Knitting 101

WITH SUSAN B. ANDERSON, ALLYSON DYKHUIZEN,
AND LORILEE BELTMAN

Instructors

SUSAN B. ANDERSON lives with her family in Madison, Wisconsin. She has authored 6 knitting books including the best-selling *Itty-Bitty Hats*, *Itty-Bitty Nursery* and *Itty-Bitty Toys* series, *Topsy-Turvy Inside-Out* and *Kids' Knitting Workshop*. For the past 10 years, Susan has written her award-winning blog, found at *susanbanderson.blogspot.com*. In 2016, Susan and her son started a yarn and pattern company found at *barrettwoolco.com*.

ALLYSON DYKHUIZEN is a knitwear designer and knitting teacher from Michigan who lives in Chicago. Her patterns have been published in *Interweave Knits*, *Knitscene*, *knit.wear*, and *knit.purl* magazines, by Lion Brand Yarns, and included in the Knit Picks Independent Designer Program. She was editor of the online magazine *Holla Knits*, and now self publishes knitting patterns and blogs on her website *www.allysondykhuizen.com*. Her book *Midwestern Knits* was published in 2015.

LORILEE BELTMAN is a Craft Yarn Council certified instructor and a TNNA designer and teacher who has taught at national events around the country since 2009. It was once Lorilee opened her own knitting business, City Knitting, that she realized her passion for spreading knowledge and helping knitters past their roadblocks. You can find some of her articles in respected magazines such as *Twist Collective* and *Interweave Knits*.

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MODULE 1
Startup Library: Knitting

WITH SUSAN B. ANDERSON

Starting at the bottom cuff, these fingerless mitts are worked flat in a rectangular shape while adding in several different texture stitches. The rectangle is seamed up the side leaving an opening for the thumb. Not only are the finished mitts cute and stylish, they will teach many important knitting skills along the way. The fingerless mitts are the perfect starting point for any beginner!

Finished size: Women's adult medium to fit a hand circumference (measured at the knuckles) of 7–8" (17.8–20.3 cm)

Finished measurements: 7" (17.8 cm) circumference; 6½" (16.5 cm) long

Tools & Materials

YARN

- Cloudborn Fibers Highland Worsted 100% Fine Highland Wool, 3.5 oz/100 g (221 yds/202 m); 1 skein, sample color is Ocean 19–018 or similar worsted weight (4) yarn. Depending on the yardage of your ball or skein of yarn, you may need to buy one or two balls.
- Choose yarn that is smooth (not fuzzy or lumpy). Susan recommends 100% wool, a mix of wool and acrylic, or 100% acrylic yarn (the fiber content can be found on the label).

NEEDLES

- US 7 (4.5 mm) long circular needle (you'll work back and forth, not in the round) or a pair of straight needles or size needed to get the correct gauge.
- Remember: Circular needles can be used to knit both flat and in the round.
- For beginners, Susan recommends using bamboo needles.

NOTIONS

- Detachable stitch marker
- Yarn needle (for seaming and weaving in ends)
- Small scissors
- Paper and pencil to keep track of rows (optional)
- Ruler or tape measure

GAUGE

- 5 sts = 1" (2.5 cm).
- Row gauge is not critical for this project.

NICE TO HAVE

Once you fall in love with knitting, a few other tools will make your life easier:

- A ball winder and swift will allow you to wind your yarn from skeins to balls quickly and efficiently.
- If you're knitting on the go, a project bag keeps everything you need in one place.

NOTES

- Both the left and right mitts are worked exactly the same.
- The mitts are worked from the bottom up in a flat piece that is seamed on the side, leaving an opening for the thumb.

Instructions (make 2)

- Cast on 36 stitches using the long-tail cast-on method. Make sure you leave a 10" (25.4 cm) end of yarn to use later for seaming.

> **TIPS**
> *Make sure the cast on stitches are relaxed and a little bit stretchy.*
>
> *Place a detachable stitch marker on the first stitch to mark the right side of the fabric. Move this stitch marker up the side every few rounds as you work.*

GARTER STITCH SECTION

- **ROWS 1–10**: Knit.

> **TIP**
> *Garter stitch creates a fabric with ridges. When looking at the right side of the fabric each of the ridges equals 2 rows of knitting. After Row 10 is completed you should have 5 garter ridges.*

STOCKINETTE STITCH SECTION

- **ROW 11**: Knit.
- **ROW 12**: Purl.
- **ROWS 13–24**: Repeat Rows 11 and 12 six more times. 14 rows total.

GARTER STITCH SECTION

- **ROWS 25–42**: Knit. 18 rows total.

> **TIP**
> *You will end up with 9 garter ridges in this section when looking at the right side of the fabric.*

STOCKINETTE STITCH SECTION

- **ROW 43**: Knit.
- **ROW 44**: Purl.
- **ROWS 45–50**: Repeat Rows 43 and 44 three more times. 8 rows total.

RIB SECTION

- **ROWS 51–56**: (K2, p2) repeat to the end of the row. 6 rows total.
- Bind off loosely. Cut the yarn leaving a 10" (25.4 cm) end. Pull the end through the remaining stitch.

FINISHING

- With the end from the cast on stitches threaded through a yarn needle, seam the side edges together using the garter seaming technique and the mattress stitch. Stop at the bottom of the second garter stitch section. Weave the end into the seam and trim.
- With the end from the bind off stitches placed on a yarn needle, seam the side edges together using the mattress stitch. Stop at the top of the second garter stitch section. Weave the end into the seam and trim. The second garter stitch section in the middle of the mitt is left open for the thumb opening.
- Block as desired.

Waffle Stitch Cowl

The chunkier the better is the theme of this gorgeous, squishy cowl. Big needles and super bulky yarn make for a super fast and fun project. The cowl is cast on lengthwise and worked in the round for a seamless project. The waffle stitch is a simple four round repeat that is easily memorized. You'll love wearing and gifting this quick-knit project!

Finished measurements: 40" (101.6 cm) circumference; 8" (20.3 cm) wide

Tools & Materials

YARN

- Cloudborn Fibers Highland Roving, 100% Fine Highland Wool, 5.3 oz/150 g (90 yds/82.5 m); 2 skeins, sample color is Oatmeal 20–105 or similar super-bulky weight (6) yarn.

NEEDLES

- US 17 (12 mm) 32" (81.3 cm) circular needle or size needed to get the correct gauge.

