking the stitch off the needle, yarn over, and pull up a loop.

2



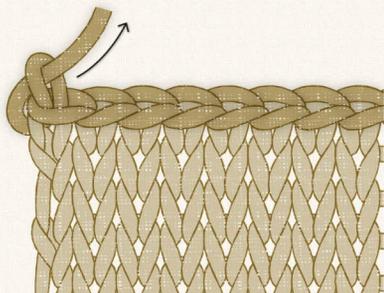
Insert the hook into the next stitch, yarn over, and pull through both stitches on the hook.

3



Repeat step 2 across.

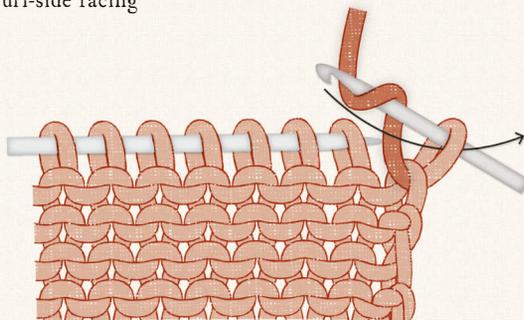
4



Pull the yarn through the last stitch and fasten off.

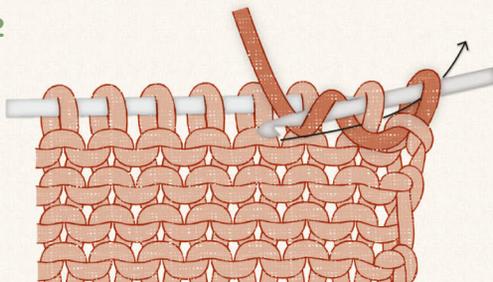
Purl-side facing

1



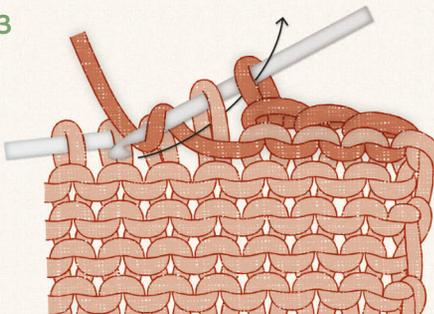
Insert the hook into the edge stitch as shown, taking the stitch off the needle, yarn over, and pull up a loop.

2



Keeping the yarn at the front, insert the hook into the next stitch, yarn over, and pull through both stitches on the hook.

3

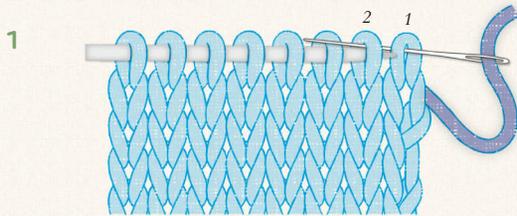


Repeat step 2. Pull the yarn through the last stitch and fasten off.

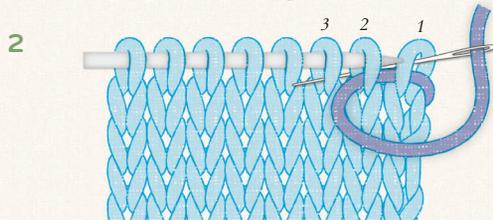
LOOP BIND-OFF

For this method the yarn is wound through the stitches using a yarn needle. It forms a stretchy and subtle bind-off. To begin, cut a length of yarn $2\frac{1}{2}$ to 3 times the width of the piece.

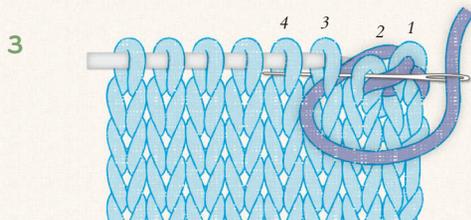
Stockinette stitch (knit-side facing)



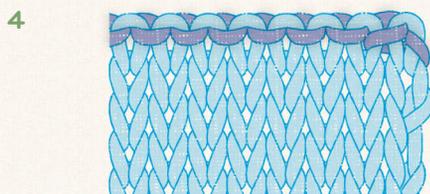
1 Insert the needle into the 2 edge stitches, as shown.



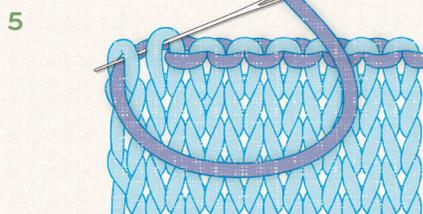
2 Return to stitch 1; insert the needle into stitches 1 and 3.



3 Return to stitch 2; insert the needle into stitches 2 and 4.

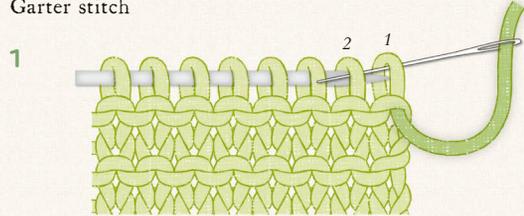


4 Repeat across.

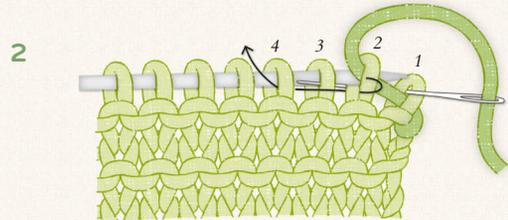


5 At the end of the row, insert the needle through both stitches, as shown, 2 times.

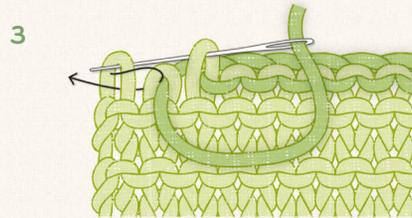
Garter stitch



1 Insert the needle into the 2 edge stitches, as shown.



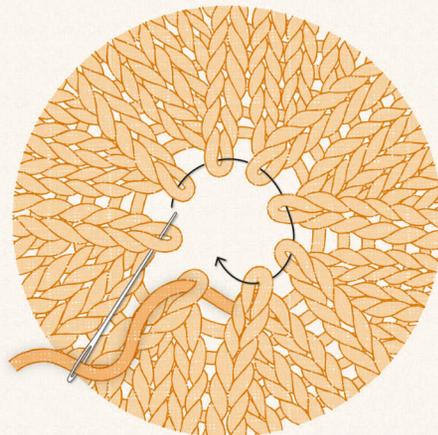
2 Return to stitch 1; insert the needle into stitches 1 and 3, and pull the yarn to an even tension. Return to stitch 2, working into stitches 2 and 4, and pulling the yarn as shown by the arrow.



3 For the final 2 stitches, insert the needle from the front, and draw it out from the opposite side.

ALL-AT-ONCE BIND-OFF

This is the method used for joining the center of a circular piece.

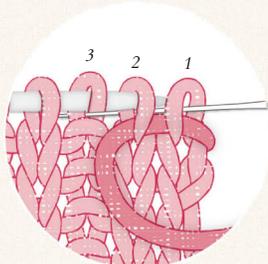
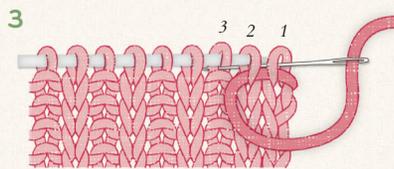
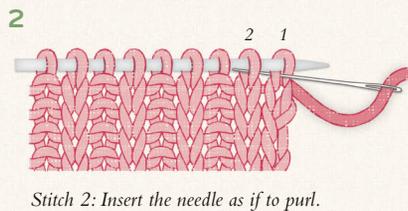
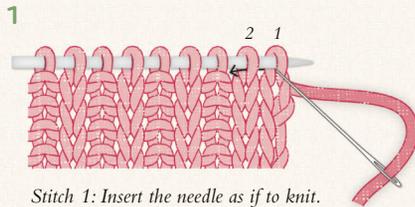
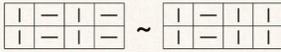


After the last round, cut the yarn, leaving a long tail. Thread the tail on a yarn needle, pass the yarn through all the stitches, and pull snugly to close the hole. Be careful to avoid twisting the stitches!

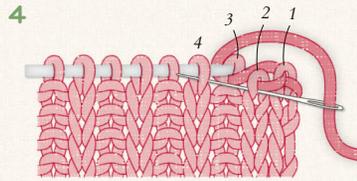
RIB-STITCH BIND-OFF

This method of binding off in pattern using a yarn needle maintains the elasticity of the ribbing. Both single (1x1) rib and double (2x2) rib are worked in the same manner. With the right-side facing, beginning at the right-hand side, insert the needle as if to knit the knit stitches and as if to purl the purl stitches. Be careful to keep the tension of your bind-off yarn the same as the knitted piece. For the bind-off yarn, you'll need a length about 3½ times the width of the piece.

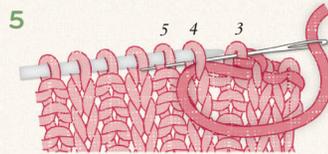
Single-Rib Bind-off—flat (in rows) with 2 knit stitches on the right-hand edge, and 1 knit stitch on the left-hand edge



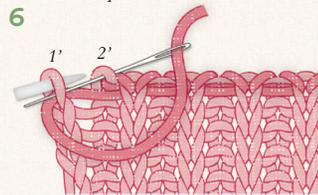
Return to stitch 1, insert the needle in stitch 1 then into stitch 3 (the first purl-stitch); drop stitch 1 from the left-hand needle.



Return to stitch 2, insert the needle as shown into stitch 2, then into stitch 4 (a knit stitch); drop stitch 2 from the left-hand needle.

