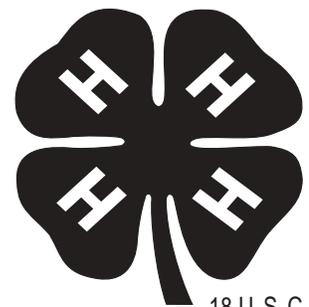


# Let's Learn to Knit

## *with Increase and Decrease*

*Linda Heaton, Textiles and Clothing Specialist*



18 U. S. C. 707

This publication was originally prepared by Jo Ann S. Hilliker, former state Extension specialist in clothing and textiles.

Special appreciation is extended to the committee who inspired this project and who worked long hours to make it a reality.  
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# Let's Learn to Knit with Increase and Decrease

*Linda Heaton, Textiles and Clothing Specialist*

## Your Guide for the Project

This book will help you learn more about knitting. Read it carefully and study the pictures. Ask your leader to read and study with you. Follow the instructions and you will form good knitting habits. This project is planned for you. We hope you will enjoy it.

### ***You Will Learn:***

- Some history of knitting.
- How to check the gauge.
- How to increase.
- How to decrease.
- How to make a backstitch seam.
- How to recognize and correct mistakes.
- How to join yarns.
- More about knitting tools.
- New abbreviations.
- About the quality of yarn.
- How to care for synthetic yarns.
- How to share with others through demonstrations.



### ***Articles You Will Make***

In this project, you will make an article that includes increase and decrease stitches. The mitten and beret patterns in this book use these stitches.

### ***Exhibit Your Work***

You may exhibit an article that includes increasing and decreasing stitches.

## Add to Your Record Book

The back pages of this book are your 4-H record sheets. Keep your knitting record up-to-date. Write your 4-H story for the year when you complete your project. Be sure to fill in your permanent record, too. There are places on your permanent record to show the activities you have participated in. Be sure to keep a record of them. Activities plus project work make a good 4-H program.

## Learn to Give a Demonstration

Show others what you have learned by giving a demonstration at one of your club meetings. When you show another club member how to tie a slip knot or slip a stitch, you are giving a demonstration. Things that are seen or done are remembered the longest. Give your demonstration alone or with a partner. You will find demonstrations interesting and helpful. Ask your leader to give you ideas on how to give a demonstration. Choose a topic you have studied in your project.

## History of Knitting

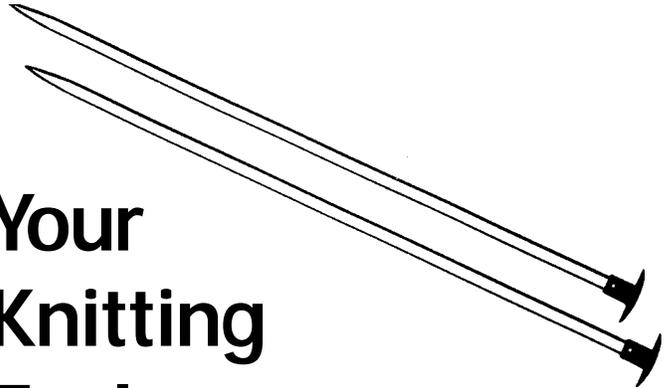
Knitting is older than written history. No one knows exactly when people began to knit, but we do know that as far back as A.D. 200 knitting was an advanced and accomplished art. The people of Scotland are believed to have been the first to knit with wool.

A knitted fabric stretches more than a woven fabric, and it snaps back to its original size after it is stretched. For example, a woolen knitted fabric can stretch as much as 30 percent and spring back to its original size. Long ago people found out how much better a knitted fabric was than a woven fabric for clothing that needs to stretch and then spring back to fit snugly. Sweaters, mittens, and stockings are examples of this kind of clothing.

Knitting is probably more popular today than it has been at any other time in history. With the hundreds of different kinds and textures of yarns available, plus the constant development of new

synthetic fibers and various combinations of them, there is no end to the beautiful and useful things you can learn to make.

## Your Knitting Tools



You will need the same knitting tools in this project that you used in Unit 1. These tools include:

- Knitting needles.
- A crochet hook.
- A measuring tool.
- Scissors.
- A tapestry needle.
- A nail file or an emery board.

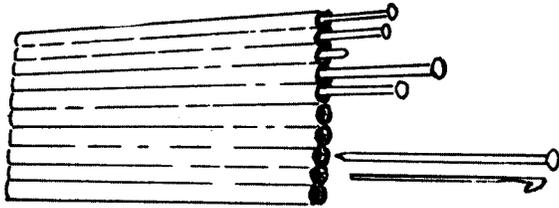
**Needles**—In this project you will learn more about knitting needles. Single-pointed or straight needles are rigid with a point at one end and a cap at the other end. They are sold in pairs. This type of knitting needle is usually made of aluminum or plastic. Aluminum is resistant to bending and breaking and therefore is extremely durable. Plastic is lighter in weight than aluminum but is less durable.

**Quality of knitting needles**—Knitting needles undergo a variety of extra finishing steps to ensure a smooth surface without nicks or rough edges. The size of a knitting needle refers to its diameter. In the United States, knitting needles are sized with numbers ranging from 0 to 50. Sizes 17 to 50 are considered “jumbo” or “jiffy” size needles. Canadian and European needle sizes are based on the metric system. Some U.S. needles are now labeled with both sizes. When you go shopping, look at the different sizes of needles available and compare

these with United States (standard) and metric measurements.