NOTIONS

- Detachable stitch marker
- Yarn needle
- Small scissors
- Paper and pencil to keep track of rows (optional)

GAUGE

- 2 sts = 1" (2.5 cm) in stockinette stitch.
- Row gauge is not critical for this project.

Instructions

- Cast on 80 stitches using the long-tail cast-on method.
- Join to work in the round being careful not to twist the stitches. Place a stitch marker on the first stitch to mark the beginning of the round.
- Rounds 1 and 2: (K2, p2) repeat to the end of the round.
- Rounds 3 and 4: Knit.
- Repeat Rounds 1-4 six times more (7 times in total).
- Repeat Rounds 1 and 2 one more time.
- Bind off loosely. Cut the yarn leaving a 6" (15.2 cm) end. Pull the end through the remaining stitch.

FINISHING

- Thread the end through the yarn needle and weave it into the wrong side of the cowl. Trim. Thread the end from the cast-on edge through the yarn needle and weave it into the wrong side of the cowl. Trim.
- Block as desired.

Striped Chunky Hat

Who doesn't love a stripey beanie with a pom-pom on top? This simple and quick hat starts at the brim with a rib stitch. The body of the hat stripes two colors every four rounds while the yarn is carried up on the inside. The top of the hat is finished off with two quick decrease rounds. A colorful pom-pom tops things off!

Finished measurements: 20" (50.8 cm) circumference; fits large-sized child to medium-sized woman

Tools & Materials

YARN

- Cloudborn Fibers Superwash Merino Bulky, 100% Fine Highland Wool, 3.5 oz./100 g (109 yds/100 m), 2 skeins, one each in Maize Heather #15-103 and Grey Heather #15-104 or similar bulky-weight (5) yarn in 2 colors.

NEEDLES

- US 11 (8 mm) 16" (40 cm) circular needle or size needed to get the correct gauge.

NOTIONS

- Detachable stitch marker
- Yarn needle
- Ruler or tape measure
- Small scissors

- Paper and pencil to keep track of rows (optional)
- Pom-pom maker (optional)

GAUGE

- 3 sts = 1" (2.5 cm) in stockinette stitch.
- Row gauge is not critical for this project.

Instructions

- Beginning at the brim with the Grey Heather, cast on 60 stitches using the long-tail cast-on method. Join to work in the round being careful not to twist the stitches. Place a stitch marker on the first stitch to mark the beginning of the round.
- Rounds 1-6: (K2, p2) repeat to the end of the round.
- Leave the Grey Heather attached and pick up the Maize Heather. Leaving a 6" (15.2 cm) end (to weave in later), begin to knit with the Maize Heather.
- Knit 4 rounds with the Maize Heather.
- Pick up the Grey Heather and bring it up to the needles. Twist the two colors so there isn't a gap. Be careful not to pull too tight as you carry the yarn up on the inside.
- Knit 4 rounds with the Grey Heather.
- Repeat the last 8 rounds 2 more times. There will be 3 Maize Heather stripes and 3 Grey Heather stripes.
- Cut the yarn for the Grey Heather leaving a 6" (15.2 cm) end. Continue with the Maize Heather only.
- Knit 1 round.
- Next Round: (K1, k2tog) repeat to the end of the round. 40 stitches remain.
- Next Round: Knit.
- Next Round: (K2tog) repeat to the end of the round. 20 stitches remain.

FINISHING

- Cut the yarn leaving an 8" (20 cm) end. Thread the end through the yarn needle. Pull the end through the remaining stitches and pull up tight to close the hole. Pull the end through the stitches one more time. Pull the end to the inside of the hat, weave in and trim.
- Weave in all other ends to the inside of the hat and trim.
- Block as desired.
- **OPTIONAL**: Make a pom-pom and secure to the top of the hat.

MODULE 2
Startup Project: Cable Knit Hat & Headband

WITH ALLYSON DYKHUIZEN

Getting Started

Skills You Should Know

Before you start this class, you should be comfortable casting on, knitting, purling, and binding off. The other skills needed to complete the projects in this class will be taught.

Understanding Cables

There are two basic categories of cables: cables that lean to the right, and cables that lean to left. To create a right-leaning cable, the stitches slipped onto your cable needle are held to the back of your work as you knit from the left needle. To create left-leaning cables, the stitches slipped onto your cable needle are held to the front of your work as you knit from the left needle.

The number of stitches you put on your cable needle, or work from your left needle will vary, but you'll always hold the cable needle either to the front or back as you work. Often the name of the cable will give you all the information you need: for example, the C4F cable used in our hat project tells us that the cable is worked over a total of 4 stitches, and the cable needle is held in the front (F).

Berenice Cabled Headband

This bulky cabled headband is knit flat in two colors. The simple cable repeat uses just one type of cable, making it a great first project.

Finished measurements: 18 ½" circumference, 5 ½" wide at widest point

Tools & Materials

YARN

- Cloudborn Fibers Highland Roving, 100% Fine Highland Wool, 90 yards/150 g: 1 skein each of 2 colors. Shown in colors Magenta (MC) and Lavender Heather (CC).

NEEDLES

- Size 15 (10 mm) straight needles. Adjust needle size if necessary to obtain the correct gauge.

NOTIONS

- Cable needle
- Tapestry needle

GAUGE

- 8 sts and 12 rows = 4" (10cm) in St st, blocked.

Instructions

- With CC, CO 14 sts.
- **ROW 1 (RS)**: Sl 1 pwise, p2, k8, p3.
- **ROW 2 (WS)**: Sl 1 kwise, k2, p8, k3.
- Rep Rows 1–2 for a total of 24 rows, or until headband measures approximately 8", ending by working a WS row.
- Change to MC.

- **ROW 1 (RS)**: Sl 1 pwise, k2, sl next 4 sts to cable needle and hold to front, k4, k4 from cable needle, k3.
- **ROWS 2, 4, 6, AND 8 (WS)**: Sl 1 kwise, k2, p8, k3.
- **ROWS 3, 5, AND 7 (RS)**: Sl 1 pwise, p2, k8, p3.
- **ROW 9 (RS)**: Sl 1 pwise, p2, sl next 4 sts to cable needle and hold to front, k4, k4 from cable needle, p3.
- **ROWS 10, 12, 14, AND 16 (WS)**: Sl 1 kwise, k2, p8, k3.
- **ROWS 11, 13, AND 15 (RS)**: Sl 1 pwise, p2, k8, p3.
- Work Rows 9–16 a total of 3 times—a total of 4 cables have been worked and headband measures approximately 18 ½". BO all stitches.

