LET'S LEARN TO KNIT

with mixed colors

Phase 6
4-H Club Series L-97
Let's Learn to Knit -- With Mixed Colors

PHASE 6

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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 your guide for Phase 6 of your knitting project. Now you are ready for the fun of working a knitted design with more than one color.

What you will learn
1. To work with a combination of colors.
2. To make a knitted mend or patch.
4. To mend and patch knitted garments.
5. To know color and color combinations.
6. To improve health and grooming.
7. To share with others through demonstrations.

What articles you will make
You will make a minimum of one large article or two or more smaller articles made with a combination of colors—either Fair Isle or Bobbin knitting (Argyle, etc.), not stripes.

Exhibit
You may exhibit one large article or two or more small articles worked in Fair Isle or bobbin knitting.

Add to your 4-H record book
Add new sheets to your record book.

Demonstrate to your club
Continue to give demonstrations at your club meetings. Prepare your demonstration, practice at club or other meetings, and then enter the county demonstration contest.

Plan Your Project

In this phase of the knitting project you will learn to combine colors in a knitted fabric.

Color is very important to you. Color is a part of everyone's life. It reflects the spirit of people, of events, of seasons. Color effects the way we feel and act.

Since color is also important in this project, study color before you select your yarn. Look at the color wheel—which colors are primary? Which colors are secondary? Experiment with color.

What colors do you like best? Often the colors you like are the ones that flatter you. Hold the color you are thinking about to your face. Does it make your skin, hair, and eyes look prettier? Will it go with other colors already in your wardrobe? Is it a color you will be happy wearing?

Color is important—be sure you make a wise decision when you make your selection. It will take many hours to knit your project—be sure you like the colors.

Continue to care for your shoes, clothing, and knit wear. As you will learn to mend knitted garments in this phase of the knitting project, why not help your mother with the mending and patching of knitted garments for other members of the family?

Plan an interesting activity on grooming. Continue to care for your hair, skin, nails, make-up, and continue daily body care.

Have well-groomed persons visit your club or plan a visit to the local beauty shop to learn about new developments in hair styling and beauty care.
Improve Your Health and Grooming

Continue to improve your posture and grooming. Follow through the 4-H health outline for suggestions. Develop the fresh, dainty, and ready-for-the-day look that comes from being healthy, clean, and well-groomed.

Personal attractiveness is something every girl wants to work for. You will concentrate on these points of good grooming in this project:

- Cleanliness.
- Use of deodorant.
- Care of the feet and legs.

Cleanliness is your first step in being attractive. The skin expels perspiration every day through the pores. The water in perspiration evaporates, but the body wastes are left on the skin. Therefore, frequent bathing is necessary to remove these body wastes, as well as dirt and loosened skin. A daily bath in warm water, with generous use of mild soap, will keep you clean.

Sweat glands are concentrated under the arms, and there is little chance for evaporation there. Use perspiration check daily under your arms (or less often if not needed) to protect your dresses and sweaters from becoming stained and to avoid body odor. Buy perspiration checks, in liquid or cream, at cosmetic counters.

Scrub your toenails during your bath. Use an orangewood stick to clean around and under them and to push the cuticle back from the nails. Dry the feet thoroughly; cut the nails straight across and almost even with the end of the toe. File the rough edges and sharp corners. If your feet perspire a great deal, sprinkle foot powder on your feet and between the toes. Remove dark hair from your legs.

Wash your undergarments and anklets after each wearing.

Pointers on make-up

"Make-up" refers to cosmetics which are used to brighten your natural beauty. The manner in which make-up is applied will either add to or mar your beauty.

The "art" of make-up is easily acquired with a little time and patience—plus lots of practice. The basic requirement is a light hand, because make-up is designed to be a subtle improvement on nature—not a camouflage.

How much and what kind of cosmetics are permissible depends on your age and the occasion. Some make-up effects are unacceptable anywhere at any age. Good taste in make-up demands that it contribute to the total effect—not attract attention to itself and away from the wearer.

Older club girls usually like to use some make-up. The selection of a becoming color in powder, rouge, and lipstick often seems difficult.

