



EASY STEPS TO KNITTING I

WELCOME

Welcome to the 4-H Easy Steps to Knitting 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

Knitted Dog	70
Samples (10 marks for each)	
Garter	
Stockinette	
Ribbing	<u>30</u>
	100 Marks

EXHIBITION REQUIREMENT

Knitted Toy Dog

Please Note: The Knitted Dog must be made following the directions on page 5 of this Member Guide. The dog is to have a twisted tail and embroidered eyes, nose and mouth.



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.

LET'S LOOK AT YARN

Yarn can come from a natural source (wool, cotton) or it can be made from chemicals (nylon, acrylic). Tiny fibers are spun together to make a strand of yarn. The number of strands of yarn that are twisted together to form the final thickness or weight of the year is called ply. Ply does not mean thickness because a producer can make a one-ply yarn which is as thick as another four-ply yarn. By untwisting the end of a piece of yarn, you can see the ply number.

Most yarns are coloured or dyed and wound into skeins. The dye lot number is shown on the skein (wrapper) label. Only those skeins with the same dye lot number will be exactly the same color. Most skeins are "pull-skeins", that is you begin using it by pulling the yarn from the centre. You do not unwind the skein but rather work from the inside to the outside.

KNITTING NEEDLES

Three Types

1. Single pointed or straight needles have a point on one end and a cap on the other end. They can be made of aluminum, plastic or wood.
2. Double pointed needles have points on both ends and are sold in sets of four. They are made of either aluminum or plastic.
3. Circular needles are made of nylon, having two points that taper into a thin, flexible cable.

All of these come in a variety of sizes (thicknesses) and lengths. Beginning knitters will find shorter needles (25 cm to 10 inches) easier to work with than longer ones.

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.

PURCHASING YARN?

Buy all the yarn for your project articles at the same time and be sure to see that each ball of yarn has the same dye lot number printed on the label. This means all the yarn has been dyed at the same time and will be even in color throughout.



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, color 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.

LET'S BEGIN

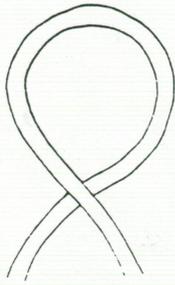
Knitting is a process in which stitches are looped together. There are two basic stitches, the knit (k) stitch, and the purl (p) stitch. All other stitches are a variation of these two.

The first step in knitting is to put stitches on the needle that you will hold in your left hand, if you are right-handed. This is referred to as the left needle. Putting the stitches on the needle is called casting on. This forms the first row of stitches on the needle. There are a number of ways to cast on stitches. The two-needle method gives neat, firm, but elastic edge. It uses the basic motion for knitting so you will learn this from the beginning.

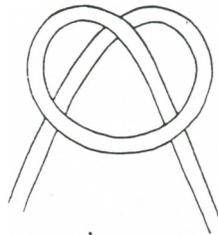
Let's Cast On

With your leader's help and the following diagrams, cast on 15 stitches. Remember to use short single pointed needles. A 4 ply would be good choices for learning this skills.

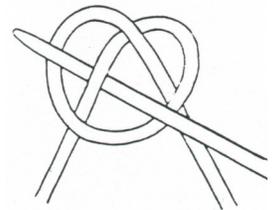
1. On a flat surface, near end of year, make a loop, having end of year on top of yarn from ball.



2. Take top of loop and turn it over to lie on top of yarn from ball.



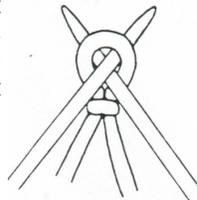
3. Place needle on top of loop, inserting point under yarn from ball. Holding both ends of yarn firmly with one hand, raise needle to form a slip knot.



4. Pull end-of-year and yarn from ball in opposite directions to tighten slip knot on needle. This makes your first stitch (st).



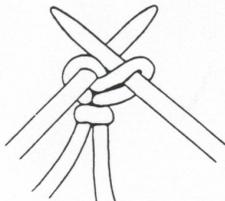
5. Hold needle with stitch on it in your left hand. Take second needle and yarn from ball in your right hand. Insert point of this needle through front of first stitch and under left-hand needle.



6. Pass yarn from ball firmly around back of right-hand needle from back to front towards you. This is the basic motion of knitting.



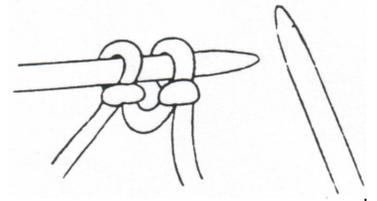
7. Bring point of needle from right to left, under loop of first st on left-hand needle to form a new st on right-hand needle.



