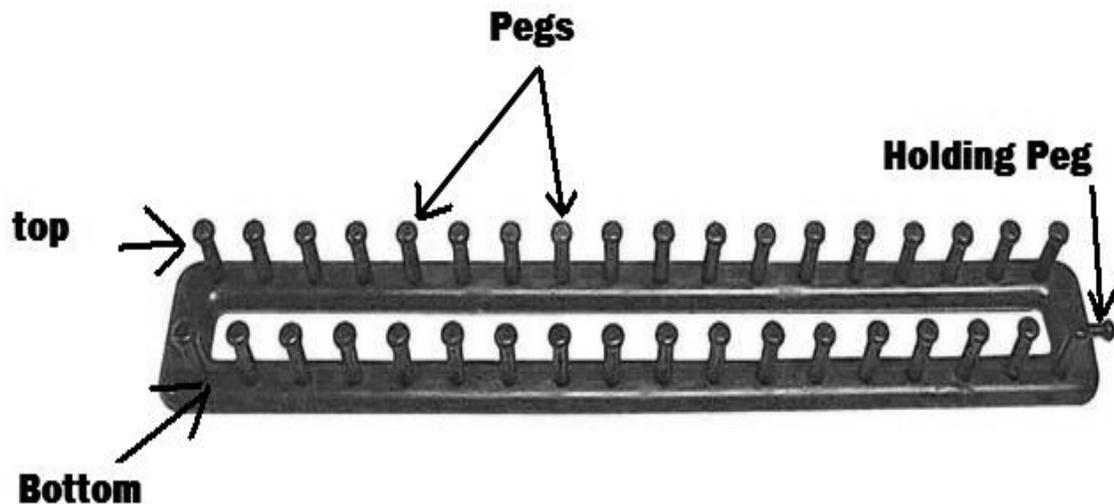


## Knitting Board Basics

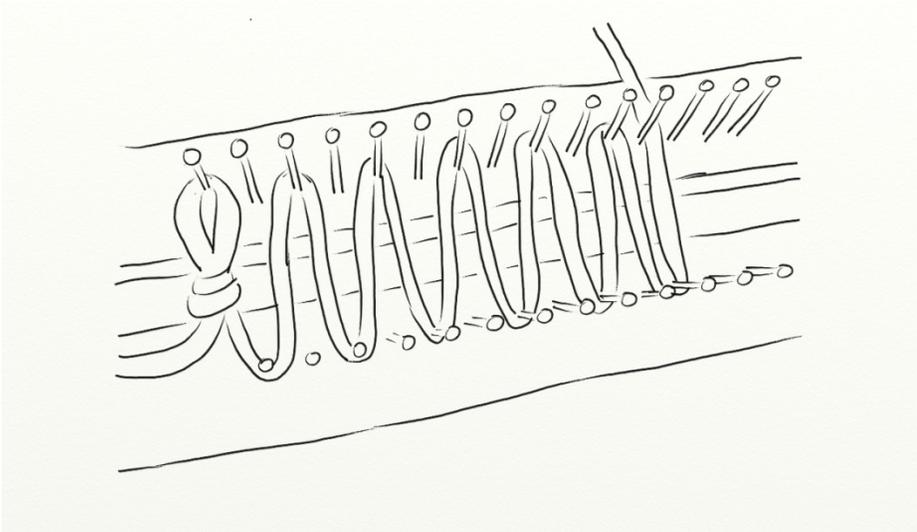
Knitting on a knitting board is a fast and easy way to create pieces in double knit. In double knit there is no 'wrong side' of the fabric, as both sides are the same. Double knitting on a knitting board produces a nice thick, warm fabric. Knitting boards are well suited for making any kind of garment, from hats to sweaters and anything in between. Here are the basics of knitting on a double sided knitting board.

