LET'S LEARN TO KNIT

with four needles

Phase 5
4-H Club Series L-96
Let's Learn to Knit -- With Four Needles

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PHASE 5

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

Read this bulletin from cover to cover before you start your project.
Your Guide for the Project

This is the fifth phase of the knitting project. You are now ready to make mittens, socks, and gloves, using double pointed needles, commonly known as four-needle work.

What you will learn

1. To work with four needles.
2. To turn the heel on a sock.
3. The kitchener stitch (the weaving stitch used to weave the toe of a sock, tip of mitten, etc.).
4. How to re-claim yarn.
5. How to replace the heel or toe of a sock.
6. Wardrobe planning.
7. Care of skin.

Articles you will make

In this phase of the project you will make at least one pair of four-needle socks and a pair of mittens or gloves.

Exhibit your work

You may exhibit a pair of socks and a pair of mittens or gloves knitted on four needles.

Add to your 4-H book

Do you have the record inserts for your record book? Be sure to keep them up-to-date. It is much easier than trying to find the time and remember all the facts to do the job later. Are you taking part in 4-H activities and sharing your knowledge with others? Make yours a well-rounded club program.

Demonstrate to your club

Continue to give demonstrations at your club meetings. Ask for bulletins to give you ideas on how to give demonstrations. Choose topics you will be studying in your project. Plan to give a demonstration on county exhibit day or at the county fair.

Plan Your Project

Study this phase of the knitting project carefully before starting your first four-needle work. Discuss it with your mother and leader.

You may find working with four needles a bit different than working with only two needles, but you will become accustomed to them quickly and find them fun to work with. As most articles made with four needles are small, they are easy to carry with you and quickly completed.

This year for your lesson in good grooming, concentrate on improving the appearance of your skin and learn how to use make-up. Continue to practice what you have learned about caring for your shoes, hair, fingernails, and clothing in various other phases of club work.

Improve Your Grooming

To be attractive, practice all phases of good grooming.

Care for your skin

Your skin needs daily care, not hit-and-miss attention, to be healthy and attractive looking.

Start with these fundamentals for a lovely skin:

- Eat well-balanced meals at regular hours. Eat plenty of fruits and vegetables. Drink milk every day. Drink plenty of water.
- Cut out extra sweets and overly rich foods.
- Get enough sleep and exercise each day. Play hard to stimulate your circulation and to make you perspire freely. Perspiration helps free your pores of surface dirt.

Wash your face

Wash your face thoroughly before you go to bed and after gym or other exercise. Wash it quickly in the morning. Clean it before putting on fresh make-up.

You can do a thorough job of washing your face in about one minute. Work up a lather on a soft cloth and apply to your face. Pay particular attention to the creases around your nose and chin.

Do not forget the hairline and your ears and neck. Rinse thoroughly, first with warm then cool water. Dry thoroughly. If your skin is sensitive to soap and water, be careful in your choice of soap, but do not avoid washing your face. Any soap that makes your face feel prickly and drawn is too strong for your skin. After washing, apply cream or lotion to sensitive skin. Baby oils or lotions are very good. An astringent may be used for an oily skin. One of the best is a half-and-half mixture of witch hazel and alcohol.

One of the problems of the teens is acne. You can help improve acne by following good health rules and by keeping your hands clean and away from your face. Picking at the face helps spread the infection. See your family doctor. He can help you to clear up this condition.

Your skin needs very careful cleansing at this time; not only your face, but your whole body. The daily bath is important.

Take a daily bath

The casual shower is not enough. Use plenty of soap and warm water. Use warm water rather than hot or cold water. Soap every inch of the body from the tip of your toes to the back of your neck. Use a wash cloth or sponge. Use a brush for your back if it is inclined to be rough or pimply. Work up a good lather and rub each area briskly. Follow with a quick rinse. Give rough elbows and knees a special scrubbing; after rinsing and drying, apply oil or lotion.

Apply lipstick with care

Lipstick is the only make-up needed during the early teens.

Choose a color that goes with your natural coloring and with the color of the clothes you wear. If you wear pink or red, consider the shade of lipstick that goes with the "red" you wear.

Always try to give your lips a natural look. Study their shape. Then follow the general outline when putting on your lipstick. Do not use too much lipstick. This will give you an unnatural look.

