



EASY STEPS TO KNITTING II

WELCOME

Welcome to the 4-H Easy Steps to Knitting II 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

Scarf (minimum of 34” (86 cm) in length	35
Mitts (knit on 2 needles) one color or striped	50
Samples: Increase Sample	15
Decrease Sample	
Two Colour Sample	
	100 Marks

EXHIBITION REQUIREMENT

Mitts

Please note: The mitts are to be knitted on 2 needles and must be made following the directions on page 5 of this members’ guide.

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.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, Charlottetown.

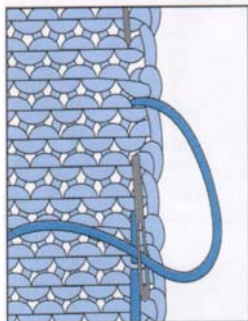
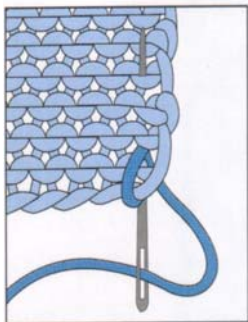
Garter Stitch

Garter Stitch is formed when every row is done using the Knit Stitch (knitted) and is often used in a beginner knitter's first project. It's reversible fabric that does not curl at the edges. This makes it a perfect choice for scarves. Each ridge of garter stitch counts as two rows.

Stocking Stitch

Stocking Stitch is formed by knitting one row and purling one row. The knit rows (right side) are smooth and flat. The purl rows (the wrong side) are ridges that resemble garter stitch, but are actually much closer together than garter stitch. Stocking stitch tends to curl at the edges so it is often bordered with garter stitch or ribbing.

Weaving in Ends



What do you do with those dangling ends at the sides of your work? Never cut them without darning them in first because they will not be secure and your knitting could easily unravel. Thread each end onto a blunt ended large eye needle and make small alternating stitches into the side of your work taking care not to pull too tightly. After you've worked up in one direction about 2 inches (5cm) turn and work backwards alternating over the spaces you just worked. Now you can safely cut the end.

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.



Pass Slipped Stitch Over (psso)

This is used in fancy patterns and is also a way of decreasing without twisting the sts.

Sl 1. K1. psso by inserting point of left-hand needle from **left to right** under the slipped st. Lift it over the knitted st and let it fall off the needle.

STANDARDS FOR JUDGING HANDCRAFTS

General Score Card for Handcrafts

45	Workmanship
25	Creative Design
15	General Appearance
15	Colour

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 over pressing.
- Knots and ends worked in securely.
- Edges smooth.
- Seams and edges stretchy but firm.
- Seams securely and neatly stitched, not bulky.

SAMPLES

(Achievement Day Requirement)

Directions are for right-handed knitters. For left-handed knitters, directions are in Easy Steps II
Leaders' Resource Book

Sample A - Increasing

INCREASING SAMPLE: Cast on 10 stitches. Knit 4 rows. Increase 1 stitch each end of needle on next row (12 sts). Knit 3 rows. Increase 1 stitch each end of needle on next row (14 sts). Knit 3 rows. Increase 1 stitch each end of needle on next row (16 sts). Knit 3 rows. Cast off.

Increase (Inc) "increasing" adds width to the finished piece. One method of increasing is to knit into the front and back of the same stitch.

Knit the first stitch in the usual way, but do not slip it from the left needle - 1 st on right needle (Fig 1). Insert the right needle thru the back loop (tbl) of the same st from right to left (Fig 2). Knit this st in the usual way—2 sts on right needle, 1 inc made (Fig 3).

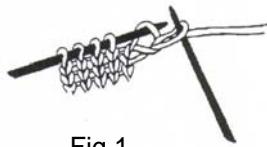


Fig 1



Fig 2



Fig 3

Sample B - Decreasing: Cast on 16 stitches. Knit 4 rows. Decrease 1 stitch each end of needle on next row (14 sts). Knit 3 rows. Decrease 1 stitch each end of needle on next row (12 sts). Knit 3 rows. Decrease 1 stitch each end of needle on next row (10 sts). Knit 3 rows. Cast off.

