



EASY STEPS TO KNITTING - Mittens

WELCOME

Welcome to the 4-H Easy Steps to Knitting - Mittens Project! Please read through this project guide carefully, as it contains information and suggestions that are important for your project. **4-H Leaders can obtain a Leader Project Guide and other resources from the PEI 4-H Office.** Hopefully you, as a member, will “Learn to do by Doing” through hands-on activities that will encourage learning and enjoyment. If you have any questions, contact your District 4-H Officer or your 4-H project leader.

4-H YEAR COMPLETION

You complete a project by:

- completing the project Achievement Day requirements
- completing a communication project
- completing a community project
- completing an agriculture awareness project
- taking part in Achievement Day

You must complete all of the listed aspects in order to show at Fairs and Exhibitions.



ACHIEVEMENT DAY REQUIREMENTS

Hotdog Mittens	60
African Comfort Doll	30
Sample (knit using 4 needles)	<u>10</u>
	100 Marks

EXHIBITION REQUIREMENT

Hotdog Mittens



Ages for 4-H members as of January 1st of the 4-H year:
 Junior: 9-11 years
 Intermediate: 12-14 years
 Senior: 15-21 years

Check out the PEI 4-H Web Site
www.pei4h.pe.ca

KEEPING IT ALL TOGETHER!

It is recommended you get a duotang or a three ring binder in which to keep this member guide and any other project materials you receive from your leader. The duotang or binder can be displayed at your Achievement Day with the above listed requirements.

HELPFUL RESOURCES!

www.knitting.about.com
 www.bernat.com
 www.patonsyarns.com
 www.wonderful-things.com
 www.ehow.com
 www.knittinghelp.com
 www.learntoknit.com
 www.knittingzone.com

A variety of books and a video, *Basic Knitting*, are available at the PEI 4-H Office which can be borrowed for a two week loan period. To book these, call 368-4833 or drop by the PEI 4-H Office at 40 Enman Crescent,

BE A GOOD SPORT!

In the spirit of "learn to do by doing", all those involved in 4-H are encouraged to practice good sportsmanship, use common sense at all 4-H activities and the work in any 4-H project should be the member's own work.

JUDGES WILL BE LOOKING FOR...

- Design, colour and materials suitable for end purpose.
- Even tension, stitch size and accurate pattern throughout.
- Well blocked with no overpressing.
- Knots and ends worked in securely.
- Edges smooth.
- Seams and edges stretchy but firm.
- Seams securely and neatly stitched, not bulky.

STANDARDS FOR JUDGING HANDCRAFTS

General Score Card for Handcrafts

45	Workmanship
25	Creative Design
15	General Appearance
15	Colour

ABBREVIATIONS

★ mm	=	millimeter(s)	st	=	stitch
★ cm	=	centimeter(s)	sts	=	stitches
★ ins	=	inches	K	=	knit
★ g	=	gram(s)	P	=	purl
★ oz	=	ounce(s)	inc	=	increase
★ tog	=	together	dec	=	decrease

HOTDOG MITTENS

(Achievement Day and Exhibition Requirement)

Materials Required

- 4 mm double pointed needles
- 100 g ball worsted weight yarn

Let's Knit

Cast on 36 sts (12 on each needle).

Knit 3, P3 for 5 inches.

Put 6 sts on pin for thumb and cast on 6 sts under thumb.

Continue K3, P3 rib for 6 inches or length of hand.

Next row, K2 tog repeat to end of row.

Draw yarn through all sts tie securely.

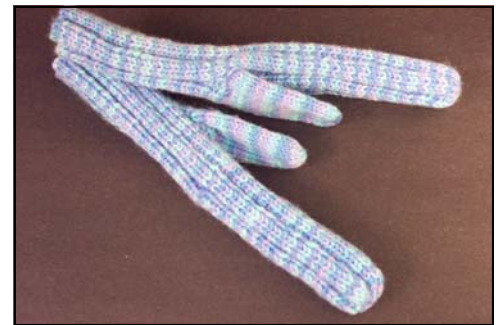
Pick up 6 sts on pin for thumb, 6 sts under thumb and 3 sts on each side (18 sts).

Continue in K3, P3 rib (or thumb can be knitted plain).

Knit 2½ to 3 inches.

Next row K2 tog, repeat to end of row.

Draw yarn through all sts and tie securely.



Knitting Using Four Needles

This is for working in rounds and four needles with points at both ends are used. The required number of stitches is divided equally and cast onto three needles. The last stitch on the third needle is drawn up so that it meets the first stitch on the first needle, thus forming the triangular foundation of circular knitting.

1

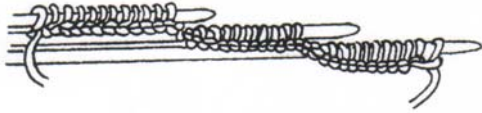
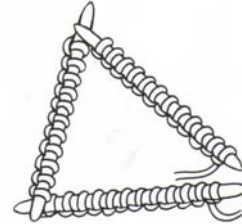


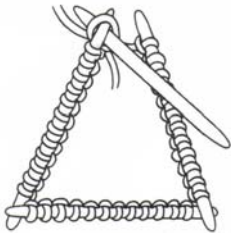
Diagram shows how sts have been divided and cast onto three needles.

