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Phase 3
4-H Club Series L-94

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LET'S LEARN TO KNIT

~~DISCARD~~

with pick up stitches and buttonholes



Let's Learn to Knit - - With Pick Up Stitches and Buttonholes

Prepared by Mary F. Franklin, local volunteer 4-H leader; in cooperation with Ruth E. Brasher, state 4-H Extension agent; and the Knitting Advisory Committee made up of county Extension agents, local 4-H leaders, and older 4-H club members.

PHASE 3

Where to find	Page
Your guide for the project	1
Plan your project	1
Care of your sweaters	2
Improve your grooming	3
Care of your hair	3
Knitting tools and tips	3
Markers	3
How to measure your work	4
Joining new yarn by tying	4
Splicing yarn	4
Knitting skills	5
Casting on stitches in the middle of a garment	5
The "blind" method of increasing	5
Picking up stitches	6
Making a buttonhole	6
Blocking	7
Seams	7
Back stitch seam	7
Crocheted seam	8
Suggested patterns	9
Children's two-needle mittens	9
Raglan-sleeve cardigan—knit from top	10
Complete your record book	12
Show others what you have learned	12
Exhibits	12
Demonstrations	12
Are you ready for the next project?	12

(Many of the illustrations in the 4-H knitting project series are courtesy of the Educational Bureau, Coates & Clark, Inc.)

Read this book from cover to cover before you start your project.

Your Guide for the Project

This phase of the knitting project is for those of you who have learned the skills in Phases 1 and 2. You are now ready to add to your list of knitting skills, and perhaps tackle an article a little larger—such as a sweater.

What you will learn

1. To make a knitted buttonhole.
2. To pick up stitches.
3. To block a knitted garment.
4. To make a backstitch seam.
5. To make a crocheted seam.
6. To join yarn.
7. To care for knit articles.
8. To care for your hair.

What articles you will make

In this project you will make two or more small articles such as mittens, or one or more large articles such as a sweater that require the skills to be learned.

Study the guide for this project. Talk it over with your mother and leader. Your leader will help you decide what you should knit for this phase of the knitting project.

Perhaps your mother will go shopping with you and help you choose your yarn and needles if you do not have the size the project calls for. She might also like to help you choose a color—especially if you decide to make a sweater. Your mother will help you think about the clothes you have in your wardrobe and those you are planning to purchase. These are important factors in choosing the color for a sweater.

Exhibit your work

You may exhibit any two small articles or one large article.

Add to your 4-H record book

Your county Extension agent or 4-H leader will give you a knitting record sheet and a sheet for your 4-H story for this year. Place them in front of last year's records. Keep your records up-to-date as you go. You may record the articles you make other than those that are required for your project.

Keep a record of the activities in which you participate (such as tours, demonstrations, judging, camps, and exhibits) for your permanent record.

Records are a part of our everyday life. Sometimes they don't seem too important, but as time goes by they become more important. Start now to keep good, meaningful records.

Demonstrate to your club

Give a demonstration at one of your club meetings. Show others what you have learned. Demonstrating helps you in many ways. It not only helps you in your project work, but it also gives you practice in the art of public speaking and poise.

Plan Your Project

Remember to purchase all of the yarn you will need to complete your project because colors vary between dye lots. It is much better to have a little yarn left over than to run out in the middle of your project.

For your "good grooming" lesson this year, learn to take proper care of your hair. Your hair makes a "frame" for your face. Make sure it is clean and shiny. Plan to study hair styles and the way that they affect your face.

In this phase you will find hints for caring for your sweaters—those you buy as well as those you knit.

Care of Your Sweaters

In a later phase of the knitting project you will learn to wash and block a knitted garment. The everyday care of your sweaters is very important to keep them looking “like new” and make them wear longer.

Sweaters should be folded neatly in a dresser drawer. They should not be hung on a hanger, because hanging causes them to pull out of shape.

To avoid a crease down the middle, fold your sweaters by these steps:

1. Lay the sweater on a clean, flat surface (table or bed) face down.
2. Fold the left side over about 3 inches from the outside edge.



