

# How to Knit for Beginners



**9 Free Tutorials**

***How to Knit for Beginners: 9 Free Tutorials eBook***

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Published by Prime Publishing LLC, 3400 Dundee Road, Northbrook, IL 60062 – [www.primecp.com](http://www.primecp.com)



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## Letter from the Editors

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Dear Beginning Knitters,

So you've decided to learn how to knit – congratulations! You're on your way to developing a priceless skill that you can take with you wherever you go. Feeling a little intimidated? Don't be, learning how to knit will be a piece of cake now that you have this eBook in front of you. Knitting can seem a little overwhelming at first, but with practice, you'll find it quite simple.

For instance, did you know that every single knitted garment is created with just two stitches: the knit and purl stitch? Every special stitch is just a variation of those two stitches – isn't that good news? Once you learn the basics, you'll be able to take on more complex patterns and alternate stitches to create a variety of beautiful items. Enjoy!

For more free knitting patterns, videos and tips, visit [www.AllFreeKnitting.com](http://www.AllFreeKnitting.com).

Happy Knitting,

*The Editors of AllFreeKnitting*

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## Table of Contents

Knitting Basics .....	5	How to Increase Stitches.....	20
Knitting Chart .....	7	How to Decrease Stitches .....	22
How to Cast On .....	9	Knitting Abbreviations.....	24
The Knit Stitch .....	12	How to Read Knitting Instructions .....	28
How to Purl .....	14	Easy Basic Cotton Dishcloth .....	29
How to Cast Off.....	16	Chain Stitch Scarf.....	30
How to Add New Yarn.....	18		

## Knitting Basics

By M. E. Harrington



### Knitting Needle Types

It's not really certain when the art of knitting originated, but some artifacts have been found, dating back to the 11<sup>th</sup> century. These items originated in Egypt and are dated between the 11<sup>th</sup> and 14<sup>th</sup> century, and bear a resemblance to socks.

One thing for sure, with the variety of knitting needles available today; knitting has been perfected and has evolved to a creative art!

Knitting needles have developed from simple sticks to the diverse assortment available on the market today.

#### Single Point Needles

These needles have a point at one end, and a cap at the other, which keeps the stitches from falling off. They are great for making flat items, such as scarves, shawls, table runners, and afghans. The cap allows multiple stitches to be worked at the same time, such as for an afghan, without the fear of stitches falling off the end.

#### Double Point Needles

Double point needles are used to make small circular garments, such as socks, mittens, or the sleeves on jackets or sweaters, or other items that benefit from a seamless finish.

The garments are worked with a set of 4 needles. The stitches remain permanently on 3 of the needles, and the fourth needle is used to knit into the stitches, transferring them to the 4<sup>th</sup> needle as they are worked. In patterns you will usually see them referred to as dp needles.

#### Circular Needles

Circular needles are not created as a full circle. They are two needles, connected by a cord, usually a nylon type fiber. They allow a larger circular garment, such as a large sweater, to be worked in a seamless product. The connector cord will hold many stitches, without the bulk that would normally happen when using double pointed needles. They also come in handy when transporting your unfinished items, as the stitches won't fall off the needles as easily. Circular needles can also be used to make large blankets, which would otherwise need to be completed in sections and then sewn together. The circular needles allow a great number of stitches to be cast on, and then the item can be knitted back and forth in much the same manner as using flat needles.

### Cable Stitch Needles

Cable stitch needles have a curved section in them, so the stitches can settle in the indentation as cable stitch is worked. The stitches need to be moved from side to side when working cables and the indentation allows easy identification of the stitches being manipulated to produce the cable effect. Knitting needles are made in a variety of materials: plastic, wood, bamboo, metal, and acrylic. Which type you use comes down to personal preference.

