

MAKE YOUR MARKS

Knitting
designs inspired by
the heritage of the
Bridgewater Canal
in Salford





MAKE YOUR MARKS

Patterns by Rachael Elwell



Salford City Council

EST.1761

EST.1761 is a programme of activities to inspire and engage local communities with the story of the Bridgewater Canal in Salford, funded by the Heritage Lottery Fund, Salford City Council, Bridgewater Canal Company and other partner organisations.

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Additional photographs courtesy of The Peel Archive, Duncan Corns and Mark Charnley

Reference

Owens, Victoria *James Brindley and the Duke of Bridgewater* (Amberley Books 2015)

Pattern designer / knitting consultant

Rachael Elwell is a visual artist who works creatively with yarn by knitting, crochet and a variety of other textile processes, to produce community and public art installations. Her work with EST.1761 demonstrates how her passion for teaching craft techniques; combined with her contemporary designs incorporating historical motifs; and the encouragement of skill sharing within a community setting is at the heart of all of her project work.
www.art yarnproject.com

Designer

Julie Nelson Rhodes

Book photography

Craig Robertson

Knitwear models

Mary Pickup and Anna Raynor

Introduction



The Bridgewater Canal in Salford is a place of momentous industrial heritage. Its invention was both a cause and effect of the great world changes of the eighteenth century and from its opening in 1761 it became a catalyst for the Industrial Revolution.



In contrast to industrial heritage, knitting is firmly rooted in our domestic heritage. Making things – either on our own or with others; sharing anecdotes; building friendships; is an age-old past-time.

Artist and knitter Rachael Elwell has created unique designs inspired by the patterns and shapes that can be found along the canal – the stonemasons' marks, the architecture and the landscape. By transforming them into modern, usable knitting, the story behind them and the story of the Bridgewater Canal continues.

What is more fitting a tribute to the genius of the canal than a stonemasons' mark Fair Isle tea cosy or a bobble hat?





Knitters from across Salford have been creating squares using the new patterns inspired by the heritage of the Bridgewater Canal. These squares have then been sewn together around large wooden letters to make intriguing, eye catching and approachable temporary sculptures.

By using traditional knitting techniques, the squares are firmly rooted in our domestic and industrial heritage. The pairing of Fair Isle techniques with both heritage and modern symbols (in particular the hashtag) gives the work a contemporary twist, slotting in to the modern resurgence of using traditional textile methods to make art.

The first of the installations saw #SWINGIEST mounted on what remains of the original Barton Aqueduct. This remarkable structure built in 1761, carried canal boats high up over the

River Irwell. By 1893 increasingly larger ships were needing to pass through so yet another invention was called for. When the new Barton Swing Aqueduct swings it does so whilst keeping hold of its water – the world's first and only bridge to ever do so.

By transforming the hundreds of knitted squares into #SWINGIEST we highlight Salford's momentous heritage through the very homely craft of knitting.

Makers' marks and the knitting patterns



So that the stonemasons who built the original aqueduct would be paid, they carved their own marks into the stones. It is these marks which have formed the inspiration for the new patterns in this book.



There is a surviving Bridgewater accounts book which gives an insight into how many men were on site and what they were doing when building the aqueduct. For 9 May 1761, just before it opened, there were twenty four masons on the books, each paid in the region of 1s 8d per day. On the same date is an entry for a payment of 4s to William Boyle 'for repairing chisels'.



This snippet of information gives an intriguing glimpse into the building of what was a remarkably ambitious feat of engineering. Even though we know little about the men who made it, the marks of their existence remain and can be seen today.





The Thirteen O'Clock Tea Time Tea Cosy



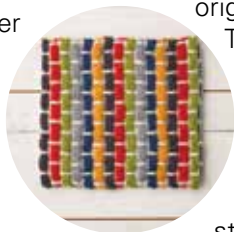
The Duke of Bridgewater was known to be a benevolent employer but he was also known to keep an eye on his workers. One day he noticed that they had not returned from dinner at 1pm, claiming they had not heard the single strike of the clock. The solution was to make the clock strike thirteen so that there would be no mistaking lunch was over. The clock is now in St Mark's Church in Worsley and can still strike thirteen o'clock.



Brindley's Bobble Hat



The Bridgewater Canal was the vision of three men. One of these was James Brindley, the brilliant, unconventional radical thinker who famously carved a model of Barton Aqueduct from a piece of cheese to show baffled Members of Parliament just what he was talking about when he said he wanted to build a bridge to carry a canal over a river.



Stonemasons' Snood

The Fair Isle patterns in this book are based on the carvings that stonemasons made into the original Barton Aqueduct.

This Stonemasons' Snood ironically doesn't have the marks in the pattern – instead it focuses on the layers of the structure itself – still standing since 1761.

The Duke's Cut Cushion



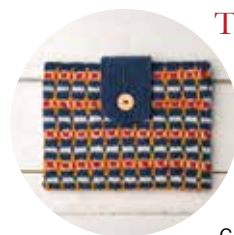
The term The Duke's Cut is an affectionate name for the Bridgewater Canal. It was indeed built by the Duke, for his coal mines, cut out of the earth and into the landscape. After all that hard work a sit down on a comfy cushion sounds most welcome!



Nail Maker's Cushion for Pins



As the Industrial Revolution took hold, all sorts of industries sprang up around the Bridgewater Canal. Nail makers, carpenters, blacksmiths, sail makers, basket weavers, boat builders ... Much of this has now gone but the footprints can be seen in street and house names – Nail Maker's Cottage remains in Worsley to this day.



The Inventor's Tablet Cover

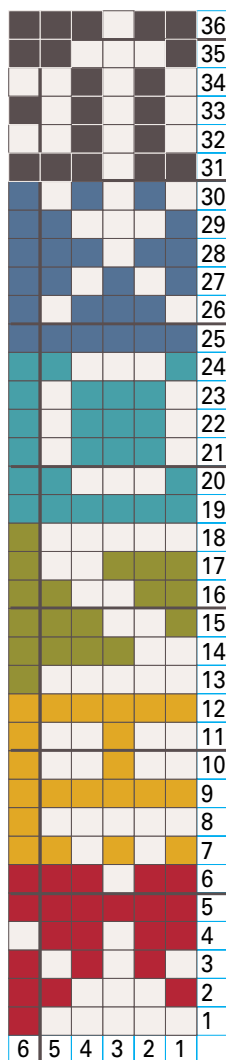


The Bridgewater Canal was a brand new invention – no one had previously made a canal that wasn't an existing waterway. It was cutting edge engineering so a heritage-inspired tablet cover seems very fitting – low tech meets high tech and vice versa. Or if you are more of a Luddite you can convert it into a purse or a bag or a book pouch...



The Thirteen O'Clock Tea Time Tea Cosy

7



Pattern instructions

Make two pieces.

Cast on 60 sts

Use the Fair Isle instructions on page 30 to follow the pattern from row 1 to 36, ending on a purl row.

Shaping the top

Detach the cream yarn and work in dark grey for shaping the top of the tea cosy for the following 6 rows.

Row 1: * k3, k2tog *

Repeat between * to the end of the row (48 sts)

Row 2: P all sts

Row 3: * k2, k2tog *

Repeat between * to the end of the row (36 sts)

Row 4: P all sts

Row 5: * k1, k2tog *

Repeat between * to the end of the row (24 sts)

Row 6: P2tog all the way across the row (12 sts)

Cast off remaining stitches by threading the yarn on to a darning needle.

Feed darning needle through all the stitches and

slide all of the stitches off the end of the knitting needle. Pull tight so the knitted fabric draws together at the top and secure with a tight knot.

Finishing

Place both pieces of knitting together, with the right sides facing out.

Use mattress stitch sewing method on page 32, to sew up the edges of the tea cosy, remembering to leave a generous size gap for the handle and the spout.

You may need to measure your teapot to see where you need to place the gaps for the handle and the spout.

Pom-pom

Using cream yarn, make a pom-pom following the instructions on page 33 and sew to the top of the tea cosy.

Blocking

Before sewing up the tea cosy, block both pieces of knitting to reduce the tension curl along the cast on edge. To block your knitting, follow the instructions on page 32.

Materials and tools

Yarns



50g



50g



50g



50g



50g



50g



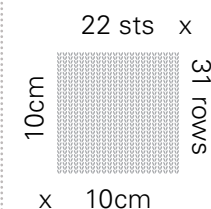
50g

Needles and notions

4mm needles

Cardboard or pom-pom maker

Tension



Finished size

Fits a 6 cup teapot
44cm circumference
16cm from cast on edge to cast off edge



Brindley's Bobble Hat

9

Pattern instructions

Using blue and 4.5mm needles

Loosely cast on 100 sts.

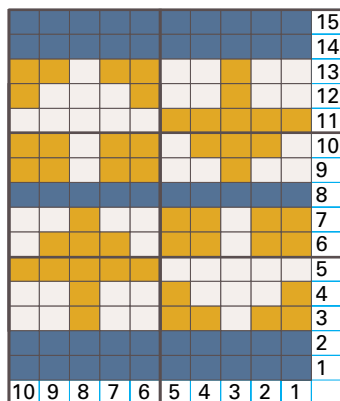
Row 1: *k2 p2*, repeat across the row.

Repeat Row 1 until work measures 7cm.

Switch to dark grey yarn and 5mm

needles; work in stocking stitch

(knit 1 row, purl 1 row) for 4 rows.



Follow the Fair Isle chart above using blue, mustard and cream yarns, referring to the Fair Isle method described on page 30.

- Once you have completed the chart, switch back to dark grey and work in stocking stitch until the work measures 21cm from cast on edge, ending with a wrong side row. Continue in dark grey to shape the crown of the hat.

