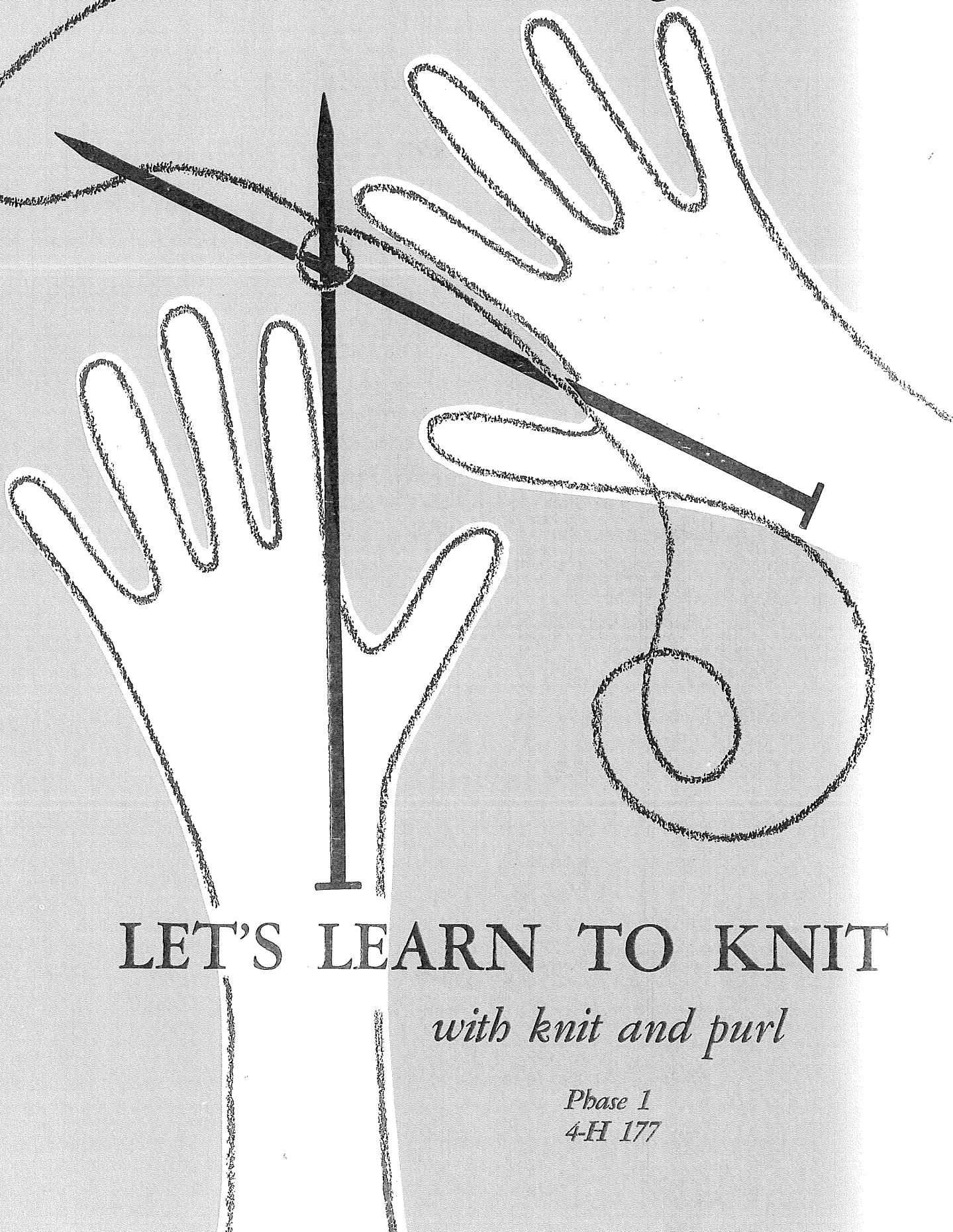
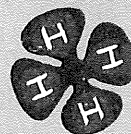


EXTENSION SERVICE, KANSAS STATE UNIVERSITY, MANHATTAN

# LET'S LEARN TO KNIT

*with knit and purl*

*Phase 1*  
*4-H 177*





# Your Guide for the Project

## What you will learn

1. What knitting means.
2. How to wind yarn; make a pompon or tassel; cast on stitches; knit; purl; and bind off stitches.
3. About knitting tools.
4. About knitting terms.
5. About the importance of caring for your hands.
6. How to make a knitting basket.
7. About yarns.
8. How to keep records.
9. To share with others the things you have learned.

