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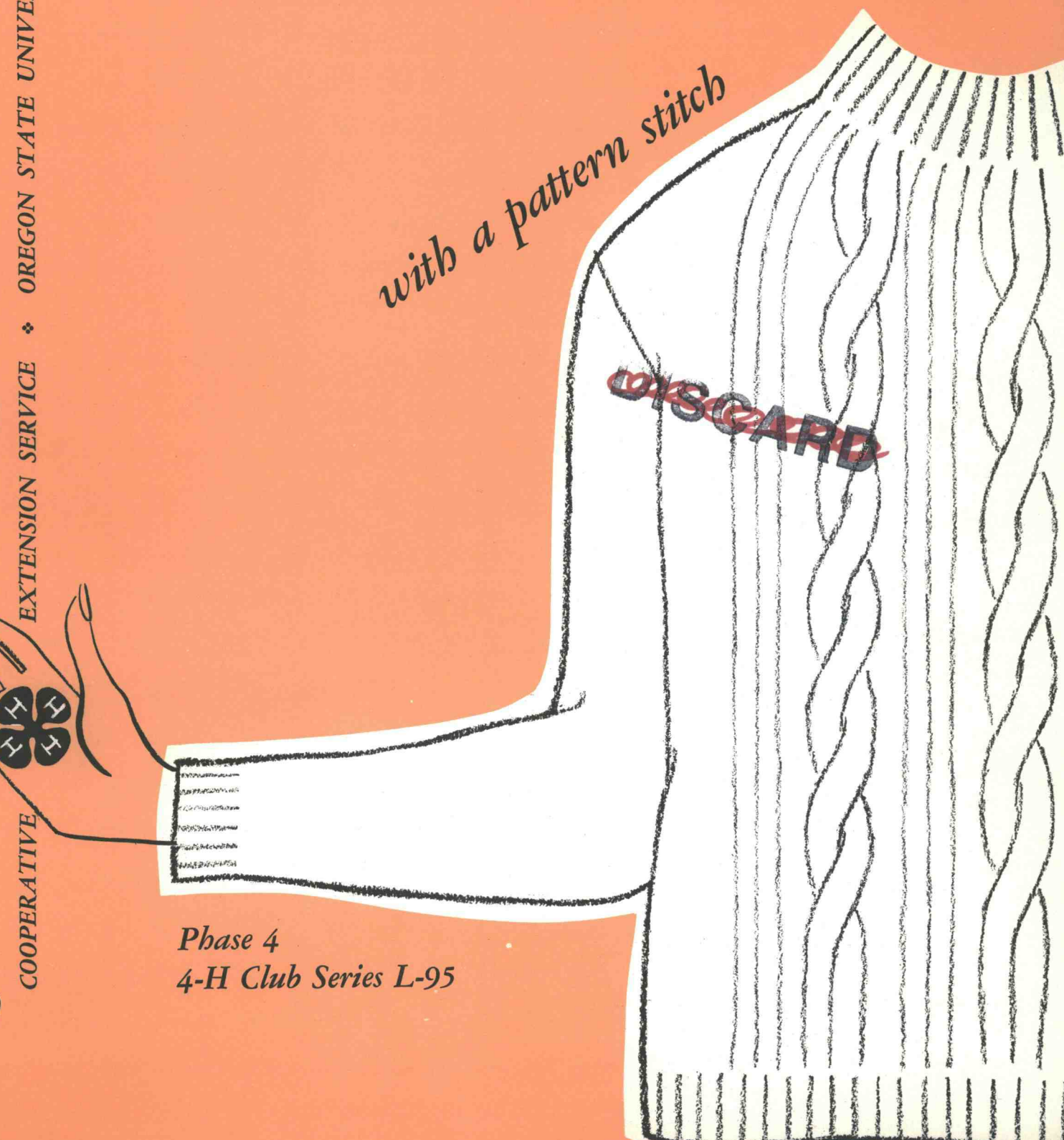
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LET'S LEARN TO KNIT

with a pattern stitch

~~DISCARD~~

*Phase 4
4-H Club Series L-95*



Let's Learn to Knit - - With a Pattern Stitch

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.

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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 project is planned not only to teach you to knit, but to give you tips and new ideas on good grooming and buying and caring for your clothes.

What you will learn

1. To make a pattern stitch.
2. To crochet stitches for finishes.
3. To identify yarns.
4. To make a grafted seam.
5. To wash and block knitted garments.

Articles you will make

You will make a minimum of two small articles or one large article made with a pattern stitch.

Exhibit your work

You may exhibit any two small articles or one large article made with a pattern stitch.

Add to your 4-H record book

Your agent or leader will give you new pages for your record book. Place them in front of last year's records. Keep your record up-to-date. Record what you make in Phase 4 of the knitting project and any other knitting you do during the year.

Demonstrate to your club

Give a demonstration at one of your club meetings, alone or with a partner. If you find it interesting and helpful, then think about entering a demonstration contest. Choose a subject that you are studying in your project this year.

Plan Your Project

Study the guide for this project. Talk it over with your mother and leader; they will be glad to assist you.

This phase of the project includes activities and lessons in good grooming. This year, concentrate on improving the appearance of your hands and your fingernails. Continue to practice what you learned about caring for your hair and clothing in other phases of club work.

Care of your clothing is always important. In this phase you will learn to wash and block knitted garments. Why not help your mother with the washing and blocking of knitted garments for other members of the family?

In this phase you will find patterns for several knitted garments that include pattern stitches. Remember they are only suggestions. You may use them or any others that your leader may suggest.

Improve Your Grooming

Be proud of your hands

This year learn to care for your hands and continue to care for your hair. This will contribute to that well-groomed look. Ask a manicurist or a well-groomed woman in your community to show you how to give yourself a good manicure.

