FREE KNITTING TUTORIAL

How to Knit

The knit stitch, garter stitch and a buttoned ear warmer to practise · US terms

SKILL LEVEL	PRACTICE	YARN
Absolute beginner	**Ear warmer, 3 sizes**	**Bulky (#5)**
NEEDLES	**STITCHES**	**TIME**
US 10.5 (6.5 mm)	**k, k2tog, yo**	**About 2–3 hours**

Materials

- Bulky (#5) yarn: 70 / 80 / 85 yd
- US 10.5 (6.5 mm) straight needles, tapestry needle, 1 button 1 in (25 mm)

Abbreviations (US terms)

k	knit	**st(s)**	stitch(es)
k2tog	knit 2 together	**RS / WS**	right / wrong side
yo	yarn over		

Gauge: 13 sts and 26 rows (13 ridges) = 4 in (10 cm) in garter stitch. This is a typical bulky gauge, so swatch or simply measure as you go.

The knit stitch

In	Needle into the front of the stitch, left to right, behind the left needle.	
Wrap	Yarn round the right needle counter-clockwise.	
Through	Pull the new loop through to the front.	
Off	Slide the old stitch off.	**(1 st)**

Ear warmer, Child

Cast on	Cast on 14 sts with the long-tail cast on, leaving a 10 in (25 cm) tail.	**(14)**
Rows 1–114	Knit every stitch of every row. That's garter stitch. You'll have 57 ridges.	**(14)**
Row 115 (buttonhole)	K6, k2tog, yo, k6.	**(14)**
Rows 116–120	Knit. On the next row, knit the yarn over like any other stitch.	**(14)**
Bind off	Bind off knitwise on the next row, loosely. Cut the yarn, leaving a 6 in (15 cm) tail.	**(0)**
Button	Lay the band round your head with the buttonhole end on top, overlapping 1.5 in (4 cm). Mark the button spot on the cast-on end and sew the button on with the tail.	

Ear warmer, Adult S/M

Cast on	Cast on 14 sts with the long-tail cast on, leaving a 10 in (25 cm) tail.	**(14)**
Rows 1–130	Knit every stitch of every row. That's garter stitch. You'll have 65 ridges.	**(14)**
Row 131 (buttonhole)	K6, k2tog, yo, k6.	**(14)**
Rows 132–136	Knit. On the next row, knit the yarn over like any other stitch.	**(14)**
Bind off	Bind off knitwise on the next row, loosely. Cut the yarn, leaving a 6 in (15 cm) tail.	**(0)**
Button	Lay the band round your head with the buttonhole end on top, overlapping 1.5 in (4 cm). Mark the button spot on the cast-on end and sew the button on with the tail.	

Ear warmer, Adult L

Cast on	Cast on 14 sts with the long-tail cast on, leaving a 10 in (25 cm) tail.	**(14)**
Rows 1–144	Knit every stitch of every row. That's garter stitch. You'll have 72 ridges.	**(14)**
Row 145 (buttonhole)	K6, k2tog, yo, k6.	**(14)**
Rows 146–150	Knit. On the next row, knit the yarn over like any other stitch.	**(14)**
Bind off	Bind off knitwise on the next row, loosely. Cut the yarn, leaving a 6 in (15 cm) tail.	**(0)**
Button	Lay the band round your head with the buttonhole end on top, overlapping 1.5 in (4 cm). Mark the button spot on the cast-on end and sew the button on with the tail.	

What's exact, what's calculated

Exact	Every row was worked in our knitting engine: 14 sts on every row, one buttonhole.
Calculated	Rows, buttonhole row and yarn from the gauge.
Assumed	The gauge. Measure the band round your head before the buttonhole.

How to Knit: the Knit Stitch

In, wrap, through, off · repeat with every stitch on the left needle

1 · In



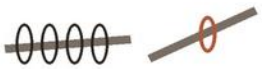
Yarn at the back. Put the right needle into the front of the first stitch, left to right, behind the left needle.

