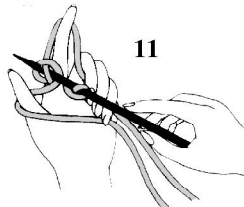
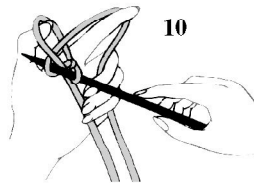
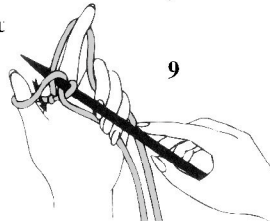
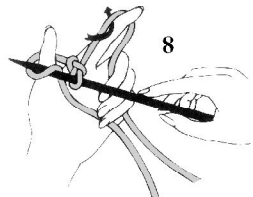
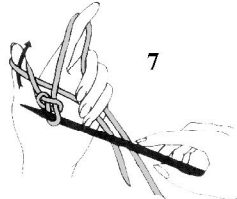
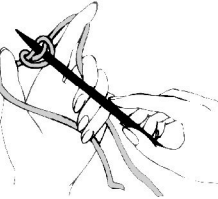
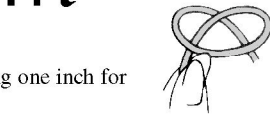


# How to Knit

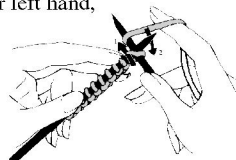
## Casting on

1. Measure off a length of yarn allowing one inch for each stitch you will cast on.
2. Make a slip knot.  
The yarn will look like a pretzel.
3. Slip the needle into the pretzel as shown.
4. Pull down on both ends of yarn to tighten.
5. Hold the needle with the slip knot in your right hand. Drape the short end of yarn over the thumb and the yarn from the ball over your index finger.
6. Gently pull the two ends of yarn apart to tighten the loop.
7. Pull the needle downward, then insert the point of the needle up through the loop that is on your thumb.
8. Move the point of the needle over, then around the "index-finger" strand of yarn.
9. Bring the point of the needle back down through the thumb loop.
10. Drop the thumb loop, then pull on the short end of yarn with your thumb.
11. Repeat steps 6 - 10 until the desired number of stitches have been cast on.



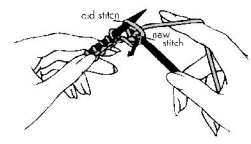
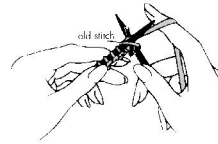
## Knit Stitch

1. Holding needle with the stitches in your left hand, insert the right needle into the front of the first stitch from bottom to top.
2. Wrap the yarn around the right needle from back to front, so that it rests between the two needles.



For more information,  
visit your local NeedleArts retailer.  
To find a retailer in your area, log onto [TNNA.org](http://TNNA.org).

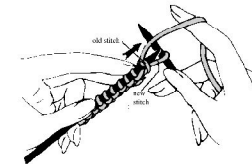
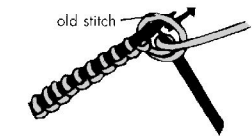
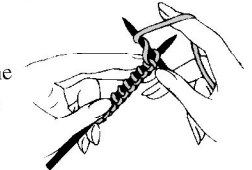
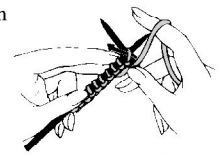
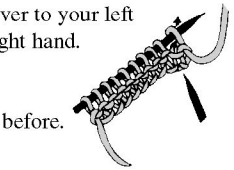
3. Slide the right needle down, then bring the point forward through the stitch, bringing the yarn with it.



4. Slip the old stitch off the left needle.  
The new stitch is now on the right needle.
5. Repeat the above steps for each stitch on the left needle.
6. Switch the needles with the new stitches over to your left hand. Pick up the empty needle in your right hand.
7. Insert the needle into the first stitch as shown, and work each stitch in the row as before.

## Purl Stitch

1. Hold the needle with the cast-on stitches in your left hand. Make sure the yarn is in front of the needle.
2. Insert the right needle into the front of the first stitch from right to left (or top to bottom).
3. Wrap the yarn around the right needle. The yarn will still be at the front of your work.
4. Slide the right needle down, then bring the tip from front to back through the stitch, bringing the yarn with it (as in the knit stitch).
5. Slip the old stitch off the left needle.  
You now have a purl stitch on the right needle, and the yarn is in front.
6. Continue purling across the row, following the steps above.
7. Work additional rows by switching the needle with the stitches to your left hand, then beginning to purl the new stitches.



## Casting Off and Finishing

When you're finished, you must bind off or fasten down the loops remaining on your needle to prevent your work from unravelling.

1. Loosely knit the first two stitches of the row.
2. Using the point of the left needle, lift first stitch up and over second stitch and off the end of the right needle.
3. Work the next stitch in the row.  
Lift the first stitch over the second and off the needle as before.
4. When you reach the end of the row, cut the yarn and pull the tail through the last stitch left on your needle.
5. Always follow the stitch pattern when binding off.

