



Let's Learn to Knit

with Pickup Stitches

Linda Heaton, Clothing and Textiles Specialist



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Unit 4

Let's Learn to Knit

with Pickup Stitches

Linda Heaton, Clothing and Textiles Specialist

Your Guide for the Project

Let's Learn to Knit with Pickup Stitches is designed for 4-Hers who have learned basic knitting skills. You are now ready to add to your knitting skills as you knit an article with pickup stitches.

You Will Learn

- To select pattern size, yarn, and ribbon.
- To knit to fit.
- To pick up stitches.
- To increase stitches.
- To make a knitted buttonhole.
- To make a woven seam.
- To make a crocheted seam.
- To block a wool sweater.

What You Will Knit

In this project you will use circular needles to make an article with pickup stitches. Your article should be of one color with no knitted design. You may use a duplicate stitch to embroider a design on your article. Either pattern in this project book is appropriate. However, your leader may suggest additional patterns.

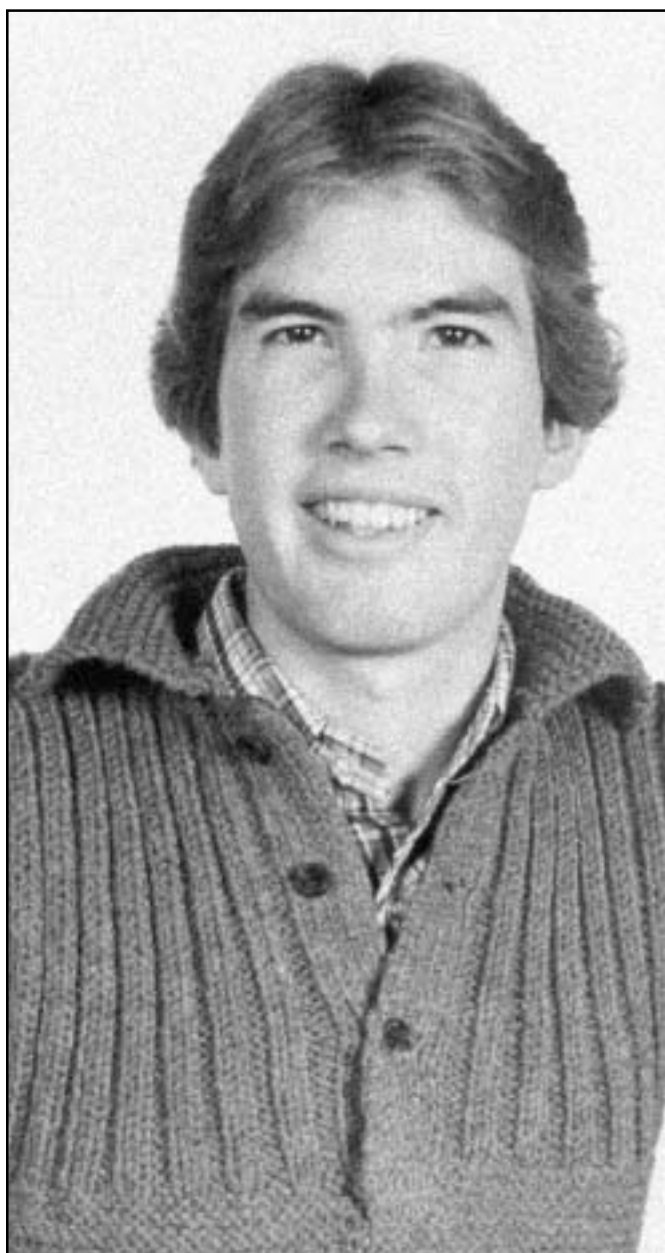


Exhibit Your Work

Your article with pickup stitches may be exhibited at local 4-H events. A score sheet appropriate for your article is included in the back of this book.

Add to Your Record Book

A knitting record sheet is included in this project. After you complete the record and your 4-H story for this year, put them with last year's records. Keep your records up-to-date each year. You may record the articles you make in addition to the article required in this project.

Also keep a record of the activities in which you participate (such as tours, exhibits, demonstrations, or camps) for your permanent record.

Knitting Notebook

Every knitter needs a notebook or file in which to keep useful information. Ask your parents or leader for a loose-leaf notebook for your use. Use the form at the back of this book and keep samples of your knitting.

Demonstrate to Your Club

Give a demonstration at one of your club meetings. Show others what you have learned. Demonstrating helps you in your project work while it gives you poise and practice in the art of public speaking.

Plan Your Project

Study the guide for this project with a parent or leader. He or she can help you think about the clothes you have in your wardrobe and those you are planning to purchase. These are important factors in choosing the color for a sweater.

When you shop for yarn, remember to purchase all of the yarn you will need to complete your article because colors vary between dye lots. It is much better to have a little yarn left over than to run out in the middle of your project.

Knitting Tools

Check your tools before you start to knit. To knit a sweater you will need the same tools you used in previous projects, plus markers, stitch holders, and circular needles.

Markers—Markers are used as guides in knitting. They may be placed in your work to mark future measurements or placed on your needle between two stitches and slipped from one needle to the other.

Horizontal Markers—When directions call for a marker to be placed in the work, use a small length of yarn of a contrasting color; work this yarn along with the regular yarn for 3 or 4 stitches. Leave this marker in your work until it is completed (Figure 1).

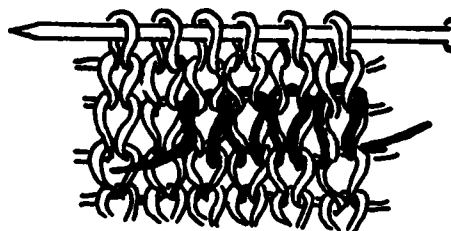


Figure 1

Vertical Markers—Ring markers made of plastic or metal are available at most stores. These markers are placed on your needles between stitches when the pattern directions read “sl a marker on needle” or “place marker on needle” (Figure 2).

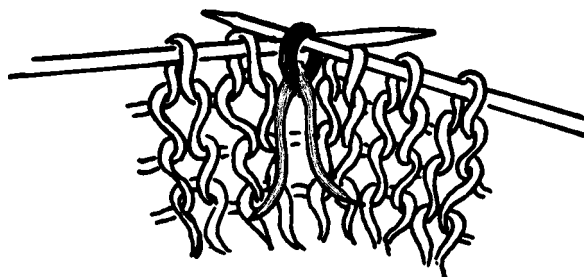


Figure 2

Stitch Holder—A stitch holder is a large plastic or metal “safety pin” that is used to hold specific stitches while a pattern is being worked around them. These stitches are slipped from the needles onto the holder. Later the stitches are returned to the needles and worked according to the directions. For example, the stitch holder is used to hold sleeve stitches while the body of the sweater is being knitted (Figure 3).

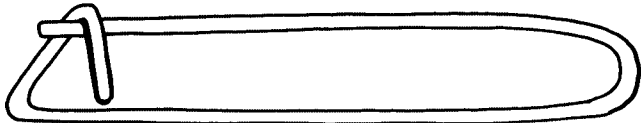


Figure 3

Circular Needles—Circular needles are used for knitting in a complete circle to avoid seams; however, they may be used for knitting back and forth in flat knitting, too. For example, they may be used to knit sleeves, ribbing, collars, or sweaters without seams.