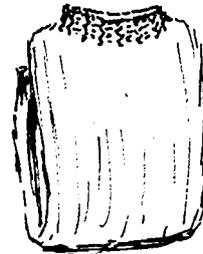
3. Now carefully fold the sleeve back to the left.



4. Next, fold the right side in the same manner.



5. Carefully bring the bottom half up over the top half, while you hold your hand in the middle to keep your sweater straight. Turn it over and see—no crease in the center!



You will find that sweaters folded in this manner take far less space in your drawer.

If you keep your sweaters in separate plastic bags, it will prevent them from picking up lint or “fuzz” from each other. This is especially important with white and very light colors.

Sweaters very often acquire little “fuzz balls” either from wear or after washing. You can purchase a fuzz remover from your dry cleaner or clothing store. If they do not have them in stock, ask them to order one for you, as they work very effectively and are easier to use than a wire brush.

Whether you use a fuzz remover or a brush to remove fuzz balls from your sweaters, brush very lightly since too much pressure will harm the fibers.

Improve Your Grooming

Care of your hair

Study the care of your hair for your good grooming lesson. Learn to comb, brush, shampoo, and arrange it. Invite a beautician or hair dresser in your community to talk at a club meeting. She will be glad to show you how to care for and style your hair. Have her show you how to make pin curls, waves, or rolls.

Shiny, clean-looking hair adds to your good looks. It shows the condition of your health. Poor health, lack of rest, or poor food can make your hair look dull. But more often, dull hair is due to lack of care. You can add to the luster of your hair by shampooing it often. Brushing will also add to its beauty.

Shampoo

The base of any good hair style is a good shampoo. There is no set time for a shampoo. Shampoo your hair when it is needed. You may want to shampoo it every five days, or more often if your hair is oily. Every week may be often enough if it is dry.

Use plenty of warm water and a good shampoo when you wash your hair. Shampoos are made for oily, normal, and dry hair. Ask the beautician which one is best for your hair. Rinse thoroughly to remove the shampoo and to add luster to your hair.

Style

Since your hair is a frame for your face, a nice arrangement adds to your good looks.



Hair worn in a simple style is easy to manage. Good hair styling is important. If your hair is shaped properly, it will take the shape of the cut. Your hair styling will then be beautiful and becoming.

Here is a trick for finding your hair style. When your hair is wet, mold it around your face and try several parts. Try curving your part, it is more interesting than a straight one. Always bring out your beauty spots. If you have a beautiful hair line, display it.

Hair is styled for the individual. Try new hair styles. Many styles are designed for girls your age.

Brush and comb

Brush regularly for stimulation and to cleanse your hair. Brush carefully—too vigorous brushing may break the ends of your hair. The same is true of combing.

To keep your brush and comb clean, make it a habit to wash them each time you shampoo your hair.

Knitting Tools and Tips

Before starting to knit, check your tools. You will need the same ones you had for Phases 1 and 2, plus any others the directions call for.

Be sure to review “good knitting habits” and “rules to remember before knitting” as outlined in Phase 2.

Markers

Markers are used as guides in knitting. Sometimes the directions call for them to be placed in your work as a guide in taking future measurements, or they may be placed on your needle between two stitches and slipped from one needle to the other to serve as a mark on preceding rows.

Horizontal markers

When the directions call for a marker to be placed in the work, use a small length of yarn of a sharply contrasting color; work this yarn along with the regular yarn for 3 or 4 stitches. Leave this marker in your work until it is completed (Fig. 1).

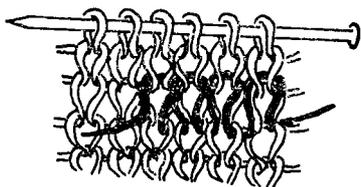


Figure 1

Vertical markers

These are the markers placed on your needle between stitches to use as guides in knitting. Ring markers (made of plastic or metal) are most useful, but if they are not available, you may use a long loop of yarn of a different color. Make a slip loop, leaving ends of about 2 inches. Place this loop on the right needle wherever called for. Slip from one needle to the other as the knitting progresses (Fig. 2).