Care of your hands

Make it a practice to have clean hands at all times. Wash them often. Scrub them daily, using a mild soap and a good brush. Every night rub hand lotion into your hands before bedtime. If your hands become chapped, rub a petroleum-type jelly into them before going

to bed. Wear an old pair of cotton gloves to protect the bedding. In winter use hand lotion each time you wash your hands.

Dry your hands thoroughly after each washing to prevent chapping. Gently work the cuticle back as you dry your hands to keep it soft and prevent it from tearing.

After each washing, take a quick look to see if your nails are clean. This is a "must" for pretty hands. Use an orange stick to remove dirt from under or around the nails.

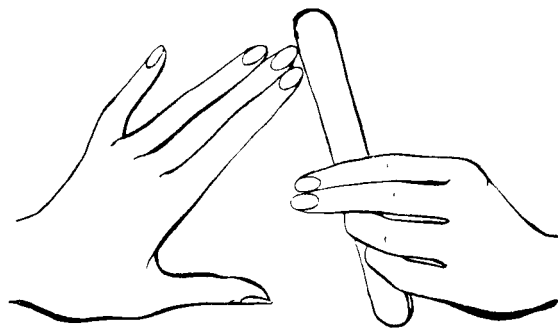
Taper your nails

Taper your nails to flatter your hands; make the nails oval-shaped. For long, broad hands, taper the nails to slightly rounded points.

Polish your nails

Healthy nails have a natural luster. Rubbing them with a rough towel or buffer will increase their luster and beauty.

Polish is not necessary for pretty hands, but you may like to wear it. First remove any



old polish. Use polish remover and cotton; then scrub the nails thoroughly with soap and water.

When you apply polish, first cover the nail with a base coat, then finish with a top coat. A clear polish will add luster to your nails. If you prefer a colored polish, select a color that will blend with the dress you plan to wear. Make your hands pretty, not gaudy. Remove the polish when it starts to chip. Lovely nails are most important to a well-groomed appearance.

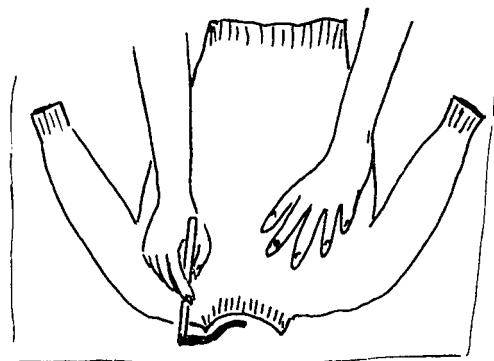
Washing and Blocking a Knitted Garment

As in most knitting procedures, there are several methods of washing knitted garments. The method given here was chosen because, if followed very carefully, it is the safest for all woolen yarns. It is also less expensive than using special cold water detergents.

Never use *hot* water when washing any knitted garment. Cold water can also be harmful as it may harden some woolen yarns. However, some manufacturers recommend cold water for nylon. If you use a detergent, be sure to rinse thoroughly. Detergent may cause damage to the garment later if it is not entirely removed.

How to wash a sweater

1. Before washing your sweater, draw an outline of it on plain, heavy paper. Cut out a paper pattern. If you wish to make some slight variations in the measurements, do so when making your pattern.



2. Make a solution of *lukewarm* water and good quality, mild soap flakes. Dissolve or melt soap flakes in a little hot water; then add cold water until it becomes *lukewarm*—about 98° when using a candy thermometer, or test it as you would a baby's bath: feel the

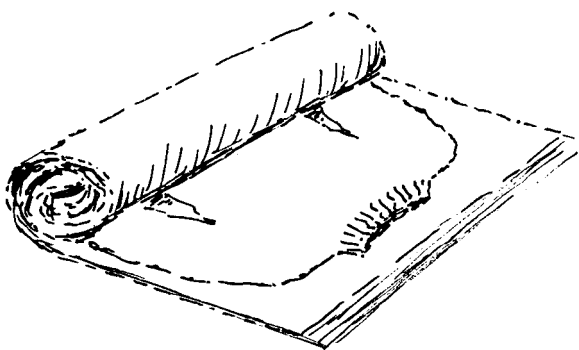
water with your elbow, if it feels neither hot nor cold it must be about right.



3. Place sweater in the solution and gently squeeze the suds through it until it is thoroughly cleansed, always keeping it well supported. Never rub or twist it and *never* hold a knitted garment up while wet, as the weight of the water will stretch it.

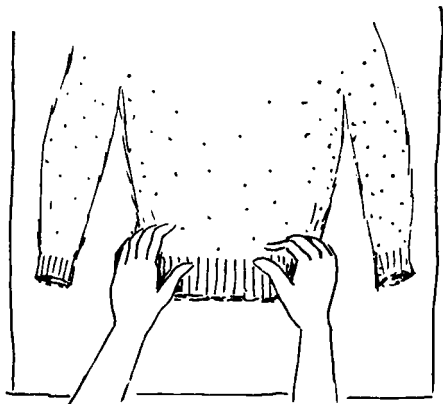
4. Rinse very thoroughly in several luke-warm waters, the same temperature as the suds, until the soap is completely removed. *Squeeze* out the excess water, *never* wring or twist.

5. Place sweater on a clean, dry bath towel and roll to absorb excess moisture.



6. Spread on a flat surface over a dry bath towel. Shape sweater according to the outline you cut in the beginning. If your sweater is ribbed at the cuffs and waist, gently push the ribbing together smaller than your outline so it will have more elasticity when dry.

Allow to dry thoroughly, away from artificial heat or direct sunlight. (Sunlight may fade your colored sweaters and turn white ones yellow.) If you would rather not have creases at seams and in the sleeves, use clean tissue paper, rolled and slightly crushed, and put it down the side seams, in the sleeves, and at the shoulder seams.



