

# 4-H Knitting Member Guide



In your knitting project, you'll learn a very old skill that people have been doing for nearly 1,800 years. As you progress through the different phases, you'll use many kinds of yarn and designs.

In the 4-H knitting project, you can learn to:

- Knit articles for yourself and others
- Select, use, and care for knitting tools
- Work and share with others in your club
- Keep simple records of your project and activities

The 4-H knitting project is divided into two divisions: **knitting with hand-held needles** and **knitting with looms, boards, and machines**.

1. Knitting with hand-held needles has six phases. Each phase builds on skills learned in previous phases. You may extend any phase longer than 1 year to experience and master the skills.
2. Knitting with looms and boards has three levels plus learning to use knitting machines.

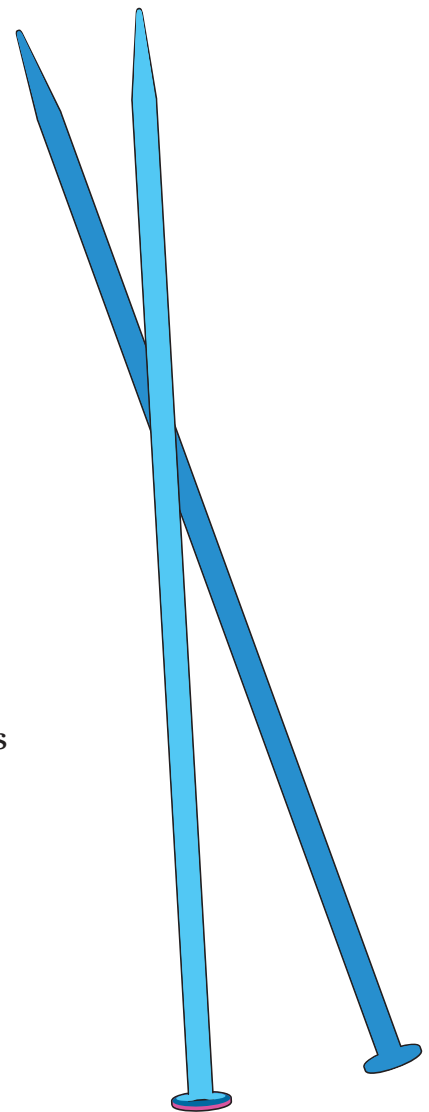
Skills to learn and suggested articles to make are outlined for each phase in the charts that follow.

Your club leader will help you learn how to do basic stitches and find patterns to use as you learn. When you reach the advanced phases, you'll need to choose patterns from pattern books, needlework books, and magazines available at newsstands, notions counters, fabric stores, or specialty shops that sell yarn and thread.

If you want to show others what you learn in the knitting project, check with your leader about exhibiting articles at fairs or other community events. If you make an article to wear, you might like to model it in your county 4-H fashion revue.

Giving a presentation at a club meeting, contest, or community center is another way to share with others what you've learned. Sharing also happens when you make a gift for someone using the skills you've learned in the project.

Knitted items can be felted when knit from yarns suitable for felting. If this interests you, explore the Felting project in Expressive Arts. Check the fair book for exhibit classes combining knitting and felting.



