LET'S LEARN TO KNIT
with increase and decrease

Phase 2
4-H Club Series L-93
Let's Learn to Knit -- With Increase and Decrease

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, Coats & Clark, Inc.)

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

This book will help you learn more about knitting. Read it carefully and study the pictures. Ask your mother to read and study with you. Follow the instructions and you will form good habits. This project is planned for you. Enjoy it.

What you will learn

1. Some history of knitting.
2. To combine the knit and purl stitches to make both the stockinette stitch and ribbing.
3. To increase.
4. To decrease.
5. To make a woven seam.
6. To recognize and correct mistakes.
7. More about knitting tools.
8. Knitting rules to remember.
10. Care of shoes.
11. To share with others through demonstrations.

Articles you will make

In this project you will make two or more small articles such as cutie cap or slippers, or one (or more) large article such as a sweater that include the skills listed above.

Exhibit your work

You may exhibit any two small articles such as a cutie cap or slippers, or one large article such as a sweater that include increasing, decreasing, ribbing, and stockinette stitch.

Add to your record book

Your leader or county Extension agent will give you your 4-H record sheets. Keep your knitting record up to date. Write your 4-H story for the year when you complete your project; be sure to fill in your permanent record, too. There are places on your permanent record to show the activities you have participated in. Be sure to keep a record of them. Activities plus project work make a well-rounded 4-H program.

Learn to give a demonstration

Show others what you have learned by giving a demonstration at one of your club meetings. When you show another club member how to tie a slip knot or slip a stitch, you are giving a “demonstration.” Things that are seen or done are remembered the longest. Give your demonstration alone or with a partner. You will find demonstrations interesting and helpful. Ask your leader to give you ideas on how to give a demonstration. Choose a topic you have studied in your project.

Plan Your Project

You will want to talk about your project with your mother and leader. This will help you to understand the entire project. Study the project outline and your record book. Take your mother with you to your first 4-H club meeting. You will need her cooperation in selecting equipment and materials.

Before shopping for your supplies, discuss the project with your leader. She will tell you what type of yarn and size of needles you will need for your first article.

This project is more than just knitting. You will study health and good grooming and how to care for your clothes.

Get off to a good start by learning how to care for your shoes.
Shine Your Shoes

Shine Your Shoes

Daily care will improve the looks of your shoes and will help make them wear longer. Clean and polish your shoes. Wipe them off with a clean (wool) cloth and brush away the loose dirt before you put them away. When they need polishing, use one of the many good polishes that are on the market. Select the kind that is best for the leather in your shoes. Follow the directions given with the polish.

Shoes become damp from perspiration when you wear them. Wearing socks will protect the lining. Allow your shoes to dry thoroughly between wearings. Filling the toes of your shoes with tissue paper will help absorb moisture.

Examine your shoes for signs of wear. Keep the heels straight and do not wear the soles through before having them repaired. Have all rips mended as soon as they appear.

Do not place wet shoes near heat or in the sun to dry. When they are dry, clean and polish them to make them look like new.

Your sweater and skirt or dress are only as pretty as the shoes you wear with them. Are you proud of the care you give your shoes? Keep a record of the care of your shoes in your record book.

History of Knitting

Knitting is older than written history. No one knows exactly when women began to knit, but we do know that as far back as 200 A.D. knitting was an advanced and accomplished art. The people of Scotland are believed to have been the first to knit with wool.

A knitted fabric stretches more than a woven fabric, and it snaps back to its original size after it is stretched. A woolen knitted fabric can stretch as much as 30 percent and spring back to its original size. Long ago people found out how much better a knitted fabric was than a woven fabric for clothing that needs to stretch and then spring back to size to fit snugly. Examples of this kind of clothing are sweaters, mittens, and stockings.

Knitting is probably more popular today than it has been at any other time in history.

With the hundreds of different kinds and textures of yarns available today, plus the constant development of new synthetic fibers and various combinations of them, there is no end to all the beautiful and useful things you can learn to make.
Your Knitting Tools

You will need the same knitting tools in this phase of the knitting project that you used in Phase 1.

Scissors
A small pair of scissors or shears is necessary for cutting yarns, trimming pompons, etc. Be sure and keep your scissors in a case for safety.

Knitting needles
All knitting patterns tell you the size of needles you will need to make the garment. Never discard your needles when you have finished a garment. If you lose one needle and have to buy another pair of the same size, keep the extra needle. You never know when you may lose or break another one.

