



4-H Member Project Guides

NEEDLEWORK

Knitting





Purpose

To have fun while learning how to use two or more needles and yarn/thread to create useful, well-made items through the needle art of knitting.

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4-H Needlework—Young Junior Knitting Member Project Guide (Ages 9 to 11)

Learn to Knit

Knitting is a fun activity to learn and do. It is easy to take with you from place to place. Once you learn the basics of casting on, knitting and purling, and binding off, you will be able to make all sorts of great things for yourself, your friends, and your family. So grab your needles and yarn, and let's learn to knit!

DO

Learn new skills.

You will learn to:

- Cast on stitches
- Bind off stitches
- Make the knit stitch
- Make the purl stitch
- Check gauge
- Control yarn tension
- Increase and decrease stitches
- Sew simple seams
- Follow simple directions
- Make fringe

APPLY

Using the skills listed above, make several practice items before completing a final project. Remember to keep a record of what you have knitted.

What you will do:

Practice the techniques and skills—learn by doing

The more you practice, the better you will become. Make one or more of the suggested Practice/Service Projects. Consider giving some of these as gifts to friends or family. Practice projects include: a pin cushion, coasters, a soft drink can holder, and dish cloth.

Practice/Service Projects cannot be exhibited in 4-H Needlework at the Kentucky State Fair.

Knit and exhibit a final project

Create one item using one-color, 4-ply worsted-weight yarn. Item must include beginning skills of knit and/or purl stitches; increases and decreases are optional. Suggestions: Scarf, hat, pillow, or purse.

Keep a record of what you have knitted

Take time to fill out the 4-H Needlework Record for your project. Check off the skills you have learned. Store the record in a folder or three-ring notebook to review before you begin next year's project.



What you will need:

- Size 8 or 9 straight knitting needles (preferred length is 10 inches)
- 4-ply worsted-weight yarn
- Gauge ruler/tape measure
- Yarn needle
- Scissors
- Point protectors

SHARE

Show others what you have learned.

What you can do:

- Participate in your club, county, district, and/or state Demonstration Contest
- Exhibit at your county Fair, Festival, and/or Rally Day and the Kentucky State Fair (4-H Project Card required)
- Investigate participating in your county Fashion Revue

Clutter Control

Equipment and supplies have a tendency to get lost. Here are some suggestions to help keep everything safe and in good condition:

- Use a pencil box, eye glass case, travel toothbrush holder to hold small items such as hooks, T-pins, yarn needles, tape measure, pencil, and notepad (put your name on it)
- Use zip top plastic bags to hold your knitting samples
- Use a cloth or sturdy bag with handles to carry all supplies and materials
- Use a pocket folder or three-ring binder to store handouts and patterns

Source: Marjorie Baker, Extension Associate, Family & Consumer Sciences

Mary Hixson, County Agent for Family & Consumer Sciences



4-H Needlework—Beginner Knitting Member Project Guide

Knit One and Purl, Too!

Knitting is fun to learn and do. A knitting project is easy to take with you from place to place. Once you learn the basics of casting on, knitting and purling, and binding off, you will be able to make all sorts of great things for yourself, your friends, and your family. So, grab your needles and yarn, and let's knit!

DO

Learn new skills.

You will learn to:

- Cast on stitches
- Bind off stitches
- Make the knit stitch
- Make the purl stitch
- Check gauge
- Control yarn tension
- Increase and decrease stitches
- Sew simple seams
- Follow simple directions/read a pattern
- Make fringe, pom-poms, or tassels
- Clean and block
- Change colors
- Create pattern stitches

APPLY

Using the skills above as well as others you may have already learned, make several practice items before completing a final project. Remember to keep a record of what you have knitted.

What you will do:

- Practice the techniques and skills—learn by doing**

The more you practice, the better you will become. Make one or more of the suggested Practice/Service Projects. Consider giving some of these as gifts to friends or family. Practice Projects include: pincushion (cast on, garter stitch, rib stitch, stockinette stitch, binding off); coasters (cast on, garter stitch, pattern stitches, binding off); and soft drink can holder (cast on, rib stitch, decrease, simple seam).

Practice/Service Projects cannot be exhibited in 4-H Needlework at the Kentucky State Fair.