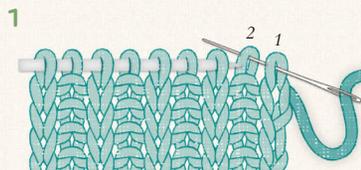
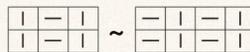


Insert the needle into purl-stitches 3 and 5. Continue across, working 2 knit-stitches (step 4), then 2 purl-stitches (step 5) alternately.

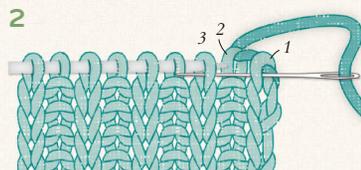


Finally, insert the needle into the last purl-stitch (second from the end) and bring it out through the last stitch.

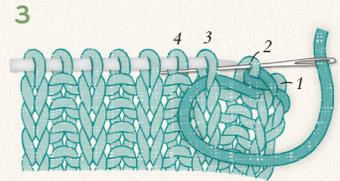
With 1 knit-stitch on each edge



Insert the needle into stitches 1 (knit-stitch) and 2 (purl-stitch) as shown.

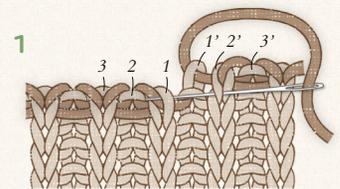


Return to stitch 1, then insert the needle into stitch 3 (the next knit-stitch) as shown.

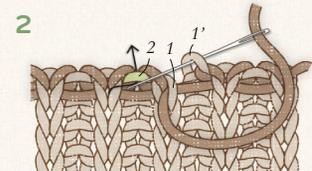


Return to stitch 2, then insert the needle as shown into stitch 4 (purl-stitch). Continue across, end as in step 6 of the previous instructions.

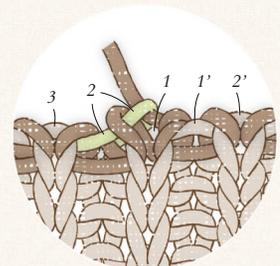
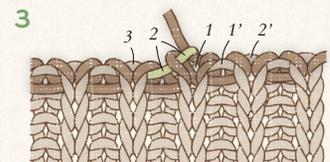
Circular knit bind-off—rib-stitch bind-off for projects in the round



At the end of the round, insert the needle from into the last knit-stitch (2') and then into stitch 1 (1).



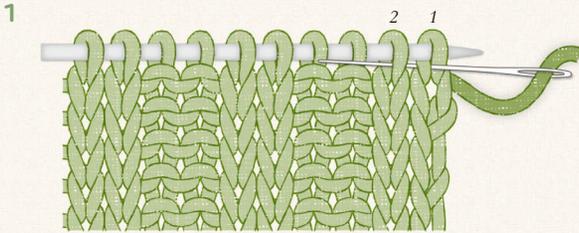
Insert the needle at 1' and then at 2' to join the round.



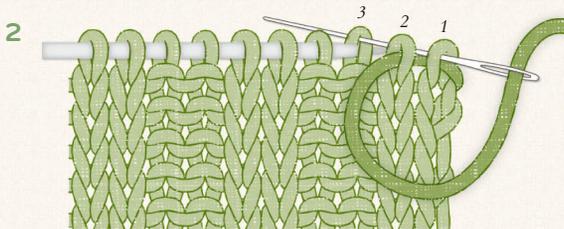
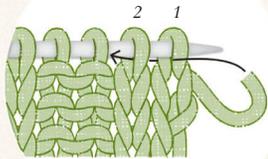
Finishing

DOUBLE-RIB BIND-OFF

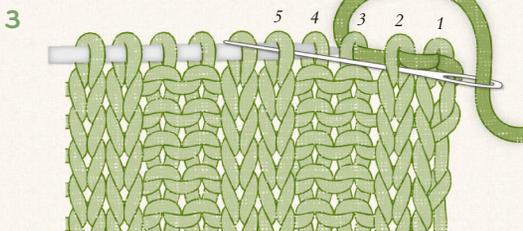
When both edges have 2 knit-stitches



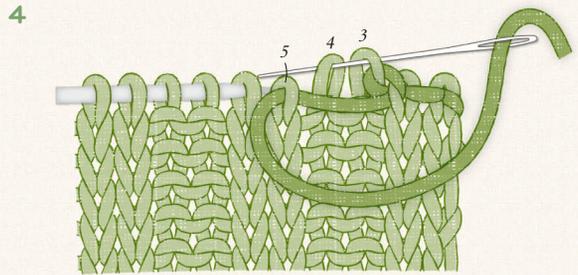
Insert the needle into stitches 1 and 2, as shown.



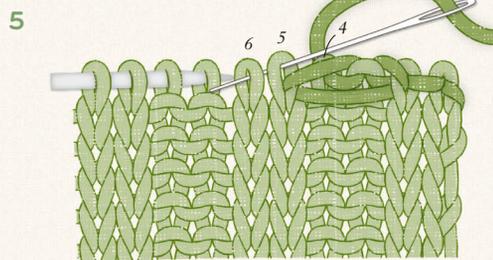
Return to stitch 1, insert the needle from the front, and take it out from the back of stitch 3.



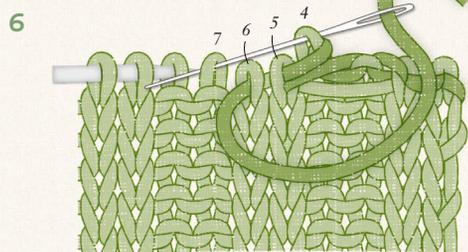
Return to stitch 2, insert the needle from the front, skip stitches 3 and 4 (purl-stitches), and bring the needle out at the front of stitch 5 (a knit-stitch).



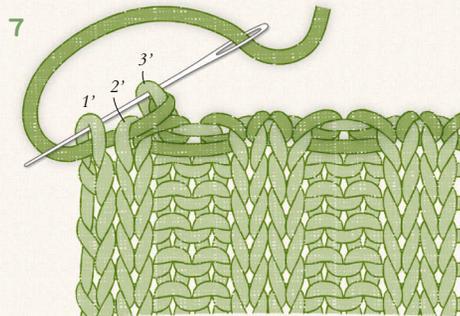
Insert the needle through stitches 3 and 4 as shown (from the back).



Insert the needle through stitches 5 and 6 as shown (from the front).



Return to stitch 4, insert the needle from the back, skip stitches 5 and 6, and bring the needle out at the back of stitch 7. Repeat steps 3 to 5.



At the end of the row, insert the needle into the next-to-last stitch (from the front), and bring it out through the last stitch. Insert the needle from the back into the last purl-stitch (third stitch from the end) and bring it out through the last stitch.

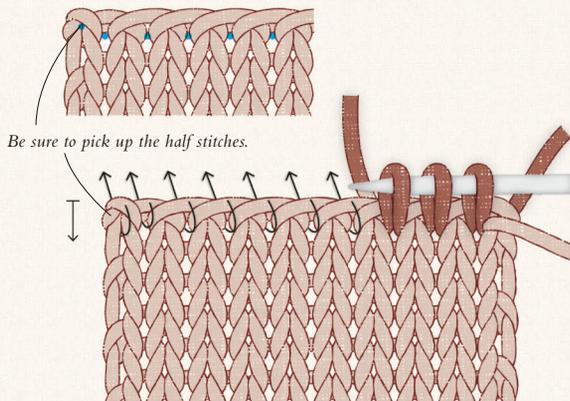
PICKING UP STITCHES

When adding knitted edges to hems and necklines, and when knitting the front bands of cardigans, we need live stitches, but instead of casting on stitches, we pick up stitches from the edge of the piece. There are 2 methods; picking up stitches from stitches and picking up stitches from rows.

PICKING UP FROM STITCHES

This is a way of picking up stitches from a long-tail cast-on or a bound-off edge. Hold the piece with the right-side facing and the edge to be picked up at the top. Note: Pick up the half stitches at the edges.

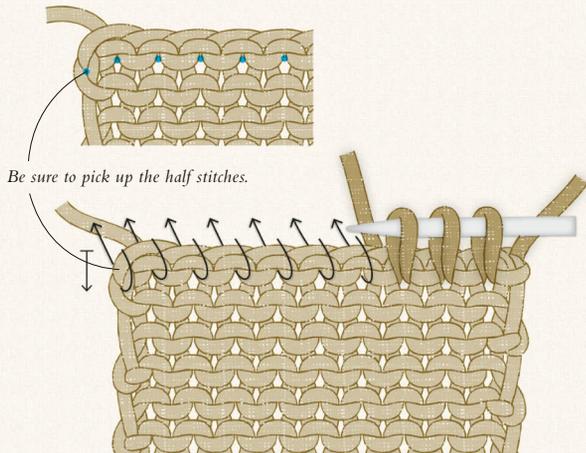
From stockinette stitch



Insert the needle under both loops of the edge stitch, yarn over, and pull up a stitch (first stitch). Continue across.

From reverse stockinette stitch

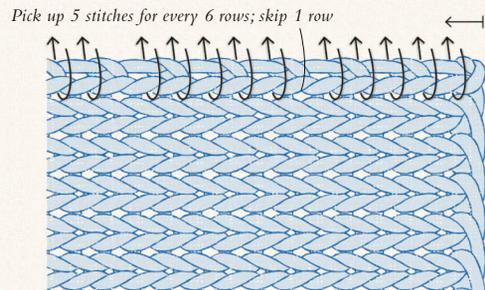
*See page 9, picking up live stitches from the provisional cast-on.