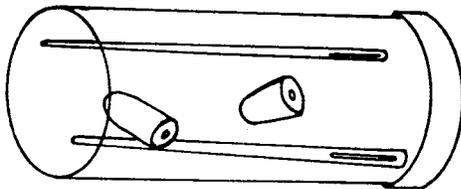
All knitting patterns tell you the size of needles you will need to make the garment. Never discard your needles when you have finished a garment. If you lose one needle and have to buy another pair the same size, keep the extra needle. You never know when you may lose or break another one.

You can make a handy case for knitting needles by cutting a piece of corrugated paper from a packing carton. Stick your needles (and crochet hooks, too) in the ends of the paper. You can leave the holder flat for storage, or it can be rolled up and fastened with a rubber band.



**Knitting Needle Case**

It is a good idea to keep all easily lost items, such as rubber tips and tapestry needles, in a small transparent case. Ask an adult in your family to save a long, round, narrow plastic medicine bottle for you to use. It will make a very nice case. Be sure to wash the bottle well before you use it for your needles and other small items.



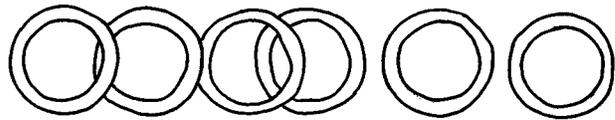
**Case for Small Items**

## Other Knitting Equipment

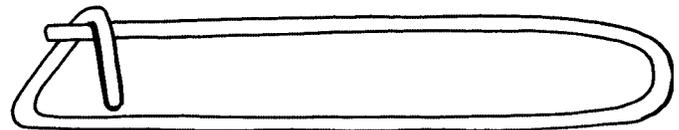
In addition to the equipment you already have, you may want to use the following:



- **Point protectors**—little rubber tips that prevent the stitches from coming off the needle, protect the point of the needle from damage, and protect your hands and knitting containers from needle points.



- **Markers**—plastic rings that mark a certain point in the knitting, such as an increase or a decrease.



- **Stitch holder**—a large “safety pin” that holds stitches temporarily.

## Hints On Buying Good-Quality Yarn

The quality of the yarn has a direct effect on the outcome of the finished product. Good-quality yarn means satisfactory and long-lasting results.

To identify good-quality yarn, observe the color of the yarn. It should be even throughout the skein, since even a very slight variation in the color will be visible in the finished product.

**Dye lot**—The dye lot number on the skein band is an identification number for the dye bath used for a quantity of yarn. Two skeins of yarn the same color

but with different dye lot numbers can have a slight color variation that is only visible in the completed project. When you select the yarn you want, be sure to check each skein to make sure the color and dye lot numbers are the same.

When you buy yarn, always buy enough yarn to make the completed project, since no two dye lots are exactly the same. It is better to have a little too much yarn than not enough.

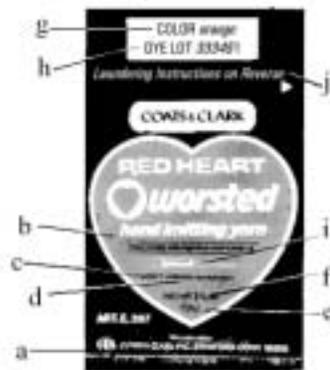
**Twist of yarn**—Examine the twist of the yarn. It should be firmly twisted so that it will not separate easily during knitting. The yarn should be the same thickness throughout the skein to help ensure even stitches in the completed project. The yarn should be full and round in appearance so that the finished project will retain its shape.

**Resiliency of yarn**—Check the resiliency of the yarn. Squeeze the skein. Good-quality yarn should bounce back. Twist or stretch a strand of yarn. When released, a good-quality yarn will spring back close to its original length.

## Read the Label

The label or skein band should include the:

- Manufacturer's name and address.
- Type of yarn.
- Fiber content.
- Word "virgin," meaning that the fiber is new and has not been reprocessed.
- Number of plies.
- Amount of yarn.
- Color name and number.
- Dye lot.
- Certification mark (optional).
- Care instructions.

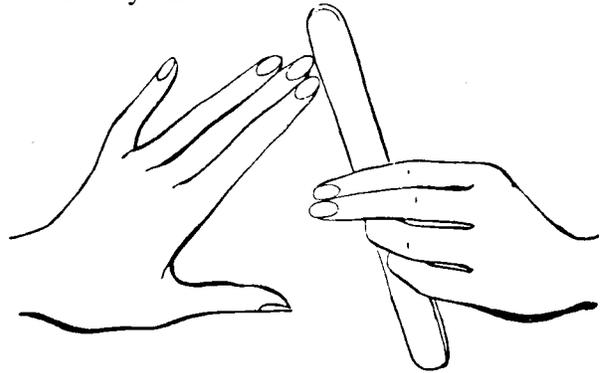


## Types of Yarn

Hundreds of different types and textures of yarn are available today. Almost all knitting patterns tell you the kind and amount of yarn you will need to make an article.

Hand knitting yarn of acrylic, wool, or wool/nylon is suitable for hats, mittens, gloves, sweaters, and scarves. Because of its firm twist and medium weight, 4-ply worsted hand knitting yarn is recommended for beginning knitters.

When a knitted garment is designed, the yarn is an important part of the design. The thickness and texture of the yarn in relation to the pattern stitch are important. If you wish to substitute a yarn, choose one as similar as possible to the specified yarn. Be sure you can work to the gauge in the substitute yarn.



