

EASY STEPS TO KNITTING HOTDOG MITTENS



LEADERS' RESOURCE GUIDE

4-H Motto

"Learn To Do By Doing"

4-H Pledge

I Pledge

My HEAD to clearer thinking

My HEART to greater loyalty

My HANDS to larger service

My HEALTH to better living

For my club, my community and my country.

4-H Grace

(Tune of Auld Lang Syne)

We thank thee, Lord, for blessing great

On this our own fair land.

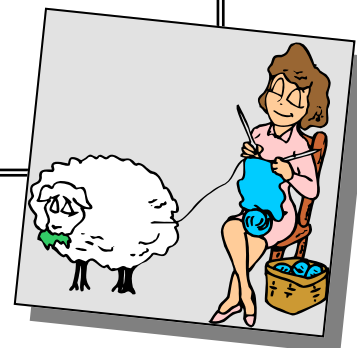
Teach us to serve thee joyfully, with head,

heart, health and hand.

This project book is the joint effort of the PEI 4-H Council and the Prince Edward Island Department of Agriculture and Forestry.

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WELCOME TO EASY STEPS TO KNITTING HOT DOG MITTENS

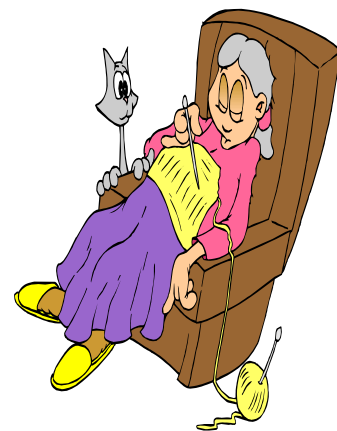
4-H is a program for youth ages 9 - 21 which also involves adult volunteers, parents, guardians and the community. The aim of 4-H is to develop skills, knowledge, and attitudes in the spirit of fun and friendship.

PROJECT OBJECTIVES

After completion of this project, members should know how to ...

- interpret standard knitting symbols and be able to read simple patterns
- understand the importance of tension (gauge) in knitting and to be able to determine it in ones own work
- knit using 4 needles
- change colors (join yarns) at the end of a row

The goal of this project is to have members knit a comfort doll and a pair of hot dog mittens by following printed instructions and to increase members' knitting skills. Have fun with it!



ACHIEVEMENT DAY/EXHIBITION/PROJECT REQUIREMENTS

This is a special event in the 4-H club year. It is a time to celebrate the accomplishments of each member and recognize the efforts of both leaders and members.

ACHIEVEMENT DAY REQUIREMENTS

Hotdog Mittens	60
African Comfort Doll	30
Sample (knit using 4 needles)	<u>10</u>
	100 Marks

EXHIBITION REQUIREMENT

Hot Dog Mittens

HOTDOG MITTENS: Please note: The Hotdog Mittens are to be made following the directions included in the members' guide and in this leaders' guide.

PROJECT REQUIREMENTS

In order to successfully complete this project, members must:

- complete the Achievement Day requirements
- complete a communication project
- complete a community project
- complete an agriculture awareness project
- take part in Achievement Day

Welcome to the magical world of knitting. Imagine! With one long continuous thread and two straight needles, or four needles, and sometimes just one needle, member can create hats, mittens, sweaters, socks, pillows, afghans, and even stuffed toys. Knitting can be easy to learn and fun to do. It is a ***Learn to do by Doing*** craft.

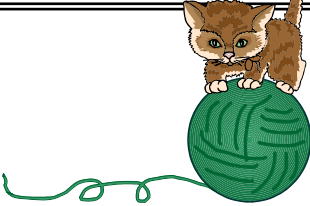
PROJECT MEMBERS' DIRECTORY

The space below will be a handy reference if you wish to contact members during this project.

Project Members	Phone Numbers

Regular Meetings:

Place: _____
Time: _____
Date: _____



PROJECT OUTLINE

Some activities may take less or more time depending on the knitting experience of the members.

