

# Simply Knitting Essential Guide

**Everything you need to get started, from cast on to cast off.**

**O**ur aim here at *Simply Knitting* is to get you knitting and crocheting. Whether you're new to needles and yarn, or want to rekindle the passion you once had for the hobby, we've got everything you need to get knitting right here. Over the next 11 pages we'll take you from the equipment you need to get started, through cast on to knit and purl, or chain to treble, then to finishing your piece.

All you really need to start is a pair of needles or crochet hook and a ball of yarn. Once you've mastered the basics, you'll then have the confidence to begin your very first garment.

Here you can see the basic equipment needed to get you knitting your first piece. Once you've assembled the basic kit, we recommend that you keep it in a small purse in your knitting bag, so that it's always on hand when you need it. Then you can slip a session in any time during the day or night!

## Yarn or wool

First-timers may find the range of yarn available quite overwhelming, but chunky wool is best for beginners.

## Tape measure

Essential for measuring the length of your knitting. Choose one that won't stretch to ensure that your measurements are correct.

## Scissors

The scissors you use must be very sharp, as some yarns can be difficult to cut.

## Needles

These come in a range of sizes and are made out of metal, plastic, wood or bamboo.

## Sewing needles

With large eyes and blunt ends, these are perfect for sewing your knitting together.

## Child's needles

These shorter needles are ideal for children to use. They're also great for small items, such as belts and flowers.

## Glass-head pins

Before you sew your knitting up, keep the pieces in place with long glass-head pins.

Turn the page to start knitting

# Getting Started...

The first steps needn't be the hardest, if you follow our hands-on advice.



## Cable needles

Short double-pointed needles are used to move stitches from one part of your knitting to another when creating a cable pattern. You can leave the stitches in the bend of the needle at the front or back while knitting the next stitches.



## Row counter

If you're knitting with furry yarn or a pattern with lots of shaping in it, slip one of these on to a needle to help you keep track of where you are. They usually come in two different sizes, so if you're using thin or fat needles there will be one to fit.



## Crochet hook

Useful for creating edges on garments and picking up dropped stitches, so not just for crochet. You can find them made from plastic, metal and bamboo just like knitting needles.



## Row markers

If you're knitting a round on circular needles, these markers are handy to show you where you started. They can also help you to match up the front and back of your work when sewing it up.



## Needle gauge

You'll need one of these to check the sizes of old, circular and double-pointed needles, which don't have a size printed on them. They're also handy if you're knitting a pattern from another country which uses different measurements.



## Stitch holder

Use these to hold stitches that you're not currently knitting, for when you're doing a neckline or adding a hood, for example. They come in varied lengths so can be great for keeping hold of that dropped stitch while you find a crochet hook.

## How to... Hold your needles

**A comfortable position ensures easier knitting.**

This picture shows the most common way to hold knitting needles, although there are many variations and you should do what feels most comfortable. Hold the left-hand needle approximately 2in (5cm) from the point as if you're about to sharpen a pencil. In your right hand, hold your needle as you would a pen.



## How to... Hold your yarn

**Tempting as it may be, avoid 'throwing' your yarn.**

When you start knitting it's easy to get into the habit of 'throwing' your yarn (taking your right hand off the needle to wind the wool around). However, this can lead to a tight and uneven tension. Practise knitting by weaving the yarn through your fingers as pictured (above) – some people like to wrap it around their little finger, too. Then, keeping your right hand on the needle, let the yarn feed through your fingers as you knit, using the tip of your index finger to guide the yarn around your needle.

## How to... Tie a slipknot

**Confused by one of knitting's important knots? Here's how to do it.**



**1** Take your yarn and make a loop as shown here, with the ball end of yarn in your left hand and the free end in your right hand.



**2** Holding where the two pieces of yarn meet on the first loop in your right hand, use the left hand to make another loop and feed it from the back, through the first loop.



**3** Pull the second loop through the first loop, so that the first becomes quite tight.



**4** Feed your needle through the big loop and pull the ball end of the yarn until the loop comfortably holds the needle. Now you're ready to start casting on.

