FREE KNITTING TUTORIAL

Double Knitting

How to double knit a reversible fabric in 2 colours, plus a heart pot holder · US terms

SKILL LEVEL	PRACTICE	YARN
Intermediate	**Reversible pot holder**	**Worsted cotton, 2 colours**
NEEDLES	**STITCHES**	**TIME**
US 6 (4 mm)	**k, p, in pairs**	**About 5–8 hours**

Materials

- Worsted (#4) cotton in red and cream (amounts in the size table)
- US 6 (4 mm) straight needles, tapestry needle, a crochet hook for the loop

Abbreviations (US terms)

pair 1 knit st (front face) + 1 purl st (back face)
k / p knit / purl
RS the red-framed side you start on

Gauge: 18 pairs and 20 rows = 4 in (10 cm) in double knitting, a typical worsted value. The fabric is 2 layers thick.

Standard size, every row

Cast on	With both colours held together, cast on 30 pairs (60 sts) so that red and cream alternate (red first), or use any double-knitting cast-on.	**(60)**
Row 1 (RS)	30 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 2 (other side)	1 red, 28 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 3 (RS)	1 red, 28 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 4 (other side)	1 red, 28 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 5 (RS)	1 red, 28 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 6 (other side)	1 red, 28 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 7 (RS)	1 red, 13 cream, 2 red, 13 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 8 (other side)	1 red, 13 cream, 2 red, 13 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 9 (RS)	1 red, 11 cream, 6 red, 11 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**

Row 10 (other side)	1 red, 11 cream, 6 red, 11 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 11 (RS)	1 red, 9 cream, 10 red, 9 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 12 (other side)	1 red, 9 cream, 10 red, 9 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 13 (RS)	1 red, 7 cream, 14 red, 7 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 14 (other side)	1 red, 7 cream, 14 red, 7 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 15 (RS)	1 red, 5 cream, 18 red, 5 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 16 (other side)	1 red, 5 cream, 18 red, 5 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 17 (RS)	1 red, 5 cream, 18 red, 5 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 18 (other side)	1 red, 5 cream, 18 red, 5 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 19 (RS)	1 red, 5 cream, 8 red, 2 cream, 8 red, 5 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 20 (other side)	1 red, 5 cream, 8 red, 2 cream, 8 red, 5 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 21 (RS)	1 red, 7 cream, 4 red, 6 cream, 4 red, 7 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 22 (other side)	1 red, 7 cream, 4 red, 6 cream, 4 red, 7 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 23 (RS)	1 red, 28 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 24 (other side)	1 red, 28 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 25 (RS)	1 red, 28 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 26 (other side)	1 red, 28 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 27 (RS)	1 red, 28 cream, 1 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Row 28 (other side)	30 red. For each pair: knit the colour named with both yarns at the back, purl the other colour with both yarns in front.	**(60)**
Bind off	Knit 2 together (1 red + 1 cream) across, binding off as you go. Add a red crochet hanging loop at one corner.	**(0)**

How to Double Knit

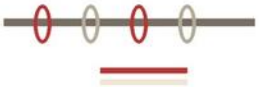
Two layers at once, one in each colour · always move BOTH yarns

1 · Pairs on the needle



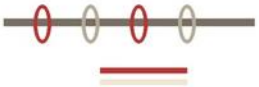
Cast on so red and cream stitches alternate. Each pair = 1 stitch of the front + 1 of the back.

2 · Knit the first



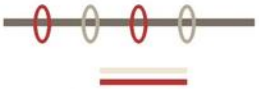
Both yarns at the back. Knit the 1st stitch of the pair with the front colour.

3 · Purl the second



Both yarns to the front. Purl the 2nd stitch with the other colour.

4 · Both yarns back



Take both yarns to the back and start the next pair. Every stitch, both yarns move together.

