

techniques & abbreviations

knitting needles

U.S.	METRIC
0	2mm
1	2.25mm
2	2.75mm
3	3.25mm
4	3.5mm
5	3.75mm
6	4mm
7	4.5mm
8	5mm
9	5.5mm
10	6mm
10½	6.5mm
11	8mm
13	9mm
15	10mm
17	12.75mm
19	15mm
35	19mm

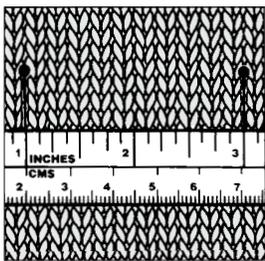
crochet hooks

U.S.	METRIC
B/1	2.25mm
C/2	2.75mm
D/3	3.25mm
E/4	3.5mm
F/5	3.75mm
G/6	4mm
7	4.5mm
H/8	5mm
I/9	5.5mm
J/10	6mm
K/10½	6.5mm
L/11	8mm
M/13	9mm
N/15	10mm

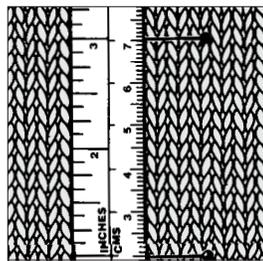
glossary

- bind off** Used to finish an edge or segment. Lift the first stitch over the second, the second over the third, etc. (U.K.: cast off)
- bind off in ribbing** Work in ribbing as you bind off. (Knit the knit stitches, purl the purl stitches.) (U.K.: cast off in ribbing)
- 3-needle bind-off** With the right side of the two pieces facing and the needles parallel, insert a third needle into the first stitch on each needle and knit them together. Knit the next two stitches the same way. Slip the first stitch on the third needle over the second stitch and off the needle. Repeat for three-needle bind-off.
- cast on** Placing a foundation row of stitches upon the needle in order to begin knitting.
- decrease** Reduce the stitches in a row (that is, knit 2 together).
- increase** Add stitches in a row (that is, knit in front and back of stitch).
- knitwise** Insert the needle into the stitch as if you were going to knit it.
- make one** With the needle tip, lift the strand between the last stitch knit and the next stitch on the left-hand needle and knit into back of it. One knit stitch has been added.
- make one p-st** With the needle tip, lift the strand between the last stitch worked and the next stitch on the left-hand needle and purl it. One purl stitch has been added.
- no stitch** On some charts, "no stitch" is indicated with shaded spaces where stitches have been decreased or not yet made. In such cases, work the stitches of the chart, skipping over the "no stitch" spaces.
- place markers** Place or attach a loop of contrast yarn or purchased stitch marker as indicated.
- pick up and knit (purl)** Knit (or purl) into the loops along an edge.
- purlwise** Insert the needle into the stitch as if you were going to purl it.
- selvage stitch** Edge stitch that helps make seaming easier.
- slip, slip, knit** Slip next two stitches knitwise, one at a time, to right-hand needle. Insert tip of left-hand needle into fronts of these stitches, from left to right. Knit them together. One stitch has been decreased.
- slip, slip, slip, knit** Slip next three stitches knitwise, one at a time, to right-hand needle. Insert tip of left-hand needle into fronts of these stitches, from left to right. Knit them together. Two stitches have been decreased.
- slip stitch** An unworked stitch made by passing a stitch from the left-hand to the right-hand needle as if to purl.
- work even** Continue in pattern without increasing or decreasing. (U.K.: work straight)
- yarn over** Making a new stitch by wrapping the yarn over the right-hand needle. (U.K.: yfwd, yon, yrn)

gauge



Stitches measured over 2"/5cm.



Rows measured over 4"/10cm.

Note: Gauge should be taken over at least 2"/5cm and preferably over 4"/10cm.

Make a test swatch at least 4"/10cm square. If the number of stitches and rows does not correspond to the gauge given, you must change the needle size. An easy rule to follow is: **To get fewer stitches to the inch/cm, use a larger needle; to get more stitches to the inch/cm, use a smaller needle.** Continue to try different needle sizes until you get the same number of stitches in the gauge.

sizing

Directions are given for the smallest size, with the larger sizes in parentheses. If there is only one figure, it applies to all sizes. **SIZE+** listed under a pattern number indicates that a garment is sized **XXL or larger**.

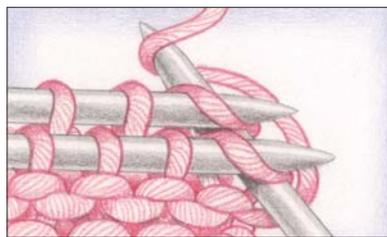
basic stitches

Garter stitch Knit every row. Circular knitting: Knit one round, then purl one round. **Stockinette stitch** Knit right-side rows and purl wrong-side rows. Circular knitting: knit all rounds. (U.K.: stocking stitch) **Reverse-stockinette stitch** Purl right-side rows and knit wrong-side rows. Circular knitting: purl all rounds. (U.K.: reverse stocking stitch)

skill levels for knitting

- 1. Beginner** Ideal first project.
- 2. Easy** **VERY EASY** listed under a pattern number indicates basic stitches, minimal shaping and simple finishing.
- 3. Intermediate** For knitters with some experience. More intricate stitches, shaping and finishing.
- 4. Experienced** For knitters able to work patterns with complicated shaping and finishing.