## How to Cast on

Use one of these tried-and-tested techniques to lay your foundation stitches.

### Thumb method



**1** Place a slipknot with a long tail of 1in (2.5cm) per stitch, on one needle. Hold the needle in the right hand, pass the ball end of yarn over the index finger, under the middle finger and over the third finger.



**2** Holding the tail end of the yarn in your left hand, wrap it around your thumb by bringing the needle across to the left.



**3** Now insert the point of the needle through the loop from front to back.



**4** Wind the ball end of yarn around the needle, going from left to right.



**5** Gently pull the loop through the thumb loop, then move the thumb over the top of the needle, as shown.



**6** After removing your thumb, tighten the loop by pulling the tail end of yarn. Repeat steps 2-6 until you have the required number of stitches on your needle.



Here's what your needle should look like once you've applied the thumb method of casting on. You're now ready to embark on your first row.

### Cable method



**1** Once you've created your slipknot (see page 80) hold the tail end of the yarn firmly in your left hand and place the right-hand needle behind (not through) the slip knot.



**2** Wind the ball end of the yarn around the tip of the right-hand needle from left to right, up and over from below.



**3** Pull the right-hand needle back under the left-hand needle, keeping the yarn loop on it as you bring it towards you.



**4** Using the right-hand needle, pull the loop out. Keep a finger on the tail end of yarn or stitch on the left-hand needle to prevent slippage.



**5** Now slip the loop you've just created over the end of the left-hand needle as shown.



**6** Holding on tight to the left-hand needle, pull the loop so that it's relatively taut around the needle.



**7** Insert your needle between the stitches at the end of the left-hand needle and repeat steps 1-6 until you have the number of stitches you require.



This picture illustrates why the cable method is so-called. Look under the line of stitches and the results look like old-fashioned twisted cable.

How to...

## Knit the basic stitches

Here we show you how to do the two stitches you'll need to get started.

### Knit



**1** Hold the needle with the stitches in your left hand. Ensuring that the yarn you're holding in your right hand is at the back of your work, insert the point of the right-hand needle into the front loop of the first stitch.



**2** Wind the yarn (coming from the ball) clockwise around the point of the right-hand needle using your index finger. It is important to keep the yarn in your right hand relatively taut to maintain an even tension.



**3** Carefully bring the right-hand needle back through the loop, making sure that you catch the yarn you wound around the needle. This will create the stitch. If you're finding this tricky, it could be that you're pulling the free yarn too tightly. Let out some slack and your stitch should flow more freely.



**4** Push the point of the right needle further through the stitch you created, then gently pull the right needle to your left, taking the original loop with it. You've now created one 'knit' stitch. Repeat this process across all the stitches. When you get to the end of the row, turn your work (swapping the needles to the other hands) and start again.

### Purl

This is an example of garter stitch. This is what your knitting will look like if you knit or purl the stitches on every row.



**1** Holding the needle with all the stitches on in your left hand, and ensuring that your ball end yarn is at the front of your work, insert the right-hand needle through the front loop of your first stitch.



**2** Wind the yarn around the tip of the right-hand needle from right to left, in an anti-clockwise motion, keeping a slight tension on the yarn.



**3** Now slip the right-hand needle back through the stitch, ensuring that you 'catch' the yarn that you've already wound around the needle. This creates a stitch on your right-hand needle, as shown.



**4** Pushing the point of the right-hand needle a little further through the stitch you've just created, pull the first stitch off the left-hand needle. You've just created your first purl stitch! Now repeat points 1-4 across the row, and when you've finished, turn your work, swap the needles into the other hands and start again.

How to...

## Make a tension square

**For the best knitting results, it's important that you check your tension.**

**F**or great results from your knitting, it's very important to ensure that you have the correct tension. The tension is usually stated on knitting patterns – and often on the ball bands of the yarn you're knitting with.

Many knitters can see it as a chore or a waste of yarn to knit a tension square. But it is necessary if you want a garment that fits well and looks fantastic. If your tension is too tight, the result will come up smaller or shorter; if too loose, you'll find that the garment is too baggy.

