

Knit your story

Knitting Lesson-Single Cast On

First of all start by making a slip knot.

Begin by holding your knitting needle with the slip knot in your right hand. Grasp the working yarn (ball end) in your left hand and grasp it with your fingers. Place your thumb over the yarn.



Bring your thumb down to loop the yarn around your thumb and bring your hand back up to an upright position.

With your knitting needle in your right hand insert it below the yarn at the base of your thumb using an upward motion.



Then just remove your thumb leaving the new loop on the knitting needle.

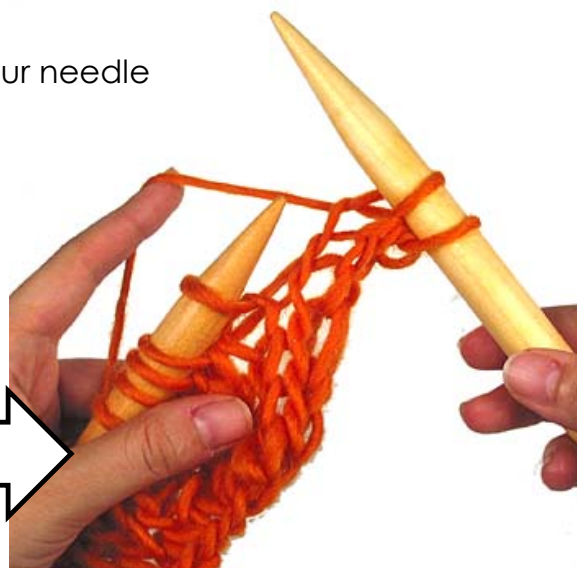
When the loop is on the knitting needle just gently pull it until it is snug on the needle - not too tight.

Continue until you cast on the amount of stitches you need.



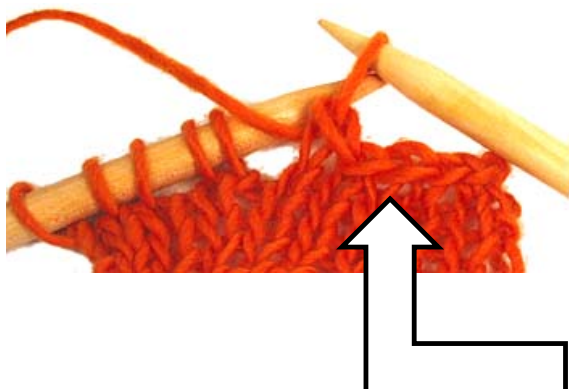
Binding off is the process of taking the live stitches off of your needle and securing them so that they don't unravel.

Step 1: Knit the first 2 stitches of the row.



Step 2: Insert the left needle into the first stitch on the right needle.

Step 3: Pull the first stitch on the right needle over the second stitch and off the right needle. The second stitch will now be the only stitch on the right needle.



Step 4: Knit the next stitch on the left needle so that there are now 2 stitches on the right needle. (Picture shows about half a row bound off) Repeat steps 2 and 3 until the end of the row.

When all stitches in the row have been bound off, cut a tail at least 4" long (or as long as the pattern specifies) and pull this tail through the last stitch, pulling to secure the work.