## What you will make

You will make two or more articles, such as a hot pot holder, slippers, or a hat, requiring the skills to be learned in this project.

## Exhibit your work

You may exhibit two articles showing that you have learned the skills required in this project.

## Start your record book

Your leader will give you your 4-H records and explain them to you. Study them carefully. As soon as you finish an article, write it on your record sheet along with the cost of materials used. You will find it helpful to keep your records in a 3-ring loose-leaf notebook or folder. This will help keep them neat and clean, and they will not be as likely to get lost or misplaced.

## Learn to give a demonstration

Show others what "tricks" you have learned by giving a demonstration at one of your club meetings, or ask your mother to invite your family friends to your home. Show them what you have knit. Tell them what you have learned about knitting.

# What is Knitting?

Knitting is the making of a fabric with yarn on two or more needles. A number of loops are first made on one needle and then the fabric "grows" by drawing other loops through them as they are passed backward and forward along the needles from row to row.

All knitting comes from two kinds of stitches. One is called a "knit stitch" and the other is called a "purl stitch." There are several different ways or methods of knitting. Directions in your project book are

for the right hand method because it is the most common. Your leader may prefer another method; if so, follow her directions. If you have a problem or make a mistake in your knitting, go to your leader for help. It is best not to ask others to help you because they may knit by another method and this will confuse you. The main thing is to learn to enjoy your knitting—relax while you work, avoid a cramped position, have a good light to see by, and if your hands become tired, stop and rest a while.



EXTENSION SERVICE, KANSAS STATE UNIVERSITY, MANHATTAN



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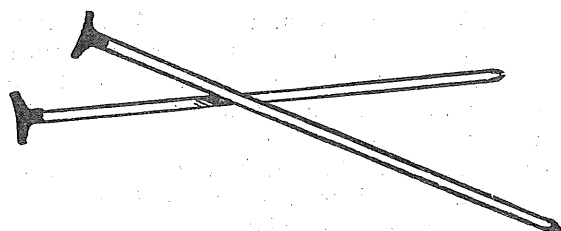
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# Your Knitting Tools

The first tool that comes to mind when we think of knitting is needles. Knitting needles come in many sizes, types, and lengths, and are made of different materials. All knitting patterns tell you the size of needles to use. Your leader will tell you what size needles you will need for your first project.



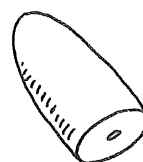
**Knitting Needles**

You will need a crochet hook to pick up dropped stitches and to correct mistakes. They also come in many sizes. Size 0 is a good one for this project.



**Crochet Hook**

As you can see, knitting needles are strong and have sharp points, so be careful with them and learn to use them properly. It is a good idea to put stoppers on the tips of your needles when you put your work down. This will not only keep the points from sticking people, but it will also prevent your stitches from slipping off your needles. Little rubber tips are made just for this purpose or you can use small corks. Be sure and keep all of your knitting tools out of reach of small children.



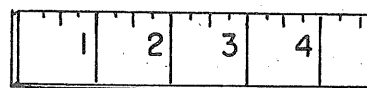
**Tip**



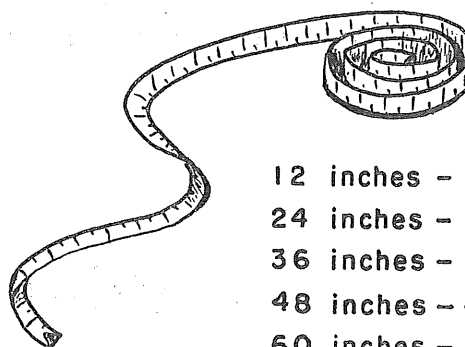
**Cork**

## Measuring Tools

You will need a measuring tool. You may use a ruler, either a 6- or 12-inch one will do, a measuring tape, or a metal measuring gauge.