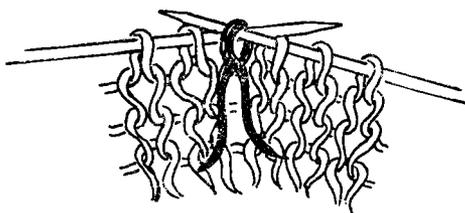


Figure 2

How to Measure Your Work

Often the directions will say to work so many inches and then do something, so it is necessary to measure your work. To do this, lay your work down on a flat surface with the needle at your left. Using a tape measure or ruler, place the end of the tape just under the needle and measure down to the starting point, or to the point indicated in the directions (Fig. 3).

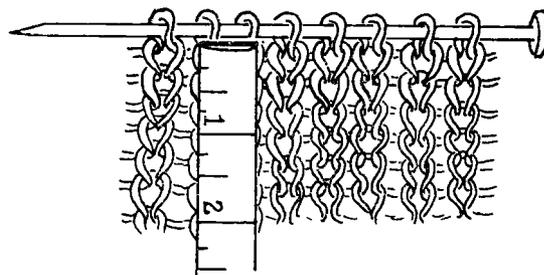


Figure 3

Do not stretch your knitting. Simply smooth your work out as it naturally would lie. Don't cheat yourself by trying to make your work measure more than it really does. You might only have to rip it and do it over again.

Joining New Yarn

Joining yarn by tying

When you have to attach a new ball of yarn to your work, it is best to attach the new yarn at the beginning of a row. Tie in a single knot around old yarn; then knit several stitches with new yarn. Pull up the old yarn so the first stitch is the same length as other stitches and knot again. When work is completed, weave both ends into the back of your work. If you tie knots in the body of your garment, they may later pull through to the right side and be very unsightly.

Splicing yarn

This method may be used on 4-ply yarn. You may splice other yarns but not by splitting.

You may join yarn by splicing anywhere in your work. If splicing is done carefully and properly, it is almost impossible to detect the join. To splice yarn, unravel the end of both pieces of yarn (the old and the new) for about 4 inches. Separate the threads and cut two of the 4-ply off about 3 inches from the end (Fig. 4).



Figure 4

Dampen the tips of all eight strands. Lay the strands of both pieces of yarn together; dovetail or roll them all together following the original twist of the yarn as much as possible (Fig. 5).



Figure 5

Knitting Skills

Casting on Stitches

In this phase you will learn another method of casting on stitches. When you are casting on stitches in the middle of a garment, two threads are not available, and it is necessary to use a method known as knitting on. When the directions tell you to cast on while you are making a garment, you must first turn your work. The right hand needle becomes the left hand needle and vice versa. The needle to which the yarn is attached is in the left hand. Insert the needle now in the right hand, into the stitch nearest the tip of the left hand needle (Fig 6).

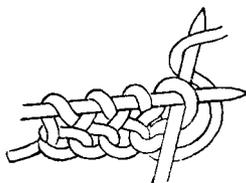


Figure 6

When a new stitch is drawn out (Fig. 7), do not pull the old stitch off the left needle. Instead, transfer the new stitch on the right hand needle onto the left hand needle (Fig. 8).

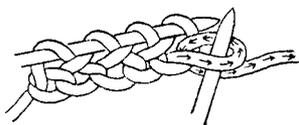


Figure 7

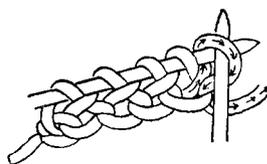


Figure 8

Make the next stitch in the stitch just completed. This process is continued until the required number of stitches is cast on. Then the work is turned again and the regular knitting is resumed.

Increasing

The increase stitch you learned in Phase 2 is the one you will use when your increase is on the edge of your garment or forms a part of the design of a garment. There are times when you do not want the increase to show, so let's learn to do a "blind" increase.

Just as in decreasing, an increase may be made to slant either to the left or to the right.

Blind increase slanting to the right

Work across the row to the point where the increase is to be made. Before working the increase, turn the work on the left hand needle slightly toward you so that you can see the *back* of the work over the top of the needle. Make your increase by inserting the right hand needle, from the top down, into the back of the stitch below the stitch on the left hand needle and knit this loop as a stitch. Now return the left hand needle to the proper position and knit the stitch on the needle (this is the stitch above the stitch the increase was worked in) in the usual way (Fig. 9).