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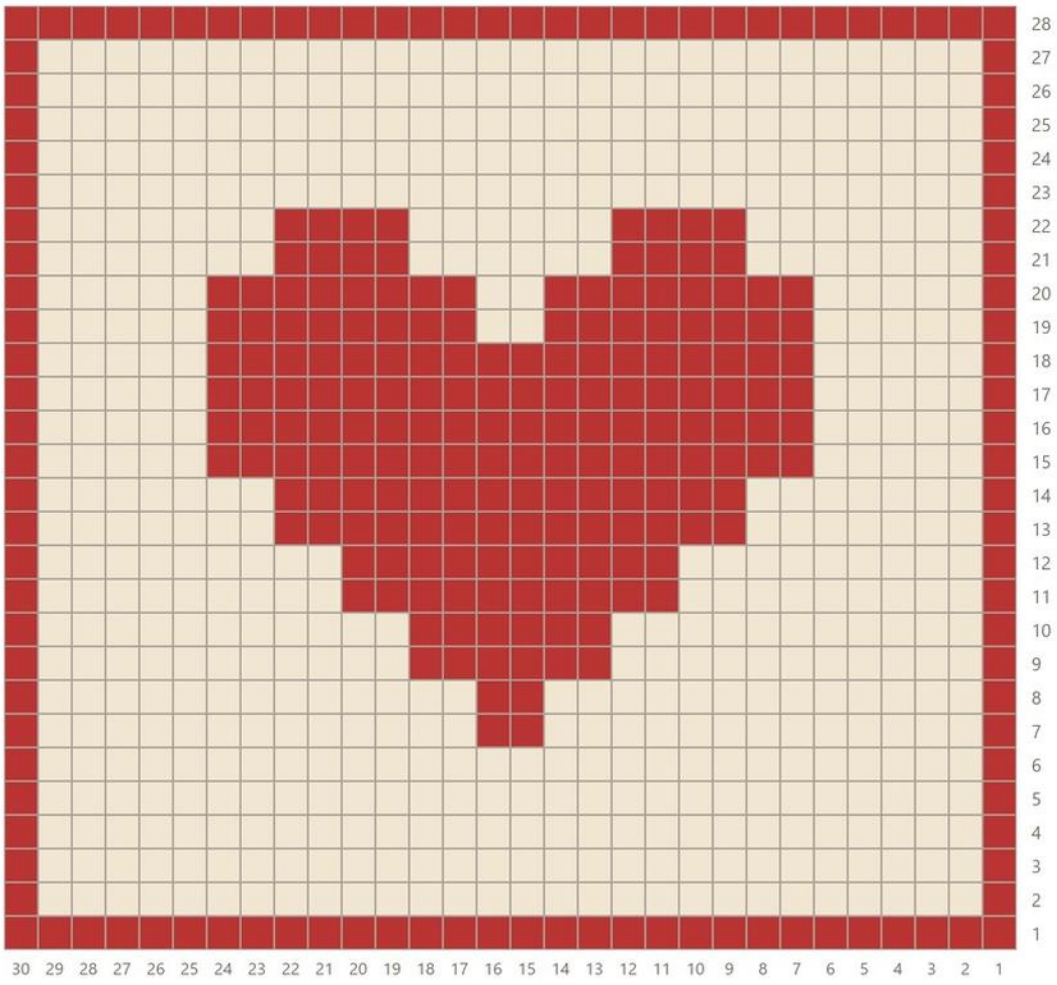
Double-Knit Pot Holder · Standard (30 × 28 pairs)

Front face shown · each square = 1 pair (1 knit + 1 purl) · the back face is the same picture with the colours swapped



Rows are read right to left on the first side and left to right on the way back (bottom row = row 1).

