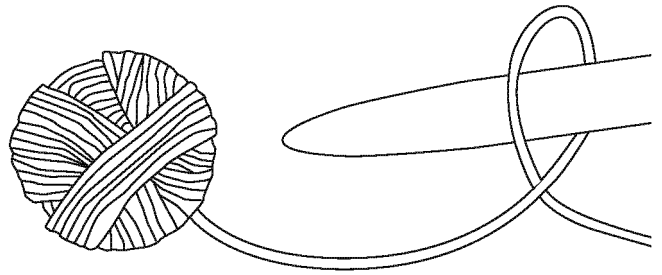
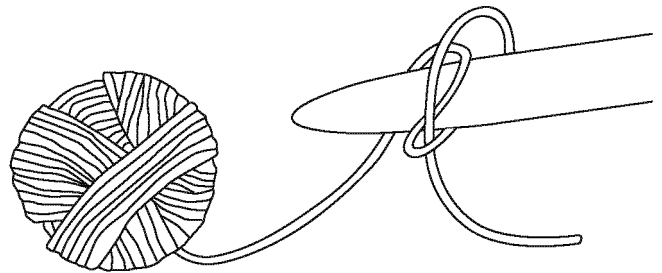


How to cast on

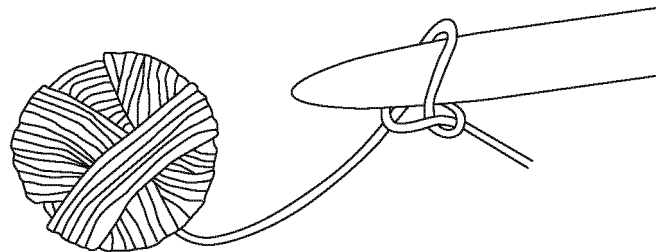
- Make a loop as in diagram leaving an end of yarn to form a tail. (As a rough guide the tail will need to be 3 or 4 times longer than the finished width of the knitting).



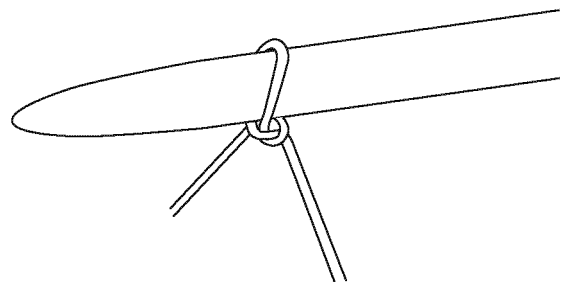
- Pull ball end of yarn through loop with point of needle making a 2nd loop.



- Pull 2nd loop through first loop onto knitting needle and hold needle under right arm.

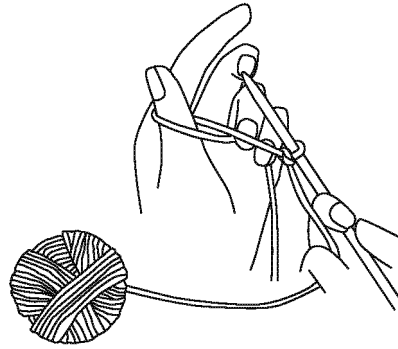


- Holding 1 end of yarn in each hand pull yarn ends down and apart to tighten loop. This slip knot counts as the first stitch of the cast on row.

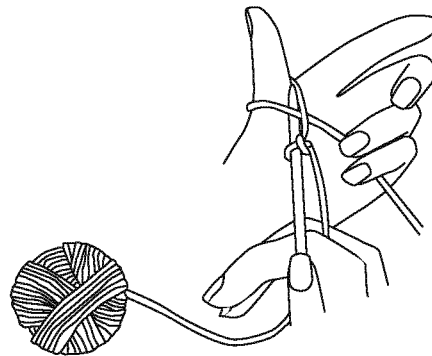


SIRDAR

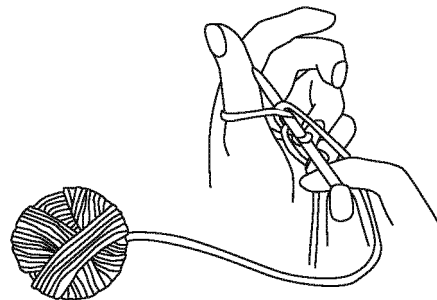
- Hold needle firmly under right arm and put slip knot which has become 1st stitch onto this needle holding tail in left hand.
- Hold ball end of yarn in right hand.



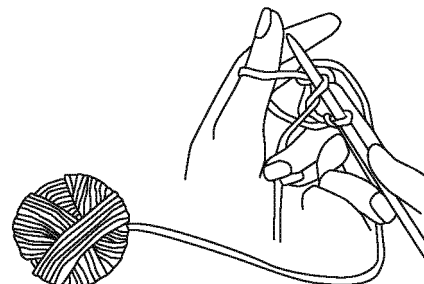
- Make a loop round left thumb with tail and push needle upwards into loop.



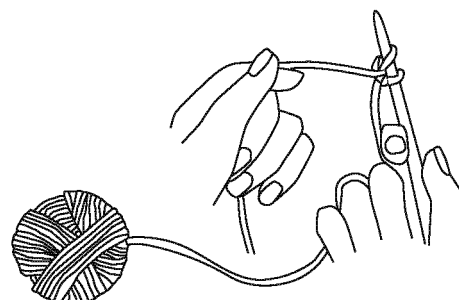
- Wind ball end of yarn over point of needle with right hand.



- Pull yarn through with needle to make second stitch.



- Pull gently on tail to tighten stitch. Repeat until you have enough stitches.



SIRDAR