How to wash a mohair sweater

In washing sweaters made with mohair yarn, the drying procedure must be a little different in order to keep them looking soft and fluffy. Mohair sweaters should never be dry cleaned, as heat in any form should be avoided.

To wash a mohair sweater follow steps 1 through 4 for washing a sweater. Then:

Place sweater between two bath towels and squeeze out excess moisture. This may be done several times with dry towels to get out as much of the moisture as possible.

Follow step 6 (above) for placing sweater on bath towel to dry, and when you have shaped the sweater, cover it with another bath towel and leave it covered until it is completely dry.

When dry, shake vigorously to fluff the nap.

Identification of Yarns

In Phase 2 you learned that there are literally hundreds of different kinds and textures of yarns. Learn all you can about yarns. It will help you in selecting yarns for the garments you want to knit. Perhaps your club could make a collection of small samples of as many different types of yarn as you can find, and then classify them into different groups according to their uses. For example:

3-ply sport yarn	}	Socks, mittens, etc.
3-ply fingering yarn		
3-ply sock yarn		
4-ply sport yarn		
4-ply sock yarn		

Knitting worsted	}	Sweaters
Germantown		
Nylo-wool		
Etc.		

It is recommended that you use the yarn called for in the directions for the article you are going to make. You will learn what yarns are interchangeable in a later phase of the knitting project.

A Large Knitting Basket

If you are making or have made a sweater, your knitting has "out-grown" your oatmeal-box knitting basket. You can make a large roomy one, using an ice cream container as a base. The top of this basket closes with a swirl effect. You can close it completely for storing your work or leave it ajar while working. In this way your yarn may remain inside the basket while you work.

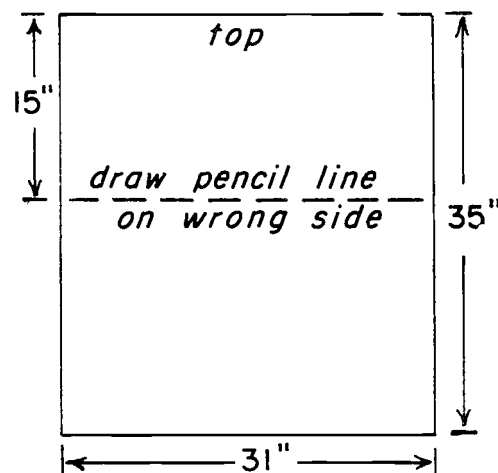
Materials: 1 round container 10 inches high, 9½ inches across the bottom—a 2½-gallon ice cream carton does nicely

1 yard of 35-inch fabric—a dark print will not soil easily

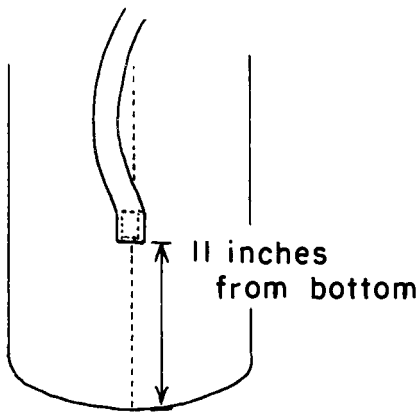
Approximately 10 inches of small elastic

DIRECTIONS

1. Cut material for basket 35 inches long by 31 inches wide. Use the 4-inch strip remaining for the handle.
2. On wrong side, measure 15 inches from top and with marking pencil draw a line all the way across material.
3. With right sides together, sew up side seam using ½-inch seam. Press seam open.



4. Form casing at bottom by turning under ¼-inch hem at bottom. Fold over ¼ inch and top stitch, leaving opening for elastic.
5. Fold strip for handle with right sides together, sew up with a ¼-inch seam. Turn right side out. Press flat with seam in center of back. Turn under a ¼-inch hem at each end and blind stitch on the back side.
6. Attach one end of handle to basket cover by top stitching about 11 inches from bottom over side seam; attach the other end on the opposite side 11 inches from bottom.



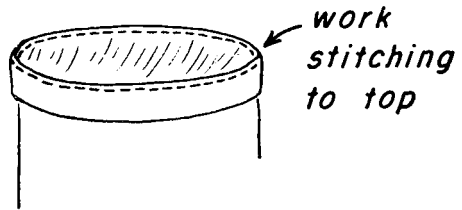
7. Turn under $\frac{1}{4}$ -inch hem on top edge of cover; press down.

8. Cut center out of lid. With bottom edge down, place rim inside cover approximately $7\frac{1}{4}$ inches down from top (or halfway between top edge and line you made on wrong side of fabric).

9. Fold top of cover to the inside over the rim, and bring the top fold to the pencil line. Pin in place. Stitch.

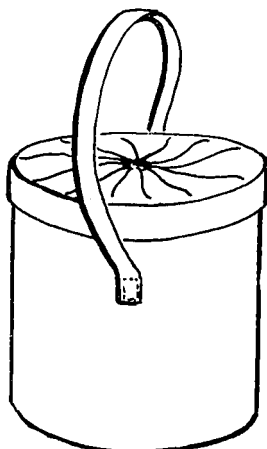
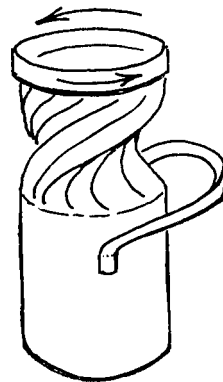
10. Form casing for rim by stitching with zipper foot as close as possible to bottom of rim.

11. From the inside, ease the stitching forming the casing for rim to the top of rim. This brings the rim and casing out and over the top of cover.



12. Place the carton (top edge first) inside the cover from the bottom of cover. Work carton up until bottom of carton is up inside cover $4\frac{1}{2}$ inches from casing. Thread elastic into casing and pull up tightly (leaving approximately 1 inch of open space in the center). Fasten securely. Conceal the ends of the elastic under casing.