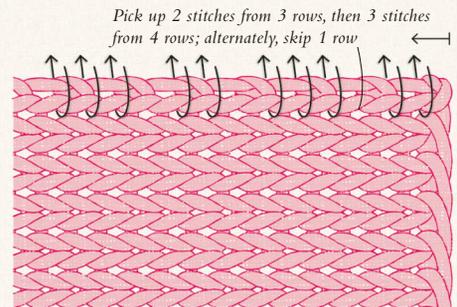
PICKING UP FROM ROWS

Remember: The row gauge is generally different than the stitch gauge (usually more rows per in/cm than stitches), so picking up on row ends means skipping a row at regular intervals. The ratio of skipped stitches varies with the gauge of the fabric, but will generally be 2 or 3 stitches per 3 or 4 rows. (See page 67 for checking gauge.)

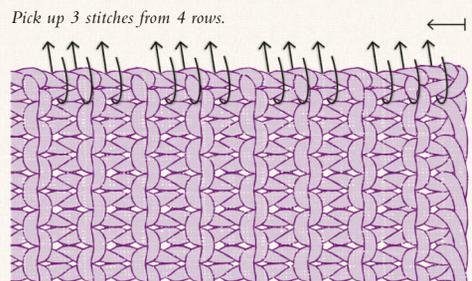
Picking up to work rib on stockinette stitch



Picking up to work garter stitch on stockinette stitch



Picking up to work garter stitch on garter stitch

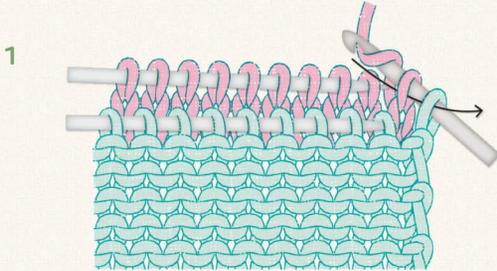


G R A F T I N G

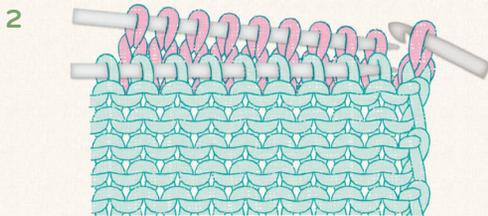
Joining stitches together is called grafting; this can be done with a crochet hook or yarn needle.

CROCHET SLIP STITCH

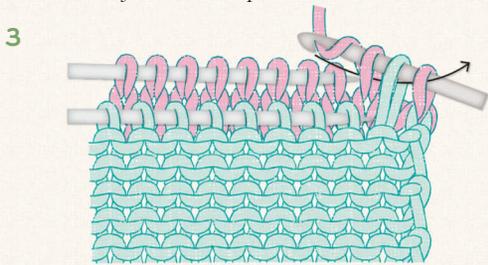
Hold the pieces to be joined with right-sides together, live stitches facing up. This grafted seam is not stretchy.



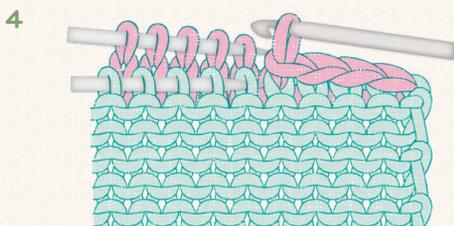
Insert the hook into the first stitches of the front and back pieces, yarn over, and pull up a loop through both stitches at once.



The first stitch is complete.



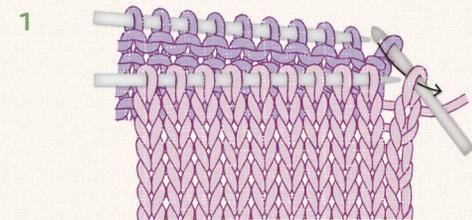
Insert the hook into the next 2 stitches, 1 from each piece, yarn over, and pull up a loop as in step 1.



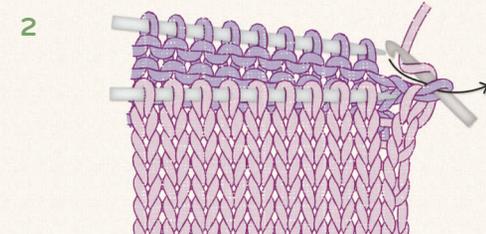
Repeat step 3 across.

CROCHET SLIP STITCH/PASS OVER

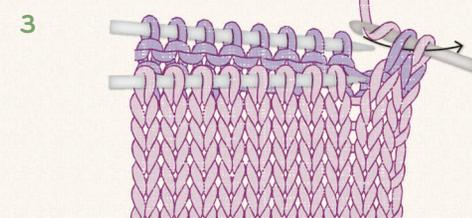
This method of slip-stitch grafting is suitable for thick yarn; because the grafted stitches do not stand out, it's also recommended for joining reverse stockinette stitch and seed stitch. Hold the pieces with right-sides together.



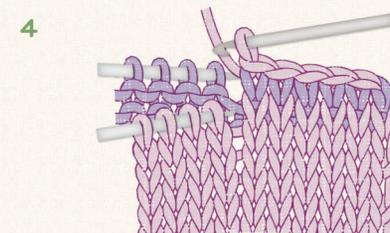
Inserting the hook from the front into the first 2 stitches, pull the back stitch through the front stitch (1 loop on the hook).



Yarn over and pull a loop through the stitch on the hook. Then work as in step 1 through the second stitches (2 stitches on the hook).



Yarn over and pull through both stitches on the hook.

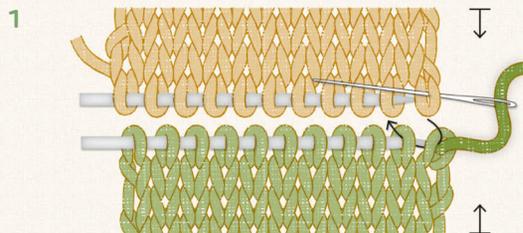


Repeat steps 2 and 3 across.

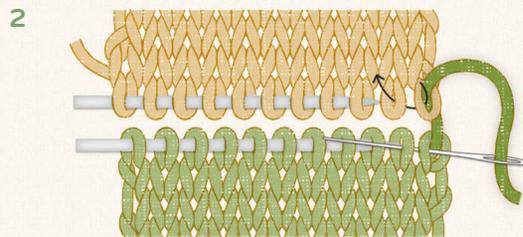
KITCHENER STITCH (STOCKINETTE)

This is a method for joining 2 pieces, worked in stockinette stitch, using a yarn needle. The grafting forms a new row. Prepare a length of yarn about 3 times the width of the pieces. With the right side of both pieces facing and arranged as shown, begin grafting at the right-hand edge. Be sure to adjust your tension as you work, so that the kitchener stitch is the same gauge as the pieces being joined.

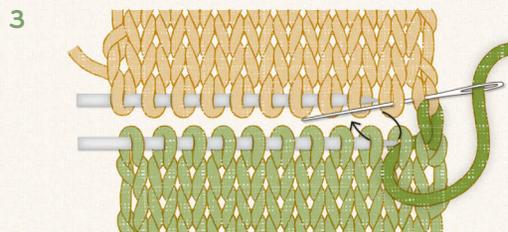
When both ends are live stitches



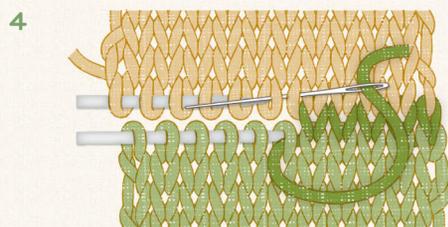
Take the yarn from the bottom piece and insert the needle into the stitch on the top piece. Go back to the bottom piece and insert the needle as shown by the arrow.



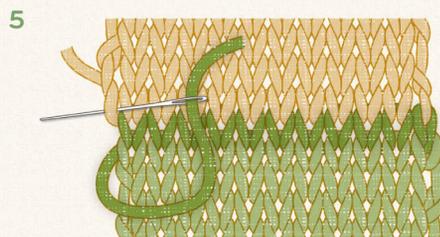
Return to the stitch on the top piece, and insert the needle as shown by the arrow.



Insert the needle into the same stitch on the top piece and the next stitch, and continue as shown by the arrow.

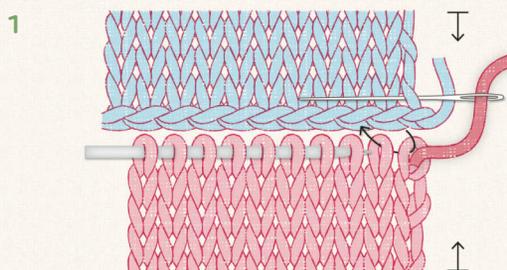


Repeat steps 2 and 3.

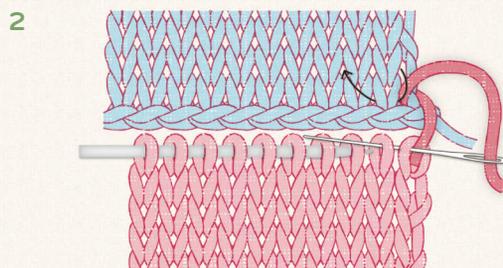


Insert the needle into the last stitch and pull it through. Because the knitted stitches go in the opposite direction, work a half stitch at the edge.

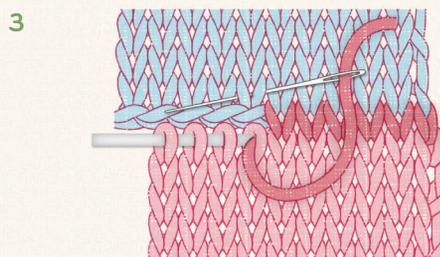
When the stitches on 1 piece have been bound off



Begin with the yarn from the edge with the live stitches and take a half stitch on the bound-off edge, inserting the needle as shown by the arrow.