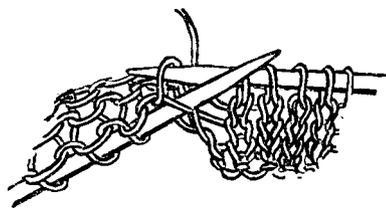


Figure 9

Blind increase slanting to the left

Work across the row to the point where the increase is to be made. Now with the left hand needle, from back to front of work, pick up the stitch just *below* the stitch just made on the right hand needle. This puts an extra stitch on the left hand needle; knit into the *back* of this added stitch for your increase stitch (Fig. 10).

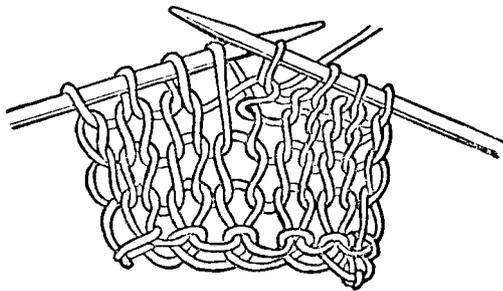


Figure 10

Picking up Stitches

Stitches are most frequently picked up along an edge of a piece already knitted, such as the neck and armhole edges of a sweater.

To pick up stitches, hold the work with the right side toward you. Hold the free end of a ball of yarn against the garment with the left hand until you get started. This loose end is afterwards fastened into the work and concealed.

Hold the needle and yarn in the right hand in the regular way. Work from right to left. Insert the needle into the first row in from the edge and knit stitches onto the right hand needle (Fig. 11). The directions



Figure 11

specify a number of stitches to be picked up. Make them fit into the space allotted.

When picking up the irregular edge formed by increases or decreases, be sure to insert your needle into every row, whether the knitting is tight or loose.

When picking up stitches at the armhole, work from front to back on left armhole and from back to front on right armhole.

Making a Buttonhole

Knit to the position for a buttonhole as specified in directions. Bind off three (or number called for) stitches and knit to end of row. Work next row in pattern as far as the bound-off stitches. Turn your work, cast on as many stitches as were bound off in the previous row (Fig. 12).



Figure 12

Complete the row. The finished buttonhole should look like the one in Figure 13.

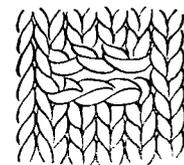


Figure 13

Most knitted buttonholes should be backed with pre-shrunk grosgrain ribbon and worked with a buttonhole stitch.

Blocking

When you finish knitting a garment, you should always block it before you join the seams. Blocking gives your knitted garment that smooth, finished look, and also makes it easier to join the seams.

The most common method of blocking is by using steam. With some yarns, such as mohair and "fur blends," you should never use heat. You will learn two methods of blocking in this project.

Blocking by steam

1. Place your garment on a flat padded surface with the right sides of garment together. Pin the edges to the measurements given in the directions; use rust-proof pins, about $\frac{1}{4}$ inch apart.

Note: If your garment is made in separate pieces such as back, front, and sleeves, two identical pieces should be blocked at the same time.

2. Place a damp cloth over the pieces already pinned; then steam with a hot iron by holding the iron just barely above the damp cloth.

3. Leave the garment pinned until thoroughly dry.

4. Remove pins and sew up seams by the desired method.

5. Steam seams on the wrong side.

Note: It is best never to block the ribbing of a garment.

Blocking with damp towels

This is the method found best for mohair, etc. When using this method you sew your seams *before* blocking.

1. Lay a damp towel on a flat surface. Shape the garment on the towel, using a tape measure and the measurements in your directions, to insure proper fit.

2. Avoid that "creased-in" look at seams and in sleeves by using lots of tissue paper, rolled and slightly crushed. Put it down the side seams, in the sleeves, and at the shoulder seams.

3. Cover with a damp towel and leave until all pieces are dry. Try to avoid covering ribbing.

Seams

In Phases 1 and 2 directions are given for joining knitted garments with a flat-overcast seam and a woven seam, both of which make a flat seam with no seam allowance.

