

Using size 7 or 8 needles, knit and block 4 swatches. Please use a light, solid colored, smooth, wool yarn appropriate for needle size and bring some of your practice yarn with you to class. Each swatch should include a K1 selvage stitch at each edge of each row. Please leave a 16" tail at the beginning and end of your swatch to use for seaming in class.

BLOCK by pinning down swatch along all edges. Cover swatch with wet (cold water) and wrung out, clean dish towel. Use hot steam iron to rest lightly on wet towel, sending much steam into swatch. Uncover swatch and leave pinned over night.

Knit two swatches as follows: Cast on 30 sts.

Row 1 (RS): K1, (selvage st), P1, *K2, P2; rep from * to last 4 sts, end K2, P1, K1 (selvage st.).

Row 2 (WS): K1 (selvage st), K1 *P2, K2; rep from * to last 4 sts, end with P2, K1, K1 (selvage st).

Repeat rows 1 and 2 to length of 1" in the Rib pattern.

Change to and work 3" in Stockinette Stitch with K1 selvage stitch at each edge of each row.

All RS rows: Knit all sts.

All WS rows: K1 (selvage st), purl to last st, end k1.

Bind Off.

BLOCK by pinning down swatch along all edges. Cover swatch with wet (cold water) and wrung out, clean dish towel. Use hot steam iron to rest lightly on wet towel, sending much steam into swatch. Uncover swatch and leave pinned over night.

Knit two more swatches with cables and twists to further refine seaming skills. Cast on 30 sts.

Work 1" rib as for first two swatches, then work as follows.

Row 1 (RS): K1 (selvage st), K7, RT, P2, K6, P2, LT, K7, K1 (selvage st).

RT (Right Twist) = K2tog leaving sts on left hand needle, insert right hand needle from the front between the 2 sts just knit tog and knit the first st again, then slip both sts from left to right hand needle.

LT (Left Twist) = With right hand needle behind left hand needle, skip 1 st and knit the second st tbl (through the back loop), then insert right hand needle into the back of both sts (skipped st and second st) and K2tog tbl.

Row 2 and all WS rows: K1 (selvage st), P9, K2, P6, K2, P9, K1 (selvage st).

Row 3 (RS): Repeat row 1.

Row 5 (RS): K1 (selvage st), K7, RT, P2, C6F, P2, LT, K7, K1 (selvage st). C6F (Cable 6 Front) = slip 3 sts to cable needle and hold at front of work, K3, K3 from cable needle.

Row 7 and 9: Repeat row 1.

Row 11: Repeat row 5.

Row 13 and 15: Repeat row 1. Bind off on row 15, then block as for first two swatches.