Make a tension square measuring 6x6in (15x15cm) using the yarn and needles in the size that the pattern states. Then pin it to a padded surface, gently smoothing it out, being careful not to distort the stitches.

To work out the tension, use a pin as a marker and insert it vertically between

two stitches, then, using a rigid ruler, horizontally measure 4in (10cm) and place another pin in the fabric. Count the number of stitches between the two pins and if your tension matches the pattern, you can start knitting. If you have more stitches than is stated on the pattern's tension guide, your knitting is too tight; try making another square knitted on needles that are one size bigger. If you have fewer stitches, then your tension is too loose, so knit another square on smaller needles.

To check row tension, horizontally insert a pin and measure 4in (10cm) vertically, then insert another. Count the rows between the pins: if they match the pattern, your tension is fine. If there are more or fewer rows, use smaller or larger needles to create another square.

Use this method if you are using a different yarn to the pattern.



How to...

## Follow a *Simply* Knitting pattern

**We've made it easy to follow a pattern, here's our snap guide to what's what.**



### You will need...

This box tells you exactly what you need to complete the pattern, such as the make of yarn, needle sizes, fabric, zips, buttons and any other equipment you'll need, such as stitch holders for example.



### Sizing colour key

We don't like writing on our patterns, and we're sure you don't either. So we've devised a unique colour-coded system so that you can follow the sizes of the pattern more easily. Now there's no need to circle the size you're following first.



### Tension

This part of the pattern information panel tells you how many rows and stitches are needed for the correct tension required to complete the design. See above for details.

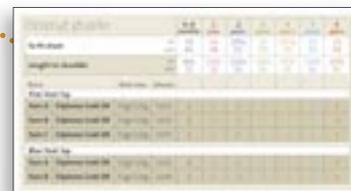


### How to...

If there's an element within the pattern that might require a little extra knowledge or skill, we show you how with the help of a handy guide.

### Sizing guide

Here you'll find the different sizes that the pattern can be made in and the yarn amounts required to complete it. Take note of the colour-coded size and follow this colour throughout the pattern. Actual measurements show how big the pattern will knit up. Please note the yarn amounts are based on average requirements when specified tension and yarn is used.



### Abbreviations

Any abbreviations used within the pattern are explained here. For an extensive list, turn to page 87.



How to...

# Shape your knitting

Here's how to increase and decrease for perfect shaping.

## Knit increase



**1** It's usual to increase in the second stitch of the row, so knit 1, then insert your needle into the back of the stitch loop.



**2** Wind the wool around the tip of the right-hand needle, just as you would when doing a standard knit stitch.



**3** Pull the needle through, catching the yarn as for a knit stitch, but don't take the stitch off the left-hand needle.



**4** Now carefully insert the tip of the right-hand needle into the front loop of the stitch you're currently working on.



**5** As in step 2, wind the wool around the tip of the right needle again, as you would for an ordinary knit stitch.



**6** Pull the needle through the loop, catching the yarn as you go with the index finger of your right hand.



**7** Now you can slip the stitch off the left-hand needle to leave three stitches on your right needle.

### Top tip...

The most common place to decrease will be on the arms of a garment when shaping the armhole and the top of the sleeve near the shoulder.

## Knit decrease



**1** Knit to where you need to start decreasing. Then knit 2 sts together (k2tog) by inserting the point of the needle through the loop of the next two stitches, as shown above.



**2** Now carefully wind the yarn around the tip of the right-hand needle, as you would to create an ordinary knit stitch.



**3** Pull the yarn through the two stitches and onto the right-hand needle.



**4** Keep the new stitch on the right-hand needle. Continue knitting until you need to decrease again and repeat steps 1-3.

How to...

## Add a new ball **Here's how to add and start knitting with a new ball of yarn.**



**1** Knot the new ball to the existing yarn, leaving a 2in (5cm) tail. Push the knot up to meet the knitting.



**2** Hold the new yarn in your right hand, leaving the tails dangling and work one stitch. (You can add a new ball to a plain or purl row.)