Shaping the crown

Row 1: k10, k2tog: to the end of the row, ending with k4 (92 stitches)

Row 2: p all sts

Row 3: k9, k2tog: to the end of the row, ending with k4 (84 sts)

Row 4: p all sts



Materials and tools

Yarns



100g



50g

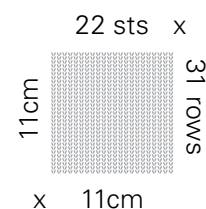


25g



25g

Tension



Needles and notions

4.5mm & 5mm needles

Cardboard or pom-pom maker

Finished size

Circumference: 50cm (average adult head size)

Row 5: k8, k2tog: to the end of the row, ending with k4 (76 sts)

Row 6: p all sts

Row 7: k7, k2tog: to the end of the row, ending with k4 (68 sts)

Row 8: p all sts

Row 9: k6, k2tog: to the end of the row, ending with k4 (60 sts)

Row 10: p all sts

Row 11: k5, k2tog: to the end of the row, ending with k4 (52 sts)

Row 12: p all sts

Row 13: k4, k2tog: to the end of the row, ending with k4 (44 sts)

Row 14: p3, p2tog: to the end of the row, ending with p4 (36 sts)

Pattern notes

Stocking stitch

To create stocking stitch, repeat the following two rows:

Knit for 1 row

Purl for 1 row

Row 15: k2, k2tog: to the end of the row, ending with k4 (28 sts)

Row 16: p1, p2tog: to the end of the row, ending with p1 (19 sts)

Row 17: k2tog to the last stitch, k1.
Break off yarn leaving a long tail for sewing up (10 sts)

Cast off remaining stitches by threading the yarn on to a darning needle. Feed darning needle through all the stitches on the knitting needle, sliding them off as you go.

Pull tight, so the knitted fabric draws together at the top, and secure with a tight knot.

Finishing

Fold hat in half with right side facing, and sew up from the top to the bottom using mattress stitch. Instructions on page 32.

Pom-pom

Using the blue, mustard and cream yarns, make a pom-pom following the instructions on page 33 and sew to the top of the hat.

Pattern notes

Sizing If you require a larger or smaller width hat, the pattern is written for groups of 10 sts across the row. Add additions of 10 sts for a larger width, or subtract groups of 10 sts for a smaller width.







Stonemasons' Snood

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Materials and tools

Yarns



A:50g



B:50g



C:50g



D:50g



E:50g



F:50g



G:50g

Needles and notions
5mm needles
Darning needle

Finished size
Width 40cm
Length before sewing up: 53cm

Pattern instructions

Cast on 45 stitches with colour A

Row 1: (Colour A) knit all sts

Row 2: (Colour A) purl all sts

Row 3: (Colour B) k4, sl1, *k5, sl1*

Continue between * across to last 4 stitches, k4

Row 4: (Colour B) k4, yf, sl1, yb, *k5, yf, sl1, yb*

Continue between * across to last 4 stitches, k4

Row 5: (Colour B) p4, yb, sl1, yf, *p5, yb, sl1 yf*

Continue between * across to last 4 stitches, p4

Row 6: (Colour B) Repeat Row 4

Row 7: (Colour A) Knit all sts

Row 8: (Colour A) Purl all sts

Row 9: (Colour C) k1, sl1, *k5, sl1*

Continue between * across to last st, k1

Row 10: (Colour C) k1, yf, sl1, yb, *k5, yf, sl1, yb*

Continue between * across to last st, k1

Row 11: p1, yb, sl1, yf, *p5, yb, sl1, yf*

Continue between * across to last st, p1

Row 12: Repeat Row 10

Repeat rows 1 - 12 two more times using the colour order as follows:

Row 1 - 8 with A and D

Row 9 - 12 with A and E

Row 1 - 8 with A and F

Row 9 - 12 with A and G

(36 rows in total)

Repeat all 36 rows a further 4 times until the knitting measures 53cm, or repeat the 36 row pattern until your desired length.

Cast off all stitches and tie off, leaving a long tail for sewing up the snood.

Pattern notes

Changing colours To add in a new colour follow the instructions on page 30. Colour changes are frequent throughout this project. When you reach a new section of colour, detach the previous colour yarn leaving a 15cm tail.

Finishing

Weave in all loose ends after you have cast off, using the instructions on page 32.

Place the cast on and cast off edges side by side, with the front side of the knitting facing up.

Use either mattress stitch or whip stitch from page 32 to sew up the snood into a tube.

Weave in loose ends and tie off.

Pattern notes

When slipping stitches throughout this pattern, insert the needle into the front of the stitch, as if to purl, and transfer the stitch from the left to the right hand needle.

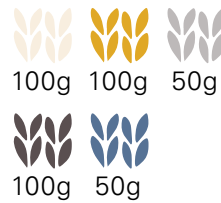


The Duke's Cut Cushion

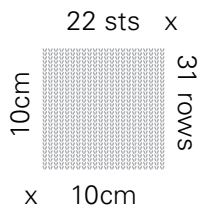
15

Materials and tools

Yarns



Tension



Needles and notions

4mm needles
Darning needle
40cm square cushion insert

Finished size

40cm x 40cm

Pattern notes

To make sure all of the squares are the same size, you may want to note down the final number of stitches after the increase rows so your following squares have the same number of stitches.

Pattern instructions

Diagonally striped squares

Using the Diagonal Stripe pattern below make the following:



Cast on 2 sts in 1st colour

Row 1: k2 sts

Row 2: Attach new colour. Inc 1 st, k to the end of the row

Row 3: Inc 1 st, k to the end of the row. Switch back to 1st colour.

Repeat rows 2 & 3 until you have 24 sts (or work measures 10cm across), changing colour every 2 rows until the end of the piece of knitting.

Decreasing row 1: k2tog, k to the end of the row

Row 2: k2tog, k to the end of the row

Repeat rows 1 & 2 of decreasing until you have 2 sts left

Cast off 2 sts

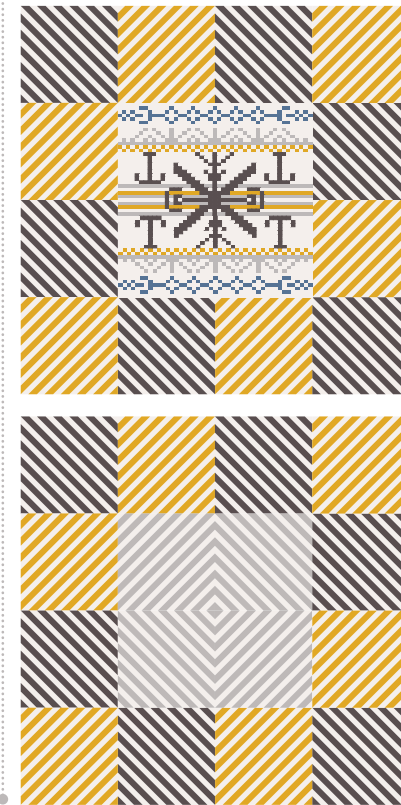
Your square should measure 10cm.

Fair Isle chart for centre

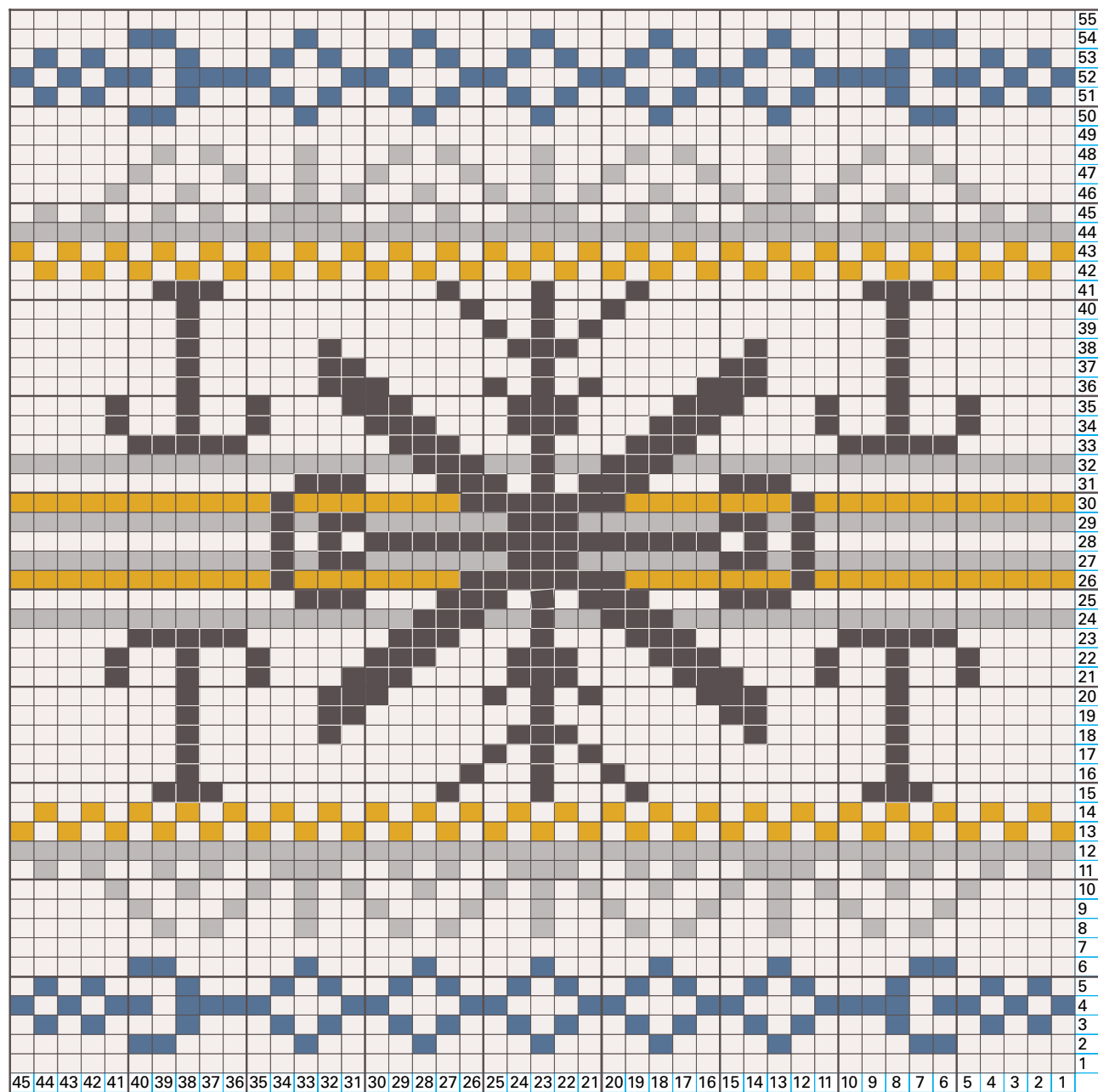
Follow the chart on page 16 to make the middle panel for the front of the cushion. This should measure 20cm square.