### Anatomy of a knitting board:

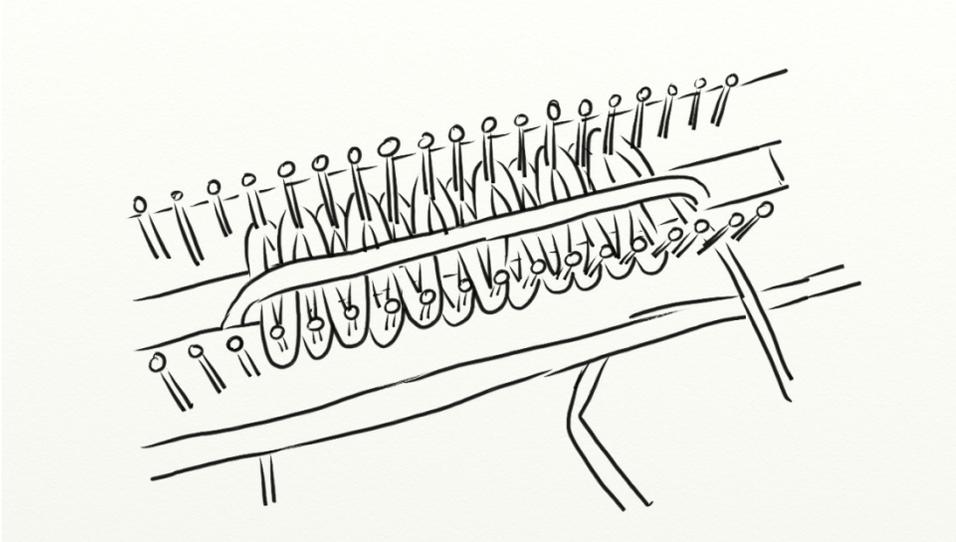


### Casting On

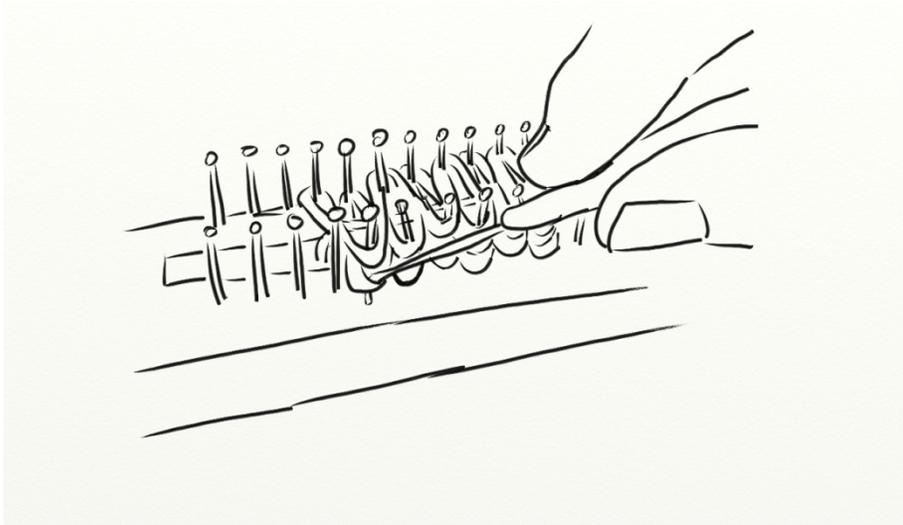
1. Make a slip knot in the end of your yarn leaving a tail that is 3 inches long.
2. Place the loop on the first peg of the board on the left closest to you which will be referred to as the bottom of the board.
3. Take the working yarn up and around the second peg on the top of the board and then down and around the third peg on the bottom of the board; continue in this manner weaving the yarn around every other peg and top and bottom until you have reached the desired amount of pegs to create your piece.



4. On the last peg of the row wrap your yarn up and around the last peg on the top of the board which is directly across from the last peg that you just wrapped.
5. Work your way back to the beginning of the row wrapping the yarn around all the empty pegs working back and forth across the board.
6. Take a piece of waste yarn about twice the length of the row you just wrapped; laid across your stitches between the rows with the ends dangling free at each end. This yarn will aid you in anchoring and setting your stitches as you work along. (see Illustration below)



7. Repeat the process of weaving around every other peg, and turned and weave the yarn around all the pegs.
8. You will now have two wraps on each peg. Take your knitting hook and a lift the bottom loop up and over the top loop and over the top of the peg letting it drop behind the peg to the center of the board.



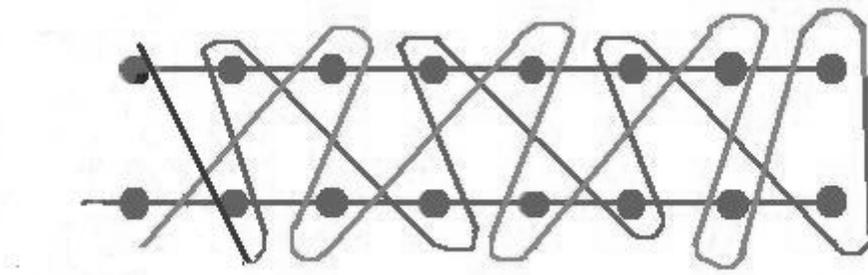
9. Continue in this manner until all the loops have been knit over, then gently tug on the ends of your anchor yarn to set the stitches in place.

## Stockinet stitch

The stockinet stitch is worked in the same manner as casting on. Simply wrap every other peg until there are two loops on each peg and knit over. Continue in this manner until your piece reaches its desired length. Both sides of the work will be the same.