### Gauge

When knitting a garment, it is immensely helpful to know from the onset whether the finished item will fit. This is where gauge comes in. To check for gauge, a swatch is knitted to predict the size of your knitted item. Generally








a swatch of 10 stitches long and 10 rows high is worked. The swatch can then be placed on a flat surface, and measured to see how many stitches equal one inch. Once established, the number of stitches in an inch is multiplied by the number of inches needed, and you can estimate how many stitches need to be cast on. For example, if gauge measures 4 stitches per inch, and your garment needs to be 25 inches, you will need to cast on 100 stitches.

This will avoid the disappointment of finishing a garment, only to have it not fit as intended. For a garment where stitch count is crucial to the pattern design, the needle size can be adjusted so that the swatch test results comply with those specified in the pattern. In this case, moving to larger or smaller sized needles would adjust the stitch size without having to make complicated adjustments to the pattern instructions.

## Knitting Chart

By Craft Yarn Council of America

CYCA Standard Yarn Weight System  
Categories of yarn, gauge ranges, and recommended needle sizes

Yarn Weight Symbol & Category Names	 LACE	 SUPER FINE	 FINE	 LIGHT	 MEDIUM	 BULKY	 SUPER BULKY
Type of Yarns in Category	Fingering	Sock, Fingering, Baby	Sport, Baby	DK, Light Worsted	Worsted, Afghan, Aran	Chunky, Craft, Rug	Bulky, Roving
Knit Gauge Range* In Stockinette Stitch to 4 Inches	33–40** sts	27–32 sts	23–26 sts	21–24 sts	16–20 sts	12–15 sts	6–11 sts
Recommended Needle In Metric Size Range	1.5–2.25 mm	2.25–3.25 mm	3.2–3.75 mm	3.75–4.5 mm	4.5–5.5 mm	5.5–8 mm	8 mm and larger
Recommended Needle U.S. Size Range	000 to 1	1 to 3	3 to 5	5 to 7	7 to 9	9 to 11	11 and larger

**Note:** GUIDELINES ONLY: The above reflect the most commonly used gauges and needle sizes for specific yarn categories.

\*\* Laceweight yarns are usually knitted on larger needles to create lacy, openwork patterns. Accordingly, a gauge range is difficult to determine. Always follow the gauge stated in your pattern.



## How to Make a Slip Knot

By M. E. Harrington

1. To make the slip knot, wind the yarn into a circle, with the end of the yarn on top.



2. Pass your fingers through the loop.



3. Grasp the yarn end which is still attached to the ball.



4. Pull the yarn through the loop.



5. Pull on the loop to tighten up the knot.



6. Pass the knitting needle through the loop.





## How to Cast On

By M. E. Harrington

1. Now that you know how to do the slip knot, you will be able to cast on your stitches to begin knitting. The simplest method of casting on is to use your thumb. In order to do this, you must leave a long tail of yarn to use in the casting on process.

This photo shows a slip knot made approximately 18 inches away from the end of the yarn.



2. Hold the knitting needle in your right hand. Grasp the yarn end between your thumb and finger of the left hand as shown in the photo below.



3. Wrap your thumb around the yarn, by passing your thumb over the yarn, then bringing your thumb under the yarn and toward you.



4. Pass the knitting needle through the loop on your thumb, from front to back.



5. Keep your thumb in the loop, holding it open.



6. Grasp the yarn end that is still attached to the ball of yarn, and bring the yarn between your thumb, and the knitting needle.



9. Tighten up the stitch by tugging on both ends of the yarn.



7. Use your thumb to slip the loop over the end of the knitting needle, leaving the yarn end on the needle.



10. Repeat steps 3 - 9 to add as many stitches as your project will require.



8. This is how the stitch looks after slipping the loop over.



### **The Wrap On Method**

1. Begin by making a slip knot.



4. Pull to set the stitch snugly on the needle.



2. Wrap the thumb of your left hand around the yarn.



5. Repeat steps 2 to 4 to make as many stitches as your project requires. (This method requires extra attention to tension when making the first row of stitches, or extra yarn will occur between the stitches.)