Lipstick tips

- Outline your lips with lipstick.
- Fill in the center with your finger tips.
- Close your lips tightly for a moment to soften the line.
- Smooth out the surface and soften the upper edges with your finger.
- Remove excess lipstick by closing the lips on a piece of cleansing tissue.

Ask your doctor or the public health nurse to talk to your club. They will give you the very best information on the care of your skin. The beautician in your community can give help on the application of make-up.
Plan Your Wardrobe

The girl who is known as smartly dressed has earned this reputation because she knows and practices principles of costume and wardrobe building. She knows that in her every appearance—at school, downtown shopping, for Sunday, church, or sports—whatever she wears must look right together, right for the occasion or activity, and right for her.

Each clothing item you buy and the yarns for clothing you knit test your skill in wardrobe planning. Skill in assembling smart costumes must be developed like any other skill—through practice. Practice can start with this project.

It is economical to plan your wardrobe around a single or basic color—red, blue, green, or brown. It will save you money and you will have a better planned wardrobe.

A color is becoming to you if it makes your skin look clean and healthy, is a pleasing contrast to your hair and eyes, suits your figure, and makes you happy. There are no longer hard and fast rules for individual color choice. Fashion experts say, "Wear any color that is becoming." Give yourself the mirror test. Drape swatches of colored fabric about your shoulders and notice the effect each has on your individual coloring. Avoid any color that is not friendly to you.

Common Knitting Errors And How to Avoid Them

Difference in tension

If you are working with the stockinette stitch and the wrong side of your work has very definite rows of two, or if there is more space between some rows than others, then your knitting is either looser than your purling or vice versa. If you find yourself doing this, try to tighten up the one you are working loose; it is better to knit a little too firmly than too loosely. It is just as important to keep even tension between rows as it is between stitches.

"Holes" before cables

In most cable patterns you will find a series of purl stitches before and after the cable. Sometimes when working a cable stitch you will find you have a "hole" or loose stitch before or after your cable. To prevent this, pull your yarn tighter than usual when you bring the yarn back to the front of your work to purl. You sometimes find this same flaw when working ribbing, and you may correct it the same way.

Vertical lines in four-needle work

Quite often you will find "lines" in your work when working with four needles. This is caused by changing from one needle to the other, and it may be avoided by working the first stitch on each needle a little tighter than usual.

"Holes" before and after picked-up stitches

Most directions for four-needle mittens call for picked up stitches under the thumb, and socks have picked up stitches at the heel. The directions usually tell you just how many stitches to pick up, and quite often, no matter how carefully you space your picked up stitches, there is a little extra space or hole at either or both ends. If you find this happening in your socks or mittens, just pick up an extra stitch to fill up the empty space, and on the next round decrease to the number of stitches you are supposed to have by knitting the extra stitch together with the one next to it.
How to Re-claim Yarn

Perhaps you have a knitted garment that you made earlier and have outgrown or do not like any more. Don't discard it or push it to the back of your sweater drawer. If the yarn has not been damaged by washing or wear, you may unravel the garment, re-claim the yarn, and knit something new.

To re-claim yarn means to take out the wrinkles so that it will be like new. If the knitted garment is soiled, wash and dry it thoroughly. If it is made in sections, remove all seams and unravel each piece separately.

Steps in re-claiming yarn

1. Find the last stitch in the binding off and carefully rip out or ravel the knitted piece. Roll the yarn in a loose ball as you rip to prevent it from becoming a tangled mass. When the stitches catch, gently ease them apart. Don't pull or you may break the yarn.

2. Wind the wrinkled yarn into hanks on a large book, box, or some similar object, taking care that the end is left visible. Wind the yarn loosely and evenly.

3. Carefully remove the "hank" from the book. Tie securely at the starting and finishing ends. Now with short pieces of yarn, tie the hank loosely in two more places at equal distances apart so that it is tied in four evenly spaced places.

4. Dip the hank into lukewarm water until thoroughly soaked. Roll in a bath towel to remove excess water.

5. Hang the damp hank up to dry. Tie a light weight to the bottom of the wet hank to remove the kinks or wrinkles. Be sure that the weight is not too heavy, just heavy enough to hold the yarn straight, not enough to stretch it. A wooden clothes pin of the clamp type is just about right for most yarn.

