FREE KNITTING TUTORIAL

# Tubular Cast On

Italian and waste-yarn tubular cast-on for 1x1 rib, plus a watch cap in 3 sizes · US terms

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|---|---|---|
| SKILL LEVEL<br>**Intermediate** | PRACTICE<br>**Watch cap, 3 sizes** | YARN<br>**Worsted (#4) wool** |
| NEEDLES<br>**US 6 + US 7, 16 in** | STITCHES<br>**k1 sl1 wyif, k1 p1, p3tog** | TIME<br>**About 6 / 8 / 9 hours** |

## Materials

- Worsted (#4) wool: 210 yd (child), 265 yd (adult S), 300 yd (adult L)
- US 6 (4 mm) needle for the cast-on; US 7 (4.5 mm) 16 in (40 cm) circular and a 32 in (80 cm) circular or DPNs for the crown
- 6 or 8 stitch markers, tapestry needle; smooth waste yarn if you use the waste-yarn version

## Abbreviations (US terms)

| | | | |
|---|---|---|---|
| **k / p** | knit / purl | **p3tog** | purl 3 together |
| **sl1 wyif** | slip 1 purlwise, yarn in front | **k2tog** | knit 2 together |
| **yo** | yarn over | **RS / WS** | right / wrong side |

Gauge: 22 sts and 28 rounds = 4 in (10 cm) in 1x1 rib on US 7, gently stretched. An assumed typical worsted value: swatch first.

The hat is written with the Italian cast-on. For the waste-yarn version, work the cast-on line from the last section instead; the set-up rows and everything after are the same.

## Watch cap, Child (head 19 in / 48 cm)

| | | |
|---|---|---|
| **Cast on** | With the smaller needle, Italian tubular cast on 96 sts, starting with a knit loop and ending with a purl bump. | **(96)** |
| **Set-up 1 (WS)** | *K1, sl1 wyif*; repeat to the end. | **(96)** |
| **Set-up 2 (RS)** | *K1, sl1 wyif*; repeat to the end. | **(96)** |
| **Join** | Change to the US 7 circular on the next round; place a marker and join without twisting. | **(96)** |
| **Rounds 1–51** | *K1, p1*; repeat around. The hat measures about 7.4 in (19 cm) from the cast-on edge. | **(96)** |
| **Crown** | Place a marker every 16 sts (6 sections). Switch to magic loop or DPNs when the stitches get tight. | **(96)** |
| **Rnd 52 (dec)** | *(K1, p1) 6 times, k1, p3tog*; repeat 6 times. | **(84)** |
| **Rnd 53** | *K1, p1* around. | **(84)** |
| **Rnd 54 (dec)** | *(K1, p1) 5 times, k1, p3tog*; repeat 6 times. | **(72)** |

| | | |
|---|---|---|
| **Rnd 55** | *K1, p1* around. | **(72)** |
| **Rnd 56 (dec)** | *(K1, p1) 4 times, k1, p3tog*; repeat 6 times. | **(60)** |
| **Rnd 57** | *K1, p1* around. | **(60)** |
| **Rnd 58 (dec)** | *(K1, p1) 3 times, k1, p3tog*; repeat 6 times. | **(48)** |
| **Rnd 59** | *K1, p1* around. | **(48)** |
| **Rnd 60 (dec)** | *(K1, p1) 2 times, k1, p3tog*; repeat 6 times. | **(36)** |
| **Rnd 61** | *K1, p1* around. | **(36)** |
| **Rnd 62 (dec)** | *K1, p1, k1, p3tog*; repeat 6 times. | **(24)** |
| **Rnd 63 (dec)** | *K1, p3tog*; repeat 6 times. | **(12)** |
| **Rnd 64 (dec)** | K2tog around. | **(6)** |
| **Finish** | Cut the yarn, thread it through the last 6 sts twice and pull tight. Close the small gap at the cast-on with the tail. Weave in the ends. Fold the brim up 2 in (5.1 cm). | |