3. Slip the loop onto the needle.



## The Knit Stitch

By M. E. Harrington



1. Cast the correct number of stitches required for your project on the knitting needle.



2. To knit the first stitch, pass the point of the empty needle through the first stitch.



3. It helps to keep the stitch on the needle if you press the yarn against the needle with your finger on your left hand. Bring the yarn between the two points of the needles.



4. Using the tip of the needle, bring the yarn through the loop as shown in the photo below.



5. Release the pressure of your left finger which is holding the stitch on the needle, and allow the stitch to slip off the needle.



6. Repeat steps 4 and 5 in each stitch across the row. See photos in step 7.



- 7.



8. Change the needle filled with stitches back to the left hand, and repeat steps 3 - 6.
9. This will give you a texture of knit every row, which will look like the photo below. (This is a lovely texture, which will make you look like a seasoned knitter!) The knit every row technique (also known as the garter stitch) is particularly useful in making scarves, hats, and sweaters, and works up more quickly than knit one row, purl one row.



## How to Purl

By M. E. Harrington

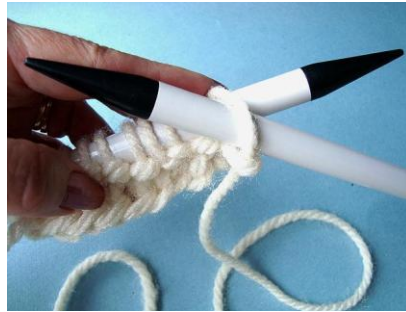
1. To do the purl stitch, first begin by casting on as many stitches as you require for your project.



2. Hold the needle with cast on stitches in your left hand. Pass the point of the needle in your right hand through the first stitch, inserting the point of the needle from back to front, as shown in the photo below.



3. Push the needle right through the stitch.



4. Bring the yarn around, and pass it between the two needles.



5. Use the tip of the needle to hook onto the yarn, and pull it through the stitch and onto the needle in your right hand.



6. The stitch has been totally moved to the needle in your right hand in the photo below.



(One row of purl stitch completed)

7. Repeat steps 2 to 6 in each stitch across the row.



Once you've gotten some practice, you can alternate rows to create the texture below. Simply knit one row, and then purl one row.



## How to Cast Off

By M. E. Harrington



1. The first step to binding off is to knit, or purl, the first two stitches of the row.



2. Use the tip of the knitting needle to pull the first stitch over the second stitch. Pass the tip under the first stitch.



3. Pull the first stitch over the second stitch. You will now have only one stitch on the right hand needle.



4. Knit or purl the next stitch.





5. Repeat steps 2 to 4 across the row.



6. Repeat steps 1 to 5, until you have no stitches left on the left hand needle, and only one stitch on the right hand needle. Slide the stitch off the needle. Cut the yarn approximately 6 inches long.



7. Pull the yarn end through the last stitch, and pull to tighten up.



8. Thread the yarn end into a yarn needle, and weave it through the finished work.



## How to Add New Yarn

By M. E. Harrington

There are several reasons for needing to add another yarn: (1) you may have run out of yarn, (2) your project may require a change in color, or (3) your project may require a change in color in the middle of a row. Here's how to do all three.

### Adding a New Color at the End of a Row

To add another yarn at the end of a row, simply drop the old yarn end, and begin the row with a new yarn.

Later, you will weave the yarn ends into the finished work with a yarn needle.



### Adding Yarn in the Middle of a Row

To add yarn in the center of a row, for the first row, simply drop the yarn you were working with, and begin working with the other yarn. Tie the two yarns together at the back of your work, in a square knot. When your project is finished, weave the yarn ends into the finished work with a yarn needle.



For subsequent rows, when the colors meet, twist the colors around once before changing yarns. This connects the two colors so there won't be an open hole at the junction of the two colors.



The photos below show how your work will look from the front and from the back. Note the twist of the two colors at the back of the work, in the second photo.



## How to Increase Stitches

By M. E. Harrington

### Make One Method

1. One method is to make an extra stitch between two existing stitches. To do this, pick up the yarn between two stitches with the tip of the knitting needle in your right hand.