6. When the yarn is completely dry, wind it into a ball as you learned to do in Phase 1 and it is ready to use.
Knitting With Four Needles

Four-needle knitting is used when you are knitting small garments in which you wish to eliminate the seams, such as socks, mittens, gloves, etc. When knitting with four needles, the stitches are divided as evenly as possible on each of three of the four needles and the fourth is used to knit the stitches. Four-needle knitting is worked in rounds rather than rows. It is always worked in one direction, round and round. The stockinette stitch, which on straight knitting needles is produced by knitting one row and purling one row, is produced automatically by knitting each round.

How to cast on four needles

When knitting with four needles the stitches may be cast on in two ways. You may cast all of the stitches on one needle, and then place a third of the stitches on each of the other two, or you may cast them on the three needles directly by casting on a third of the number of stitches on one needle, placing the 2nd needle to the left of the first needle, and casting on another third of the stitches. Then do the same with the 3rd needle (Fig. 1).

Arrange the needles to form a triangle on a flat surface, being careful that the cast-on edge does not twist (Fig. 2).

Carefully pick up the three needles and hold the 1st needle in your left hand and the 3rd needle in your right hand with the yarn in position to knit. Insert the free or 4th needle into the first stitch on the left-hand needle (Fig. 3).

The work is now joined and ready for the first round of knitting. The first needle you cast on is called the 1st or No. 1 needle unless the directions state otherwise.
Knitted Socks

Knitted wool socks have several advantages over other types. They are snug and warm for winter wear. As wool is very absorbent, socks knit of wool help keep your feet dry from perspiration; therefore, they are wonderful to wear for sports or gym. Some people who have trouble with athlete's foot have found wool socks very helpful, as moisture aggravates this condition and the absorbent quality of the wool helps keep the feet dry.

To make your knit socks wear much longer, always remember to reinforce the heels and toes with nylon. They make a special yarn just for this purpose. It is a fine nylon thread that adds strength but not bulk to your socks. You can also use regular nylon sewing thread if this yarn is not available. Reinforce your socks even if the directions do not call for it. All you do is attach the nylon thread to your work just before starting the heel and work it along with the wool yarn. Then when you finish turning the heel, fasten off the nylon. Attach the nylon again just before you start shaping the toe.

Your wool socks will also wear much longer if you wash them in the same careful way that you wash your knit sweaters.

If you should happen to get a hole in the heel or toe of your knit socks, you will find the directions for replacing them in this phase of the knitting project.

Tips For Better Fitting Socks

In order for a sock to fit snugly at the ankle, the top must have elasticity; therefore, it is usually knit in ribbing on a smaller needle than the remainder of the sock. The stitches must be cast on loosely in order for the top to slip over the thick part of the heel. It is a good idea to use a larger size needle to cast on than called for in the directions.

Heels

There are several ways to shape the heel when knitting socks. The three most common methods are described below. The French heel is the most popular. It is made with rows of alternate knitting which insure longer wear and softer comfort. The Dutch or square heel is easy to make and fits well; but it does not have quite the wearing ability of the French heel. The auto heel does not fit as smoothly as the other two, but it is the easiest to make. All three of these methods are interchangeable. You might try them all and see which one you like best.

French heel

To make a French heel, follow the directions you are using until they say "shape the heel." Then with the number of heel sts called for in the directions (here we are using 30 sts as an example), proceed as follows: Attach nylon heel and toe yarn.

Row 1: Wrong side. Slip 1 st (slip as if to purl), P to end of row.
Row 2: Holding both strands of yarn at back of work, * slip 1 st, K 1; repeat from * to end of row.
Repeat these 2 rows for 2 inches or desired length to form a square, ending with a P row.
** Turn heel as follows: K across half the number of sts on the needle plus 2 extra sts. K 17 (15 + 2) sts. K 2 tog, K 1, turn.
Row 1: Slip 1, P 5, P 2 tog. P 1, turn.
Row 2: Slip 1, K 6, K 2 tog. K 1, turn.
Row 3: Slip 1, P 7, P 2 tog. P 1, turn.
Continue in this manner always having 1 more st before decrease, thus always knitting or purling the 2 sts tog on each side of hole, until 16 sts remain on needle. This is called turning the heel because the work is turned after every decrease.

