How to Knit: A 2-Part Series with Carla Scott

Chapter 1 - Essential Skills for Getting Started

Overview

(upbeat new age music) - Hi, I'm Carla Scott, I'm executive editor at Vogue Knitting magazine, as well as editor-in-chief of Knit Simple magazine. I also belong to the CYC, which stands for Craf Yarn Council. This council started about 30 years ago, and their main objective is to educate people on knitting and crocheting. So they give classes and they also do a lot of fun events like, I Love Yarn Day, which is in October, and knit outs around the country. I've been in this industry for over 30 years, and I've seen so many people knit. And I always say there's really no wrong way to knit, you just have to do what feels comfortable for you, but you do need to learn the basics, and that's what I'm going to show you. I'll show you how to cast on using a long tail cast on method, we'll learn how to knit every row, which is also called garter stitch, I'll show you how to count your stitches and what to do if you've made a mistake. We'll talk about gauge, which is so, so important, so please pay attention to that one. And lastly I'll show you a fun technique, like adding fringe to the edge of a scarf, or maybe even the bottom of a sweater. As a long time knitter and member of the CYC, I'm invested in knitting, and I'm so excited to show you the basics of how to knit. (soft new age music)

Materials

- You can follow along with any yarn that you have but I've chosen here a size four yarn, or a medium weight yarn. As you can see on the labels of these yarns it has a little yarn ball with the number four in it which says that it's a medium weight yarn. It also tells you next to it the size needle that it recommends. Here it's a U.S. seven needle which is the needle that I'll be using for the swatches. And it gives you a gauge of 20 stitches. 20 sts, meaning stitches, and 28 R., which means rows. We'll talk about gauge later. Let's say you really don't want to use a wool, this particular yarn is 100% wool or maybe you're allergic to it. You can also use a different yarn in different fiber contents such as this one here which is 100% acrylic but it also is a medium weight size four yarn. As well as these other samples of yarns here. So all you really need to do is look for that label with the number four and you'll be good to go. We have a pair of needles. These are a size seven, which is the recommended for this particular yarn that I'm doing. We have a crochet hook and that's for the fringe that I'm going to show how to attach at the bottom of the swatch. A stitch gauge or a tape measurer and that, you'll be using to measure your gauge. A yarn needle to weave in the ends and finally a pair of scissors.

Understanding gauge

- Gauge is such an important part of knitting. Gauge means the number of stitches and rows per inch. And here I've made a gauge swatch. Before you start any project, you will see a gauge written in the pattern or in the ball band of the skein of yarn that you bought. And that will give you usually the number of stitches and rows over four inches. And we do that because you really need to make a swatch that's at least four inches square. So here I have a swatch made in garter stitch. Garter stitch means that you knit every row. And in this particular yarn and pattern. The gauge was 20 stitches and 40 rows to four inches. So what I did is I cast on 20 stitches and I knit for 40 rows and bound off. So once you have your finished swatch, now you're going to measure it to see if it measures four inches. I have this nifty stitch gauge which is one of my favorite tools for measuring

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gauge and so you just lay it right down on the swatch and look at that. It's exactly four inches. Now I'm just gonna turn the stitch gauge the other direction to count the rows and look at that. It's exactly four inches. So now I know that my gauge is correct and I can start with my project. Now, not everybody gets gauge right away the first time around. There are times when you make your swatch and it comes out bigger than four inches. Well what do you do? Well you don't just give up. It's actually quite an easy fix. If your swatch is bigger than four inches, that means you're knitting a little loosely, so you'll want to go down one or two sizes smaller of a needle, so if I started with a seven, a size seven needle and my gauge was four and a half or four and a quarter inches, then I'm going to try a size six or even a five. Just make sure that you knit a gauge swatch for each needle size that you try. So let's talk about if your gauge is too small. It's supposed to be four inches and it's actually only three and a half. So you do the opposite. That means you're knitting a little bit tightly, so you're going to try and use a needle size one or two sizes larger so therefore if it didn't work on a seven, you're going to go up to an eight or even a nine. The reason gauge is so important is that you wanna make sure that your finished project comes out the correct size, so if you're a little too tight, your piece will be smaller, and if you're a little too loose, your piece will be larger, so if you wanna get exactly what the pattern says you need to get your gauge.

Knitting a garter stitch swatch
- [Instructor] The first step in any knitting project is the cast-on row. There are many ways to cast on, but I'm going to show you the long-tail method. So, you need a strand of yarn and a tape measurer. And the reason you need a tape measurer is because you're gonna have a long tail, which is why it's called the long-tail method. And a rule of thumb is you should leave an inch for every stitch that you cast on, and I'm going to cast on 15 stitches. So, my tail should be at least 15 inches long. Now, before you cast-on, you need to make a slip-knot. And in the long-tail method, you need to make sure that this 15 inch tail is left there, and begin your slip-knot with the rest of the yarn coming from the ball. So, I don't need this anymore. There are also many ways to make a slip-knot. I'm going to show you an interesting way where you take the yarn and make a little pretzel out of it. Wrap it like that, see, looks just like a pretzel. Then, you take a knitting needle, and insert it under this loop on the inside of that pretzel, and pull it through. Hold both ends of the yarn, and tighten it until it's the width of your knitting needle. And there you have your slip-knot. It's also considered the first stich of your cast-on. So, I'm going to cast-on 15 stitches. I already have one on my needle. So, that means, I need to cast on 14 more. And here's the tricky part- We have two strands, this we call the "tail end," as you see that's the very end of the yarn, and the other is the "working end" of the yarn, which is coming from the skein of yarn. So, you're gonna use both of these ends when you're casting-on. You're gonna take your left-hand, and put it in-between the two strands of yarn, keeping the tail-end on this side, put your thumb and your index finger through these two strands- Just like that. Now, you're going to turn your thumb, and with the right-hand needle inserted into the loop under your thumb, and then grab the loop from your index finger, and pull it through and tighten. It may seem a little awkward at first, but once you learn it, you can actually do it pretty quickly. You do it again- Under the strand on your thumb, grab the tail from the index finger, and pull it through. I now have three stitched on my needle. Under the thumb, grab that strand, pull it through, and tighten. Try not to tighten too much, because then if you do, that first row is going to be a little difficult to go through. Under the thumb, through the loop, and pull. And if you drop it for any reason, just make sure that the tail-end is on the outside, and the working yarn is on the inside. So, put your fingers through, like that- Kind of making a triangle. Under the thumb, through the