Circular needles are single-pointed, rigid needles connected by a thin, flexible cable (Figure 4). They are available in a variety of lengths and sizes. Select the needle size according to the pattern directions and gauge required for the sweater. Select the needle length according to the number of stitches to be held on the needle and your personal preference. Wide projects, such as sweaters, require long needles.

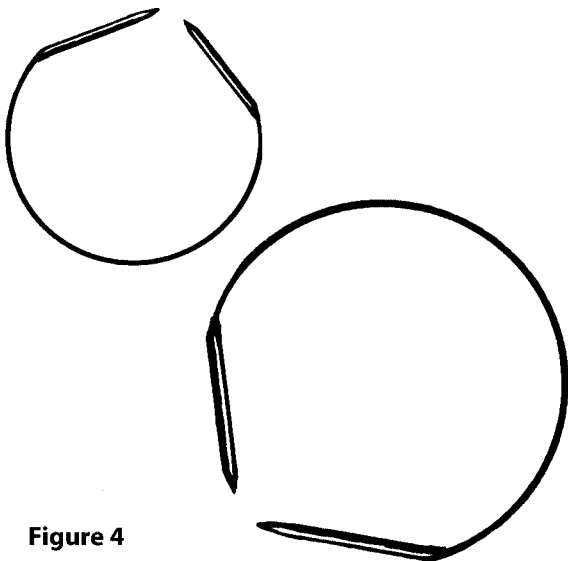


Figure 4

Knitting Tips

As you continue to knit, you will want to increase your skill in knitting. Here are a few tips to help you.

How to Measure Your Work

Often the directions will tell you to work so many inches and then do a certain step, so it is necessary to measure your work. To do this, lay your work down on a flat surface with the needle at your left. Use a tape measure or ruler with its end placed just under the needle and measure down to the starting point, or to the point indicated in the directions (Figure 5).

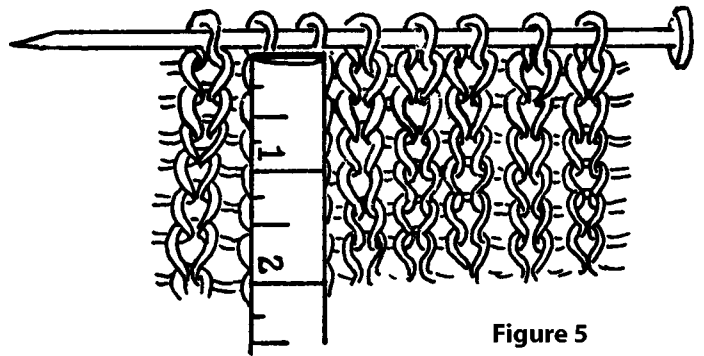


Figure 5

Do not stretch your knitting. Simply smooth your work out as it naturally would lie. Don't cheat yourself by trying to make your work measure more than it really does. You might have to rip it out and do it over again.

Using Needles

When beginning a large project like a sweater, read the pattern directions carefully before beginning. The pattern may direct you to cast on stitches and complete the ribbing on straight needles and then change to circular needles. Do you have straight needles of the correct size?

Check Gauge

Knitting patterns will specify gauge. The gauge should always be checked by making a sample square using the same yarn and needle size as given in the instructions.

To check gauge, put two pins exactly 1 inch apart (2.5 cm) and count the stitches between. If 1 inch has fewer stitches than the directions call for, you need to use a smaller needle. If it has more stitches, you need to use a larger needle (Figure 6). The needle sizes given in the knitting instructions are only suggested sizes. Use any needle size that will produce the correct gauge.

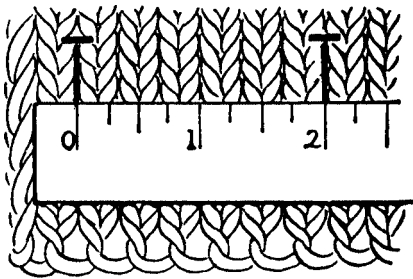
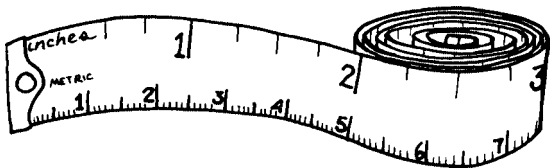


Figure 6

Additional Hints

- Keep a tape measure in your knitting bag to measure length or gauge as you go along.



- When you have to make many rows of the same stitch, mark down each row on a piece of paper as you work it—then you won't have to keep counting rows!
- Always keep a pencil in your knitting bag to check off pattern directions, *line by line*, so you'll always know where you are. It eliminates chances for error as you stop and start.

Selecting Pattern Size, Yarn, and Ribbon

Correct Pattern Size

The joy of wearing a hand-knitted sweater depends on the care you use in selecting the correct pattern size for your figure. Most knitting patterns have directions for knitting several sizes. To choose the best size for you, compare your body measurements to those listed on the pattern. Depending on the pattern, you will want to measure your body at the following points:

Your Measurements		
	inches	cm
Chest	_____	_____
Width across back at underarm	_____	_____
Length from back of neck to bottom edge of sweater	_____	_____
Length from underarm to bottom edge of sweater	_____	_____
Length of sleeve at underarm	_____	_____
Width of sleeve at upper arm	_____	_____

When you compare your body measurements to the pattern measurements (finished knitted measurements should be slightly larger than your body measurements), ask your leader for help in deciding which pattern size is best for you.

Before you start to knit, go through the directions and circle the numbers for your size. Then you will not accidentally work the wrong number of stitches as you knit.



Knitting to Fit

Knitting is different from sewing in that you produce the fabric and shape the garment to fit your measurements as you knit, whereas in sewing you begin by cutting the fabric according to the pattern shapes. For this reason, it is important to calculate the fit of a knitted garment before you begin knitting it. After you have spent hours knitting something, it is very disappointing not to be able to wear it because it doesn't fit you well.

The most important thing to know is the stitch gauge given in the pattern instructions. Then be sure you knit to that gauge.

Check your body measurements against the measurements given for the various sizes. Pattern sizes for knitted sweaters differ from ready-to-wear sweater sizes. Your commercial book of knitting patterns will have a size chart with garment measurements; at the beginning of the instructions for each garment, the size range will be given. Ease must be allowed for a comfortable fit, so remember that in addition to your actual body measurements, you need to add ease allowance. For example, it is desirable to have 3 to 4 inches of ease around the

bustline whether or not a sweater (or any other knitted garment) is designed to fit snugly. Your body measurement at bustline—for example, 32 inches—plus 4 inches for ease equals 36 inches. Pattern gauge given is 7 stitches per inch. Multiply 36 inches by 7, for a total of 252 stitches needed.

Check the pattern instructions to find out the total number of stitches there will be at the widest part of the sweater (bustline). Remember to include the number of stitches added (if you increased) to the number cast on. Compare the total number of stitches on the needles to the number required (252) to determine whether the sweater will fit. If in the size you selected there are not enough or there are too many stitches to give you the correct fit, change to the garment size that you need for a comfortable fit.