To close lid of basket, turn rim clock-wise and push rim down over top of carton. To open, lift lid and turn counter-clock-wise.



Knitting Needles

By now you have learned that there are many different types and sizes of knitting needles, and that they are made of different materials, such as metal, plastic, and wood. The fact that they are available in various materials enables you to choose the type you prefer to work with.

Knitting needles are made in single-point, double-point, circular, and jumper types. The "jumper" needle is the newest on the market. It is used in place of the long straight needle.

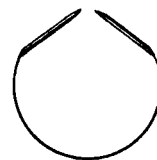
Single-point needles are often referred to as *straight* needles or pins. They are used for back-and-forth knitting. They are probably used more often than any others.



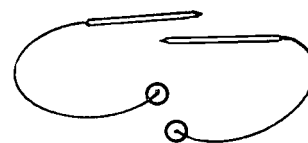
Double-point needles are often called *sock* needles. They come in sets of four, and are used to knit socks, mittens, gloves, and other items where seams would detract from appearance and fit. They are also used for neckline finishes and many other purposes.



Circular needles are used for many different types of work. The shorter lengths (9, 11, and 16 inches) may be used for sleeves, round neck ribbing, small garments, etc. The longer lengths (24 and 29 inches) are used in making sweaters, coats, skirts, and dresses.



Jumper needles are used to knit any garment that you would knit with long (12 and 14 inch) straight needles. They are a big improvement over the long straight needle as they are flexible, light weight, and longer. They are easier to work with and hold more stitches.



Sizes and Lengths Available in Knitting Needles

Single points		Jumper needles	
Lengths	Sizes	Lengths	Sizes
7 inch	0 - 5	18 inch	5 - 10½
10 inch	0 - 15		
12 inch	0 - 8		
14 inch	0 - 15		
Double points		Circular needles	
Lengths	Sizes	Lengths	Sizes
5 inch	0 - 3	9 inch	1 - 3
7 inch	0 - 8	11 inch	0 - 3
10 inch	0 - 8	16 inch	0 - 8
		24 inch	0 - 10
		29 inch	0 - 10½

Knitting Skills

Yarn over (y o) is another method of increasing. It is also used to make an eyelet and to help form many pattern stitches.

To yarn over before a knit stitch, bring your yarn to the front of right hand needle (Fig. 1) and knit the next stitch. Thus a loop

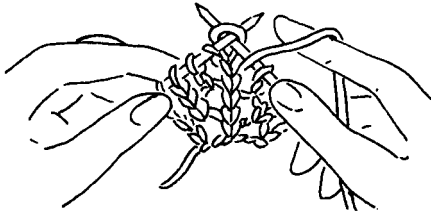


Figure 1

is formed on the right needle and an extra stitch is added.

To yarn over before a purl stitch, wrap yarn completely around right hand needle (Fig. 2), and purl the next stitch in the usual manner. Thus a loop is formed on the right hand needle and an extra stitch is added.

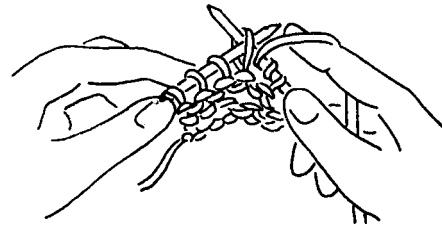


Figure 2

Pattern Stitches

If you have completed Phases 1, 2, and 3, you have advanced to the point where your knitting tension is even, and you can do most of the basic knitting steps with skill and ease. Now you are ready to add distinction and individuality to your work with pattern stitches.

Regardless of how intricate some pattern stitches may appear to be, they are *all* made with a combination of the basic knitting stitches and steps that you have already learned. (Ribbing is not considered a pattern stitch.)

In reading the directions for a garment made with a pattern stitch, you will more than likely find the term "multiple of stitches." This means that to have the pattern work out correctly the number of stitches cast on must be divisible by the multiple given. For instance: Multiple of 5 sts would be any number divisible by 5, like 25. If the multiple is 5 sts plus 1, the number of stitches cast on must be divisible by 5 and 1 stitch over, or 26.

When you have selected your pattern, make a fairly large swatch, working in the pattern stitch by casting on the multiple of stitches called for in the pattern. This will not only allow you to become thoroughly acquainted with the appearance of the pattern, but it will also give you the opportunity of working the pattern so you will be at ease and your tension will be more even.

Directions are included here for just a few of the many pattern stitches.

Moss stitch (also known as the seed or rice stitch). Cast on an uneven number of stitches.

Row 1: * K 1 st, P 1 st, repeat from * across row, ending with K 1.

Repeat this row. In making this stitch, be sure to K the purl sts and P the knit stitches on the following row (Fig. 3).

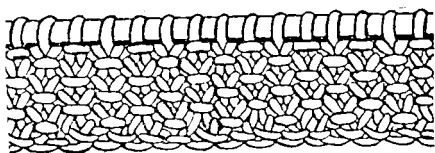


Figure 3

Block stitch. Cast on a number of stitches divisible by 10 (multiple of 10).

Row 1: * K 5, P 5, repeat from * across row, ending with P 5. Repeat this row 4 more times.

Row 6: * P 5, K 5, repeat from * across row, ending with K 5. Repeat this row 4 more times.

Repeat these 10 rows for pattern stitch (Fig. 4).

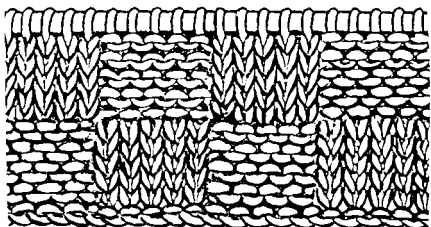


Figure 4

Diamond stitch. Multiple of 8 sts, plus 1 st.