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strand, and pull. So, I have 1-2-3-4-5-6. 7... 8... 9... 10... 11... 12... 13... 14... and 15. Remember to always measure your tail-end because the worst thing is when you're casting on maybe 40 or 50 stitches and your tail isn't long enough, and you get to the end and you don't have enough of that tail to finish casting-on, and then you have to rip it all out. So, take the time to measure it beforehand. There are two different styles of knitting- There's the American or English method, in which you throw the yarn with your right-hand, or the Continental method, where the yarn is in your left-hand, and you're kind of picking- they call it "picking." We're gonna start first with the English or American style. I've turned my work so the stitches are now on my left needle, and I pick up the empty needle, and hold it with my right hand. Make sure that this tail-end gets out of the way. You don't want to use this tail end, because if you do, you'll get to the end of the row, and you won't have enough yarn left. That's a common mistake for beginning knitters, even for people who have been knitting forever, such as me, I happen to do that every once in awhile. So, I've got my tail-end out of the way, and my working yarn to the back of the work. Now, you take the empty needle in your right hand, and the needle with the yarn in your left hand. You're going to insert the right needle from the front to the back, into the loop on that first stitch on the left needle. Now, you need to hold this working yarn, get that tail out of the way, in your right hand, some people, I like to wrap it around my pinky finger and then my index finger. You can do it any way you want until you get a feel for the yarn. So, you have the yarn in your right hand, and as I said, you throw it, we call it "throwing," but you're gonna wrap the yarn around from under and over the right needle. Now, grab that needle with your right hand, and pull that thread through, under the stitch on the left needle, and drop that stitch off the left needle- Like so. Sometimes you're gonna have to hold the needle with, both needles, with one hand. You wanna make sure those stitches don't fall off your needle. So, I've knit one stitch. Now, I'm going to go same way, front-to-back, into that loop on the needle, left needle, wrap the yarn around, over, bring it through, under, and off the needle. I like to use my fingers to kind of push the needle tip. And when you're knitting, the yarn is always at the back of your work. Insert front-to-back, wrap it around, from under, over, grab that right needle, pull it through, and then slide that stitch off the left needle. You continue across the entire row. Don't worry about how fast or slow you're knitting. Once you practice, you'll get into your own rhythm. And here I am in the very last stitch on the left needle. So, I'll knit that last stitch, and drop it off. Now, I'm ready for the second row, and I'm going to knit that second row, as I mentioned before, that is called "Garter stitch." So, you turn the work, place the needle with the stitches in your left hand, and you'll see the little bumps there, and pick up the empty needle in your right hand. Before you do that, I want to show you another common mistake that people do. You see how the yarn is now in the front of the work? And it needs to be in the back of the work when you're knitting. So, I common mistake is people will bring the yarn over the top, like this- And you see what happens? It creates two loops out of one stitch. So, people would knit into both of those loops- Into that loop and into that loop. And inadvertently, there'd be increasing at that side-edge. I used to do that all the time when I was beginning to knit, and I never understood why. So, make sure the yarn begins at the front of the work. And when you bring it around, you bring it under the needle to work the first stitch on the next row. Pick up the empty needle with your right hand, and just as you did the row before, insert from front to back into that loop, grab the yarn with your right hand, around, through, and off. Now, also make sure- You see there's this little bump here, make sure that the stitch you're going into, is above this bump. You don't want to go into the bump, you want to go into the loop right above that bump. Make sure that's the loop you're going into. You might want to pull the work down a little bit if you can't see it too well. If it seems like you're struggling to get that needle through the stitch,

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you're probably knitting a little tight. So, try a larger needle- That might help a lot. I'm at the end of the row now. I'm going to turn and work the next row, and this time show you the Continental method. The Continental method differs from the English, or American method, in that you hold the yarn in your left hand. So, now we're going to move the ball over to this side, because the yarn is coming from your left hand. It's just a little easier to have it on the other side. So, remember to keep that yarn, that first yarn, underneath, bring it underneath the needle, not over. Grab the yarn with your left hand, in any way you feel comfortable. Insert the needle the same way, from front-to-back, into that first stitch. Now, I mentioned that we call this picking because what you really need to do, you're not throwing the yarn around the needle, you're kind of just, pick it up with the left needle. I use my right hand to hold it in place, and pull the yarn through and then slip it off the needle. So, let's do that again. Make sure that the yarn is always at the back. Insert front-to-back. You can use your index finger to wrap it, if you want. Hold it with your right index finger. Pull it through, and off. Back-to-front, pick it up, pull it through, and off. Sometimes it has a tendency to fall to the front, that yarn, and make sure it always goes to the back. Insert front-to-back, grab that yarn, pull it through, and off. I usually like to teach left-handed knitters this way of knitting because they're more comfortable with their left hand. And you continue this way across the entire row. It's a common debate that Continental is faster than English knitting. My preferred method is the English or British method, and I challenge any Continental knitter to prove me wrong. Go ahead and continue knitting every row, and practicing your Garter stitch, then you'll have a completed swatch.

