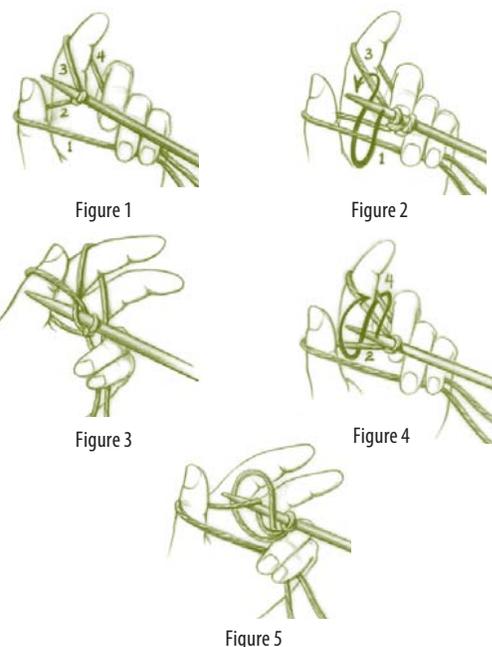


## CAST-ONS

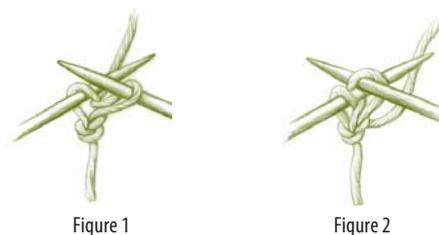
### 1 x 1 Rib Cast-On

Leaving a long tail (about ½" [1.3 cm] for each stitch to be cast on), make a slipknot and place on right needle. The slipknot counts as the first stitch. Place thumb and index finger of your left hand between the yarn ends so that working yarn is around your index finger and tail end is around your thumb, then secure the yarn ends with your other fingers. Hold your palm upwards, making a V of yarn. There will be four strands of yarn: 1, 2, 3, and 4 (Figure 1). \*Bring the needle under strand 1, from front to back, then bring it over the top of strand 3 (Figure 2) and down through the loop around your thumb (Figure 3). Drop the loop off your thumb and, placing your thumb back in the V configuration, tighten up the resulting stitch on the needle. Then bring the needle under strand 4, from back to front, then **under** strand 2 (Figure 4) and back through the loop around your index finger (Figure 5) and, placing your index finger back in the V configuration, tighten up the resulting stitch on the needle. There will now be 2 more stitches on the needle. Repeat from \* for the desired number of stitches.



### Knitted Cast-On

Make a slipknot of working yarn and place on the left needle if there are no stitches already there. \*Use the right needle to knit the first stitch (or slipknot) on left needle (Figure 1) and place new loop onto left needle to form a new stitch (Figure 2). Repeat from \* for the desired number of stitches, always knitting into the last stitch made.



### Long-Tail (Continental) Cast-On

Leaving a long tail (about ½" [1.3 cm] for each stitch to be cast on), make a slipknot and place on right needle. Place thumb and index finger of your left hand between the yarn ends so that working yarn is around your index finger and tail end is around your thumb and secure the yarn ends with your other fingers. Hold your palm upwards, making a V of yarn (Figure 1). \*Bring needle up through loop on thumb (Figure 2), catch first strand around index finger, and go back down through loop on thumb (Figure 3). Drop loop off thumb and, placing thumb back in V configuration, tighten resulting stitch on needle (Figure 4). Repeat from \* for the desired number of stitches.

