FREE KNITTING PATTERN

Cast-On Sampler Coasters

Learn 4 ways to cast on knitting with 4 garter stitch coasters

SKILL LEVEL Beginner	**SIZE** 4 × 4 in each	**NEEDLES** 4.5 mm (US 7)
YARN Worsted cotton, 28 yd per coaster	**STITCHES** cast on, knit, bind off	**TIME** 1 hour per coaster

Materials

- Worsted (#4) cotton in 4 colours (oat, sage, rust, mustard), about 28 yd each
- 4.5 mm (US 7) straight needles, tapestry needle

Abbreviations

CO	cast on	**RS / WS**	right / wrong side
k	knit	**BO**	bind off
st(s)	stitch(es)		

Gauge: 18 sts and 36 rows = 4 in in garter stitch. Coaster 1 = long-tail (oat), 2 = knitted (sage), 3 = cable (rust), 4 = backward loop (mustard).

Long-tail cast on

Step 1	Measure a tail of 18 in (about 3 times the coaster width plus 6 in) and make a slipknot there. Put it on the right needle.
Step 2	Hold the tail over your thumb and the ball yarn over your index finger, both ends caught in your palm (a 'slingshot').
Step 3	Take the needle up through the thumb loop from below, then over and behind the index-finger strand.
Step 4	Bring the strand back down through the thumb loop. Drop the thumb loop and snug the new stitch up.
Step 5	Repeat steps 3 and 4 until there are 18 sts on the needle (the slipknot counts as one).

Knitted cast on

Step 1	Make a slipknot on the left needle.
Step 2	Knit into it, but do not slide it off: pull the new loop out long.
Step 3	Twist the loop and place it on the left needle. That is one new stitch.
Step 4	Knit into the stitch you just made and repeat until you have 18 sts.

Cable cast on

Step 1	Make a slipknot and knitted-cast-on one stitch (2 sts on the left needle).
Step 2	Insert the right needle BETWEEN the first two stitches, not into a stitch.
Step 3	Wrap the yarn and pull a loop through; place it on the left needle.
Step 4	Repeat, always going between the first two stitches, until you have 18 sts.

Backward loop cast on

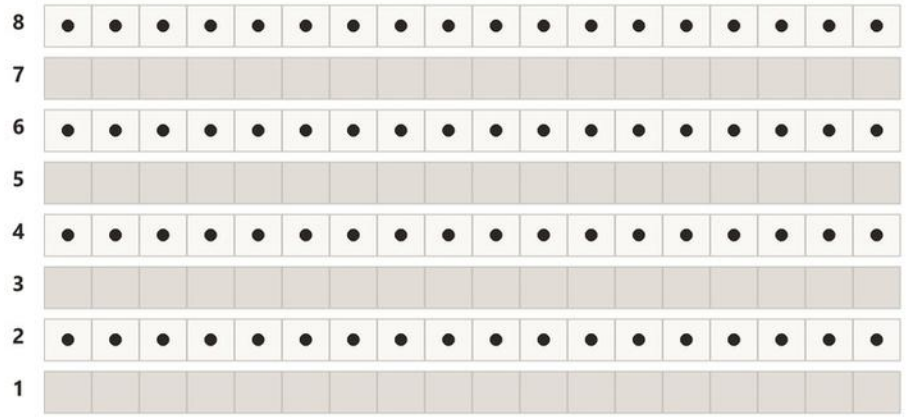
Step 1	Make a slipknot on the right needle.
Step 2	Wrap the working yarn around your thumb from front to back.
Step 3	Slide the needle up under the front strand of the thumb loop and drop it off your thumb.
Step 4	Snug it up and repeat until you have 18 sts. Keep the loops even and not too tight.

Coaster (make 4, one per cast on)

Cast on	Cast on 18 sts with the method for this coaster (see the cast-on steps).	**(18)**
Rows 1–36	Knit every stitch (garter stitch). Slip the first stitch of each row knitwise for a smooth edge if you like.	**(18 ridges)**
Bind off	Knit 2, *pass the first stitch over the second, knit 1*; repeat until 1 st remains. Cut the yarn and pull it through the last loop.	
Finish	Weave in the ends on the back along a ridge. Block flat to 4 × 4 in.	

Garter Stitch Coaster · Knitting Chart

Rows 1–8 of 36 shown, all 18 sts. Knit every row: on the chart WS rows show as purl bumps.



Empty box = knit on a RS row · dot = knit on a WS row (shows as a purl bump on the RS)

Cast on 18 sts · knit 36 rows · bind off: 4 × 4 in

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How to Do a Long-Tail Cast On

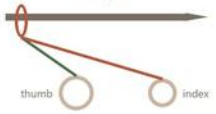
The slingshot method: 18 stitches for one coaster (green = tail, orange = ball yarn)

Step 1



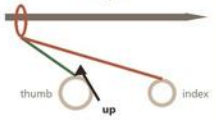
Measure a tail of 18 in (about 3 times the coaster width plus 6 in) and make a slipknot there. Put it on the right needle.

Step 2



Hold the tail over your thumb and the ball yarn over your index finger, both ends caught in your palm (a 'slingshot').

Step 3



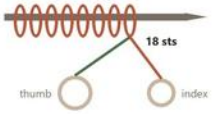
Take the needle up through the thumb loop from below, then over and behind the index-finger strand.

Step 4



Bring the strand back down through the thumb loop. Drop the thumb loop and snug the new stitch up.

Step 5



Repeat steps 3 and 4 until there are 18 sts on the needle (the slipknot counts as one).

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