Take 1 stitch on the bound-off side as shown.



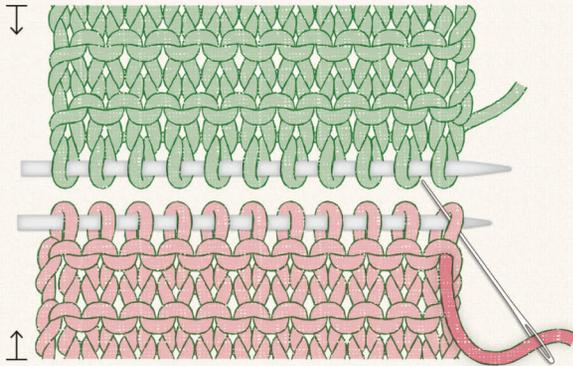
Continue across as shown, referring to the instructions for both sides with live stitches, if needed.

Finish as step 5 above.

KITCHENER STITCH (GARTER)

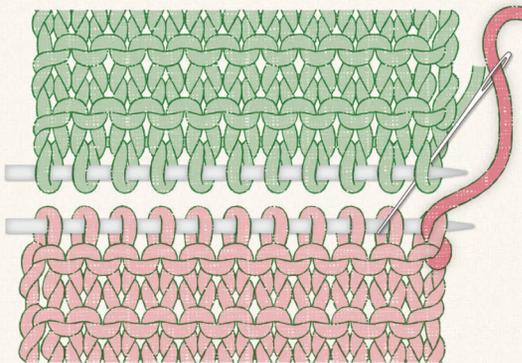
This method is used to join 2 pieces worked in garter stitch; 1 piece will have knit-stitches along the edge, the other will have purl-stitches.

1



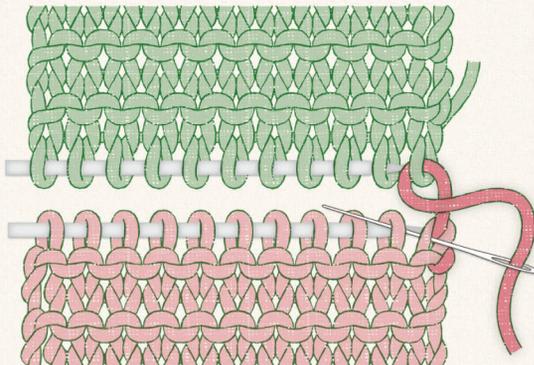
Pick up the yarn from the stitch on the bottom piece.

2



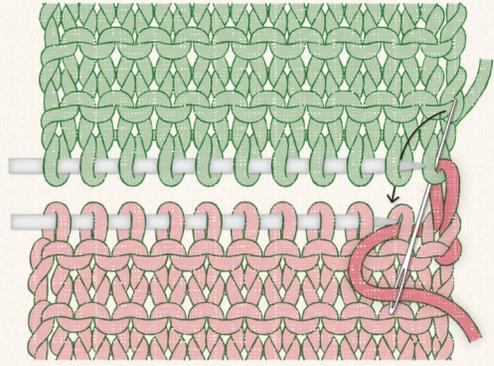
Insert the needle into the stitch on the top piece.

3



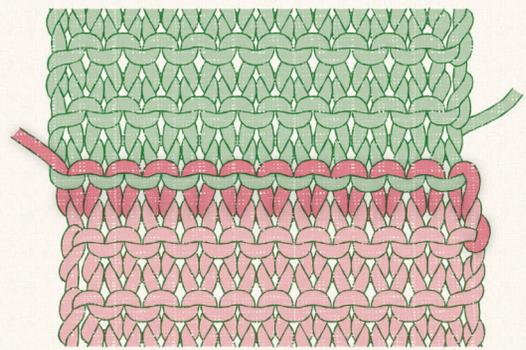
Return to the stitch on the bottom piece, and insert the needle as shown.

4



Return to the upper stitch, inserting the needle as shown.

5



Repeat steps 3 and 4 across; the edges are joined.

S E A M I N G

Joining row ends together to form a seam can be done in various ways to complement the stitch pattern used on the pieces.

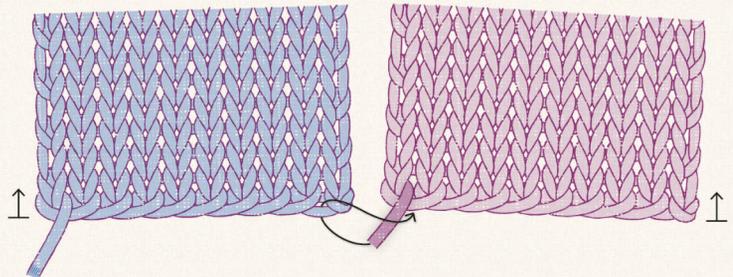
MATRESS STITCH

The most common seaming stitch is called mattress stitch. With the right sides facing, it is worked 1 stitch in from the edges by working alternately from 1 side, then the other, 1 row at a time. A yarn needle is used to pick up the yarn strand going across the width of the knitted fabric between the 2 edge stitches of each row. It is pulled tightly enough to match the stretchiness of the fabric and create an almost invisible seam.

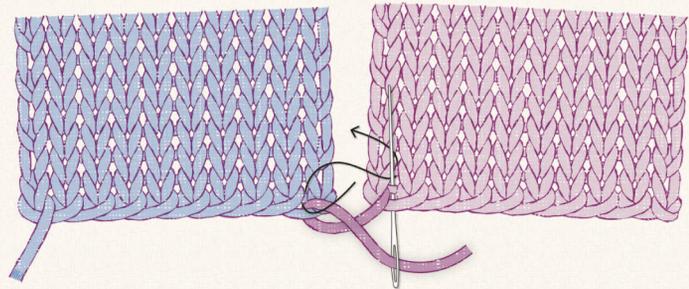
Stockinette stitch

Pick up 1 inside stitch,
1 row at a time

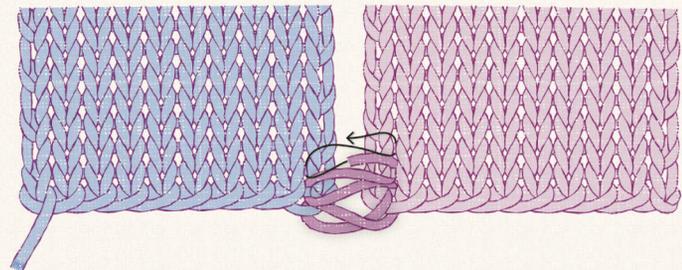
1 Using the leftover yarn from the cast-on stitches as the seaming yarn or a strand of yarn 2 to 3 times as long as the seam area, pick up the crosswise cast-on stitch on the left piece, and insert the needle into the crosswise yarn of the first row on the right-hand piece.



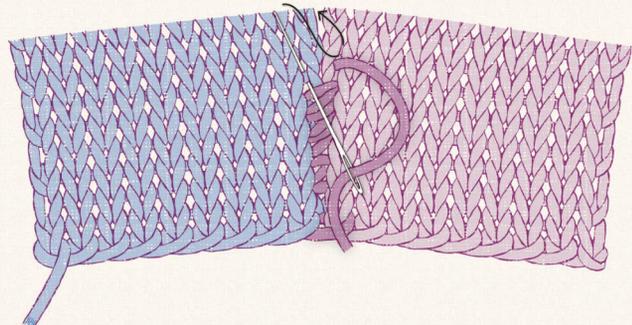
2 Continue picking up, 1 row at a time, the crosswise yarn between the 2 edge stitches, alternating pieces.



3



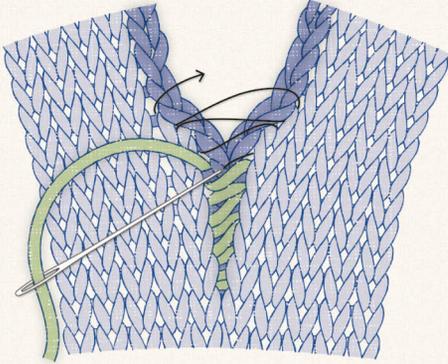
4 Pull the seam stitches tight as you go to create an almost invisible finish.



Finishing

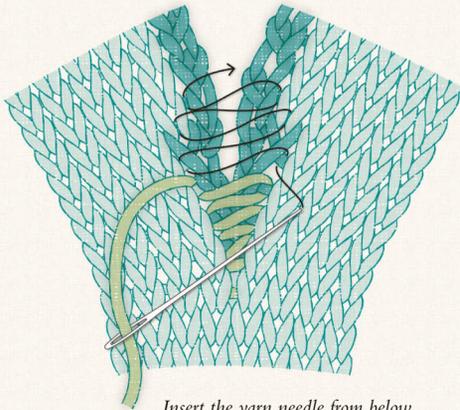
Stockinette stitch with shaping

When there are decrease stitches:



For areas with decreases, insert the needle at a slant and make staggered half stitches.

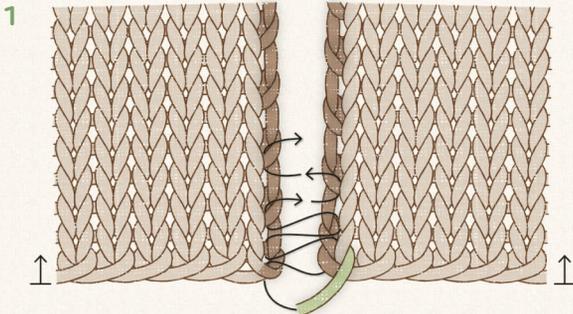
When there are increase stitches:



Insert the yarn needle from below the crossed part of the increase.