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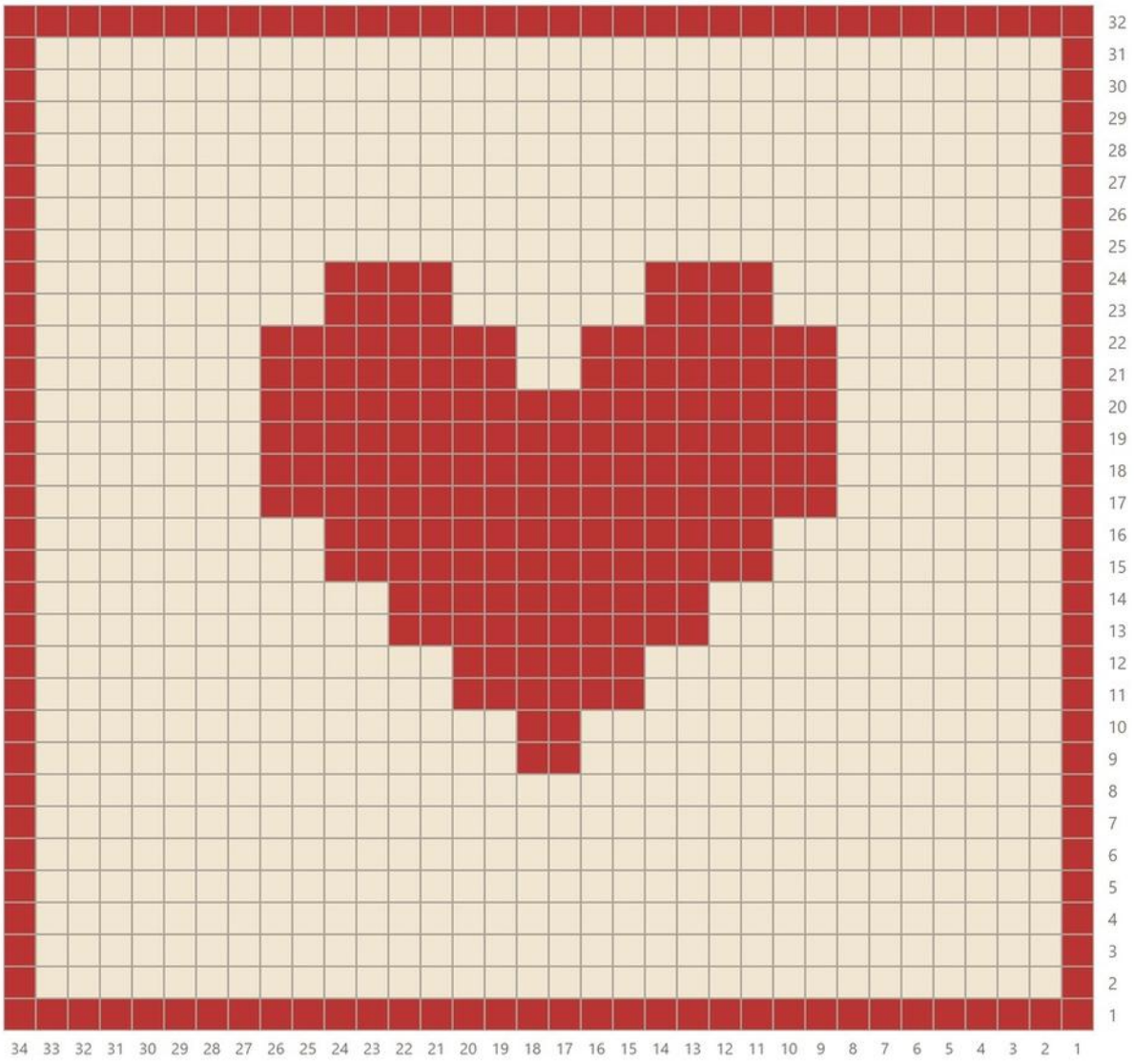
Double-Knit Pot Holder · Large (34 × 32 pairs)

Front face shown · each square = 1 pair (1 knit + 1 purl) · the back face is the same picture with the colours swapped



Rows are read right to left on the first side and left to right on the way back (bottom row = row 1).

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Double-Knit Pot Holder · Sizes

Worsted (#4) cotton (not acrylic: it can melt) · US 6 (4 mm) needles · gauge 18 pairs × 20 rows = 4 in

Size	Pairs × rows	Finished	Worsted cotton
Standard	30 × 28	6.7 × 5.6 in (17 × 14 cm)	red 30 yd, cream 30 yd
Large	34 × 32	7.6 × 6.4 in (19 × 16 cm)	red 40 yd, cream 40 yd

Double knitting makes 2 layers of fabric joined at the colour changes: thick enough for a pot holder with no lining.

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