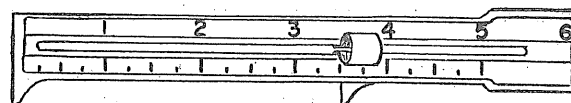


**Ruler**



12 inches - 1 foot  
24 inches - 2 feet  
36 inches - 3 feet  
48 inches - 4 feet  
60 inches - 5 feet

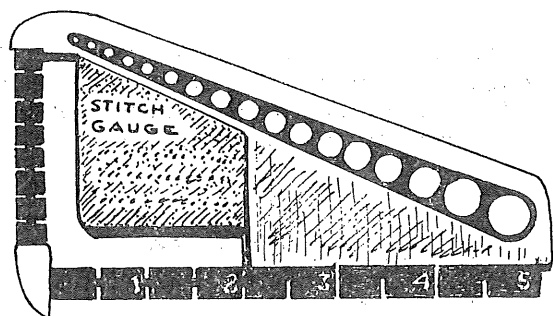
**Tape**



**Measuring Gauge**



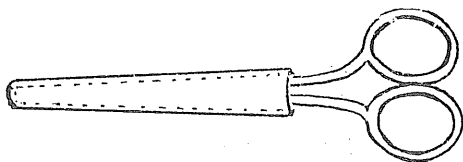
There is also a "knit check" that is made especially for knitting. The open "L" in the lower left hand corner is for measuring the "gauge," and the series of holes along the top is for measuring the size of needles.



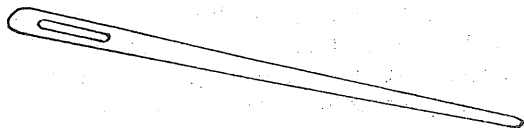
Knit Check

### Other Tools

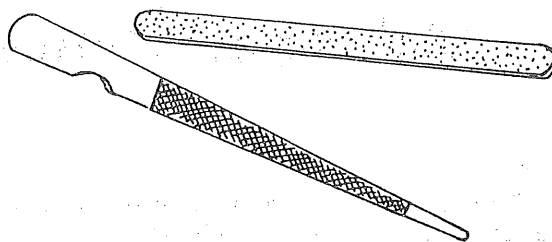
Some other things you will want to include in your knitting basket are a pair of small scissors (kept in a case for safety), a blunt-pointed tapestry needle for sewing your articles together, and, last but not least, a nail file or emery board for catchy fingernails. If you have a rough fingernail it will catch on the yarn.



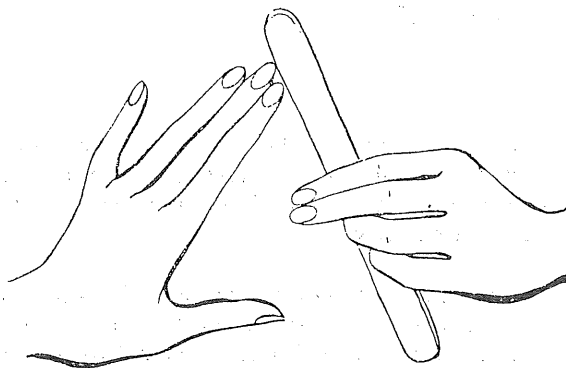
Scissors



Tapestry Needle



Nail File and Emery Board



Clean Hands

Speaking of nails, your hands are your most important tools! Make it a habit to always wash your hands before you pick up your knitting. Remember this:

"Hands freshly washed and nails  
clean too,  
Will help keep your projects  
looking like new!"

Of course you will want something to keep your knitting and knitting tools in. There are many things you might use for this purpose.

You can make a very handy knitting "basket" at little or no cost from a large oatmeal box. To make your basket pretty as well as useful, you can cover it with wrapping paper, wall paper, cloth, or contact paper. A paper bag is not a very good idea because it tears easily and you may lose some of your tools.



# Making an Oatmeal-Box Knitting Basket

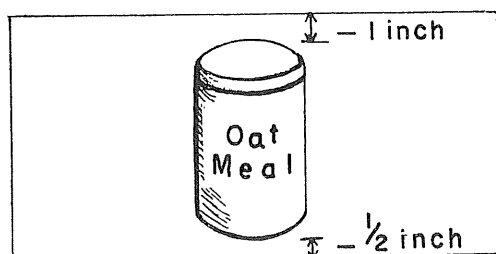
## Step 1

To cover the box, you will need a piece of fabric, wrapping paper, wall paper, or contact paper (this is easiest of all to use), which is 1 inch longer than the distance around the box and  $1\frac{1}{2}$  inches wider than the box is high; plus a square 1 inch wider than the width of the lid and a strip  $1\frac{1}{2}$  inches wide and 1 inch longer than the distance around the lid.