Corrections for length are made by knitting more or fewer rows than called for. The length of sleeves from underarm to lower edge should be checked against your arm length. Also compare with your measurements the length of a sweater from underarm to lower edge, and skirt length from waistline to lower edge. *Remember:* it is essential that you knit to the proper gauge in order to get the correct fit.

Yarn

After you choose your pattern size, you can buy the right amount of yarn. Always buy the specified amount with the same dye lot number. Also select the type of yarn specified in the pattern directions (for example, 4-ply knitting worsted). The wrapper on each skein of yarn tells you what you need to know: fiber content, ply, dye lot number, weight, care recommendations, plus information on whether the yarn is colorfast, mothproof, and preshrunk (Figure 7).



Figure 7

Grosgrain Ribbon

Almost all sweaters with buttonholes need grosgrain ribbon to reinforce the bands with buttons and buttonholes. When you purchase yarn, select ribbon, 1 inch (2.5 cm) to 2 inches (5 cm) wide, that closely matches the yarn color. You may not be able to find an exact color match. Purchase ribbon the length of each side of the center front opening plus an additional 3 or 4 inches. You need extra ribbon to turn under the raw edges and to allow for shrinkage. Your leader will help you determine the color and amount needed.

After purchasing the grosgrain ribbon, preshrink it so that it will be ready to use when you need it. To preshrink the ribbon, wash it in hot water and then dry it.

Knitting Skills

The increase stitch you have learned is the one you will use when your increase is on the edge of your garment or forms a part of the design of a garment. There are times when you do not want the increase to show, so let's learn to do a "blind" increase.

Just as in decreasing, increasing may be made to slant either to the left or to the right.

Blind Increase Slanting to the Right

Work across the row to the point where the increase is to be made. Before working the increase, turn the work on the left-hand needle slightly toward you so that you can see the back of the work over the top of the needle. Make your increase by inserting the right-hand needle, from the top down, into the back of the stitch below the stitch on the left-hand needle and knit this loop as a stitch. Now return the left-hand needle to the proper position and knit the stitch on the needle (this is the stitch above the stitch the increase was worked in) in the usual way (Figure 8).

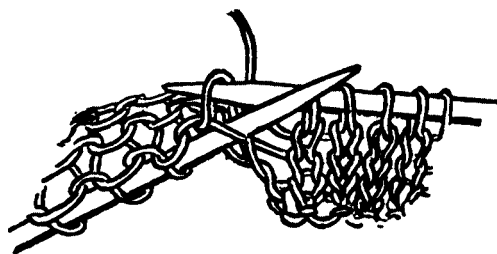


Figure 8

Blind Increase Slanting to the Left

Work across the row to the point where the increase is to be made. With the left-hand needle, from back to front of the work, pick up the stitch right below the stitch just made on the right-hand needle. This puts an extra stitch on the left-hand

needle; knit into the back of this added stitch for your increase stitch (Figure 9).

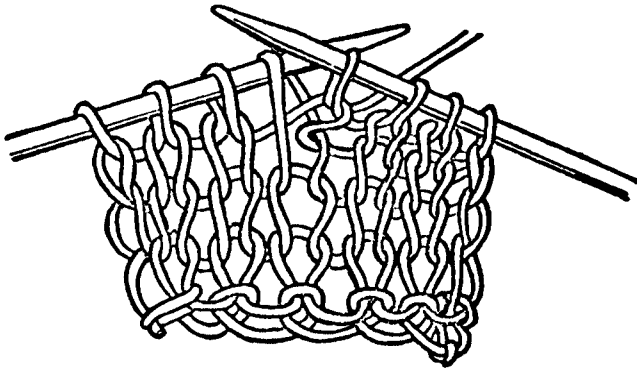


Figure 9

Picking up Stitches

Stitches are most frequently picked up along an edge of a piece already knitted, such as the neck and armhole edges of a sweater.

To pick up stitches, hold the work with the right side toward you. Hold the free end of a skein of yarn against the garment with your left hand until you get started. This loose end is afterwards fastened into the work and concealed.

Hold the needle and yarn in your right hand in the regular way. Work from right to left. Insert the needle into the first row in from the edge and knit stitches onto the right-hand needle (Figure 10). The directions will specify a number of stitches to be picked up. Make them fit into the space allotted.

When picking up the irregular edge formed by increases or decreases, be sure to insert your needle into every row, whether the knitting is tight or loose.

When picking up stitches at the armhole, work from front to back on the left armhole and from back to front on the right armhole.



Figure 10

Casting on Stitches

In this project you will learn another method of casting on stitches. When you are casting on stitches in the middle of a garment, two threads are not available, and it is necessary to use a method known as *knitting on*. When the directions tell you to cast on while you are making a garment, you must first turn your work. The right-hand needle becomes the left-hand needle and vice versa. The needle to which the yarn is attached is in your left hand. Insert the needle now in your right hand into the stitch nearest the top of the left-hand needle (Figure 11).

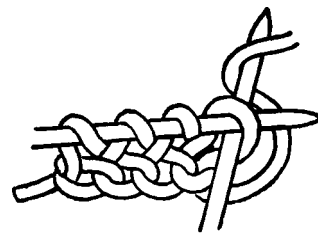


Figure 11

When a new stitch is drawn out (Figure 12), do not pull the old stitch off the left needle. Instead, transfer the new stitch on the right-hand needle onto the left-hand needle (Figure 13).

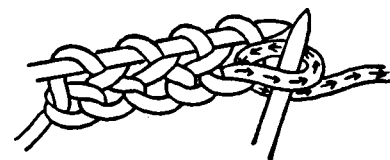


Figure 12

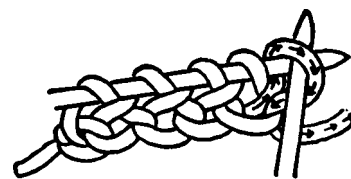


Figure 13

Make the next stitch in the stitch just completed. This process is continued until the required number of stitches has been cast on. Then the work is turned again and the regular knitting is resumed.

Making a Buttonhole for Cardigans

Buttonholes are made on the left band for boys and on the right band for girls. To make a buttonhole, knit to the position for a buttonhole as specified in the directions. Bind off three (or the number called for) stitches and knit to the end of the row. Work the next row in the pattern as far as the bound-off stitches. Turn your work and cast on as many stitches as were bound off in the previous row (Figure 14).

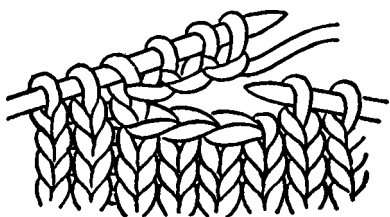


Figure 14

Complete the row. The finished buttonhole should look like the one in Figure 15.

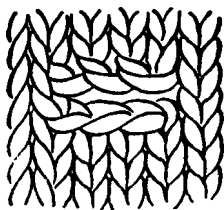


Figure 15

The knitted buttonholes should be backed with preshrunk grosgrain ribbon. Using a sewing needle and thread that matches the color of your yarn, slip stitch the ribbon to the center front openings. Turn under the raw edges of the ribbon at the neck and bottom edges. Slip stitch these edges, also.