2. Place it on the left hand needle.



3. Then knit, (or purl) into the new stitch stich has been added on.



4. You now have an additional stitch.



### Knit One Method

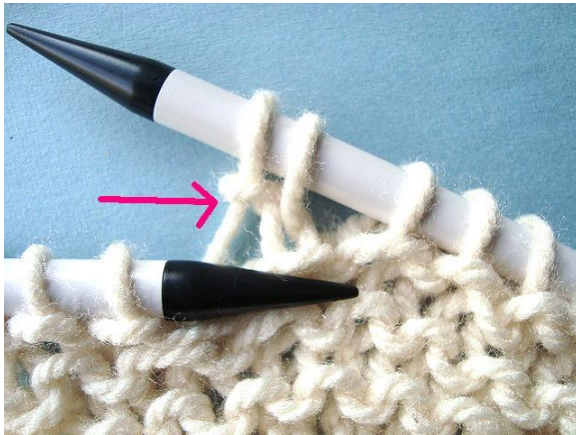
1. To knit an increase in stitches, first knit into the front of the stitch in the usual manner. (If you are increasing on a purl row, purl into front of the stitch.)



2. Before slipping the stitch off the needle, knit into the back side of the stitch.



3. You will now have 2 two stitches, where there was one before.



## How to Decrease Stitches

By M. E. Harrington

### Knit Two Together Method

1. Then knit, (or purl) into the new stitch stich has been added on. Pass the needle through the loops of two stitches.



2. Knit the two stitches as though they were one stitch.



3. The photo below shows two stitches decreased using the Knit Two Together method.



### Pass Over Stitch Method

1. Slip a stitch onto the right hand needle.



2. Knit the next stitch.



3. Pull the slipped stitch over the stitch just knitted.



The photo below shows the 2 stitches marked with red asterisks decreased by the Knit Two Together method. The two stitches marked with blue number signs, decreased with the Pass Over method. There is no noticeable difference.