You may find that your skin is a light peach color or it may be tan. Your so-called tan may be an olive color or it may be a warm, rosy tan.
Powders and rouges are made up in the various skin color tones. When you buy powder, rouge, or lipstick, be careful to buy that which is most becoming to your skin. How can you know what to buy? Test a sample by rubbing it on your wrist or the palm of the hand. That is where you can really see the true color tone of the skin.

The price of cosmetics does not always determine their value. The less expensive may be as good as the more expensive.

Eye make-up is being used at the present time. It accentuates the eyes and can either enhance the beauty of your eyes or mar your appearance. Wear eye make-up only for very special occasions in the evening. Study the colors best for you as you would powder or lipstick.

A touch of an eyebrow pencil is enough to highlight your natural beauty for daytime occasions.

**Interchanging Yarns**

As you learned in an earlier phase of the knitting project, many yarns are interchangeable. "Interchangeable" means that two yarns knitted by the same person on needles the same size will have the same gauge.

To give you a complete list of yarns that are interchangeable would take far too much space and would not be accurate very long because of rapid change in the variety of yarns available.

The most important thing to remember when using a yarn other than that called for in the directions is that the gauge should be the same and the texture suitable to the garment.

It is not necessary to stick to the regulation types of yarns or colors specified. Possibilities are limitless as to color combinations and texture effects. Just remember to use good taste, good color combinations, and never forget the importance of your GAUGE.

Experiment with colors and types of yarns; you may come up with some very lovely and original garments.

**Knitting With a Combination of Colors**

You will find that knitted garments made with a combination of colors have many different names or titles, such as Fair Isle, Scandinavian, Norwegian, Argyle, and many others.

Argyle is the term used for articles made with a diamond-shaped pattern of two or more colors. It is best to use bobbins when knitting an Argyle pattern.

Scandinavian, Norwegian, Fair Isle, etc. are all basically the same. As Fair Isle is the term most often used, it is the one you will find used in this project.

Fair Isle is the term given to the type of knitting where a pattern or design is knitted into a garment using two or more colors. It can be an all-over pattern or a partial pattern such as a yoke of a sweater or the cuffs of mittens or socks.

It is easier to knit a Fair Isle pattern by following a graph than by working from ordinary directions. A Fair Isle pattern may be worked by carrying the colors not in use across the back or wrong side of the work, or it may be worked by using bobbins. You will find the directions for both ways included in this project.
Following a Graph

To follow a pattern on a graph, you pretend each square of the graph paper is a stitch and each line or row of squares across the paper is a row of knitting.

When only a single contrasting color is used, the graph is very simple to read or follow. Here is an example:

![Graph Example]

- Main color
- Contrasting color

You will find various symbols used by different pattern books to identify the colors when several colors are used to form a design.

![Graph Symbols]

Remember, when following a graph, you may use the colors called for or you may substitute colors of your own choice.

Changing Colors

When you are knitting with two or more colors, whether it is Fair Isle or Bobbin work, the yarns should be twisted at the back of the work when changing from one color to another to avoid holes in your work. After knitting the required number of stitches of one color, lay the yarn you have been using along the left hand needle at the back of your work, pick up the new color from underneath, and knit the required number of stitches. This will twist the two colors and prevent holes. On each color change, place the yarn just used on left hand side in the same manner, before working with new color.

![Changing Colors]

Fair Isle Knitting

When working a Fair Isle pattern, if the pattern is one in which the colors change back and forth every few stitches, the color not being used may be carried across back of work in two ways. First, when the spaces between are not more than 3 stitches wide, the yarn not in use is carried across the back of the work. Be careful to carry the yarn loosely enough to match the elasticity of the knitting itself. Remember when changing color to pick up the new yarn from underneath as described above. You may find it easier if you carry the yarn not in use in your left hand and the one being used in your right hand in the usual manner.

Second, when the distance between two colors is more than 3 stitches, the color not in use may be woven into the back or wrong
side of the garment while knitting to prevent loops on the wrong side. This is done by holding the yarn being used in the right hand in the usual manner; the yarn being carried is held in the left hand and carried on the wrong side of the work. Knit one stitch in the usual way, insert the needle into next stitch, but before catching yarn to knit, place the yarn you are carrying over the needle. Now work stitch in usual way, slipping off carried yarn as stitch is completed. Continue working in this manner, catching carried yarn in every other stitch. Be careful not to draw up carried yarn too tightly.

