

Chesapeake Bay Girl Scout Council, Inc.

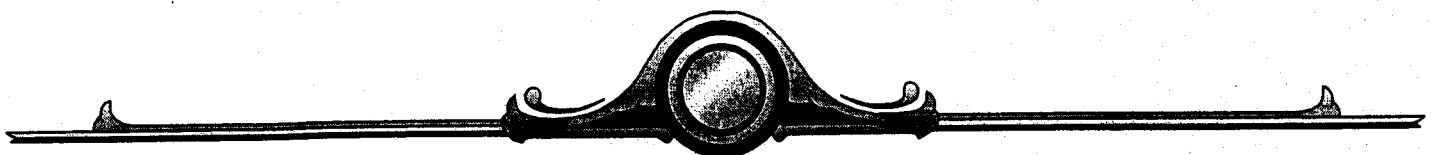
Beginning Knitting

Fall School of Girl Scouting



Girl Scouts.
Where Girls Grow Strong™

September 30 - October 2, 2005



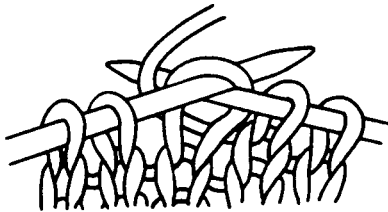
BEGINNING KNITTING

There are 2 basic knitting stitches - **KNIT** and **PURL**.

These two in various combinations create different patterns.

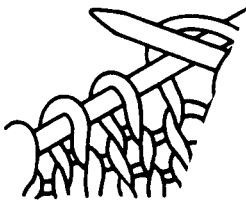
KNIT - The needle enters the previous stitch from the front to the back.

PURL - The needle enters the previous stitch from the back to the front.

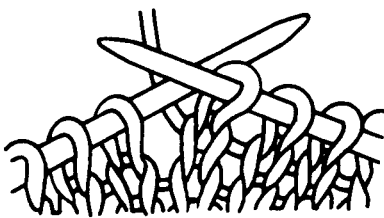


Knit stitch

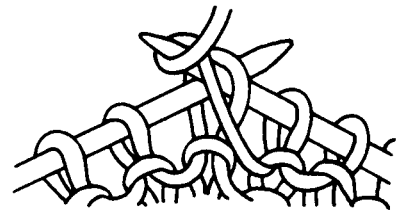
1. Hold needle with stitches in your left hand and the other needle in your right hand. Insert the right needle through the stitch on the left needle from front to back. Pass the yarn around the point of the right needle to form a loop.



2. Draw this loop through the stitch on the left needle, bringing it onto the right needle.

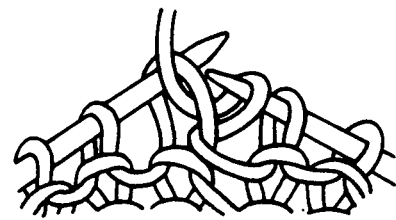


3. Slip the stitch completely off the left needle. Repeat these steps until you have drawn loops through all the stitches on the left needle and onto the right one. You have knit one row. To work next row, change the needle holding stitches to your left hand and free needle to your right hand.

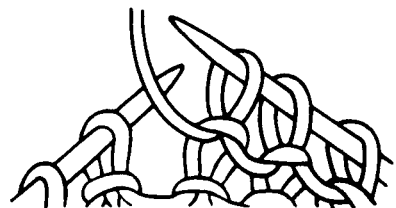


Purl stitch

1. Hold needle with stitches in your left hand and the other needle in your right hand. Insert the right needle through the stitch on the left needle from back to front. Pass the yarn around the point of the right needle to form a loop.



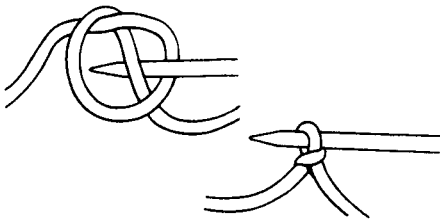
2. Draw this loop through the stitch on the left needle, bringing it onto the right needle.



3. Slip the stitch completely off the left needle. Repeat these steps until you have drawn loops through all the stitches on the left needle and onto the right one. You have purl one row. Change needles and work next row.

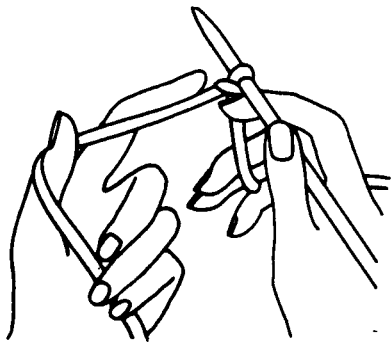
CASTING ON

Before you can begin to knit, you must **CAST ON** your stitches. This means to put the required number of stitches onto one needle. There are at least 2 methods of doing this. We will use the method shown in the instruction pictures, so you can do it on your own.

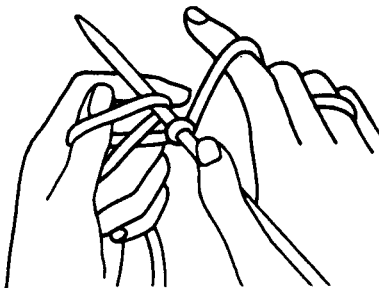


Casting on with one needle

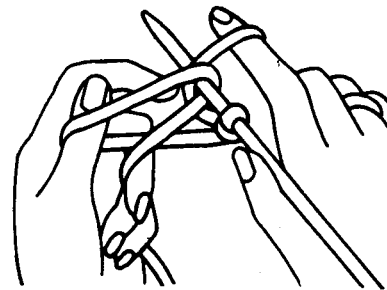
1. Make a slip knot around the needle, at a distance from the yarn end equal to about an inch for every stitch to be cast on.