**3** To secure the tails, twist them with the ball end yarn as you work each stitch, ensuring the weave is on the wrong side of your work.



**4** Continue twisting the tail ends for approximately 8 stitches and carry on working the row as normal. The ends can be cut off later.

How to...

## Cast off **Finish off your knitting with this easy cast off technique.**



**1** Knit the first two stitches as normal, but don't go any further along the row.



**2** Now insert the point of the left-hand needle through the first stitch, as shown above.



**3** Lift this stitch over the second stitch. Then knit another stitch so you have two on the right-hand needle again, and lift the first stitch over the second. Repeat.



**4** When you get to the last stitch, if you are casting off the whole row, cut the yarn about 6in (15cm) away, feed it through the loop and pull tight.

How to...

## Finish your knitting

### Weave in yarn tails

**Here's how to hide those ends.**



**W**eave in all the loose tails of yarn on your knitting when you've completed your pattern for a neat finish.

Thread a big-eyed needle with the loose end and run the needle along the edge of the knitting. After 1½in (4cm) go back on the last stitch, as this will stop it from coming undone. Cut the yarn off near the knitting. For slub and novelty yarns, oversew the tail to a seam using a matching yarn. You can also weave yarn ends through the backs of stitches on the wrong side of your work if necessary.

### Block your knitting

**Give your knitting a professional touch.**



**W**hen you've finished all your knitted pieces we recommend that you block them before you join them together.

Place the knitting on a firm, soft surface and pin it out (using rust-proof pins) to the measurements stated on the pattern. Insert the pins every 1in (2.5cm) so that the edges stay straight. However, don't pin the rib, as this could cause it to stretch out of proportion. Now press according to the ball band's instructions and leave to cool completely.



## How to... Make up

**Use one of these techniques to sew up your knitting.**

### Mattress stitch on stocking stitch

**T**hread 20in (50cm) of yarn on to your needle and secure it by weaving it down the edge of one piece to the point where you want to start stitching. Then bring it to the front between the first and second stitches.

Now lay both pieces to be joined on a flat surface with the right side facing up. Insert the needle between the first two stitches on the other piece. Bring the needle back up through the opposite piece between the two stitches and below the horizontal strand. Keep stitching in this way, forming a neat zigzag stitch pattern all the way up the edges to be joined, pulling tight on the yarn every two or three stitches to bring the fabric together.



### Mattress stitch on reverse st st

**T**hread 20in (50cm) of yarn on to a large-eyed needle and secure it by weaving it down the edge of one piece to where you will start stitching, then bring it to the front between the first and second stitches.

Lay both pieces on a flat surface with the right side facing you. Insert the needle from front to back under the horizontal strand of the row above and pull yarn through. Take the needle to the other piece and insert it from front to back under the top loop of the second stitch. Take the needle back to the other piece and work under the strand of the next row up. Keep stitching in this way, pulling tight on the yarn every two or three stitches to bring the fabric together.



### Backstitch

**P**lace the two pieces of knitting together right sides facing and matched row for row, and pin in place. Thread 20in (50cm) of yarn onto a large-eyed needle and secure it to the edge of the knitting as follows.

Bring the needle up through to the front of the knitting one row up from the cast on edge. Take the needle under the cast on edge and up two rows, and pull the yarn tight so it holds the two cast on edges together. Now put the needle in through where the first stitch came out (1 row up from the cast on edge), and bring the needle up two rows up. Every stitch is one row down, two rows up. Repeat until you reach the cast off edge, weave the ends, secure and cut the yarn.



### Oversewing/Ladder stitch

**S**ecure the ends at the cast on edge. Place the two pieces right sides facing and match them together so that the rows line up. Pin the edges together to keep them in place.

Work as close to the edge of the knitting as possible and take the yarn from the back over the two seams into the front and out the back. Leave a gap of one row between stitches as you go. When you reach the end, oversew two stitches in the opposite direction to the way you went earlier, then weave the ends in for 1in (2.5cm), secure and cut the yarn. Both this stitch and backstitch are often worked right to left.