MEETING 1

- Meet with members
- Review project requirements
- Discuss yarn and needles required
- Set future meeting dates
- Have members review casting on and simple knit and purl stitches. This is good practice before starting project work.



MEETINGS 2 & 3

- Have members begin work on comfort doll.
- Show how to change colors at the end of the row.
- Continue to work on doll. This may take at least two lessons.

MEETING 4

- With the comfort doll complete, members can start their sample of knitting using 4 needles.

MEETING 5

- Members complete their sample and begin work on the Hotdog Mittens.

MEETING 6

- Continue to work on mittens over the next couple of meetings until the mittens are complete.

FINAL MEETING

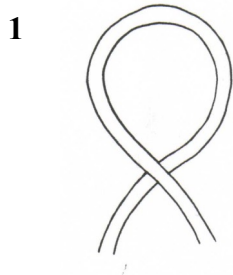
- Ready for Achievement Day. Be sure your members have all their required items tagged and ready to display.

CASTING ON

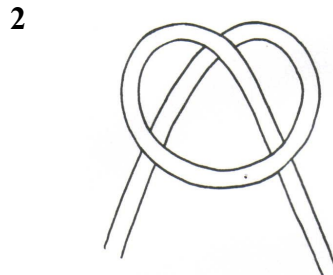
Knitting is a process in which stitches are looped together. There are two basic stitches, the **knit (k)** stitch, and the **purl (p)** stitch. All other stitches are a variation of these two.

The first step in knitting is to put stitches on the needle that members will hold in their left hand, if they are right-handed. This is referred to as the left needle. Putting the stitches on the needle is called **casting on**. This forms the first row of stitches on the needle. There are a number of ways to cast on stitches. The two-needle method gives a neat, firm, but elastic edge. It uses the basic motion for knitting, so members will learn this from the beginning.

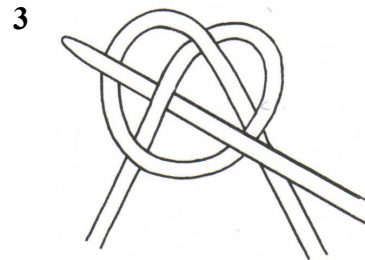
With your help and the following diagrams, members will practice casting on stitches.



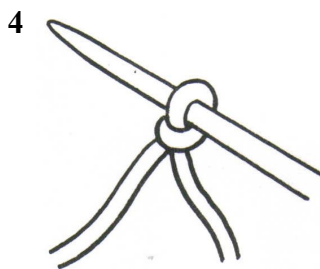
On a flat surface, near the end of yarn, make a loop, having end of yarn on top of yarn from ball.



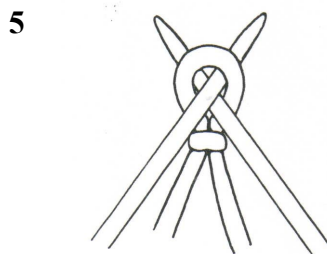
Take top of loop and turn it over to lie on top of yarn from ball.



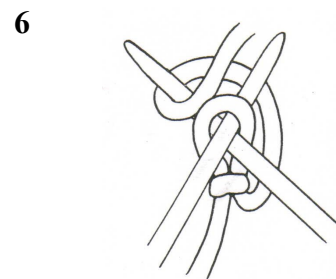
Place needle on top of loop, inserting point **under** yarn from ball. Holding both ends of yarn firmly with one hand, raise needle to form a slip knot.



Pull end-of-yarn and yarn-from-ball in opposite directions to tighten slip knot on needle. This makes your first stitch (st),

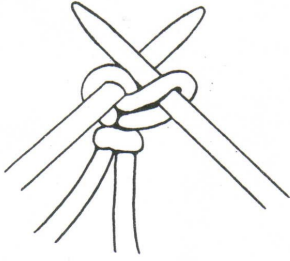


Hold needle with st on it in your left hand. Take 2nd needle and yarn from ball in your right hand. Insert point of this needle through **front** of first st and **under** left-hand needle.