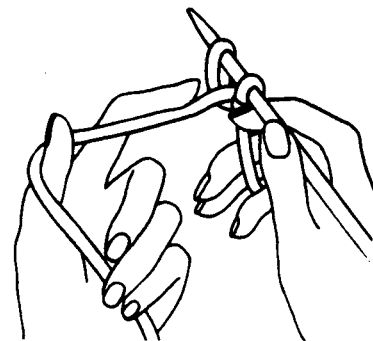
2. Hold the needle with the slip knot in your right hand and loop the short length of yarn around your left thumb.



3. Insert the point of the needle under the loop on your thumb, and bring the yarn from ball over fingers of your right hand.



4. Wind yarn from ball under and over the needle and draw it through the loop, leaving the stitch on the needle.



5. Tighten stitch on needle and bring yarn end around thumb, ready for next stitch. Repeat steps 3 through 5 until the desired number of stitches are cast on. Switch needle to left hand in preparation for knitting.

When you knit one row, then purl the next row, and continue in that manner, you are doing the stockinette stitch. This is the most commonly used stitch: tee shirts, nylon hosiery, and underwear, for example.

Stockinette stitch

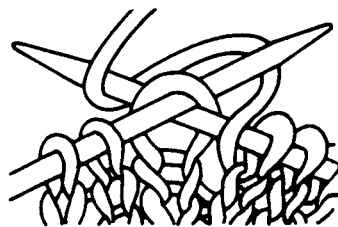
Knit 1 row, purl 1 row. On circular or double-pointed needles, knit every round.

The stitch we will use is called the garter stitch. To do it you knit every row.

Garter stitch

Knit every row. On circular or double-pointed needles, knit 1 round, purl 1 round.

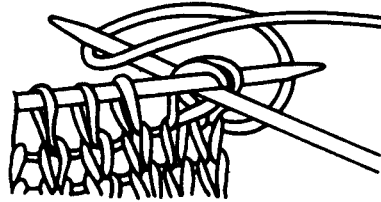
This pattern also calls for a **YARN OVER**. This basically puts a hole in your knitting, and increases the number of stitches you have on your needle.



Yarn over-knit

To make a yarn over (yo) when knitting, bring yarn under right needle to front of work, then over needle to back, ready to knit next stitch.

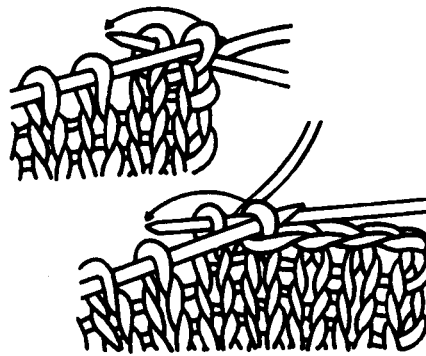
The dishrag will "grow" from a point to 43 stitches. Then you will decrease to a point on the opposite end.



Decreasing

To decrease one stitch (K 2 tog or P 2 tog) insert the right needle through two stitches on the left needle, instead of the usual one, and knit or purl together.

When you are down to 3 stitches, you must **BIND OFF** the remaining stitches.



Binding off

Work two stitches in pattern loosely. With left needle, lift first stitch over second stitch and off the right needle. This is one stitch bound off. Work next stitch and repeat process. To bind off six stitches at the beginning of a row, you will work seven stitches but the last stitch will remain on the right needle as the first stitch of the remainder of the row. To bind off a complete row, continue until all stitches but one are bound off. Break yarn and draw end through stitch, forming a loose knot.

Abbreviations

beg	beginning	rep	repeat
dec	decrease	rnd(s)	round(s)
g st	garter stitch	sl	slip
inc	increase	st st	stockinette stitch
in(s)	inch(es)	st(s)	stitch(es)
K	knit	tog	together
P	purl	yo	yarn over
pat	pattern		
rem	remaining		

Comparison of Ounces and Grams

28 grams	=	approximately 1 ounce
40 grams	=	approximately 1 ½ ounces
50 grams	=	approximately 1 ¾ ounces
100 grams	=	approximately 3 ½ ounces

Bibliography

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Van Nostrand Reinhold.
- Golden Hands Complete Book of Knitting and
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- A Treasury of Knitting Patterns, Second
Treasury of Knitting Patterns, and Charted
Knitting Patterns** by Barbara Walker;
Scribners.
- Knitting Without Tears** by Elizabeth Zim-
mermann; Scribners.
- Mary Thomas's Book of Knitting Patterns and
Mary Thomas's Knitting Book**; Dover.
- Step-by-Step Knitting** by Mary Walker
Phillips; Golden Press.
- The Textile Arts** by Verla Birell; Schocken.

KNITTED DISH RAG

SUPPLIES: 1 pair size 8 knitting needles (or 9 or 10)
1 skein cotton thread

ROW #1: Cast on 3 stitches

ROW #2: Knit 3 stitches

ROW #3: Knit 2 stitches, Yarn over, Knit to the end of the row

Repeat ROW #3 until there are ~~47~~ stitches on the needle.

43

Start Decrease rows --

Knit 1 stitch, Knit 2 stitches together, Yarn over, Knit 2 stitches together, Knit to the end of the row.

Repeat this row until piece is down to 3 stitches. Bind off those stitches.