In some cases a seam allowance is preferred, such as for a very loosely knitted fabric. In this phase you will find two ways of joining seams with a seam allowance.

Back stitch seam

1. Pin, then baste pieces to be joined together with edges even, right sides together with the wrong sides out.

2. Thread a tapestry needle with the same yarn used in the knitting. (If you have left a length of yarn on either piece long enough for your seam, use it.)

3. Sew seam with a back stitch about $\frac{1}{4}$ inch from edge (Fig. 14).

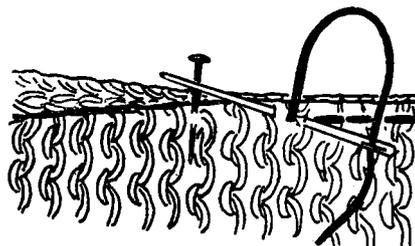


Figure 14

4. To make a back stitch, bring the needle out on the right side, insert it back to end of last stitch, then from wrong side bring needle out on right side in front of yarn. Repeat until you have the desired length of seam (Fig. 15).

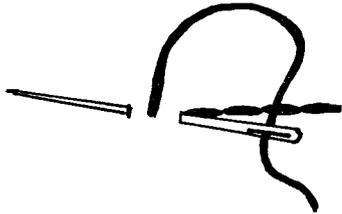


Figure 15

5. Do not pull stitches too tightly as your finished seam should have elasticity.

6. It is wise to check the right side of your work from time to time to insure neatness.

7. Steam seams open and flat.

Crocheted seam

Use the same yarn used to knit the garment and a crochet hook large enough not to split yarn, yet small enough to go through the stitches easily.

1. Hold the two pieces to be joined with right sides together, wrong side out, holding work in left hand.

2. Attach yarn on bottom piece; with crochet hook pull yarn through to top side with a slip loop.

3. Insert hook through first stitch of top piece (one stitch in from edge) and then through the corresponding stitch in the other piece. In other words, work into corresponding rows of knitting on either side. Catch yarn with hook, draw through both sides of work, and straight through slip loop on hook. Do the same thing in the next row of knitting, and repeat this procedure along the entire seam (Fig. 16).



Figure 16

This method of crocheting a seam gives slightly more elasticity and strength than a sewn seam.

Suggested Patterns

There are any number of things you can make that include picked up stitches and/or buttonholes. You may use any patterns you or your leader may have.

The two-needle mitten pattern included here is a very good basic mitten pattern. The mittens fit well, they are warm but not bulky,

and the pattern includes picked up stitches.

With the directions for the raglan-sleeve cardigan you can make several very different sweaters all using the same pattern, as directions for several variations are given. The sweater includes both picked up stitches and buttonholes.

Children's Classic Two-Needle Mittens

(Size 8 (10-12) years)

MATERIALS: 2 oz. 4-ply knitting worsted
1 pr. No. 4, 10-inch knitting needles.
2 stitch holders

GAUGE: 6½ sts = 1 inch

Right and left mitten: Cast on 34 (36-38) sts.

Work in ribbing of K 1, P 1, for 2½ (3-3) ins.

K 1 row, then P 1 row, for 4 rows. Start thumb gusset as follows:

Row 1: K 16 (17-18); inc¹ 1 st in each of next 2 sts; K remaining sts.

Row 2: And all even rows, purl.

Row 3: K 16 (17-18); inc 1 st in next st; K 2, inc 1 st in next st; K remaining sts.

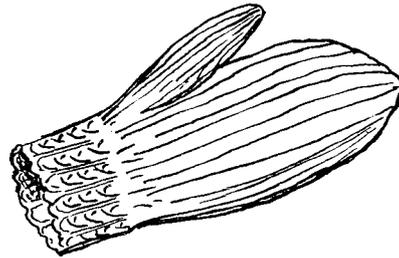
Row 5: K 16 (17-18); inc 1 st in next st; K 4; inc 1 st in next st; K remaining sts.

Continue increasing as given above until there are 10 sts between increases. Separate thumb from remainder of mitten as follows: K 17 (18-19); place on st-holder. K next 12 sts for thumb; place remaining sts on 2nd st-holder. Work even in stockinette st on the 12 thumb sts for 9 (11-13) rows. Decrease tip of thumb as follows:

Row 1: K 2 tog 6 times.