FINISHING

- With tapestry needle, seam ends together. Weave in ends. Block to smooth out cables.

Grace Street Hat

This gorgeous cabled hat will introduce you to a number of new techniques. Not only will you learn new cable stitches, the hat is knit in the round, and works on double-point needles to shape the crown. This pattern also offers a color-coded chart as an alternative to the written directions [p. 16 and 17].

Finished size: 18" hat circumference

Tools & Materials

YARN

- Cloudborn Fibers Wool Bulky Natural Kettle Dyes, 100% Highland Wool, 212 yds/125 g: 1 skein. Shown in color Ocean Deep.

NEEDLES

- Size 7 (4.5 mm) 16" circular needle; size 9 (5.5 mm) 16" circular needle and dpns. Adjust needle sizes if necessary to obtain the correct gauge.

NOTIONS

- 3 markers: 1 BOR marker and 2 cable markers
- cable needle
- tapestry needle

GAUGE

- 13 sts and 20 rnds = 4" (10 cm) in St st on larger needle.

Special Stitches

T3B: Sl next st to cn and hold to back, k2, p1 from cn.

T3F: Sl next 2 sts to cn and hold to front, p1, k2 from cn.

C4B: Sl next 2 sts to cn and hold to back, k2, k2 from cn.

C4F: Sl next 2 sts to cn and hold to front, k2, k2 from cn.

C12B: Sl next 6 sts to cn and hold to back, k6, k6 from cn.

C12F: Sl next 6 sts to cn and hold to front, k6, k6 from cn.

Instructions

With smaller circ needle, CO 80 sts. Place marker (pm) and join to work in the round, being careful not to twist. Work in K1, P1 rib for 6 rnds. Change to larger circ needle.

ESTABLISHING RND: P8, pm, work Rnd 1 of cable chart, pm, purl to end.

Continue in patterns as established, purling all sts outside of cable markers and working cable chart between cable markers through Rnd 35.

CABLE CHART INSTRUCTIONS

- **RND 1**: P4, C4F, p4, k18, p4, C4B, p4.

- **RND 2**: P4, k4, p4, k18, p4, k4, p4.
- **RND 3**: P3, T3B, T3F, p3, k6, C12F, p3, T3B, T3F, p3.
- **RND 4**: P3, k2, p2, k2, p3, k18, p3, k2, p2, k2, p3.
- **RND 5**: P2, T3B, p2, T3F, p2, k18, p2, T3B, p2, T3F, p2.
- **RNDS 6–8**: P2, k2, p4, k2, p2, k18, p2, k2, p4, k2, p2.
- **RND 9**: P2, T3F, p2, T3B, p2, k18, p2, T3F, p2, T3B, p2.
- **RND 10**: P3, k2, p2, k2, p3, k18, p3, k2, p2, k2, p3.
- **RND 11**: P3, T3F, T3B, p3, C12B, k6, p3, T3F, T3B, p3.
- **RND 12**: P4, k4, p4, k18, p4, k4, p4.
- **RNDS 13–24**: Rep Rnds 1–12.
- **RNDS 25–35**: Rep Rnds 1–11.

CROWN DECREASES

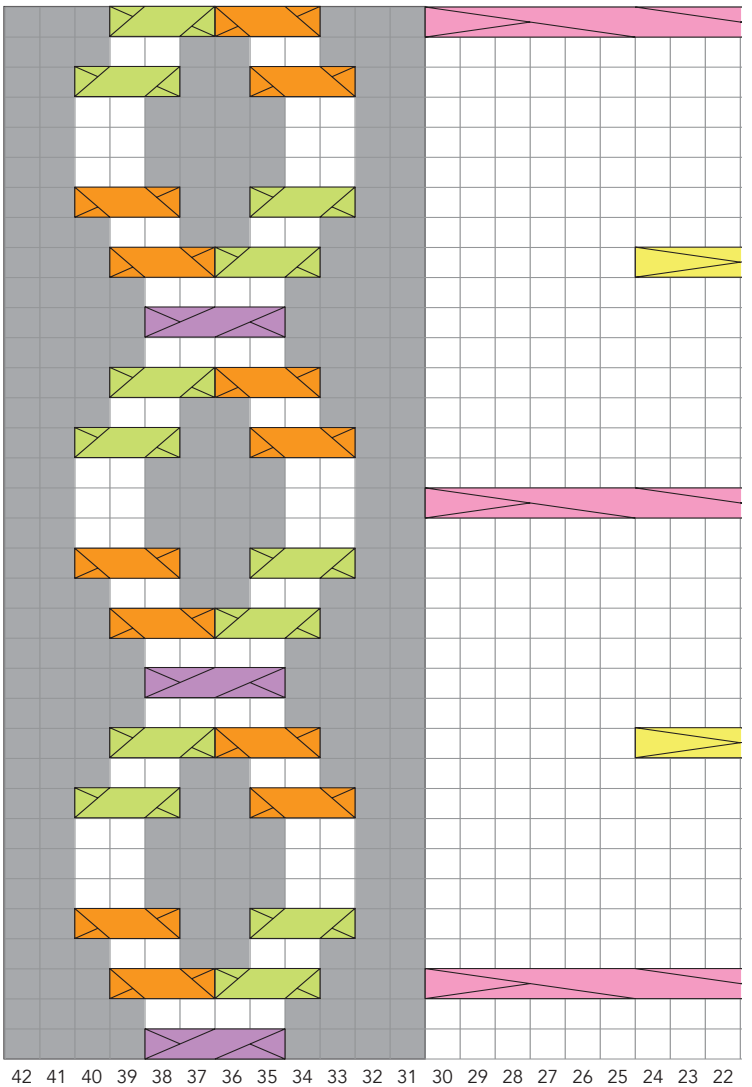
Change to dpns when necessary; remove cable stitch markers as you come to them.