## Good Knitting Habits

- Always remember to wash and dry your hands well before you pick up your knitting. If your hands become moist while knitting, rub a little talcum powder on them. This will keep the yarn from sticking to your fingers.
- Make sure you have good light when knitting. Poor lighting will not only strain your eyes but also will make it difficult to catch mistakes in your work.
- Check your posture. If you avoid a cramped position, you won't become tired so quickly. But when your hands become tired or you are tired, stop and rest!

# New Abbreviations

Learn the knitting abbreviations. They are the ABCs of the language of knitting. They are used exactly the same way in almost all directions. The ones you will need to know in this phase of the project are:

<b>k</b>	knit
<b>p</b>	purl
<b>st(s)</b>	stitch(es)
<b>inc</b>	increase
<b>dec(s)</b>	decrease
<b>tog</b>	together
<b>yo</b>	yarn over
<b>sl</b>	slip stitch to other needle without knitting
<b>pssso</b>	pass slip stitch over
<b>MC</b>	main color
<b>CC</b>	contrasting color

\* indicates that the directions immediately following are to be repeated a given number of times.

“**Work even**” means to work the pattern as before over the same number of stitches without increasing or decreasing.

[**brackets**] enclose size changes

( ) means to work the directions given in the parenthesis the number of times specified.



## And Now to Knit

Increasing and decreasing produces the shaping required in a project.

### *Increasing*

Increasing is the technique of adding stitches so that the project becomes wider. There are many ways to increase in knitting.

The increase stitch most commonly used is to knit into the front and then into the back of the same stitch before removing it from the needle. Knitting instructions may refer to this as “k in front and back of st.”

This method of increasing is used at the edge of a garment for shaping and at places where the increase itself forms part of the design of a garment, such as in raglan sleeve seams. This is the method you will learn in this project. In later projects you will learn other methods.

## How to Increase in Knitting

1. When you wish to increase the number of stitches in the row, knit one stitch but do not slip this stitch off the left needle (Figure 1).



Figure 1

2. Move the right-hand needle behind the left-hand needle. Insert the needle in back of the same stitch and knit another stitch (Figure 2).

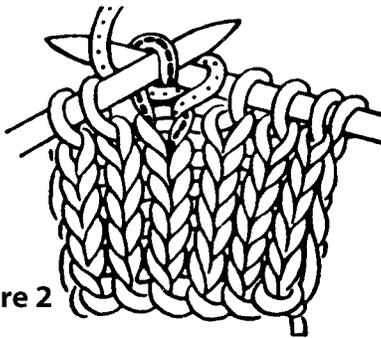


Figure 2

3. Slip the stitch off the left-hand needle. There will be two stitches transferred to the right-hand needle instead of one.

## Decreasing

Decreasing is the technique for reducing the number of stitches so that the project becomes narrower. To decrease means to take away from the number of stitches you are working with. The decrease, like the increase, is used to shape your work or to help form a design in your knitted garment.

In this phase of the knitting project, you will learn the two methods of decreasing most commonly used. In later phases you will learn other methods of decreasing.

## How to Decrease When Knitting

On a knit row, knit two stitches together (k 2 tog). This method produces a stitch decreasing that slants to the right when seen on the right side of a project (Figure 3).

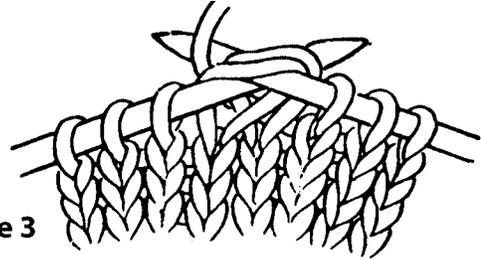


Figure 3

## How to Decrease When Purling

On a purl row, purl two stitches together (p 2 tog) as in Figure 4.

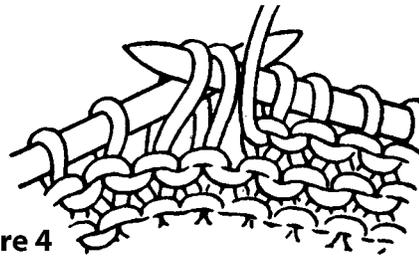


Figure 4

*Decreasing by slip one, knit one, pass slip stitch over (psso):* Slip one stitch (from the left-hand to the right-hand needle without knitting—sl 1—as in Figure 5.) Knit one stitch (k 1). This method makes

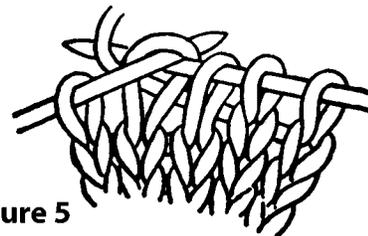


Figure 5

the resulting decreased stitch slant to the left. With the left-hand needle, pass the slipped stitch over the knitted stitch (psso) as in Figure 6.

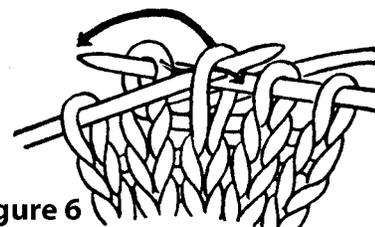


Figure 6

## Joining Yarn

Joining yarn is the technique of attaching a new skein of yarn to the yarn already in use. Joining yarn is also used to create stripes in knitted articles.

