UK

Let's Learn to Knit
with a Pattern Stitch

Linda Heaton, Textiles and Clothing Specialist

18 U. S. C. 707

Contents

Let's Learn to Knit
with a Pattern Stitch

Your Guide for the Project

In this project you will learn to knit a pattern stitch.

You Will Learn:

- How to make two pattern stitches.
- How to select patterns for knitted items.
- How to select yarn.
- How to select knitting equipment.
- How to develop more knitting skill.
- How to show others what you have learned.

Articles You Will Make

You will make samples of two pattern stitches and one article made with one pattern stitch.

Exhibit Your Work

You may exhibit one article made with one pattern stitch using only one color yarn.

Add to Your 4-H Record Book

The back pages of this book are your record book. Keep your record up-to-date. Record what you make in Unit 3 of the knitting project and any other knitting you do during the year.

Demonstrate to Your Club

Give a demonstration at one of your club meetings alone or with a partner. If you find it interesting and helpful, then think about entering a demonstration contest. Choose a subject that you are studying in your project this year.

Selecting Patterns for Knitted Items

There are hundreds of sets of instructions for knitted articles. Some commercial companies provide excellent instructions while others produce patterns with mistakes in their directions. The directions are often incomplete and hard to follow as well. When selecting instructions for your project, remember that good instructions include:

1. A list of materials required—the kind and amount of yarn, size and number of needles, and other tools needed, such as a crochet hook.

2. A gauge for the number of stitches per inch and number of rows per inch.

3. Instructions that are printed clearly with print large enough to read easily.

4. A clear photograph of the finished garment so that details can be seen, such as any pattern stitches, number of buttons and buttonholes, set-in sleeves or raglan sleeves, length of sleeves (full length or three-quarter), total length of the garment on the model (waist length, high hip, or low hip), and the general shaping.

5. Detailed instructions for finishing the garment.

6. A chart with the size range for the knitted garment in relation to body measurements so that you have a guide to the best size for you.

When selecting a pattern for a knitted garment, read through the instructions before you buy. With a little experience in knitting, you will learn to recognize instructions that give enough details and are clear and easy to understand. Buy instructions and supplies with well-known brand names.

Selecting Yarns

When you are buying yarns, remember that your garment can be no better in quality than the yarn from which it was knitted. Cheaper yarns have less twist and more knots.

Examine yarn carefully when buying. A good-quality yarn will be well twisted, unless it is supposed to have a novelty texture, and it should feel elastic and resilient (springy). Look and feel to see that there are no foreign materials in the yarn. Read the label; it should indicate if the yarn is colorfast and moth-proofed. The fiber content should also be given. "Virgin wool" is a term found frequently on labels. This term means that the wool is new wool, shorn from live sheep. Virgin wool fibers are stronger, longer, and more elastic and resilient than pulled wool (from slaughtered sheep) or reclaimed wool (from garments that have been torn apart for reuse). You will learn to know the meaning of many descriptive terms for yarn types as you work with different kinds.

Interchanging Yarns

There are many kinds of yarn. Your pattern instructions will recommend a particular kind. If you cannot get the kind specified or if you would prefer to use another type, you can often substitute another yarn. But you should not attempt to make this substitution without consulting an authority—either a knowledgeable person or a yarn chart. Remember, the important thing is to knit to the gauge given in the instructions. You should always check your gauge, but this is especially important if you are using a yarn other than the one called for.

More about Knitting Equipment

Other pieces of knitting equipment you will want to add to your collection are a cable stitch holder, a counter, and a knitting gauge.
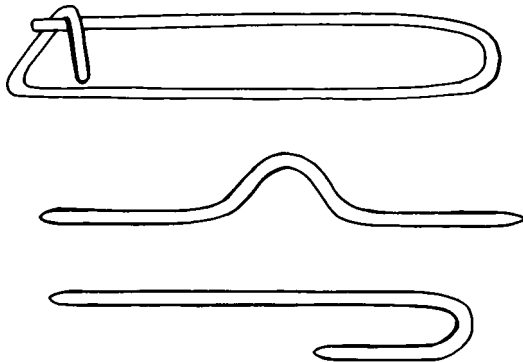

types of cable stitch holders

A cable stitch holder is used to hold reserve stitches out of the work area. There are several types and sizes to choose from.

A knit counter is a small, lightweight device that slips over the needle to keep count of the rows. Each type of counter has a dial arrangement with two sets of numbers that will record a count from 1 to 99.

