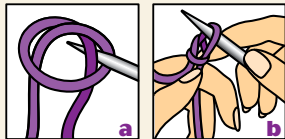


# Pick Up Your Sticks

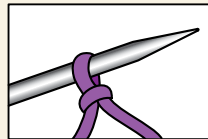
Welcome to the world of knitting! Let's dive right into your first project—a rectangle for Warm Up America! Read the directions, then follow the illustrations to learn how to knit the stitches you'll need.

## Casting On

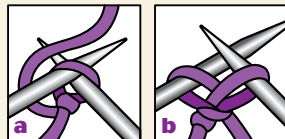


**1a** Make a slipknot: Loop the yarn as shown and slip needle under the lower strand of the loop.

**1b** Pull up a loop of yarn.

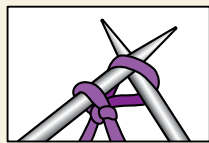


**2** Pull the yarn end attached to the ball of yarn to tighten the slipknot, leaving the other end approximately 4 inches (10 centimeters) long. Transfer needle to left hand.

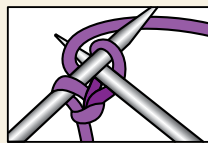


**3a** Insert the right-hand needle through the slipknot and wrap yarn over right-hand needle.

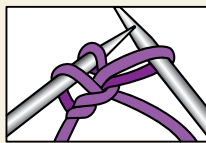
**3b** Pull loop through slipknot.



**4** Place new loop on left-hand needle. (You now have 2 stitches on your left-hand needle.)



**5** Insert right-hand needle between last 2 stitches on left-hand needle and wrap yarn over right-hand needle.



**6** Pull loop through. Place this new loop on left-hand needle beside last stitch. Repeat steps 5 & 6 as needed.

## How to Knit a Simple Rectangle:

You will be making a 7" x 9" rectangle using the knit stitch. To have your rectangle reach the correct size, you will need to complete 35 rows of 26 stitches each.

1. Cast on 26 stitches following the illustrations on this page.
2. Place the needle with the 26 stitches in your left hand and, following the knit stitch instructions on this page, knit every stitch. At the end of the row, all of your stitches will be on your right needle. This will give you a 7"-wide rectangle.
3. Switch the right needle to your left hand and, again, knit every stitch on your needle.
4. Repeat until you have completed 35 rows or your rectangle measures 9". Bind off following the illustrations on Worksheet 3.

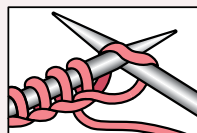
**5. Finishing:** Thread a blunt-pointed yarn needle and weave any loose yarn ends into the stitches near the edge of your knitting for about 1". Cut off the excess yarn.

**6.** Send your class's completed rectangles to Warm Up America!, 3740 N. Josey Lane, Suite 102, Carrollton, TX 75007

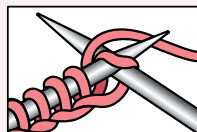
**Note for left-handers:** Because knitting requires the use of both hands, if you are left-handed, it is recommended that you follow these right-handed instructions.

## Knit Stitch

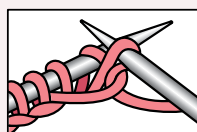
**1** Hold the needle with cast-on stitches in your left hand, and the loose yarn attached to the ball at the back of work. Insert right-hand needle from front to back of the first stitch on the left-hand needle.



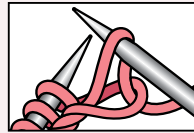
**2** Wrap the yarn from left to right over the point of the right-hand needle.



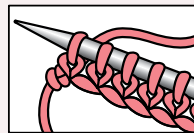
**3** Draw the yarn through this original stitch, which forms a new stitch, on right-hand needle.



**4** Slip the original stitch off the left-hand needle, keeping the new stitch on the right-hand needle.



**5** To knit a row, repeat steps 1 to 4 until all stitches have been transferred from left-hand needle to right-hand needle. You have completed your first row of knitting. Switch the needle with the stitches to your left hand and you are ready to start your next row.



# Itching for Another Stitch?

Follow the steps below to bind off your final row of stitches and finish your part of a blanket that will bring warmth to someone in need.

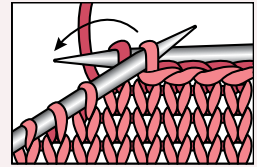
## Binding Off Using the Knit Stitch

**Step 1:** Knit the first two stitches, insert left needle into the stitch you knitted first, and pull it over the second stitch and completely off the needle. One stitch is now bound off.

**Step 2:** Knit one more stitch, insert left needle into first stitch on right needle, and pull it over the new stitch and completely off the needle. Another stitch is bound off; don't pull on this too tightly.

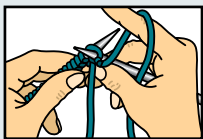
**Step 3:** Repeat Step 2 until one stitch remains; now cut yarn from skein, leaving a 6" end. With your needle, draw the end up and through the last stitch to hold it in place. Thread the yarn end into a yarn needle and

weave it into stitches near the edge.

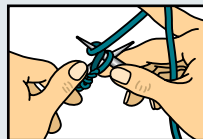


There are two basic stitches in knitting: the knit or garter stitch and the purl stitch. By combining these two stitches, you can create lots of other stitches and patterns. Let's give the purl stitch a try.

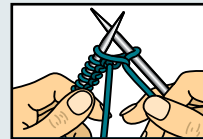
## Purl Stitch



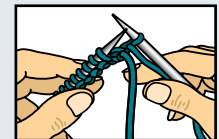
**1** Hold the needle with cast-on stitches in your left hand. With yarn at front of work, insert right-hand needle from back to front into the first stitch on left-hand needle.



**2** Wrap yarn around right-hand needle counterclockwise. Pull yarn through the original stitch, forming a new stitch on the right needle.



**3** Slip original stitch off left-hand needle. Repeat these steps until all stitches on left-hand needle have been transferred onto right-hand needle to complete one row of purling.



**4** Turn the work by transferring the needle with stitches into your left hand to purl the next row. The purl stitch is actually a reverse knit stitch.

## Binding Off Using the Purl Stitch

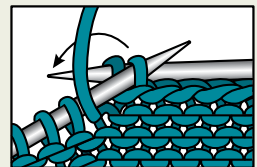
(If you finish the last row with a purl stitch)

**Step 1:** Purl the first two stitches, insert left needle into the stitch you knitted first, and pull it over the second stitch and completely off the needle. One stitch is now bound off.

**Step 2:** Purl one more stitch, insert left needle into first stitch on right needle, and pull it over the new stitch and completely off the needle. Another stitch is bound off; don't pull on this too tightly.

**Step 3:** Repeat Step 2 until one stitch remains; now cut yarn from skein, leaving a 6" end. With your needle, draw the end up and through the last stitch to hold it in place. Thread the yarn end into a yarn needle

and weave it into stitches near the edge.



## Tips and Terms:

### Count Your Stitches:

Check your stitches at the end of each row so that you know right away if you mistakenly added an extra stitch or dropped one.

### Stitches too tight?

If your stitches are barely moving along the needle, don't pull the yarn so tight. If you have loose stitches, focus on pulling the yarn tighter.

### Gauge:

This refers to the number of stitches to the inch (horizontally) and the number of rows to the inch (vertically). A label or pattern might say 18 stitches and

24 rows = 4" x 4". This means you should knit 18 stitches across to get your piece to 4" wide, and knit 24 rows down to get your knitting to 4" long.