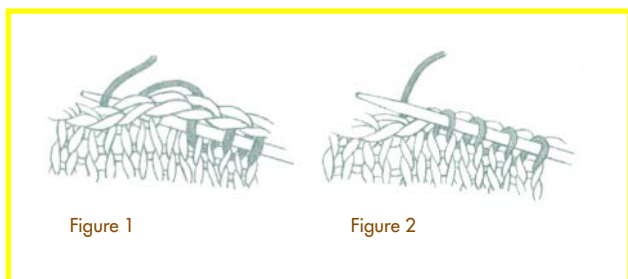


PICK UP AND KNIT

Pick Up and Knit Along Bind-Off or Cast-On Edge

With right side facing and working from right to left, insert the tip of the needle into the center of the stitch below the bind-off or cast-on edge (Figure 1), wrap yarn around needle, and pull through a loop (Figure 2). Pick up one stitch for every existing stitch.



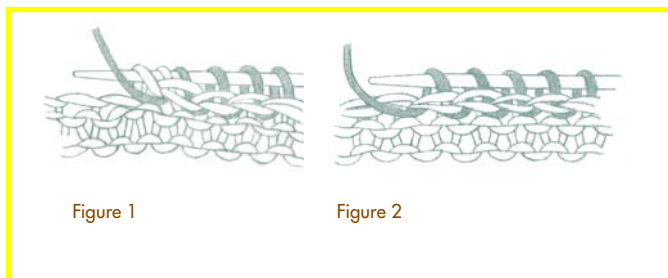
Pick Up and Knit Along Shaped Edge

With right side facing and working from right to left, insert tip of needle between last and second-to-last stitches, wrap yarn around needle, and pull through a loop. Pick up and knit about three stitches for every four rows, adjusting as necessary so that picked-up edge lays flat.



Pick Up and Purl

With wrong side of work facing and working from right to left, *insert needle tip under selvedge stitch from the far side to the near side (Figure 1), wrap yarn around needle, and pull a loop through (Figure 2). Repeat from * for desired number of stitches.



SEAMS

Mattress Stitch

Place the pieces to be seamed on a table, right sides facing up. Begin at the lower edge and work upward as follows for your stitch pattern:

Stockinette Stitch with One-Stitch Seam Allowance

Insert threaded needle under one bar between the two edge stitches on one piece, then under the corresponding bar plus the bar above it on the other piece (Figure 1). *Pick up the next two bars on the first piece (Figure 2), then the next two bars on the other (Figure 3). Repeat from *, ending by picking up the last bar or pair of bars on the first piece.

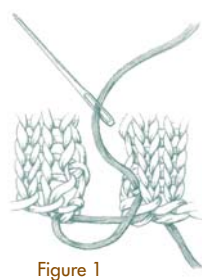


Figure 1



Figure 2



Figure 3

Stockinette Stitch with Half-Stitch Seam Allowance

To reduce bulk in the mattress stitch seam, work as for the one-stitch seam allowance but pick up the bars in the center of the edge stitches instead of between the last two stitches.