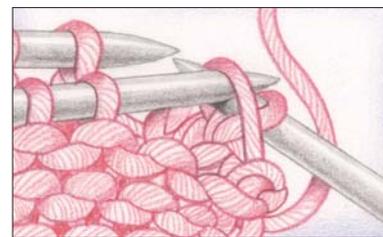
three-needle bind-off



1. Hold right sides of pieces tog on two needles. Insert third needle knitwise into first stitch of each needle, and wrap yarn knitwise.



2. Knit these two stitches together, and slip them off the needles. *Knit the next two stitches together in the same manner.



3. Slip first stitch on 3rd needle over 2nd slip stitch and off needle. Rep from * in step 2 across row until all stitches are bound off.

knitting abbreviations

approx	approximately
beg	begin(ning)
CC	contrasting color
ch	chain
cm	centimeter(s)
cn	cable needle
cont	continu(e)(ing)
dec	decreas(e)(ing)
dpn	double-pointed needle(s)
fol	follow(s)(ing)
g	gram(s)
inc	increas(e)(ing)
k	knit
LH	left-hand
lp(s)	loop(s)
m	meter(s)
mm	millimeter(s)
MC	main color
M1	make one (see glossary)
M1 p-st	make 1 purl stitch (see glossary)
oz	ounce(s)
p	purl
pat(s)	pattern(s)
pm	place marker (see glossary)
pssso	pass slip stitch(es) over
rem	remain(s)(ing)
rep	repeat
RH	right-hand
RS	right side(s)
rnd(s)	round(s)
SKP	slip 1, knit 1, pass slip stitch over— one stitch has been decreased
SK2P	slip 1, knit 2 together, pass slip stitch over the knit 2 together— two stitches have been decreased
S2KP	slip 2 stitches together, knit 1, pass 2 slip stitches over knit 1
sl	slip
sl st	slip stitch (see glossary)
ssk	slip, slip, knit (see glossary)
sssk	slip, slip, slip, knit (see glossary)
st(s)	stitch(es)
St st	stockinette stitch
tbl	through back loop(s)
tog	together
WS	wrong side(s)
wyib	with yarn in back
wyif	with yarn in front
yd	yard(s)
yo	yarn over needle (U.K.: see glossary)
*	repeat directions following * as many times as indicated
[]	repeat directions inside brackets as many times as indicated

STANDARDS & GUIDELINES FOR CROCHET AND KNITTING

Standard Yarn Weight System

Categories of yarn, gauge ranges, and recommended needle and hook sizes

							
Yarn Weight Symbol & Category Names	0 Lace	1 Super Fine	2 Fine	3 Light	4 Medium	5 Bulky	6 Super Bulky
Type of Yarns in Category	Fingering 10 count crochet thread	Sock, Fingering, Baby	Sport, Baby	DK, Light Worsted	Worsted, Afghan, Aran	Chunky, Craft, Rug	Bulky, Roving
Knit Gauge Range* in Stockinette Stitch to 4 inches	33–40** sts	27–32 sts	23–26 sts	21–24 sts	16–20 sts	12–15 sts	6–11 sts
Recommended Needle in Metric Size Range	1.5–2.25 mm	2.25–3.25 mm	3.25–3.75 mm	3.75–4.5 mm	4.5–5.5 mm	5.5–8 mm	8 mm and larger
Recommended Needle U.S. Size Range	000 to 1	1 to 3	3 to 5	5 to 7	7 to 9	9 to 11	11 and larger
Crochet Gauge* Ranges in Single Crochet to 4 inch	32-42 double crochets**	21–32 sts	16–20 sts	12–17 sts	11–14 sts	8–11 sts	5–9 sts
Recommended Hook in Metric Size Range	Steel*** 1.6–1.4mm Regular hook 2.25 mm	2.25–3.5 mm	3.5–4.5 mm	4.5–5.5 mm	5.5–6.5 mm	6.5–9 mm	9 mm and larger
Recommended Hook U.S. Size Range	Steel*** 6, 7, 8 Regular hook B–1	B–1 to E–4	E–4 to 7	7 to I–9	I–9 to K–10½	K–10½ to M–13	M–13 and larger

* GUIDELINES ONLY: The above reflect the most commonly used gauges and needle or hook sizes for specific yarn categories.

** Lace weight yarns are usually knitted or crocheted on larger needles and hooks to create lacy, openwork patterns. Accordingly, a gauge range is difficult to determine. Always follow the gauge stated in your pattern.

*** Steel crochet hooks are sized differently from regular hooks—the higher the number, the smaller the hook, which is the reverse of regular hook sizing.

This Standards & Guidelines booklet and downloadable symbol artwork are available at: YarnStandards.com