- **DEC RND 1**: P1, p2tog, p9, k4, p2, p2tog, k1, k2tog, k15, p2tog, p1, k2tog, k3, p12, p2tog, p1, p2tog, p15, p2tog –72 sts.
- **DEC RND 2**: P1, p2tog, p8, k4, p1, p2tog, k1, k2tog, k13, p2tog, p1, k2tog, k2, p11, p2tog, p1, p2tog, p13, p2tog –64 sts.
- **DEC RND 3**: P1, p2tog, p7, k4, p2tog, k1, k2tog, k11, p2tog, p1, k2tog, k1, p10, p2tog, p1, p2tog, p11, p2tog –56 sts.
- **DEC RND 4**: P1, p2tog, p6, k3, p2tog, k1, k2tog, k9, p2tog, p1, k2tog, p9, p2tog, p1, p2tog, p9, p2tog –48 sts.
- **DEC RND 5**: P1, p2tog, p5, k2, p2tog, k1, k2tog, k7, p2tog, p1, p2tog, p7, p2tog, p1, p2tog, p7, p2tog –40 sts.
- **DEC RND 6**: P1, p2tog, p4, k1, p2tog, k1, k2tog, k5, p2tog, p1, p2tog, p5, p2tog, p1, p2tog, p5, p2tog –32 sts.
- **DEC RND 7**: P1, p2tog, p3, p2tog, k1, k2tog, k3, p2tog, p1, p2tog, p3, p2tog, p1, p2tog, p3, p2tog –24 sts.
- **DEC RND 8**: P1, p2tog, p1, p2tog, k1, k2tog, k1, [p2tog, p1] 4 times, p2tog –16 sts.
- **DEC RND 9**: P2tog, p2tog, k2tog, [p2tog] 5 times –8 sts.

FINISHING

Cut yarn, leaving a long tail. With tapestry needle, pull tail through remaining stitches once or twice to secure. Weave in ends. Block hat to smooth cables. Add a pom pom to the top if you'd like!

GRACE STREET HAT PATTERN



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T3F
C4B
C4F
C12B
C12F

MODULE 3
Knit Faster with Continental Knitting

WITH LORILEE BELTMAN

Getting Started

Supplies

- Slippery steel circular needle, 32" long in a size US 6 (4.0 mm) (instructor is using Addi Rocket needles from Skacel Collection)
- Rowan pure wool

Resources

Instructor's website: *lorileebeltman.com*

Starter Projects

Swatch Coasters

Using 100% wool yarn (not superwash), cast on 24 stitches and knit 48 rows in garter stitch to create a square.

For a sturdier, i-cord edge, stop two stitches before the end of each row, bring the yarn forward and slip the last two stitches. Turn your work and knit those slipped stitches and then across the row. Do this on every row.

Bind off your swatch and wash it in hot water in a washing machine to felt it.

Play with sizes and shapes to create the perfect stocking stuffers or hostess gifts as you practice your Continental knitting.

Swatch Mitts

Using any yarn in any gauge, knit a garter-stitch square or rectangle that is wide enough to wrap around your hand and long enough to extend from the base of your fingers to the desired hem length on your arm.

Sew your swatch into a long tube, leaving a gap for your thumb.

Voilà! Instant mitts!

MODULE 4
Knit Faster with Continental Knitting: Color & Texture

WITH LORILEE BELTMAN

Getting Started

Special Stitches

1/2 LC: Sl next st to cn and hold in front of work; k2, then k1 from cn.

1/2 RC: Sl next 2 sts to cn and hold in back of work; k1, then k2 from cn.

2/2 LC: Sl next 2 sts to cn and hold in front of work; k2, then k2 from cn.

2/2 RC: Sl next 2 sts to cn and hold in back of work; k2, then k2 from cn.

CDD (centered double decrease): Sl 2 sts together kw, k1, pass the 2 sl sts over the knitted st and off the needle to decrease 2 stitches.

CVSa, CVSb: A contrasting column of stitches worked from a separate strand of contrasting color—either color A or color B.

M1: Use the tip of the left needle to pick up the strand between the last st on the right needle and the first st on the left needle, from back to front; knit into this loop. 1 st made.

MB (make bobble): Knit into front, back and front of the same st –3 stitches. *With yarn in back of work, slip these 3 sts back to left needle. P3. Repeat from * two more times. With yarn in back, slip these 3 sts back to left needle. CDD. –1 stitch.

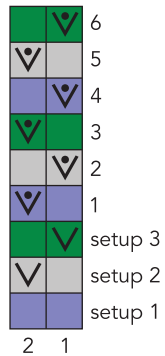
Stitch Patterns

Tunisian Knit Stitch

- Worked on 64 sts. Cast on 64 stitches.
- **SET UP RNDS 1–3**: With larger needle, knit.
- **PATTERN RND 1**: (Yo, sl 1) to end. –128 sts.
- **PATTERN RND 2**: (Sl1, k1, psso) to end. –64 sts.
- **NOTE**: On round 2, the stitch to be slipped will always be the yarn over, and the stitch to be knitted will always be the knitted stitch.
- Repeat pattern rnds 1 and 2 until section measures desired length. Bind off.

Three-Color Linen Stitch

- Worked on 84 sts.
- This motif uses three different colors. One color is worked per round. Do not break yarns. Yarns not in use are carried up on the inside from round to round.
- Working from chart or written instructions, work setup rnds 1–3, then rnds 1–6.
- Cast on 84 sts, or any multiple of 2 sts.
- **SET-UP RND 1**: With Color A, knit.
- **SET-UP RND 2**: With Color B, (k1, sl 1 wyib) to end of rnd.
- **SET-UP RND 3**: With Color C, (sl 1 wyib, k1) to end of rnd.
- **RND 1**: With Color A, (k1, bring yarn to front, slip one, bring yarn to back) to end of rnd.
- **RND 2**: With Color B, (bring yarn to front, slip one, bring yarn to back, k1) to end of rnd.
- **RND 3**: With Color C, (k1, bring yarn to front, slip one, bring yarn to back) to end of rnd.
- **RND 4**: With Color A, (bring yarn to front, slip one, bring yarn to back, k1) to end of rnd.
- **RND 5**: With Color B, (k1, bring yarn to front, slip one, bring yarn to back) to end of rnd.
- **RND 6**: With Color C, (bring yarn to front, slip one, bring yarn to back, k1) to end of rnd.
- Repeat rnds 1–6 above to desired length. Bind off as desired.