Work the buttonholes through the knitted buttonhole and grosgrain ribbon with the buttonhole stitch. Use matching yarn or thread. Be careful not to pull the stitches too tightly.

Buttons

Select buttons or make your buttons to complete your sweater. The pattern will recommend the correct size for your sweater. Be sure to purchase a button with a shank.

Sewing On Buttons

When you sew the buttons on your sweater, plan on using a thread shank. The shank allows the button to rest on top of the buttonhole instead of crowding to the inside and distorting the buttonhole. One way to sew a thread shank is illustrated below, but your leader may recommend other ways (Figure 16).

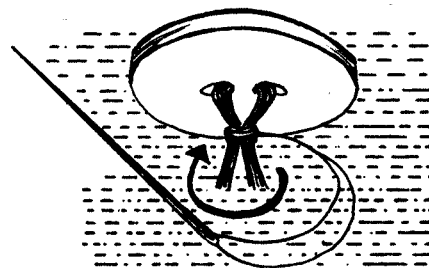


Figure 16

To make a thread shank, secure the thread at the button mark, then bring the needle up through one hole in the button. Lay a pin, toothpick, or matchstick across the top of the button.

Sew through the holes in the button several times. Remove the pin or stick and lift the button away from the sweater so the stitches are tight. Wind thread firmly around the stitches to make the shank. Backstitch into the shank to secure it.

Set-in Sleeves

It takes a great deal of care and patience to set a sleeve into the body of a sweater so that it fits properly and looks neat. To set sleeves into a sweater, follow these steps carefully.

Place the sleeve into the armseye (armhole) of the sweater with right sides together.

With the sleeve side facing you, use straight pins to pin the sleeve in the armseye, matching underarm seams and center top of the sleeve with the shoulder seam. With the sleeve side still facing you, pin from the underarm seam, easing in any fullness 2 inches on each side of the top of the sleeve.

Turn the work. With the body side of the sweater facing you, attach the yarn and with a crochet hook work the seam in a slip stitch (see directions for crocheted seam) or with a backstitch seam. If you follow the rows of knitting as a guide, your seam should be smooth, straight, and even.

Seams

In previous projects, directions were given for joining knitted garments with a flat overcast seam and a backstitch seam. In this unit you will find two additional ways of joining seams.

Woven Seam

Place the two pieces to be joined with edges together evenly, right side up.

If you have a thread on either piece of your garment long enough to sew your seam, use it; otherwise, thread a piece of the same yarn you used in your garment into your tapestry needle and attach the yarn with a slip knot to the wrong side of the piece on the right. Leave about 2 inches of yarn on the end of the knot. Do not cut the yarn close to the knot since the knot may come untied (Figure 17).

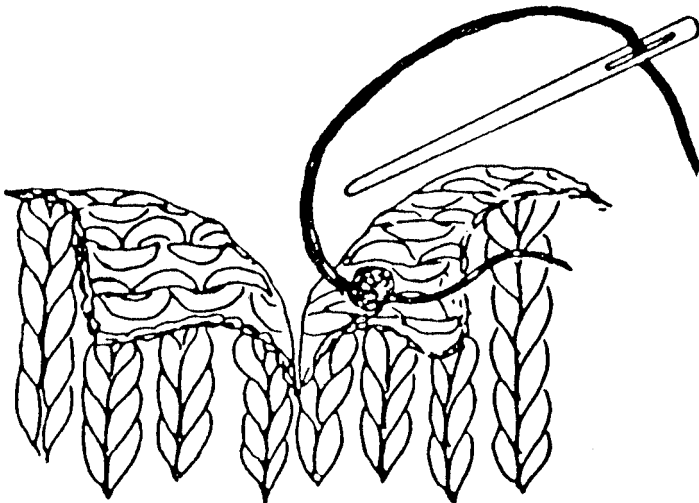


Figure 17

Insert your needle into the back side of the first stitch on the right-hand side and bring the needle up to the right side of work through the first stitch on the left edge (Figure 18).

Insert the needle down through the center of the first stitch on the right edge, pass under two rows, and draw the yarn through to the right side (Figure 18).

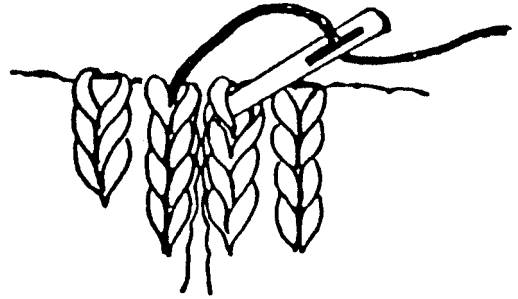


Figure 18

Insert the needle in the center of the stitch on the corresponding row of the left edge, pass under two rows as before, and draw the yarn through to the right side. Continue to work in this manner from side to side, matching rows (Figure 19).

Be careful not to pull the yarn too tightly as the seam must have elasticity.

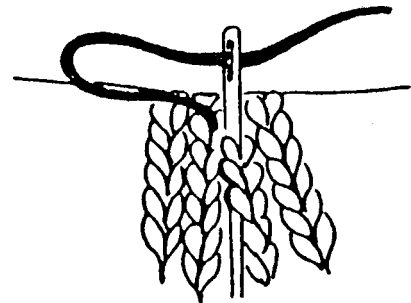


Figure 19

Crocheted Seam

Use the same yarn used to knit the garment and a crochet hook large enough not to split the yarn, yet small enough to go through the stitches easily. If using 4-ply yarn, you may “split it” and use only 2-ply for the seam.

In your left hand hold the two pieces to be joined with right sides together, wrong side out.

Attach the yarn on the bottom piece; with the crochet hook pull the yarn through to the top side with a slip loop.

Insert the hook through the first stitch of top piece (one stitch in from the edge) and then through the corresponding stitch in the other piece. In other words, work into corresponding rows of knitting on either side. Catch the yarn with the hook and draw it through the slip loop on the hook. Do the same thing in the next row of knitting and repeat this procedure along the entire seam (Figure 20).

This method of crocheting a seam gives slightly more elasticity and strength than a sewn seam.



Figure 20

Finishing Your Sweater

When all parts of your sweater have been knitted, you can add the finishing touches to complete your sweater. Read the label on the skein of yarn to see if blocking is necessary. If you used wool yarn, follow these instructions.

Blocking by Steam

Place your garment on a flat, padded surface with the right sides of the garment together. Pin the edges to the measurements given in the directions; use rust-proof pins, about ¼ inch apart.

Note: If your garment is made in separate pieces, such as the back, front, and sleeves, two identical pieces should be blocked at the same time.

Place a damp cloth over the pieces already pinned; then steam with a hot iron held just barely above the damp cloth.

Leave the garment pinned until thoroughly dry.

Remove the pins and sew up the seams by the desired method.

Steam seams on the wrong side.

Note: It is best never to block the ribbing of a garment. If your sweater is made of synthetic yarn, follow the washing directions recommended on the yarn label.

Duplicate Stitch

The duplicate stitch is a simple way to add color and pattern to a plain piece of knitting. After the knitting has been completed, thread a tapestry or yarn needle with yarn of another color and duplicate the knitted stitches by embroidering over them (Figure 21). Keep the yarn loose enough to lie on top of work and cover the knitted stitch. To monogram your sweater, use the following graph for a guide (Figure 22).