If the pattern falls so that each color appears in more or less definite blocks or spaces, it is best to attach a new ball or bobbin of yarn where each change of color occurs. To do this follow the directions for bobbin knitting.

### Bobbin Knitting

When working a pattern where colors appear in a definite block or line (such as Argyle), it is best to use a separate bobbin of yarn for each change of color. When following a pattern of this type, the directions usually tell you how many bobbins to use and how much yarn to wind on each one. When changing colors, twist yarn by bringing new color under yarn you have been using as you do when working with Fair Isle knitting.

If you keep the bobbins rolled tightly, except the one you are knitting with, it will prevent them from becoming tangled.

Break off colors where not needed in the design, leaving 5-inch ends to weave in later.

### Mending and Patching Knitted Garments

No matter how careful you are, accidents will happen and you will get a tear, pull, or worn spot in a knitted garment. There are several ways to mend knitwear. You will find directions included here for various types of mends and patches.

Mending and patching is a fine art, especially when it comes to knitting! As in all phases of knitting, you will want to pick the type of mend that will be best suited to the garment. Your mend should be as neat and serviceable as possible. Always use the same yarn the garment was knit with if possible. (If you weave a strand of yarn in the seam each time you knit a sweater you will not only have it if you need it for a mend but it will be the same color in case the sweater fades with age.)

#### Thin or worn spots

Sometimes you will notice a spot that is wearing thin in a knitted garment, such as the elbow of a sweater. It is best to reweave the spot before it wears completely through. Do this by working in duplicate stitch over the spot using the same yarn used in knitting the garment. Work the duplicate stitch as follows:

**Duplicate stitch**

Thread a tapestry needle with the same yarn used to knit the garment, attach the yarn on wrong side of work at the bottom, right hand side of area to be mended. Draw yarn from wrong to right or knit side of work through center of lower point of stitch. Following the outline of the stitch, insert needle at top right hand side of same stitch. Holding needle in horizontal position, draw through top left hand side of stitch; now insert needle into base of stitch to left of where needle came out at start of stitch and draw yarn through to wrong side. Keep yarn loose enough to lie on top of work and cover stitch below. Work all stitches to be covered in this manner (Figure 1).

![Figure 1](image-url)
**Snags**

To repair a snag, carefully cut and pull out the "drawn thread" and graft or weave the stitches together. Thread tapestry needle and bring pieces to be joined close together. Attach yarn on wrong side of garment at right-hand edge of upper piece. Inserting needle from wrong side, draw yarn through first stitch of upper piece to right side; insert needle from right side in first stitch on lower piece, bring up through next stitch on lower piece from wrong side. Draw up yarn, insert needle from right side in first stitch on upper piece (same stitch you brought yarn through to right side) bring up through next stitch on upper piece from wrong side.

Attach yarn to wrong side of work and secure stitches you have just picked up at top of "run."

**Small holes**

Do not cut away the torn threads. Thread tapestry needle and attach yarn to wrong side of work above hole. Secure yarn by weaving it in and out of several rows above hole, then weave yarn across hole and for several stitches on each side, thus replacing each broken thread.

Work in duplicate stitch (Fig. 1) over first complete vertical row on right side of hole.

Continue to work in duplicate stitch, forming simple chain stitches over reinforced space.

**Large hole**

The best way to mend a large hole is with a knit patch. The directions given here are for a patch worked in the stockinette stitch.

If the garment was knit with a pattern stitch, work patch in pattern stitch wherever possible.

**Knitted patches**

Carefully cut a square hole and at each corner slash by separating 3 stitches (Fig. 4).
Turn edges back to wrong side and blind stitch neatly (Fig. 5).

Place the stitches at top of hole on a stitch holder or large safety pin. Pick up stitches at bottom on a double pointed needle (same size needle used to knit garment), attach matching yarn and knit a piece matching the gauge and design of the garment itself to fit hole (Fig. 6).

Figure 5

Cut yarn leaving about 14-inch length (or length long enough to weave to top). Place stitches from stitch holder on a second needle, thread length of yarn into tapestry needle and weave stitches together with Kitchener stitch described in Phase 5. Join sides of patch to sides of hole using a back and forth weaving stitch.