You can make a handy case for knitting needles not in use by cutting a piece of corrugated paper from a packing carton. Insert your needles (and crochet hooks too) in the ends of the paper. You can leave the holder flat for storage, or it can be rolled and fastened with a rubber band.

Crochet hook
A crochet hook is useful for correcting mistakes. Crochet hooks come in many sizes but size 0 or 00 is a good size hook for this project.

Measuring tool
You may use a ruler, a tape measure, a metal measuring gauge, or a knit check. You will find it easier to check your gauge with a measuring gauge, knit check, or transparent ruler.

Rubber tips or corks
Use tips or corks on the ends of your needles to keep your stitches from slipping off.

Tapestry needle
You will need a blunt-pointed tapestry needle for sewing up seams. Some tapestry needles have a hump around the "eye." They are not good for joining seams in knitting as the hump catches on the stitches and makes it hard to pull the yarn through. A straight steel needle is best.

It is a good idea to keep all easily lost items (such as rubber tips and tapestry needles) in a small transparent case. Ask your mother to save you a round, long, narrow plastic medicine bottle; it will make a very nice case. Be sure you wash the bottle thoroughly before you use it for your needles and other small items.

Nail file or emery board
Always keep a nail file or emery board in your knitting basket; a rough fingernail will snag or catch onto your yarn.
Good Knitting Habits

1. Always remember to wash and dry your hands thoroughly before you pick up your knitting. If your hands become moist while knitting, rub a little talcum powder on them. This will help prevent the yarn from sticking to your fingers.

2. Make sure you have a good light when knitting. Poor lighting will not only strain your eyes but will make it difficult to catch mistakes in your work.

3. Check your posture. If you avoid a cramped position, you won’t become tired so quickly, but when your hands become tired or you are tired, stop and rest!

Five Rules to Remember Before Knitting

Rule one

Learn the knitting abbreviations. They are the A.B.C.’s of the language of knitting. They are used exactly the same way in almost all directions. The ones you will need to know in this phase of the project are:

- K.............. Knit
- P.............. Purl
- St(s)........... Stitch(es)
- inc............ Increase
- dec............ Decrease
- tog............ Together
- y o............ Yarn over
- sl............ Slip
- Sl st........... Slip stitch
- psso........... Pass slip stitch over

*—this symbol indicates that the directions immediately following are to be repeated a given number of times.

“Work even” means to work without increasing or decreasing.

Rule two

Always read directions step by step. Never “read ahead” when you are following directions. (It is wise to read the directions completely before you start a garment to make sure you have all the equipment needed and that the pattern includes the skills you want to learn; but once you start to knit read only one step at a time.)

Rule three

Make sure you understand the importance of your “gauge.” The gauge is the most important part of all knitting—if your gauge is wrong the garment won’t fit!

Rule four

Always finish the row before putting your work down.

Rule five

Know the two stitches used for all knitting. One is called a “Knit” stitch and the other is called a “Purl” stitch. Your directions will tell you when to knit and when to purl. Learn to tell them apart.
Hints on Buying Yarn

There are literally hundreds of different kinds and textures of yarns being made today. Almost all knitting directions tell you the kind and amount of yarn you will need to make the article. When you buy your yarn, always get the size of yarn the directions call for, and be sure to buy enough yarn to make the complete article as no two dye lots are exactly the same. It is better to have a little too much yarn than not enough. When you select the yarn you want, be sure to check each skein to make sure the color and dye lot numbers are the same on each one.

Before you choose a color for a garment, such as a cutie cap or hat, stop and consider what you are going to wear it with and select a color that will look well with it.

When you are shopping for yarn you will find many synthetics, such as nylon, orlon, and combinations of these mixed with wool. Synthetics have some nice advantages, but you will find all-wool yarn much easier to work with. So, unless you are allergic to wool, it will be better if you use all-wool yarn for your first few articles in this project, unless your leader wants you to do otherwise.

It is also a good idea for you to use needles 10 inches in length—No. 6 or larger.

And Now to Knit

Stockinette Stitch

The stockinette stitch is made by knitting one row and purling the next row. It has two sides—the front or knit side (Fig. 1), and the back or purl side (Fig. 2). Remember, when you are knitting (Fig. 1), your yarn is in the back of your work, and when you are purling (Fig. 2), the yarn is in the front of your work.