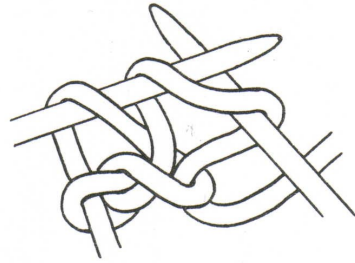
Pass yarn from ball firmly around point of right-hand needle from **back** to **front** towards you. This is the basic motion of all knitting.

7



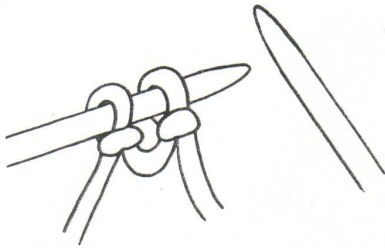
Bring point of needle from right to left, **under** loop of first st on left-hand needle to form a new st on right-hand needle.

8



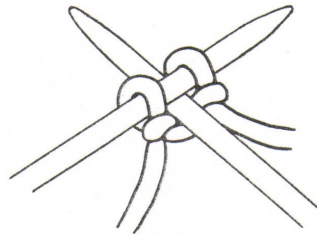
Insert point of left-hand needle from **left to right** into the new st.

9



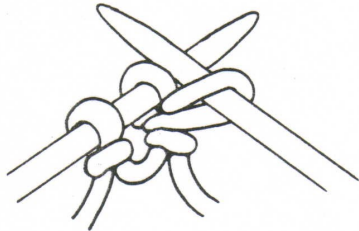
Remove right-hand needle and tighten st slightly. You now have 2 sts on left-hand needle.

10



Insert point of right-hand needle **between** the 2 sts on left-hand needle.

11

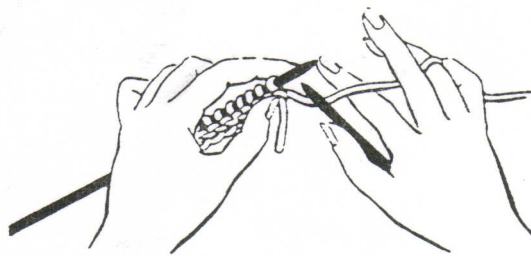


Pass yarn around point of right-hand needle from back to front **between** the 2 sts to form a new st. Insert point of left-hand needle from **left to right** into this st and remove right-hand needle. You now have three sts on left-hand needle. Continue making a new st between the last two formed on the left-hand needle or you may wish to repeat steps 5 to 9.

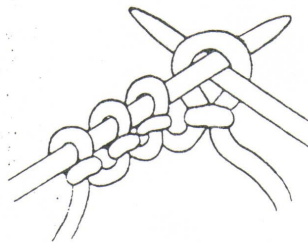
KNITTING

FOR RIGHT HANDED KNITTERS:

Now that members have learned to cast on stitches, they have been practising the motions of the knit stitch. You can assist them in following the diagrams below. The **front** of the stitch is the side toward the members as they look at the stitches on the needles in their hands. The **back** refers to the side away from them as they hold the needles.



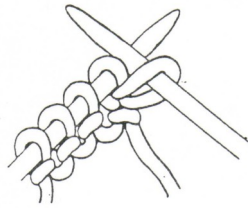
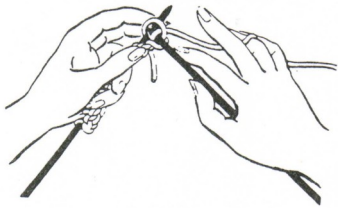
Hold the needle with the cast on stitches in the left hand. Hold the empty needle in the right hand, running the yarn from the skein over the index and third fingers.



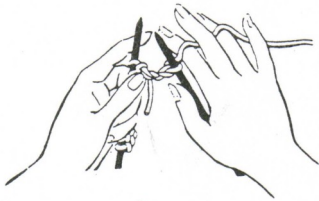
Insert the point of the empty right-hand needle through the front of the first cast on stitch from front to back passing the right-hand needle under the left-hand needle. Always keep the yarn from the skein **behind** the work when making a knit stitch.



Wrap the yarn from the skein around the point of the right-hand needle. The yarn lies between the two needles.