Figure 6

Suggested Patterns

There are any number of patterns available for garments knit with a combination of colors. Some manufacturers make “kits” for this type of work; they include the pattern and the required amounts of each color of yarn needed. These kits may be ordered directly from the manufacturers or purchased from most department stores that carry yarn goods.

You may prefer to take a good basic pattern and work out your own personal design. You may do so if you wish. The only patterns included here are for small articles as they are more difficult to find than sweater patterns.

Skating Set

**MATERIALS:** Hat—4 oz. 3-ply sock yarn

Mittens—1 oz. 3-ply sock yarn

Socks—2 oz. 3-ply sock yarn

2 oz. contrasting color for design for all three articles

1 set No. 2 double pointed needles

½ yard tubular elastic for hat

1 stitch holder

**GAUGE:** 8 sts = 1 inch

When working design for cuffs, follow directions for Fair Isle knitting, second method, on page 4 of this project. Be sure not to draw yarn too tightly or too loosely across back of work.
Remember to pick up new color from *underneath* the one just used, when changing colors.

**SOCKS**

With main color cast on 70 sts, divide sts on 3 needles (23 sts on 1st needle, 23 sts on 2nd needle, 24 sts on 3rd needle), join.

1st Rnd: *K 1, P 1, repeat from * to end of round.

2nd Rnd: *P 1, K 1, repeat from * to end of round. Change to stockinette st (K each round) and following chart No. 1, repeat design on chart between arrows 4 times for pattern, cut contrasting yarn. Repeat 1st and 2nd rounds once.

Next round: Turn work inside out to reverse cuff, work in stockinette st decreasing 6 sts evenly spaced on first round (21 sts on 1st needle, 21 sts on 2nd needle, 22 sts on 3rd needle). Continue in stockinette st until work measures 6 inches from beginning of cuff. Knit across next 32 sts and place on a stitch holder to be worked later for heel.

**FOOT:** K across remaining 32 sts (needle No. 1, instep), with main color cast on 16 sts on a double pointed needle (needle No. 2), cast 16 sts on another double pointed needle (needle No. 3), join and K in rounds until foot measures 6 inches from cast on sts; cut yarn.

**Decrease for toe:** attach contrasting color, also nylon heel and toe yarn. 1st needle: K 1, slip 1, K 1, pass slip st over K st (pso), K to within last 3 sts of same needle, K 2 tog, K 1. 2nd needle: K 1, slip 1, K 1, pso, K to end of needle. 3rd needle: K to within 3 sts of end of needle. K 2 tog, K 1, K 1 round even. Repeat these 2 rounds until there are 5 sts on 3rd needle. Slip 5 sts of needle No. 3 to needle No. 2, cut yarn leaving a length about 12 inches. Thread yarn in tapestry needle and weave together with Kitchener stitch (page 8 of Phase 5 of the knitting project).

**Heel:** With contrasting color and nylon heel and toe yarn, pick up 32 sts on bottom of heel (needle No. 1), slip and K the first 16 sts from holder on a double pointed needle (needle No. 2), slip and K remaining 16 sts on another double pointed needle (needle No. 3). Work decreases in same manner as for toe to complete heel.

**MITTENS**

With main color cast on 60 sts, divide sts on 3 needles (20 sts on each needle), join. Work in ribbing of K 2, P 2 for 1 inch. Change to stockinette st (K each round) and following chart No. 2, repeat design on chart between arrows 4 times for pattern, cut contrasting color.

Work 4 rounds even.

Next round (Thumb Gusset): Work to within last 3 sts of round, increase in next st, K 1, increase in last st. Work 2 rounds even. Repeat last 3 rounds having 2 sts more in thumb gusset between increases until there are 21 sts in thumb gusset.

Next round: Work to within 21 sts of end of round, place these 21 sts on a thread or stitch holder for thumb. Cast on 3 sts at end of needle (opposite thumb sts), join. Work even for 3½ inches from thumb opening, ending round in straight line before the 1st of the 3 cast on sts.

Next round: *K 4, K 2 tog, repeat from * to end of round. Work 4 rounds even.

Next round: *K 3, K 2 tog, repeat from * to end of round. Work 4 rounds even.

Next round: *K 2, K 2 tog, repeat from * to end of round. Work 3 rounds even.