Pick up the side sts according to the directions or as follows: K 8 sts (on last row you had purled, decreasing to 16 sts) and leave on needle.

Needle No. 1: K 8 sts (remaining half of heel sts) and with same needle pick up 15 sts or required number of sts along side of heel piece.

Needle No. 2: Work across instep sts.

Needle No. 3: Pick up 15 sts along other side of heel piece, K across remaining 8 sts.

**Dutch heel**

Follow the directions for the French heel until you reach **.

Turn heel as follows:

Row 1: K 19 sts, slip 1, K 1, psso, turn.

Row 2: Slip 1, P 9, P 2 tog, turn.

Row 3: Slip 1, K 9, slip 1, K 1, psso, turn.

Repeat from * until 14 sts remain on needle. P to end of needle, turn. K 7 sts and leave on needle.

Needle No. 1: K 7 (remaining half of heel sts) and, with same needle pick up 16 sts or required number of sts along side of heel piece.

Needle No. 2: Work across instep sts.

Needle No. 3: Pick up 16 or required number of sts along other side of heel piece and K across remaining 7 sts.

**Auto heel**

Leave instep stitches on needle No. 2. Work back and forth on 30 heel sts as follows: Slip 1, P 28 sts. Turn, slip 1, K 27 sts. Turn, slip 1, P 26 sts.

Turn and repeat this process always having 1 more st until all sts are knit again, ending with a P row. Knit half the number of sts (15) on heel and leave these sts on needle. K next 15 sts and pick up 4 sts along side of heel and place on this needle (needle No. 1). K across instep sts (needle No. 2). With 3rd needle, pick up 4 sts along other side of heel and K across remaining 15 sts of heel (needle No. 3).

Rnd 1: K (all three needles).

Rnd 2: K to within last 3 sts on needle No. 1, K 2 tog, K 1. On needle No. 2, K all sts. On needle No. 3, K 1, slip 1, K 1, psso, K to end.

Repeat these 2 rounds 3 times. Work even until time to shape toe.

**Toes**

The two methods used most often for shaping the toes when knitting socks are the round toe method and the woven toe method.

To shape a round toe, the toe of the sock is tapered gradually by decreasing as called for in the directions until only a few stitches remain. These remaining stitches are then drawn together and fastened off as you would the tip of a mitten.
When using the woven toe method, the toe is shaped by decreasing as called for in the directions. When the toe is finished, the remaining sts are divided evenly on two needles (usually from 6 to 10 sts on each needle) and then woven together with the Kitchener stitch.

The Kitchener Stitch

To weave the toe of a sock with the Kitchener stitch, the yarn coming from the knitting itself is broken off, leaving an end of 15 or 20 inches. The two needles with the stitches should be held even and parallel, with the yarn at the right end of the back needle.

Thread the yarn into a tapestry needle and work as follows:

1. * Insert needle into the first stitch on front needle as if to knit and slip st off. Insert needle into 2nd st on front needle as if to purl, draw yarn through but leave st on needle (Fig. 4).

   2. Insert needle into 1st st on back needle as if to purl and slip st off. Insert needle into 2nd st on back needle, as if to knit, draw yarn through but leave st on needle.

   Repeat from * until all sts are joined. Fasten off. Draw yarn to wrong side and conceal end.

Replacing Heels and Toes In Knitted Socks

If you wear a hole in the heel or toe of a knitted sock and the rest of the sock is still in good condition, it is better to replace the heel or toe rather than attempt to darn it.

To replace the toe

Run a line of basting thread through each stitch at the place where the toe shaping begins. Cut off the tip end of the toe and ravel the knitting back to the basting thread. Cut off the raveled yarn leaving a 3 or 4 inch piece to join onto the new yarn. Join new yarn by splicing.

Using the same size needles and yarn, pick up the stitches and rework the toe, following the same directions you used when making the sock.