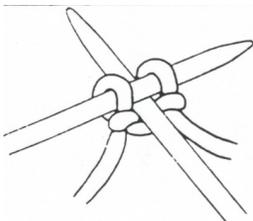
8. Insert point of left-hand needle from left to right into the new st



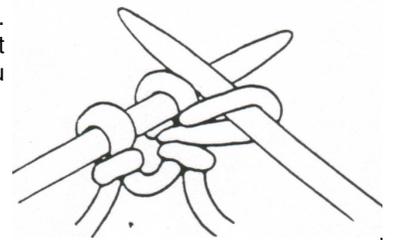
9. Remove right-hand needle and tighten st slightly. You now have two sts on right-hand needle.



10. Insert point of right-hand needle between the two sts on left-hand needle.



11. Pass yarn around point of right-hand needle from back to front between the 2 sts to form a new st. Insert point of left-hand needle from left to right into this st and remove right-hand needle. You now have three sts on left-hand needle. Continue making a new st between the last two formed on the left-hand needle or you may wish to repeat steps 5 to 9.



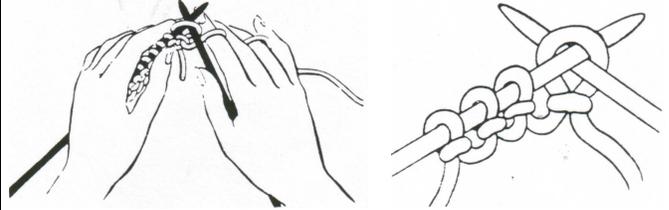
Let's Knit

Now that you have learned to cast on stitches, you have been practicing the motions of the knit stitch. Your leader will help you to follow the diagrams below. The front of your stitch is the side toward you as you look at the stitches on the needles in your hand. The back refers to the side away from you as you hold your needles.

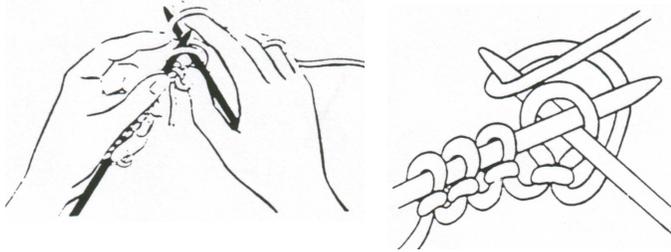
1. Hold the needle with the fifteen (15) cast on stitches in your left hand. Hold the empty needle in your right hand, running the yarn from the skein over the index and third fingers.



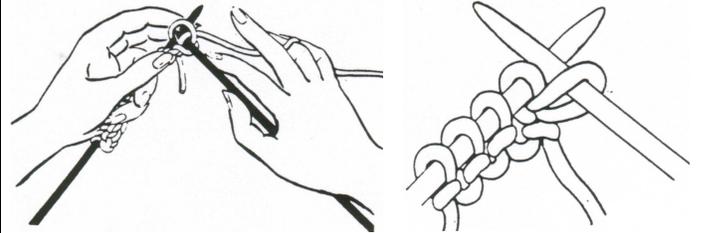
2. Insert the point of the empty right-hand needle through the front of the first cast on stitch from front to back passing the right-hand needle under the left-hand needle. Always keep the yarn from the skein behind the work when making a knit stitch.



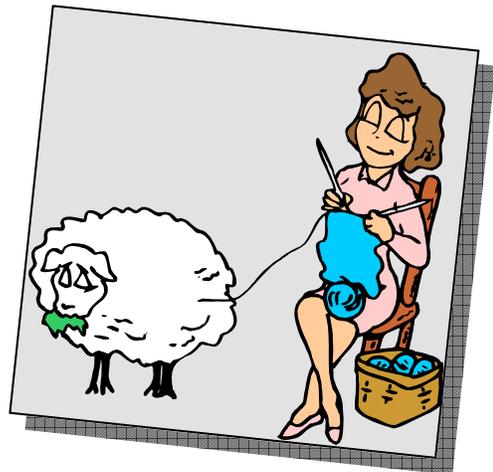
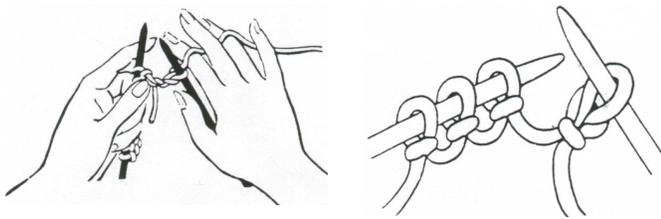
3. Wrap the year from the skein around the point of the right-hand needle. The yarn lies between the two needles.