Next round: *K 1, K 2 tog, repeat from * to end of round. K 1 round even.
Next round: * K 2 tog, repeat from * to end of round (10 sts left), cut yarn leaving a length.

Thread yarn into tapestry needle and draw remaining sts together tightly, darn in end and fasten firmly.

THUMB: Place 21 sts from holder on two needles, pick up and K 5 sts on the 3 cast on sts over the thumb, join. Work 1 round even (26 sts).

Next round: K to within last 2 sts of end of round, K 2 tog. Work 1 round even. Repeat last 2 rounds once (24 sts). Work even until thumb measures 2 inches from base of thumb.

Next round: * K 4, K 2 tog, repeat from * to end of round. Work 1 round even.

Next round: * K 3, K 2 tog, repeat from * to end of round. Work 1 round even.

Next round: * K 2 tog, repeat from * to end of round. Work 1 round even.

Next round: * K 2 tog, repeat from * to end of round (6 sts left), cut yarn.

Finish same as top of mitten.

Work other mitten in same manner.

HAT

With main color cast on 182 sts, divide sts on 3 needles (61 sts on 1st needle, 61 sts on 2nd needle, 60 sts on 3rd needle), join.

1st round: * K 1, P 1, repeat from * to end of round.

2nd round: * P 1, K 1, repeat from * to end of round. Change to stockinette st (K each round) and following chart No. 1 repeat design on chart between arrows 12 times for pattern, cut contrasting yarn. Repeat 1st and 2nd rounds once.

Next round: Turn work inside out to reverse band. With wrong side of band toward you, K in rounds until work measures 5 inches from beginning.

Next round: K 14, K 2 tog, * K 13, K 2 tog, repeat from * 9 times ending with K 14, K 2 tog. Work even for 1 1/4 inches.

Next round: K around decreasing 10 sts evenly. Work even for 1 1/2 inches. Repeat from * twice (140 sts).

Chart No. 1

Chart No. 2
Next round: * K around decreasing 20 sts evenly. Work even for 3 inches. Repeat from * twice (80 sts). Work even until work measures 36 inches from beginning.

Next round: K 2 tog all around, cut yarn leaving a length. Thread into tapestry needle and draw through remaining sts, fasten securely.

TASSEL: Wind both colors used over a 9-inch cardboard about 125 times, tie one end. Cut other end. Tie again about 1½ inches from top. Sew to cap as illustrated. Run tubular elastic through last row of pattern on wrong side to fit head.

Matching Hood and Mittens

SIZE: Misses' medium

MATERIALS: 4 oz. of knitting worsted -- main color

1 oz. each 2 contrasting colors

1 pair No. 3 straight knitting needles

1 set No. 3 double pointed needles

GAUGE: 6 sts = 1 inch 8 rows = 1 inch

When working design, follow directions for Fair Isle knitting, second method, on page 4 of this project. Be sure not to draw yarn too tightly or too loosely across back of work. Remember to pick up new color from underneath one just used, when changing colors.

MITTENS

Starting at wrist, with main color and No. 3 dp needles, cast on 48 sts (16 sts on each of 3 needles). Join, being careful not to twist sts. Work in ribbing of K 2, P 2 for 3 inches. K 4 rounds even.

Next round (Thumb gusset): K 1, inc 1 st in next st, K 2, inc 1 st in next st. K to end of rnd. K 1 rnd even.

Next round: * K 5, K 2 tog, repeat from * around. K 1 rnd.

Next round: * K 4, K 2 tog, repeat from * around. K 1 rnd.

Continue to dec in this manner every other rnd, having 1 st less between decs until 12 sts remain. Leaving a 6-inch length, break yarn. Run end through these 12 sts, draw tog firmly, and fasten off on wrong side.

THUMB: Slip the 12 sts from holder onto needles, pick up 4 sts at base of the 4 cast-on sts, and 1 st at each corner of these 4 sts to prevent a hole (18 sts, 6 sts on each of 3 needles). K even for 2 inches. Dec 2 sts on last rnd (16 sts).
SHAPE TOP: * K 2, K 2 tog, repeat from * around. K 1 rnd.

Next round: * K 1, K 2 tog, repeat from * around. K 1 rnd.