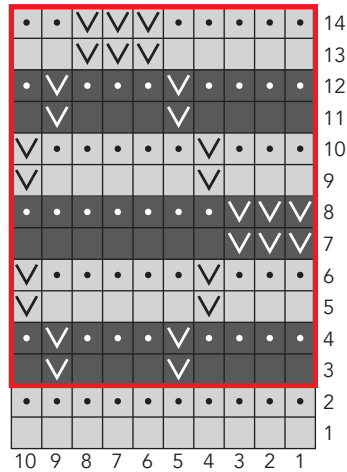


- k with A
- k with B
- k with C
- sl pw wyif, in color indicated
- sl pw wyib, in color indicated

Mosaic Knitting

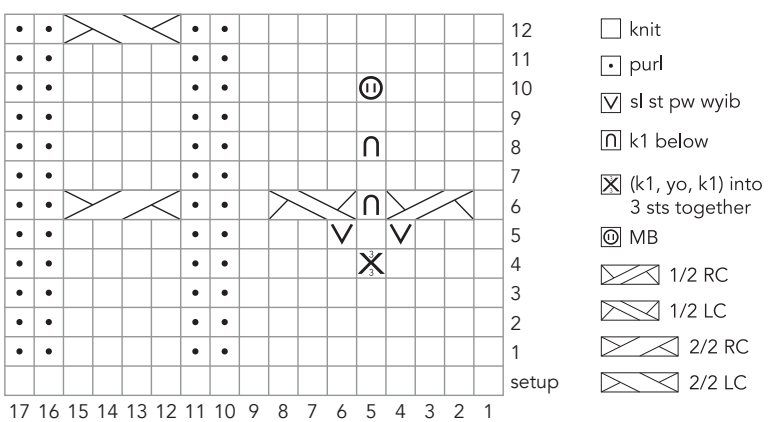
- Worked on 80 sts. Select two colors A and B with a lot of contrast between them.
- **RND 1**: Cast on 80 sts, or any multiple of 10. Working from chart or written instructions, work pattern 8 times around.
- Work until rnd 14 is complete, then repeat rnds 3–14 until piece measures desired length. Break yarns.
- **RND 1**: With Color A, knit.
- **RND 2**: With Color A, purl
- **RND 3**: With Color B, [k1, (k3, sl 1 wyib) 2 times, k1].
- **RND 4**: With Color B, [p1, (p3, sl 1 wyib) 2 times, p1].

- **RND 5**: With Color A, [k3, sl 1 wyib, k5, sl 1 wyib].
- **RND 6**: With Color A, [p3, sl 1 wyib, p5, sl1 wyib].
- **RND 7**: With Color B, [sl 3 wyib, k7].
- **RND 8**: With Color B, [sl 3 wyib, p7].
- **RND 9**: With Color A, [k3, sl 1 wyib, k5, sl 1 wyib].
- **RND 10**: With Color A, [p3, sl 1 wyib, p5, sl 1 wyib].
- **RND 11**: With Color B, [k1, (k3, sl 1 wyib) 2 times, k1].
- **RND 12**: With Color B, [p1, (p3, sl 1 wyib) 2 times, p1].
- **RND 13**: With Color A, [k5, sl 3 wyib, k2].
- **RND 14**: With Color A, [p5, sl 3 wyib, p2].
- Repeat the rnds above to desired length. Bind off as desired.



Cables & Decorative Increases

- Worked on 85 sts. Cast on 85 sts, or any multiple of 17.
- Knit 1 rnd.
- Working from chart or written instructions, work rnds 1–12 three times, and work rnds 1 & 2 once more.



- **SET UP RND**: Knit.
- **RNDS 1–3**: (K9, p2, k4, p2) 5 times.
- **RND 4**: (K3, (k1, yo, k1) into next three sts together, k3, p2, k4, p2) 5 times.
- **RND 5**: (K3, sl1, k1, sl1, p2, k4, p2) 5 times.
- **RND 6**: (K1, 1/2 RC, k1B, 1/2LC, k1, p2, 2/2 RC, p2) 5 times.
- **RND 7**: (K9, p2, k4, p2) 5 times.
- **RND 8**: (K4, k1B, k4, p2, k4, p2) 5 times.
- **RND 9**: (K9, p2, k4, p2) 5 times.
- **RND 10**: (K4, MB, k4, p2, k4, p2) 5 times.
- **RND 11**: (K9, p2, k4, p2) 5 times.
- **RND 12**: (K9, p2, 2/2 LC, p2) 5 times.
- Repeat the rnds above to desired length. Bind off as desired.

Texture from Knits & Purls

- Worked on 88 sts. Cast on 88 sts, or any multiple of 44 sts. Knit 1 rnd.
- You might find it helpful to place markers to divide up the vertical bands to help you keep track. On Chart A, place markers between sts 15 & 16, between 36 & 37. On chart B, place them between sts 1 & 2, 4 & 5, 21 & 22, 24 & 25, 41 & 42.
- **RND 1, START PATTERN**: Work first chart, place marker, work second chart.
- Continue as set, until you have worked the desired number of full repeats of the charts. Bind off as desired.

CHART A

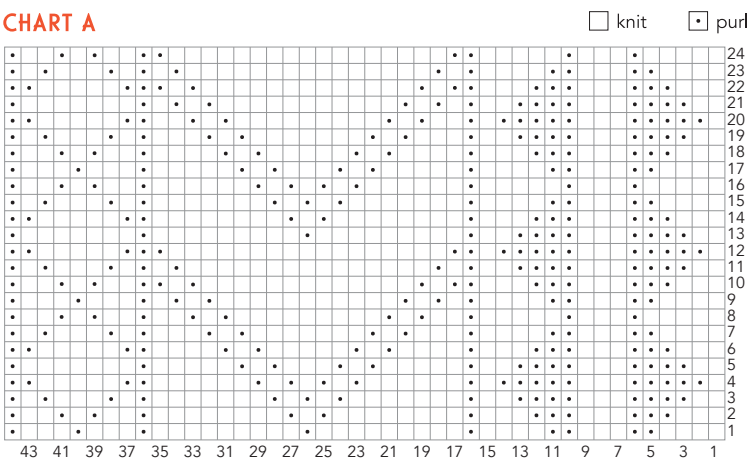
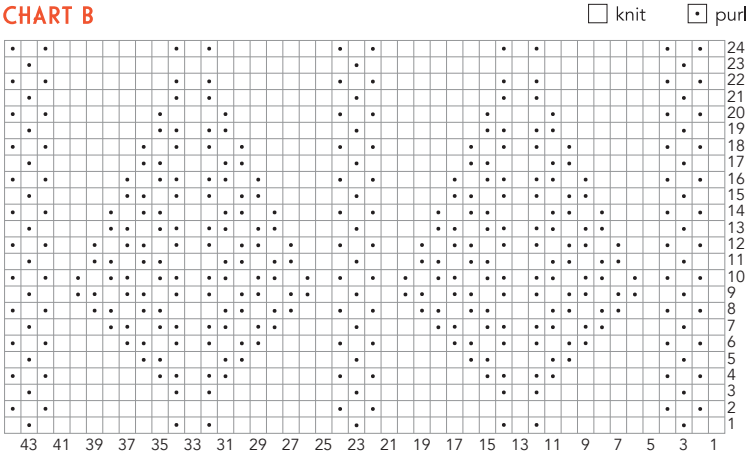