Draw the wrapped yarn through the first cast on stitch by bringing the right-hand needle down, under and up in front of the left-hand needle. The right-hand needle holds a new loop.




Slide the stitch off the left-hand needle - 1 stitch made!

You have now knitted one stitch (st). Continue to knit each stitch exactly as shown until the right-hand needle holds all the stitches and the left-hand needle is empty. Remember to keep the yarn from your skein at the back of your needles. To begin the next row, take the needle with the stitches on it and hold it in your left hand.


FOR LEFT HAND KNITTERS:

1




Hold the needle with the cast on stitches in your right hand. Hold the empty needle and yarn in your left hand, running the yarn from the skein over the index and third fingers.

2



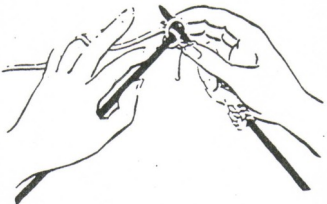
Insert the point of the empty needle through the front of the first cast on stitch from front to back, passing the left needle under the right needle. Always keep the yarn from the skein **behind** the work when making a knlt stitch

3




Wrap the yarn from the skein around the point of the left needle. The yarn lies between the two needles.

4



Draw the wrapped yarn through the first cast on stitch by bringing the left needle down, under and up in front of the right needle. The left needle holds a new loop.

5



Slide the old stitch off the right needle - a stitch made!

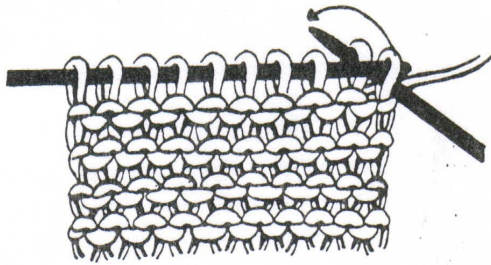
Repeat steps 1 to 5 into every cast on stitch until all stitches are on left-hand needle and the right-hand needle is empty. To begin the next row, take the needle with the stitches on it and hold it in your right hand.

CASTING OFF

FOR RIGHT HANDED KNITTERS:

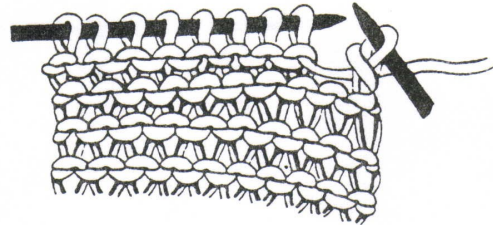
When knitting is completed, members must finish off their work. This is called **Casting Off** or **Binding Off**. This prevents the knitting from **raveling**, that is, it keeps the loops from pulling out of each other.

- 1 Loosely knit the first two stitches onto the right needle.



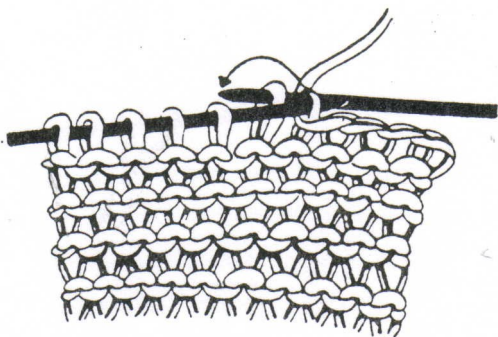
Insert the point of the left needle into the first stitch.

2



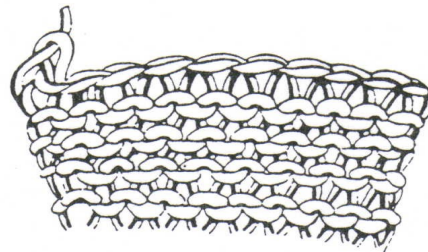
Pass the first stitch over the second stitch and off the right needle. One stitch remains on the right needle.

3



Knit the next stitch and repeat Step 2.