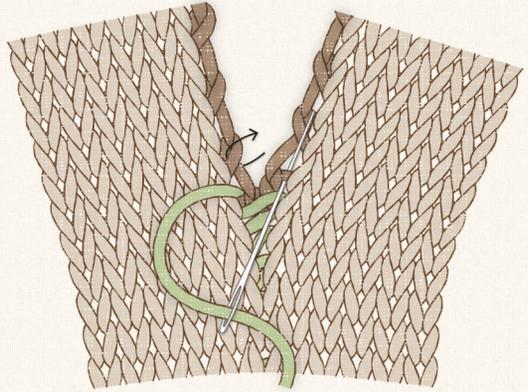
Pick up 1 row at a time, 1 half stitch in from each edge

These seams are less bulky than working a full stitch in from the edge, so they are suitable for thick yarn.



Pick up the yarn of the cast-on stitches on both sides.

2

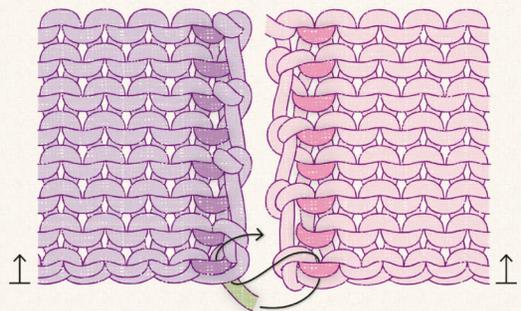


Continue picking up the corresponding strands, working a half stitch in from each edge.

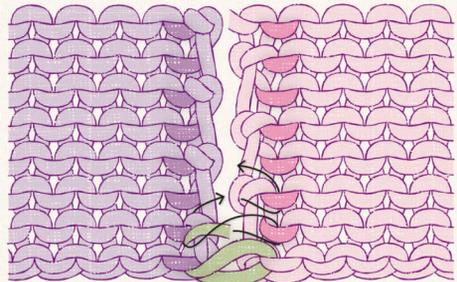
Reverse stockinette

Pick up the crosswise yarn (see diagram) 1 stitch in from each edge of every row, alternately.

1



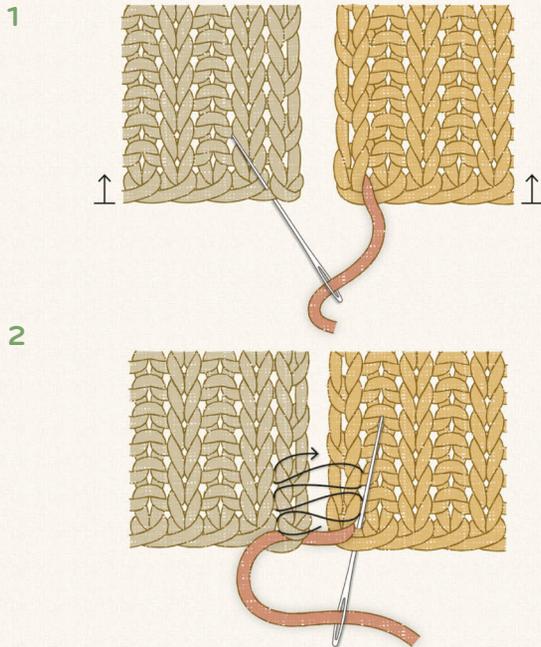
2



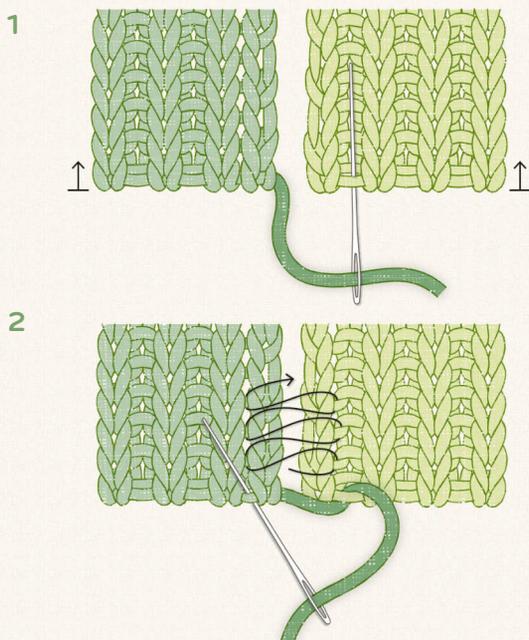
Single rib

This seam works well when 1 edge has 2 knit-stitches and 1 edge has 1 knit-stitch. Work as for stockinette stitch: 1 stitch in from the edge, 1 row at a time.

When the cast-on stitches were worked using the long-tail cast-on method:

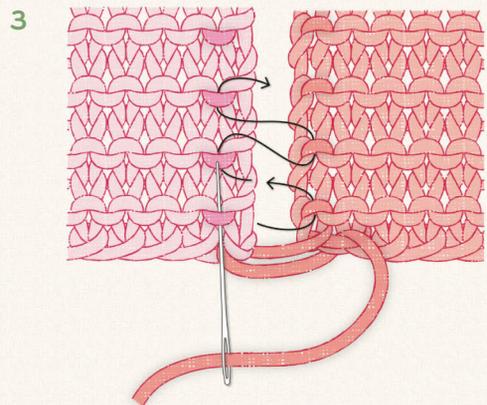
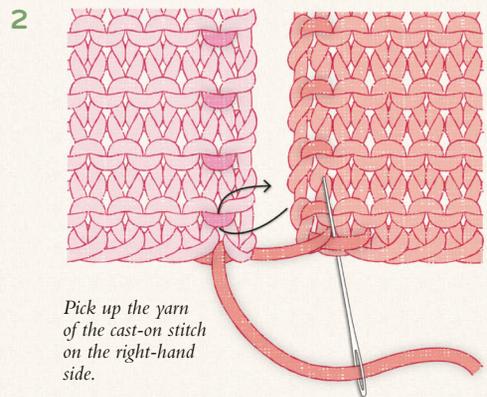
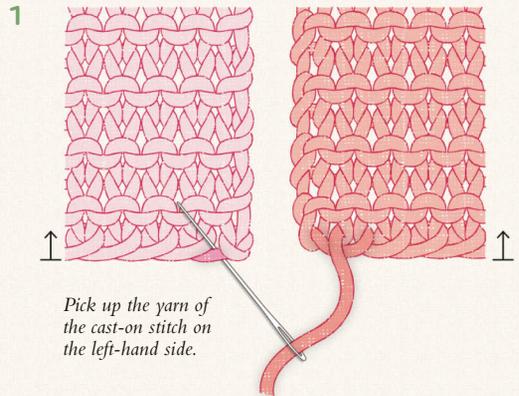


When the cast-on stitches were worked in single rib:



Garter Stitch

Garter stitch has a tendency to contract lengthwise, so if it is seamed 1 row at a time, the seam will stretch easily. A better way to work this seam is to pick up the yarn at intervals of every other row, 1 stitch in on 1 side, and 1 half stitch in on the other side.

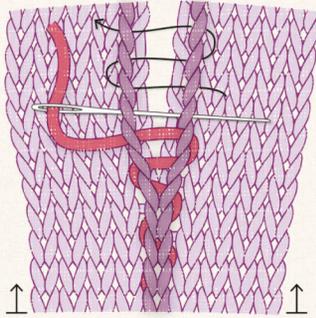


Repeat, alternately picking up the loop 1 stitch in on the left-hand side, and the loop 1 half stitch in on the right-hand side.

WOVEN

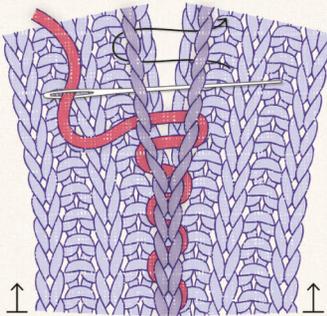
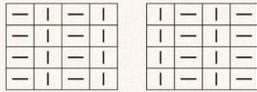
This seam is worked with a yarn needle, 1 half stitch from each side. By weaving back and forth into each row, the 2 half stitches form a new knit-stitch as the yarn is pulled through.

Stockinette stitch



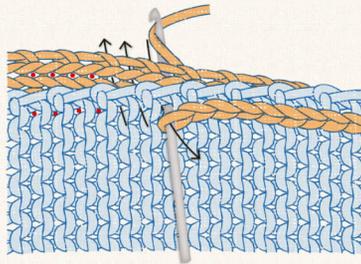
Single rib

Use when both edges of the pieces have 1 knit-stitch. This seam will create a continuation of the pattern stitch.

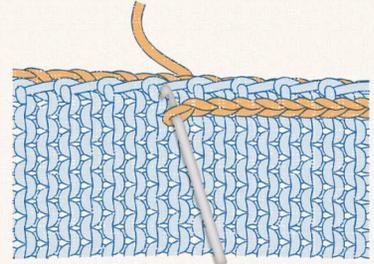


CROCHET SLIP STITCH

This method is worked with the pieces held right-sides together, using a crochet hook and the basic crochet slip stitch. It produces a firm seam and prevents stretching, so it's often used for joining sleeves at armholes. This method is also suitable for mohair and less stable, textured yarns.



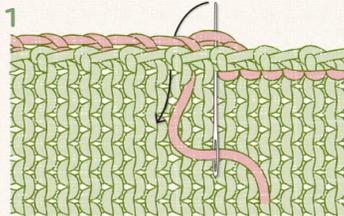
1 Place the pieces with right-sides together. Insert the hook straight into the fabric of both pieces between the first and second stitches.