Row 2: P 2 tog 3 times. Draw remaining sts tog, and fasten off.

Place sts from first st-holder on needle. Attach yarn. Place sts from 2nd st-holder on left hand



needle and K them. Work back and forth in stockinette st for 2¾ (3-3½) ins.

Decrease tip of mitten as follows:

Row 1: *K 3, K 2 tog; repeat from * across row, ending K 4 for 8 yr. size (*K 3, K 2 tog; repeat from * ending K 1 for 10 yr. size and K 3 * K 2 tog, K 3; repeat from * for 12 yr. size).

Rows 2 and 4: Purl

Row 3: *K 2, K 2 tog; repeat from * across row for 8 yr. size. (10 yr. size end with K 1—12 yr. size end with K 3).

Row 5: *K 1, K 2 tog; repeat from * across row (10 yr. size K 1. *K 2 tog, K 1; repeat from * across row—12 yr. size * K 1, K 2 tog; repeat from *).

Row 6: P 2 tog 7 times (10 yr. P 2 tog 7 times, ending with P 1—12 yr. size P 2 tog 8 times).

Row 7: K 2 tog 3 times; K 1 (10 and 12 yrs. K 2 tog 4 times).

Draw remaining sts tog and fasten off. Sew side seams.

¹ Increase.

Raglan Sleeve Cardigan—Knit From Top

(Three quarter sleeves, fitted, waist length sweater with changes for coat sweater with collar.)

(Directions are for small size—medium and large sizes are in parentheses.)

MATERIALS: 10 (12-14) ounces 4-ply knitting worsted, or nylon wool Germantown worsted.

1 pr. No. 10 straight or jumper (14-inch or 16-inch needles, or circular needle) (jumper needles preferred)

1 pr. No. 3 needles

(1 pr. No. 6 needles for coat sweater)

GAUGE: 4 sts = 1 inch 5 rows = 1 inch

MEASUREMENTS: After blocking and before assembling:

Width across back at underarm: 17 (17½-18½) inches.

Width across front at underarm: 9½ (9¾-10¼) inches.

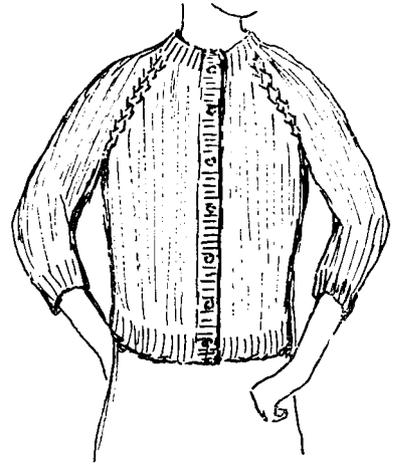
Depth of raglan: 10 (10¼-11) inches.

DIRECTIONS

Beginning at neck edge cast on 40 (42-44) sts on No. 10 needle, K 2, inc in next st, place marker (left front) K 1, (seam st), place marker, inc in next st, K 4, inc in next st, place marker (left sleeve) K 1, seam st, place marker, inc in next st, K 16 (18-20), inc in next st, place marker (back) K 1, (seam st), place marker, inc in next st, K 4, inc in next st, place marker (right sleeve) K 1, seam st, place marker, inc in next st, K 2, (right front)—48 (50-52) sts.

Purl back. (Increase on K rows only.) Inc in the very first st, and inc before first marker and after second marker (each group of two markers is on sleeve seam) and inc in the last st. Purl back.

Continue in this manner—increasing the 8 sts at the markers and one on each front until you have 12 sts on each front. Cast on 5 (7-9) sts at the beginning of the next 2 rows and knit the first 5 sts on each front from now on in garter st.



Make the first buttonhole on the right front on the 4th row of garter st. To make buttonholes: With wrong side of work toward you, K 2 sts, thread over K 2 tog, K 1, P across to left front border sts, K 5. On next row the thread over st is K as a st. Buttonholes are approximately 2 inches apart. Continue in this manner, increasing 8 sts at the seams until there are 250 (264-280) sts containing the following: (ending in P row)

For small size: 36 front sts—54 sleeve sts—66 back sts—4 seam sts.