Binding off and weaving in ends
- Once you've finished all of your knitting, whether it be a swatch, a scarf, the back of a sweater, you need to finish the piece. We call that binding off in knitting. Here we have the last row which is going to be the bind off row. Knit the first stitch on the left needle as you have before. You always have to knit at least two stitches. So you knit one, two. Now once you have the two stitches on your needle, you're going to with the tip of the left hand needle gran that stitch on the outside and pull it off and over the second stitch. You have one stitch bound off. Let's try that again. Knit the next stitch. Two stitches on the needle. Using the tip of your left needle, grab that outside stitch pull it off and over that stitch. You have two stitches bound off. You continue in that way through the entire row. Sometimes you might want to hold this stitch in place. You don't want that stitch to fall off the right needle. When the instructions say to bind off knit wise or bind off in knit, that means you're knitting all the stitches while you're binding them off. I'm at the end of the row now. There's only one stitch remaining on the left needle. I'm going to knit that last stitch. Pass the second stitch over it. Now you have one stitch left on you right hand needle. What you need to do next is take your pair of scissors, cut the yarn leaving a few inches, not too many. Then open up this loop, take the yarn, the yarn end pull it through the loop and pull it tight to secure. That's called fastening off the last stitch. Now your piece is almost finished. One more thing left to do. Usually at the end of every instruction it will say weave in ends. Well, you know you always have some kind of ends hanging and you don't want to leave them hanging like that so you're going to have to sew them in. You don't want to have too long of an end. I'm just going to trim this a little bit. Then you pick up your darting needle, sewing needle. It's a yarn needle, it's called all different things. There are several types of needles. This one has a little curve on the end. I kind of like this one. You also need to determine what is the right side and the wrong side of your work. In garter stitch, it's actually a reversible stitch because it looks the same on both sides as you can see. What you need to determine is what you want to be your final edge. How you want it to look. Do you want it to look

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like this at the bottom? Or do you want it to look like this on the bottom? My preference is this side of the work. I kind of like that edge. It's really your preference. It doesn't matter. There's no right or wrong. So now I determined that this is my right side. I'm going to weave in my ends on the wrong side. I'll turn the work over. Take yarn in and thread it into the eye of the needle. You want to work into the loop of the stitch and in opposite directions. First, I went from bottom to top now I'm going to go from the top to the bottom. It's called weaving because you're going back and forth in different directions. That will keep your yarn in place and won't poke through to the right side. And you want to do that over several stitches. So here I've done it across the work but you can also do it along the side edge. So let's take this top strand and weave it into the side. There's kind of a little funny bump there so I wanna grab that end and pull it through. So weave it in too kind of helps you neaten up your work a little bit. So you can go into the side edge of the stitch but remember to go in opposite directions. And again, you do it along the side edge for about an inch or two. It should be invisible on the wrong side. Then you take your scissors and cut it very close to the edge. Just make sure you don't cut into the working fabric because if you cut that stitch, it would start unraveling. So make sure you have nice sharp tiny scissors. So you can see where the ends are woven in here. But when you turn it around, it's invisible.

Adding fringe

- You can add fringe to any project, such as the lower edge of a sweater or a scarf. And the best part, you don't have to plan for it. You can add it anytime you want. In order to make fringe, you need a crochet hook. About the same size as the needle that you were using to knit the swatch, as well as the yarn that you'd like to use for the fringe. The first step is to cut the yarn to the desired length. In this case, I cut them 10 inches long. And remember, that fringe length will actually be half that size because you're going to double it before you attach it. Now I'm using two strands for each fringe. You can use as many strands as you want. The more strands you use, the fuller the fringe. You want to place it evenly along the lower edge. Here I've placed it about every other stitch. So grab two strands of yarn, fold it in half, lay it down, take your crochet hook, and coming from behind, from the back to the front, insert your crochet hook where you want to attach that fringe. Then take the two strands of yarn, grab it with the hook, and pull those two strands through to the other side. Now you'll see there's a loop on your hook. You're going to wrap all of the four strands around that hook and pull it through that loop. All of them at one time. And then pull down to form the knot. Let's try that one more time for the last fringe. Insert the hook from behind into the corner, that very last stitch. Make sure that the yarn is folded in half. Draw the two strands through. Pull up a nice big loop. And gather all four strands, bringing it through the loop. You can use your fingers if you want. Pull them all through and tighten to form the knot. Now you'll notice that these ends are rather uneven, so if you're cutting your fringe to 12 inches, therefore you want your finished fringe to be about six inches, you need to cut it a little bit extra, probably more like 13 inches long instead of 12s because you'll take up some room by knotting it, as well as some of these ends will be a little uneven. So make sure you add a little extra, at least an inch extra to each strand. So you want to trim off the ends to make them even. So I turn it this way. And you can even get something like this stitch gauge and kind of hold it down to make sure they're nice and even. Take your scissors and cut away. And even it up a little bit. I didn't get all of those small ends. It doesn't have to be absolutely perfect, but you want 'em to be about the same length. And there you have your finished fringe.