For best results, always join the new yarn at the beginning of a row. A yarn that has been joined in the middle of a row may be visible from the right side of the project.

To join yarn at the beginning of a row, tie the new yarn to the old one using a slip knot (Figure 7).

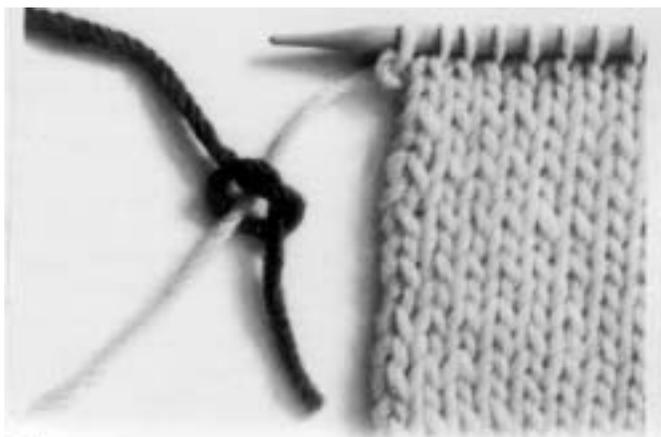


Figure 7

Tighten the knot and move it up close to the work. Continue knitting, using the new yarn. The knot can shift causing the first few stitches to have a loose tension. Therefore, readjust the knot and tighten those stitches before completing the row.

## Correcting Mistakes

Before you can correct mistakes, you must learn to recognize them. The most common mistakes in knitting are dropped stitches, holes, twisted stitches, and split stitches.

It is easier to learn to recognize and correct mistakes when you are working with the stockinette stitch because you have a right and wrong side to your work, and it is easier to tell a knit stitch from a purl stitch.

## Dropped Stitch

A dropped stitch is caused by a stitch falling off the needle. When you drop a stitch, it must be picked up and placed on the needle. Whenever possible, pick up a dropped stitch on the right side of your work. Use a crochet hook to catch the dropped stitch. Work the yarn up on the horizontal yarn of each row as shown (Figure 8).

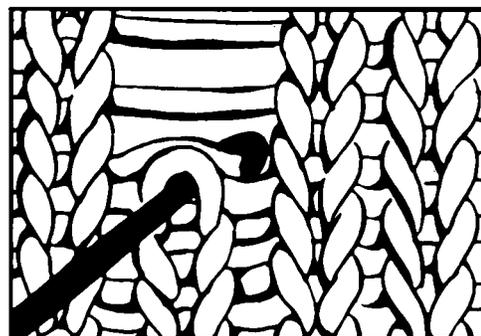


Figure 8

Continue in this manner until you reach the row being worked. Be careful not to twist the stitches. Pick up purl stitches as shown in Figure 9.

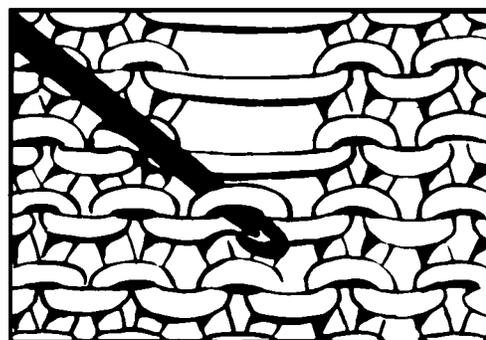


Figure 9

To pick up dropped stitches when working in the garter stitch, alternate the two movements above.

## Hole

A hole in knitting may be caused by:

- Having the yarn in the wrong position for a knit or purl stitch;
- Putting the project down in the middle of a row and then resuming the knitting in the wrong direction; or
- Failing to interlace or twist the yarn when changing colors.

To correct a hole in your knitting, unravel the stitches by removing the knitting from the needles. Pull the yarn slowly and gently out of the stitches. Unravel the knitting to the row above the one with the hole.

To put the stitches back on the needle, use a smaller needle since it is easier to slip into the stitches. Hold the knitted fabric in your left hand with the loops at the top and the yarn from the skein coming from the stitch in the upper right-hand corner.

Hold the needle in your right hand. Slip the needle into the stitch below the exposed loop, holding the yarn in your left hand (Figure 10). Gently pull the yarn out of the single stitch (Figure 11). Repeat until all stitches have been put back on

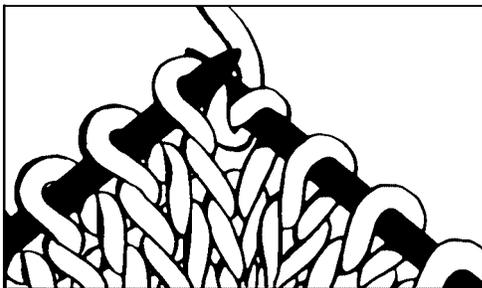


Figure 10

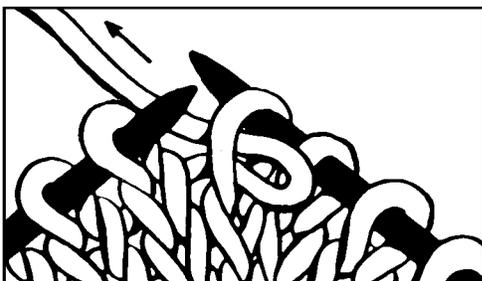


Figure 11

the needle. Now the stitches are on the needle in the correct position for working the next row, and none is lost or dropped.