- Knit and exhibit a final project**

Make one item or a pair of items. Yarn other than 4-ply worsted-weight, including novelty and sport or bulky weight, may be used. Item/pair must include beginning skills of knit and/or purl stitches; increases and decreases are optional. Your project may include the use of two colors and one pattern stitch. Suggestions: scarf, hat, pillow, purse, slippers, mittens, small afghan, and shawl.



Keep a record of what you have knitted

Take time to fill out the 4-H Needlework Record. Check off the skills you have learned. Store the record in a folder or three-ring notebook to review before you begin next year's project.

What you will need:

- Size 8 or 9 straight knitting needles or size required by pattern
- 4-ply worsted-weight yarn
- Scissors
- Gauge ruler/tape measure
- Stitch holder
- Yarn needle
- Cable holder
- Point protectors

SHARE

Show others what you have learned.

What you can do:

- Participate in your club, county, district, or state Demonstration Contest
- Exhibit at your county Fair, Festival, and/or Rally Day and the Kentucky State Fair (4-H Project Card required)
- Investigate participating in your county and/or state* Fashion Revue if your project is wearable

**State Fashion Revue participants must be 14 years old by Jan. 1 of the current year.*

Clutter Control

Equipment and supplies have a tendency to get lost. Here are some suggestions to help keep everything safe and in good condition:

- Use a pencil box, eye glass case, travel toothbrush holder to hold small items such as hooks, T-pins, yarn needles, tape measure, pencil, and notepad (put your name on it)
- Use zip top plastic bags to hold your knitting samples
- Use a cloth or sturdy bag with handles to carry all supplies and materials
- Use a pocket folder or three-ring binder to store handouts and patterns

Source: Marjorie Baker, Extension Associate, Family & Consumer Sciences

Mary Hixson, County Agent for Family & Consumer Sciences



4-H Needlework—Intermediate Knitting Member Project Guide

Keep on Knitting

New yarns in great colors and textures are being introduced every day. Now that you have learned the basics of knitting, you are ready to venture into new skills and techniques. Knitting in the round goes quickly and has no bulky seams. And remember when your stitches fell off your needle and your leader so kindly put them back on for you? Now you can learn to do this for yourself. So grab your gear, and let's keep on knitting!

DO

Learn new skills and refine old ones.

You can learn to:

- Pick up stitches
- Knit short rows
- Slip stitches
- Do circular knitting
- Duplicate stitch
- Double knit
- Recognize and fix mistakes/dropped stitches
- Block your completed item

APPLY

Using the skills listed above, make several practice items before completing a final project.

What you will do:

Practice the techniques and skills—learn by doing

The more you practice, the better you will become. Make one or more of the suggested Practice/Service Projects. Consider giving some of these as gifts to friends and family. Practice Projects include: dishcloth (pattern stitches), mosaic mat (following a chart), and miniature stocking (knitting with four needles, short rows, pick up stitches, color changes).

Try a Service Project—learn by sharing

Afghan blocks can be knitted and assembled to make afghans for the homeless or to distribute at nursing homes. (Knit blocks 7-by-9 inches to practice controlling your gauge). Small hats can be made for premature babies in hospitals. Larger hats and scarves can be given to other local charities.

Practice/Service Projects cannot be exhibited in 4-H Needlework at the Kentucky State Fair.



☑ **Knit and exhibit a final project**

Make one item or a pair of items using the intermediate skills of pick up stitches, multiple color changes (stripes/mosaic), and/or circular knitting. Yarns other than 4-ply worsted-weight yarn may be used. Suggestions: hat, vest, socks, sweater, gloves, mittens.

☑ **Keep a record of what you have knitted**

Take time to fill out the 4-H Needlework Record for this project. Be sure to list skills you have attempted as well as those you believe you have mastered. Store the record in a folder or three-ring notebook to review before you begin next year's project.

What you may need:

- Yarn
- Needle sizer
- Row counter
- Straight knitting needles
- Crochet hook
- Gauge ruler
- Circular needles
- Markers
- Tape measure
- Double-pointed needles
- Stitch holders
- Yarn needle
- Point protectors

SHARE

Show others what you have learned.