## Knitting Abbreviations

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**"** = Inch or inches

**\*** = Repeat instructions following the single asterisk as directed

**\*\*** = Repeat instructions between asterisks as directed

**{ }** = Alternate measurements or instructions

**( )** = Repeat directions as noted or indicated

**alt** = Alternate

**approx** = Approximately

**beg** = Begin or beginning

**bet** = Between

**Bk lp** = Back loop

**Blo** = Back loop only

**Bp** = Back post

**BO** = Bind off

**C** = Cable

**CA** = Color A

**CB** = Color B

**CC** = Contrasting color

**Cdd** = Centered double decrease

**ch** = Chain

**cl** = Cluster

**cm** = Centimeter or centimeters

---

**cn** = Cable needle

**CO** = Cast on

**cont** = Continue

**COR** = Carriage on the right

**CR** = Cross Stitches to the right

**cross 2 L** = Cross 2 stitches to the left

**cross 2 R** = Cross 2 stitches to the right

**dc** = Double crochet

**dec** = Decrease

**decs** = Decreases

**DK** = Double knitting weight yarn

**dpn** = Double pointed needles

**ea** = Each

**EON** = End of needle

**EON** = Every other needle

**EOR** = End of row

**FC** = Front cross

**fl** = Front Loops

**fol** = Front loop only

**fol** = Follow, follows, following

**fwp** = Forward working position

**g** = Gram

**gr** = Gram

**g st** = Garter stitch

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**grp** = Group

**grps** = Groups

**hdc** = Half double crochet

**hk** = Hook

**hp** = Holding position

**in** = Inch

**ins** = Inches

**inc** = Increase

**incs** = Increases

**incl** = Including

**k** = Knit stitch

**k tbl** = Knit stitch through the back loop

**K1 tbl** = Knit stitch through the back loop

**K1b** = Knit stitch through the back loop

**k-b** = Knit stitch in the row below

**k-wise** = knit-wise

**k1 f&b** = Knit 1 stitch in the front, then in the back of the same stitch

**kfb** = Knit 1 stitch in the front, then in the back of the same stitch

**k2tog** = Knit 2 stitches together

**k2tog tbl** = Knit 2 stitches together through the back loops

**kll** = Knit left loop

**kp** = Keyplate

**krl** = Knit right loop

**LC** = Left cross

**LH** = Left hand

**lp** = Loop

**lps** = Loops

**LT** = Left twist

**M** = Marker

**Ms** = Markers

**m** = Meter

**M1** = Make 1

**M1A** = Make 1 away

**M1F** = Make 1 front left

**M1L** = Make 1 front left

**M1B** = Make 1 back right

**M1R** = Make 1 back right

**M1T** = Make 1 towards

**MB** = Make bobble

**mc** = Main Color

**mm** = millimeters

**no** = Number

**NWP** = Non-working position

**oz** = Ounce or ounces

**p** = Purl stitch

**p tble** = Purl stitch through the back loop

**P1b** = Purl stitch through the back loop

---

**P1 tble** = Purl stitch through the back loop

**p-b** = Purl stitch in the row below

**p-wise** = Purl wise

**pfb** = Purl the front of the stitch, then purl the back of the same stitch

**p1 f&b** = Purl the front of the stitch, then purl the back of the same stitch

**p2tog** = Purl 2 together

**p2tog tble** = Purl 2 together through the back loops

**pat** = Pattern

**patt** = Pattern

**pats** = Patterns

**patts** = Patterns

**pm** = Place marker

**pnso** = Pass next stitch over

**pop** = Popcorn stitch

**prev** = Previous

**psso** = Pass the slipped stitch over

**pu** = Pick up stitches

**RC** = Right Cross

**rem** = Remaining

**rep** = Repeat

**reps** = Repeats

**Rev ST st** = Reverse stockinette or stocking stitch

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**RH** = Right hand

**Rib** = Ribbing

**rnd** = Round

**rnds** = Rounds

**RS** = Right side

**RT** = Right twist

**sc** = Single crochet

**sk** = Skip

**sk2p** = Slip 1 Knit 2 tog or pass slipped stitch over

**SKP** = Slip, knit, pass

**skpo** = Slip, knit, pass

**s** = Slip a stitch

**sl** = Slip a stitch

**sl st** = Slip stitch or Slip stitches

**sl1, k1, psso** = Slip 1, knit 1, pass the slipped stitch over

**sl1k** = Slip a stitch knit-wise

**sl 1 k-wise** = Slip a stitch knit-wise

**sl1p** = Slip a stitch purl-wise

**1sl 1 p-wise** = Slip a stitch purl-wise

**Sp** = Space

**sps** = Spaces

**ssk** = Slip, slip, knit slipped stitches tog

**ssp** = Slip, slip, purl

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**sssk** = Slip, slip, slip, knit 3 slipped stitches

**st** = Stitch

**sts** = Stitches

**St st** = Stockinette or stocking stitch

**Tble** = Through the back loop

**Tog** = Together

**won** = Wool over needle

**wp** = Working position

**wrn** = Wool round needle

**WS** = Wrong side

**wy** = Waste yarn

**wyib** = With yarn in back

**wyif** = With yarn in front

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**yb** = Yarn to the back

**ybk** = Yarn to the back

**yd** = Yard

**yds** = Yards

**yfon** = Yarn forward and over needle

**yfrn** = Yarn forward and round needle

**yf** = Yarn forward

**yfwd** = Yarn forward

**yo** = Yarn over needle

**yo2** = Yarn over twice

**yon** = Yarn over needle

**yrn** = Yarn over needle

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## How to Read Knitting Instructions

### Sizing

Patterns will either be written to fit one size or fit multiple sizes. If the knitting pattern is written for multiple sizes, it will look something like this:

Child's size: 2 (4-6) or Child's size: 2 (4, 6)

Here's what that means:

Let's say you're making the child's size 4. As you work through the instructions, there will come a point where the instructions say something like: With smaller needles, cast on 52 (58-64) sts or With smaller needles, cast on 52 (58, 64) sts.