Finishing

Lay out all 28 diagonal squares and the larger central Fair Isle square as illustrated below. Sew each side up separately using whip stitch instructions on page 32 so you have two 40cm x 40cm squares.



A circular inset image showing a close-up of a knitted fabric. The fabric features a complex pattern of yellow, grey, and white stripes and geometric shapes, possibly a traditional or modern textile design. The texture of the knit is clearly visible.







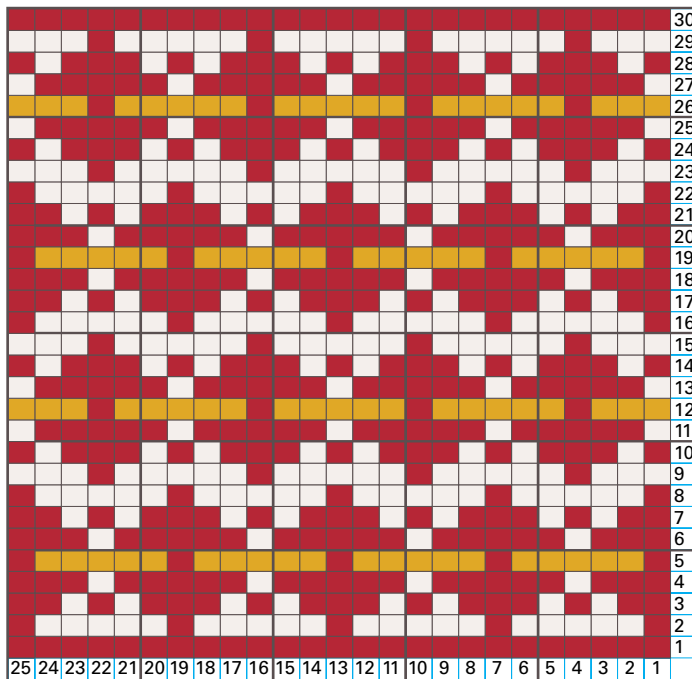
Nail Maker's Cushion for Pins

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Pattern instructions

Front of pincushion

Using the Fair Isle technique instructions on page 30, and following chart, knit the front of the pin cushion using red, mustard and cream yarns.



Back of pincushion

Cast on 25 sts in red.

Work the following 30 rows in stocking stitch:

Row 1-4: red

Row 5: mustard

Row 6-11: red

Row 12: mustard

Row 13-18: red

Row 19: mustard

Row 20-25: red

Row 26: mustard

Row 27-30: red

Finishing

Place both the front and back of the pincushion together, with the wrong sides facing outwards.

Using the red yarn and the whip stitch technique from page 32 sew together three sides of the pincushion.

Turn the pincushion the right way round, with the right side facing outwards. Place a generous amount of the toy stuffing into the pincushion, and sew up remaining side of the pincushion to close. Tie off and weave in loose end.

Materials and tools

Yarns



25g

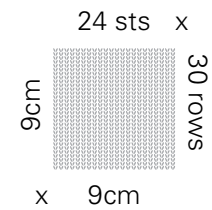


25g



25g

Tension



Needles and notions
3.5mm needles
Darning needle
Toy stuffing

Finished size
9cm x 9cm





The Inventor's Tablet Cover

Pattern instructions

Cast on 60 sts in blue

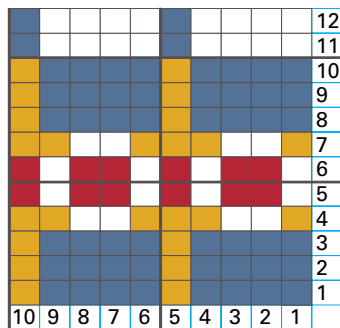
Row 1: (ws) P all sts

Row 2: (rs) Follow chart below for colour pattern sequence. Refer to page 30 for Fair Isle method instructions.

Repeat chart until piece measures 40cm

Final row of body: make a row in plain blue sts

Cast off all sts in blue.



Pattern notes

If you would like to alter the width measurement of the sleeve, add or subtract 10 stitches. This will alter the sleeve by approx. 5.5cm. If you would like to alter the length of the sleeve, alter the number of times you repeat chart 1. Doing this will change the measurement by 4cm.

Pattern notes

Organising the yarns during Fair Isle chart rows. Keep the blue, red and mustard yarns attached throughout. Yarns to be used later in the chart can be twisted around yarns being used at the end of rows, up the right hand side, until they are needed. The white yarn will be detached after row 7 and reattached at row 11.

Fastening strap

Cast on 16 sts and work in moss stitch as follows

Row 1: *k1, p1* rep between * along the row to the end

Row 2: *p1, k1*, rep between * along the row to the end

(Rows 1 & 2 created moss stitch)

Work in moss stitch for a further 8 rows.

Button hole rows

Row 1: k1, p1 for 6 sts.

Knit 2 sts. Pass the 1st k st over the 2nd k st (as in casting off) *k1 and pass k st over previous knit stitch* three times. This will cast off a total of 4 sts. P1 * k1, p1 * repeat from * to the end of the row.

Row 2: p1, k1 for 6 sts (until you reach the cast off sts). Cast on 4 sts p1, k1 for 6 sts (16 sts).

Row 3: Continue in k1, p1 along the row. When working the 4 cast on sts, work through the back loop of each of the stitches to create a tighter reinforced, button edge.

Materials and tools

Yarns



100g



50g

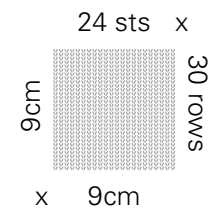


50g



50g

Tension



Needles and notions

5mm needles

Darning needle

2-3cm button

Finished size

width 21cm x

length 20cm

Row 4: p1, k1 along the row until the end. Continue in moss stitch until the piece measures 20cm. Cast off all sts.

Finishing

Fold main body of sleeve in half with right sides facing inwards. Use the whip stitch sewing method from page 32 to join the left and right hand sides together.