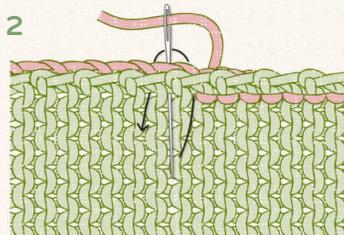
2 Yarn over and pull up a loop through both layers. Be careful that the chain-stitch seam isn't too tight!

BACKSTITCH

This method is suitable for firmly seaming together fabric with unstable edges, such as lace (open-hole patterns) or setting in sleeves. Place the 2 pieces right-sides together (with wrong-sides facing out). Using a yarn needle, stitch the seam going ahead 1 row, and back 1 row.



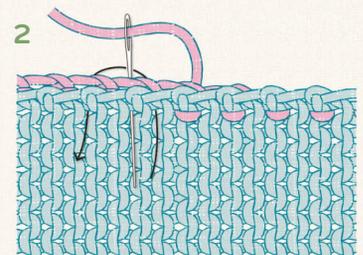
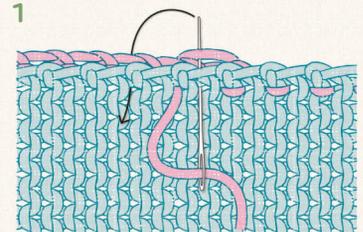
1 Insert the needle at a straight angle into the knitted fabric between stitch 1 and stitch 2.



2 Going ahead 1 row, take out the needle at a straight angle. Go back 1 row, and ahead 1 row, as shown by the arrows.

HALF BACKSTITCH

This is essentially backstitch seaming, going back half as far as going ahead.



2 Take out the needle at a straight angle 2 rows ahead. Go back 1 row, and ahead 2 rows, as shown by the arrows.

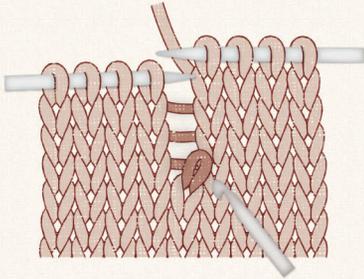
F I R S T A I D

Both of these methods for repairing without unraveling are techniques especially for stretchy knits. Knitting will be more fun if you know them. Using a crochet hook the same size as your knitting needles, place the fabric on a flat surface to begin.

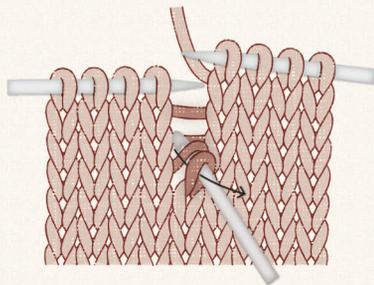
If you dropped a stitch

Insert the hook into the dropped stitch, picking up and pulling through the strand of yarn crossing between the adjacent stitches, 1 row at a time. When you reach the top, place the new stitch on the left-hand needle.

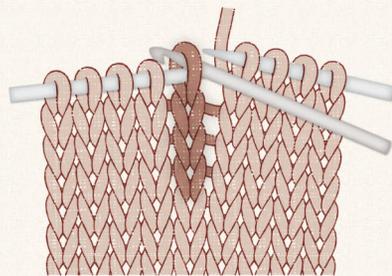
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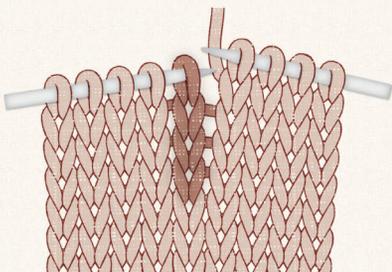
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3



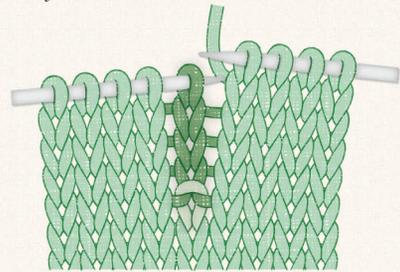
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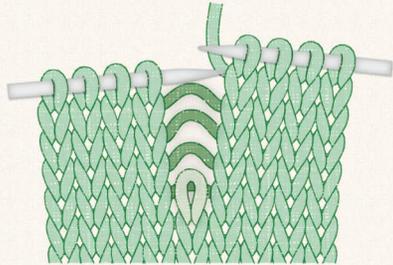
If a mis-knit happened several rows down

Drop the stitch vertically above the mis-knit off the left-hand needle. Insert the hook into the fabric 1 row below the mis-knit stitch, then un-knit the stitches down to the hook. Fix the mis-knit stitch, then use the hook to re-knit the stitches up to the needle, and place the stitch on the left-hand needle.

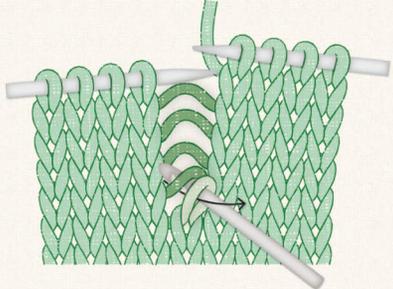
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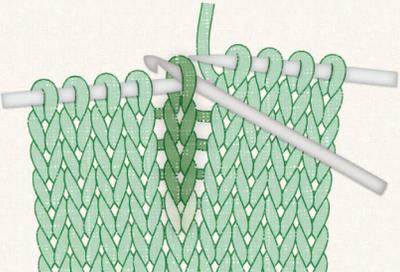
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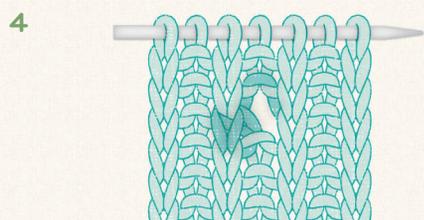
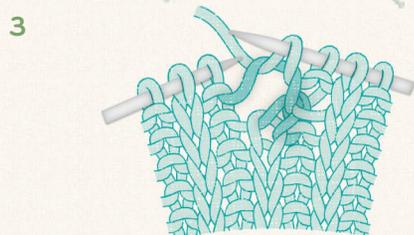
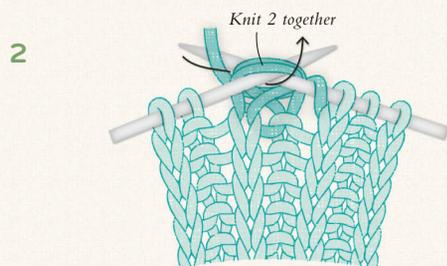
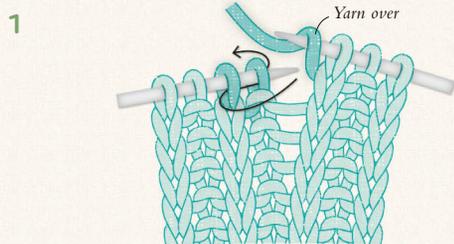


BUTTONHOLES

Because knitted fabric is stretchy, it's not necessary to make a buttonhole exactly the size of the button. Generally, when working in single-rib garter stitch, or seed stitch, working a yarn over followed by knit 2 together will be fine. There's no need to reinforce the hole; just use it as is. (Also see Attaching Buttons, facing page.)

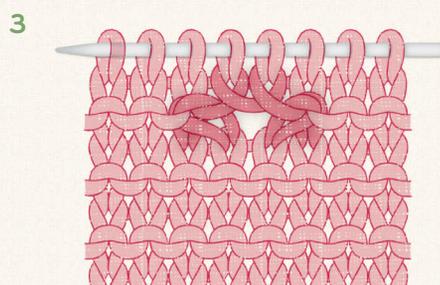
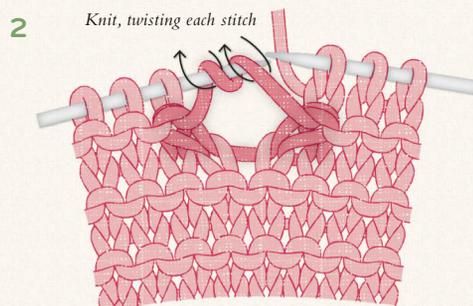
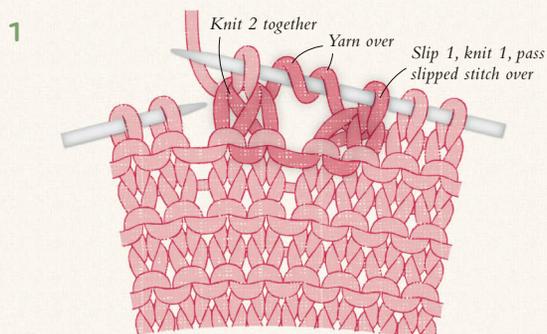
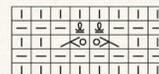
1-STITCH BUTTONHOLE

SINGLE RIB



2-STITCH BUTTONHOLE

GARTER STITCH



KNITTING

BASICS

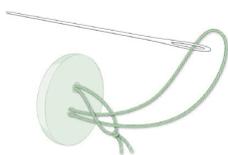
Tools & Tips

GETTING STARTED & FINISHING TOUCHES

Knitting uses two needles that match the thickness of the yarn. Keeping track of the stitches for plain knitted fabric can be difficult at times, but you also have to take care to knit neither too tight nor too loose. Be sure to go easy on yourself as you start knitting—it will soon become second nature.

ATTACHING BUTTONS

The yarn used to attach the button should be the same yarn used for the garment, if possible; when using a thick yarn, use a portion of it (see *Dividing Yarn*, following). Use 2 strands to attach the button.