## Step 2

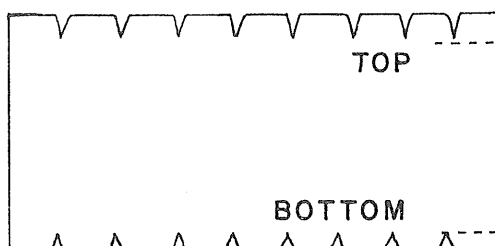
Lay the box on the material you have selected so that the material is 1 inch above the top of the box and  $\frac{1}{2}$  inch below the bottom of the box.

Paste the material to the box. Be sure to keep it even—1 inch above the top of the box,  $\frac{1}{2}$  inch below the bottom. Careful—don't get wrinkles. Your material will lap over about 1 inch.



## Step 3

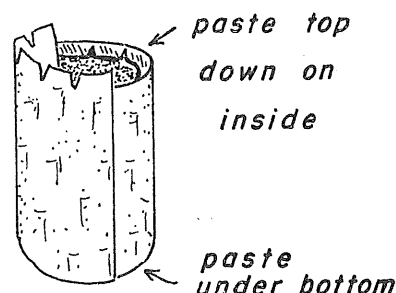
Now, holding the box so the bottom is facing you and with a pair of sharp scissors, carefully make a series of cuts about  $\frac{1}{2}$  inch apart through the material to the edge of the bottom of the box.



Next, fold and paste the narrow strips to the underside of the box.

## Step 4

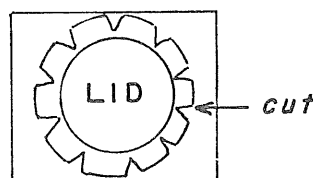
Now, carefully make a series of cuts through the material to the edge of the box top. Then fold and paste the narrow strips on the top on the inside of the box.



## Step 5

Now you are ready to cover the lid. Cut a circle of material 1 inch larger than the lid. Then paste the top of the lid to the material. Be sure it is centered.

Carefully make a series of cuts about  $\frac{1}{2}$  inch apart through the material to the edge of the lid. Then fold and paste the narrow strips to the rim of the lid.



## Step 6

Now take the  $1\frac{1}{2}$  inch-strip of material (1 inch longer than the distance around the lid) and paste it so one edge is on the rim of the lid—just below the top of the lid.

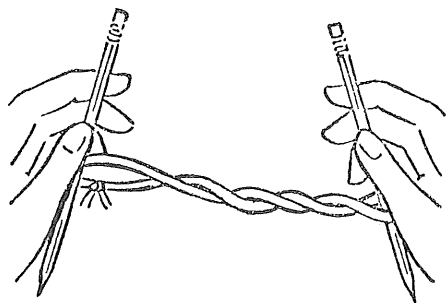
Now fold and paste the other edge to the inside of the rim.



### Step 7

To make a handle for your basket, make a twisted cord. Take a strand of yarn six times as long as the desired finished length. Double the yarn and twist tightly, holding both ends. Or you can knot the loose ends of the strands and insert a pencil in each loop. Twist the pencils in opposite directions until the cord begins to curl.

Hold the center and place the two pencils side by side. Allow the cord to twist of its own accord. Pull to make the twist even.

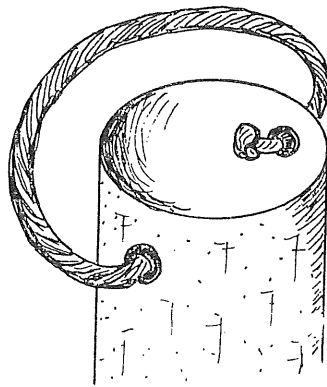


**Twisted Cord**

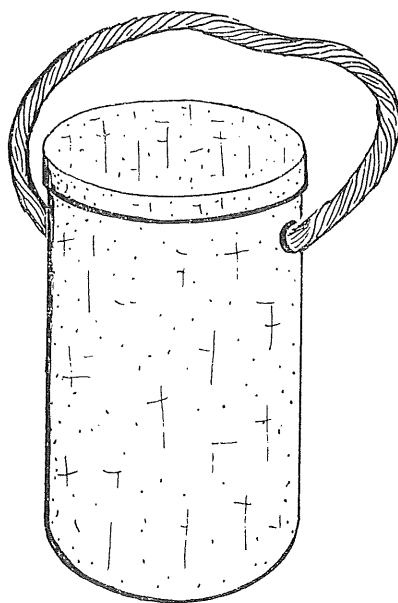
### Step 8

To attach the cord to your knitting basket, punch two holes on opposite sides of the basket about 2 inches down from the top.