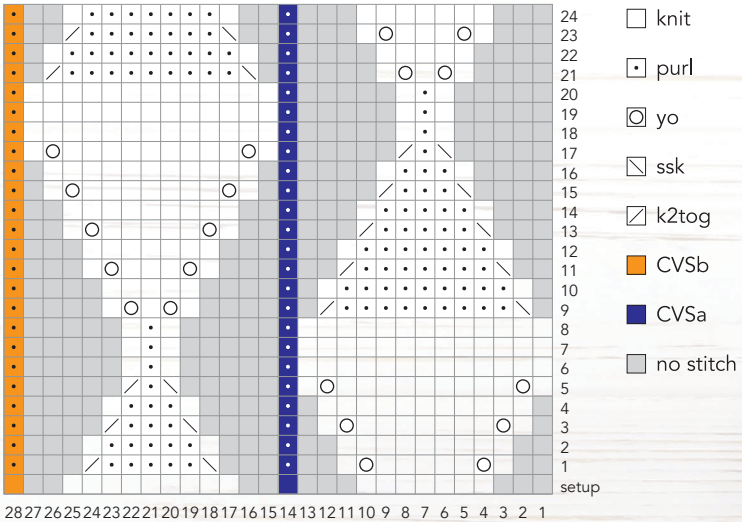
CHART B



Vertically Stranded Colorwork in Lace

- Worked on 90 sts.
- Select a main color and two contrasting colors A and B. Cut five 72" (180 cm) lengths of each of contrast A and B. To create a "butterfly," hold them all together and wind around thumb and pinky in a figure 8 motion. Secure the section where they cross with a clip or by tying two simple overhand knots.
- Each contrasting column of stitches is worked from a separate strand of contrasting color—either A or B—designated as CVSa or CVSb. Colors are not carried across the back horizontally, instead they are carried up in the work vertically from round to round. On the set-up round introduce all 10 strands to the work, leaving 8" (10 cm) tails dangling down.
- **SET-UP ROUND**: (K7, k1 CVSa, k9, k1 CVSb) 5 times.
- Tie all 10 dangling tails together in one overhand knot. See lesson 5 of module 4 for further instruction.
- Working from chart or written instructions, work rounds 1-24 once, and work rounds 1–13 again.
- Cast on 90 sts, or any multiple of 18.
- **ROUND 1**: (K1, yo, k5, yo, k1, p1 CVSa, ssk, p5, k2tog, p1 CVSb) 5 times.
- **ROUND 2**: (K9, p1 CVSa, k1 p5, k1, p1 CVSb) 5 times.
- **ROUND 3**: (K1, yo, k7, yo, k1, p1 CVSa, ssk, p3, k2tog, p1 CVSb) 5 times.
- **ROUND 4**: (K11, p1 CVSa, k1 p3, k1, p1 CVSb) 5 times.
- **ROUND 5**: (K1, yo, k9, yo, k1, p1 CVSa, ssk, p1, k2tog, p1 CVSb) 5 times.

- **ROUNDS 6–8**: (K13, p1 CVSa, k1 p1, k1, p1 CVSb) 5 times.
- **ROUND 9**: (Ssk, p9, k2tog, p1 CVSa, k1, yo, k1, yo, k1, p1 CVSb) 5 times.
- **ROUND 10**: (K1, p9, k1, p1 CVSa, k5, p1 CVSb) 5 times.
- **ROUND 11**: (Ssk, p7, k2tog, p1 CVSa, k1, yo, k3, yo, k1, p1 CVSb) 5 times.
- **ROUND 12**: (K1, p7, k1, p1 CVSa, k7, p1 CVSb) 5 times.
- **ROUND 13**: (Ssk, p5, k2tog, p1 CVSa, k1, yo, k5, yo, k1, p1 CVSb) 5 times.
- **ROUND 14**: (K1, p5, k1, p1 CVSa, k9, p1 CVSb) 5 times.
- **ROUND 15**: (Ssk, p3, k2tog, p1 CVSa, k1, yo, k7, yo, k1, p1 CVSb) 5 times.
- **ROUND 16**: (K1, p3, k1, p1 CVSa, k11, p1 CVSb) 5 times.
- **ROUND 17**: (Ssk, p1, k2tog, p1 CVSa, k1, yo, k9, yo, k1, p1 CVSb) 5 times.
- **ROUNDS 18–20**: (K1, p1, k1, p1 CVSa, k13, p1 CVSb) 5 times.
- **ROUND 21**: (K1, yo, k1, yo, k1, p1 CVSa, ssk, p9, k2tog, p1 CVSb) 5 times.
- **ROUND 22**: (K5, p1 CVSa, k1, p9, k1, p1 CVSb) 5 times.
- **ROUND 23**: (K1, yo, k3, yo, k1, p1 CVSa, ssk, p7, k2tog, p1 CVSb) 5 times.
- **ROUND 24**: (K7, p1 CVSa, k1, p7, k1, p1 CVSb) 5 times.
- Repeat the rounds above to desired length.
- Break yarns. Cut off butterflies, leaving tails about 6" (15 cm) long to darn. Darn tails of each CVS to their own columns on the inside. Bind off as desired.



Stranded Colorwork

- Worked on 88 and 90 sts. Stitch count changes midway through section.
- For reference, chart A has 8 sts and 4 rows, chart B has 45 sts and 25 rows, chart C has 4 sts and 8 rows [p. 26].
- Plan colors for charts. Single-color stripes occur between charts in Rounds 1 & 2, 9 & 10, 36 & 37 and 45.
- Cast on 88 sts.
- **ROUNDS 1 & 2**: Knit.
- **ROUNDS 3**: Work Chart A 11 times around.
- **ROUNDS 4–6**: Work as set until Chart A is complete.
- **ROUND 7**: Knit.
- **ROUND 8**: (K1, m1, k43) 2 times. –90 sts.
- **ROUND 9**: Work Chart B twice around.
- **ROUNDS 10–33**: Work as set until Chart B is complete.
- **ROUND 34**: Knit.
- **ROUND 35**: (K2tog, k43) 2 times. –88 sts.
- **ROUND 36**: Work Chart C 22 times around.
- **ROUNDS 37–44**: Work as set until Chart C is complete.
- **ROUND 45**: Knit.