DECREASING:

Decreasing is making 1 stitch out of 2. There are two methods mentioned in this booklet for decreasing stitches. You may use whichever method you wish for your sample.

K2tog - With yarn at back of work, insert point of right-hand needle from right to left through next 2 sts on left-hand needle. Knit these together in the usual way. Slip sts off left-hand needle. This forms 1 decrease.

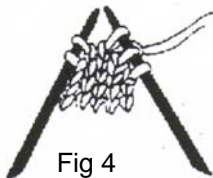


Fig 4



Fig 5



Fig 6



Fig 7

Decreasing by slipping one stitch, knitting one stitch, and passing the slip stitch over the knit stitch (Sl 1, K 1, pss0).

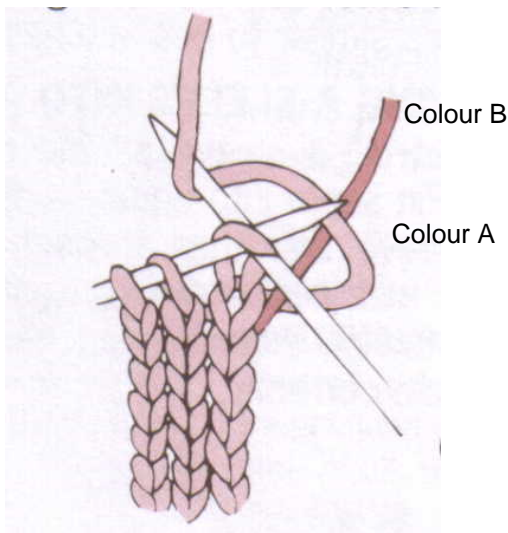
Slip the first stitch to the right needle as if to knit (Fig 4). Knit the next stitch in the usual way (Fig 5). Insert the point of the left needle into the front of the slip stitch from left to right (Fig 6). Pass this slip stitch over the knit stitch and off both needles - 1 decrease made (Fig 7).

Knitting with Two or More Colours

Knitting with colours is fascinating and fun to do. Coloured patterns can range from simple stripes to complex motifs. When working stripes, it is best to carry the colours not in use loosely up side of work until needed again, instead of cutting and re-joining colours which leave many ends for weaving in later. As colours are carried up the side of the work, it is necessary to twist them each time they meet at the edge of the work.

After knitting the first stripe with colour A, attach colour B. K1 row, P2 row. From this point on, at the beginning of every K row (every 2nd row - right side of work), bring previous colour up and cross over the top of colour you are using. Continue to K across the row. Purl one row. Second stripe is now complete.

Continue with stripes in this manner, alternating between colour A and colour B.



SAMPLE C - TWO COLOURS

Achievement Day Requirement

Cast on 15 stitches. With colour A, work in stocking stitch for 4 rows (knit one row, purl one row). Switch to colour B and continue in stocking stitch for 4 rows. Repeat this for a total of 6 stripes (three of each colour). Cast off.

MITTS *(Achievement Day Requirement)*

Mitts Knitted on 2 Needles. Can be one colour or striped with two colours.

Tension: 21 stitches and 28 rows = 4" (10 cm)

Suggested yarns: 1 - 100g ball of yarn

Knitting Worsted (K.W.) Weight: Patons Canadiana, Patons Canadiana Colours, Red Heart or whatever yarn gives the correct tension (as above).

Two No. 4 mm Knitting Needles are used for the knitting.

The instructions are written for size 8 children's. Any changes necessary for sizes 10 and 12 are written in brackets thus: ().

RIGHT MITT: Cast on 32 sts (10-34 sts) (12-36 sts).
Work 20 rows (10-20 rows) (12-22 rows) in (k1, P1) ribbing. This completes cuff.

To make thumb gusset: Work in stocking st for 6 rows (10-6 rows) (12-6 rows) ending with purl row.

Proceed:

1st row K17 (10-18) (12-19). Inc 1 st in each of next 2 sts. Knit to end of row. Purl 1 row.

3rd row: K17 (10-18)(12-19). Inc 1 st in next st. K2. Inc 1 st in next st. Knit to end of row. Purl 1 row.