## Watch cap, Adult S (head 21 in / 53 cm)

| | | |
|---|---|---|
| **Cast on** | With the smaller needle, Italian tubular cast on 108 sts, starting with a knit loop and ending with a purl bump. | **(108)** |
| **Set-up 1 (WS)** | *K1, sl1 wyif*; repeat to the end. | **(108)** |
| **Set-up 2 (RS)** | *K1, sl1 wyif*; repeat to the end. | **(108)** |
| **Join** | Change to the US 7 circular on the next round; place a marker and join without twisting. | **(108)** |
| **Rounds 1–58** | *K1, p1*; repeat around. The hat measures about 8.4 in (21 cm) from the cast-on edge. | **(108)** |
| **Crown** | Place a marker every 18 sts (6 sections). Switch to magic loop or DPNs when the stitches get tight. | **(108)** |
| **Rnd 59 (dec)** | *(K1, p1) 7 times, k1, p3tog*; repeat 6 times. | **(96)** |
| **Rnd 60** | *K1, p1* around. | **(96)** |
| **Rnd 61 (dec)** | *(K1, p1) 6 times, k1, p3tog*; repeat 6 times. | **(84)** |
| **Rnd 62** | *K1, p1* around. | **(84)** |
| **Rnd 63 (dec)** | *(K1, p1) 5 times, k1, p3tog*; repeat 6 times. | **(72)** |
| **Rnd 64** | *K1, p1* around. | **(72)** |
| **Rnd 65 (dec)** | *(K1, p1) 4 times, k1, p3tog*; repeat 6 times. | **(60)** |
| **Rnd 66** | *K1, p1* around. | **(60)** |
| **Rnd 67 (dec)** | *(K1, p1) 3 times, k1, p3tog*; repeat 6 times. | **(48)** |
| **Rnd 68** | *K1, p1* around. | **(48)** |
| **Rnd 69 (dec)** | *(K1, p1) 2 times, k1, p3tog*; repeat 6 times. | **(36)** |
| **Rnd 70** | *K1, p1* around. | **(36)** |
| **Rnd 71 (dec)** | *K1, p1, k1, p3tog*; repeat 6 times. | **(24)** |

| | | |
|---|---|---|
| **Rnd 72 (dec)** | *K1, p3tog*; repeat 6 times. | **(12)** |
| **Rnd 73 (dec)** | K2tog around. | **(6)** |
| **Finish** | Cut the yarn, thread it through the last 6 sts twice and pull tight. Close the small gap at the cast-on with the tail. Weave in the ends. Fold the brim up 2.5 in (6.3 cm). | |

## Watch cap, Adult L (head 23 in / 58 cm)

| | | |
|---|---|---|
| **Cast on** | With the smaller needle, Italian tubular cast on 112 sts, starting with a knit loop and ending with a purl bump. | **(112)** |
| **Set-up 1 (WS)** | *K1, sl1 wyif*; repeat to the end. | **(112)** |
| **Set-up 2 (RS)** | *K1, sl1 wyif*; repeat to the end. | **(112)** |
| **Join** | Change to the US 7 circular on the next round; place a marker and join without twisting. | **(112)** |
| **Rounds 1–67** | *K1, p1*; repeat around. The hat measures about 9.7 in (25 cm) from the cast-on edge. | **(112)** |
| **Crown** | Place a marker every 14 sts (8 sections). Switch to magic loop or DPNs when the stitches get tight. | **(112)** |
| **Rnd 68 (dec)** | *(K1, p1) 5 times, k1, p3tog*; repeat 8 times. | **(96)** |
| **Rnd 69** | *K1, p1* around. | **(96)** |
| **Rnd 70 (dec)** | *(K1, p1) 4 times, k1, p3tog*; repeat 8 times. | **(80)** |
| **Rnd 71** | *K1, p1* around. | **(80)** |
| **Rnd 72 (dec)** | *(K1, p1) 3 times, k1, p3tog*; repeat 8 times. | **(64)** |
| **Rnd 73** | *K1, p1* around. | **(64)** |
| **Rnd 74 (dec)** | *(K1, p1) 2 times, k1, p3tog*; repeat 8 times. | **(48)** |
| **Rnd 75** | *K1, p1* around. | **(48)** |
| **Rnd 76 (dec)** | *K1, p1, k1, p3tog*; repeat 8 times. | **(32)** |
| **Rnd 77 (dec)** | *K1, p3tog*; repeat 8 times. | **(16)** |
| **Rnd 78 (dec)** | K2tog around. | **(8)** |
| **Finish** | Cut the yarn, thread it through the last 8 sts twice and pull tight. Close the small gap at the cast-on with the tail. Weave in the ends. Fold the brim up 2.5 in (6.3 cm). | |