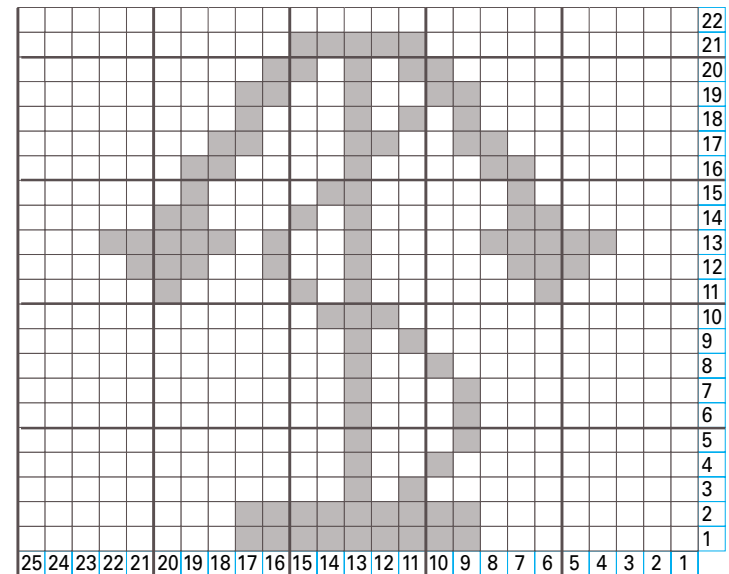
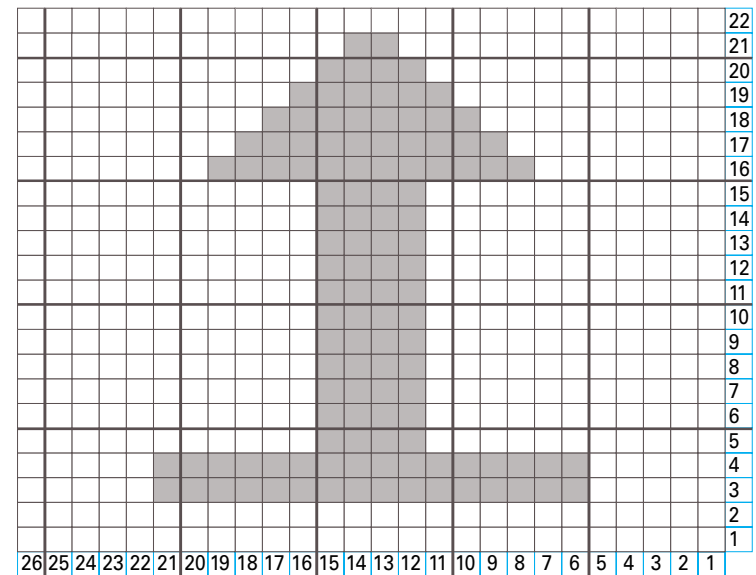
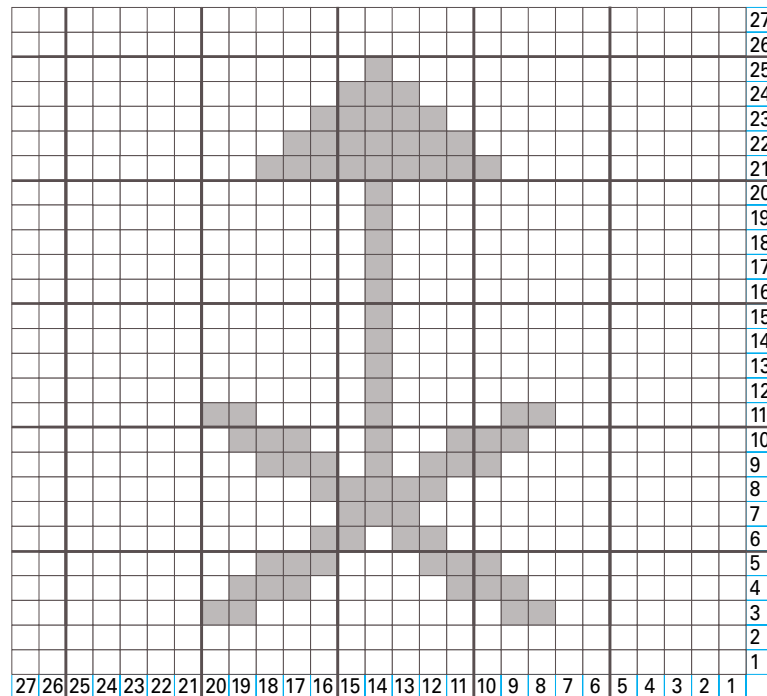
Place the buttonhole end of the strap in the centre of the front of the sleeve, with the cast on edge of the strap 10cm from the opening edge of the sleeve, and pin in place.

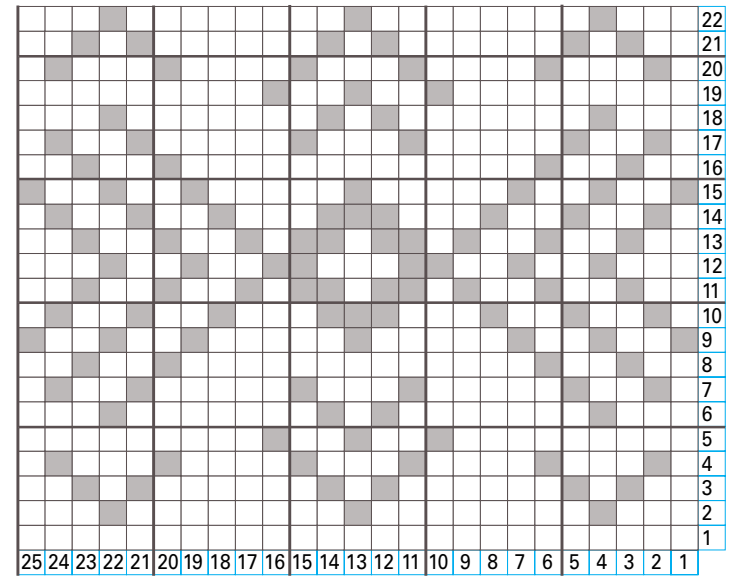
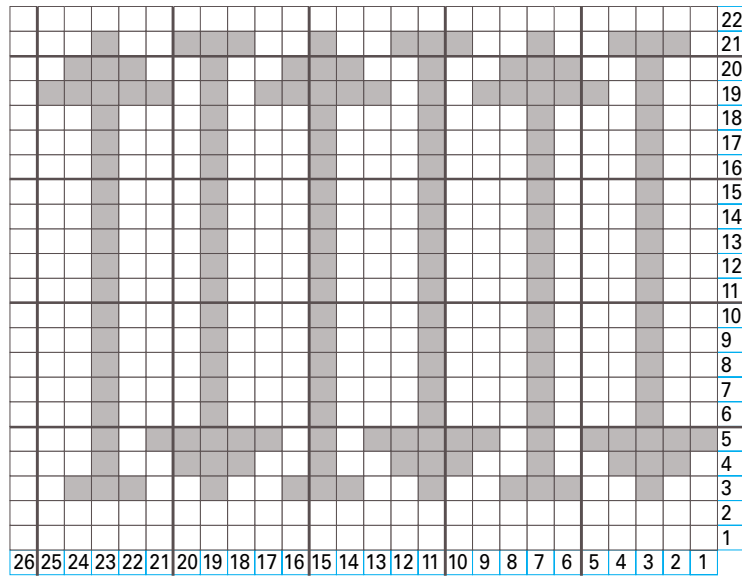
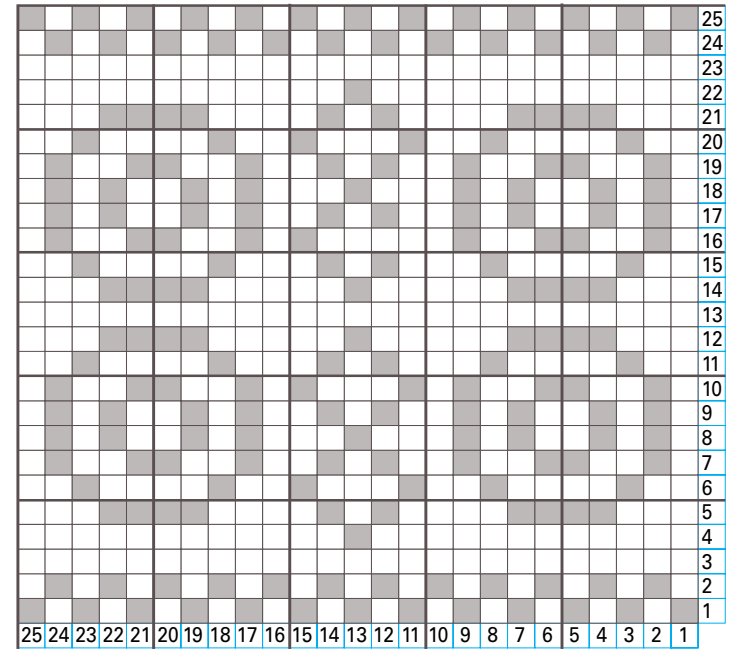
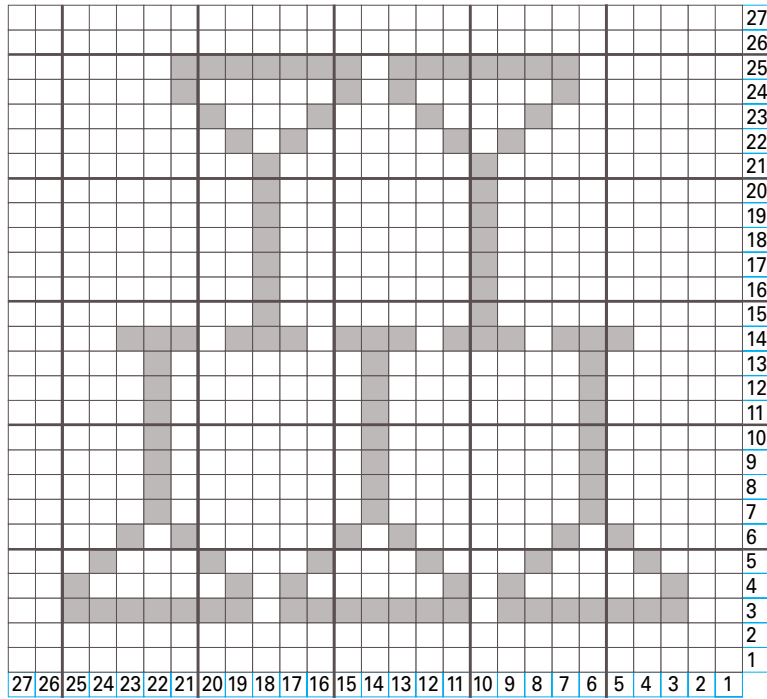
Turn the sleeve over and pin the cast off end of the strap in the centre, 10cm from the end of the back of the sleeve.