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Reading a pattern
- Once you've learned the basics of knitting, you'll eventually come upon a knitting pattern, I have one here for a beginner knitter, so I'm just gonna walk you through this pattern. It's really not that hard, it's really quite easy, so here we have a fringe scarf and at the top, we talk about the stitches that you need to know. It says, stitches used, here we have the knit stitch, this is the only stitch you need to know in order to make this pattern. Next, they give you the size, it says, about seven by 60 inches, also gives the centimeter conversion, so that means, when you're finished knitting your scarf, it should be seven inches wide by 60 inches long. Next, we have the skill level, you noticed these four bars here, only one of them is black and dim, that stands for the beginner, it means that this is a beginner pattern, so somebody who's brand new to knitting, can certainly work this pattern. Following are the supplies, these are the things that you will need in order to make this pattern. It tells you, two balls and gives you very specific, the name of the yarn, the company, the color. Again, we talked about substituting yarns, over here, is that little yarn ball with the number four in it, called, medium weight yarn, so if you can't find this yarn, you wanna use a different one, just make sure that you find a yarn that's labeled with the number four. And here it says, color a, that's because in this particular pattern, we have a scarf and the fringe is a different color, so we're referring to color a. Then, we have color b and here they've talked about the second color used for the fringe. So this is optional, if you wanna put the fringe on fine, if you don't, you don't have to. Most importantly, are the size needles that you need. Here they give the recommended size 11, that's a US 11 or eight millimeter knitting needles and it should be one pair, you need two needles to knit. The crochet hook is really optional, it's just if you wanna attach the fringe or not. And of course, the yarn needle as I showed you before, is for weaving in your hands. Then we come to that gauge, that most important gauge, 12 stitches equals about four inches or 10 centimeters, in garter stitch, knit every row. So when you're making your gauge swatch, you're going to start with a size 11 needle, cast on 12 stitches and knit for four inches and measure across to make sure that that gauge measures four inches or that your swatch actually measures four inches. In every single knitting pattern, you'll have some sort of abbreviations and that's just to make it less tedious to read. There are only abbreviations in this particular pattern, the first one being, st(s), which stands for stitch or stitches. A equals color A and B equals color B. And now for the real meat of the instructions. With A, meaning with color A, cast on 22 stitches. So I showed you the long tail method, you will cast on 22 stitches. Work in garter stitch, in case you don't remember that means, knit every row, so they've explained that out again. Until only about one yard, one meter of yarn remains. At that point, you should have approximately 60 inches in length for your scarf. Now, you can always make it shorter if you want, but if you wanted to make it longer, then you would have to buy another skein of yarn. Once you have your desired length, you're gonna bind off all of your stitches. It doesn't say all of the stitches, but it implies, bind off all stitches. And the only thing left to do, is to weave in your ends, unless of course, you wanna attach some fringe, in which case, it tells you how long to cut the fringe and how to fringe it. Knitting a garter stitch scarf, is the perfect first project, once you have the knitting basics under your belt.

Chapter 2 - Advanced Beginner Techniques
Overview
- Hi, I'm Carla Scott, I've been knitting almost all my life. I started knitting at the age of seven and have been doing it ever since. What I find really cool about knitting is that there are really just two basic stitches, knit and pearl. There is so much you can do with those two stitches, and I'm gonna

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walk you through those basics. I'll show you knitting and pearling in both the English and continental style. I'll show you how to alternate knit and pearl stitches to create stockinette stitch and ribbing. I'll talk about how to increase and decrease and stay into pattern. We'll cover how to change colors, how to fix a drop stitch, and finally, how to bind off in pattern. With just the basics of how to knit and pearl there are endless patterns that you can make. (soft rock music)

Materials
- You can use any yarn to follow along. I have chosen a worsted weight yarn, which is a size four yarn as you can see here on the label, it shows a little yarn ball with the number four inside the ball, and that's a medium weight yarn next to it, it shows the gauge which we're going to talk about a little later, this calls for 20 S, which stands for stitches and 26 R, which stands for rows will equal four inches square and it suggesting a US seven needle. Therefore, I've chosen a pair of size seven needles to match the yarn weight. You'll also need a pair of scissors. A yarn needle, sometimes called a darning needle. A crochet hook which will need for picking up stitches and you should try to use a hook approximately the same size as your needle, this is a size seven needle and a size seven hook and for measuring gauge you can use this stitch gauge or a tape measure.

Making a gauge swatch with Garter Stitch edges
- Understanding gauge is a key component to knitting. What is gauge? Gauge is the number of stitches and rows per inch. Most gauges are given over four inch a square. That means four inches across in stitches and four inches high in rows. So when you're making your gauge swatch, you check your pattern, or perhaps it's on the ballband of the skein that you're using. And it will tell you 20 stitches and 26 rows equal four inches, which is the gauge for this particular yarn. You'll notice that what I've done is I've added one stitch in garter stitch, and garter stitch is knit every row along the edge, as well as at the top and bottom a few rows of garter stitch. It just creates a framework with which to measure your swatch. You can also add two garter stitches either side, which makes it just a touch easier to measure. So within these garter stitches, on the outside edges, you will have 20 rows this way across, and 26 rows high. The ballband for the yarn that I was using recommended a seven needle, so I started with a size seven needle and I cast on 20 stitches plus one extra stitch each side for this swatch, making it 22. So I cast on my 22 stitches, knit two rows of garter, then I worked in stockinette, which you're going to learn, it's knit one row per one row, for a total of 26 rows. Do two more rows of garter stitch and bind off. The next thing to do is to take your stitch gauge, or tape measure, whichever you prefer, lay it down, always on a flat surface. Don't try to do it on your lap, or on a pillow, something-- A flat table is the best way to measure, and you're going measure across in between those garter stitches. You can see the garter stitches have little bumps versus the V's of the stockinette. And there you go, it measures exactly four inches. Perfect. So now let me try the rows. You just take your little gauge in the opposite direction and you measure from garter edge to garter edge. And in this case, a perfect four inches. With that in mind, I can now start my project. However, not everyone gets the gauge the first time around. Lets say you made your swatch with your extra garter stitches either side and when you measure it, it measures four and a half inches instead of four inches. That means you're probably knitting a little too loosely. So what do you do? It's an easy fix. Just go down one or two needle sizes. For example, I used a seven on this. Someone else might take a seven needle and come up with four and a half inches. So they are gonna have to go down to a size six, maybe even a size five. So I would start with one size smaller, knit another swatch. You may think this is tedious and boring, but it actually is really important and

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it gets you more practice. If you can get it on a six, that's great, but if it's still a little big, go down to a five and make another swatch again. Vice versa, if your swatch is too small and it measures only three and a half or three and three quarter inches, and believe me, that quarter inch really makes a difference. Because when you're adding more stitches, especially on a garment, it's going to get bigger and bigger. So even a quarter inch off is too much. Your swatch is now three and three quarters, not quite four, you're knitting a little tightly. So you wanna loosen up a bit. And either you can loosen up your gauge, but the better thing is to go to the next size needle up. So maybe it's a size 8, or maybe it's a size 9. So you just keep trying until you get right on gauge.