Ribbing

Ribbing is made by alternating a number of knit stitches with purl stitches. The most common form of ribbing is knit two, purl two. In knit two, purl two ribbing (Fig. 3), the number of stitches cast on is usually divisible by four. Knit the first two stitches, bring the yarn forward and purl two stitches,
then bring the yarn to the back and knit two stitches. Continue in this manner to the end of the row.

![Figure 3](image)

When you turn your work for the next row, the stitches you purled on the previous row will become knit stitches on the following row. Remember that an easy way to tell a knit stitch from a purl stitch is to think of the knit stitch as a “V-neck” sweater and the purl stitch as a “turtle neck” sweater. We studied this in Phase 1.

When binding off in ribbing, always remember to bind off by knitting the knit stitches and purling the purl stitches as if you were continuing to rib.

Because of its elasticity, ribbing is frequently used on the part of the garment that fits snugly, such as the waistband and cuffs of a sweater and the tops of mittens and socks. Ribbing is usually worked on smaller size needles than the rest of the garment.

### Increasing

There are many ways to increase in knitting. To increase a stitch or stitches, simply means to add to the number of stitches you already have.

The increase stitch most commonly used is to knit into the front and then into the back of the same stitch before removing it from the needle. This method of increasing is used at the edge of a garment for shaping and at places where the increase itself forms part of the design of a garment, such as in raglan sleeve seams. This is the method you will learn in this phase of the project. In later phases you will learn other methods.

![Figure 4](image)

**How to increase in knitting**

1. When you wish to increase the number of stitches in the row, knit first into the front of the stitch to make one stitch, but do not slip the old stitch off the left needle (Fig. 4).

2. Now knit into the back of the same stitch to make another stitch.

3. Slip the old stitch off the left needle. There will be two stitches transferred to the right needle instead of one.

### Decreasing

To decrease means to take away from the number of stitches you are working with. The decrease, like the increase, is used to shape your work or to help form a design in your knitted garment.

In this phase of the knitting project you will learn the two methods of decreasing most commonly used. In later phases you will learn other methods of decreasing.

**How to decrease when knitting**

This method makes the resulting decreased stitch slant to the right. On a knit row, knit two stitches together (Fig. 5).

![Figure 5](image)
How to decrease when purling

On a purl row, purl two stitches together (Fig. 6).

Decreasing by knit one, slip one, pass slip stitch over (psso)

This method makes the resulting decreased stitch slant to the left.

1. Slip one stitch (as to knit unless directions state differently), knit one (Fig. 7).

2. Insert left hand needle into the front of slipped stitch and pass slip stitch over knit stitch (Fig. 8).

Correcting Mistakes

Before you can correct mistakes you must learn to recognize them. The most common mistakes in knitting are: dropped stitches, twisted stitches, split stitches, and holes in a knitted fabric caused by having the yarn in the wrong position. For instance, if you have been purling, your yarn is in the front of your work, to knit you must put your yarn in the back of your work. If you fail to do so, you will have a hole or “yarn over” when you knit. It will also form a hole in your knitted fabric if you put your work down in the middle of a row and then work in the wrong direction when you pick it up.

It is easier to learn to recognize and correct mistakes when you are working with the stockinette stitch because you have a right and wrong side to your work and it is easier to tell a knit stitch from a purl stitch.

Dropped stitch

When you drop a stitch, it must be picked up and placed on the needle. Whenever possible pick up a dropped stitch on the right side of your work. Use a crochet hook, insert it in the dropped stitch, draw yarn to the row above through loop forming a loop (Fig. 9).

Continue in this manner until you reach the row being worked. Be careful not to twist the stitches.

Pick up purl stitches as shown in Figure 10.

To pick up stitches when working in the garter stitch, alternate the two movements above.
Twisted stitch

If you look closely at the right side (or knit side) of a knitted fabric worked in the stockinette stitch, you will see that each stitch is a V, but if you gently pull the fabric by holding it on each side the “V” will open up or separate at the bottom. Now if a stitch is twisted the yarn is crossed at the bottom or base of the stitch, and when you pull on the fabric the twisted stitch “V” will not separate but will pull together more closely.

When you have twisted a stitch or made the mistake of knitting a purl stitch or purling a knit stitch, work over to that point in the work directly above where the mistake has been made and drop this stitch from the needle and down to the twisted stitch. Now with a crochet hook and with the knit side of the same stitch facing you, pick up the stitch as you would any dropped stitch.