For med. size: 39 front sts—56 sleeve sts—70 back sts—4 seam sts.

For large size: 43 front sts—60 sleeve sts—74 back sts—4 seam sts.

SLEEVES: K 35 (38-42) inc in next st and place these 36 (40-44) sts on holder. K seam st inc in next st, K across sleeve sts inc in next to last st and K seam st. Slip remaining sts on

holder. Work back and forth in stockinette st for 1½ inches; then dec 1 st each side, then every 6th row until * approximately 8 inches, * then dec 1 st at each side every 4th row 4 times. Change to No. 3 needles and K 1, P 1, for 1 inch, bind off in ribbing. Take up right sleeve sts from stitch holder, work to correspond with left sleeve * (for long sleeves—approximately 14 inches or desired length before adding ribbing), change to No. 3 needles and work in ribbing for 2 inches, bind off in ribbing.

BODY: Slip 36 (40-44) sts of left front on needle, place marker, put remaining body sts on needle, join yarn, inc in 1st of back sts and work across back sts and inc in last st of back sts, place marker, inc in 1st st of front and work across rest of front sts. Work back and forth for 7 rows (ending with P row).

On next row dec 1 st before and after each marker (4 decreases). Decreases are made on every 6th row from now on (knit row) for 6 more decreases or desired length.

Change to No. 3 needles and work 1 inch ribbing of K 1, P 1, bind off loosely in ribbing, keeping 5 border sts in garter st and planning for button-hole ½ inch from bottom.

NECK: With No. 3 needles and right side toward you, pick up 68 (72-76) sts around neck, K 1, P 1, for 1 inch, bind off in ribbing. Steam lightly, sew up sleeve seams, and sew on buttons.

FOR COAT STYLE SWEATER: After you have placed all body sts on needle, omit markers and work even in stockinette st until desired length before ribbing is reached, change to No. 6 needles, work in ribbing of K 2, P 2 for 2 inches. Bind off loosely in ribbing.

FOR COLLAR: With No. 3 needles pick up sts and rib for 1 inch as for ribbed neck; then change to No. 10 needles and continue ribbing for 3 inches or desired length of collar. Bind off in ribbing.

Complete Your Record Book

Your record book is important. Are you enjoying keeping a record of the things you make and do? Have you recorded the activities in which you have participated on your permanent record? How complete is this chapter of your 4-H story? Are there other things you should add while you can still remember them?

Are you keeping a scrapbook of pictures and newspaper clippings to round out your 4-H club story? Are you keeping other kinds of things such as certificates and ribbons in your scrapbook? If you belong to more than one club, are you keeping all of the things that have to do with each project together?

Show Others What You Have Learned

Exhibits

Showing others what you have made can be fun. Plan with your club to have a display for your mothers and fathers. Share with them the things you have learned while making your project articles. If you exhibit at the fair, your exhibit can be anything you made that includes picked up stitches and buttonholes. Be sure that it is clearly labeled so that it can be returned to you.

Give a demonstration

There are many opportunities to share the things you have learned with others by giving demonstrations. Watch for opportunities other than your club meetings.

Select one of the demonstrations you prepared for your club or prepare a new one.

Here are a few suggestions from which you might choose:

- How to splice yarn
- How to care for sweaters
- How to join new yarn by tying
- How to make increases slant to the right and left
- How to pick up stitches
- How to make a buttonhole
- How to block knitted garments by steam
- How to block knitted garments with damp towels
- How to make a back stitch seam
- How to make a crocheted seam

Are You Ready for the Next Project?

_____ Have you kept your record book up to date?

_____ Have you learned to make a buttonhole?

_____ Have you learned to pick up stitches?

_____ Have you studied the care of your hair?

Keep this bulletin. When you have completed all of the 4-H knitting projects, you will have a complete knitting book.

THE 4-H CLUB PLEDGE

I pledge . . .

my HEAD to clearer thinking
my HEART to greater loyalty
my HANDS to larger service
my HEALTH to better living
for my club, my community, and my country.

THE 4-H CLUB MOTTO

To make the best better.