## Knitting needle Conversion chart

| UK  | METRIC | US  |
|-----|--------|-----|
| 14  | 2mm    | 0   |
| 13  | 2¼mm   | 1   |
| -   | 2½mm   | -   |
| 12  | 2¾mm   | 2   |
| 11  | 3mm    | -   |
| 10  | 3¼mm   | 3   |
| -   | 3½mm   | 4   |
| 9   | 3¾mm   | 5   |
| 8   | 4mm    | 6   |
| 7   | 4½mm   | 7   |
| 6   | 5mm    | 8   |
| 5   | 5½mm   | 9   |
| 4   | 6mm    | 10  |
| 3   | 6½mm   | 10½ |
| 2   | 7mm    | -   |
| 1   | 7½mm   | -   |
| 0   | 8mm    | 11  |
| 00  | 9mm    | 13  |
| 000 | 10mm   | 15  |
| -   | 12mm   | 17  |
| -   | 15mm   | 19  |
| -   | 20mm   | 36  |
| -   | 25mm   | 50  |

## Yarn weight definitions

Knit with the right yarn!

**2ply**  
Essentially two strands of yarn spun together. Great for socks and gloves. Knit on 2-3¼mm needles.

**4ply**  
Great for baby clothes, heavier socks and lightweight tops. Knit on 3-4mm needles.

**DK or double knitting**  
Essentially double the weight of 4ply, this is the most widely used weight of yarn. Knit on 3½-4½mm needles.

**Aran**  
Originally created for fishermen's jumpers. Use when DK isn't heavy enough, and chunky is too bulky. Knit on 4-5½mm needles.

**Chunky**  
Associated with outdoor wear and winter jumpers. Knit on 5½-7mm needles.

**Super chunky**  
A great weight for beginners, because it produces quick results. Knit on needles that are at least 7mm thick.

## Yarn weight UK/US conversion

| UK              | US                |
|-----------------|-------------------|
| 4ply            | Sport             |
| Double knitting | Light worsted     |
| Aran            | Fisherman/Worsted |
| Chunky          | Bulky             |
| Super chunky    | Extra bulky       |

