



## BASIC KNITTING

*Abigail's Activities*

*Knitting is a great pastime and an easy (an inexpensive!) way to create gifts for your friends. Abigail would have knitted all of her sweaters, mittens, and socks to keep her warm in the winter. Lucky for you, we have the mall!*

### Things You'll Need:

Worsted weight yarn, any color  
Size 8, 14" long knitting needles  
Yarn needle with big eye  
Small scissors

### Directions:

Knitting can be difficult to pick up at first, but once you get the hang of it, you'll be creating scarves, mittens, and hats in no time. If you're having trouble picking up the instructions, you might want to check out a beginner's knitting guide at your local bookstore or library.

### Casting On:

Make a slip knot on the shaft of one knitting needle with your yarn. This counts as your first stitch. Next, place this needle in your left hand. Hold the other knitting needle in your right hand to control the yarn. Insert the point of your right needle, from front to back, into the slip knot under the left needle.

Hold the left needle still in your left hand and move your fingers left to brace the right needle. With your right index finger, pick up the yarn from the ball. Release your right hand's grip on the needle and use your index finger to bring the yarn under and over the point of the right needle.

Return your right fingers to the right needle and draw the yarn through the stitch with the point of the right needle. Slide the point of the left needle into the back of the new stitch, and then remove the right needle.

Pull the ball of yarn gently to make the stitch fit snugly on the needle. You have now made one stitch (called casting on) and there are two stitches on the left needle.

*The Winter of Red Snow*

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*Basic Knitting*



### Knitting Your First Row:

Insert the point of the right needle, from front to back, into the stitch you just made then under the left needle. Repeat all of these steps 26 times, until you have 28 stitches on your left needle. This completes the cast-on row, which is the way you'll begin any knitting project.

Hold the needle with the stitches in your left hand; insert the point of the right needle into the first stitch, from front to back, just as if you were casting on. With your right index finger, bring yarn from the ball under over the point of the right needle. Drawn yarn through the stitch with the right needle point. Slip the loop on the left needle off, so that the new stitch is entirely on the right needle.

This completes one knitted stitch. Repeat these steps on each stitch remaining on your left needle. When the last stitch is worked, one row of knitting is complete. Now, you should measure your work. It should be about 7" wide; if it's close, you're doing great! If it's too big, start over and cast on fewer stitches. If it's too narrow, start over and cast on more stitches.

When your work is the correct width, begin to knit rows as follows: Turn the right needle and hold it in your left hand. With the free needle in your right hand, work through the First Row steps in each stitch. After another row is completed, switch your needle to your left hand and repeat another row of stitches. Work rows of stitches until your block measures about 9" long. To complete the block, bind off the stitches.

### Binding Off:

Knit the first two stitches; insert the left needle into the stitch you knitted first and pull it over the second stitch and completely off the needle. One stitch is now bound off. Knit one more stitch, insert the left needle into the first stitch on the right needle and pull it over the new stitch and completely off the needle. Don't work too tightly.

Repeat these steps until there is only one stitch left. Cut the yarn off the skein, leaving 6" at the end. With one of your knitting needles, draw the end up and through the last stitch to secure it. Thread the yarn end into the yarn needle and weave the end into several stitches to secure it.

*Ask a grown-up for help when using knives and other sharp objects, and when using candles. Be sure to use pot holders when handling warm wax.*