

Knitting with Sally Hart

An introduction to knitting techniques for beginners.

In this course you will learn the basics of knitting. How to cast on, learn to knit a variety of stitches, cast off and various finishing techniques. At the end of the course you will have made a bag and have the skills required to progress onto more complex projects.

Health and Safety



- We've included comprehensive general Health and Safety notes in your lesson for you to download and read prior to commencing your course. Some of the more relevant ones to this course are bullet pointed below.
- Take care using needles - never put them into your mouth, clothing or furniture.
- Store scissors in a closed position when not in use.
- As you're working at home, we can't be there to oversee you stick to our H&S guidelines, so any action you take upon the information we supply with this course is strictly at your own risk.

What you'll need

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- Yarn of your choice in a variety of colours
- Needles as per ball band
- Stitch holder (or yarn of a different colour)
- Double pointed needles (DPN's) in same size
- Sewing up needle
- Small scissors
- Row counter (or paper and pen)
- Fabric of your choice
- Needle and thread
- Pins and a blocking board or towel
- Ruler or tape measure
- Pom pom maker or cardboard or your fingers
- A button
- Crochet hooks

Lesson 1 - The Designs

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- Introduction to knitting and getting ready to begin knitting for the course.
- Introducing the designs for the short course Explain that the course will take the participants through making the simple project or needle bag but will give them all the skills to make the pom pom bag and purse in the final lesson
- Method 1 cast on – demonstration
- Short tailed cast on - demonstration
- Knit stitch – demonstration
- Garter stitch - demonstration
- Separate longer video including all of the above for left-handed knitters.

Lesson 2

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- Show how to use the stitch holder, slip stitches back on to the needle.
- Talk about stitches being the right and wrong way and how to correct
- Demonstrate the purl stitch
- Talk about how this becomes stocking stitch
- Introduce the concept of right and wrong side of the knitting
- Demonstrate casting off
- Separate longer video including all of the above for left-handed knitters.

Lesson 3

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- Demonstrate moss/seed stitch. Introduce the concept of stitches being known by different names and geographical variations.
- Demonstrate the woven stitch
- Discuss the slip stitch, difference between slipping knit and purl wise.
- Demonstrate mattress stitch using stocking stitch samples, talk about issues of joining on more complex stitches and when it is not square
- How to deal with ends and the importance of not rushing finishing.
- Separate longer video including all of the above for left-handed knitters.

Lesson 4

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- Demonstrate blocking and talk about the difference it can make to a finished piece or sample square.
- Demonstrate how to pick up and knit, include the importance of evenly distributing stitches.
- Show rib stitch
- Separate longer video including all of the above for left-handed knitters.

Lesson 5

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- How to make an icord
- Demonstrate increasing and decreasing using a variety of methods where applicable.
- Simple bag lining - how and why to do it.
- Separate longer video including all of the above for left-handed knitters.

Lesson 6

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- Pom pom making
- Crochet chains
- How to make the pom pom bag and purse
- Embroidery using a crochet hook on knitting
- Talk through the pattern

Lesson 7

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- Next Steps
- Understanding how to read a pattern
- Tension squares

Project Bag Pattern



I used Scheepjes Catona, 3mm needles and a 3mm DPN's

Abbreviations used - K=knit, P=purl, YF=yarn forward, YB=yarn back, S=slip

- Square 1 - cast on 30 stitches. K each row (stocking stitch) until you have made a square (mine is 12cms wide and 53 rows, do not worry if yours is not the same. the important thing is to make a square). Cut the yarn leaving a long tail and move to a stitch holder. Make 2
- Square 2 - Slide stitches from square 1 back onto the needle. Row 1 K, Row 2 P (garter stitch). Repeat these two rows until square 2 is the same size as square 1, finish on a purl row. I did 40 rows. Cast off. Repeat for second square 1.
- Square 3 - Cast on 31 stitches. Row 1 K1, *P1, K1 . Repeat from * until the end of the row. Row 2 *P1,K1, repeat from * to end of the row. Row 3 repeat Row 2. Row 4 repeat Row 1. These 4 rows form the pattern (moss or seed stitch). Repeat these 4 rows until your share is the same size as square 1. I did 42 rows. Slip stitches onto a stitch holder and then make a second square 3.
- Square 4 - slip the stitches from square 3 back onto the needle. Row 1 K1 (yf) slip 1 (yb) K1 repeat to end. Row 2 P. Row 3 K2 *(yf) S1 (yb) K1 repeat from* until the last stitch, K1. Row 4 P. These 4 rows form the woven stitch pattern. Repeat the 4 row pattern until squares 3 and 4 together are the same length as squares 1 and 2 together. I did 49 rows. Cast off. Repeat for second square 3

Project bag continued

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- You should now have 4 sets of two squares. Block to ensure they are all the same size. Join your strips using mattress stitch. You will now have one large piece of knitting with eight squares. Do not complete the final join at this stage.
- Pick up and knit 114 stitches evenly along the top edge, Knit in 2x2rib for as many rows you need so you can turn over the top to include the icord drawstring. (you may want to make this first so that you know your rib is long enough.
- Make icord. I cast on 3 stitches, the length will depend on how long you want your drawstring.
- Now join up the final side of your bag. Only go half way up the rib so that you have a space of the icord. Fold the rib in half inwards and sew down. Thread the icord through. Join the bottom. Make the lining and sew in place.
- You can follow this pattern with any yarn. If you use a thicker yarn your bag will be bigger. Remember to look at the yarn band to help you choose the best needle size to use.

Needle bag



- The needle bag was made using the same basic pattern as the project bag.
- I used Scheepjes Stone wash XL with 4.5mm needles and 4mm DPN's
- I measured the size of the needles that I wished to store in the bag and divided it by 4. This is *
- Cast on 30 stitches.
- Section 1 - Garter stitch
- Section 2 - Change to stocking stitch
- Section 3 - Change to moss stitch
- Section 4 - Change to woven stitch
- Each section should measure *
- Cast off. Make two
- Block both pieces and then join down one side.
- Pick up and knit 38 stitches evenly along the top edge. Knit in 2x2 rib until the desired length
- Make the icord, I cast on 3 stitches.
- Sew up the side and bottom of the bag, only sew up half way up the rib. Fold the rib in half and sew down. Thread in the icord and line your bag.

PomPom Bag and Purse Pattern



For the bag I used;

- Scheepjes Stone Washed XL, 4.5mm needles, 4mm DPN's, a 5mm crochet hook for the button chain, a 35 mm pom pom maker
- For the purse I used
- Scheepjes Catona, 2.5mm needles and a 3mm crochet hook
- Both projects followed the same pattern
- The bag is knitted from the top down. The garter stitch section is folded over to form your top band.

Pattern continued



- Cast on 30 stitches
- Knit 24 rows (garter stitch)
- 12 rows of stocking stitch starting with a knit row. Increase at each end of rows 3,5 and 9 (you will now have 36 stitches)
- 12 rows of moss stitch
- 12 rows of woven stitch. On rows 9,10 and 11 you will knit 2 together at both ends of the row. Be sure not to loose the pattern.
- Cast off
- Make 2 and join the bottom and sides using mattress stitch. Make a crochet chain and sew into garter stitch section. Fold over the garter stitch section and add your button
- Make an icord to your desired length and sew inside the bag just below the garter stitch section
- Add pompoms, slip stitch or embellishment of your choice and then line.

Credits and Disclaimers



Credits

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