FREE KNITTING TUTORIAL

Stockinette Stitch

How to knit stockinette, stop the curl, plus a hot water bottle cover · US terms

SKILL LEVEL	PRACTICE	YARN
Beginner	**Hot water bottle cover, 2 sizes**	**Worsted (#4) wool**
NEEDLES	**STITCHES**	**TIME**
US 7 (4.5 mm)	**k, p, ssk, k2tog**	**About 4 / 6 hours**

Materials

- Worsted (#4) wool: 120 yd (mini) or 235 yd (standard)
- US 7 (4.5 mm) needles, tapestry needle, a hot water bottle

Abbreviations (US terms)

k / p	knit / purl	**k2tog**	knit 2 together (right-leaning decrease)
ssk	slip, slip, knit 2 together (left-leaning decrease)	**RS / WS**	right / wrong side

Gauge: 18 sts and 24 rows = 4 in (10 cm) in stockinette, a typical worsted value. Never put a cover on a bottle hotter than the bottle maker says.

Cover, Mini (0.75 L) (make 2 pieces)

Cast on	Cast on 27 sts.	**(27)**
Rows 1–6	Knit every row (garter stitch). This hem stops the bottom edge rolling.	**(27)**
Rows 7–46	Stockinette: knit the RS rows, purl the WS rows. The piece measures about 7.7 in (19 cm).	**(27)**
Shoulders, RS rows	K1, ssk, knit to the last 3 sts, k2tog, k1 (2 sts decreased).	
Shoulders, WS rows	Purl.	
Rows 47–62	Repeat the 2 shoulder rows 8 times in all.	**(11)**
Rows 63–77	1x1 rib: RS rows k1, *p1, k1; WS rows p1, *k1, p1. This is the neck.	**(11)**
Bind off	Bind off loosely in rib. Make a second piece the same.	**(0)**
Make up	Hold the pieces right sides out. Mattress stitch both sides up to the start of the rib, then whip stitch the 2 cast-on edges together along the bottom. Slip the cover over the bottle and fold the rib neck down.	

Cover, Standard (2 L) (make 2 pieces)

Cast on	Cast on 39 sts.	**(39)**
Rows 1–6	Knit every row (garter stitch). This hem stops the bottom edge rolling.	**(39)**

Rows 7–64	Stockinette: knit the RS rows, purl the WS rows. The piece measures about 10.7 in (27 cm).	**(39)**
Shoulders, RS rows	K1, ssk, knit to the last 3 sts, k2tog, k1 (2 sts decreased).	
Shoulders, WS rows	Purl.	
Rows 65–88	Repeat the 2 shoulder rows 12 times in all.	**(15)**
Rows 89–106	1x1 rib: RS rows k1, *p1, k1; WS rows p1, *k1, p1. This is the neck.	**(15)**
Bind off	Bind off loosely in rib. Make a second piece the same.	**(0)**
Make up	Hold the pieces right sides out. Mattress stitch both sides up to the start of the rib, then whip stitch the 2 cast-on edges together along the bottom. Slip the cover over the bottle and fold the rib neck down.	

What's exact, what's calculated

Exact	Every row in our knitting engine: counts, mirrored shoulder decreases, neck width.
Calculated	Stitches, rows and yarn from the gauge.
Assumed	The gauge and the bottle sizes.

How to Knit Stockinette Stitch

Knit 1 row, purl 1 row · V's on the front, bumps on the back

1 · Knit the RS rows



On the right side, knit every stitch.

2 · Purl the WS rows



Turn and purl every stitch on the wrong side.

3 · The right side



Smooth columns of little V's: that's stockinette.

4 · The wrong side



Rows of bumps (reverse stockinette).