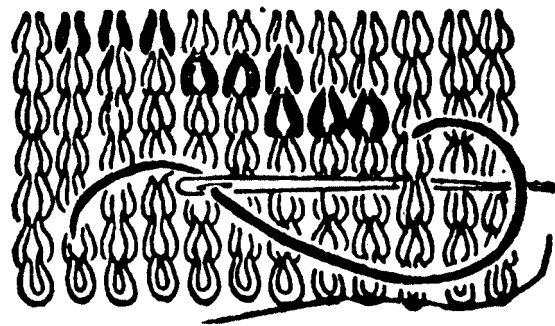


Figure 21

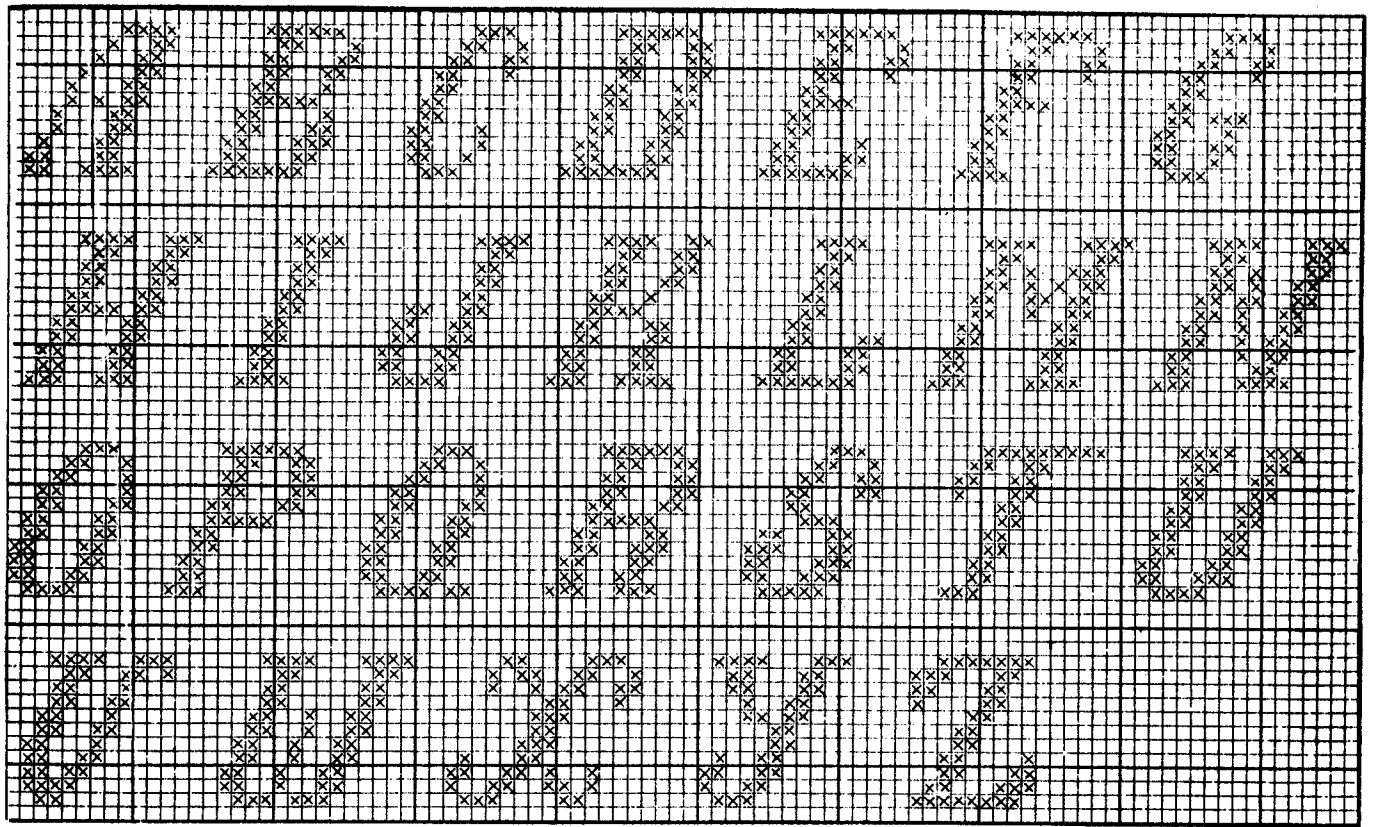


Figure 22

Care of Sweaters

Save the skein band from the yarn used in the project to find the care instructions. Follow the information specified by the manufacturer. For best results, do not allow a knitted sweater to become excessively soiled.

Caring for your sweater after each wearing will keep it looking like new and make it wear longer. After each wearing, let your sweater “air” overnight, or at least for a few hours. Then fold it neatly and store it in a drawer, chest, or box. Sweaters should not be hung on a hanger because hanging causes them to pull out of shape.

Sweaters very often acquire little “fuzz balls” either from wear or washing. You can purchase a fuzz remover from your dry cleaner or clothing store. A brush, fine sandpaper, or emery board may also be used.

Whether you use a fuzz remover or a brush to remove fuzz balls from your sweaters, brush very lightly since too much pressure will harm the fibers.

Suggested Patterns

Many patterns are available that meet the criteria for this project. Your leader may suggest a pattern for you to use. However, the patterns included are appropriate.

Smock Sweater for Women

Sizes: Directions are given for size 6-8; changes for sizes 10-12, 14-16, and 18-20 are given in brackets.

A loose-fitting T-shirt is good to use for checking measurements. The sweater measures 16" (40 cm) [18"-20"-22"] across the back at the underarm. Since the garment is the same width at the lower edge as at the underarm, the width measurement can be checked after knitting an inch or two. Length of the finished sweater is 24" [26"-28"-30"] from the back of the neck to the lower edge.

Materials: 5 [6-6-7] skeins (3½ oz.) of 4-ply knitting yarn, a No. 9 circular needle or the size that will give you the correct gauge, 3 buttons 1" in diameter.

Gauge: In garter stitch 7 sts = 2 inches; 7 rows = 1 inch.

Back: Starting at the lower edge, cast on 62 [70-78-86] sts. Work in garter st (this means to knit every row) until the piece measures 15" [16"-17"-18"] or the desired length to the underarm. Mark the beg and end of the row for underarms. This can be done by inserting safety pins in the row horizontally. These markers are very important as they help establish armholes when inserting the gussets. Work in garter st for 1" more.

To establish ribbed yoke: 1st row: (right side) K 2, *p 2, k 2. Repeat from * across. **2nd row:** P 2, *k 2, p 2. Repeat from hole measures (from safety pin) 8" [8½"-9"-9½"] in length. Bind off in ribbed pattern.

Front: Work back until the piece measures 14" [15"-16"-17"]. Note: This is 1" less than the desired length of the underarm.

To divide for neck opening: Next row: (right side) K 28 [32-36-40] sts. Place the remaining 34 [38-42-46] sts on a st holder for the right front. Cast 7 sts onto the right-hand needle. This completes the left band. There should be 35 [39-43-47] sts on the needle.

Left front: 1st row: (wrong side) K 1, p 6 (sts for band); place a marker on needle, k across.