How to put knitting back on the needle after ripping

When you have made a mistake, and you must rip back by taking the knitting off the needles, it will be easier if, for the pick-up row, you use a smaller size needle than you are knitting with. The point of a smaller needle will slip into the stitches much more easily than the larger needle.

When ripping out your work, rip back to the row above the one you want to put back on your needle, then put your needle into the stitch below the exposed loop, purlwise, holding the yarn in left hand. Pull yarn out of each stitch gently as you pick up the one underneath it. Now the stitches are on the needle in the correct position for working the next row, and none are lost or dropped.
Seams

When you finish knitting a garment, it is a big temptation to sew up the seams as quickly as possible. Don’t be tempted! Seams are a very important part of a knitted garment and good seams take time, care, and patience.

In the knitting project you will learn to make several kinds of seams. Sometimes it is best to use one seam, at other times it is best to use another. The important thing is to use the seam that looks best and is most suitable for the article.

When you finish knitting a garment, get your leader or your mother to help you decide which seam to use. It is also a good idea to ask your leader or your mother to block your garment before you sew it together. Later you will learn to block your garments by yourself.

In Phase 1 you learned to do a flat overcast seam. In this phase directions are given for a woven seam. In this project you may use any type of seam. Perhaps your leader prefers a seam not given in the knitting project books. This is perfectly all right as long as your finished seam is neat and even with almost as much stretch or elasticity as your knitted fabric.

Woven seam

1. Place the two pieces to be joined with edges together evenly, right side up.

2. If you have a thread on either piece of your garment long enough to sew your seam, use it; otherwise thread a piece of the same yarn you used in your garment into your tapestry needle and attach the yarn with a slip knot to the wrong side of the piece on the right. Leave about two inches of yarn on the end of the knot. Do not cut the yarn close to the knot as the knot may come untied (Fig. 11).

3. Insert your needle into the back side of the first stitch on the right hand side and bring needle up to the right side of work through the first stitch on the left edge (Fig. 12).

4. Insert needle down through center of first stitch on right edge, pass under two rows, draw yarn through to right side (Fig. 12).

5. Insert needle in center of stitch on corresponding row of left edge, pass under two rows as before, draw yarn through to right side. Continue to work in this manner from side to side, matching rows (Fig. 13).

Be careful not to pull the yarn too tightly as the seam must have elasticity.
Check Your Gauge

The word "gauge" is very important in knitting. The gauge means the number of stitches in each inch across your work and the number of rows in each inch up and down your work. Some people knit tightly and others knit loosely, so the only way to tell if your gauge is the same as that called for in the directions is to knit a little sample or swatch of your work and count the number of stitches in an inch and the number of rows in an inch.

To check your gauge, knit a small swatch by casting on about 20 stitches, using the size needles and yarn the directions call for. Using the type of stitch called for in the directions, work until the swatch is completed. With a ruler or knit check, measure off 2 inches on the crosswise fabric and mark with pins (Fig. 14).

In the same way mark off on the lengthwise fabric. By using a 2-inch measure you allow for variations. If one inch has fewer stitches than the directions call for, you need to use a smaller needle. If it has more stitches you need to use a larger needle.

Suggested Patterns

The following patterns each include all of the skills you are required to learn in this phase of the knitting project.

You may use any other patterns you or your leader may have.

For this phase of the project it is suggested that you use 4-ply knitting worsted and large (No. 6 or larger) needles. When you select your pattern, be sure to remember to check your gauge before starting your garment.

CUTIE CAP

MATERIALS: 1½ ounces knitting worsted

1 pair No. 8 needles

Cast on 3 sts.
Row 1: Purl.
Row 2: Knit.
Repeat these two rows for 12 inches or desired length for tie. End with a purl row.
BODY OF CAP
Row 1: Knit, increasing in first and last st (5 sts on needle).
Row 2: Knit.
Row 3: K 1 st, increase in next st, K 1, increase in next st, K 1.
Repeat rows 2 and 3, increasing 1 st in 2nd row and next to last st on row 3 until there are 11 sts on needle. Knit one row even.
Next row: K 4 sts, increase in next st, K 1, increase in next st, K last 4 sts.
Next row: K 4, purl 5 sts, K last 4 sts for border.
Knit first and last 4 sts on every row, keeping center sts in stockinette st.
Increase on st next to both borders on every knit row until there are 31 sts on needle.