## Twisted Stitch

If you look closely at the right side (or knit side) of a knitted fabric worked in the stockinette stitch, you will see that each stitch is a V. If you gently pull the fabric by holding it on each side, the V will open up or separate at the bottom. If a stitch is twisted, the yarn is crossed at the bottom or base of the stitch. When you pull on the fabric, the twisted stitch V will not separate but will pull together more closely.

When you have twisted a stitch or made the mistake of knitting a purl stitch or purling a knit stitch, work over to that point in the work directly above where the mistake has been made. Drop this stitch from the needle and down to the twisted stitch. Using a crochet hook and having the knit side of the same stitch facing you, pick up the stitch as you would any dropped stitch.

## Split Stitch

A split stitch is caused by separating the strand of yarn when inserting the knitting needle into a stitch. To correct the error, follow the directions for dropped stitches, holes, or twisted stitches.

## Additional Hint

When putting stitches back on a needle, insert the right-hand needle from back to front through each stitch. Insert the left-hand needle from front to back through each stitch. This prevents twisted stitches.

## Seams

When you finish knitting a garment, it is a big temptation to sew up the seams as quickly as possible. Don't be tempted! Seams are a very important part of a knitted garment, and good seams take time, care, and patience.

In the knitting project you will learn to make several kinds of seams. Sometimes it is best to use one seam, and at other times it is best to use another. The important thing is to use the seam that

looks best and is most suitable for the article.

When you finish knitting a garment, get your leader or an adult you live with to help you decide which seam to use.

In Unit 1 you learned to do a flat overcast seam. In this project, directions are given for a backstitch seam. In this project, we recommend that you use the backstitch seam for the mittens. If your leader prefers a seam not given in the knitting project books, this is perfectly all right as long as your finished seam is neat and even with almost as much stretch or elasticity as your knitted fabric.

## Backstitch Seam

1. Pin, then baste the pieces to be joined together with edges even and right sides together with the wrong sides out.
2. Thread a yarn needle with the same yarn used in the knitting. If using 4-ply yarn, you can “split it” and use only 2-ply for the seam. (If you have a length of yarn left on either piece long enough for your seam, use it.)
3. Sew the seam with a backstitch about  $\frac{1}{4}$  inch from the edge (Figure 12).

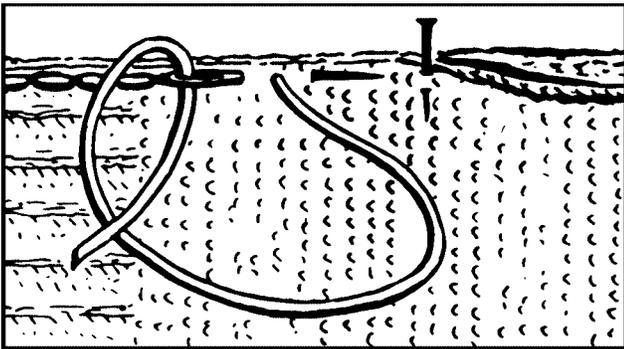


Figure 21

4. To make a backstitch, bring the needle out on the right side, insert it back to the end of the last stitch, then from the wrong side bring the needle out on the right side in front of the yarn. Repeat until you have the desired length of seam (Figure 13).

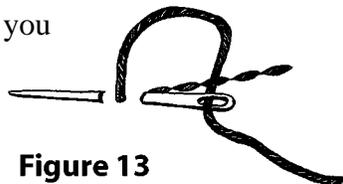


Figure 13

5. Do not pull the stitches too tightly, as your finished seam should have elasticity.
6. It is wise to check the right side of your work from time to time to ensure neatness.
7. Steam seams open and flat.

## Finishing Yarn Ends

After the knitted article is completed, finish all yarn ends by weaving the yarn into the seam. If there is no seam, separate the strand of yarn into two sections before weaving the yarn.

To weave in the yarn, thread it into a tapestry needle. Weave the yarn into the wrong side of the knitting for about 2 inches (5 cm). For yarn separated into sections, weave the sections in opposite directions. The woven-in yarn should not be visible from the right side.

## Gauge

Gauge refers to the number of stitches to the inch and the number of rows to the inch. The correct gauge is essential to knitting a garment of the right size and fit. Gauge is determined by the size of the needles, the type of yarn, and the tension and rhythm of the individual. Tension and rhythm are developed through practice and will vary from person to person.

Tension is the “pull” on the yarn as it passes through the fingers. Tension controls the tightness or looseness of the knitting. An even tension is achieved by passing yarn through relaxed fingers. The stitches should be loose enough so that the needle passes through easily but tight enough so that the stitches don’t fall off the needle.

Rhythm is the flow of one hand knitting movement to the next. With practice, rhythm will become steady and smooth.