Smock sweater for women

2nd row: K across, slipping marker. Repeat these 2 rows, slipping marker on each row, until the piece measures the same as back to the ribbed yoke. End at the side edge. Be sure to mark the armhole. This marker or pin should correspond with the back markers.

To establish ribbed yoke: 1st row: (right side) *K 2, p 2. Repeat from * to the marker on the needle, sl marker, k 7. **2nd row:** K 1, p 6, slip marker, *k 2, p 2. Repeat from * across. These 2 rows should have established the rib pattern for the yoke and the 7-st band at center front. Repeat the last 2 rows until the armhole measures 7" [7½"-8"-8½"] ending at the front edge. Note: This is 1" short of the back shoulder length.

To shape neck: Working in the pattern as established, bind off the 7 sts of the band at the beg of the next row (take off marker). Then bind off 4 [5-6-7] sts at the neck edge only every other row twice. Work even in the pattern on the remaining 20 [22-24-26] sts until the armhole measures the same as the back. Bind off in the pattern. Evenly space 3 safety pins on the completed left band to indicate where buttons are to be placed.

Right front: With the right side facing you, place sts from the holder onto your left-hand needle. **1st row:** (right side) In the 1st st work p 1 and k 1 (this is an inc), k 5 sts. This completes the 7-st band. Place a marker on the needle. K across the 28 [32-36-40] remaining sts. **2nd row:** K across to the marker, sl marker, p 6, k 1. **3rd row:** K across, slipping marker. Repeat the 2nd and 3rd rows until the piece measures the same as back to the ribbed pattern, ending at the front edge.

Buttonholes: In the rows opposite the pins, make a buttonhole as follows—**1st row:** (wrong side) Work to band sts, p 2, bind off 3 sts, p 1, k 1. **2nd row:** K 2, cast on 3 sts over bound-off sts. Complete the row in the established pattern.

To establish ribbed yoke: Continuing to work the buttonholes opposite the pins, work as follows: **1st row:** (right side) Work band, *p 2, k 2. Repeat from * across. **2nd row:** *P 2, k 2. Repeat from * to the marker; work band. Complete to correspond to the left front. Reverse the neck shaping.

Sleeves: Starting at the lower edge, cast on 32 sts. Work in k 2, p 2, ribbing for 2½", increasing 6 [8-10-12] sts evenly spaced in the last row. Work in garter st on 38 [40-42-44] sts until the sleeve measures 15½" [16½"-16½"-16½"] or desired length to underarm. Mark beginning and end of the row for the underarm as you did on the back and front of the garment. Work in garter st for 3" more. Bind off.

Gussets: (make 2) Cast on 12 sts. Work even in garter sts for 3" (pieces should be square). Bind off.

Collar: Sew the shoulder seams. With the right side of the sweater facing you, skip the first 6 sts of the band and beginning with 7th st, pick up 12 [13-14-15] sts evenly on the right neck front, 26 [28-30-32]

sts across the back neck, and 12 [13-14-15] sts on the left neck front. Be sure the last st picked up is in the edge of the left band, corresponding with the 1st st taken in the right band. There should be 50 [54-58-62] sts on the circular needle. **1st row:** Sl 1st st, k across row. Repeat this row (garter st) until the collar measures 4" from the neck edge. End on the wrong side. Bind off.

Finishing: Sew the sleeves to the yoke, centering them at the shoulder seam. Sew the sleeve up to the markers. Sew the side seams to the markers, leaving 5½" open at the lower edge for side slits. Sew each gusset in the square opening at the underarm. **Be sure the garter st rows run vertically at the front** (this makes them in line and running the same way as the sleeve rows). They will run horizontally at the back. Sew the lower edge of the front band together so that the right band overlaps the left. Sew buttons on the left band. The sweater will look nicer if grosgrain ribbon is used to face the bands and the buttonholes are worked through the ribbon. You will need ½ yard of 1½" ribbon for this.

Smock Sweater for Men

Follow directions for Smock Sweater for Women to "To divide for neck opening."

Next row: (right side) K 34 [38-42-46] sts and put on the st holder for the left front. There should now be 35 [39-43-47] sts on the needle. **1st row:** K 7, place a marker on the needle, k to end of the row.

2nd row: K to the marker, sl marker, p 6, k 1.

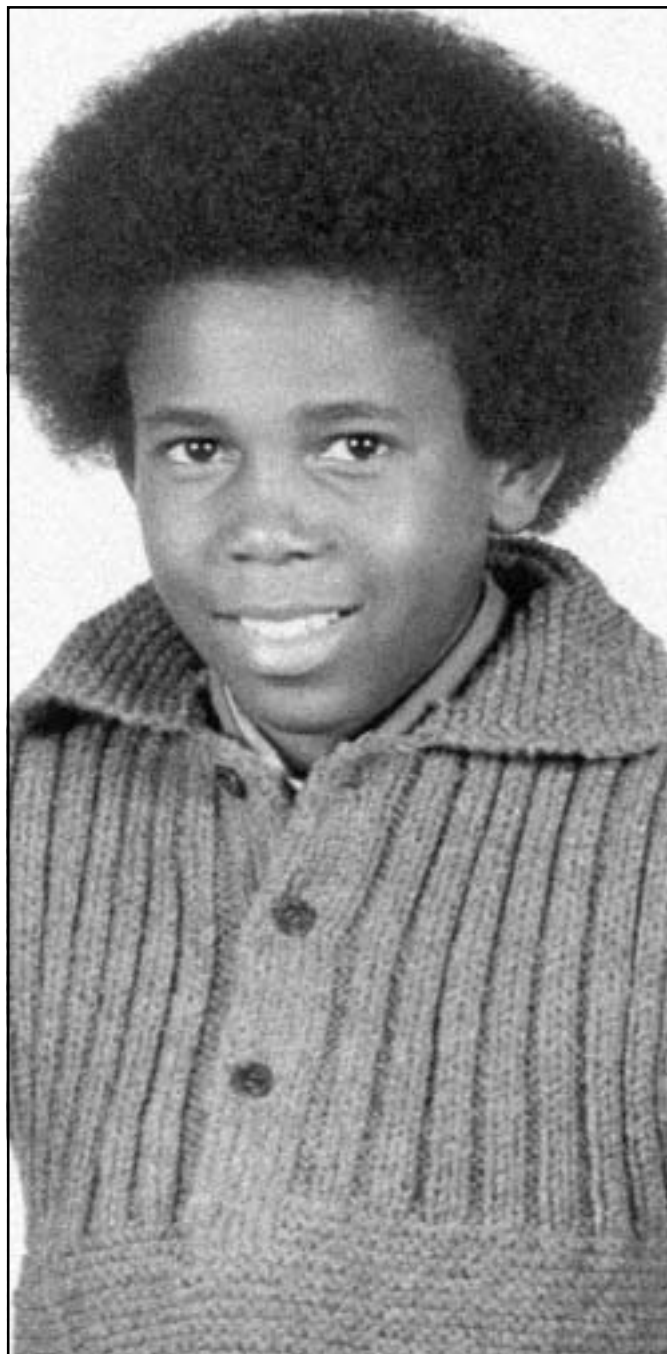
3rd row: K 7, sl marker, k to the end of the row. Repeat rows 2 and 3, slipping marker on each row until the piece measures the same as back to the ribbed yoke. End at the neck edge. Mark the armhole.

