knit a square
... and make a cold child warm

How to knit: Step 1 - CASTING ON

1. Make a slip knot. Wrap the yarn, about 10 centimetres (4 inches) from its end, around two fingers, crossing it over on the top of them. Push a loop of yarn up through the circle this makes, to form the knot.

2. Insert the left hand needle through the knot and pull the end of the yarn to tighten the loop. Don't pull it too tight.

3. Now, using the right hand needle, push it into the back of this single stitch, so it is behind the left hand needle

4. Draw the yarn attached to the ball of wool, from behind the two needles . . .

5. . . . over the top of the right hand needle . . .

6. . . . and pull it forward . . .

7. . . . to draw it between the two needles.

8. Slide the right hand needle down . . .

9. . . . and up toward you to catch the yarn between the two needles, making a new stitch as you go.

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10. Transfer this new stitch . . .

11. . . . by slipping the left hand needle into it from the front . . .

12. . . . so your left hand needle is positioned at the back of the right hand needle.

TIP 1 – direction of cast on stitches:

Make sure all your stitches are transferred between needles, from the same direction. You can easily draw the new stitch onto the other needle from the back. While this also results in casting on knitting, it will give you a poor edge if you mix up the two directions. So be consistent.

13. Release the right hand needle, drawing the stitch up, so it has the same tension as the first stitch

14. Insert the right hand needle into the back of the first stitch and the left hand needle, and repeat steps 3 - 13.

Alternate method:

There are many ways to cast on, each resulting in a different egde to your knitting. If you want a less 'lacey' feel to the edge of your work, use this method. It is exactly as above, other than step 3.

Instead of inserting your right hand needle into the back of a single stitch, place it through the bottom of both stitches, as shown. Then proceed as usual. This creates a very firm, tight edge.