## Rib stitch

To create ribbing start weaving on the first peg at the bottom of the board, instead of going to the second peg at the top of the board as in stockinet stitch, you will wrap around the third peg on the top of the board (see photo) continue weaving every other needle till the end of the row, turned and complete the row wrapping every other peg until you reach the beginning of the row. You will see this as very similar to stockinet stitch, except that the stitches are on an angle. Knit over the loops and repeat until desired length of ribbing is reached.



## Increasing

To increase stitches move the last stitch on the end that you wish to increase out one space away from the other wrapped pegs. Lift the stitch that was just knit over on the second set in and place it on the now empty peg wrap and knit the row desired.

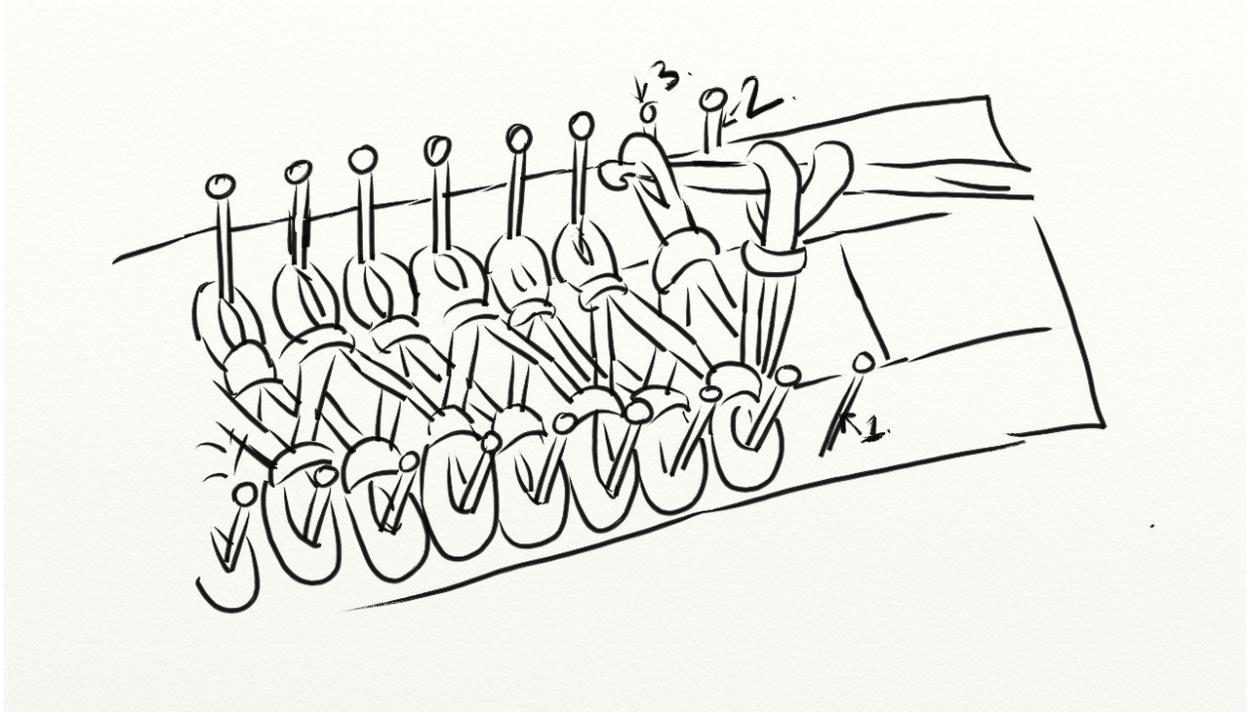
## Decreasing

To decrease stitches take the loops from the second set of pegs in from the end of the row and move the loops to the next pegs toward the center of the piece (see photo) then move the loops at the end of the row to the now empty pegs. You will have one set of loops on the pegs on the end of the row, and two loops on the second set of pegs. Wrap the row, and lift over the extra loop on the second set of pegs as you knit off the stitches so that only one loop is remaining on each peg.

## Binding off

To bind off it is useful to use a crochet hook, though you're knitting tool can be used as well.

1. Use your crochet hook or knitting tool to lift off the first three loops, this will be the first stitch from front and back and the second stitch from the front.
2. With three loops on your tool pull the loop closest to the end of the hook through the other two loops, leaving only one loop left on your hook. (see diagram)



3. Or then pick up the next two loops the second back loop and third front loop, and pull the loop at the end of your hook through the other two.
4. Continue in this manner until all the stitches are cast off the board.
5. Cut your yarn leaving a 3 inch tail, and pull this tail through the final loop securing it.

Different stitch patterns can be achieved simply by wrapping the stitches on the board in various manners. On the next page you will find directions for some various stitch patterns that you may wish to try after you have the basics mastered.