Cable cast on, knits, purls, and Stockinette Stitch
- I'm going to teach you how to do a cable cast on, which happens to be my favorite cast on and it's the one I use probably 90% of the time. There are quite a few different ways of casting on so you can certainly use whatever you're most comfortable with. As all cast on's, it starts with a slip knot. You wrap the yarn around your two right fingers, pull that loop through, and tighten that slip knot on the needle. Now place the needle with the slip knot in your left hand. The second cast on stitch, you already have one stitch, is going to be almost like knitting. Insert the needle from front to back, wrap the yarn around the needle, pull the loop through, and using the right needle, draw that yarn up, that loop up to be fairly big so that you can slip it now onto the left hand needle. Then give I just a little tug. Try not to keep it too tight because the next stitch, you're going to go in between these two stitches. So you're going to insert your needle in between the two stitches, wrap your yarn knit wise around the needle, pull it through, pull up a long loop, and slip it onto your left needle. You now have three stitches cast on. Once again, in between the two stitches, around, through, and on your left needle. And you continue this way until you have the desired number of stitches cast on. I love how neat and tidy this cable cast on looks. I have cast on 14 stitches on my left needle. Now I'm going to show you how to knit English or American style. That just means that you're going to be holding the yarn in your right hand. And you can wrap the yarn around your fingers however you feel comfortable. Everyone seems to have their own technique, whatever they feel good about. But the idea about wrapping it around your fingers gives you control of the yarn and controls your gauge or your tension, which means how tightly or loosely that you knit. You pick up the needle, the empty needle, insert it knit wise from front to back into the first stitch on the left hand needle. Gonna wrap the yarn around, under, over the needle, bring it through. Now you're going to drop that stitch off the left hand needle. You can use your left finger to kick it off there. Insert your needle into the next stitch, front to back, go under and around the right needle, bring that loop through, and drop it off the left needle. So if what you're doing is you're transferring the stitches from the left needle to the right needle. I'm going to continue knitting to the end of the row and then turn my work and show you how to pearl English style. Transfer the needle with the stitches to my left hand. Just make sure that you keep that tail end out of the way. Pearling is just the opposite of knitting, where normally your yarn is in the back. When you're knitting, it's in the front, when you're pearling. You're going to take the empty needle, and you're going to come in the opposite direction from the back to the front into the first stitch on the needle. You might have to hold that right needle with your left thumb to hold it in place for a minute. You're going to to wrap the yarn now over the top and around that right needle, pull that stitch through, drop the stitch off the left needle. This is a little more awkward than knitting, but just keep at it. Back to front, yarn over and around. I use my left thumb to push that needle through and off. Back to front, around, over and off. Front around, over and off. Believe me, when you get going, you're really going to have fun. It's so soothing and

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relaxing. Oops, I spit a stitch there, so just be careful. It's another thing to remember, that sometimes you can go into the middle of the yarn like I did just there. So let's take that off, do it again, make sure you get the whole piece of yarn around and off. I'm going to pearl to the end of the row and then I'm going to show you how to knit and pearl in the Continental method. So I'm going to transfer those stitches back to my left hand and because I'm going to be holding the yarn in my left hand, I'm going to move the ball over here. Pick up the empty needle. Find a way to hold the yarn with my left hand. We're starting with the knit row, insert the needle from front to back. This is also called picking, 'cause you're actually kind of picking up the stitch with that needle. Bring it through and off. Insert the needle front to back, grab that yarn with the needle. I like to hold it with my right hand, pull it through and off. Insert front to back, around and off. I like to teach left handed people the Continental version because holding the yarn in their left hand is a little more comfortable for them. I, myself am right handed so I prefer the English or the American method. To pearl using the Continental method, again, the yarn is in your left hand, insert the right needle from back to front, wrap the yarn around the needle, draw it through to the back and off. Into the next stitch, wrap your yarn around, pull it through and off. Back to front, wrap it around, pull it through and off. Back to front, wrap it around, pull it through and off. And again, you can hold that yarn, you'll find your comfort zone. Just keep trying. There is no wrong way to do it. We're going to pearl all the way to the end of the row. I've just completed four rows of stockinette stitch. That is, knit one row on the right side, pearl one row on the wrong side. And I did that twice. And this is what it looks like. You'll see this is the knit side or what we consider the right side. Each little stitch looks like a little V. When I turn it around, this is the pearl side and those are little bumps. So if you were to be working on stockinette stitch and you drop your knitting and you can't remember what row you're on, if you have the yarn here at the end and you see the V stitches or the smooth flat surface, you know you're going to knit that row. However, if the yarn were on this side and your yarn would have to have been over here, you would then pearl the row. So in this case, you're now getting ready to work another knit row.

Ribbing and Seed Stitch

- Now that you've learned how to alternate rows of knits and purls, I'm going to show you how to alternate stitches. Knit one, purl one ribbing is going to be the first stitch. The most basic and it's used in quite a few patterns. I'm gonna knit the first stitch, as I normally would, with the yarn at the back. Now I'm going to purl the next stitch, but you need to have your yarn in the front in order to purl, so I'm gonna bring my yarn between the needles, around to the front. Make sure that you don't go around to the front like that, because then you will actually make a new stitch. So you wanna come in between the two needles, yarn to the front, and purl a stitch. Now you need to move your yarn to the back. Once again, make sure it goes in between the needles, not over the needle, in between, very important. And knit the next stitch. What you're doing is alternating one knit stitch with one purl stitch. So you're constantly having to move your yarn from the back to the front, always going in between. Very important to remember that. Knit one, purl one. Sometimes I don't even take that stitch off, I just bring my yarn to the back and let the yarn slip it off. Knit one, purl one, the whole way across. Knit one, purl one. Knit one, purl one. So you've finished with a purl one, you began with a knit one and you finished with a purl one. So now you're gonna turn your work. Some patterns will say knit the knit stitches and purl the purl stitches. I'm going to show you what that means. Let's look at the stitches on the needle, pulling the fabric down. You see that first stitch is looking like a V and I've mentioned that the Vs are knit stitches and the little bumps are purl