A stitch gauge includes a 6-inch ruler and a useful measuring guide for determining the size of knitting needles. Many of the gauges available also have a space for measuring stitches and rows.
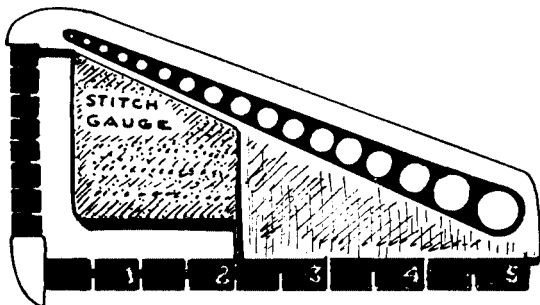
stitch gauge

Knitting Skills

Yarn Over

Yarn over (yo) is another method of increasing. It is also used to make an eyelet and to help form many pattern stitches.

To yarn over before a knit stitch, bring your yarn to the front of the right-hand needle (Figure 1) and knit the next stitch. Thus, a loop is formed on the right needle and an extra stitch is added.
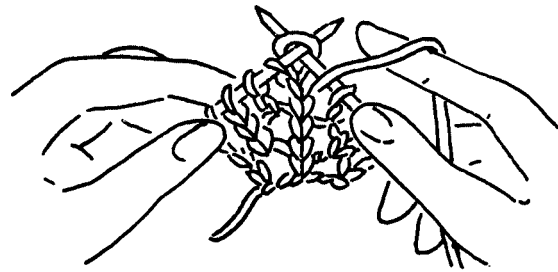

Figure 1

To yarn over before a purl stitch, wrap the yarn completely around the right-hand needle (Figure 2) and purl the next stitch in the usual manner. Thus, a loop is formed on the right-hand needle and an extra stitch is added.
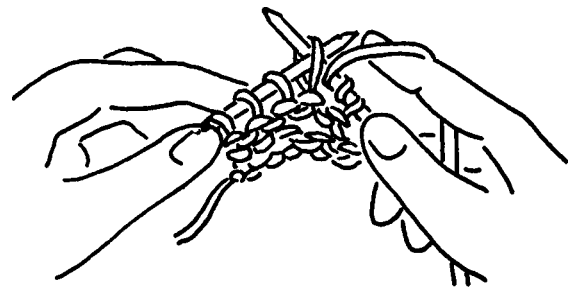

Figure 2

Splicing Yarns

This method may be used on a 4-ply yarn. You may splice other yarns but not by splitting.

You may join yarn by splicing anywhere in your work. If splicing is done carefully and properly, it is almost impossible to detect the join. To splice yarn, unravel the end of both pieces of yarn (the old and the new) for about 4 inches. Separate the threads and cut two of the 4 plies off about 3 inches from the end (Figure 3).

Dampen the tips of all 8 strands. Lay the strands of both pieces of yarn together; dovetail or roll them all together following the original twist of the yarn as much as possible (Figure 4).

Figure 3

Figure 4

Pattern Stitches

If you have completed prior knitting units, you have advanced to the point where your knitting tension is even, and you can do most of the basic knitting steps with skill and ease. Now you are ready to add distinction and individuality to your work with pattern stitches.

Regardless of how intricate some pattern stitches appear to be, they are all made with a combination of the basic knitting stitches and steps that you have already learned. (Ribbing used in the body of a garment is considered a pattern stitch. Ribbing used to finish the edges of a garment is not considered a pattern stitch.)

In reading the directions for a garment made with a pattern stitch, you will more than likely find the term "multiple of stitches." This means that to have the pattern work out correctly, the number of stitches cast on must be divisible by the multiple given. For instance, multiple of 5 sts would be any number divisible by 5, e.g., 25. If the multiple is 5

sts plus 1, the number of stitches cast on must be divisible by 5 and 1 stitch over, or 26.

When you have selected your pattern, make a fairly large swatch, working in the pattern stitch by casting on the multiple of stitches called for in the pattern. This will not only allow you to become thoroughly acquainted with the appearance of the pattern, but it will also give you the opportunity of working the pattern so you will be at ease and your tension will be more even.

Directions are included here for just a few of the many pattern stitches.

Moss Stitch
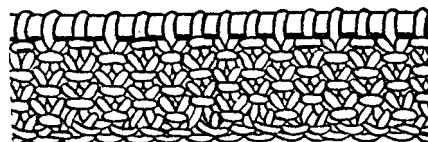
Moss Stitch (also known as the seed or rice stitch)—Cast on an uneven number of stitches.