# Knitting with Hand-held Needles

Phase	Skills to learn	Other things to learn	Suggested articles to make	Fair exhibit classes
			<i>(Article knitting instructions must include one or more skills that the member is to learn.)</i>	<ul style="list-style-type: none"> <li>• Wearable</li> <li>• Nonwearable</li> <li>• Hands for Larger Service</li> </ul>
<b>1</b>	Cast on Knit Purl Bind off	Knitting tools Knitting terms Making an overcast seam Winding yarn from hanks Reading simple directions	Articles that show knit and/or purl stitches: slippers pillow purse afghan square simple toy poncho bag hat pincushion belt scarf headband dishcloth	One exhibit per class: article showing one or more skills learned (cast on, knit stitch, purl stitch, bind off, overcast seam)
<b>2</b>	Ribbing Stockinette stitch Increase Decrease	More knitting terms Another kind of seam About gauge About tension Make a swatch Recognize and correct mistakes	Articles that show ribbing, stockinette stitch, increases, and/or decreases in addition to previous skills and stitches learned: shell tunic hat bolero slippers toy dishcloth beret dog sweater tote bag	One exhibit per class: article showing one or more new skills learned (ribbing, stockinette stitch, increases, decreases, new seam type)
<b>3</b>	Pick-up stitches Blocking a garment	Buttonholes Different seams How to measure for fit Using circular needles (do not use four needles yet) More about yarns	Articles that show pick-up stitches in addition to previous skills and stitches learned: sweater poncho vest tunic	One exhibit per class: article showing one or more new skills learned (pick-up stitches)
<b>4</b>	Pattern stitch  <i>*This phase is particularly suited to extend longer than 1 year to learn different pattern stitches.</i>	Determine multiple of stitches Review basic skills and try other methods (cast-ons, bind-offs, etc.) Make swatches of pattern stitches Make swatches of new methods	Articles made with a pattern stitch in addition to previous skills and stitches learned: sweater scarf vest bag tunic cape poncho hat	One exhibit per class: article showing a pattern stitch
<b>5</b>	Mix colors Combine colors to create a design (no stripes)	Carry yarn Bobbin knitting Reading a graph Duplicate stitch	Articles made with a mixed color technique in addition to previous skills and stitches learned: sweater tunic jacket cape poncho vest bag pillow	One exhibit per class: article showing mixed colors (no stripes)
<b>6</b>	Freelance options A. Knit with four needles or circular needles B. Combine knit with fabric or leather. Knit piece to garment shape desired. C. Draft pattern for a fitted knitted garment (include pattern) D. Knitted lace attached to a garment or article E. Pattern stitch (new pattern)  F. Mixed colors (new method—no stripes)		A. Mittens, gloves, socks, hats B. Coat, jacket, top  C. Any garment  D. Linens, gloves, dress, blouse E. Sweater, afghan, coat, toys, pillow F. Sweater, afghan, pillow, bag	One exhibit per class: article showing selected option

# Knitting with Looms and Boards / Machine Knitting

Phase	Skills to learn	Other things to learn	Suggested articles to make	Fair exhibit classes
<i>Each level may extend beyond 1 year</i>			<i>(Article knitting instructions must include one or more skills that the member is to learn.)</i>	<ul style="list-style-type: none"> <li>• Wearable</li> <li>• Nonwearable</li> <li>• Hands for Larger Service</li> </ul>
Beginning Skills	Cast on E-wrap (twisted knit stitch) Gathering removal Flat removal Colored stripes	Reading simple instructions Understanding gauge and tension Changing color or yarn Seaming methods	Articles that show one or more of the skills listed: hat scarf purse pillow bag toy	One exhibit per class: article showing one or more skills learned as listed for this level
Expanding Skills	Cast-on (new method) Purl stitch Knit stitch Ribbing Increase Decrease Joining	Recognize and correct mistakes More about yarns	Articles that show one or more of the skills listed: hat puppet purse doll bag doll sweater scarf stuffed animal socks pillow slippers afghan mittens blanket sweater	One exhibit per class: article showing one or more skills learned as listed for this level
Advanced Skills	Multiple-color designs New stitches or patterns: - Seed stitch - Rice stitch - Moss stitch - Box stitch - Single chevron - Cables - Basket weave - Others Creating eyelets or holes Joining tubes or sections		Articles that show one or more of the skills listed: hat doll sweater purse stuffed animal bag pillow scarf afghan puppet blanket doll	One exhibit per class: article showing one or more skills learned as listed for this level
Machine Knitting	Use of a knitting machine	Instructions associated with the machine	Any article showing use of the machine	One exhibit per class: article showing one or more skills learned as listed for this level

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