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stitches. Therefore, that first stitch, because it's shaped like a V, is going to be a knit stitch. So you're going to knit that stitch. The next stitch is a purl. I'm gonna purl that stitch. Knit that V, purl the bump. Knit the V, if you can't tell, you can pull on the fabric a little bit. Knit the V, purl the bump. And you continue that the whole way across the row. I'm gonna do a few more rows so that you can see what the knit one, purl one rib looks like. Here you have four rows in the knit one, purl one rib. You can see it differs from the stockinette stitch. It's a little more raised, a little more textured and it has a lot more give. You can pull it. That's why a lot of times, knitting patterns will have ribbing at the bottom, because it has nice elasticity. Now I'm going to show you how you can take that same knit one, purl one alternating and make it into seed stitch. So in this case, you're gonna purl the knits and knit the purls. And a lot of people find that really confusing, but just think about it. You're gonna purl the knit stitches and knit the purl stitches. Here's the first stitch. It happens to be a V stitch, which is a knit stitch. But the instructions say to purl the knit stitches. This is a knit stitch, you're going to purl it, instead of knit it, just the opposite. So you purl that stitch. The next stitch, a little bump, is a purl stitch. You're gonna knit that. So it really is just the opposite of what you did before. You're gonna purl every knit stitch. Remember to always bring that yarn between the needles. And knit every purl stitch. And you continue alternating that way across the row. I'll do a few more rows of seed stitch and you'll see how that differs from the knit one, purl one rib. Here you have four rows of seed stitch. As you can see, it's much different than the knit one, purl one rib. It looks like little seeds, which is apparently why they call it seed stitch and it's not quite as stretchy or elastic as the knit one, purl one rib. But it does make a really pretty border.

Adding color, increasing, decreasing, and picking up dropped stitches
- I've knit another swatch here, and this swatch shows a different type of rib. It's three by three rib, which is alternating three knits and three purls. This rib is a great stitch to use for maybe something like a hat or a scarf. It's reversible, it looks the same on both sides. And I've also added a color change, so I thought I'd show you how to change colors, as well. I'm ready to work another pink stripe, so let me get my pink yarn. And let's see, at the beginning here, I actually have two knit stitches, so I'm going to start my first stitch as a knit stitch. I simply take my pink yarn, first I insert the needle knit-wise into the stitch, and I just grab the pink yarn, leaving a little bit of a tail, and wrap it around the needle like that and pull it through. Now, you see what happens with that stitch, it gets really loose, so what I like to do is drop it and take those two strands, the old strand and the new strand, and just tie a loose knot, just for now. You'll unknot it when you're getting ready to weave in your ends, but that just keeps the stitch in place. Okay? Now, you're gonna do one more knit stitch using the pink yarn. Make sure that tail end is out of the way. And knit. So we're just knitting the knits and purling the purls using the pink yarn. Now, I'm coming on three purl bumps, so I'm gonna purl three stitches. One. Two. Three. When you're switching from the knits to the purls on a ribbing, it's a good idea to pull a little tightly on the working yarn. That will avoid a big gap between the knits and the purls. So you're gonna pull a little tightly on that working yarn before you work the next knit stitch. And again, when you're transferring from a knit to a purl, bring the yarn to the front, purl the stitch, and pull a little tightly on the working yarn. That will give you a smooth transition between the knits and the purls. Pull a little tightly, and continue. I knit a few more rows in the knit three, purl three rib in the pink. Now, I'm going to show you the basic increase and decrease. Many patterns, when it comes to shaping, whether it be armholes, shoulders, increases into the sleeve, will just say, "Increase one stitch each side," or "Decrease each stitch one side," but they don't tell you exactly how to do it. I'm gonna show you the most basic way, and that one is knit

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into the front and back of stitch. So here we have the beginning of the row with two knit stitches and because this pattern is a knit three, purl three rib, in order to work the increase into the pattern, you would want to add one knit stitch here. And then you would have a knit three, purl three, knit three, purl three. So I knit the first stitch. And I always work that increase one stitch in from the edge. It just makes it easier when you're seaming and a little bit neater. So I've knit one stitch. Now I'm going to work my increase into this next stitch. I'm going to start a knit stitch, wrapping the yarn around, bringing it through, but I'm not gonna drop that stitch off the needle, yet. I'm going to move my right needle from behind, and I'm going to work into the back loop of that stitch and knit it. So I'll pull the yarn through and off the needle. And there you have two stitches made out of one. And I would continue to the end of the row. I'm now at the end of the row. And as I said, I like to increase one stitch in from the edge, so I've knit to the last two stitches on the left-hand needle. It's this stitch here, the second stitch from the end, in which I'm going to increase. So I'll knit into the front, bring that needle around, and knit into the back loop, pull it through and off, and knit the last stitch. So I have now increased one stitch each side of the row. And each of those stitches were increased as a knit stitch, so I'll now begin the row with a knit three and end with a knit three. Just as you would increase at the beginning and end, many times you also have to decrease at the beginning and the end of a row. On this row, I'm gonna show two basic decreases, a purl two together and a knit two together. Sometimes in the instructions, they will tell you to decrease within the edge. So I'm going to work up to a set of knit stitches. Purl three. Whoops. Bring the yarn to the back. Now, the instructions will say, "Knit two together" or "k2tog," so what you're going to do is take your right needle, skip that first stitch, insert it into the second stitch, knit-wise, and into the first stitch, as well. So you have both of those loops onto the needle. Wrap the yarn knit-wise around the needle, pull the yarn through, and slip them off the left needle. And there you have a knit two together. Let's see what a purl two together is like. Now, I'm at the next set of purl stitches, so bring the yarn to the front, and just as you did with the knit stitches, you're going to purl two stitches together, but this time, you're gonna start with the first stitch because you're coming from behind. So you insert that right needle from behind into the first stitch and into the second stitch. Make sure that yarn is in the front. Wrap it around purl-wise, pull it through, and bring those two stitches off the needle. You have now decreased one knit stitch and one purl stitch. So where you had three knit stitches, you now only have two. And where you had three purl stitches, you now have two. So what happens when you drop a stitch? I'm gonna show you how you can fix that pretty easily. Okay, so I'm knitting along, and everything's fine, but, oops, I come to a stitch, and oh, my gosh, I dropped it. You can see that it's fallen off and it's starting to unravel. Perhaps you didn't notice it the row before, and when you get to it, you see this awful thing, looking here, this stitch that's dropped, and these loops. And oh, my gosh, what do you do? Well, you don't have to rip it all the way back. One could do that if you really wanted to, but it's a simple solution. All you need is a crochet hook about the size, or perhaps a little smaller, of the needle that you're using. I'm using a seven, and here this is a seven crochet hook, so this should work just fine. So I want you to pull up that loop with your finger and insert it onto the hook like that. Even if you've never crocheted before, it really doesn't matter. The hook is just a tool. Think of this hook as another knitting needle. Now look behind, and you see you have two horizontal strands there. What you need to do is, the strand directly above is the first row that you're gonna work, so you're gonna insert that hook underneath the strand and pull it through the loop on the hook. Look at that, it makes another knit stitch. Just do the same thing with that second strand, and using a crochet hook makes it really easy. And lift it up. And there you have your picked-up stitch. Simply slip it to the left needle, and there you go. You can continue knitting as