Work even, without increasing, on 31 sts, keeping border on each side, until body of cap measures 10 inches, or desired length, ending with a purl row.
Decrease row: K 4, slip 1 st, K 1, pass slip st over (psso) K 19, Knit 2 tog, K 4.
Next row: K 4, purl to last 4 st, K 4.
Repeat these two rows until 13 sts left on needle.
Next row: Knit.
Next row: Knit 1, K next 2 st tog, K 7, K 2 tog, K 1.
Continue knitting every row, decreasing 1 st, each side every other row until 3 sts remain.

Now, purl one row, knit one row until tie measures same length as other end. Bind off. Attach small pompon to each tie end if desired.

TV Slippers With Increase Stitches
in Heel

MATERIALS: 1 pair No. 8, 10-inch knitting needles
4 ounces of knitting worsted
or
4 ounces of Nylo-wool (wears better)

GAUGE: 4 stitches = 1 inch  6 rows = 1 inch

Use a double strand of yarn. Cast on 23 stitches. Always slip first stitch of each row onto right hand needle as if to purl, then continue row.

Row 1: Slip 1, K 8, P 1, K 3, P 1, K 9.
Row 2: Slip 1, K across, increasing in 11th and 13th sts (25 sts).
Row 3: Slip 1, K 8, P 1, K 5, P 1, K 9.
Row 4: Slip 1, K across inc. in 11th and 15th sts (27 sts).

Row 5: Slip 1, K 8, P 1, K 7, P 1, K 9.
Row 6: Slip 1, K across inc. in 11th and 17th sts (29 sts).
Row 7: Slip 1, K 8, P 1, K 9, P 1, K 9.
Row 8: Slip 1, K across.
Repeat rows 7 and 8 for 6 inches or 2½ inches less than length of foot.
TOE: Row 1: P 1, * K 1, P 1, repeat from * to end of row.

Row 2: K 1, P 1 to end of row.

Repeat ribbing for 2 inches.


Purl 3, work 5 sts in ribbing, P 3. Work 7 sts in ribbing.


Break yarn leaving 10- or 12-inch end. Draw through all sts but do not slide off needle; then draw through again, sliding off needle, and pull up very tightly.

Fasten securely. Do not break yarn.

Sew side edges of ribbing from toe to about 4 inches.

Fold cast on edges in half and sew edges together for heel, gathering in the three center stitches securely. (Heel seam should be smooth.) Trim with a pompon if desired.

Raglan Cardigan Sweater

MATERIALS: 12 ounces knitting worsted for sizes 10 and 12
14 ounces knitting worsted for size 14
Knitting needles—1 pair No. 8
Five stitch holders (safety pins, extra knitting needles, or a length of yarn will do).

GAUGE: (Stockinette stitch, blocked) 4½ sts = 1 inch 6 rows = 1 inch

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<th>Size 12</th>
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<tr>
<td>BACK: Starting at lower edge, cast on</td>
<td>68 sts</td>
<td>72 sts</td>
<td>76 sts</td>
</tr>
<tr>
<td>Work over stitches in ribbing: knit 2, purl 2</td>
<td>2”</td>
<td>2”</td>
<td>2”</td>
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<tr>
<td>Repeat row until piece measures</td>
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<tr>
<td>Beginning on right side of work, do stockinette stitch as follows: 1st row: knit across</td>
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<tr>
<td>2nd row: purl across</td>
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<tr>
<td>Repeat 1st and 2nd rows (stockinette stitch) for</td>
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<td>until total length measures</td>
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Raglan shaping: At beginning of next two rows, bind off

Remaining stitches should be

Next row: K 2, sl 1, K 1, psso (dec), knit across to last 4 sts, K 2 tog (dec), K 2.

Following row: Purl across.

Repeat last 2 rows on each side, ending with a purl row.

Slip remaining stitches (for back of neck) onto a stitch holder

RIGHT FRONT: Starting at lower edge, cast on 38 sts (front border in garter stitch).

1st row: Work in ribbing, of K 2, P 2 to within last 6 sts. Knit last 6 sts (front border in garter stitch).

2nd row: K6 sts (front border); complete row in ribbing.

Repeat 1st and 2nd rows until piece measures 2" 2" 2"

Begin stockinette stitch on right side of work with knit 1 row, purl 1 row, while continuing front edge in garter st (front 6sts knit every row) for 7" 8" 9"

Raglan shaping: At side edge, bind off 2 sts 2 sts 3 sts

Then decrease at armhole edge as for back, (knit to within last 4 sts, K 2 tog, K 2).

