



## ***SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS***

Affiliated with National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World and in partnership with Clemson University Cooperative Extension Service  
SCFCL website: <http://www.scfcl.com>

### **Leader Training Guide**

#### **Knitting - Bias Dish Cloth**

**Objectives:** Participants will learn some of the basics of knitting and the history of knitting.

**Lesson Overview/Introduction:** Instructor needs to be a knitter with equipment to teach the lessons.

**Materials needed:**

Large knitting needles for each member  
100% cotton yarn

**Lesson: History of knitting**

The work "knitting" came from an old English word, *cnyttn*, which means "to know". With limited information on the history of knitting, we cannot pinpoint the time of its origin. It is thought to be older than other handcrafts. It is believed to be connected to the ancient skill of knotting fishing nets. The Victoria and Albert Museum displays socks from 300-400. According to the museum, they were knitted in stocking stitch using three-ply, wool, and a single needle technique.

Two-needle knitting is believed to have come from Egypt in the 11<sup>th</sup> century where more socks were found. In 1589, the knitting machine was invented. The early knitting needles were made of bone, ivory or tortoise shell.

### **KNITTING TOOLS**

**Scissors:** Keep a small pair of scissors or shears handy for cutting yarn, trimming pompoms, etc. Be sure to keep scissors in a case for safety.

**Tapestry Needle:** A blunt-pointed tapestry needle is used for sewing seams. A straight, steel needle is best. Some tapestry needles have a "hump" around the eye. They are not good for joining seams in knitting as the hump catches on stitches and makes it hard to pull the yarn through.

**Yarn:** Yarns are available in a variety of weights (thickness of the strands) and fiber contents. For best results, use the yarn specified in the instructions. Be sure to purchase all the yarn you need for a project at the same time because, dye lots may vary a little in shading and this will show on the finished project. If you are combining different types of yarn in the same project, make sure they have similar washing instructions. Care instructions are found on the product label—follow them carefully. Always make sure to make a swatch to measure the gauge.



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**Additional Lesson Information:**

Basic Knitting instruction (handout)

**Additional Suggested Activity:**

Additional stitch to learn: purl stitch and garter stitch

Advanced knitters: make a Bias Dish Cloth (instructions attached)

**Lesson Summary:** Knitting takes practice. Take your time in learning and seek additional resources.

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**Lesson Review by:**

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**Sources/References:**

Learn to Knit by Leisure Arts, Inc.

YouTube video on “Knitting”. <https://www.youtube.com/watch?v=hM5M2Fu0RtY>

“First Known Knitted Item”. [www.craftsy.com/blog/2013/11/history-of-knitting/](http://www.craftsy.com/blog/2013/11/history-of-knitting/)

“History 101”. [www.knitty.com/ISSUESpring06/FEAThistory101.html](http://www.knitty.com/ISSUESpring06/FEAThistory101.html)

# Basic Knitting

Supplies needed: Pair of knitting needles for each person and a ball of yarn

## Slip Knot Instructions

Step #1:

Starting about 12" from the end, make a circle with your yarn

Step #2:

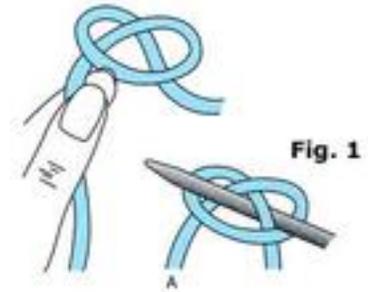
Pull a loop through the circle.

Step #3:

Insert the needle into the loop.

Step #4:

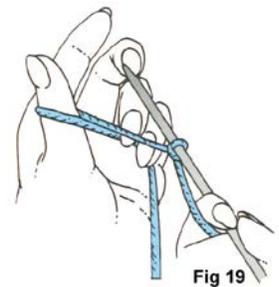
Pull the loop gently and evenly to tighten and slide the knot up to the needle



*The slip knot is considered the first stitch on the needle*

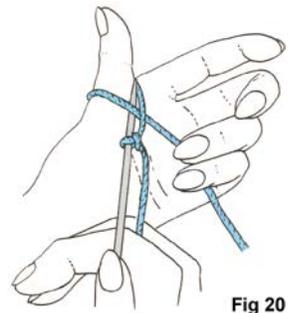
## Casting On

Knitting is just transferring loops from needle to needle. You will need loops to get started. They are casted onto one needle.



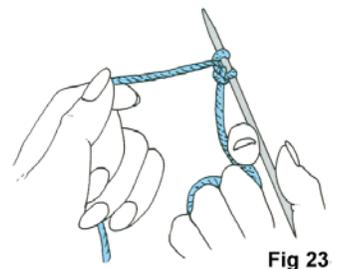
Step #1:

Place slip knot on needle (counts as first stitch) and hold needle in right hand with the skein end of the yarn over your first finger. Wind the tail end of the yarn around your left thumb from front to back.



Step #2:

Bring needle down in front of thumb and insert point under loop in front of thumb. Bring tip of needle under loop in index finger creating a loop onto the needle



Step #3:

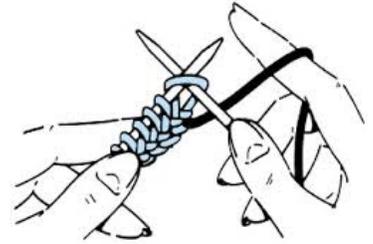
Repeat instructions for each stitch to be cast on, counting each loop on needle (including the slip knot) as a stitch.

## Knit Stitch

Place your cast on stitches in your left hand and hold your empty needle with your right. Move the stitches so that the working yarn is hanging straight down from the first stitch.

### Step #1:

Insert right-hand needle into the middle of the first stitch on the left-hand needle,



### Step #2:

Wrap yarn under right-hand needle and around that needle.

### Step #3:

Pull wrap through the stitch, forming a loop on the right-hand needle.



### Step #4:

Slip the stitch off the left-hand needle.



*Continue this stitch with the reminding stitches on the needle. Knit several rows until you feel comfortable making the stitch.*

## Bias Dish Cloth

Supplies needed:

100% cotton yarn – small ball for approximately \$1.50

Knitting needles – size 6, 7, or 8 (short metal ones recommended)

Scissors

Crochet hook (size F or G)

Blunt, large eye needle (large enough for the yarn – plastic or metal)

Knitting Terms:

K = knitting

K2tog = knit two stitches together

YO = yarn over

Pattern:

Pull off a piece of yarn 12 inches and make a slip knot. Cast on 4 stitches. Knit those 4 stitches

The pattern: k2, yo, and knit to the end of the row. (You will now have 5 stitches.) This is work on a bias, but when you finish knitting it, the dish cloth will be square. You will knit this way by adding a stitch on each row until you have 49, 51, 53 or 55 stitches on your needle. Always use an odd number. 49 stitches is large enough for small hands.

To Decrease: k1, k2tog, yo then k2tog to the end of the row. Knit until you have only 4 stitches left. Bind off. You can knit the first stitch, then crochet the others off. Knot the last stitch, leave a 12 inch tail and cut the thread. Thread your blunt, large eye needle with the 12 inch yarn attached to your dish cloth and weave in and out for several rows until you are sure the yarn will not ravel. Be sure that you are weaving the 12 inches of yarn on the same side of the dish cloth. It does not matter which side you decide is top and which is bottom. The yarn overs create the holes in the side of the dish cloth.

These dish cloths can be washed in the washing machine and dried in your dryer like other dish cloths. When they are dry, they look very small, but when they are wet, they expand.

These dish cloths can be bleached if necessary.