Now thread the ends of the cord into the holes from the outside, and tie a knot on each end on the inside.



**Handle**



**Knitting Basket**

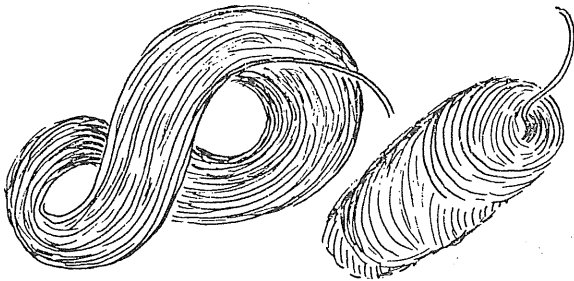


# About Yarns

There are many different kinds of yarn. All knitting patterns give the kind or size of yarn and the amount you need to make the garment. For your first project your leader will tell you what size and how much yarn to buy.

When buying yarn, always buy enough to make the complete article, since no two dye-lots are exactly the same. If there is any doubt about the amount of yarn to purchase, it is far better to buy a little more than not enough.

You can purchase yarn in wound "skeins," balls, or by the ounce in a loose "hank." When you buy yarn in a "hank," it is necessary to roll it into a ball before you start working with it.



Skein and Hank

## How to roll a hank of yarn

If you follow these directions for rolling a hank of yarn into a skein or ball, it will pull out from the inside.

1. Carefully untie the hank, keeping it in the large loop. Have someone hold it for you, or drape the loop over the back of a chair.

2. Measure off 10 or 12 inches from the free end of the yarn. Holding the loose end firm with your thumb, roll the yarn around 3 fingers *very loosely* 12 or 15 times (Fig. 1).

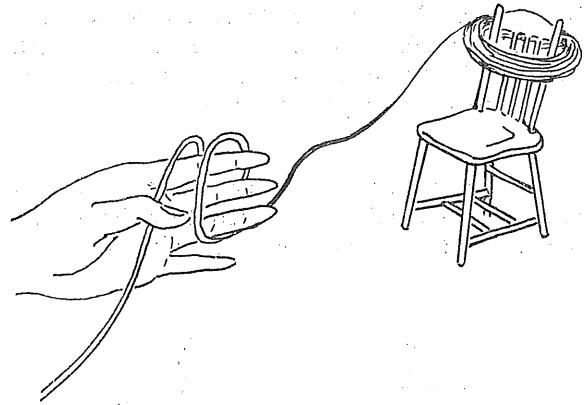


Figure 1

3. Slip the yarn off your fingers, and hold it firmly on end with the free end of the yarn hanging loose (Fig. 2).

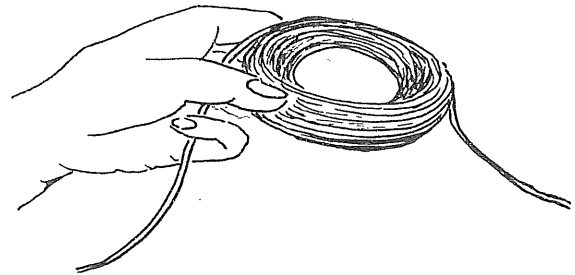


Figure 2

4. Now very loosely wrap the yarn around the part you rolled on your fingers about 12 or 14 times. If you pull the yarn too tight, it will not pull free from the center of the ball when you are ready to knit, and it may also take some of the stretch out of the yarn (Fig. 3).

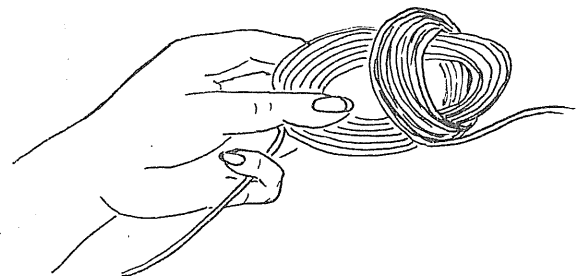


Figure 3



5. Now that you have formed the base for your ball, hold your thumb on the spot where the free end of yarn is coming out and your fingers on the opposite side. (We will call the side with your thumb the top and the other side the bottom.) Hold the free end of yarn in the palm of your hand with your little finger.