## Knitting Abbreviations

|                    |  |
|--------------------|--|
| <b>alt</b>         | alternate  |
| <b>approx</b>      | approximately  |
| <b>beg</b>         | beginning  |
| <b>CB</b>          | cable back   |
| <b>CC</b>          | contrast colour  |
| <b>CF</b>          | cable forward  |
| <b>cm</b>          | centimetre(s)  |
| <b>CN</b>          | cable needle   |
| <b>cont</b>        | continue   |
| <b>dec</b>         | decrease (by working two stitches together)  |
| <b>DK</b>          | double knitting  |
| <b>dpn</b>         | double-pointed needle  |
| <b>fol</b>         | following  |
| <b>g</b>           | gram   |
| <b>g st</b>        | garter stitch (knit every row)   |
| <b>inc</b>         | increase (usually knit into same stitch twice)   |
| <b>ins</b>         | inches   |
| <b>K/k</b>         | knit   |
| <b>kfb</b>         | knit into front and back of stitch   |
| <b>kwice</b>       | by knitting the stitch   |
| <b>k2tog</b>       | knit the next two stitches together  |
| <b>LH/lh</b>       | left hand  |
| <b>LT</b>          | left twist   |
| <b>meas</b>        | measures   |
| <b>m</b>           | metre(s)   |
| <b>mm</b>          | millimetre(s)  |
| <b>M1</b>          | make one (increase 1 stitch)   |
| <b>M1L</b>         | make one twisted to the left (increase 1 stitch)   |
| <b>M1R</b>         | make one twisted to the right (increase 1 stitch)  |
| <b>M1p</b>         | make one purlwise (increase 1 stitch)  |
| <b>MB</b>          | make a bobble  |
| <b>MC</b>          | main colour  |
| <b>No</b>          | number   |
| <b>oz</b>          | ounces   |
| <b>P/p</b>         | purl   |
| <b>patt(s)</b>     | pattern(s)   |
| <b>patt rep(s)</b> | pattern repeat(s)  |
| <b>PB</b>          | place bead   |
| <b>pfb</b>         | purl into front and back of stitch   |
| <b>PM</b>          | place marker   |
| <b>P2tog</b>       | purl 2 stitches together (1 stitch decreased)  |
| <b>P3tog</b>       | purl 3 stitches together (2 stitches decreased)  |
| <b>prev</b>        | previous   |
| <b>psso</b>        | pass slipped stitch over   |
| <b>p2sso</b>       | pass 2 slipped stitches over   |
| <b>pwice</b>       | by purling the stitch  |
| <b>rem</b>         | remain/remaining   |
| <b>rep(s)</b>      | repeat(s)  |
| <b>rev st st</b>   | reverse stocking stitch  |
| <b>RH</b>          | right hand   |
| <b>rnd(s)</b>      | round(s) (on a circular needle)  |
| <b>RS</b>          | right side   |
| <b>RT</b>          | right twist  |
| <b>skpo</b>        | slip 1 stitch, knit 1 stitch, pass slipped stitch over (1 stitch decreased)                                    |
| <b>sk2po</b>       | slip 1 stitch, knit 2 stitches together, pass slipped stitch over (2 stitches decreased)                       |
| <b>sl</b>          | slip   |
| <b>sl st</b>       | slip stitch  |
| <b>ssk</b>         | slip 2 stitches one at a time, knit 2 slipped stitches together (1 stitch decreased)                           |
| <b>ssp</b>         | slip 2 stitches one at a time, purl 2 slipped stitches together through back of the loops (1 stitch decreased) |
| <b>st(s)</b>       | stitch(es)   |
| <b>st st</b>       | stocking stitch  |
| <b>tbl</b>         | through the back of the loop   |
| <b>tog</b>         | together   |
| <b>WS</b>          | wrong side   |
| <b>wyib</b>        | with yarn in back  |
| <b>wyif</b>        | with yarn in front   |
| <b>ybk</b>         | yarn to the back   |
| <b>yfwd</b>        | yarn forward   |
| <b>yo</b>          | yarn over  |
| <b>yrn</b>         | yarn round needle  |
| <b>yon</b>         | yarn over needle   |
| <b>*</b>           | used to mark the beginning of pattern repeats  |
| <b>() or []</b>    | used to enclose larger sizes/certain instructions  |

## Know your...

# Care label symbols

Ignore these at your peril. Spending just a few seconds checking out your yarn's resilience will prevent problems!

### Washing

|  |   |   |                                 |
|--|---|---|---------------------------------|
|  |   |   |                                 |
| Wool, cashmere and delicates where the temperature needs to be similar to handwashing. | Cotton, linen or viscose articles without special finishes where colours are fast at 40° but not 60°.                   | Cotton, linen or viscose articles without special finishes where colours are fast at 60°. | Handwash (do NOT machine wash). |
|  |   |   |                                 |
| Acrylics, acetate and triacetate, including mixtures with wool; polyester/wool blends. | Nylon; polyester/cotton mixtures; polyester cotton and viscose articles with special finishes; cotton/acrylic mixtures. | Wool, wool mixed with other fabrics; silk.  | Do NOT wash.                    |

### Ironing

|                            |                            |                           |              |
|----------------------------|----------------------------|---------------------------|--------------|
|                            |                            |                           |              |
| Iron on cool temp setting. | Iron on warm temp setting. | Iron on hot temp setting. | Do NOT iron. |

### Tumble drying

|                      |
|----------------------|
|                      |
| May be tumble-dried. |
|                      |
| Do NOT tumble-dry.   |

### Bleaching

|                              |
|------------------------------|
|                              |
| Chlorine bleach may be used. |
|                              |
| Do NOT use chlorine bleach.  |

### Dry cleaning

|   |
|---|
|   |
| Dry-clean.  |
|   |
| Dry-clean using Petroleum solvent only.               |
|   |
| Dry-clean using any solvent.                          |
|   |
| Do NOT dry-clean.                                     |
|   |
| Dry-clean using any solvent EXCEPT trichloroethylene. |



How to...

