Knit Stitch Practice Lesson

In order to practice the knit stitch properly here’s a little exercise.

- Cast on 30 - 40 stitches
- Knit every row until you have a square. Approximately 30 - 40 rows.

Note: by knitting every stitch on every row you are knitting the Garter stitch.

- Be sure to read up how to BIND OFF stitches if you want to try this!

Once you have finished binding off, make sure to leave about 6 inches of yarn so that you can weave in the ends properly. This way your knitting won’t unravel.

You have just knit your first garter stitch dishcloth!

About our
CAMPUS ACCESSIBLE TECH SPACE

We are located at L212 on the second floor of Mills Library near to elevator two, left of the LAS office through the keycard-accessible door.

In the fall of 2018, Mills Library opened the doors to our new Assistive Technology Lab which was named, Campus Accessible Tech Space (or CATS) shortly thereafter through a student naming contest. We seek to provide equitable resources, facilities, and services to foster dignity and independence for members of McMaster University.

Our CATS space is only available to students who have formally registered with SAS. While anyone is welcome to drop in during office hours, to ensure confidentiality, availability, and uninterrupted attention to your inquiries, we ask that you book an appointment by phone or email.

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How to knit a scarf—STEP 2: Knitting Pictures and instructions paraphrased from Simple-Knitting.Com

CATS
Campus Accessible Tech Space
Mills Library L212
How to Knit Stitches

This set of photos is the English knitting method where you hold the working yarn in your right hand. It is also called the American, throwing, or right-handed style.

To start, cast on about 10 to 12 stitches. Hold your knitting needle with the cast on stitches in your left hand. Make sure that your working yarn is at the back of your work. Insert the right needle into the first loop on the left hand needle. Push the needle through from front to back.

Then, with your working yarn, wrap it counterclockwise around right hand needle bringing it in between both needles. Snug it up a little bit.

With the yarn still wrapped around the right needle, bring right knitting needle through that first loop on the left knitting needle to complete the newly formed stitch. Keep pulling that newly formed stitch through the loop on the left needle.

Slowly drop the first stitch off the left knitting needle. It has now been worked.

Continue on until you have worked all the stitches on your knitting needle.

What Do I Do When I Reach the End of the Row?

Move your right needle with all the new stitches on it to your left hand, put the empty knitting needle in your right hand and just start over.

This is called turning your work. Typically you start off knitting with the right side facing you and then you turn your work and the wrong side faces you and so on.

Remember: When you work garter stitch both sides will look the same so you won’t really have a ‘wrong’ side. Keep practicing until you feel comfortable with it.

If you’re now eager to try this yourself and make something, read STEP 3: Casting Off and flip over to try making a dishcloth, otherwise, skip ahead to STEP 4: Purling.