To establish rib yoke: **1st row:** (right side) K 7, sl marker *p 2, k 2, repeat from * to the end of the row. **2nd row:** *P 2, k 2, repeat from * to the marker, sl marker, p 6, k 1. These two rows should establish the rib yoke and 7-st neck band. They should also correspond with the back (have k-2 rib

at the arm edge on the right side). Repeat these 2 rows until the armhole measures 7" [7½"-8"-8½"]. Follow the directions for neck shaping, including the placing of pins for buttons.

Left front: With the wrong side facing you, place the sts from the stitch holder onto the left needle.

1st row: (wrong side) In the first st work p 1, k 1 (this is an inc), p 5. This completes the 7-st band.



Smock sweater for men

Place a marker on the needle. K across 28 [32-36-40] remaining sts. **2nd row:** K to the marker, sl marker, k to end of row. **3rd row:** k 1, p 6, sl marker, k to the end of the row. Repeat rows 2 and 3 until the piece measures the same as back to the ribbed yoke. End at the arm edge.

Buttonholes: Directions are the same.

To establish ribbed yoke: Continuing to work the buttonholes opposite the pins, work as follows: **1st row:** (right side) *K 2, p 2, repeat from * to the marker, sl marker, k 7. **2nd row:** K 1, p 6, sl marker, *k 2, p 2, repeat from * to end of the row. Repeat 1st and 2nd rows. Complete to correspond with the right front. Reverse the neck shaping.

Both patterns courtesy of Katherine Hixson, Harrison County 4-H Leader.

Raglan Cardigan

Worked in a simple stockinette stitch, from the neck down . . . for women, boys, or girls.

Knitting Worsted, 4-Ply ("Tangle-Proof" Pull-Out Skeins):

	Children			Women		
SIZES	8	10	12	14	16	18
Ounces	12	14	18	20	22	24
Knitting needles, 1 pair each No. 4 and No. 6.						
Circular Needle No. 6.						
Buttons	7	7	8	8	8	8

GAUGE: 5 sts = 1 inch; 7 rows = 1 inch

BLOCKING MEASUREMENTS

SIZES	8	10	12	14	16	18
Body chest size (in inches)	26	28	32	34	36	38

ACTUAL KNITTING MEASUREMENTS

Chest (buttoned)	29	31	35	37	39	41
Width across back at underarm	14	15	17	18	19	20
Width across each front at underarm (including band)	8	8½	9½	10	10½	11

Length from back of neck to lower edge (excluding neckband)	17½	18½	22½	23	23½	24
Length from underarm to lower edge	11	11½	14½	14½	14½	14½
Length of sleeve seam	13	14½	16½	17	17	17½
Width across sleeve at upper arm	11¾	12½	13	13½	14	14½

NOTE: For ease in working, a circular needle may be used when stitches no longer fit on straight needles. Do not join; continue in **rows** of stockinette st (k 1 row, p 1 row) as before.



Raglan cardigan

Starting at neck edge with No. 6 needles,
cast on 36 37 41 42 45 50

1st row—wrong side: P 1 front, place a marker on the needle; k 2-seam, place a marker on the needle; purl—
Stitches 5 5 5 5 6 7

for sleeve, place a marker; k 2-seam, place a marker; purl—
Stitches 16 17 21 22 23 26

for back, place a marker; k 2-seam, place a marker; purl—

Stitches 5 5 5 5 6 7

for sleeve, place a marker; k 2-seam, place a marker; p 1-Front. **2nd row:** K in front, back, and front of first st—2 sts increased; slip marker; p 2, slip marker; (k in front and back of the next st—one st increased; k to within 2 sts before the next marker, inc one st in the next st, k 1, slip marker; p 2, slip marker) 3 times; inc 2 sts in the last st as before—10 sts increased.

NOTE: Always slip markers. **3rd and all uneven rows:** (P to the next marker, k 2) 4 times; p to the end of the row. **4th row:** Inc one st in each of the next 2 sts, k 1, p 2, (inc in the next st, k to within 2 sts before the next marker, inc in the next st, k 1, p 2) 3 times; inc in each of the next 2 sts, k 1—10 sts increased. **6th row:** Inc in the first st, (k to within 2 sts before the next marker, inc in the next st, k 1, p 2, inc in the next st) 4 times; k to within the last 2 sts, inc in the next st, k 1—10 sts increased. Repeat the 3rd and 6th rows alternately until there are on the needle—

Stitches 96 107 121 132 135 150

ending with a right-side row. At the end of the last row, cast on for the neck—

Stitches 6 6 7 7 7 7

Next row: K 6-front band; continue as for the 3rd row. At the end of the row, cast on for the neck—

Stitches 6 6 7 7 7 7

There are on the needle—

Stitches 108 119 135 144 149 164

Neck shaping is now completed. **Following row:** (K to within 2 sts before the next marker, inc in the next st, k 1, p 2, inc in the next st) 4 times; k to the end of the row—8 sts increased. **Next row:** K 6-front band, continue as for the 3rd row to within the last 6 sts, k 6-front band. **NOTE:** Buttonholes are made on the left front band for boys and on the right front band for girls. To make a buttonhole—k first 2 sts, bind off next 2 sts, complete the row. On the next row, work across, casting on 2 sts over the bound-off sts. Repeat the last 2 rows alternately

(thus increasing before and after each marker every k row), making a buttonhole when the length from the neck edge is—

Inches	2	2¼	2¼	2¼	2¼	2¼
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and every ___

inches	2½	2¾	2¾	2¾	3	3
--------	----	----	----	----	---	---

thereafter until there are on the needle—

Stitches	244	263	279	288	301	316
----------	-----	-----	-----	-----	-----	-----

ending with a p row.

For women's sizes only—

Next row: (K to within 2 sts before the next marker, inc in the next st, k 1, p 2, k to the next marker, p 2, inc in the next st) twice; k to the end of the row—4 sts increased (incs omitted on the sleeve sections). **Following row:** Repeat the 3rd row.

Repeat the last 2 rows alternately until there are on the needle—

Stitches		287	300	317	332
----------	--	-----	-----	-----	-----

ending with a p row.