Row 1—*K 1 st, p 1 st. Repeat from * across the row, ending with k 1.

Repeat this row. In making this stitch, be sure to k the purl sts and p the knit stitches on the following row (Figure 5).
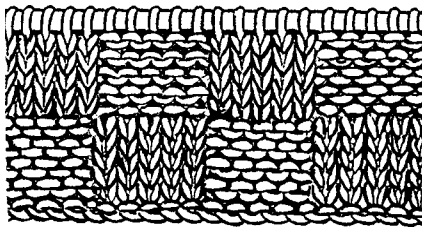

Figure 5

Block Stitch

Block Stitch— Cast on a number of stitches divisible by 10 (multiple of 10).

Row 1—*K 5, p 5. Repeat from * across the row, ending with p 5. Repeat this row 4 more times.

Row 6—*P 5, k 5. Repeat from * across the row, ending with k 5. Repeat this row 4 more times.

Repeat these 10 rows for the pattern stitch (Figure 6).

Row 3—K 2, *p 1, k 3. Repeat from * across the row, ending with k 2.

Row 4—*P 1, k 1, p 5, k 1. Repeat from * across the row, ending with p 1.

Row 5—*P 1, k 7. Repeat from * across the row, ending with p 1.

Row 6—Same as Row 4.

Row 7—Same as Row 3.

Row 8—Same as Row 2.

Repeat these 8 rows for the pattern stitch (Figure 7).

Figure 6

Figure 7

Diamond Stitch

*Diamond Stitch—*Multiple of 8 sts, plus 1 st.
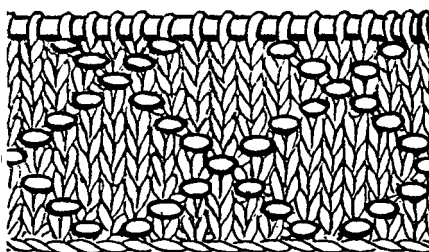
Row 1—K 4, *p 1, k 7. Repeat from * across the row, ending with p 1, k 4.

Row 2—P 3, *k 1, p 1, k 1, p 5. Repeat from * across the row, ending with p 3.

Cable Stitch

*Cable Stitch—*Multiple of 10 sts plus 2 sts.
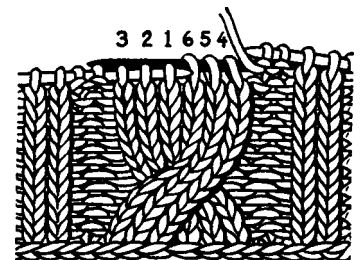
Row 1—P 3, *k 6, p 4. Repeat from * across the row, ending with k 6, p 3.

Row 2—K 3, p 6, *k 4, p 6. Repeat from * across the row, ending with k 3.

Repeat rows 1 and 2 twice (6 rows in all).

Row 7—P 3, *slip next 3 sts on a double-point needle and place in back of work. K next 3 sts, then k the 3 sts from a double-point needle (forms cable). P4. Repeat from * across the row, ending with a cable and p 3.

Row 8—Repeat Row 2.

Repeat these 8 rows for the pattern stitch (Figure 8).

Figure 8

This is a 6-stitch simple cable stitch. There are several variations of the cable stitch, such as the plaited cable, lattice cable, mock cable, etc.

"Holes" Before Cables

In most cable patterns you will find a series of purl stitches before and after the cable. Sometimes when working a cable stitch, you will find you have a "hole" or loose stitch before or after your cable. To prevent this, pull your yarn tighter than usual when you bring the yarn back to the front of your work to purl. You sometimes find this same flaw when working ribbing, and you may correct it the same way.

Practice Samples

To practice the pattern stitches, knit sample squares. Select two stitches and plan and knit a 6-inch square of each. Label each square and put it in your knitting notebook.

When you have completed the samples, you are ready to select a pattern to knit an article with one pattern stitch.

Suggested Patterns

Since one objective of the project is to select a pattern, you will want to look at the commercial patterns available. Be sure to select a pattern that uses only one pattern stitch. The pattern included in this book meets the requirements for the project, but you can choose any pattern that is appropriate.