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usual.

Binding off and weaving in ends
- When you're ready to finish your project you have to bind off, that's what we call it in knitting, and in some countries like England they call it cast off. Many patterns will say bind off in pattern, so I'm gunna show you on this rib swatch, how to bind off in ribbing. And what that really means is when you're binding off you're going to knit the stitches as they appear or pearl them before you bind off. You always work one stitch while binding off. So in this case I knit the first stitch and here I have another knit stitch, so I knit it. I have two stitches on my needle and binding off you pass that second stitch, over and off the first stitch. And you have one stitch bound off. Look at your row again, I have little V stitch which means it's a knit stitch, I'm going to knit it. And pass that second stitch over the first stitch and off. Now I'm coming to a pearl stitch, so that means I Need to bring my yarn to the front, and pearl it. And this time I go from behind, because my yarn's in the front here. I go behind and pull that stitch over the first stitch, another pearl stitch, and off. One more pearl stitch, and off, back to the knit stitch. Yarn between the needles to the front, knit, and off. So it's really quite easy, you just have to keep looking down at your work to check to see whether you're knitting or pearling that stitch. And the reason they want you to bind off in pattern is it gives it much smoother edge, especially in ribbing because ribbing has a tendency to be elastic, and if you bind off knit wise, your stitches are going to be very tight, but if you're binding off as knits and pearls, you have a little more elasticity. Here I am at the last two stitches, I'm gunna pass that last stitch over, and you have one stitch left, you have fasten off this last stitch, pull up a loop, get your scissors, cut an end not to short, not too long, because you have to weave that end in. You're just gunna draw that end through the loop and pull it tight. And there you have fastened off the last stitch. Now you wanna weave in your ends, so you wanna do that on the wrong side of the row. Now what is the right and the wrong side, normally the instructions will tell you row one right side, and you'll know that's the right side if you wanna place a marker you can. I like to look on the cast on the edge, in this case, there's no real right or wrong because it's a reversible pattern, this knit two pearl two rib. So you can choose whichever you'd like, I prefer this side to be the wrong side, I mean the right side, so I'm gunna turn my swatch and weave in my ends on the wrong side. If you remember when we were changing colors I tied these two together, just in one single knot, so that they wouldn't unravel, so you wanna untie those, here's your yarn needle. You really don't want knots in your knitting if you can help it. So you wanna untie that knot, and there you have your single strands. So first I'll use the pink yarn, and I'm gunna weave it into the pink stitches. Thread your needle. There are a couple of ways that you can weave them in. You can weave them along the side edge, which is the edge that will be seemed. So what you wanna do is go through the stitch from underneath, and then back down from behind, just make sure you go in a couple of different directions. And, it doesn't really matter too much which stitch you go into, just make sure it's on the inside so that it won't show, on the other side, and once you've done it over several stitches, so you take your scissors, make sure they're sharp, I like the little small scissors and cut as close as you can to the fabric and just don't cut any of those stitches, and then you have an end, that won't show up on the right side. With the gray tail, I'll show you how you go along the row. Thread the needle, insert from below, then you wanna go down from above. Now I'm gunna go into the stitch, into the pearl stitch here, just up into one loop, and down into another. Up into one loop, and down into another, and you just do this over several stitches. Just make sure that it's not pulling. And take that, your scissors and cut, and there you've woven in the gray thread. Weaving in ends is a very

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important part of finishing especially when you're working with more than one color. Before you go to seeming, it's best to weave in all of your ends on the wrong side, so you have a nice neat fabric to work with and a nice smooth edge. You may want to leave your tail end from the cast on edge, that's a good idea to not weave that in because you can use that for your seeming.

Seaming
- After you've woven all your ends in, you may have to do some seaming. Maybe it's the back seam of a hat, maybe it's the side seam of a sweater. So I'm going to show you the mattress stitch. Normally you will use the tail end to seam, but I've used a contrasting thread just to make it easier for you to see. You lay your two pieces together with the right sides facing. In this case, we have two knit stitches on either side. As you can see here, the end stitch on both sides is a little funky-looking, so we want to get rid of that stitch. So, first you want to get your two ends joined. So just insert your needle into the very outer edge stitch. Now you're going to go back and forth between the stitches. You take your needle and insert it into the horizontal strand right inside of this edge stitch. So you see, you have one full knit stitch there, and here you have your edge stitch. And pull that yarn through. Pull it a little tightly. Then go on the opposite side, one stitch in, you have one knit stitch there, and go into that, find that horizontal strand between the last stitch and the next stitch, and pull it through. And then pull a little bit to tighten up the seam. Continue the whole way up the seam, grabbing the stitch on one side, and then on the other side. This is called mattress stitch. And you see when I pull them together, that gray yarn almost disappears. It's practically invisible. One side, and then the other side. So when you have the seam together, it looks as if you have two knit stitches together. On the right side, you won't see any seam at all. Once you've finished all your seaming, cut your yarn and weave in the ends on the wrong side.