Row 1: K 4, * P 1, K 7, repeat from * across row, ending with P 1, K 4.

Row 2: P 3, * K 1, P 1, K 1, P 5, repeat from * across row, ending with P 3.

Row 3: K 2, * P 1, K 3, repeat from * across row, ending with K 2.

Row 4: * P 1, K 1, P 5, K 1, repeat from * across row, ending with P 1.

Row 5: * P 1, K 7, repeat from * across row, ending with P 1.

Row 6: Same as row 4.

Row 7: Same as row 3.

Row 8: Same as row 2.

Repeat these 8 rows for pattern stitch (Fig. 5).

Repeat these 8 rows for pattern stitch (Fig. 5).

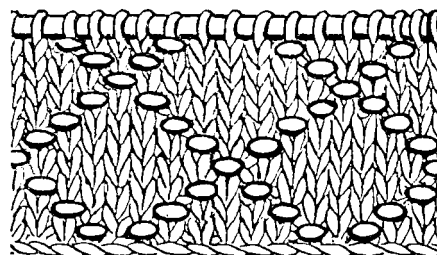


Figure 5

Cable stitch. Multiple of 10 sts, plus 2 sts.

Row 1: P 3, * K 6, P 4, repeat from * across row, ending with K 6, P 3.

Row 2: K 3, P 6, * K 4, P 6, repeat from * across row, ending with K 3.

Repeat rows 1 and 2 twice (6 rows in all).

Row 7: P 3, * slip next 3 sts on a double point needle and place in back of work, K next 3 sts, then K the 3 sts from double point needle (forms cable), P 4, repeat from * across row, ending with a cable and P 3.

Row 8: Repeat row 2.

Repeat these 8 rows for pattern stitch (Fig. 6).

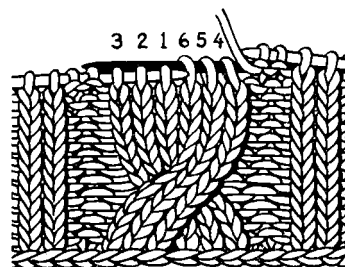


Figure 6

This is a 6-stitch simple cable stitch. There are several variations of the cable stitch; such as the plaited cable, lattice cable, mock cable, etc.

Seams

In Phases 1 and 2 directions are given for a flat overcast seam and a woven seam, both of which make a flat seam with no seam allowance. In Phase 3 directions are given for a back stitch seam and a crocheted seam, both of which call for a seam allowance.

When joining two bound-off edges together, such as the shoulders of a sweater, grafting gives a neater-looking seam than sewing or crocheting them together.

Grafting

Thread a tapestry needle with the same yarn used to knit the garment. Place the two edges together with right sides facing you. If you look carefully at the two pieces, you will see that the stitches on the piece farthest away from you are going away from you and on the piece nearest you the stitches are coming toward you. Secure your thread at the edge of work and insert needle under the first stitch coming toward you on the near side, just inside the bound-off edge. Insert the needle horizontally. Draw the needle through and insert it under the matching stitch going away from you on the far side. Draw the needle through. On succeeding stitches, insert the needle into the same point where the thread came out the stitch before.

Grafting is always done from right to left, and the needle is always inserted under the stitches horizontally (Fig. 7).

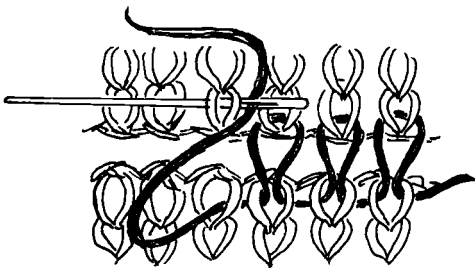


Figure 7

Grafting makes a smooth, flat seam. If the tension is even, it is very neat (Fig. 8).

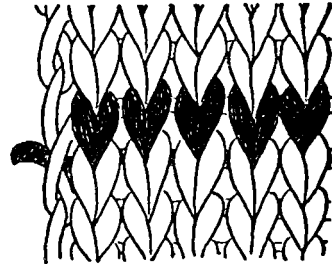


Figure 8

When grafting the shoulders of a garment, it is best to start at the armhole or sleeve edge.

Set in sleeves

It takes a great deal of care and patience to set a sleeve into the body of a sweater so that it fits properly and looks neat. To set sleeves into a sweater:

1. Place the sleeve into the armscye of the sweater with right sides together.

2. With the sleeve side facing you, pin sleeve in armscye matching underarm seams and center top of sleeve with shoulder seam. Now, with sleeve side still facing you, pin *from* underarm seam *toward* the shoulder seam, easing in any fullness two inches each side of top of sleeve.

3. Turn work and with body side of sweater facing you, attach yarn and with crochet hook, work seam in a slip stitch (see directions for crocheted seam on page 8 of Phase 3) or with a back stitch seam. If you follow the rows of knitting as a guide, your seam should be smooth, straight, and even.

A Crocheted Border or Finish

Quite often you will find that the directions for a cardigan or some similar article will call for a crocheted border or finish. Many people prefer a crocheted band with buttonholes on the front closing of a cardigan. It has an advantage over a knitted border in that it has more body, is stronger, and does not require a ribbon facing.

When a pattern calls for a crocheted border or finish, the directions usually give the size of crochet hook needed. When working a crocheted edge on knitting, the gauge is very important. It is wise to make a swatch of the same yarn, worked on the same needles, and practice making a crocheted edge on it before proceeding to work on the garment itself. A crocheted border should lie flat and smooth, not ruffled or puckered.

As a rule, when a crocheted border is called for, the directions will tell you exactly how many stitches to make on each side, but if they do not, a good rule to follow is that there should be three single crochet stitches to each four rows of knitting. Therefore, start the first stitch in the first row of knitting, the second stitch in the second row of knitting, the third stitch in the third row of knitting, and no stitch in the fourth row. On each succeeding row, chain 1 to turn, and then work a single crochet stitch into every stitch.