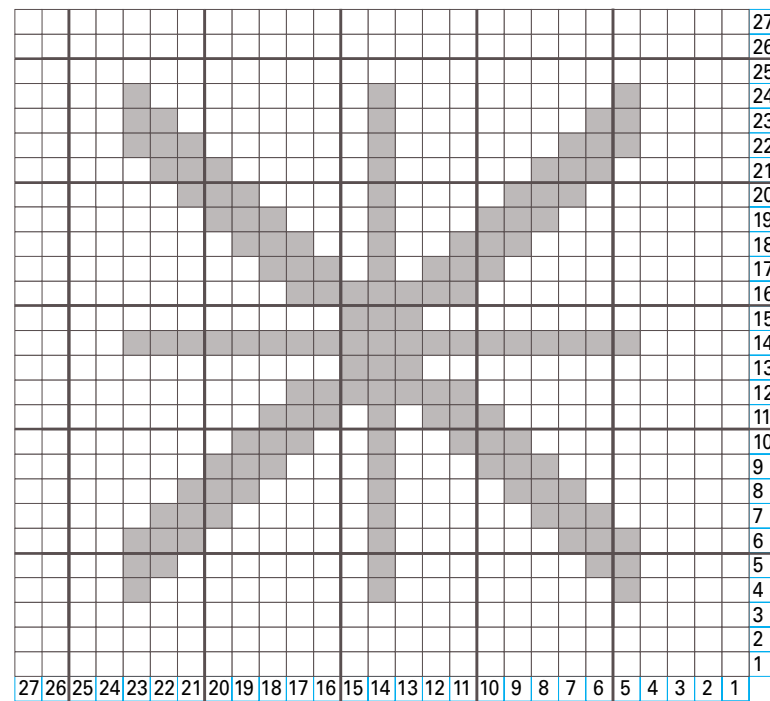
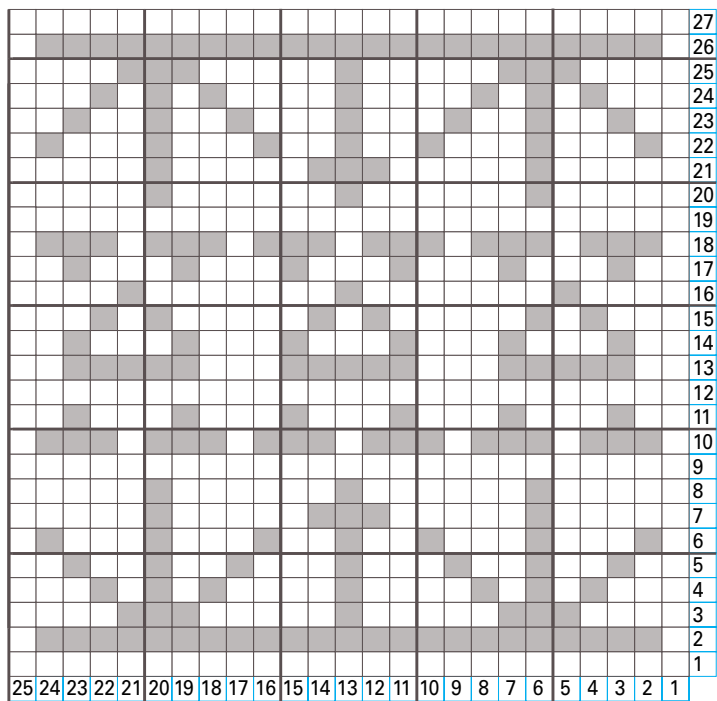
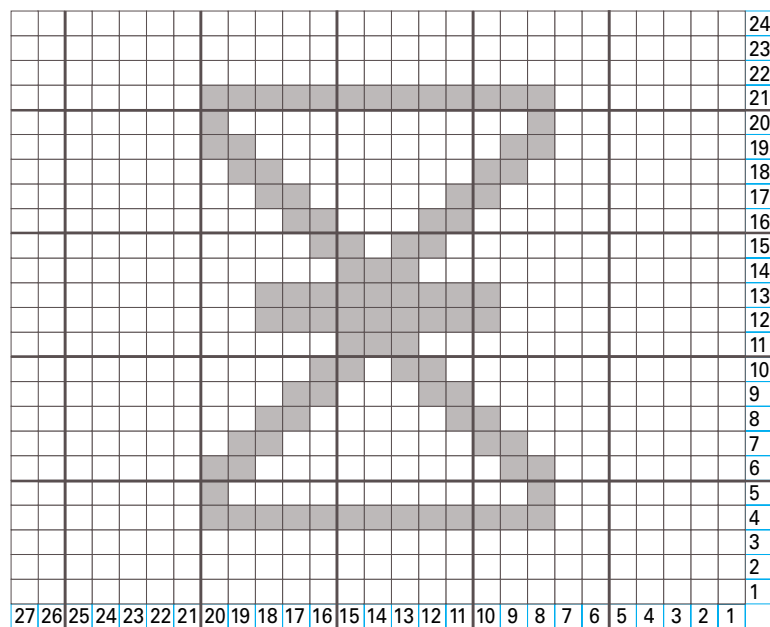
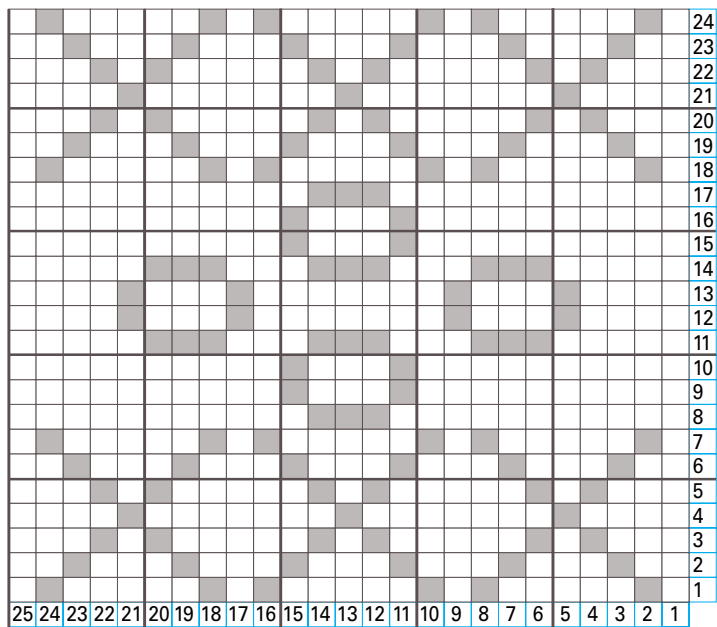
Using blue yarn and a darning needle, carefully sew the bottom edge of the strap to the back of the sleeve. On the front side of the sleeve sew button in place using darning needle and blue yarn. Weave in all loose ends.

Pattern directory

These patterns were designed for the first giant woolly word #SWINGIEST. You could use them in your own projects – perhaps experiment with adding them into The Duke's Cut Cushion.









Abbreviations, tools and accessories



K Knit

P Purl

K2tog Knit 2 stitches together. Take the next two stitches on the left hand needle and place the right hand needle through the front and to the back of both stitches. Knit as you would a normal knit stitch.

P2tog Purl 2 stitches together. Take the next two stitches on the left hand needle and place the right hand needle through the front of both stitches. Purl as you would do for a normal purl stitch.

St Stitch

Sts Stitches

St st Stocking stitch: knit 1 row, purl 1 row. Repeating this 2 row pattern will create a flat surface fabric called stocking stitch.

Inc Increase a stitch. Knit, or purl, into the front and back of the stitch to create an extra stitch.

Dec Decrease a stitch. Knit, or purl, two stitches together to decrease 2 stitches into 1.

Sl st Slip stitch. Insert the right hand needle into the front of the next stitch on the left hand needle, as if to purl. Transfer the stitch as it is, across to the right hand needle.

Yf Yarn forward. Bring the yarn to the front of the work, making sure the yarn is moved over the top and between the needles from the back to the front.

Yb Yarn back. Bring the yarn from the front of the work to the back, making sure the yarn is moved over the top and between the needles from the front to the back.



This list includes all the necessary tools and accessories you will need to complete all of the knitting projects in this book.

Knitting needles

Knitting needles come in a large variety of gauges, lengths and are made from all types of materials, from aluminum and plastic to bamboo and birch wood. Each pattern in this book will instruct you which gauge of straight needle to use for each project. You are welcome to use whichever type you prefer.

Tape measure

The most useful tape measure to have in your toolbox is one which shows measurements in both inches and cm.

Darning needle

You will sew up all of your knitting projects using a darning needle. A darning needle is a large sewing needle with a blunt end and a large eye for threading different gauges of yarn.



Scissors

A pair of small, sharp scissors is a necessity for your knitting tool box.

Dressmaker's pins

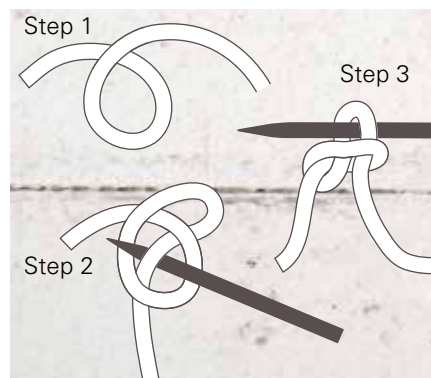
Usually bought in packs of 30 or more, dressmaker's pins are very useful to tack knitting projects in place to help you sew up your projects accurately.

Toy stuffing

Polyester toy filling is the most common material used to pad out and give a 3D form to projects such as cushions and knitted toys.

Pom-pom maker

Pom-pom makers can be bought from most craft stores and are a fun and quick way to make pom-poms to adorn your projects.