6. Now, gently wind yarn from the bottom, toward you, across top of ball, keeping the yarn close to your thumb (Fig. 4). Keep turning the ball slowly counter-clockwise. Be very careful to *keep* your thumb in the hole you form as you wind, and keep the

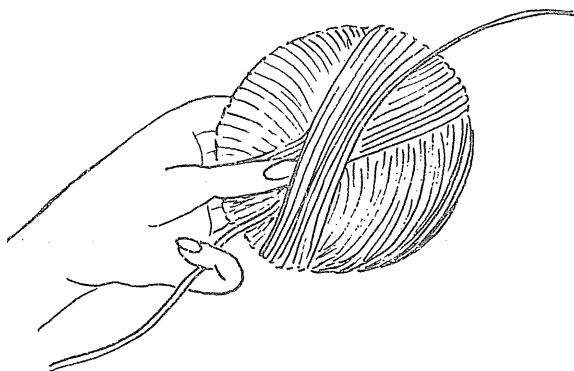


Figure 4

free end of yarn free. Be sure you wind the ball loosely. Always wind from bottom across top—never around sides. If the ball becomes too pointed on the bottom, squeeze it more tightly between thumb and fingers.

7. When the yarn is all wound, tuck the end under several loops of yarn. When you are ready to knit, the free end you hold in the palm of your hand will pull out easily and the ball will not roll away (Fig. 5).

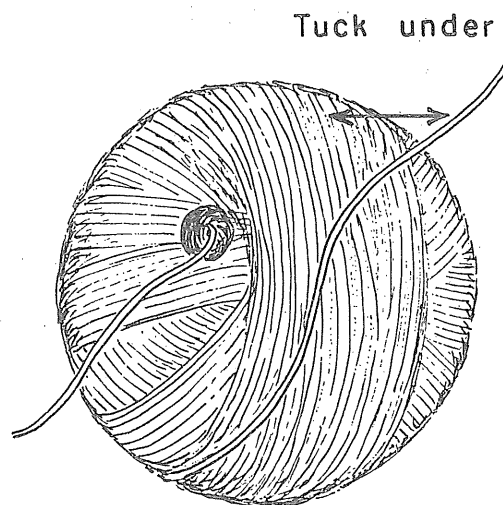


Figure 5

## Five Rules to Learn Before You Start to Knit

### Rule one

*Learn knitting abbreviations.* These abbreviations are the A-B-C's of the language of knitting. They are always used in exactly the same way in all directions. The ones you will need to know in this project are:

K.....	Knit
P.....	Purl
St(s).....	Stitch (es)
Sl.....	Slip
*.....	Repeat

### Rule two

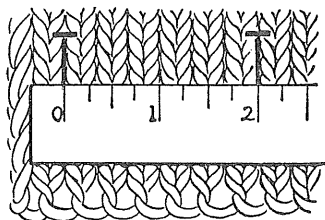
*Always read directions step by step.* Never "read ahead" when you are following directions.

### Rule three

*Make sure you understand the importance of your "gauge."* The gauge is the most important part of all knitting. It is even more important than having the right size needles.



What is the gauge? Gauge means the number of stitches in each inch across your work, and the number of rows in each inch up and down your work. Some people knit tightly and others knit loosely, so the only way to tell if your gauge is the same called for in the directions is to knit a little sample of your work (a swatch) and count the *stitches* across, and the *rows* down for every inch.



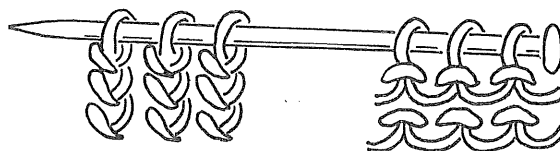
Put two pins exactly 1 inch apart and count the stitches between. If one inch has *fewer* stitches than the directions call for, you need to use a smaller needle. If it has *more* stitches, you need to use a larger needle.

#### Rule four

*Always finish the row before putting your work down. BUT, if you must put your work down in the middle of a row, then when you pick it up again, be certain that the **END OF THE YARN COMING FROM THE BALL IS IN YOUR RIGHT HAND**. Then you can't go wrong.*

#### Rule five

*Know the two stitches used for all knitting. One is called a "knit" stitch, the other is called a "purl" stitch. Your directions will tell you when to "knit" and when to "purl." A good way to tell a "knit" from a "purl" is to think of the yarn on your needle as a neck and the "knit" stitch as a V-neck sweater and the "purl" stitch as a turtle neck sweater.*



Knit or V-neck

Purl or Turtle Neck