Continue front edge in garter stitch as before.

Decrease ending with a purl row.

Slip remaining stitches onto a holder

LEFT FRONT: Starting at lower edge, cast on 38 sts (front border in garter stitch).

First row: Knit 6 sts (front border), complete row in ribbing of P 2, K 2.

2nd row: Work in ribbing to within last 6 sts, knit these 6 sts.

Repeat these two rows for 2" 2" 2"

Next row: Beginning on right side of work, knit clear across row.

Following row: Knit 6 sts, then purl remaining sts.

Repeat last two rows for 7" 8" 9"

until total length at side edge measures 9" 10" 11"

Raglan shaping: At side edge beginning of row, bind off 2" 2" 3"

Then decrease at armhole edge as for back (K 2, sl 1, K 1), psso.

Continue front edge in garter stitch as before.

Decrease ending with a purl row.

Slip remaining stitches onto a holder

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<tr>
<td>2 sts</td>
<td>2 sts</td>
<td>3 sts</td>
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<tr>
<td>64 sts</td>
<td>68 sts</td>
<td>70 sts</td>
</tr>
<tr>
<td>23 times</td>
<td>24 times</td>
<td>25 times</td>
</tr>
<tr>
<td>18 sts</td>
<td>20 sts</td>
<td>20 sts</td>
</tr>
<tr>
<td>38 sts</td>
<td>40 sts</td>
<td>42 sts</td>
</tr>
<tr>
<td>2&quot; 2&quot; 2&quot;</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| 7" 8" 9"
| 9" 10" 11"
| 2" 2" 3"
| 23 times 24 times 25 times |
| 13 sts 14 sts 14 sts |
| 38 st | 40 st | 42 st |
| 2" 2" 2"
| 7" 8" 9"
| 9" 10" 11"
| 2" 2" 3"
| 23 times 24 times 25 times |
| 13 st 14 st 14 st |
SLEEVES: Starting at cuff edge, cast on

<table>
<thead>
<tr>
<th>Size</th>
<th>10</th>
<th>12</th>
<th>14</th>
</tr>
</thead>
<tbody>
<tr>
<td>32 st</td>
<td>36 st</td>
<td>40 st</td>
<td></td>
</tr>
</tbody>
</table>

Work in K 2, P 2 ribbing, same as back and front for

<table>
<thead>
<tr>
<th>Size</th>
<th>10</th>
<th>12</th>
<th>14</th>
</tr>
</thead>
<tbody>
<tr>
<td>2”</td>
<td>2”</td>
<td>2”</td>
<td></td>
</tr>
</tbody>
</table>

On right side of work, begin stockinette st, increasing 1st st at both ends of next row and every 4 rows thereafter until you have on needle

<table>
<thead>
<tr>
<th>Size</th>
<th>10</th>
<th>12</th>
<th>14</th>
</tr>
</thead>
<tbody>
<tr>
<td>62 st</td>
<td>68 st</td>
<td>72 st</td>
<td></td>
</tr>
</tbody>
</table>

(To do this, increase in 2nd stitch of each increase row, knit across to within the last 3 sts, and increase again in 3rd stitch from end.)

Work even until total length of sleeve measures

<table>
<thead>
<tr>
<th>Size</th>
<th>10</th>
<th>12</th>
<th>14</th>
</tr>
</thead>
<tbody>
<tr>
<td>11”</td>
<td>12”</td>
<td>13”</td>
<td></td>
</tr>
</tbody>
</table>

(For a long sleeve, measure and knit to underarm length.)

Raglan shaping: At beginning of next two rows, bind off

<table>
<thead>
<tr>
<th>Size</th>
<th>10</th>
<th>12</th>
<th>14</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 st</td>
<td>2 st</td>
<td>3 st</td>
<td></td>
</tr>
</tbody>
</table>

Decrease armhole as for back

<table>
<thead>
<tr>
<th>Size</th>
<th>10</th>
<th>12</th>
<th>14</th>
</tr>
</thead>
<tbody>
<tr>
<td>23 times</td>
<td>24 times</td>
<td>25 times</td>
<td></td>
</tr>
</tbody>
</table>

End with a purl row.