5th row: K17 (10-18) (12-19). Inc 1 st in next st. K4. Inc 1 st in next st. Knit to end of row.

Continue increasing in this manner, that is, having 2 sts more between increases for thumb gusset, every alternate row to 40 sts on needle (10-44) (12-46). Purl 1 row.

To make thumb:

K27 (10-30) (12-31). **Turn.** Cast on 1 st. P10 (10-12) (12-12) including cast-on st. **Turn.** Cast on 1 st.

Working on these 11 sts (10-13) (12-13) continue even in stocking st for 1 3/4 ins. (10-2) (12-2) ending with purl row.

Next row: K1 *K2tog. Repeat from * to end of row.
Break year. Thread end through remaining sts. Draw up and fasten securely. Sew thumb seam.

To make remainder of mitt: With right side of work facing, join yarn to last st on right hand needle. Pick up and knit 2 sts at base of thumb. Knit across sts on left hand needle.

Next row: Purl across row, purling together the 2 sts picked up at base of thumb. There are now 32 sts (10-34) (12-36) on the needle.

Continue even in stocking st until work from top of ribbing measures 4 1/2 ins (10-4 3/4 ins), (12-5 1/4 ins) ending with purl row.

To shape top: 1st row: K1. S1 1. K1.pssso. K10 (10-11) (12-12). K2tog. K2. S1 1. K1. pssso. Knit to last 3 sts. K2tog, K1. Purl 1 row.

3rd row: K1. S1 1. K1. pssso. K8 (10-9) (12-10).

K2tog. K2. Sl. K1. pssso. Knit to last 3 sts. K2tog. K1. Purl 1 row.

5th row: K1. Sl. 1. K1. pssso. K6 (10-7) (12- 8).

K2tog. K2. Sl. 1. K1.pssso. Knit to last 3 sts. K2tog. K1.

Continue decreasing in this manner, that is, having 2 sts less between decreases every alternate row to 16 sts (10-14) (12-16) on needle. Cast off purlways. Sew top and side seams.

LEFT MITT: Work ribbing as given for right mitt.

To make thumb gusset: Work in stocking st for 6 rows, ending with purl row.

Proceed:

1st row: K12 (10-13) (12-14). Inc 1 st in each of next 2 sts. Knit to end of row. Purl 1 row.

3rd row: K12 (10-13) (12-14). Inc 1 st in next st. K2. Inc 1 st in next st. Knit to end go row. Purl 1 row.

5th row: K12(10-13) (12-14). Inc 1 st in next st. K4. Inc 1 st in next st. Knit to end of row.

Continue increasing in this manner, that is, having 2 sts more between increases for thumb gusset, every alternate row to 40 sts on needle (10-44 sts) (12-46 sts). Purl 1 row.

To make thumb: K22 (10-25) (12-26). Turn. Cast on 1 st. P10 (10-12) (12-12) including cast on st. Turn. Cast on 1 st.

Working on these 11 sts (10-13 sts) (12-13 sts) finish thumb and remainder of mitt as given for right mitt.



SCARF

(Achievement Day Requirement)

Following are a few samples of scarf patterns. Members may use one of these or may choose another pattern, using the yarn of their choice. The scarf can be as long as the member wishes; however, it must be a minimum of 34" (86 cm) in length.

Bohemian Scarf

Materials

1 ball of Bohemian yarn
6 mm knitting needles or size needed to obtain tension

Tension

12 sts x 24 rows = 4 ins (10cm) in garter st.

Instructions

Cast on 11 stitches, knit all yarn - cast off dropping the 4th and 8th stitches unraveling them back to cast on stitches.



Two Colour Scarf

Materials

2 balls of yarn (different colours)

Instructions

Cast on 16-18 stitches using craft yarn or eyelash using 2 balls at a time.



Garter Stitch Scarf

Materials

Shetland Chunky 2 balls
6 mm (U.S. 10) knitting needles or size needed to obtain tension.

Tension

13 sts x 24 rows = 4 ins (10cm) in garter stitch

Instructions

Cast on 22 stitches (sts)
Work in garter stitch (st) (knit every row) until scarf measures 56 ins (142 cm)
Cast off



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 _____