## Crochet

Here's a brief guide to the crochet essentials you'll need.

### Holding hooks

#### Pencil method



Hold the hook as if it was a pencil, in your right hand 2in (5cm) from the hooked end. If your hook has a flat area you'll find it comfortable to hold it here.

#### Knife method



Hold the hook between your thumb and forefinger 2in (5cm) from the hooked end (or on the flat area), resting the end of the hook against your palm.

### Slipknot

#### Get started



About 6in (15cm) from the end of the yarn, make a loop with the ball end on top. Insert the hook through the loop and catch the yarn, pulling it through the loop. Pull both ends of the yarn to tighten the knot and slide it up to the hook.

### Holding yarn

#### Forefinger method



Pass the yarn around the little finger, under the next two fingers and over the forefinger. Hold the slipknot between the thumb and middle finger. You'll raise your forefinger automatically when you make your first chain.

#### Middle finger method



Pass the yarn around the little finger, and over the other fingers. Hold the slipknot between the thumb and forefinger. You'll raise the middle finger when you start to make your first chain.

### Chain stitch



**1** With the hook in your right hand, hold the slipknot between thumb and finger of the left hand. Move the hook under and over the yarn, with the yarn held in the hook.



**2** Pull the hook and yarn back through the slipknot loop to form the first chain stitch.



**3** This is what your row of chains will look like. Keep going until you have the number of chains stated on your pattern.

### Slip stitch



**1** Insert the hook from front to back under the top of the second chain from the hook. Wrap the yarn round the hook (know as yrh).



**2** Pull the yarn through both loops on the hook to make a slip stitch. To carry on working a row of slip stitch, insert the hook into the next chain down and so on, repeating step 2 each time.

### Count chains and stitches

Make sure you are working the correct number of stitches.

#### How to count chains



Each chain or loop counts as one stitch. Never count your first slip knot or the loop on the hook. For accuracy don't twist the chain.

#### How to count double stitches



To count short stitches such as double crochet, look at the v's at the top of the row.

#### How to count treble stitches



For taller stitches such as treble it is easier to count each upright stem as a single stitch.

## Double crochet



**1** Skip 2ch and insert the hook under the top loop of the 3rd ch.



**2** Wind the yarn around the hook and pull it through the chain loop, leaving two loops on your crochet hook.



**3** Yrh again, then pull the yarn through both loops. There's your double crochet (dc) made and you'll have one loop left on your hook ready to do the next stitch. To do a row of dc, continue to end of chain sts.



**4** For the following rows of dc, turn work and ch1. This is the turning chain (t-ch) and counts as the first dc. Skip the stitch, at the base of the t-ch, then work 1dc under the top 2 loops of each stitch to the end, including the top of t-ch on following rows.

## Treble crochet



**1** Make a foundation chain. Skip 3ch, yrh, insert the hook under the loop of the 4th ch, yrh.



**2** Pull the yarn through the ch loop only (3 loops on hook), yrh.



**3** Pull the yarn through 2 loops only (2 loops on hook), yrh. Pull the yarn through these 2 loops. You've made a treble crochet. Continue working tr into next and all following chains to end of the row.

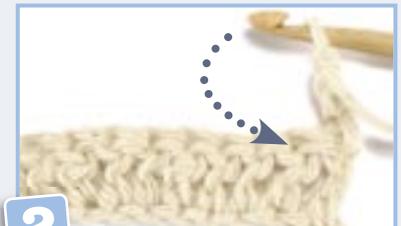


**4** To make the next and following rows of tr, turn work and 3 ch. This is the t-ch and counts as the first treble. Skip the first stitch at the base of the t-ch, work 1tr into top 2 loops of 2nd stitch in previous row. Work 1tr into next and each st to end, including into top of t-ch.

## How to work in rows



**1** The first row is made by working across the foundation chain from left to right. At the end of the chain or row, turn the work so that the yarn is behind the hook.



**2** First make the turning chain for the stitch you're about to work. Now work the next stitch into the top of the stitches on your first row, missing the first stitch.