Knitted Bag and Belt

(Pattern courtesy of Coats and Clark)

Supplies
1.   4 oz of 4-ply knitting worsted.
2.   Knitting needles, 1 pair No. 8.
3.   90 round wooden beads.
4.   5 large snap fasteners.
5.   1 bone ring, 1 inch in diameter, for button.

Gauge

5 sts = 1 inch; 6 rows = 1 inch

Be sure to check your gauge before starting articles. Use any size needles that will obtain the stitch gauge above.

Bag

Starting at the narrow edge, cast on 24 sts. P 1 row, k 1 row. **Next row**—*P 1, inc in the next st. Repeat from * across—36 sts. Now work in the pattern as follows: **1st row**—**wrong side**: K 2, *in the next st k 1, p 1 and k l—**popcorn started;** p 3 tog. Repeat from * across to within the last 2 sts, k 2. **2nd row**—P across. **3rd row**—K 2, *p 3 tog—**popcorn completed;** in the next st k 1, p 1 and k 1. Repeat from * across, ending with k 2. **4th row**—P across. Repeat the last 4 rows for the pattern. Work in the pattern until the total length is 6 inches; mark the next row for the folding line. Continue in the pattern until the total length is 17 inches, ending with a wrong-side row. **Next row**—*P 1, p 2 tog. Repeat from * across—24 sts. Bind off in knitting.

Fold the piece at the marked line to form a pocket. Sew the side seams. Sew 3 snap fasteners evenly spaced to the right side of the cast-on edge and the wrong side of the bound-off edge to form the flap to accommodate the belt.

Frog
Cut 4 strands of yarn, each 1 yard long. Holding the 4 strands together, fold them in half and twist tightly in one direction. Fold it in half again and twist in the opposite direction. Sew the ends together, forming a ring. Twist the cord into 3 circles and tack to the flap of the pocket as shown—one circle will be used for the button loop.

Button
Single crochet closely around the bone ring. Join. Break off, leaving a 10-inch end. Thread a needle with this length and draw through the wrong side of each sc; pull up tightly. Break off and fasten. Sew in place as shown.

Fringe

Cut 5 strands, each 18 inches long. Double these strands to form a loop. Insert a crochet hook in the corner st of the folding line at the lower edge and draw the loop through. Draw the ends through the loop and pull up tightly to form a knot. Knot 5 strands as before, 8 times more, spacing them evenly along the lower edge. Trim. String one bead onto each strand and knot the end.

Belt

Starting at one narrow edge, cast on 18 sts. **1st row**—**right side**—K 4 for the facing; with yarn in back of the work sl 1, p 8, sl 1 as before, k 4. **2nd row**—P 5, (in next st k 1, p 1 and k 1, p 3 tog) twice; p 5. **3rd row**—Repeat first row. **4th row**—P 5, (p 3 tog, in next st p 1, k 1 and p 1) twice; p 5. Repeat the last 4 rows for the pattern. Work in the pattern until the total length is about 26 inches or the length desired, ending with a wrong-side row. Bind off in the pattern. Turn the facings to the wrong side and sew the long edges together.