Casting on your stitches

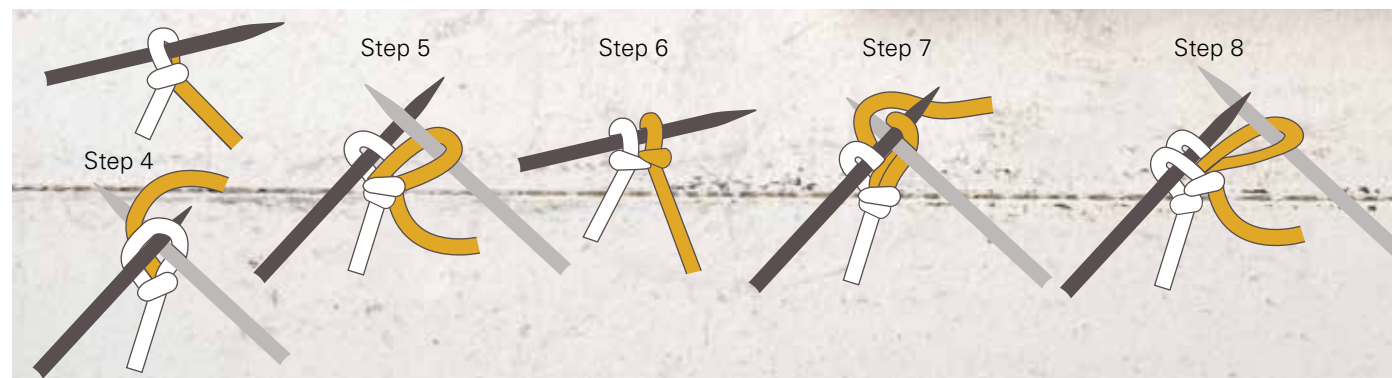
1. Make a slipknot

The first stitch on your needle for most cast-on methods is a slipknot.

Step 1: Hold the yarn in your left hand about 8 inches from the end. With your right hand, make a circle with the yarn. If it's helpful, hold the circle together between your index finger and thumb to prevent it from slipping away.

Step 2: With the working yarn behind the circle, insert the knitting needle through the circle from front to back and catch the working yarn, pulling it through the circle and forming a loop.

Step 3: With the new loop on the needle in your right hand, gently pull both yarns (the tail and the working yarn attached to the ball) beneath the needle, then pull on the working yarn to tighten the new loop so that it fits snugly around the needle).



Top tip!

To prevent the **cast-on** edge from becoming too tight, insert the right needle from front to back between the 2 stitches on the left needle before tightening the yarn. Gently pull the working yarn to snug up the stitch.

2. Casting on stitches: the cable method

This cast-on is especially good when you need a firm edge with a very neat border. Work loosely, without pulling the stitches too tight.

Step 4: In your left hand, hold the needle with the slipknot and hold the working yarn to the back of the needle, in your right hand. Insert the needle through the slipknot from front to back.

Step 5: Wrap the yarn around the right hand needle, in an anticlockwise direction, and pull the yarn and the right hand needle through the existing stitch on the left needle. This will create a new stitch on the right needle. (At this point you will have loops on both needles).

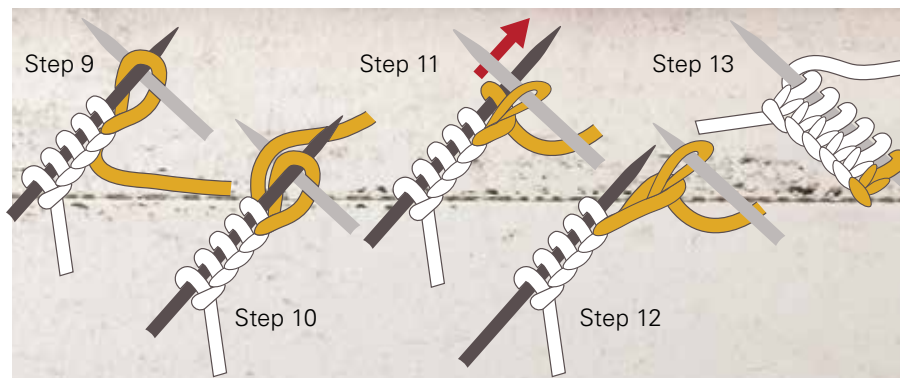
Step 6: Transfer the stitch from the right hand needle to the left needle. Your right needle will become empty and you will have stitches on the left needle.

Step 7: Next cast on stitch – place the right hand stitch between the two cast on stitches on the left hand needle. Wrap the yarn around the right needle, anticlockwise, and pull through a new loop.

Step 8: Transfer the stitch from the right hand needle to the left needle. Your right needle will become empty and you will have stitches on the left needle. Continue steps 7 and 8 until you have the required amount of stitches for your pattern.

Top tip!

The **cast-on** should be as elastic as the body of your knitting. If needed, the cast-on may be worked using a needle two or three sizes larger than your gauge needle. Knit the stitches onto the smaller needle as you knit the first row.



Learning the knit stitch

Knit stitch (k)

The knit stitch is the most common and versatile stitch of all. Once you have mastered this stitch you're well on your way to creating your first project.

Step 9: Hold the needle with the cast on stitches in your left hand, and the empty needle (known as the working needle) in your right hand.

Step 10: Insert the right hand needle into the first stitch on the left hand needle from the front to the back of the stitch.

Step 11: Wrap the yarn around the back needle (the right needle), in an anti-clockwise direction.

Step 12: Pull the needle towards you in a reverse motion, back out of the stitch, bringing the yarn you wrapped around the needle with it. It is important to keep the yarn wrapped around the needle at this point. If it falls off you

need to start the stitch again.

Step 13: Slide the stitch on the left needle off the end of the needle.

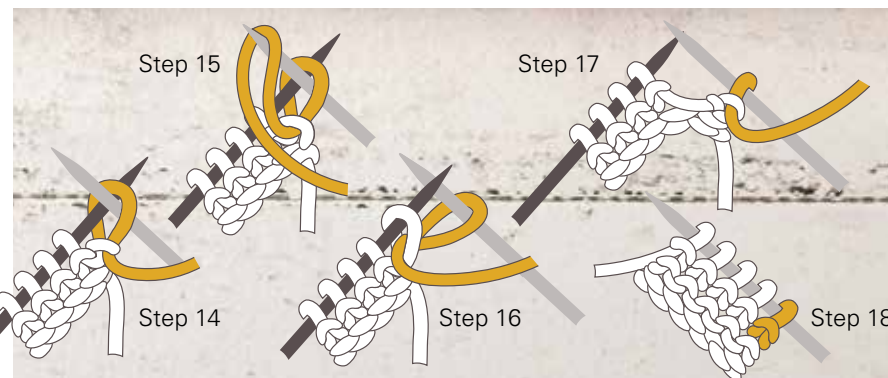
Repeat steps 9-13 all the way along your row of stitches until there are no more stitches on your left hand needle.

Swap the needles around, so that the stitches are once again in your left hand, and the empty needle (your working needle), is in your right hand.

Make sure none of your stitches are twisted and that all of your knitting is sat underneath your needle. If it isn't it's most likely twisted.

Top tip!

The working yarn is always held behind the needle when making the **knit stitch**. In other words, the knit fabric and the needle will always be between you and the working yarn.



Top tip!

The working yarn is always held in front of the needles when making a **purl stitch**. In other words, the working yarn will always be between you and the knit fabric and needle.

Step 14: Make sure the yarn is positioned to the front of the needle. Insert the right hand needle through the front of the stitch, from right to left.

Step 15: Wrap the yarn around the front (right) needle, anti-clockwise.

Step 16: Using your thumb, push the needle back out the stitch, taking the yarn with it.

Step 17: Slide the stitch on the left hand needle off the end of the needle.

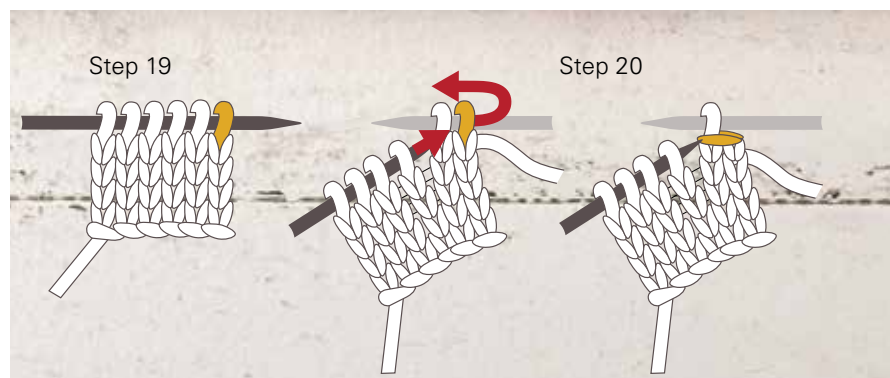
Step 18: Repeat steps 14-17 along the row until there are no more stitches on your left hand needle. Swap the needles around, so that the stitches are once again in your left hand, and the empty needle (your working needle), is in your right hand.

Make sure none of your stitches are twisted and that all of your knitting is sat underneath your needle. If it isn't it's most likely twisted.

Learning the purl stitch

Purl stitch (p)

Purl stitch is the exact reverse of the knit stitch. Where the knit stitch is made at the back of the needles, the purl stitch is made at the front. It is only when you start to combine the purl stitch with knit stitch (between stitches and rows) that you will see the results of using the purl stitch in your knitting.



Casting off

The casting off technique finishes the last row and secures the stitches so the needles can be removed.

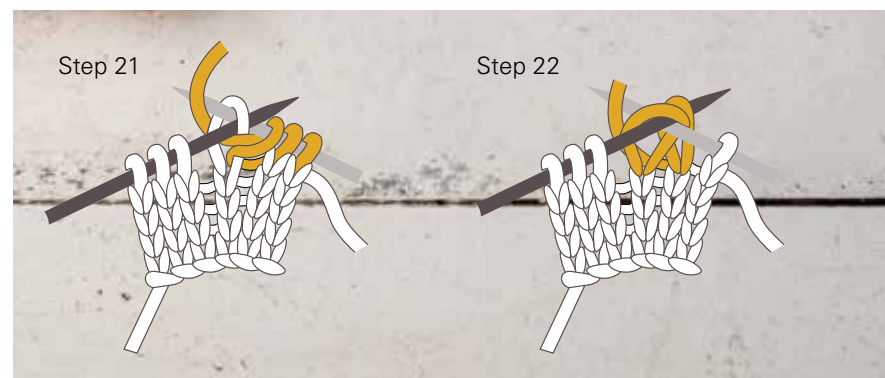
Step 19: Hold the needle with stitches in your left hand and the empty needle in your right hand. Hold the yarn in position for the knit stitch, behind your work. Knit the first 2 stitches.