## Check the Gauge

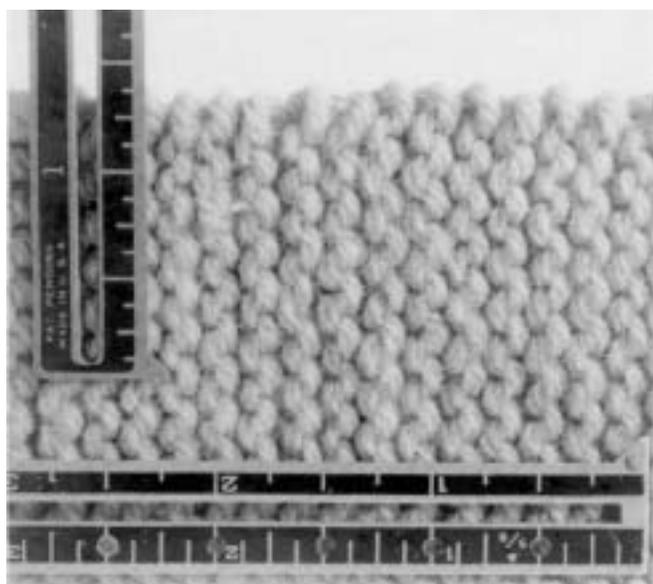
Knitting instructions will specify the gauge. The gauge should always be checked by making a sample square using the same yarn and needle size given in the instructions. Cast on 20 stitches and

knit for 3 inches (7.6 cm) or more in the same stitch used for the major portion of the project.

## ***Measuring the Gauge***

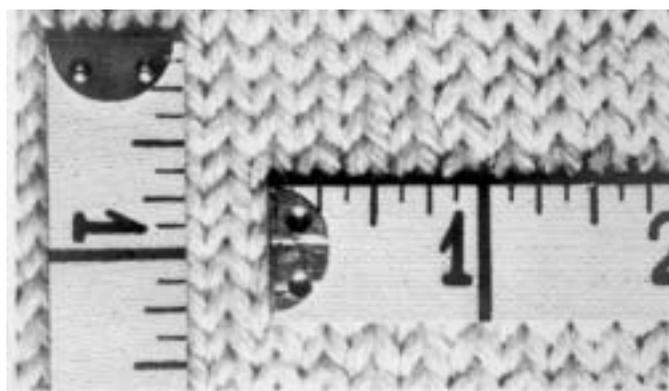
Bind off the stitches on the sample and place the sample on a flat surface. With a ruler, measure across the sample, counting rows to the inch.

Figure 14 shows how to measure the garter stitch. The gauge is 4 stitches = 1 inch (2.5 cm) and 9 rows = 1 inch (2.5 cm).



**Figure 14**

Figure 15 shows how to measure the stockinette stitch. The gauge is 5 stitches = 1 inch (2.5 cm) or 10 stitches = 2 inches and 6 rows = 1 inch (2.5 cm).



**Figure 15**

By using a 2-inch measure, you allow for variation. If one inch has fewer stitches than the directions called for, you need to use a smaller needle. If it has more stitches, you need to use a larger needle.

The needle sizes given in the knitting instructions are only suggested sizes. Use any size needle that will produce the correct gauge.

Experiment with needle sizes until the exact gauge is achieved. In testing gauge, don't unravel previous samples and reuse the yarn. Knitting with used yarn can affect the gauge.

## **Care of Synthetic Yarns**

Care instructions are usually printed on the inside of the label on a skein of yarn. Keep the skein label and refer to it.

Knitted articles made of synthetic yarns are suited to machine washing and drying. Articles stretch when wet to allow for better washing action and then automatically block themselves when completely dry. In general, follow the directions below.

### ***Machine Washing and Drying***

Machine wash on the "gentle" or "synthetic" setting using warm water and a detergent that does not contain bleach. A small amount of fabric softener added to the final rinse will help keep your garments soft and static free. Machine dry at the regular setting. Always machine dry after machine washing.

### ***Hand Washing and Drying***

Wash gently in warm water using any detergent that does not contain bleaching agents. Always support the article during washing and rinsing. When removing the article from a cold rinse, bunch

it together and lift it out with both hands. Squeeze out any excess water, roll it inside a towel, twist, and squeeze again while it is in the towel. Spread the article to dry on a flat surface. Bunch it into shape and allow it to dry thoroughly before moving the article. Never dry any article in direct sunlight and never hang one to dry.

Generally, synthetic yarns must be absolutely dry to ensure automatic blocking. If an article is stretched during wear or washing, wet it thoroughly, squeeze, and tumble dry in a home or coin-operated dryer to reshape.

If you have problems with the yarn, send the skein band and a detailed explanation of your problems to the manufacturer of the yarn.

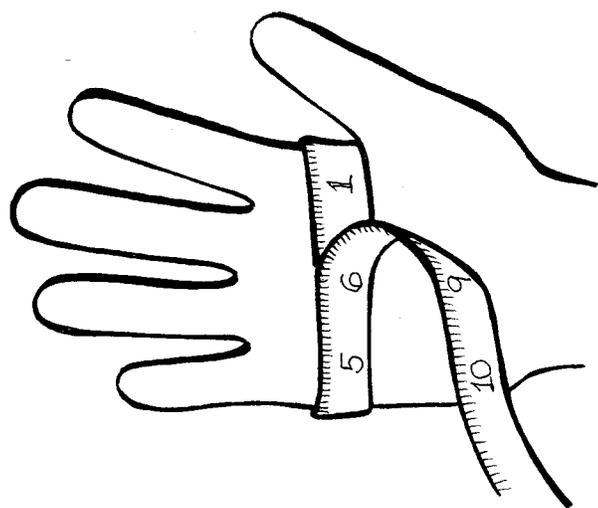
## Suggested Patterns

(Patterns courtesy of Coats and Clark, Inc.)

NOTE: Be sure to check your gauge before starting each project. Use any size needle that will obtain the stitch gauge.