A crocheted border with buttonholes makes a very nice finish for the raglan sleeve cardigan described on page 10 of Phase 3. To make this border you would omit the 5 garter-stitch stitches on each side of the front opening when knitting a sweater, and then work a crocheted border on the front edge, using a size 00 steel crochet hook, as follows:

Starting on the bottom edge of the right front, with the right side facing you:

Row 1: Insert the hook in the 1st stitch of the 1st row of knitting, make a single crochet (sc) in 2nd row, a 3rd sc in third row of knitting, skip the fourth row, continue in this manner to top of neck ribbing, chain 1, turn.

Row 2: With wrong side of sweater facing you, work a single crochet stitch in each single crochet to bottom, chain 1, turn.

Row 3: (Form buttonholes on this row.) With right side facing you, work a sc in next 3 sc of last row, * chain 3, skip 3 sc, work a sc in each sc of last row to point of 2nd buttonhole, repeat from * to top (space buttonholes evenly about 2½ inches apart with top one in neck ribbing). Chain 1, turn.

Row 4: Work 1 sc in each sc and each chain st (over buttonholes) to bottom. Chain 1, turn.

Row 5: Work 1 sc in each sc to top. Fasten off. (Fig. 9.)

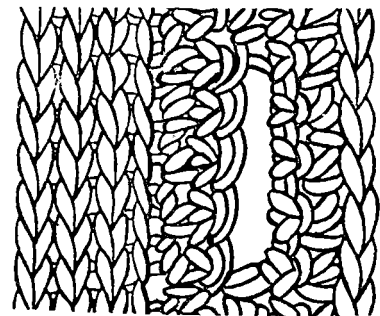


Figure 9

Work border on left front by starting at neck edge. With right side facing you, work the same number of sts as you did on the right front, omitting buttonholes.

Suggested Patterns

There is no end to the number of patterns you can find for beautiful knit garments made with a pattern stitch. Why not please your family and friends with knitted gifts this year?

A dish cloth and a pot holder or two make very useful gifts for your mother or any homemaker. Your little sister or brother would love a cable stitch cap and mitten set. The following patterns all include a pattern stitch. You may use any others you might prefer.

You will find that buttons made from the same yarn you knitted your sweater with are much nicer on some sweaters than any other type of button. This is especially true with pattern stitch sweaters, as pearl or similar buttons often detract from the pattern in your sweater. It is sometimes very hard, if not impossible, to match buttons to the color of your sweater. Again, yarn buttons are the perfect answer. In this phase of the knitting project you will find the directions for several buttons made with yarn.

Yarn Buttons

No. 1. MATERIALS: Steel crochet hook No. 6
 $\frac{3}{4}$ inch plastic ring
Fine yarn
Begin at center, ch 4, join with sl st to form circle.
Rnd 1: 8 sc tightly in circle, join in first sc.
Rnd 2: Holding crocheted circle inside plastic ring, ch 3, *4 sc tightly over ring, sk (skip) 1 sc on circle, dc over ring into next sc on circle, repeat from * twice, 4 sc tightly over ring, join in first sc on ring. End off, leaving yarn long enough to secure button to garment.

No. 2. MATERIALS: Steel crochet hook No. 3
 $\frac{3}{4}$ inch plastic ring
Work sc closely around plastic ring. Join in first sc. Turn sc row to center of ring, work sc in every other sc around. End off, leaving a long end. Thread needle, gather sts tog at center. Leave end for sewing onto garment.

No. 3. MATERIALS: Crochet hook No. 3
or No. 4
 $\frac{3}{4}$ inch plastic ring

With crochet hook work 15 sc closely around $\frac{3}{4}$ inch ring. Join in first sc; end off, leaving a long thread of yarn; thread into needle, turn sc row to center of ring, gather stitches together at center, working in back loop of each single crochet. Use remaining end to sew on button.

No. 4. MATERIALS: Steel crochet hook No. 3
or No. 4
 $\frac{3}{4}$ inch button mold (or plain button of any size)

Ch 3. Join with a slip st to form ring. Work 6 sc in ring, then work 2 sc in each st in round. Continue to work in sc increasing 6 sts evenly spaced in each round until circle is slightly smaller than button mold. Work 1 round even. Holding mold under work, decrease 6 sc evenly spaced in each round until mold is completely covered. Fasten off.

No. 5. MATERIALS: No. 1 knitting needles
 $\frac{3}{4}$ inch button mold (plain button will do)

Cast on 3 sts. Work firmly in stockinette st increasing 1 st at each side every other row until there are 11 sts on needle. Work 2 rows even, then decrease 1 st each side every other row until 3 sts remain. Bind off. Place mold under knitted piece and with yarn and tapestry needle, gather entire edge tightly until mold is completely covered.

No. 6. MATERIALS: No. 1 knitting needles

Fine yarn

Cast on 10 stitches (more for bigger buttons).
Knot the end (simple knot) with loose end from casting on.

Knit one row, purl one row for 10 rows (more for bigger buttons).

Don't bind off; leave about 10 inches of yarn for an end.

Take yarn needle and tuck in end you cast on with and clip.

Thread yarn needle with the 10 inches you left upon finishing knitting.

Slip stitches off knitting needle onto yarn needle and pull through and tighten.

Take one stitch and it will hold tight.

Thread yarn through the edge down one side, through cast on edge, and up the other side. Be careful not to back stitch or it won't pull up to form cap.

Pull to make a little cap over your finger.

Stuff with a piece of nylon hose which has been folded to give a smooth top.

Pull tight and gather together, take a few stitches and tie off.

Use the leftover thread to sew the button on.

(Cotton stuffing does not dry well and loses its shape.)