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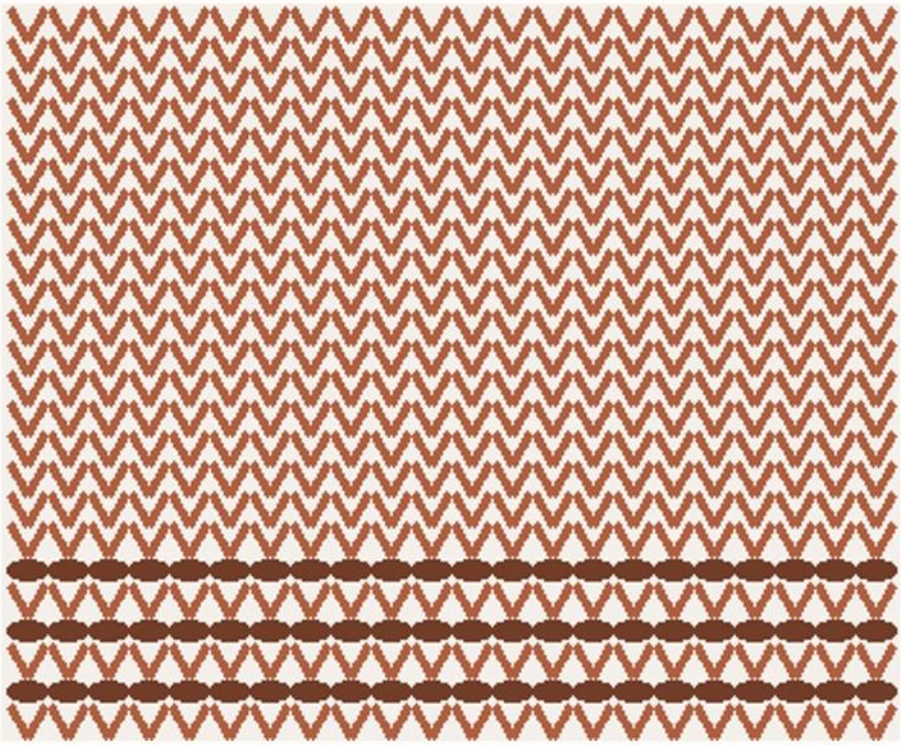
Stockinette Stitch · Simulated

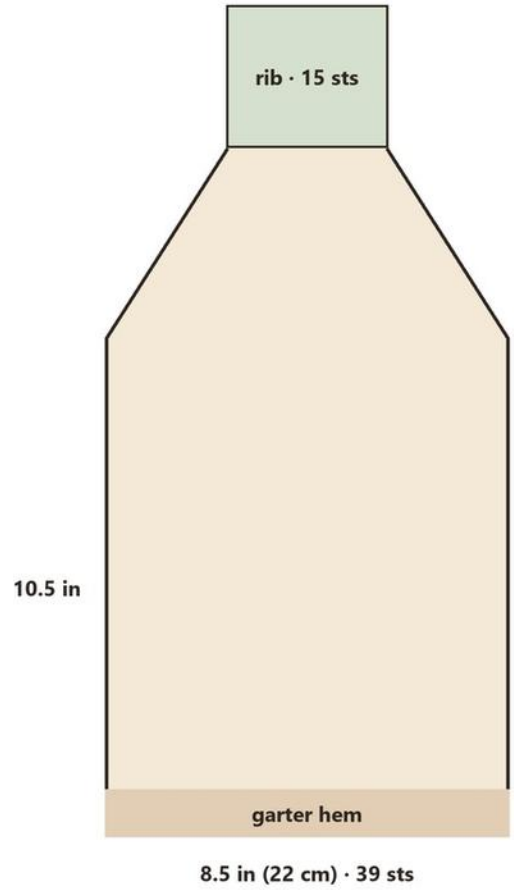
22 sts × 24 rows from the knitting engine · 6 rows of garter at the bottom, then stockinette



Garter (knit every row) makes ridges and lies flat; stockinette makes smooth V's but curls at the edges.

Hot Water Bottle Cover · Piece Shape (Standard (2 L))

39 sts cast on · 12 decrease rows to 15 sts · rib neck · make 2



Stockinette body · shoulders shaped with k1, ssk … k2tog, k1 on RS rows · the cover is the same width as the bottle, so it fits snugly.

Hot Water Bottle Cover · Sizes

Worsted (#4) wool · US 7 (4.5 mm) needles · gauge 18 sts × 24 rows = 4 in in stockinette

Bottle	Body (each piece)	Cast on	Rows to shoulder	Shoulder decreases	Rib rows	Worsted
Mini (0.75 L)	6 × 7.5 in (15 × 19 cm)	27	46	8 → 11 sts	15	120 yd
Standard (2 L)	8.5 × 10.5 in (22 × 27 cm)	39	64	12 → 15 sts	18	235 yd

Measure your bottle flat: if it's wider, add 2 sts for every extra 0.5 in (1.3 cm).

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