Place remaining stitches on a stitch holder

<table>
<thead>
<tr>
<th>Size</th>
<th>10</th>
<th>12</th>
<th>14</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 st</td>
<td>16 st</td>
<td>16 st</td>
<td></td>
</tr>
</tbody>
</table>

Block all sections of the sweater (except ribbed areas).

NECKBAND: With outside of knitting facing you, slip all stitches from stitch holders onto a knitting needle, beginning at left front

<table>
<thead>
<tr>
<th>Size</th>
<th>10</th>
<th>12</th>
<th>14</th>
</tr>
</thead>
<tbody>
<tr>
<td>68 st</td>
<td>80 st</td>
<td>80 st</td>
<td></td>
</tr>
</tbody>
</table>

Attach yarn to edge of right front.

Knit first 6 sts as continuation of front garter st border. Then

<table>
<thead>
<tr>
<th>Size</th>
<th>10</th>
<th>12</th>
<th>14</th>
</tr>
</thead>
<tbody>
<tr>
<td>k 4</td>
<td>k 2</td>
<td>k 2</td>
<td></td>
</tr>
</tbody>
</table>

*K 6, K 2 tog. Repeat from *

<table>
<thead>
<tr>
<th>Size</th>
<th>10</th>
<th>12</th>
<th>14</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 times</td>
<td>8 times</td>
<td>8 times</td>
<td></td>
</tr>
</tbody>
</table>

Knit to end of row.

On needle there are

<table>
<thead>
<tr>
<th>Size</th>
<th>10</th>
<th>12</th>
<th>14</th>
</tr>
</thead>
<tbody>
<tr>
<td>62 st</td>
<td>72 st</td>
<td>72 st</td>
<td></td>
</tr>
</tbody>
</table>

Next row: Knit 6 purl across row to last 6 sts, knit these.

Following row: Knit 6 sts, P 2, K 2 ribbing to within last 6 sts—knit these.

Repeat neck ribbing, with garter stitch at each front edge, for

<table>
<thead>
<tr>
<th>Size</th>
<th>10</th>
<th>12</th>
<th>14</th>
</tr>
</thead>
<tbody>
<tr>
<td>1”</td>
<td>1”</td>
<td>1”</td>
<td></td>
</tr>
</tbody>
</table>

Bind off loosely in ribbing (knitting the knit stitches, and purling the purl stitches).

Sew up the raglan seams (leaving as little excess seam allowance as possible).

Sew up sleeve and underarm seams. (When doing this, it's good to overcast the seams of the ribbed portions, so they'll lie flat, with no seam allowance. Then sew remainder of the seams, keeping the allowance small and smooth).

BLOCKING MEASUREMENTS: Body chest size

<table>
<thead>
<tr>
<th>Size</th>
<th>10</th>
<th>12</th>
<th>14</th>
</tr>
</thead>
<tbody>
<tr>
<td>28”</td>
<td>30”</td>
<td>32”</td>
<td></td>
</tr>
</tbody>
</table>
Complete Your Record Book

Your record book is important. Examine it carefully. Have you completed your knitting record? Have you recorded your activities as well as your project summary on your permanent record? Have you written your 4-H story for the year? In your story tell how you feel about the things you have made and the experiences you have had.

Each year your record book will add another chapter to your 4-H club story. You will have fun looking back at each chapter as the years go by. Is this chapter as complete as you would like it to be?

You may want to keep a scrapbook of pictures and newspaper stories to go along with your record book.

Show Others What You Have Learned

Exhibits

It is fun to let others see what you have done. Your club may want to plan a display for your families. You may want to exhibit your work at a fair. If you do, your exhibit will be any two small articles or one large article (such as a sweater) that include increasing, decreasing, ribbing, and/or stockinette stitch. Be sure your article or articles are clean and clearly labeled so they can be returned to you.

Demonstrations

A demonstration means "to show someone else how to do something." Select one special thing you have learned and use it for your demonstration. Here are some suggestions:

- How to do the stockinette stitch
- How to make a knitting needle holder
- How to do ribbing
- How to increase
- How to decrease
- How to pick up a dropped stitch
- How to correct a twisted stitch
- How to put stitches back on needle
- How to make a woven seam
- How to check your gauge

Are You Ready for the Next Project?

____ Have you learned the skills in this phase of the project?

____ Have you learned to recognize and correct mistakes?

____ Do you know how to check your gauge?

____ Have you kept your record book up to date?

*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.