Sew the narrow edges together. Steam lightly. Sew on snap fasteners for the closing. Draw the belt through the pocket flap as shown.
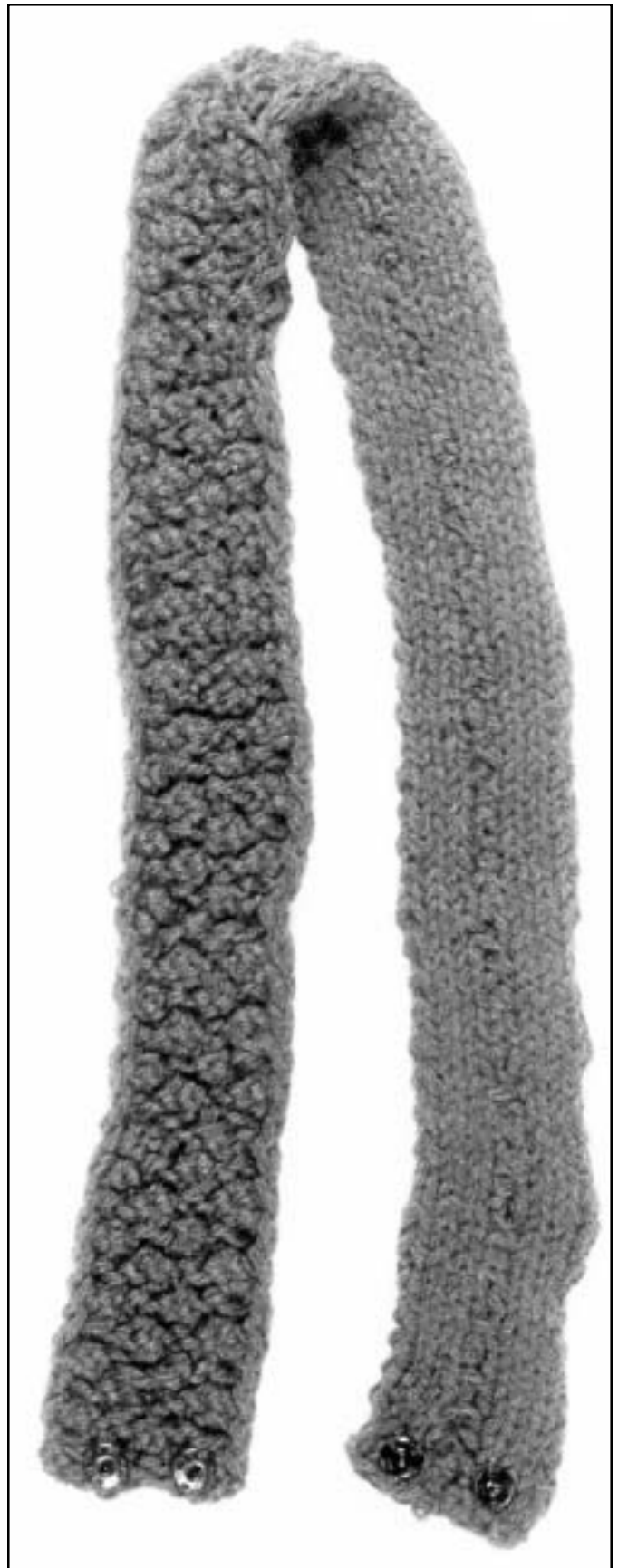
Show Others What You Have Learned

Demonstrations

Demonstration contests are held at community and county fairs. You may want to show others what you have learned by giving a demonstration.

Select one of the demonstrations you prepared for your club, or perhaps a new one. Here are a few suggestions that you might use:

- How to select knitting needles.

- How to knit pattern stitches.

- How to select a knitting pattern.

Exhibits

One of the things that you may enjoy when you have completed your project is to show others what you have done. Your club may want to plan a display of the articles you have made and invite your parents and friends. You may also want to exhibit your work at community and county fairs. If you do, be sure your exhibit is clean and neat.

Complete Your Record Book

Your record book is important. Examine it carefully. Have you recorded everything you have made? Have you added this year's activities to your permanent record? Each year your record book adds a new chapter to your 4-H club story. Are you happy with the story your record book is telling?

Notes

Scoring My Knitting

- Why I enjoyed this project: _____
_____
_____

- Why I like what I made: _____
_____
_____

- Cost of project: _____

- Type of yarn used in project:_____

Processes I Learned	How Well I Did On Them		
	Excellent	Good	Should Be Improved
Cast on stitches			
Knit			
Purl			
Ribbing			
Bind off stitches			
Sew seam			
Pattern stitch			

Knitting Notebook

Every knitter needs a notebook on file to keep useful information. This is the place to keep patterns and ideas for future projects as well as swatches you have made and wish to keep. One very important timesaver that should be included is a record sheet of information on each project completed. With this information, it is simple to repeat a garment or know how to care for one already made. Record information about this year's projects on this record. Place it in your notebook.

Pattern Co. and #	Description	Kind of Yarn	Amount of Yarn	Size of Needle	Garment Size	Stitch Gauge	Care Instructions

4H Project Record for Knitting

County _____ 4-Her's Name _____ Age _____

Name of Club _____ Address _____

_____

• I made _____

Describe knitted article[s}

• Other knitted articles I made this year _____

_____

• I gave demonstration on _____ Date _____

_____ Date _____

• I helped _____ others with knitting by _____

_____

• I plan to and/or have exhibited or modeled my article(s) at:

    ❑ Local 4-H Rally   ❑ Fashion Revue

    ❑ County 4-H Rally   ❑ Area Events

    ❑ County Fair   ❑ Other Events   _____

                                                     _____

Leader's opinion of participant's progress: ❑ Excellent   ❑ Good   ❑ Fair

Approved: _____   _____

                  Project Leader   *Parent*

_____

County Extension Agent

My Knitting Project Story

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