### Mittens

The pattern is designed for striped mittens and a scarf. You may choose to make yours in a solid color rather than striped.



#### Mitten Size      Approximate Palm Size

Extra Small .....	14 cm to 15 cm (5½ to 6 inches)
Small .....	15 cm to 19 cm (6 to 7½ inches)
Medium .....	19 cm to 23 cm (7½ to 9 inches)
Large .....	23 cm or larger (9 inches or larger)

Directions are given for extra small. Changes for small, medium, and large are in brackets.

#### Supplies

- Hand knitting yarn, 4-ply—2½ oz of main color (MC).
- Contrasting color (CC) yarn—½ oz for all sizes.
- Knitting needles—1 pair, No. 8.
- Yarn needle.
- 2 stitch holders.

- 2 stitch markers.

### Gauge

Stockinette stitch—9 sts = 5 cm or 2 inches; 6 rows = 2.5 cm or 1 inch

### Instructions

Follow the same instructions for both the right and left mitten.

**Cast on** 22 [24, 28, 32] sts with MC, using No. 8 needles.

**Row 1**—\*K 1, p 1. Repeat from \* across.

**Rows 2-11**—Repeat Row 1.

**Following rows**—Work in stockinette stitch (k 1 row, p 1 row) for 4 [4, 6, 6] rows, ending with a p row.

**Thumb Gore: Row 1**—K 10 [11, 13, 15]; place a marker on the needle. Increase as follows: k into front and back of the following 2 sts. This results in 2 sts increased. Place a marker on the needle and k to the end of the row.

**Row 2**—P across; slip markers from one needle to the other when you come to them.

**Row 3**—K across to the first marker; inc one st in the next st; k to one st before the next marker; inc one st in the next st; k to the end of the row. There are now 6 sts between markers.

**Repeat Rows 2 and 3** alternately until there are 8 [8, 10, 10] sts between markers, ending with a p row.

**Following 2 rows**—Work even in stockinette stitch.

**Thumb Row 1**—K across to the second marker; remove the marker; place the remaining 10 [11, 13, 15] sts on a stitch holder; cast on 2 sts on the right-hand needle for the base of the thumb.

**Following rows**—P the 2 cast-on sts; p the next 8

[8, 10, 10] sts; remove the other marker; place the remaining 10 [11, 13, 15] sts on another stitch holder to be used later for the hand. Turn. Starting with a k row, continue in stockinette stitch over the 10 [10, 12, 12] sts on the needle only for 6 [6, 8, 8] more rows, ending with a p row.

**To shape tip: Row 1**—\*K the next 2 sts tog. Knit across the remaining stitches. This results in one st decreased. Repeat from \* across.

**Row 2**—P across. Leaving a 30-cm or 12-inch yarn end, cut the yarn. Thread the yarn needle and draw it through the remaining sts. Pull it up tightly and secure it with whip stitches. Sew the thumb seam using the same yarn.

**Hand: Row 1**—With the right side facing you, attach the CC to the first st on the stitch holder to the right of thumb, k across the sts on the stitch holder; pick up and k one st on each side of the thumb base. Place the sts from the other holder onto the free needle and k across these sts. There are now 22 [24, 28, 32] sts on the needle.

**Row 2**—P across. Drop the CC. Do not cut the yarn. Attach the MC.

**Rows 3-4**—With the MC, work in stockinette stitch. Drop the MC; pick up the CC.

**Following rows**—Continuing in stockinette stitch, work in the color stripe pattern as follows: 4 rows CC, 2 rows MC, and 2 rows CC. Cut the CC yarn. Tie it to the MC yarn. With the MC only, work even in stockinette stitch until the length of the entire mitten measures 19 cm [22 cm, 25 cm, 25 cm] or 7½ inches [8¾ inches, 9¾ inches, 9¾ inches], ending with a p row.

**To shape the tip: Row 1**—\*K 2 tog. Repeat from \* across. There are now 11 [12, 14, 16] sts on the needle.

**Row 2**—P across.

**Row 3**—\*K 2 tog. Repeat from \* 5 [6, 7, 8] times,

ending with k 1 for extra small size only. There are now 6 [6, 7, 8] sts on the needle. Leaving a 76-cm or 30-inch yarn end, cut the yarn. Thread a yarn needle with the yarn end and draw it through the remaining sts. Pull it up tightly and secure it with whip stitches. Using the same yarn, sew the seam. Match the stripes using a backstitch seam. Weave in all yarn ends.

## Beret

### Supplies

- Knitting worsted—3 oz.
- Knitting needles—1 pair No. 8.
- 9 markers.
- ¼-inch elastic (enough to go around your head).

### Gauge

9 sts = 2 inches; 6 rows = 1 inch

### Instructions

**Cast on** 5 sts. (This will be the top of the beret.)

**Row 1**—Inc 1 (knit into the front and back of the stitch). Inc 1 in every stitch across the row—you now have 10 sts.

**Row 2**—P across the row.

**Row 3**—Repeat the first row—you now have 20 sts.

**Row 4**—\*P 4. Place one of your markers on the right-hand needle. If you are using yarn as markers, tie it loosely enough to slip from needle to needle. Repeat from \* 3 more times. P the remaining sts.

(When we say “slip marker,” slip the marker from the left-hand to the right-hand needle.)

**Row 5**—Inc in the first st, k 2, \*inc in the next st, slip marker, inc in the next st, k 2. Repeat from \* 3 more times; inc in the last st—you now have 30 sts.