What you can do:

- Participate in your club, county, district, and/or state Demonstration Contest
- Exhibit at your county Fair, Festival, and/or Rally Day and the Kentucky State Fair (4-H Project Card required)
- Participate in your county and state* Fashion Revue if your project is wearable

**State Fashion Revue participants must be 14 years old by Jan. 1 of the current year.*

Clutter Control

Equipment and supplies have a tendency to get lost. Here are some suggestions to help keep everything safe and in good condition:

- Use a 1-gallon bag with a zip top for your knitting project (put your name on it)
- Use a small container to hold your basic small equipment
- Use a cloth or sturdy bag with handles to carry all supplies
- Use a pocket folder or three-ring binder to store handouts and patterns

Source: Marjorie Baker, Extension Associate, Family & Consumer Sciences

Mary Hixson, County Agent for Family & Consumer Sciences



4-H Needlework—Advanced Knitting Member Project Guide

Knitter's Choice

The choice is yours! Knitting color designs can be exciting as you watch the design being “built” row by row. Maybe you would rather create “hills and valleys” with different stitch patterns. As an advanced knitter, you should know how to create a knitted item with shape. Now be creative with color and texture! Designing your own project can be your ultimate goal!

DO

Learn new skills and refine old ones.

You can learn:

- Fair Isle knitting
- Intarsia knitting
- To combine multiple pattern stitches (Aran Isle knitting)
- How to create knitted buttonholes
- To select or make suitable buttons for your project
- To knit lace
- To knit with beads
- To design your own project

APPLY

Using the skills you have already learned as well as those above, make several practice items before completing a final project.

What you will do:

Practice the techniques and skills—learn by doing

The more you practice, the better you will become. Make one or more of the suggested Practice/Service Projects. Consider giving some of these as gifts to friends and family. Practice projects include dishcloth (pattern stitches) and scarf (multiple colored patterns).

Try a Service Project—learn by sharing

Afghan blocks can be knitted and assembled to make afghans for the homeless or to distribute at nursing homes. (Knit blocks 7-by-9 inches to practice controlling your gauge.) Small hats can be made for premature babies and given to hospitals. Larger hats and scarves can be knitted and given to other local charities.

Practice/Service Projects cannot be exhibited in 4-H Needlework at the Kentucky State Fair.



Knit and exhibit a final project

Create one item or a pair of items using advanced skills and multiple yarns to knit a colored pattern (excluding stripes) and/or multiple pattern stitches to create texture. Yarns other than 4-ply worsted-weight yarn may be used. Original designs may be created and used. *Documentation explaining the skills used and the design's origin must be included.* Suggestions: socks, sweater, purse, afghan (minimum size 45 by 60 inches), and Christmas stocking (minimum 18 inches in length).

Keep a record of what you have knitted

Take time to fill out the 4-H Needlework Record. Be sure to list skills you have attempted as well as those you believe you have mastered. Store the record in a folder or three-ring notebook to review before you begin other projects.

What you may need:

- Yarn (4-ply worsted-weight yarn or other weight and/or yarn textures)
- Needle sizer
- Straight knitting needles
- Crochet hook

- Circular needles
- Markers
- Double-pointed needles
- Row counter
- Stitch holders
- Gauge ruler
- Point protectors
- Tape measure
- Yarn needle
- Cable holder
- Graph paper for designing
- Bobbins

SHARE

Show others what you have learned.

What you can do:

- Participate in your club, county, district, and/or state Demonstration Contest
- Exhibit in your county Fair, Festival, and/or Rally Day and the Kentucky State Fair (4-H Project Card required)
- Investigate participating in your county and state Fashion Revue if your project is wearable*

**State Fashion Revue participants must be 14 years old by Jan. 1 of the current year.*



Clutter Control

Equipment and supplies have a tendency to get lost. Here are some suggestions to help keep everything safe and in good condition:

- Use a 1-gallon bag with a zip top for your knitting project (put your name on it)
- Use a small container to hold your basic small equipment
- Use a cloth or sturdy bag with handles to carry all supplies
- Use a pocket folder or three-ring binder to store handouts and patterns

Source: Marjorie Baker, Extension Associate, Family & Consumer Sciences

Mary Hixson, County Agent for Family & Consumer Sciences

Doris B. Reed, County Leader