4. Draw the wrapped yarn through the first cast on stitch by bringing the right-hand needle down, under and up in front of the left-hand needle. The right-hand needle holds a new loop.



5. Slide the stitch off the left-hand needle—1 stitch made.



You have now knitted one stitch (st). Continue to knit each stitch exactly as shown until the right-hand needle holds all the stitches and the left-hand needle is empty. Remember to keep the yarn from your skein at the back of your needles. To begin the next row, take the needle with the stitches on it and hold it in your left hand.

TOY DOG

(Achievement Day and Exhibition Requirement)

Materials Required

- 50g ball of Worsted Weight yarn, e.g. Patons "Canadiana"
- Small amount of yarn for embroidery of eyes, nose and mouth
- Stuffing
- Needles - 1 pair single pointed 4 mm
- Yarn needle (needles with large eye - may have blunt or pointed end)



Let's Knit

Body - make 2: Beginning at the nose, cast on 12 sts. K 20 rows, ending with wrong side row. Note for left handed knitters, this will be right side row.

Shape leg: Cast on 14 sts at the beginning of the next row (26 sts). K 20 rows, ending wrong side row.

Shape body/head: Bind (cast) off 5 sts beginning of next row, then cast off 8 sts beginning of next row (13 sts). K 26 rows, end wrong side row.

Shape leg: Cast on 5 sts beginning of next row (18 sts). K 20 rows, end wrong side row. Cast off.

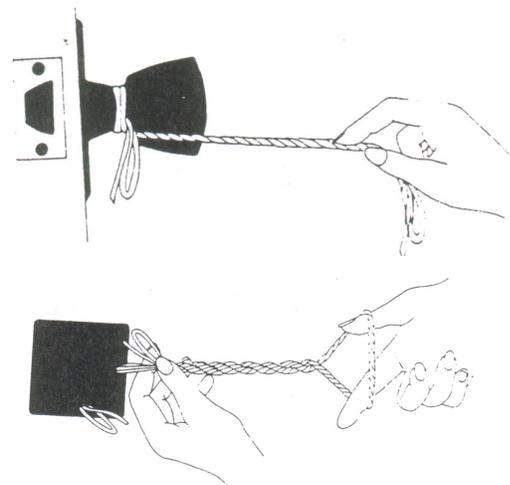
Ears - make 2: Cast on 7 sts. K 20 rows. Bind off.

Finishing Off

- Sew body together leaving an 8 cm (3 in.) opening at lower body. Place right sides of work facing each other. Fasten securely where seam starts. Oversew the knot or the smaller of the two stitches at the edges of the work together. Sew firmly but stretch slightly as you go, so it will be as elastic as the knitting.
- Stuff - lightly stuffing will give a softer toy.
- Attach ears.
- Embroider eyes, nose and mouth.
- Attach tail - attaching the folded end of tail to the dog

To Make The Twisted Cord Tail

1. Cut specified number of strands approximately 3 times the desired finished length. Attach one end to door knob or have another 4-H member hold it. Twist strands together in same direction until firm.
2. Fold twisted strands in half, allowing both sides to twist together. Remove from door knob and knot loose ends to prevent raveling.



PROJECT ENROLLMENT DIRECTORY

From time to time throughout the 4-H year, you may wish to contact your leader(s) or another project member for one reason or another. Just fill in the information below, and you will have a handy Project Member—Project Leader Directory!



MEMBERS' NAME	E-MAIL	PHONE NUMBER
LEADERS' NAME	E-MAIL	PHONE NUMBER

KNITTING SAMPLES

(Achievement Day Requirement)

You are required to make three (3) samples for this project. All samples are to be made using the same weight of yarn (can be different colors of the same weight) and the same needles. Mount your samples on a piece of hard cardboard or bristol board - 8 1/2 " x 11" to display at your Achievement Day.

Garter Sample -

This is an all knit sample.
Cast on 15 stitches and knit 20 rows.

Stockinette Sample -

Cast on 15 stitches.
Row 1. Knit
Row 2. Purl
Repeat these two rows nine (9) times.
Cast off.

Ribbing Sample -

This is a combination of knit and purl stitches across the same row.
Ribbing is used to make cuffs, hems and necklines.
Cast on 15 stitches.
Row 1: *K3, P3*, repeat from * to* across row.
Row 2: *P3, K3*, repeat from * to * across row.
Repeat these (2) rows nine (9) times. Cast off.
Cast off the knit stitches knitwise and the purl stitches purlwise.

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 _____

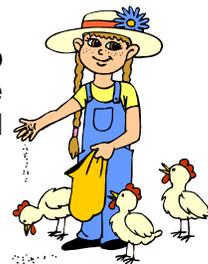
I helped by _____

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 _____