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CHART A

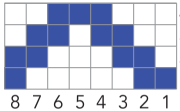


CHART B

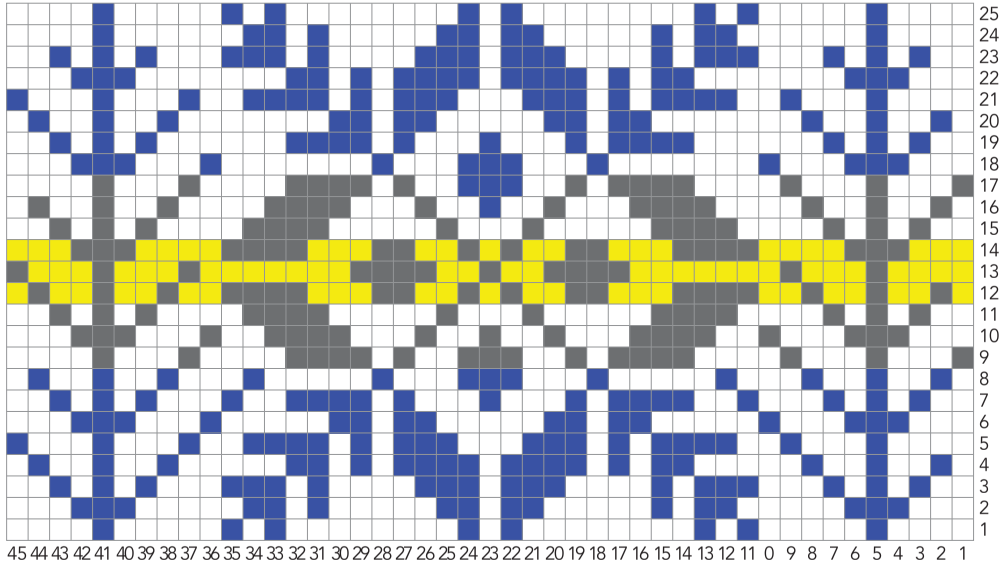
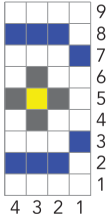


CHART C



knit with A knit with B knit with C knit with D

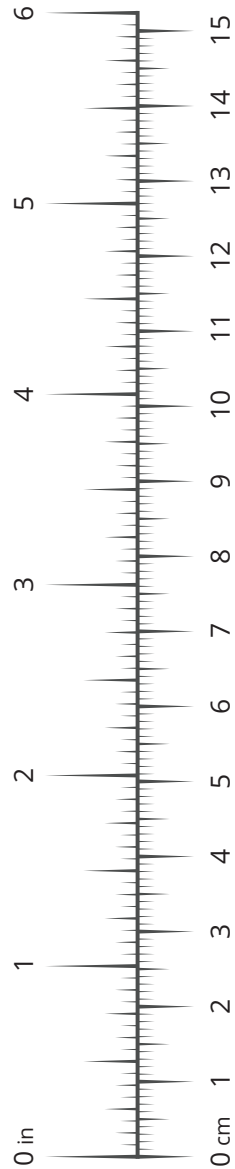
Metric Conversion Guide

Knitting Needle Conversions

0 (U.S.)	2 mm
1 or B-1	2.25 mm
2 or C-2	2.75 mm
3 or D-3	3.25 mm
4 or E-4	3.5 mm
5 or F-5	3.75 mm
6 or G-6	4 mm
7	4.5 mm
8 or H-8	5 mm
9 or I-9	5.5 mm
10 or J-10	6 mm
10½ or K-10½	6.5 mm
11 or L-11	8 mm
13 or M/N-13	9 mm
15 or N/P-15	10 mm
17	12 mm
P/Q	15 mm
19 or Q	16 mm
35 or S	19 mm
50	25 mm

Weight Conversions

1 ounce	29 g
1¾ ounces	50 g
3½ ounces	100 g
4 ounces	113 g
5 ounces	142 g
6 ounces	170 g
7 ounces	198 g



Understanding Yarn Weights

Use this chart to determine what yarn weight you are working with, and to help determine the correct size needles to use.

Yarn Weight	Yarns in Category	Knit Gauge Range* in Stockinette to 4" (10 cm)	Metric Needle	U.S. Needle
0 (lace)	fingering	33–40** sts	1.5–2.25 mm	000–1
1 (superfine)	sock, fingering, baby	27–32 sts	2.25–3.25 mm	1–3
2 (fine)	sport, baby	23–26 sts	3.25–3.75 mm	3–5
3 (light)	DK, light worsted	21–24 sts	3.75–4.5 mm	5–7
4 (medium)	worsted, afghan, aran	16–20 sts	4.5–5.5 mm	7–9
5 (bulky)	chunky, craft, rug	12–15 sts	5.5–8 mm	9–11
6 (super bulky)	super bulky, roving	7–11 sts	8–12.75 mm	11–17
7 (jumbo)	jumbo, roving	<6 sts	>12.75 mm	>17

* Guidelines Only: The above reflect the most commonly used gauges and needle or hook sizes for specific yarn categories.

** Lace weight yarns are usually knitted or crocheted on larger needles and hooks to create lacy, openwork patterns. Accordingly, a gauge range is difficult to determine. Always follow the gauge stated in your pattern.

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Knitting Abbreviations

[ ]: indicates instructions to be repeated
approx: approximately
alt: alternate
beg: beginning
BO: bind off
BOR: beginning of round
CC: contrasting color
cir: circular
cm: centimeter(s)
cn: cable needle
CO: cast on
cont: continued
dec: decrease/decreasing
dpn(s): double-pointed needle(s)
in: inch(es)
foll: follow(s)/following
inc: increase/increasing
k: knit
kwise: knitwise
kfb: knit in the front and back of the same stitch
k1B: knit one below
k2tog: knit two stitches together
k3tog: knit three stitches together
LH: left-hand
lp(s): loop(s)
m: marker
MB: make bobble
MC: main color
oz: ounce(s)
p: purl
pwise: purlwise
Pfb: purl in the front and back of the same stitch
pm: place marker
psso: pass slipped stitch over
p2tog: purl two stitches together
rep: repeat
RH: right-hand
rnd(s): round(s)
RS: right side (of the fabric)
sl: slip
sl st: slip stitch
st(s): stitch(es)
St st: stockinette stitch
tog: together
WS: wrong side (of the fabric)
yd(s): yard(s)
wyib: with yarn in back
wyif: with yarn in front
YO: yarn over