## Waste-yarn version of the start (adult S)

| | | |
|---|---|---|
| **Cast on** | With waste yarn and the smaller needle, cast on 54 sts and knit 3 rows. Change to the main yarn. Row 1 (RS): *k1, yo*; repeat to the end. | **(108)** |
| **Set-up 1 (WS)** | *K1, sl1 wyif*; repeat to the end. | **(108)** |
| **Set-up 2 (RS)** | *K1, sl1 wyif*; repeat to the end. | **(108)** |
| **Later** | Once the hat is a few inches long, snip the waste yarn and pull it out stitch by stitch. The main-yarn edge stays closed. | |

## What's exact, what's calculated

| | |
|---|---|
| **Exact** | Stitch counts checked round by round; set-up rows checked layer by layer; rib alternation checked after every decrease; 1 st per section at the end. |
| **Calculated** | Cast-on, rounds and yarn from the gauge and head size. |
| **Assumed** | The gauge and the height for each head size. |

# How to Do the Tubular Cast On

1x1 rib with no cast-on ridge · the edge rolls round from front to back

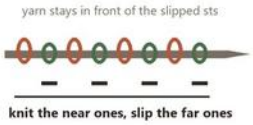
### 1 · Cast on



**front = knit · back = purl**

Italian tubular: the yarn zigzags round the needle, a knit loop in front, a purl bump behind.

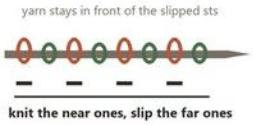
### 2 · Set-up row 1




**knit the near ones, slip the far ones**

Turn. *K1, sl1 wyif*: knit each stitch facing you, slip each far one with the yarn in front.

### 3 · Set-up row 2




**knit the near ones, slip the far ones**

Turn and repeat *k1, sl1 wyif*. Each layer has now had 1 row: a tiny tube.

### 4 · Into rib



**k1, p1: V, bump, V, bump**

Join and work *k1, p1*. The front layer becomes the knits, the back layer the purls.

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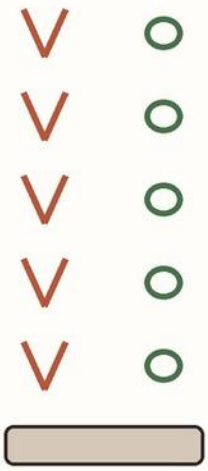
# Why the Tubular Edge Looks Round