4

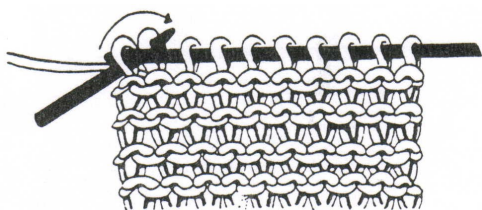


Bind off all the stitches until one stitch remains on the right needle and the left needle is empty. Cut yarn and draw the end through the remaining stitch.

FOR LEFT HANDED KNITTERS:

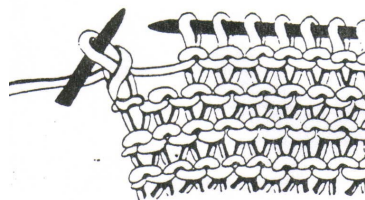
When your knitting is finished, you must finish off your work. This is called **Casting Off** or **Binding Off**. This prevents your knitting from **raveling**, that is, it keeps the loops from pulling out of each other.

- 1 Loosely knit the first two stitches onto the left needle.



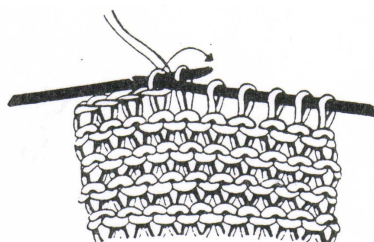
Insert the point of the right needle into the first stitch.

2



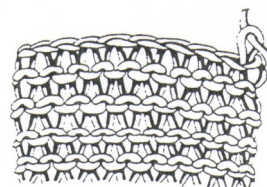
Pass the first stitch over the second stitch and off the left needle. One stitch remains on the left needle.

3



Knit the next stitch and repeat Step 2.

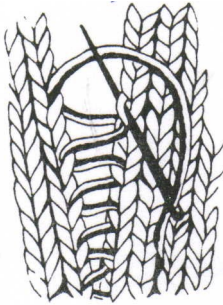
4



Bind off all the stitches until one stitch remains on left needle and the right needle is empty. Cut yarn and draw the end through the remaining stitch.

WOVEN SEAM

Using a blunt end yarn needle and the same yarn, sew seams together using a woven seams technique.



Insert the needle up through the first stitch on the left hand needle, then up through the right side two rows up. Alternate from side to side along the seam. In this method, sewing is done on the right side of your work. It can only be used on lengthwise edges and if both pieces have the same number of rows. Secure the yarn at the beginning and end of the seam being careful not to pull the yarn too tightly as the seam must have elasticity.

CHANGING COLORS

Changing colors is, at its simplest, stopping knitting with one color and starting knitting with another color. If there are more than three rows between colors, break the old color off and add the new one. You may just start knitting with the new color; the last stitch of the old color and the first stitch of the new color will be loose, but after you work the next row, you can pull on the tails and tighten them up. Or, you can tie the end of the new color around the tail of the old color, slide the knot down close to the knitting, then begin knitting with the new color. The tails will be woven into the knitting (using a blunt end yarn needle) after the knitting is finished. If you are alternating colors, do not break off the color, add the new color as above and begin knitting with it. When it is time to go back to the old color, drop the new color (but don't break it off) and pick up the old color from under the new color strand.



AFRICAN COMFORT DOLLS

ICROSS Canada uses African Comfort Dolls to pack around their medical supplies to keep the medical vials, syringes and breakable items safe during the journey from Canada to Kenya. Once the medical supplies are unloaded, the dolls are given to HIV Aids orphans and to the families of the poorest of the poor.

The basic method for making each doll is the same. Begin at the feet and knit a rectangle, changing yarn color for each body segment. The head is stuffed and the neck formed by pulling in with a gathering thread. When the body is stuffed, the feet are formed by pulling in with a thread. The arms and legs are defined by stitching through all layers after the doll is stuffed. The number of rows in each part of the doll can be increased or decreased depending on the individual design. Finished height of each doll is approximately 13 cm (5 inches).

Materials Required

- Small quantities of Sayelle or similar-weight yarn
- 1 pair 2.25 needles
- Tapestry needle
- Polyester fiberfill

Let's Knit

Work in stocking stitch throughout.