Dish Cloth

Materials: 1 ball 100% mercerized heavy-weight cotton

1 pr. No. 8 or No. 10 needles

Cast on 3 sts.

Row 1: K 2, bring yarn to front as if to purl (y o), K 1. (Stitch added and eyelet formed by y o.)

Row 2: K 2, y o, K 2.

Row 3: K 2, y o, K 3.

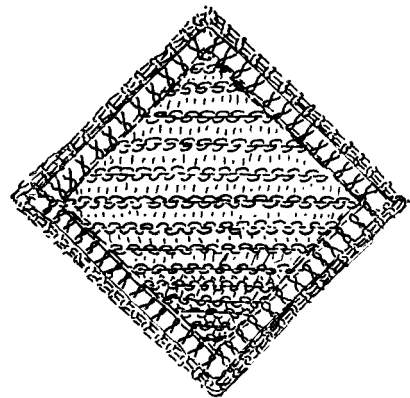
Row 4: K 2, y o, K 4.

Row 5: K 2, y o, K 5.

Continue working in this manner (inc 1 st each row with y o) until you have 50 sts on needle.

1st dec. row: K 1, K 2 tog, y o, K 2 tog, K to end of row. Repeat this row; decreasing 2 sts each row and forming eyelet by y o until 5 sts remain.

Next row: K 1, K 2 tog, K 2 tog (3 sts left on needle).



Next row: K 2 tog, K 1 (2 sts on needle).

Next row: K 2 tog, pull yarn through last st to fasten off.

Cable Skating Cap

SIZE: 10 yrs (21-inch headsize).

MATERIALS: 4-ply knitting worsted, 2 oz.

1 pr. No. 4 knitting needles (or size needed for gauge)

1 pr. No. 4 double-pointed knitting needles

Steel crochet hook No. 0

GAUGE: $6\frac{1}{2}$ sts = 1 inch

On No. 4 straight needles, cast on 108 sts.

Row 1: * P 1, K 2, P 3, K 6, P 3, K 2, P 1, repeat from * to end of row.

Row 2: * K 1, P 2, K 3, P 6, K 3, P 2, K 1, repeat from * to end of row.

Row 3: Same as row 1.

Row 4: Same as row 2.

Row 5: * P 1, K 2, P 3, sl next 3 sts onto dp needle, hold in front of work, K next 3 sts, K 3 slipped sts from dp needle, P 3, K 2, P 1, repeat from * to end of row (cable twist).

Row 6 to 12: Repeat rows 2 and 1.

Row 13: Same as row 5.

Rows 14 to 20: Repeat rows 2 and 1.

Row 21: Same as row 5.

Rows 22 to 28: Repeat rows 2 and 1.

Row 29: Same as row 5.

Rows 30 to 32: Repeat rows 2 and 1.

Row 33: Change to No. 4 double pointed needles, K 36 sts onto 1st dp needle, K 36 sts onto 2nd dp needle, and K 36 sts onto 3rd dp needle. Place marker on needle to indicate end of round. Join.

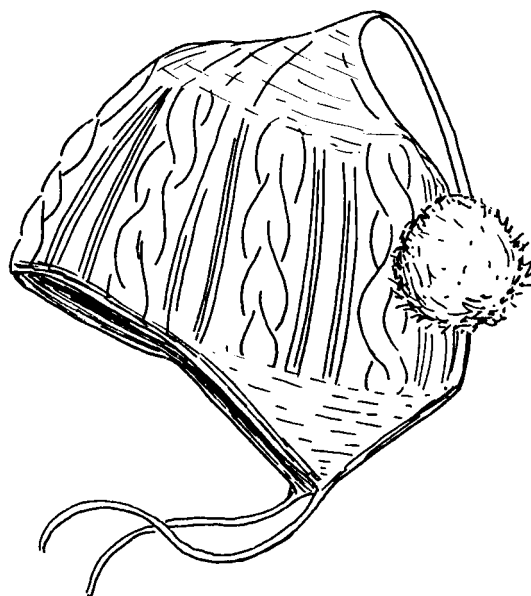
(To work decreases, work rest of cap in rounds instead of rows.)

Rounds 34, 35, 36: Knit.

1st dec round: * K 2 tog, K 16, repeat from * around.

2nd dec rnd: * K 2 tog, K 15, repeat from * around.

Continue in this manner, decreasing 2 sts on each needle and having 1 st less between decreases until 12 sts remain (4 sts on each needle).



Knit 2 rounds even.

Next round: * K 2 tog, K 2, repeat from * around. K 1 round even (9 sts).

Next round: * K 2 tog, K 1, repeat from * around. Knit 1 rnd even (6 sts). Do not break yarn. With crochet hook, pull up a loop through sts of last rnd, make a chain 6 inches long. Fasten off.

EARLAP: With right side of cap facing you, pick up and K 24 sts on bottom edge, centering 1 cable pattern (9 sts on each side of cable, 6 sts over cable).

Row 1: P 24 sts.

Row 2: K 1, K 2 tog, K 18, K 2 tog, K 1.

Row 3: P 22 sts.

Row 4: K 1, K 2 tog, K 16, K 2 tog, K 1.

Continue in this manner, decreasing 2 sts on each row until 4 sts remain, P back. K 2 tog twice, slip first st over last st. Do not break yarn.

TIE: With crochet hook, pull up a loop through last row, make a chain 12 inches long. Fasten off. Skip P 3, cable, P 3 for back of cap, make second earlap over next 24 sts.

FINISHING: Work 1 rnd of sl st around edge of cap. Trim the 6-inch chain with pompons.