Making pom poms
- Sometimes when you're knitting, you need to make a pom-pom. I'm going to show you how to make a two-colored pom-pom. What you need are two different colors of yarn, a pair of scissors, and your hand. To make a standard size pom-pom, you should wrap the yarn around your hand at least a hundred times, but because I'm using two different colors, I'm going to wrap it half that amount and 50 times. You're gonna take the yarn, both one strand of each color, and wrap it around all four fingers of your left hand, kind of open your fingers a little bit so that the pom-pom's nice and big, and you keep wrapping it around your hand, 50 times or so. The more wraps you make it the fluffier the pom-pom will be, but it's best to do it at least 50 times using two colors or a hundred times using one color, and just keep wrapping. So, I've wrapped the yarn, 50 times around, and now you wanna cut the ends, just like that. So you have two ends hanging down there. You want to cut another strange of yard, and cut it a nice length, maybe about 12-15 inches long, and lay that down on the table. Take this carefully off your hand, and you have a nice bundle of yarn there. This extra yarn, lay it on top of the center of this extra yarn, and you're gonna tie this into a very, very tight knot. As tight as you can, and you're gonna tie it a couple of times. Think about wrapping a present. Get that as tight as you possibly can, knot it three or four times, and the reason that you want this strand to be long, is that this is what you will use, this end will be what you use to attach it, whether it be the top of a hat, or a sweater, wherever you're going to place the pom-pom. Alright, now you know that those knots are nice and secure. Keep that tail end out of the way, and then next thing you need are very sharp scissors, and you're going to on either side of that center tie, you're gonna put the scissors through these loops here, and cut all the way around. Just like that, don't be afraid,

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it's actually kinda fun. It's like cutting hair. All the way around. Make sure, start fluff it out a bit, make sure you got all of those loops cut, there's a few I missed here, and it looks a little scraggly, but don't worry, we're gonna trim it later. Then let's go to the other side. Keep that extra strand handy to sew on and get your scissors right in the middle of those loops, and cut. Fluff it all out, get those loops all cut. You should probably put something on the table to catch all the little bits of fuzz that fall off as you're trimming your pom-pom. These two ends here, they were from the beginning, when you first wrapped, so you wanna cut those. And just keep trimming all the way around to make it nice and even. I have a finished one right here, and here's what this would look like. There are lots of things you can do with your finished pom-pom. You can attach it to the top of a hat, or to the bottom of a scarf. You can make them smaller by wrapping it over only two fingers instead of four, or you can add them add them as an accent to a bag. They're really fun to make.

Reading a pattern
- I'm going to walk you through an easy pattern. As you can see here, this pattern is labeled as an easy pattern. It has two bars filled in, in black. That represents easy. Here at the top, you see stitches used. The stitches that you need to use for this pattern. All you need to know is how to knit and to purl. The size, one size to fit an average adult. It lists your supplies, giving you the yarns. In this case it's a two color hat so they talk about color A and color B. The size needles that you need, which brings you to gauge, where you have the gauge 18 stitches and 24 rows to four inches in stocking stitch which is also known as stockinette stitch. Here is a list of abbreviations used in the pattern. Few things you learned today was the knit two together, K2 tog, which is knit two stitches together, it's a decrease. And P2 tog, or purl two stitches together. Another decrease. Once you're familiar with all the abbreviations you can go on to the main pattern. Here we start, with A cast on 91 stitches. A being color watermelon or whatever color you choose to be the main color. Cast on 91 stitches. First row. They're calling the first row here a wrong side row. And it reads K2 or knit two and then you see a little asterisk I like to call it a star. Purl three, knit three. I'm going to read it as if it was spelled out. So you have a star there, purl three knit three. And then an R-E-P which means repeat. Repeat from star, or asterisk, to last five stitches. That means that you continue to go back to the beginning of the star. So you're alternating purl three, knit three. Purl three, knit three the whole way across the row to the last five stitches. So you continue purl three, knit three until there are five stitches left on you left hand needle, and with those five stitches you work a purl three, knit two. And that's what that asterisk means. The second row reads very similarly. Purl two, star, knit three, purl three. In this case you're just knitting the knits and purling the purls. Repeat from star to last five stitches, knit three, purl two. So now you've formed your knit three, purl three rib and it will say repeat last two rows, meaning the first and second row. You keep alternating first and second row. For knit three, purl three ribbing until your work from beginning, that means from the cast on edge measures two inches. Or five centimeters. Ending on a wrong side row. That means that the last row you do will be a wrong side row. And then you break A. And you continue on working your knit three, purl three rib and changing colors as instructed. The next step is the top shaping. Here's where your knowledge of decreasing comes in. It's titled Shape Crown. We're going back to the first row because now you're starting decreasing. First row, right side. Remember you ended with a wrong side row so your next row is a right side row. It's K2, or knit two, there's the star again. Purl three, knit two together. That's where that decrease is. Knit one. Repeat from star to last five stitches. So you're gonna purl three, knit two together, knit one. Purl three, knit two together, knit one. Continue repeating those three steps to the last five stitches. Purl three, knit two. And here it

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gives you a stitch count. So it's good idea to make sure you did it correctly to count the stitches on your needle to make sure you did all the decreases that you should. The rest of the pattern includes finishing and how to make a pompom. You can see how combining knit and purl stitches can make all kinds of interesting stitches. Either a knit three, purl three rib like we showed you here, but you can also do a knit two, purl two. You can switch it up and do knit four, purl three. Really the combinations are endless. And we've also showed you how you can change colors to give a fun addition to the pattern.

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