2 · Wrap



Wrap the yarn round the right needle tip counter-clockwise, between the two needles.

3 · Through



Pull the new loop through the stitch to the front with the right needle.

4 · Off



Slide the old stitch off the left needle. 1 knit stitch is on the right needle.

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English vs Continental Knitting

Both make exactly the same knit stitch · pick the one that feels natural

Style	Yarn in	The wrap	Often easier for
English (throwing)	right hand	you wrap with the right index finger	people who also sew or crochet right-handed
Continental (picking)	left hand	you scoop the yarn with the needle tip	crocheters: it holds the yarn like crochet

Tension: the yarn runs over (or between) your fingers so it feeds evenly. Tight stitches? Relax and move the stitches to the thick part of the needle.

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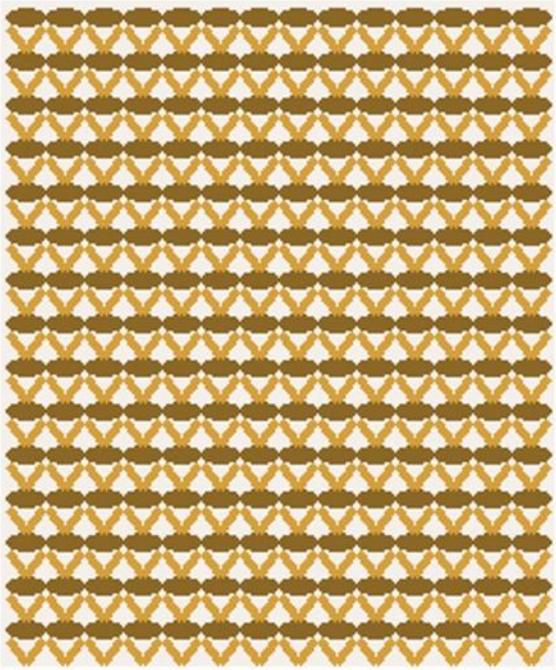
Garter Stitch · Count the Ridges

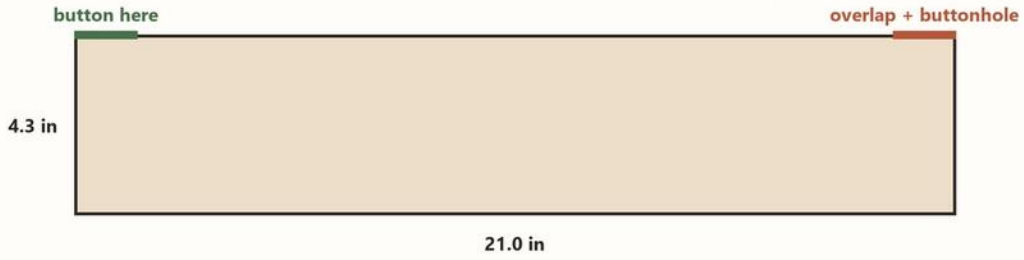
Knit every row and the fabric gets bumpy ridges on both sides · 1 ridge = 2 rows



30 rows of garter simulated stitch by stitch, 14 stitches wide (the ear warmer width). Count the ridges, double them, and you have the rows.

Garter Ear Warmer · Layout

Adult S/M: 21.0 × 4.3 in · knit flat, then buttoned into a ring



136 rows = 68 ridges

buttonhole on row 131

overlap 1.5 in

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Garter Ear Warmer · Sizes

Cast on 14 sts · bulky (#5) yarn · US 10.5 (6.5 mm) needles · gauge 13 sts × 26 rows = 4 in in garter

Size	Head	Band length	Rows	Buttonhole row	Bulky yarn
Child	18 in (46 cm)	18.5 in (47 cm)	120	115	70 yd
Adult S/M	20.5 in (52 cm)	21.0 in (53 cm)	136	131	80 yd
Adult L	22.5 in (57 cm)	23.0 in (58 cm)	150	145	85 yd

Not sure of the size? Knit until the band reaches round your head with a little stretch, then work the buttonhole and 5 more rows.

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