1 *Pass the yarn through the holes.*



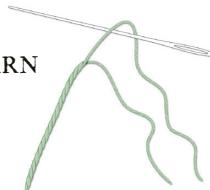
2 *Depending on the thickness of the fabric, decide how much yarn to use as a base (stem).*



3 *Wind the yarn around the base of the button 5 or 6 times, insert the needle from front to back, and securely tie it off.*

DIVIDING YARN

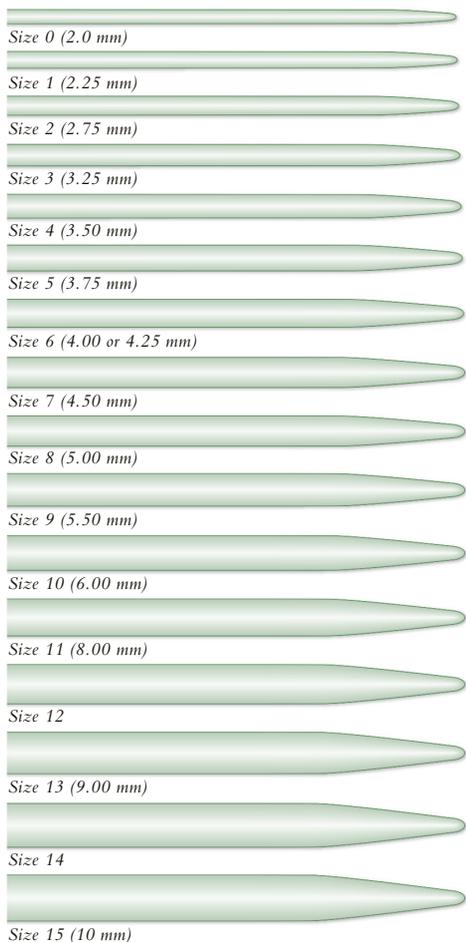
Insert the needle between the plies and divide it.



Knitting Needles

Knitting needles come in sets of 2 with knobs on the top, sets of 4 or 5 with 2 points, and circular needles that are attached to each other with a nylon cord. Choose needles with well-rounded and slanted tips so that they move through stitches quickly and smoothly. They are made from bamboo, plastic, metal, or other materials. The larger the size, the bigger the needle.

Knitting needles (actual size)



*Needles larger than size 15 are usually called jumbo needles.

CROCHET HOOKS

These are used to cast on, for crochet slip-stitch bind-off, for grafting, and for seaming. Hook sizes are generally given in letter and metric, from B (2.25 mm) to S (19 mm).



TYPES OF KNITTING NEEDLES

2 single-pointed (or straight) needles with knobs (about 13 in/33 cm)



4 double-pointed needles (about 12 in/30 cm)



4 double-pointed needles (short) (about 8 in/20 cm)



5 double-pointed needles (about 9½ in/24 cm)

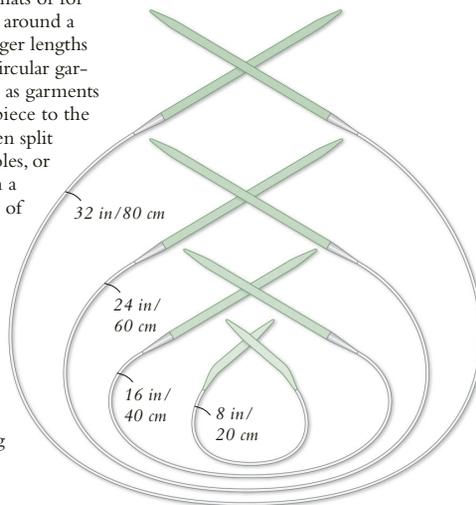


5 double-pointed needles (short) (about 6½ in/16 cm)



Circular needles

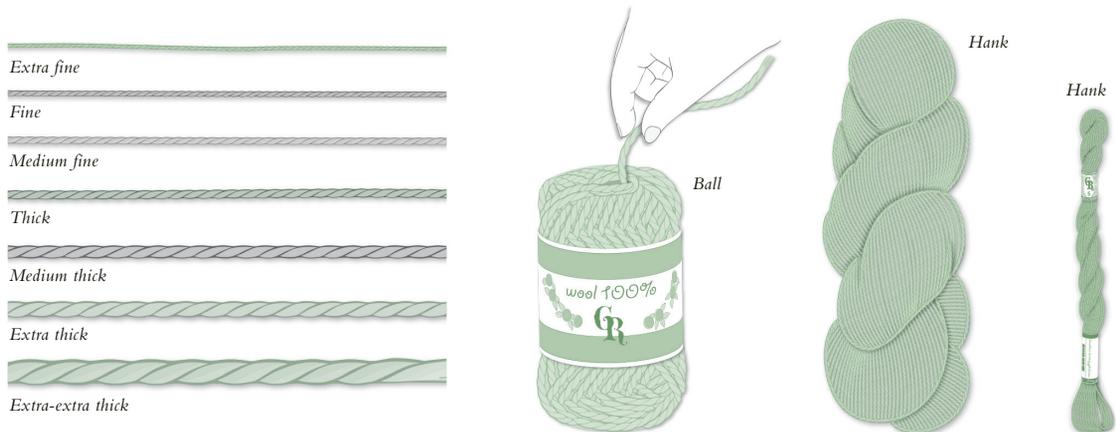
Used when working a project in the round. Shorter lengths are used for small items such as hats or for working trim around a neckline. Longer lengths are used for circular garments, as well as garments worked in 1 piece to the underarm, then split for the armholes, or any item with a large number of stitches. The nylon cords vary in length. The needle tips are available in the same sizes and materials as other knitting needles.



Yarns

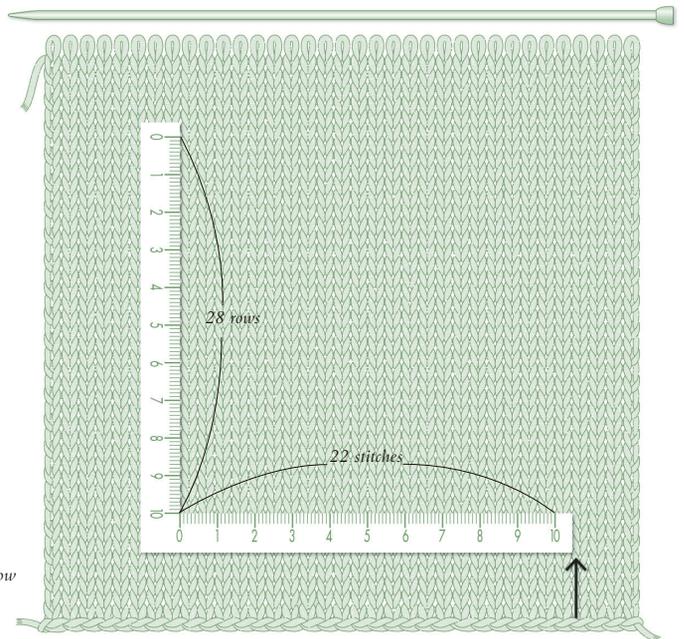
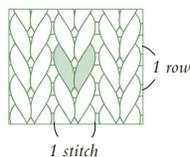
Yarn comes in a variety of fibers and thicknesses. It may be made of only 1 fiber or a blend of several, such as wool, cotton, linen, bamboo, angora, mohair, and synthetics. The diameter (thickness) of the yarn varies from the thinnest (extra fine or cobweb), for lacy items, to extra-extra thick (super bulky) for warm outer garments and rugs. The most common yarns for garments are DK, sport, and worsted. Yarn is normally sold in balls, skeins, or hanks but may be packaged differently depending on the fiber. Pull skeins and balls are pre-wound, so they are ready to use. Hanks are loosely twisted bundles of yarn and are best used after they are wound into balls.

Yarn comes with labels that clearly state the name of the yarn, its color number (and/or name), dye lot, the type of fiber(s), the suggested gauge, how to care for it, and any precautions to take. Be sure to keep at least 1 label for each yarn used, so that you can refer to it if you need to make additional purchases or when you wash the item. Leftover yarn can always be used for seaming or for repairs—so keep your leftovers.



Gauge

The gauge indicates the size of the stitches that will become the standard for the piece being made: how many stitches and how many rows there are in a section of knitted fabric, generally 4 in/10 cm square. Before you begin your project, knit a gauge swatch (in the pattern to be used) about 6 to 8 in/15 to 20 cm square, using the needle and yarn sizes noted in the instructions. After working the gauge swatch, block it and place it on a flat surface; count the number of stitches and the number of rows over 4 in/10 cm of the center where the stitches are stable. If the number of stitches and the number of rows are too few (because your tension is loose), use a smaller needle; if, on the other hand, the number is too many (because your tension is tight), use a larger needle size. Hand knitting varies from knitter to knitter. It's difficult to change your natural tension, so by changing the size of the needles, you can more easily achieve the proper gauge. Before you begin to knit your project, this extra step will help you avoid the disappointing feeling of “it didn't come out the right size!”

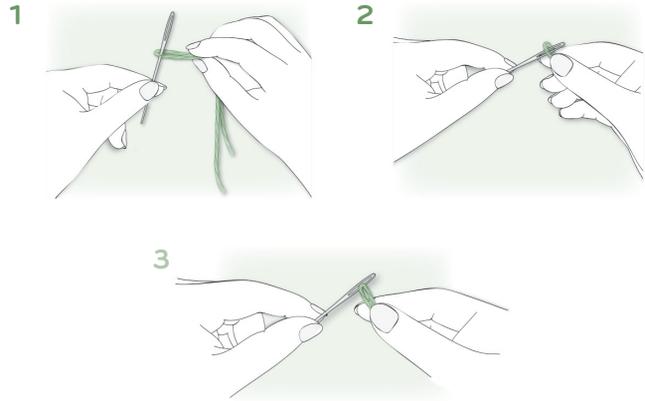


Yarn Needles

Yarn needles (also called wool, darning, or tapestry needles) are used for weaving in ends, binding off stitches, and joining pieces together (seaming or grafting). The tips are rounded, and the eyes are large so that yarn can easily go through them. They come in different sizes; choose the size to best match your yarn.