Step 20: Insert the left needle from left to right into the first stitch. Use the left needle to pull this stitch over the second stitch and drop it off the right needle. One stitch bound off; the second stitch remains on the right needle. Knit the next stitch.

Repeat step 20 until you have bound off all stitches from the left needle and one stitch remains on the right needle. Cut the yarn about 4 inches from the stitch, and pull the yarn tail through the last stitch. Remove the needle and pull the yarn tail to tighten.

Top tip!

You can use knit or purl stitch to **cast off**. You can even cast off in a combination of both stitches if your pattern requires you to do so. Many beginner knitters cast off too tightly. The cast off edge should be as elastic as the rest of the knitting. If necessary, use a slightly larger needle size to cast off your stitches.



Increasing and decreasing stitches

You can alter the number of stitches in your knitting by increasing and decreasing the number of stitches on your knitting needles. There are many techniques to learn and the following two techniques are amongst the most common you'll use in many projects.

To increase 'inc.'

Knit into the front and the back of one stitch to create two.

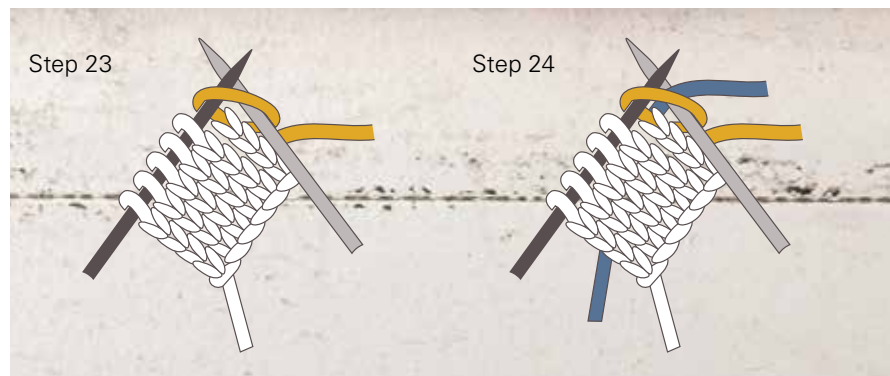
Step 21: Knit into the front of the stitch but do not push the loop off the end of the left hand needle. Then take the right hand needle to the back of the same stitch and insert the needle into the back of the stitch and knit, making sure you push the stitch off the end of the left hand needle this time.

To decrease 'dec.'

K2tog: Knit two together

Step 22: Slide the next two stitches on your left hand needle together and insert the needle into both stitches, as if it were all one stitch. Then knit the stitch as usual.

Knitting techniques



Adding in a new colour

If you are a beginner knitter you can simply tie on the new colour after detaching the old colour, making sure the new is placed snug up to the knitting needle.

To add in a new colour without the need to tie and knot the yarn

Step 23: Insert needle into first stitch

Step 24: Lay the new colour of yarn over the right hand needle and pull through the stitch which will complete the stitch. Pull all of the ends of yarn at the edge of the knitting to tighten up any loose stitches.

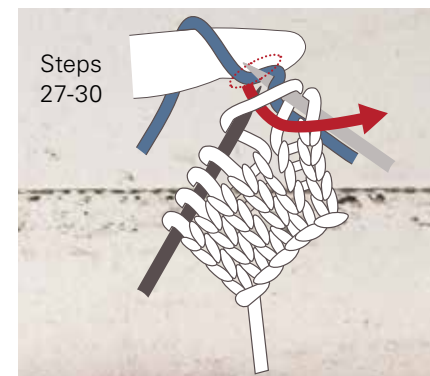
Step 25: For the next 2 to 3 stitches use the main yarn and the loose end of the new colour to make your stitches. This will weave the loose end into the knitting.

Step 26: Drop the loose end and carry on knitting with the main yarn. When knitting the return row back, the last 3 or 4 stitches may seem loose, so gently pull on the loose end to tighten up the stitches.

Fair Isle knitting

Fair Isle patterns are made up of small contrasting motifs that are repeated across the design of a knitted fabric. Traditionally the Fair Isle knitting method requires you to swap between two colours along the row as you knit or purl your stitches. Therefore, you are required to hold one colour in your left hand and one colour yarn in your right hand, using both English method (right handed) and Continental

Top tip!
You must carry the **unused yarn** loosely across the back of the work. If you strand the yarn too tightly, the fabric will pucker and the front of the work will become unsightly.



method (left handed) methods of knitting and purling along a row. For the English knit and purl method please see page 28.

The Continental Method

The Continental method knit and purl stitches are made by holding the yarn in your left hand. The fundamental action in this method is to scoop the yarn through the stitch on the left hand needle, rather than wrapping the yarn around the left hand needle as in the English method.

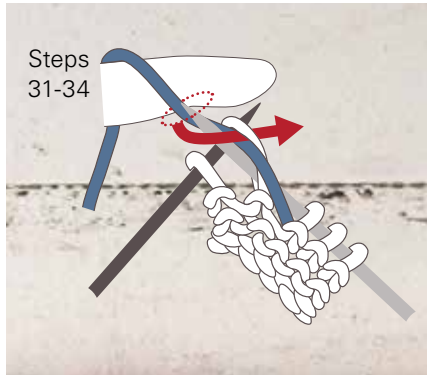
Knit stitch:

Step 27: Hold the yarn in your left hand. Shorten up, or wrap the yarn around your first finger.

Step 28: Insert the right needle into the stitch on the left needle, from left to right.

Step 29: Use your middle finger as a backstop to scoop up the yarn.

Step 30: Bring the yarn through the stitch on the left and slide the stitch off the left needle.



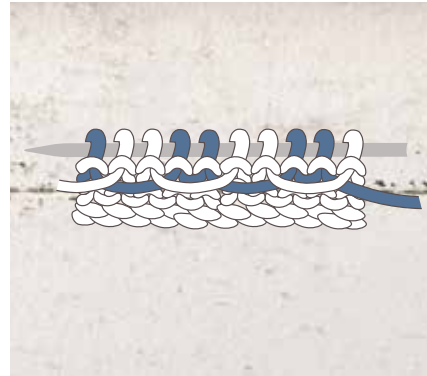
Purl Stitch:

Step 31: Guide the yarn with the index finger to the front of your work.

Step 32: Insert the right needle into the stitch on the left needle, from right to left.

Step 33: Wrap the yarn counter clockwise around the right needle, using the yarn which is wrapped around the left first finger.

Step 34: Bring right needle down and through the stitch and slide the stitch off as normal.

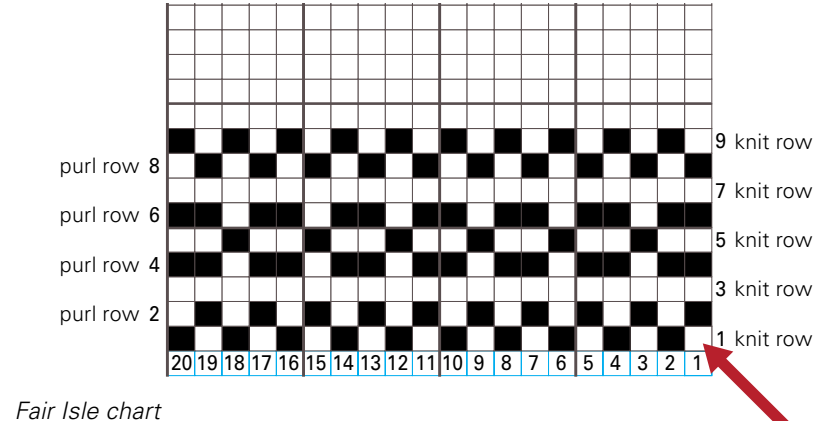


Stranding

When two colours are used in the same row, it is practical to carry the yarn that is not in use across the wrong side of the work. This will create a strand of yarn known as a 'float'.

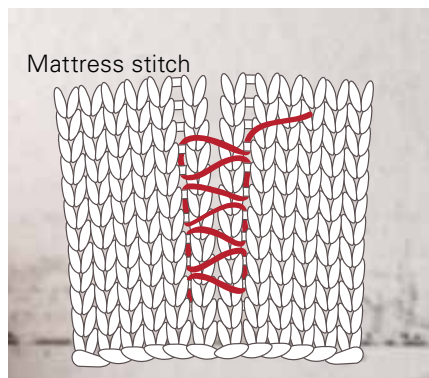
Stranding is most effectively done by holding one yarn in your right hand and using the English method, and the other in your left using the Continental method.

Top tip!
You should not strand the yarn across more than 5 stitches at a time.



First stitch
The pattern chart starts on the very bottom right square.

Knitting techniques



Mattress stitch

Also known as ladder stitch, invisible seam or vertical grafting, mattress stitch gives the appearance that the two pieces are one continuous piece.

Step 1: Begin by laying the blocked pieces out side by side with the right side facing you.

Step 2: Pull the edge stitch slightly away from the stitch next to it. You will see a horizontal bar running between the edge stitch and the next stitch in. Insert your yarn needle under that bar.

Step 3: Loosely pull the yarn through the bar and then insert the needle under the parallel horizontal bar on the opposite piece. Work back and forth, inserting the needle under the bar on one piece then the other piece until you've worked a few rows.