To replace the heel

Work a line of basting sts around the entire heel section, running the basting thread through each knitted stitch. Carefully cut out the old heel, and ravel the uneven edge up to the top of the line of basting. Pick up the sts along the back of the heel at the top and knit in a new heel section, following the directions originally used. When the heel has been carried far enough to join the rest of the sock, do not bind off the stitches but weave them onto the rest of the foot of the sock, using the Kitchener stitch. Weave together the side of the instep and edges of the heel replacement, too, working on the wrong side of sock. Remove basting threads when new heel is completed.

Suggested Patterns

There are any number of patterns available for four-needle mittens, gloves, and socks. You will find included here a basic pattern for a pair of mittens, a pair of socks, and a pair of gloves knitted with a patterned stitch. You may use them or any other patterns you wish for your project. Remember, all of the patterns in your knitting project are just suggestions.
Basic Four-Needle Mittens

**MATERIALS:** 2 oz. sweater and sock yarn
4 No. 2 double pointed needles
(or size necessary for gauge)

**GAUGE:** 8 sts = 1 inch

Cast on 52 sts (17 sts on 1st needle, 18 sts on 2nd needle, 17 sts on 3rd needle). Work in ribbing of K 2, P 2 for 3 inches. Work 7 rounds even in stockinette st (K each round).

**THUMB GUSSET:** Inc 1 st in first st of 1st needle, K 2, inc in next st, K to end of round. K 1 round even.

Next round: Inc in first st of 1st needle, K 4, inc in next st, K to end of round. K 1 round even.

Continue increasing in same manner having 2 sts more between increases every other round until there are 18 sts in the gusset. K 1 round even.

Place 18 gusset sts on a stitch holder or thread, cast on 4 sts over thumb and work even for 3 inches or desired length from tip of fingers, allowing 1 inch more for decreases. (52 sts on needles.)

Next round: Decrease as follows: Divide sts on 3 needles (17 sts on 1st needle, 18 sts on 2nd needle, 17 sts on 3rd needle). 1st needle: K 1, slip 1, K 1, psso, K to within 3 sts of end of same needle, K 2 tog, K 1. Work 2nd and 3rd needles same as 1st needle. K 1 round even. Repeat last 2 rounds until 10 sts remain, cut yarn, leaving a 10-inch length, thread into tapestry needle and pull through all sts and fasten securely on wrong side.

**THUMB:** Place 18 sts on two needles, pick up 4 cast on sts (9 sts on 1st needle, 9 sts on 2nd needle, 4 sts on 3rd needle). Attach yarn and K 1 round even.

Next round: K 2 tog at beginning of 1st needle and K 2 tog on last 2 sts of 2nd needle, K 4 sts on 3rd needle. Divide these sts on 3 needles and work even on these 20 sts for 2 inches, then start decreasing as follows: K 4th and 5th sts of each needle tog. Work 1 round even.

Next round: K 3rd and 4th sts of each needle tog. Work 1 round even.

Next round: K 2 tog all around until 7 sts remain, cut yarn, leaving a 10-inch length and finish same as tip of mitten.

Work other mitten in same manner.

Girl's Classic Anklets—With Short Top or Cuff

**SIZE:** 8½ to 10½ (French heel)

**MATERIALS:** Sock and sport yarn, 4 oz.
Nylon "Heel and Toe Yarn," 1 card
4 No. 1 double pointed knitting needles

**GAUGE:** 9 sts = 1 inch, 13 rounds = 1 inch

**ANKLET A**

**Cuff.** Cast on 52 sts loosely. You might find it best to use No. 3 needles to cast on. Divide on 3 needles. Join. Work K 1, P 1 ribbing for 4½ inches.

**Inc. round—K 4, * inc 1 st in next st, K 5; repeat from * to end of round (60 sts).**

**Leg.** K 1½ inches, ending at end of round. Slip last 30 sts worked to one needle for heel, slip remaining 30 sts to two needles for instep, turn. Join nylon "Heel and Toe" yarn.
Heel. Row 1: Wrong side. Slip first st as to P, P to end.

Row 2: Holding both strands at back of work, *slip 1 st as to P, K 1; repeat from * to end.

Repeat these 2 rows until there are 26 rows on heel. Turn heel as follows: Wrong side—slip 1, P 16, P 2 tog, P 1, turn. Slip 1, K 5, slip 1, K 1, pass slip st over K st (psso), K 1, turn. Slip 1, P 6, P 2 tog, P 1, turn. Slip 1, K 7, slip 1, K 1, psso, K 1, turn. Slip 1, P 8, P 2 tog, P 1, turn.

