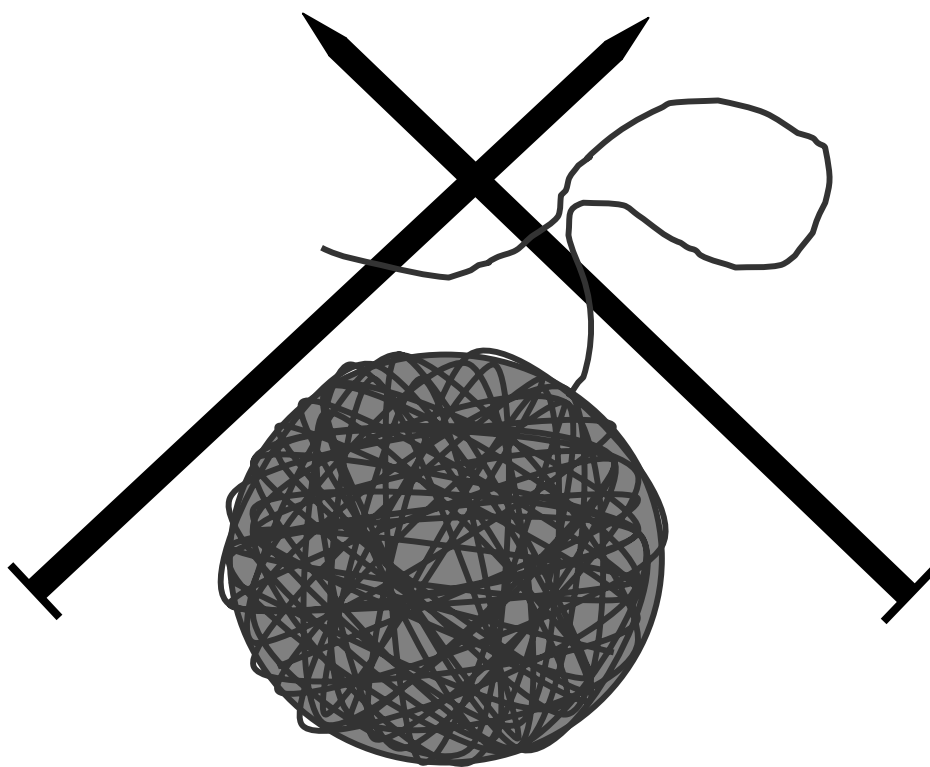


Knitting

Member's Guide and Project Requirements





4-H Knitting

This manual contains the information for all phases of the knitting project. Please keep it for future use in this project.

History of Knitting

Knitting is a form of needlework that is done by interlacing yarn or thread in a series of connected loops with needles. The origin of knitting is unknown, but most believe it began in Arabia many centuries ago. The word knit means to tie or join and was first used in literature in 1530 A.D. to refer to the technique we now know as knitting. Medieval paintings show women knitting with four or five needles in the round. Knitting became a craft in Scotland in the 14th and 15th centuries. In 16th century Europe, master knitters made stockings, gloves and shirts for the nobility. By the early 19th century knitting was well established throughout Europe. During World Wars I and II school-aged children joined community efforts to knit scarves, sweaters, mittens and socks for the soldiers.

Knitters throughout Europe developed regional specializations that became known as traditional knitting styles. Some of these are: twisted stitch patterns, like small cables, from the Balkans. Sweaters, socks and hats in two-color and single-color stranded knitting, as well as knit and purl patterned "damask" knitting, from Scandinavia. Fair Isle knitting, using multi-color weaving technique, from Scotland. Fisherman knits, decorated with knit-purl patterns and simple cable, from British fishing communities. Many stranded multi-colored patterns from the Shetland Isles. Aran knitting, combining cable and twisted stitch patterns, usually worked in off-white wool, from the Aran Isles of Ireland.

Objectives

1. Learn about knitting tools and yarns, knitting terms, and how to follow knitting directions.
2. Learn the basic knitting stitches and techniques and how to combine them to make various patterns and knitted articles.
3. Learn how to care for knitted articles.

Requirements

1. Select the phase that is appropriate to your skill level and set at least three goals that you want to achieve in this project.
2. Learn the skills listed for that phase.
3. Complete the specific requirements listed for that phase.
4. Give an oral presentation (demonstration, speech, or illustrated talk) related to this project.
5. Complete the 4-H Project Record Book (#91950) and the 4-H Involvement Report (#91910). Include in your record book the yarn content (example 50% cotton/50% polyester) and care of your yarn. Optional: You might want to include a sample of skills you learned that are not used in your exhibit.

6. Exhibit two small or one large item you have made using the skills learned in the phase you selected.
7. Optional: Model your knitted garment/article in the Fashion Revue in your county.

References

There are many books, magazines, and knitting guides available in libraries, fabric and craft stores, and on the Internet. Some of these include:

Cool Stuff, Teach Me To Knit, Leisure Arts, Inc. (Instructions geared to youth)

Reader's Digest, Complete Guide to Needlework (Leader Reference)

Web sites with downloadable "how-to" instructions:

www.crafttown.com/knitlesson.htm

www.bevscountycottage.com

Other web sites of interest:

www.anniesattic.com

Leisure Arts, American School of Needlework, Nomis, and Annie's Attic all have several "how-to" books available in fabric and craft stores. Crochet and knitting supply companies, such as Boye and Susan Bates, may also have starter kits available in fabric and craft stores, that include instruction books, needles, etc.