the cast-on seen from the side: 1x1 rib, front layer left, back layer right

**Long-tail cast on**



a flat bar of cast-on loops
sits under both layers

**Tubular cast on**

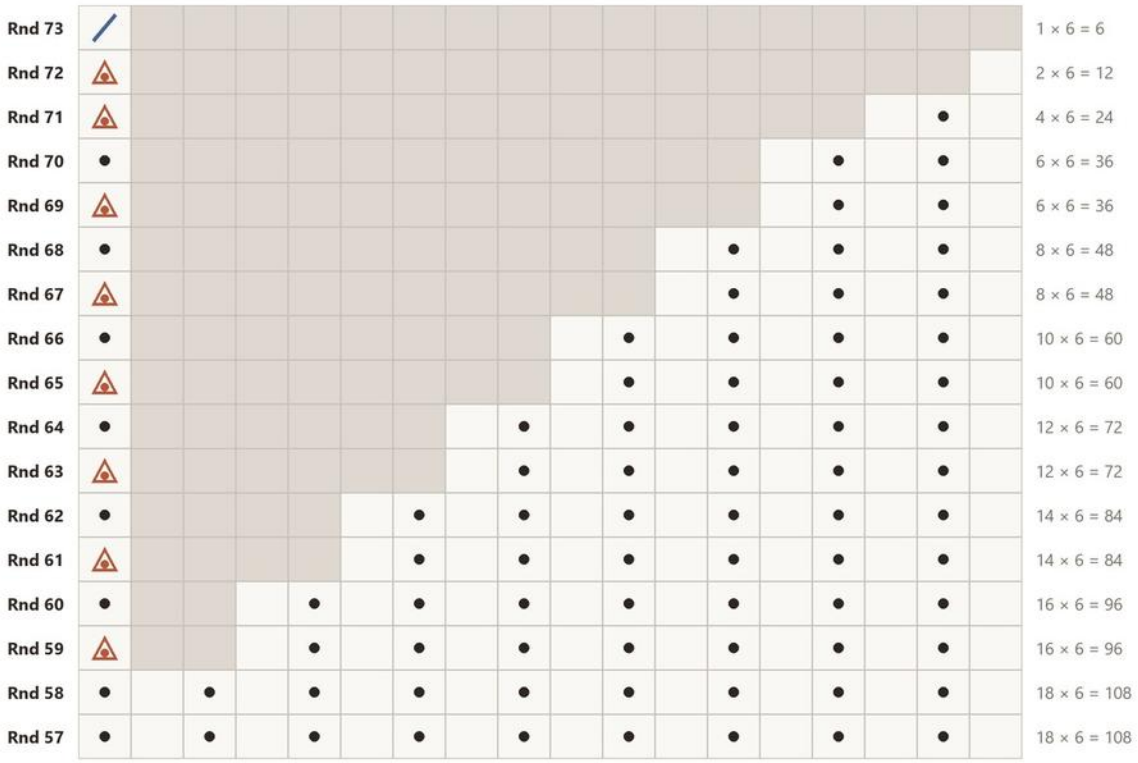


the yarn runs front, back, front:
the edge is the fold of a tube

Orange V = knit column on the front layer · green bump = purl column (the back layer)

# Crown · 1 of 6 Sections (Adult S)

18 sts per section, 108 sts in all · read every round from right to left




Blank = knit · dot = purl · orange triangle = p3tog (purl, knit, purl together) · blue / = k2tog · grey = no stitch

Each p3tog hides 1 knit column in a purl valley, so the rib stays k1, p1 to the top.

# Watch Cap · Adult S, Laid Flat Before Folding

108 sts round (9.8 in flat, stretches to fit) · 73 rounds after the set-up rows




Blue = the brim that folds up (2.5 in, 6.3 cm) · green line = the crown, 15 rounds in 6 sections

Worn: about 8 in (20 cm) from the fold to the top of the crown

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# Folded-Brim Watch Cap · Sizes

Worsted (#4) wool · US 6 (4 mm) for the cast-on, US 7 (4.5 mm) for the rib · gauge 22 sts × 28 rounds = 4 in in 1x1 rib, gently stretched (assumed)

| Size | Head | Cast on | Hat around | Sections | Rib + crown rnds | Worn height | Worsted |
|---|---|---|---|---|---|---|---|
| **Child** | 19 in (48 cm) | 96 | 17.5 in (44 cm) | 6 × 16 | 51 + 13 | 7.25 in (18 cm) | 210 yd |
| **Adult S** | 21 in (53 cm) | 108 | 19.6 in (50 cm) | 6 × 18 | 58 + 15 | 8 in (20 cm) | 265 yd |
| **Adult L** | 23 in (58 cm) | 112 | 20.4 in (52 cm) | 8 × 14 | 67 + 11 | 8.75 in (22 cm) | 300 yd |

The hat is 1.4 to 2.6 in smaller than the head; 1x1 rib stretches to fit snugly.

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