Next round: * K 2 tog, repeat from * around. Finish in manner as for top of hand.

Work other mitten exactly the same as first mitten.

HOOD
Starting at neck edge with main color and No. 3 straight needles, cast on 25 sts. Work in stockinette st. Keeping front edge even, at center back inc 1 st every 4th row 6 times (31 sts). Work even until piece measures 8½ inches.

SHAPE TOP: At front edge, bind off 8 sts every other row 3 times, then 7 sts once. Make another piece to correspond, reversing shaping. Join top and back seams.


NECKBAND: With right side facing you, with main color, pick up 74 sts. Work in K 1, P 1 ribbing. Work 3 rows even.

BEADING: * K 2 tog, y o (yarn over), repeat from * across row, end K 2 tog (74 sts). On next row continue in ribbing, working the y o as a stitch. Work 5 rows more in ribbing. Bind off in ribbing. Block.

CORD: Using double strands of contrasting colors, each 2 yards long, twist firmly to form a cord (page 5 of Phase 1). Draw cord through beading and sew a large pompon of all three colors to each end.

□ Main color
□ 1 contrasting color
□ other contrasting color

Chart For Design
Complete Your Record Book

Have you recorded all the work you have done on the record sheet you received from your county 4-H agent? Check the project requirements; be sure you have completed all that is required. Your record book will now tell an interesting story of your achievements.

Show Others What You Have Learned

Exhibits

Exhibiting your project work is one of the opportunities that 4-H club work provides for you. Plan now to exhibit your knitting. It gives you a chance to compare your work with that of other club members and helps you learn how you can improve your next project. Be sure all of your articles are clean and blocked before you enter them for judging. Be sure that they are properly labeled.

Dress revue

If your county includes knitted garments in a style revue or has a style revue for knitted garments, plan to enter. This gives you an opportunity to put into practice all the things you have learned about grooming as well as knitting. Remember, a club member should be her own best exhibit. You are in the “limelight.” Make the best presentation you can.

Demonstrations

Do you ever wonder what to demonstrate before your club or in a county event? Well, think back to some of the “tricks” you have shown your club members as you worked together. Make all your demonstrations timely, simple, and short. Here are a few suggestions:

- Knitting with more than one color
- Fair Isle knitting
- Bobbin knitting (Argyle)
- Mending a knitted garment
- Making a knitted patch
- How to follow a graph
- Changing colors

Are You Ready for the Next Project?

- Is your record book up-to-date?
- Have you studied and practiced good health activities and good grooming?
- Have you completed one or more articles knitted with more than one color?
- Have you studied interchanging yarns?
- Have you learned to mend and patch knitted garments?

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

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<tr>
<td>Selection—yarn suitable for garment and size of needles</td>
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<tr>
<td>style suitable for age/purpose</td>
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<table>
<thead>
<tr>
<th><strong>WORKMANSHIP—KNITTING SKILLS</strong></th>
<th>Well done</th>
<th>Could improve</th>
<th>Suggestions</th>
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<tbody>
<tr>
<td>Cast-on stitches</td>
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<tr>
<td>Bound-off stitches</td>
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<tr>
<td>Gauge (correct no. st./in.)</td>
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<tr>
<td>Tension (uniform)</td>
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<tr>
<td>Stitches—not twisted</td>
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<tr>
<td>not split</td>
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<tr>
<td>not dropped</td>
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<tr>
<td>Yarn ends—joined inconspicuously</td>
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<td>woven in inconspicuously</td>
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<tr>
<td>Ribbing</td>
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<tr>
<td>Button holes or eyelets—evenly spaced, properly placed</td>
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<td>properly finished</td>
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<tr>
<td>proper size for button and sweater</td>
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<tr>
<td>Buttons—attachment (secure)</td>
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<tr>
<td>yarn buttons well made</td>
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<tr>
<td>Seam finishes—smooth and neat</td>
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<td>flexible</td>
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<td>Crocheted edges—smooth and neat</td>
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<td>flat</td>
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<tr>
<td>Hand stitching</td>
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<td>Machine stitching</td>
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<tr>
<td>Neck finishing or collar</td>
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<td>Sleeves—armscye</td>
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<td>Pockets</td>
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<td>Carried yarns</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.