So here's what you do. To make the smallest size (2), you would cast on 52 stitches. For the medium size (4), you would cast on 58 stitches. Where there's no number in parentheses, you do what it says; for instance, if it said Knit 5 rows you would do that for all sizes. If it said Knit 5 (7, 9) rows, you'd knit as many rows as indicated for your size (5 rows for the smallest size, 7 rows for the medium, 9 rows for the large). Where there's something in parentheses, you stick with the number in the position that correlates to the number in the sizing.

### Asterisks

Asterisks are used to indicate repeating parts of patterns. Here's an example:

1st row: (RS). P2. \*K2. P2. Rep from \* to end of row.

What that means is that you're going to work the stitches between the asterisks as many times as indicated. So you'd P 2, then k 2, p 2, k 2, p 2, repeating the k 2, p 2 part until you reach the end of the row.

There are also times when there will be two sets of asterisks, a single, a double, and another single in the same row. If that's the case you repeat from \* to \* as many times as indicated, and then work from \* to \*\* for the last repeat, then finish the row as indicated. This is sometimes done to visually balance a pattern.

Also, it might be that there are pairs of asterisks to tell you what to repeat for a major part of a pattern. For instance, if the back and front of a sweater are knit in the same way except for how you shape the armholes or the neck, the instructions for the front might start with \*\* and then where the armhole shaping starts, there might be \*\*. Then the back would say Work from \*\* to \*\*, basically telling you to go back to the instructions for the front and work them to that point for the back.

### Brackets

Sometimes brackets are used instead of parentheses for sizing. Other times they're used similarly to asterisks to indicate that something's repeated.

Let's say you have instructions that read [k 2, p 2] 6 times. In this case you'd knit 2 and purl 2, then repeat the k 2 and p 2 5 more times. If the brackets weren't used, you might not know what part of the step you were supposed to repeat 6 times.

## Easy Basic Cotton Dishcloth

By Bernat



*Use cotton yarn to create practical and attractive dishcloths with this basic dishcloth knitting pattern. Homemade kitchen items such as these hold up better and bring personality to your home. All you need is one ball of washable cotton yarn.*

**Finished Size:** Approx 10" [25.5 cm] square.

### Materials:

- Yarn: 1 ball of Bernat® Handicrafter Cotton Naturals (340 g / 12 oz), or 2 balls (42.5 g / 1.5 oz)
- Knitting Needles: Size 5.5 mm (U.S. 9) or size needed to obtain gauge.

### Gauge:

16 sts and 30 rows = 4 ins 10 cm in garter st.

### Instructions:

Cast on 3 sts.

**1st row:** (RS). Knit.

**2nd row:** K1. Inc 1 st in next st. Knit to end of row.

Rep last row to 53 sts.

**Next row:** K2. K2tog. Knit to end of row.

Rep last row to 3 sts. Cast off.

## Chain Stitch Scarf

By Bernat



*Chain stitch creates a soft texture in this free scarf knitting pattern in Bamboo yarn. Knit lengthwise on circular needles, the scarf is quick and easy. Use the chain stitch technique on other projects.*

**Finished Size:** 5 x 50 ins 12.5 x 127 cm

### Materials

- Yarn: Bernat Bamboo (60 g / 2.1 oz) 2 balls of #92425 (Rosehip)
- Circular Knitting Needle: Size 6 mm (U.S. 10) 16 ins 40 cm long or size needed to obtain gauge.

**Gauge:** 14 sts and 20 rows = 4 ins 10 cm in stocking st.

### Instructions:

Cast on 171 sts. Do not join in rnd. Working back and forth in rows, proceed as follows:

**1st row:** (WS). Knit.

**2nd row:** \*P1. Sl1P. Rep from \* to last st. P1.

**3rd row:** K2. \*Sl1. K1. Rep from \* to last st. K1.

**4th to 7th rows:** Beg with a knit row, work in stocking st.

Rep 2nd to 7th rows for 5 ins [12.5 cm], then 2nd and 3rd rows once.

**Next row:** Knit. Cast off knitwise (WS).

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