**Row 6**—P across the row, slipping markers.



**Row 7**—Inc in the first st, \*k to within one st before the next marker, inc in the next st, slip marker, inc in the next st.

**Repeat** from \* 3 more times. K to within the last stitch, inc in the last st—you now have 40 sts. Repeat Rows 6 and 7 alternately until there are 150 sts on your needle, ending with the sixth or purl row (22 rows).

**Row 29**—K across the row, slipping markers.

**Row 30**—P 15, place a marker on the needle, \*p 15, slip marker, p 15, place a marker on the needle. Repeat from \* 3 more times; p the remaining 15 sts. You now have 9 markers.

**Row 31**—\*K to within 2 sts of the first marker, k 2 tog, slip marker. Repeat from \* 8 more times, k to within the last 2 sts, k 2 tog—you now have 140 sts.

**Row 32**—P across the row, slipping markers.

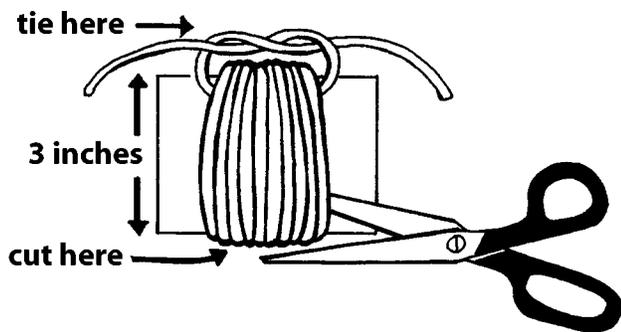
**Row 33**—\*K 2 tog, k to the next marker, slip marker. Repeat from \* 8 more times, k 2 tog, k to the end of the row—you now have 130 sts.

**Row 34**—P across the row, slipping markers. Repeat the last 4 rows until there are 80 sts left on your needle.

Now work in k 2, p 2 ribbing for 1¾ inches. Bind off loosely in the ribbing.

**Block.** Sew the side edges together. This seam will be at the center back.

Fold the ribbing in half, turning it to the wrong side. Sew the inner edge in place to make a casing, leaving an opening to insert the elastic. Insert the elastic through the casing; adjust it to fit. Lap the ends of the elastic ½ inch; sew the ends together. Sew closed the opening in the casing.



### Pompom

Cut a length of yarn 10 inches long and put it aside. Cut a piece of cardboard 3 inches wide. Wind all your remaining yarn around the cardboard. Slip the 10-inch length of yarn under the strands at one end of the cardboard and tie it securely. Cut the strands at the opposite end. Trim the ends of your pompom evenly, then sew it to the top of the beret at the center.

## Scarf

*(cannot be entered in fairs)*

If you want to knit a scarf to coordinate with your mittens or beret, here's an easy pattern.

**Measurements**—7 inches by 60 inches (18 cm by 153 cm)

### Supplies

- Knitting needles—1 pair No. 8 or the size required to knit to gauge.
- Aluminum crochet hook—size 11.
- 4-ply hand knitting yarn—three 4-oz skeins.

### Instructions

**Cast on** 35 sts. Work in garter st (k each row) for 60 inches (153 cm). Bind off.

**Fringe**—Cut 72 strands of yarn 10 inches long. Hold 4 strands together and fold them in half to form a loop. Working along the narrow edge, insert a crochet hook from back to front into the first stitch. Draw a loop through the stitch. Draw the loose ends through the loop and pull them tightly to form a knot. Add fringe to every other stitch across the row, beginning with the first stitch and ending with the last stitch. Cut 72 more strands and repeat along the other narrow edge. Trim the fringe evenly.

# Show Others What You Have Learned

## *Exhibits*

It is fun to let others see what you have done. Your club may want to plan a display for your families. You may want to exhibit your work at a fair. If you do, your exhibit will be an article with increasing and decreasing stitches. Be sure your articles are clean and clearly labeled so they can be returned to you.

## *Demonstrations*

A demonstration means “showing someone else how to do something.” Select one special thing you have learned and use it for your demonstration. Here are some suggestions:

- How to do the stockinette stitch.
- How to make a knitting-needle holder.
- How to do ribbing.
- How to increase.
- How to decrease.
- How to pick up a dropped stitch.
- How to correct a twisted stitch.
- How to put stitches back on a needle.
- How to make a backstitch seam.
- How to check your gauge.

# Complete Your Record Book

Your record book is important. Examine it carefully. Have you completed your knitting record? Record your activities as well as your project summary on your permanent record. Write your 4-H story for the year. In your story, tell how you feel about the things you have made and the experiences you have had.

Each year your record book will add another chapter to your 4-H club story. You will have fun looking back at each chapter as the years go by. Is this chapter as complete as you would like it to be?

You may want to keep a scrapbook of pictures and newspaper stories to go along with your record book.



# Scoring My Knitting

• Why I enjoyed this project: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

• Why I like what I made: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

• Cost of project: \_\_\_\_\_

• Type of yarn used in project: \_\_\_\_\_

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

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			
	Increase stitches			
	Decrease stitches			

# Knitting Record

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 \_\_\_\_\_

\_\_\_\_\_

## My Knitting Project Story

Approved: \_\_\_\_\_

*Project Leader*

*Parent*

\_\_\_\_\_  
*County Extension Agent*

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Issued 3-1987, Revised 8-2002, 9500 copies to date.