For all sizes—removing markers, slip the first—

Stitches	37	40	45	47	50	52
----------	----	----	----	----	----	----

onto a stitch holder to be worked later for the front; slip onto another holder the next—

Stitches	53	57	59	61	64	67
----------	----	----	----	----	----	----

for the sleeve; slip onto another holder the next—

Stitches for back

	64	69	79	84	89	94
--	----	----	----	----	----	----

SLEEVE. 1st row: Attach the yarn to the next st, k across all—

Stitches	53	57	59	61	64	67
----------	----	----	----	----	----	----

Cast on 3 sts for the underarm; place the remaining—

Stitches	37	40	45	47	50	52
----------	----	----	----	----	----	----

on another holder for the other front. Turn. **2nd row:** P across, casting on 3 sts at the end of the row for the underarm. There are on the needle—

Stitches	59	63	65	67	70	73
----------	----	----	----	----	----	----

Work even in stockinette st for 2 inches. Dec one st at both ends of the next and every—

Row	7th	10th	12th	12th	12th	12th*
-----	-----	------	------	------	------	-------

*Must be adjusted to fit the length of the arm

Times	7	7	7	7	7	7
-------	---	---	---	---	---	---

in all. Work even on—

Stitches	45	49	51	53	56	59
----------	----	----	----	----	----	----

until the length from the underarm is—

Inches	10½	12	13½	14	14	14½
--------	-----	----	-----	----	----	-----

decreasing evenly on the last row—

Stitches	3	3	3	3	3	3
----------	---	---	---	---	---	---

Change to the No. 4 needles and work in k 1, p 1 ribbing on—

Stitches	42	46	48	50	54	56
----------	----	----	----	----	----	----

until the total length from the underarm is—

Inches	13	14½	16½	17	17	17½
--------	----	-----	-----	----	----	-----

Bind off loosely in the ribbing. With the right side facing, attach the yarn to the first st of the other sleeve section and work the same as the first sleeve.

BODY. Slip sts of the left front, back, and right front onto a circular needle. With the right side facing, k across the sts of one front, cast on 6 sts for the underarm; k across the sts of the back, cast on 6 sts for the underarm; k across the sts of the other front. There are on the needle—

Stitches	150	161	181	190	201	210
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Do not join; work in **rows.** Continuing the front bands and buttonholes as before, work even until the length from the cast-on sts at the underarm is—

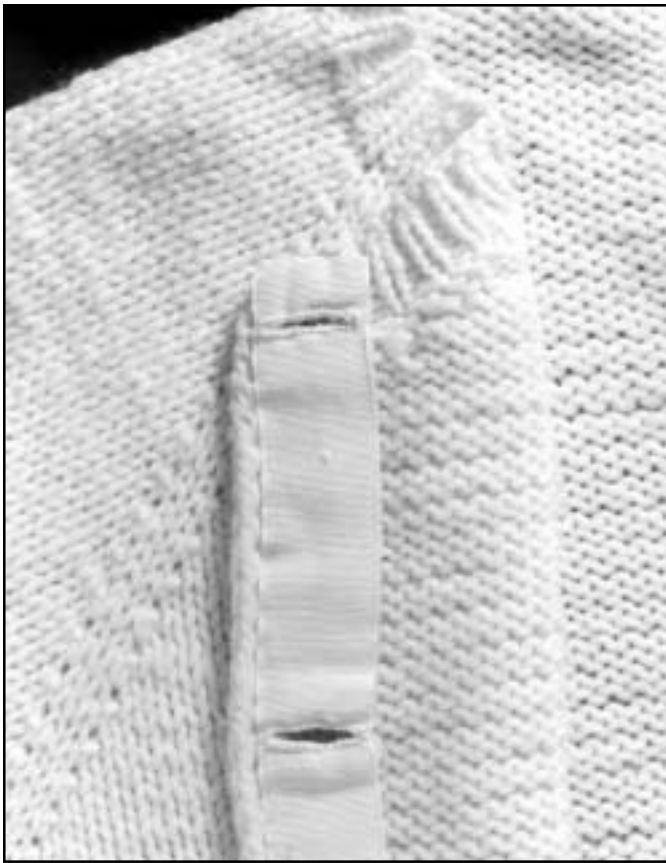
Inches	9	9½	11½	11½	11½	11½
--------	---	----	-----	-----	-----	-----

ending with a p row and decreasing evenly on the last row (do not decrease on the front bands)—

Stitches	1	-	-	1	-	1
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Change to the No. 4 needles and work in the ribbing as follows: **1st row:** K 7, p 1, *k 1, p 1. Repeat from * across to within the last 7 sts, k 7. **2nd row:** K 6, p 1, *k 1, p 1. Repeat from * across to within the last 6 sts, k 6. Making the buttonholes as directed, repeat the last 2 rows alternately until the length from the underarm is—

Inches	11	11½	14½	14½	14½	14½
--------	----	-----	-----	-----	-----	-----



Bind off loosely in the ribbing.

NECKBAND. With the right side facing and No. 4 needles, pick up and k around the entire neck edge—

Stitches 75 75 79 79 81 83

Making a buttonhole on the 4th row in line with the previous buttonholes, work in the ribbing as for the body for 1 inch. Bind off loosely in the ribbing.

Block to measurements. Sew the sleeve and underarm seams. Work the buttonhole stitch around the buttonholes. Sew on the buttons.

Pattern courtesy of Coats and Clark

Show Others What You Have Learned

Exhibits

Showing others what you have made can be fun. Plan with your club or project group to have a display for your parents. Share with them the things you have learned while making your article with pickup stitches. If you exhibit your article at the fair, be sure that it is clearly labeled so that it can be returned to you.

Demonstrations

Many opportunities are available to share the things you have learned with others by giving demonstrations. Watch for opportunities at club meetings, at county events, and at other club activities.

Select one of the demonstrations listed or prepare a new one. Here are a few suggestions from which you might choose:

- How to select the correct pattern size.
- How to make increases slant to the right and left.
- How to pick up stitches.
- How to make a buttonhole.
- How to block knitted garments.
- How to make a woven seam.
- How to make a crocheted seam.

Knitting Notebook

Every knitter needs a notebook on file to keep useful information. This is the place to keep patterns and ideas for future projects as well as swatches you have made and wish to keep. One very important timesaver that should be included is a record sheet of information on each project completed. With this information, it is simple to repeat a garment or know how to care for one already made. Record information about this year's projects on this record. Place it in your notebook.

Pattern Co. and #	Description	Kind of Yarn	Amount of Yarn	Size of Needle	Garment Size	Stitch Gauge	Care Instructions

Scoring My Knitting

• Why I enjoyed this project: _____

• Why I like what I made: _____

• Cost of project: _____

Processes I Learned		How Well I Did On Them		
		Excellent	Good	Should Be Improved
Selection				
	Yarn suited to sweater			
	Button			
Appearance				
	Cleanliness			
	Uniform Pattern			
Construction				
	Cast on stitches			
	Knit			
	Purl			
	Bind off stitches			
	Ribbing			
	Increase stitches			
	Decrease stitches			
	Pick up stitches			
	Seams			
	Buttonholes			
	Make or select buttons			
	Correct mistakes			

Knitting Record

Signed _____ Age _____ Date _____
name of 4-Her

Address _____ County _____

Name of Club _____

I made: _____

Skill I learned: _____

Why I enjoyed the project: _____

Why I like what I made: _____

Cost of project: _____

Describe exactly what you did (example: change style of raglan sleeve sweater to include seed and cable stitches):

Other knitted articles I made this year: _____

Describe how you assisted other 4-Hers with their knitting projects: _____

I gave demonstration on: _____ Date _____
_____ Date _____

Describe how you have shared your skill with others in your community: _____

I exhibited my knitting at:	Award
Local 4-H Rally _____	_____
County Fair _____	_____
Area Event _____	_____
Other Events _____	_____
_____	_____

I have written a story about what I have learned in this project. It is on another sheet and I will give it to my leader.

Leader's opinion of participant's progress: Excellent Good Fair

Approved: _____
Project Leader *Parent*

County Extension Agent

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