Phase 1, Beginning Level A

Suggested yarn and needles for this phase: worsted weight yarn and size 8 to 10 needles.

Learn about:

- knitting tools
- knitting terms and simple directions
- yarn characteristics
- caring for knitted articles

Learn the following skills:

- Casting on
- Knitting
- Purling
- Binding off
- Making an overcast seam.

Make and exhibit two small or one large item using knitting and/or purling, such as a bag, belt, cap, purse, slippers (counts as two items), poncho, scarf, pillow, headband, afghan square, or potholder.

Phase 2, Beginning Level B

Suggested yarn and needles for this phase: worsted weight yarn and size 8 to 10 needles.

Learn about:

- stitch gauge
- tension
- yarn selection

Learn the following skills:

- Stockinette stitch
- Garter Stitch
- Ribbing
- Decreasing and increasing
- Making a backstitch seam
- Making a crocheted seam
- Joining yarn
- Recognizing and correcting mistakes

Make and exhibit two small or one large item using decrease and increase, such as a cap, slippers (counts as two items), shell, dickey, tunic, beret, dog sweater, or tote bag.

Phase 3, Intermediate Level A

Suggested yarn and needles for this phase: worsted weight yarn and size 8 to 10 needles.

Learn the following skills:

- How to take measurements for a knitted pattern
- How to do pick up stitches
- How to make buttonholes
- How to do make woven seam joining
- How to block a garment
- Using circular needles (not four needles)

Make and exhibit two small or one large item you have made using pickup stitches, such as a sweater, cape, poncho, jumper, tunic, vest, or simple dress.

Phase 4, Intermediate Level B

Learn the following skills:

- How to knit pattern stitches using multiples of stitches
- How to do a textured pattern stitch*
- How to do a rib pattern stitch*
- How to do a diagonal pattern stitch*

*Pattern stitches are grouped according to type, though in a few cases, a stitch may fit more than one category.

Make and exhibit two small or one large item using a multiple stitch pattern, such as a scarf, cap, bag, sweater, cape, poncho, jumper, tunic, vest or simple dress.

Phase 5, Advanced Level A

Learn about choosing color combinations

Learn the following skills:

- How to knit using multicolor techniques*
- How to change colors at the end of a row*
- How to twist yarns to change colors*
- How to do the strand technique of carrying yarn*
- How to do the weaving technique of carrying yarn*

*Multicolor techniques are ways to change color(s) of yarn on an item. The choice of one depends on its suitability to the pattern and to the end use of the article.

Make swatches showing 2 methods of carrying yarn. Include in record book.

Make and exhibit two small or one large item using a multicolor pattern, such as a scarf, cap, bag, sweater, cape, poncho, jumper, tunic, vest, or simple dress.

Phase 6, Advanced Level B

Learn advanced knitting techniques.

Select one option of the seven advanced knitting techniques project focus areas:

1. Knit an article with four needles (such as a dress, skirt, sweater, mittens and gloves, golf club mitts, or ski cap).
2. Combine knit with fabric or leather. Knit piece to desired garment shape (such as a dress, coat, pants, or suit).
3. Fitted knit garment using drafted pattern (such as coat, dress, skirt, sweater). Include pattern.
4. Larger garments, may be lined, (such as coat, jacket, pant suit, or other garment).
5. Knitted article for another person (such as a sweater, afghan, blanket, baby dress, or sweater dress).
6. Garment that uses a multiple stitch pattern different from that used in Phase 4.
7. Garment with a multiple color design (i.e. Fair Isle or Argyle), different from that used in Phase 5.

Make and exhibit two small or one large item using skills learned in the focus area.

Project Evaluation

	Satisfactory	Needs Improvement
Appearance		
Clean and attractively prepared for exhibit	_____	_____
Article is properly blocked	_____	_____
Pattern and style are suitable for age and use	_____	_____
Yarn chosen is suitable for pattern and use	_____	_____
Color scheme is pleasing and appropriate	_____	_____
Buttons, if used, are proper size and color	_____	_____
Knitting		
Needle size and yarn are suitable for the article	_____	_____
Stitches are uniform in size	_____	_____
Tension is uniform	_____	_____
No evidence of twisted or dropped stitches	_____	_____
No evidence of split yarn	_____	_____
Yarn ends are fastened neatly	_____	_____
Seams are smooth, straight and inconspicuous	_____	_____
Casting-on, binding-off stitches are not tight, puckered, or stretched	_____	_____
Increase and decrease are acceptable	_____	_____
Pattern is carried across with no irregularities	_____	_____
Record Book		
Shows requirements were completed	_____	_____
Shows achievement of goals or explanation why they were not achieved	_____	_____
Relates experiences, skills learned, insights gained, etc.	_____	_____
Oral presentation given	_____	_____
Has been signed by member, parent, and leader	_____	_____

Originally adapted from Oregon State University 4-H Knitting publications by Dorothy Hole, former University of Idaho 4-H Specialist. Revised and updated by Mary Jean Craig, Extension Associate, 4-H/Youth, and Sharlene Woffinden, Bear Lake County Extension Educator, August 2003.

Issued in furtherance of cooperative extension work in agriculture and home economics, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Charlotte V. Eberlein, Director of Cooperative Extension, University of Idaho, Moscow, Idaho 83844. The University of Idaho provides equal opportunity in education and employment on the basis of race, color, religion, national origin, gender, age, disability, or status as a Vietnam-era veteran, as required by state and federal laws.