Two-Needle Cable Stitch Mittens

SIZE: Medium

MATERIALS: 2 oz. 4-ply knitting worsted
1 pr. No. 4 straight needles
1 cable stitch needle or 1 double point knitting needle
2 stitch holders

GAUGE: $6\frac{1}{2}$ sts = 1 inch (knitting worsted)

LEFT MITTEN: Cast on 42 sts. Work in ribbing of K 1, P 1, for $3\frac{1}{2}$ inches. On the next row, increase to 49 sts as follows: K 21, * increase 1 st in next st, K 2, repeat from * across row. Work in pattern as follows:

Row 1: P 2, K 3, P 2, K 4, P 6, K 4, P 2, K 3, P 23.

Row 2: K 23, P 3, K 2, P 4, K 6, P 4, K 2, P 3, K 2.

Repeat above 2 rows once, then row 1 once more.

On the next row, start thumb gusset as follows:

Row 1: K 20, inc 1 st in next st, K 2, P 3, K 2, P 4; slip next 3 sts onto cable stitch needle or dp needle, hold in back of work, K the next 3 sts, then bring the 3 slipped sts forward and K them (cable twist; repeat cable twist every 8th row to tip of mitten); P 4, K 2, P 3, K 2.

Row 2: P 2, K 3, P 2, K 4, P 6, K 4, P 2, K 3; P remaining sts.

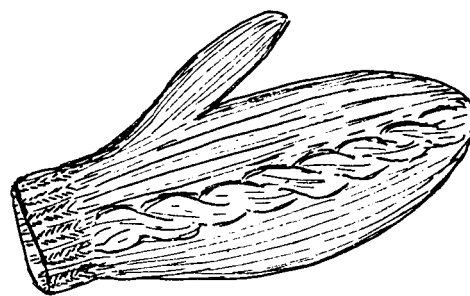
Row 3: K 20, inc 1 st in each of next 2 sts; work remaining sts in pattern.

Row 4: Repeat row 2.

Row 5: K 20, inc 1 st in next st, K 2, inc 1 st in next st; work in pattern across rest of row.

Row 6: Repeat row 2.

Continue working as given above, having 2 more sts between increases in thumb gusset, every other row until there are 12 sts between increases (64 sts). Work 1 row even, then starting on right side, separate thumb from remainder of mitten as follows: K 21; place on stitch holder; K the next 14



sts for thumb; place remaining 29 sts on second stitch holder. Work back and forth on the 14 thumb sts for 14 rows, then dec as follows: Row 1: K 2 tog, * K 1, K 2 tog; repeat from *. Row 2: Purl. Row 3: K 1; then K 2 tog across row. Draw remaining sts tog; Sew thumb seam.

Place sts from first stitch holder onto needle. Attach yarn. Place sts from 2nd stitch holder onto left hand needle and work in pattern across them.

Work even as follows: Row 1: (wrong side) P 2, K 3, P 2, K 4, P 6, K 4, P 2, K 3; purl 24.

Row 2: K 24; P 3, K 2, P 4, K 6, P 4, K 2, P 3, K 2. Repeat above 2 rows, working a cable twist over the rib of K 6, as described above, until piece measures 4 inches from base of thumb (7 cable twists).

Decrease tip of mitten as follows: Row 1: (right side) K 4, * K 2 tog, K 3; repeat from * 3 times, then P 3, K 2 tog, P 4, K 2 tog, K 2, K 2 tog, P 4, K 2 tog, P 3, K 2 tog.

Rows 2 and 4: knit the K sts and purl the P sts.

Row 3: * K 2 tog, K 2; repeat from * 4 times, then P 1, P 2 tog, K 1, P 1, P 2 tog, P 1, K 4, P 1, P 2 tog, P 1, K 1, P 2 tog, P 1, K 1.

Row 5: * K 2 tog, K 1; repeat from * 4 times, then P 2 tog, K 1, P 2 tog, P 1, K 2 tog, K 2 tog, P 1, P 2 tog, K 1, P 2 tog, K 1.

Row 6: P 1, P 2 tog, K 2 tog, P 2 tog, K 2 tog, then P 2 tog, 6 times.

Row 7: K 1; then K 2 tog, 5 times. Draw remaining sts tog; fasten off. Sew side seam.

RIGHT MITTEN: Work as given above for left mitten but work in reverse.

Complete Your Record Book

Your record book is important. Examine it carefully. Have you recorded everything you have made? Have you added this year's activities to your permanent record? Each

year your record book adds a new chapter to your 4-H club story. Are you happy with the story your record book is telling?

Show Others What You Have Learned

Demonstrations

Demonstration contests are held at community and county fairs. You may want to show others what you have learned by giving a demonstration.

Select one of the demonstrations you prepared for your club, or prepare a new one. Here are a few suggestions that you might use:

- How to wash a sweater
- How to make a knitting basket
- How to select knitting needles
- How to make pattern stitches

- How to graft a seam
- How to set in a sleeve
- How to make a crocheted finish

Exhibits

One of the things that you may enjoy when you have completed your project is to show others what you have done. Your club may want to plan a display of the articles you have made and invite your parents and friends. You may also want to exhibit your work at community and county fairs. If you do, be sure your exhibit is clean and neat.

Are You Ready for the Next Project?

_____ Is your record book up to date?

_____ Have you studied and practiced good health habits and good grooming?

_____ Have you learned to wash and block a knitted garment?

_____ Have you completed a knitted garment using a pattern stitch?

_____ Have you given a demonstration?

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

How Well Have You Done?

How does it look to you? Are you pleased with the results?
Are there places you can improve? Look at your knitting.

General Appearance

Is your article clean and neat?

Is it properly blocked?

Workmanship—Knitting Skills

Do the cast on and bound off stitches have enough elasticity?

Is the gauge accurate?

Is the tension uniform?

Is the article free of twisted, split, or dropped stitches?

Are yarn ends joined inconspicuously?

Are buttonholes evenly spaced and properly placed and finished?

Are buttons second in interest and the proper size for garment?

Are seams smooth, neat, and flexible?



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.