Cast on 32 sts.

Work 4 rows for feet. Change yarn.

Work 14 rows for pants. Change yarn.

Work 12 rows for sweater. Change yarn.

Work 8 rows for face. Change yarn.

Work 11 rows for hat as follows:

Rows 1-4: Work evenly in stocking stitch.

Row 5: Dec 5 sts evenly across row (27 sts).

Row 6: P across row.

Row 7: Dec 5 sts evenly across row (22 sts).

Row 8: P across row.

Row 9: Dec sts evenly across row (17 sts).

Row 10: P across row.

Row 11: (K1, K2 tog) 9 times. Draw yarn through remaining sts and pull up.



To Finish

1. Sew sides together to form a centre back seam.
2. Stuff head. Weave a single strand of matching yarn across the first face row. Draw up to form neck and secure ends.
3. Repeat for body, drawing in at ankles.
4. Stuff feet and sew up bottom, pulling in as much as possible.
5. With matching yarn, form arms with tiny back stitches through all layers from waist, to 2 rows beneath the neck. Define legs in same way, from bottom to just below waistline.
6. Embroider hair and facial features as desired.

KNITTING USING FOUR NEEDLES

This is for working in rounds and four needles with points at both ends are used. The required number of sts is divided equally and cast onto three needles. The last st on third needle is drawn up so that it meets the first st on first needle, thus forming the triangular foundation of circular knitting.

1

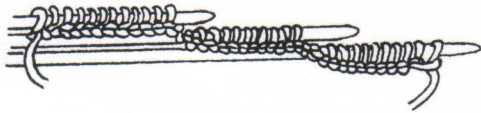
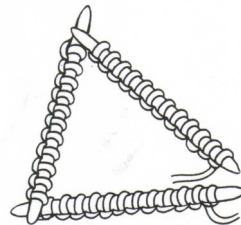


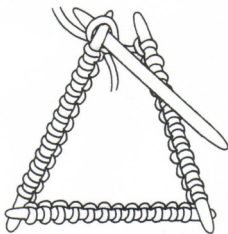
Diagram shows how sts have been divided and cast onto three needles.

2



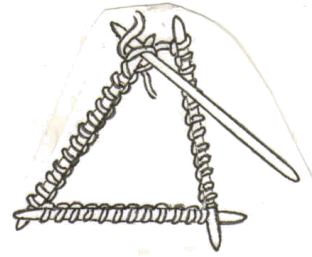
Making sure sts do not get twisted, arrange needles to form a triangle.

3



Take fourth needle in right hand and close triangle by knitting first st on first needle. The beginning of each round (that is the first needle) can easily be seen by the end of yarn left at beginning when casting on. Continue to knit remaining sts from first needle onto fourth needle. Using spare needle, continue to knit sts from second, then third needle in same manner. This completes first **round**. Working around each needle always in the same direction produces a plain smooth fabric like stocking stitch. If you knit one round, then purl one round, this produces garter stitch.

Sample



You are required to make one (1) sample for this project. This will give you an opportunity to practice knitting with four (4) needles. Mount your sample on a piece of hard cardboard or bristol board - 8 1/2 " x 11" to display at your Achievement Day.

Let's Knit

Cast on 36 stitches (12 on each of 3 needles)
K3, P3 until your samples measures 2 inches (5 cm) in length.
Cast off and secure threads.

HOT DOG MITTENS

Materials Required:

4 mm double pointed needles
100 g ball worsted weight yarn

Let's Knit:

Cast on 36 sts (12 on each needle).
K3, P3 for 5 inches.
Put 6 sts on pin for thumb and cast on 6 sts under thumb.
Continue K3, P3 rib for 6 inches or length of hand.
Next row, K2 tog, repeat to end of row.
Draw yarn through all sts, tie securely.
Pick up 6 sts on pin for thumb, 6 sts under thumb and 2 sts on each side (18 sts).
Continue in K3, P3 rib (or thumb can be knitted plain).
Knit 2 1/2 to 3 inches.
Next row, K2 tog, repeat to end of row.
Draw yarn through all sts and tie securely.