Continue to work towards sides of heel, having 1 st more before dec on each row, until 18 sts remain. Fasten off “Heel and Toe” yarn.

Gusset and foot: With same (heel) needle, pick up and K 14 sts on side of heel; K the 30 sts of instep to one needle; with free needle, pick up and K 14 sts on other side of heel, K 9 heel sts to same needle. Mark for end of round and center of sole. There will be 23 sts on each of 1st and 3rd needles, 30 sts on 2nd or instep needle. K 1 round even.

Next round: K to within 3 sts of end of 1st needle, K 2 tog, K 1; K across instep needle; on 3rd needle, K 1, slip 1, K 1, psso, K to end of round. Repeat last 2 rounds until 60 sts remain. Work even until foot measures 1½ inches less than desired length from tip of heel to toe, allowing these 1½ inches for shaping toe. There will be 15 sts on each of 1st and 3rd needles and 30 sts on instep needle. Join “Heel and Toe” yarn and work toe with both strands.

Toe: Begin at center of sole, K to within 3 sts of end of 1st needle, K 2 tog, K 1; on 2nd needle, K 1, slip 1, K 1, psso, K to within 3 sts of end of needle, K 2 tog, K 1; on 3rd needle, K 1, slip 1, K 1, psso, K to end. K 1 round even. Repeat last 2 rounds until 16 sts remain. K 4 sts of 1st needle and slip to 3rd needle. With 8 sts on each of two needles, weave toe with Kitchener stitch described on page 8.

ANKLET B
Cast on 52 sts loosely. You might find it best to use No. 3 needles to cast on. Divide on 3 needles. Work in ribbing of K 1, P 1 for 1 inch.
Inc round: K 4, * inc 1 st in next st, K 5; repeat from * to end of round (60 sts).

Leg: K 3 inches, making sure to end last round at end of round. Slip last 30 sts worked to one needle for heel, slip remaining 30 sts to two needles for instep, turn. Attach “Heel and Toe” yarn and complete sock same as for Anklet A.

Four-Needle Gloves

MATERIALS: 2 oz. sweater and sock yarn
4 No. 1 double pointed knitting needles
1 stitch holder

GAUGE: Pattern: 8 sts. = 1 inch
14 rows = 1 inch

RIGHT GLOVE
Cast on 56 sts on 3 needles (20 sts on 1st needle, 20 sts on 2nd needle, 16 sts on 3rd needle). Work in ribbing of K 2, P 2 for 1¼ inches.
Next round: * K 2, P 2, repeat from * all around. K 1 round even.

Next round: * P 2, K 2, repeat from * all around. K 1 round even.

The last four rounds form the pattern which is followed for the hand part of the glove. The thumb, beginning with the gusset, and the fingers are worked in plain knitting. Work 2 more rounds of pattern.

Next round: Increase in last st of 3rd needle.

Work 3 rounds even, working last 3 sts in plain knitting to begin the gusset.

Next round: Work pattern to last 3 sts, increase in next st, K next st and increase in last st. Work 3 rounds even.

Next round: Work in pattern to within last 5 sts, increase in next st, K 3, increase in next st. Repeat the last 4 rounds working in same manner increasing 2 sts in gusset every 4th round until there are 19 sts in gusset (33 sts on 3rd needle).

Place the 19 sts on a thread or stitch holder, cast on 8 sts over the thumb and work palm for 2\(\frac{1}{2}\) inches or length desired.

First finger: Cast on 2 sts on end of 3rd needle, place sts of 1st and 2nd needle and first 4 sts of 3rd needle on a thread. Divide remaining 20 sts on three needles and work for 2\(\frac{1}{2}\) inches or \(\frac{1}{2}\) inch less than length of finger.

Next round: Decrease 3 sts evenly spaced. K one round even. Repeat the last 2 rounds once.

Next round: K 2 sts together all around, draw yarn through remaining sts and fasten firmly.