Glossary

at the same time: You'll need to do multiple things at the same. For example, you may read something like this: "Work in stripe pattern as established for 6". At the same time, begin decrease sequence."

bind(ing) off: Used to take stitches off the needles in a way that will keep them from unravelling. You may bind off stitches at the end of the project, at the beginning of a row to create shaping, in the middle of a row (for a neck shaping, pockets, buttonholes, etc.). [module 1, lesson 9]

blocking: Involves soaking your finished project in water and a bit of detergent, then laying the project flat to dry. Blocking serves a few purposes: it washes your knit object before wearing (all that handling can make handknits dirty!). It also relaxes your stitches and can help your yarn soften and drape better. [module 1, lesson 10]

cast(ing) on: Method you use to create new stitches on your needle. All projects begin by casting on, though there may be times when you cast on in the middle of a project to create some shaping. [module 1, lesson 3]

continental style: Style of knitting where the working yarn is held in the left hand. Also sometimes referred to as "picking." [module 1, lessons 4, 7, 8]

decrease: Method for combining two stitches into one, thereby having fewer stitches on your needle. There are many different ways to decrease, and different decreases can be used to create lace, shape garments and accessories, and more. [module 1, lesson 14]

English Style: Style of knitting where the working yarn is held in the right hand. Also sometimes referred to as "throwing." [module 1, lessons 4, 5, 6]

frogging: Refers to the act of taking your work off the needles and ripping out your stitches. You can frog a project entirely, or frog back to a specific point to fix a mistake. [module 1, lesson 17]

garter stitch: Stitch pattern that creates a fabric that has bumpy ridges on both sides. It is reversible and can be created by knitting every row when working back and forth, or alternating knit and purl rows when working in the round. Garter stitch is considered the most basic stitch pattern, and is great for creating fabric that lies flat. [module 1, lesson 4]

gauge: The number of stitches and rows over a set measurement of knitted fabric. Knowing your gauge, and getting your gauge to match what is called for in a pattern is crucial to knitting something to the correct size. [module 1, lesson 11]

increase: Method for creating more stitches on your needle. There are many different ways to create more stitches, the most common being to knit in the front and back of a single stitch. [module 1, lesson 13]

knit: Often used as a verb to describe the entire act of knitting, encompassing all the various stitches and patterns. To avoid confusion, most pattern writers will avoid saying things like "continue knitting in pattern" and instead say "continue working in pattern" so that you don't mistakenly knit every row or stitch. [module 1, lesson 4]

knit stitch: Sometimes referred to as just "knit," the knit stitch is a singular stitch created when you hold the yarn at the back, and insert your right needle into the front leg of the loop on the left needle, going from left to right. A completed knit stitch looks like a "V-neck" on the right side of your fabric. [module 1, lesson 4]

knit flat: The opposite of knitting in the round, knitting flat implies that you will work the piece in rows, back and forth.

knit in the round: A technique creating knitted tubes, just as hats, sleeves, socks, etc. Circular needles or double-pointed needles are used to work continuously around. [module 1, lessons 12, 13]

ladder(ing) up: Refers to working a stitch back up through the ladders or strands of yarn of the rows above it. Can be done to fix a dropped stitch, or to rework a stitch that was done incorrectly. [module 1, lesson 17]

long-tail cast-on: Perhaps the most common type of cast-on, it works well for a variety of projects. Start with a slipknot, leaving a long tail. Add stitches to the needle using both the tail and the yarn still attached to the ball. [module 1, lesson 3]

mattress stitch: Method for seaming together knitted fabric. Use a yarn needle to come under two bars along one edge of the fabric, then cross over and bring the needle under two bars on the opposite edge. The seam created is almost invisible. [module 1, lesson 10]

ply: Refers to individual strands within a yarn. Yarn may be made of a single ply (roving) or several plies all twisted together. [module 1, lesson 1]

purl: A single stitch created with the yarn held in front. Your right needle is inserted from right to left through the front leg of the stitch on the left needle. A completed purl stitch will look like turtleneck on the right side of your fabric. [module 1, lessons 5, 7]

repeat to the end of the row (or round): Continue working the same stitches till the end of the round or row. Occassionally, the stitches meant to be repeated will be put in between asterisks or brackets.

rib stitch: Created by combining knit and purl stitches in the same row to create a ribbed pattern. Can made by alternating single knit and purl stitches, 2 knits and 2 purls, etc. Often used as an edging on sweaters, hats, socks, etc., because it lies flat and has some stretch. Can also be used for decorative purposes. [module 1, lessons 6, 8]

right side: Also sometimes referred to as the "public side," this is the side of your knitted fabric that is on the outside of your project.

round: When working with circular or double-pointed needles to create a continuous tube, a round refers to one complete circle, from the first stitch to the last. It's the equivalent of a row in knitting flat. [module 1, lessons 12, 13]

roving: Refers to a type of single ply yarn that has very little twist. It general comes in super-bulky or jumbo weights.

skein: A term for yarn that hasn't yet been wound into a ball (though some people may use skein and ball interchangeably). [module 1, lesson 2]

slip knot: When casting on, this is the first stitch you put on your needle—when counting your cast on stitches, it does count as a stitch. [module 1, lesson 3]

stitch: refers to a single loop, either sitting on the needle or within your knitted fabric.

stockinette stitch: a stitch pattern created by alternating rows of knitting and purling when knitting flat. When knitting in the round, you'll knit every round. Stockinette creates an iconic knit fabric, but the edges naturally curl up. The right side of stockinette stitch is the knit side (the side with "V's.").

swift: A swift will hold your unwound skein of yarn while you wind it into a ball. While not necessary, this handy tool makes wrangling skeins of yarn much easier.

tink(ing): Literally "knit" spelled backwards, tinking refers to the process of unknitting a stitch, one stitch at a time. Usually used when you've made a mistake recently in your work, and only need to undo a few stitches to get back to where the mistake occurred.

weaving in ends: Using a yarn needle (sometimes also called a tapestry needle), the cut ends of your knitting are woven through the knitted fabric to secure the tail and keep your knitting from unravelling. [module 1, lesson 10]

working yarn: Working yarn is the end of the yarn still attached to the ball. When knitting, you want to pay attention to which end of yarn you're using: if you start knitting with the tail (the cut end), you'll quickly run out of yarn. Always make sure you're using the working yarn.

yarn needle: A large, blunt needle with a large eye, used to sew or weave in the loose yarn ends when you've finished a project.

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