## Crochet hook conversion

| UK  | METRIC | US    |
|-----|--------|-------|
| 14  | 2mm    | B/1   |
| 13  | 2.25mm | -     |
| 12  | 2.5mm  | C/2   |
| 11  | 3mm    | -     |
| 10  | 3.25mm | D/3   |
| 9   | 3.5mm  | E/4   |
| 8   | 4mm    | G/6   |
| 7   | 4.5mm  | 7     |
| 6   | 5mm    | H/8   |
| 5   | 5.5mm  | I/9   |
| 4   | 6mm    | J/10  |
| 3   | 6.5mm  | K/10½ |
| 2   | 7mm    | -     |
| 0   | 8mm    | -     |
| 00  | 9mm    | -     |
| 000 | 10mm   | -     |

## Which hook for which yarn?

| HOOK SIZE      | YARN WEIGHT          |
|----------------|----------------------|
| 2.5-3.5mm hook | 4ply yarn            |
| 3.5-4.5mm hook | Double knitting yarn |
| 5-6mm hook     | Aran yarn            |
| 7mm and bigger | Chunky               |

## Crochet Abbreviations

|                 |   |
|-----------------|---|
| <b>across</b>   | <i>to the end of the row</i>  |
| <b>alt</b>      | <i>alternate</i>  |
| <b>approx</b>   | <i>approximate(ly)</i>  |
| <b>beg</b>      | <i>beginning</i>  |
| <b>bet</b>      | <i>between</i>  |
| <b>bl</b>       | <i>insert hook under back loop only. Example bldc – back loop double crochet</i>          |
| <b>ch(s)</b>    | <i>chain or chain stitch(es)</i>  |
| <b>ch sp(s)</b> | <i>chain space(s)</i>   |
| <b>cl(s)</b>    | <i>clusters</i>   |
| <b>cont</b>     | <i>continue</i>   |
| <b>dc</b>       | <i>double crochet</i>   |
| <b>dc2tog</b>   | <i>work 2 dc together</i>   |
| <b>dec</b>      | <i>decrease</i>   |
| <b>dtr</b>      | <i>double treble crochet</i>  |
| <b>dtr2tog</b>  | <i>work 2 dtr together</i>  |
| <b>fl</b>       | <i>insert hook under front loop only. Example: fldc – front loop double crochet</i>       |
| <b>fol</b>      | <i>following</i>  |
| <b>gr</b>       | <i>group</i>  |
| <b>htr</b>      | <i>half treble crochet</i>  |
| <b>htr2tog</b>  | <i>work 2htr together</i>   |
| <b>in next</b>  | <i>sts to be worked into same stitch</i>  |
| <b>inc</b>      | <i>increase</i>   |
| <b>lp(s)</b>    | <i>loop(s)</i>  |
| <b>nc</b>       | <i>not closed</i>   |
| <b>patt</b>     | <i>patterns</i>   |
| <b>p or pc</b>  | <i>picot</i>  |
| <b>rf</b>       | <i>raised front. Example: rfdc – raised front double crochet</i>                          |
| <b>rb</b>       | <i>raised back. Example: rbbc – raised back double crochet</i>                            |
| <b>rem</b>      | <i>remaining</i>  |
| <b>rep</b>      | <i>repeat</i>   |
| <b>rnd</b>      | <i>round</i>  |
| <b>sk</b>       | <i>skip</i>   |
| <b>sl st</b>    | <i>slip stitch</i>  |
| <b>sp(s)</b>    | <i>space(s)</i>   |
| <b>st(s)</b>    | <i>stitch(es)</i>   |
| <b>t-ch(s)</b>  | <i>turning chain(s)</i>   |
| <b>tog</b>      | <i>together</i>   |
| <b>tr</b>       | <i>treble crochet</i>   |
| <b>tr2tog</b>   | <i>work 2 tr together</i>   |
| <b>yrh</b>      | <i>yarn round hook</i>  |
| <b>*</b>        | <i>work instructions immediately following *, then repeat as directed</i>                 |
| <b>[] or ()</b> | <i>work or repeat all instructions enclosed in brackets as directed immediately after</i> |