Second finger: Slip first 8 sts from thread on needle, join yarn and cast on 2 sts, slip 8 sts from end of thread on 2nd needle, pick up 2 sts on side of 1st finger (20 sts). Divide on three needles and work for 3 inches or \(\frac{1}{2}\) inch less than length of finger. Decrease and finish same as first finger.

Third finger: Same as second finger but working for 2\(\frac{1}{2}\) inches or \(\frac{1}{2}\) inch less than length of finger. Decrease and finish same as other fingers.

Little finger: Place remaining 12 sts on two needles, pick up 4 sts on side of last finger on 3rd needle. Attach yarn and work even for 2 inches or \(\frac{1}{2}\) inch less than length of finger. Decrease and finish same as other fingers.

Thumb: Place 19 sts on two needles, with 3rd needle pick up 8 sts on cast on sts. Work one round even.

Next round: Work even, knitting 2 sts together twice on picked up sts. Work even for 1\(\frac{1}{2}\) inches or \(\frac{1}{2}\) inch less than length of thumb.

Next round: * K 3, K 2 tog, repeat from * all around. K 2 rounds even.

Next round: * K 3, K 2 tog, repeat from * 3 times. K 2 rounds even.

Next round: K 2 sts together until 6 sts remain. Draw yarn through these sts and fasten firmly.

LEFT GLOVE

Same as the right glove to gusset. Cast on 8 sts over thumb on 3rd needle. Work for 2\(\frac{1}{2}\) inches or same length as right glove.

First finger: With free needle K first 10 sts of 1st needle, place remaining sts of 1st needle and sts from 2nd needle, also first 14 sts from 3rd needle on thread. Cast on 2 sts at end of first needle, divide on three needles and continue same as right glove.
Complete Your Record Book

Examine your record book carefully. Have you recorded everything you have knitted and all other activities, demonstrations, etc.?

Each year your record book adds a new chapter to your 4-H club story. Are you proud of your record?

Show Others What You Have Learned

Exhibits

There is satisfaction in showing others what you have made. Ask yourself these questions about your exhibit:

- Is your color combination good?
- Is the design good for you?
- Is the trim (if any) in good taste?
- Is the yarn appropriate for the garment?
- Are the seams durable, neat, and inconspicuous?
- Is your tension even?
- Are the cast-on and bound-off edges flexible?
- Is the pattern stitch (if any) worked with no irregularities?
- Has it been blocked properly?
- Is it clean?

Demonstrations

Don't forget the importance of giving demonstrations. Here are a few suggestions from which you may choose:

- How to plan your knitted wardrobe.
- Common knitting errors and how to avoid them.
- How to re-claim yarn.
- How to cast on and knit with four needles.
- How to turn the heel in a sock.
- How to do the Kitchener stitch.
- How to replace the heel in a sock.

Are You Ready for the Next Project?

It isn't too early to start planning ahead for the later phases of the knitting project. In Phase 6 you will learn to combine colors. In Phase 7 you will learn to combine knitting with fabric. If you are not enrolled in the 4-H clothing project or taking sewing at school, you might want to start now since combining knitting with fabric will require a knowledge of sewing. It will also help you if you have had some experience in wool tailoring.

Keep this bulletin. When you have completed all of the knitting projects, you will have a complete knitting book.
## How Well Have You Done?

<table>
<thead>
<tr>
<th></th>
<th>Well done</th>
<th>Could improve</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GENERAL APPEARANCE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clean and neat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Properly blocked</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Buttons—second in interest</td>
<td></td>
<td></td>
</tr>
<tr>
<td>proper size for garment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pattern uniform</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Garment size</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Color combination</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Selection—yarn suitable for garment and size of needles</td>
<td></td>
<td></td>
</tr>
<tr>
<td>style suitable for age/purpose</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WORKMANSHIP—KNITTING SKILLS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cast-on stitches</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bound-off stitches</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gauge (correct no. st./in.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tension (uniform)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stitches—not twisted</td>
<td></td>
<td></td>
</tr>
<tr>
<td>not split</td>
<td></td>
<td></td>
</tr>
<tr>
<td>not dropped</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yarn ends—joined inconspicuously</td>
<td></td>
<td></td>
</tr>
<tr>
<td>woven in inconspicuously</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ribbing</td>
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</tbody>
</table>
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.