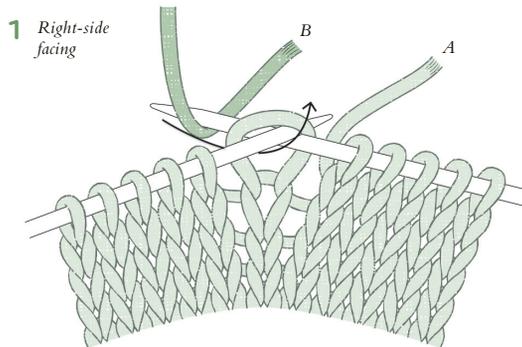
THREADING A NEEDLE



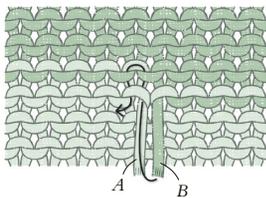
Weaving Yarn Tails

Thread a yarn needle with the yarn tail, then weave through rows or stitches on the wrong side of the piece, making sure the tail is not visible from the right side. Weave about 1 in/2.5 cm among the half stitches at the end of a row or between knitted stitches.

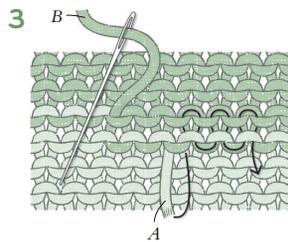
When yarn was changed in the middle of a row



2 Wrong-side facing

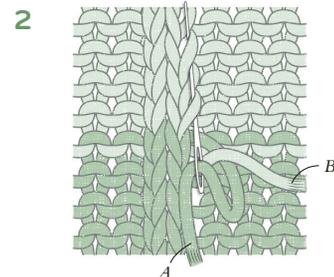
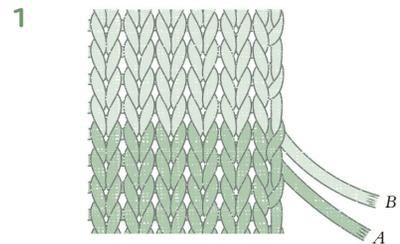


Yarn B is finished off by pulling it through the stitches to the left.



Yarn A is finished off by pulling it through into the stitches to the right.

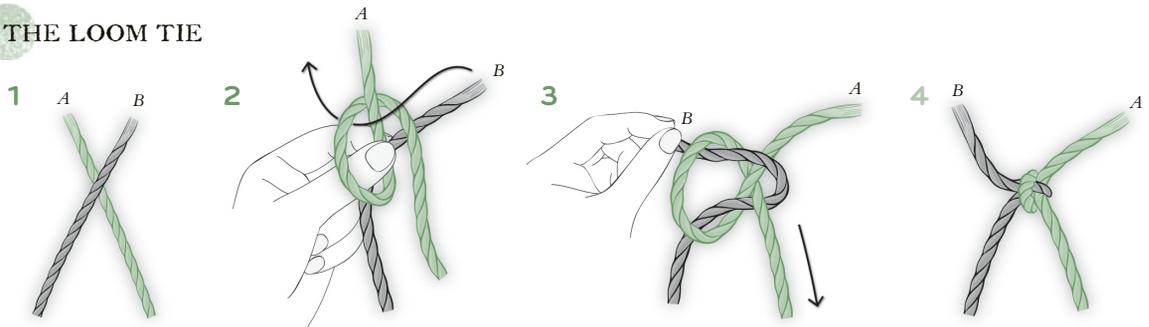
When yarn was changed at the end of a row



A goes through a stitch in color B. B goes through a stitch in color A.

Joining Yarn

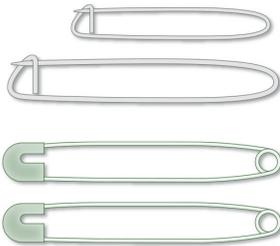
THE LOOM TIE



Other Tools

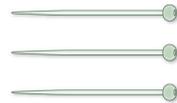
Yarn-cutting scissors

Sharp, small, and light-weight scissors are handy to have.



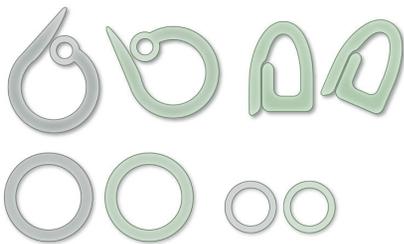
Stitch holders

Use when temporarily removing stitches from the working needles.



Pins

When seaming 2 layers of knitting, use these to hold the pieces together so the fabric doesn't slip.



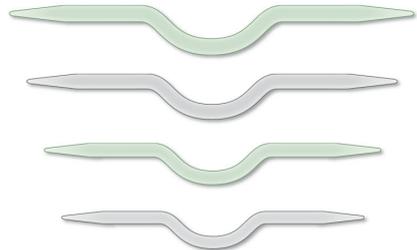
Stitch markers (rings and split rings)

Use for marking where to work shaping, at the beginning of the round for circular knitting, or between stitch patterns to help you keep track of where you are.



Needle caps (point protectors)

When taking a break from knitting, put them on the tips of the needles so that the stitches won't fall off.

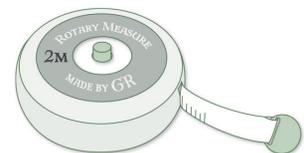


Cable needles

When working cables, slip the stitches onto a cable needle to hold to the front or back as instructed.

Tape measure/ruler

Use to measure the stitches and rows for gauge. Also helpful to measure the length of a piece.

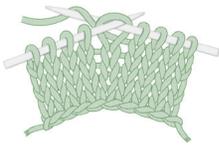


Index

A	Attaching buttons	65		Double-centered decrease (no slant)	22, 43	
B	Backstitch seaming	62		Double rib (2x2, or k2-p2)	18	
	Bind-off (circular)	52		Double-rib bind-off	54	
	Bind-off (crochet slip-stitch)	51				
	Bind-off (rib stitch)	53		F	Fair Isle (multicolor knitting)	47
	Binding off	32–33, 50			Faux cable	40
	Bobble patterns	44			Finishing off (weaving) yarn tails	68
	Bobble (crochet)	45			First aid	63
	Bobble (knit—3-stitch)	44				
	Bobble (knit—5-stitch)	44		G	Garner stitch	16, 52
	Buttonholes	64			Gauge	67
					Grafting	56–58
C	Cable (2-stitch left-slant)	39				
	Cable (2-stitch right-slant)	39		H	Holding the needles	7
	Cable (4-stitch right-slant)	41			Holding the yarn	7
	Cable (4-stitch left-slant)	41			Holding the yarn (color work)	47
	Cable patterns	39			Holding the yarn (French/Continental style)	7
	Cast-on (circular)	10			Horizontal stripe patterns	48
	Cast-on (crochet)	8				
	Cast-on (provisional)	9		I	Increase (multiple)	36–37
	Casting on	6			Increase (single)	23, 24, 34–35
	Changing the yarn color	47			Increasing	23–24, 34–37
	Circular needles	10, 66			Intarsia (color blocks)	47
	Crochet hooks	66				
	Crochet slip-stitch bind-off	51		J	Japanese Industrial Standards symbols	19
	Crochet slip-stitch grafting	56				
	Crochet slip stitch/pass over grafting	56		K	Knit-on cast-on	10
	Crochet slip-stitch seaming	62			Knit-1-below	46
					Knit stitch	12, 50, 51
D	Decrease (multiple)	22, 32			Knitting	12
	Decrease (single)	20, 21, 26–31			Knitting needles	66
	Decreasing	20–22, 26–33				
	Dividing yarn	65		L	Lace stitch patterns	43
					Left-slanting decreases	20, 22

	Left-slanting increases	24
	Long-tail cast-on	6
	Loom tie	69
	Loop bind-off	52
	Loop cast-on	36
	Loop stitch increase	36
<hr/>		
M	Make 1 (single increase)	35
	Mattress stitch	59
	Mirrored decreases	26
	Multiple decreases	22, 32
	Multiple increases	36–37
<hr/>		
O	Open-hole patterns	43
	Openwork patterns	43
<hr/>		
P	Pick up stitches (from provisional cast-on)	9
	Pick up stitches (from rows, stitches)	55
	Point protectors	69
	Provisional cast-on	9
	Purl	13
	Purl decreases	20, 27, 29
	Purl into the row below	46
	Purl stitch	13, 50, 51
<hr/>		
R	Reading a symbol chart	14
	Reverse stockinette stitch	14
	Rib-stitch bind-off	53
	Right-slanting decreases	21
	Right-slanting increases	23
<hr/>		
S	Scissors	69
	Seaming	59
	Seaming (backstitch)	62

	Seaming (crochet slip stitch)	62
	Seaming (half backstitch)	62
	Seaming (mattress stitch)	59
	Seaming (woven)	62
	Single decrease	20, 21, 26–31
	Single increase	23, 24, 34–35
	Single rib (1x1, or k1-p1)	16, 50
	Single-rib bind-off	53
	Slip stitch	19
	Standing decrease	30
	Stitch holders	69
	Stitch markers	69
	Stitch symbols	19
	Stockinette (stocking) stitch	14, 52
	Symbol charts	14
<hr/>		
T	Tape measure	69
	Threading a needle	68
	Tools	66, 69
	Twist, 3-stitch (left-slant, right-slant)	42
	Twisted stitch	19
	Tying yarn (joining yarn)	69
<hr/>		
U	U-shaped seaming (woven)	62
<hr/>		
V	Vertical stripe patterns	48
<hr/>		
Y	Yarn	67
	Yarn needles	68
	Yarn over	19, 43, 44, 64



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