Step 4: Pull the yarn in the direction of the seam (rather than out towards



Whip stitch

you) and the knitted fabric will form an invisible seam. Adjust as necessary so that the seam lies flat and neat.

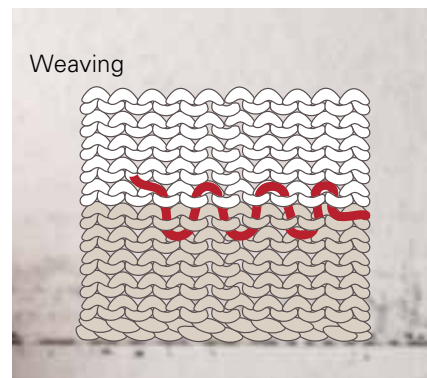
Step 5: Finish off by connecting the top two corner stitches and weave in the remaining yarn on the wrong side.

Whip stitch

This is a quick and simple sewing up technique which joins two flat pieces of knitting together along the edges of your work.

Step 1: Thread yarn into the darning needle and place both pieces of knitting together, right sides facing inwards.

Step 2: Push the darning needle through the top layer of knitting, through the first knitted stitch at the edge of the work. Push the needle through to the corresponding stitch on the bottom piece of knitting and pull firmly.



Weaving

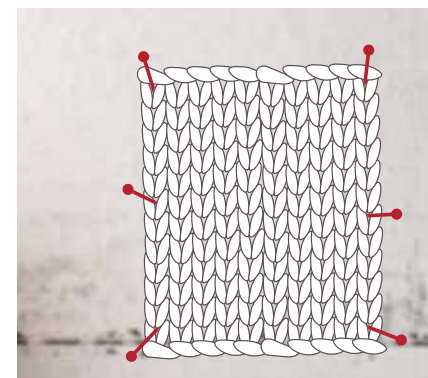
Step 3: Move the darning needle to the top of the work again and insert the needle around 5mm along from the last stitch. Push the needle through to the corresponding stitch on the bottom piece of knitting and pull firmly. Repeat step 3 to sew up your project, finishing off by tying off the yarn with a firm knot and weaving in the loose end.

Weaving in loose ends

Step 1: Turn your work so the wrong side of the work is facing you and thread the loose end of yarn on to a darning needle.

Step 2: Make a knot at the end of the yarn close to the knitted fabric.

Step 3: Insert the darning needle underneath the back loop of the closest stitch to the knot, without picking up the front loops. Repeat this for about 6 stitches and trim loose end close to the knitted fabric.



Blocking

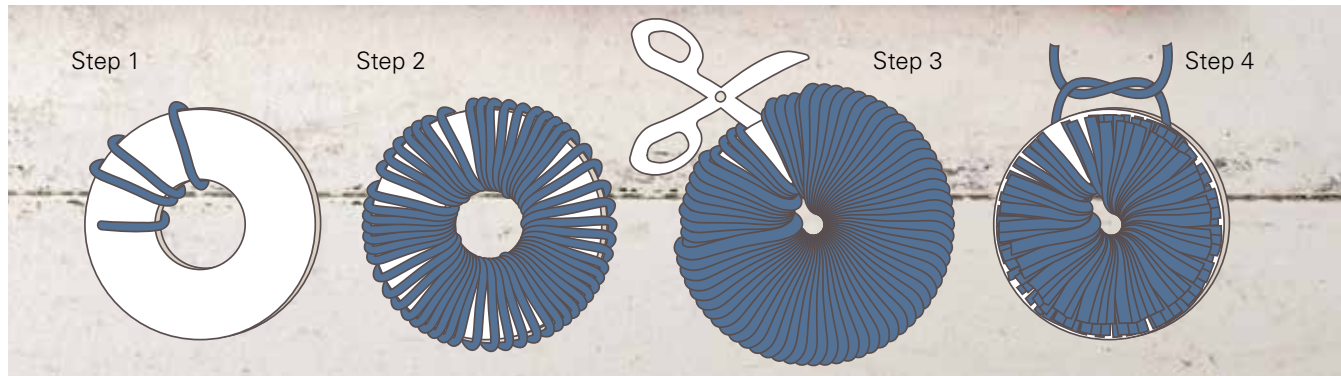
Blocking your project will help you to flatten out and shape your knitted fabric.

Step 1: Using dressmakers pins, pin your knitting out flat and into shape onto a flat surface such as an ironing board.

Step 2: Fill a spray bottle with warm water and evenly spray over the knitting until your knitting is damp.

Step 3: Use your hands to press down gently onto the knitting so the knitting soaks up all of the water.

Step 4: Leave to dry overnight, or until the knitting is fully dry. Unpin.



How to make a pom-pom with card

Step 1: Using sturdy cardboard, cut out two identically sized circles. The size of your circles will be the overall size of your pom-pom. Cut a smaller hole in the centre of each of the cardboard circles, making sure they match up.

Step 2: Place the two cardboard circles together and wind yarn around the two circles. Wrap the yarn over the cardboard and through the centre hole. Continue to wrap the yarn around the cardboard until the cardboard is no longer visible. Repeat this step until you have several layers of yarn and the centre hole has become much smaller. Cut the yarn and tuck the end under.

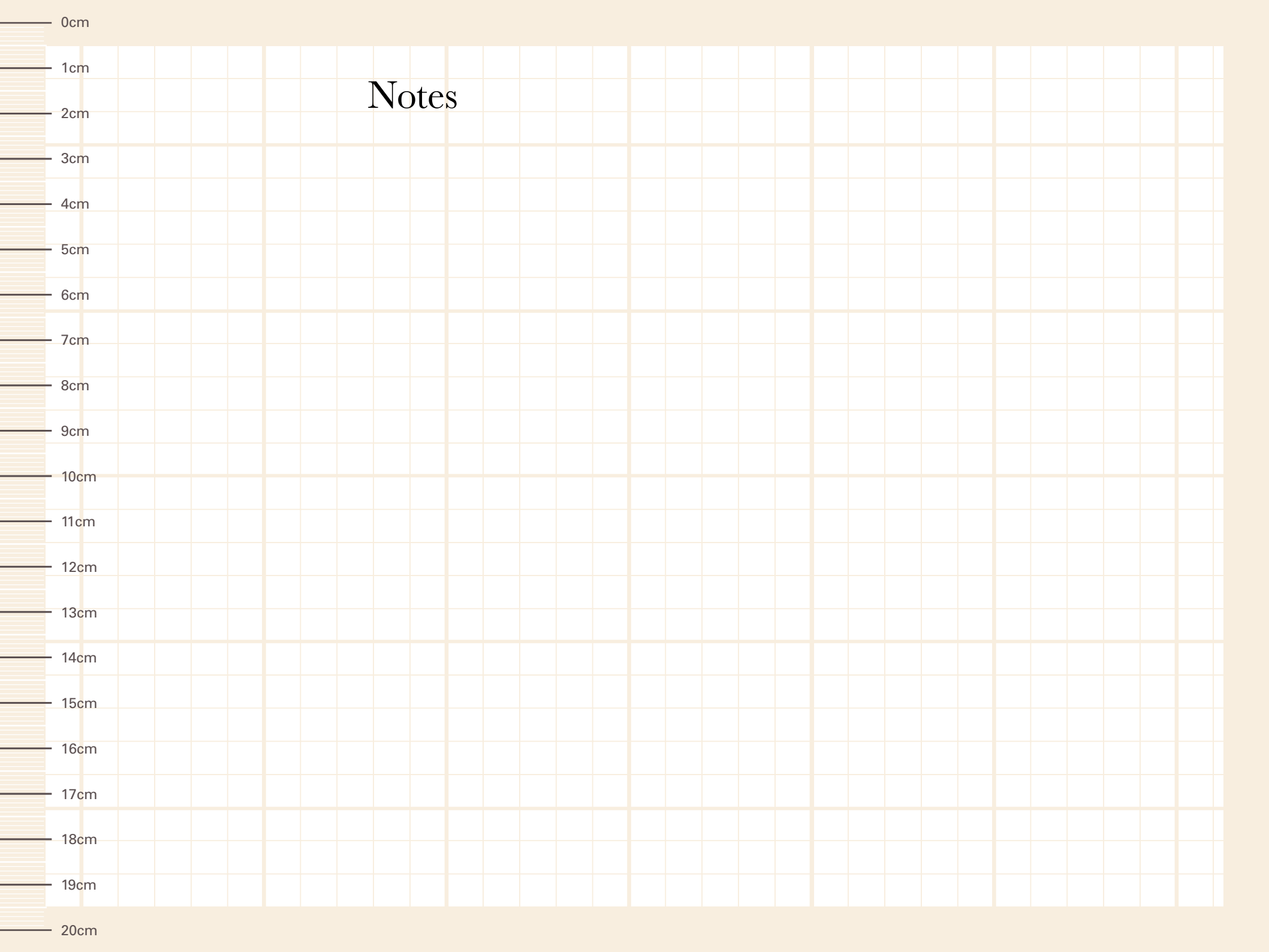
Step 3: Using a pair of sharp scissors, cut through the yarn around the outer edge of the circle. The scissors should slip between the two cardboard circles.

Continue cutting the yarn all the way around.


Step 4: Slightly open up the two cardboard circles. Take a long piece of yarn and wrap the yarn around the middle, pulling tight and knotting the yarn. This will secure the yarn strands in place. The tighter you can knot the yarn the better.

Remove the cardboard circles. You can simply pull the circles away from the yarn, or use your scissors to cut through cardboard to remove if you no longer need to use these circles.

Trim the yarn to shape and fluff up the pom-pom with your hands.



Notes



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