2



Making sure sts do not get twisted, arrange needles to form a triangle.

3



Take fourth needle in right hand and close triangle by knitting first st on first needle. The beginning of each round (that is the first needle) can easily be seen by the end of yarn left at beginning when casting on. Continue to knit remaining sts from first needle onto fourth needle. Using spare needle, continue to knit sts from second, then third needle in same manner. This completes first **round**. Working around each needle always in the same direction produces a plain smooth fabric like stocking stitch. If you knit one round, then purl one round, this produces garter stitch.

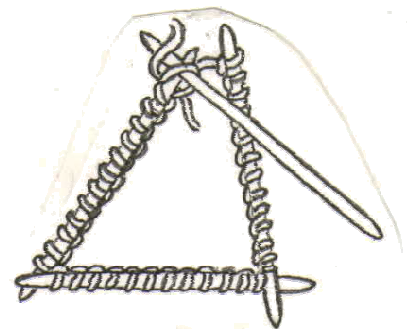
SAMPLE

(Achievement Day Requirement)

You are required to make one (1) sample for this project. This will give you an opportunity to practice knitting with four (4) needles. Mount your sample on a piece of hard cardboard or bristol board - 8 1/2 " x 11" to display at your Achievement Day.

Let's Knit

Cast on 36 stitches (12 on each of 3 needles)
K3, P3 until your samples measures 2 inches (5 cm) in length.
Cast off and secure threads.



AFRICAN COMFORT DOLLS

(Achievement Day Requirement)

ICROSS Canada uses African Comfort Dolls to pack around their medical supplies to keep the medical vials, syringes and breakable items safe during the journey from Canada to Kenya. Once the medical supplies are unloaded, the dolls are given to HIV Aids orphans and to the families of the poorest of the poor.

The basic method for making each doll is the same. Begin at the feet and knit a rectangle, changing yarn colour for each body segment. The head is stuffed and the neck formed by pulling in with a gathering thread. When the body is stuffed, the feet are formed by pulling in with a thread. The arms and legs are defined by stitching through all layers after the doll is stuffed. The number of rows in each part of the doll can be increased or decreased depending on the individual design. Finished height of each doll is approximately 13 cm (5 inches).

Materials Required

- Small quantities of Sayelle or similar-weight yarn
- 1 pair needles (size 2.25 up to size 4)
- Tapestry needle
- Polyester fiberfill

Let's Knit

Work in stocking stitch throughout.

Cast on 32 sts.

Work 4 rows for feet.

Change yarn.

Work 14 rows for pants.

Change yarn.

Work 12 rows for sweater.

Change yarn.

Work 8 rows for face.

Change yarn.

Work 11 rows for hat as follows:

Rows 1-4: Work evenly in stocking stitch.

Row 5: Dec 5 sts evenly across row (27 sts).

Row 6: P across row.

Row 7: Dec 5 sts evenly across row (22 sts).

Row 8: P across row.

Row 9: Dec sts evenly across row (17 sts).

Row 10: P across row.

Row 11: (K1, K2 tog) 9 times. Draw yarn through remaining sts and pull up.



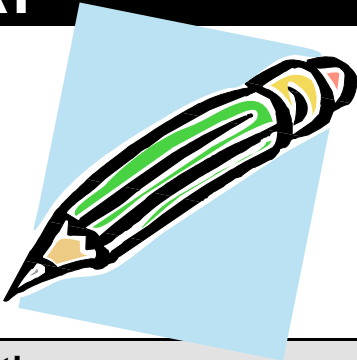
To Finish

1. Sew sides together to form a centre back seam.
2. Stuff head. Weave a single strand of matching yarn across the first face row. Draw up to form neck and secure ends.
3. Repeat for body, drawing in at ankles.
4. Stuff feet and sew up bottom, pulling in as much as possible.
5. With matching yarn, form arms with tiny back stitches through all layers from waist, to 2 rows beneath the neck. Define legs in same way, from bottom to just below waistline.
6. Embroider hair and facial features as desired.

Donations of dolls can be made to
ICROSS CANADA
Saanichton, BC
Canada, V8M 2C3

PROJECT MEETINGS DIARY

Most projects will require at least six to eight project meetings to complete the project.



Meeting Date	Location	Time	At this meeting, we...

Community and Agriculture Awareness Projects

COMMUNITY PROJECT

Each year you are encouraged to provide a service to your community as a 4-H member. This introduces you to the responsibilities of citizenship. You must participate in your club's plan for a community project and you should have a role to play. Describe your involvement with your club's community project this year.



Our Community Project was _____

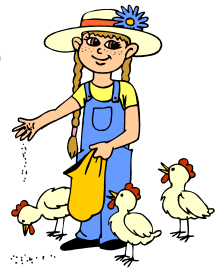
I helped by _____

It was beneficial because _____

I learned _____

AGRICULTURE AWARENESS PROJECT

Agriculture is one of PEI's main industries. You are expected to participate with your club to complete a project (or provide a service) which helps your club or others become aware of the importance of agriculture in our lives. As in the community project, you should actively participate.



Our Agricultural Awareness Project was _____

I helped by _____

It was beneficial because _____

I learned _____