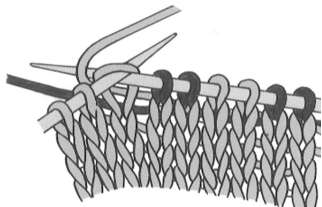
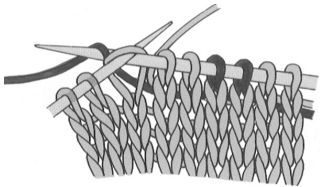


## FAIR ISLE

For this technique the colours not in use are carried loosely across the wrong side of work so as not to distort the shape of the stitches being knitted.



1. On a knit row, hold the first colour in your right hand and the second colour in your left hand. Work as normal with the first colour, carrying the second loosely across the wrong side of work.
2. When the second colour is required, insert the right-hand needle into the next stitch and draw a loop through from the yarn held in the left hand, carrying the yarn in the right hand loosely across the wrong side until next required.
3. On a purl row, work as usual with the first colour held in the right hand, holding the second colour in the left hand.
4. To purl a stitch in the second colour, insert the right-hand needle into the next stitch purlways and draw loop through from the yarn held in the left hand.



**If there are more than 7 stitches worked in one colour, cross the yarns over each other on every 3rd or 4th stitch to avoid long, loose strands.**

If you find it awkward to hold the yarns in both hands, simply work as usual, dropping the yarn not in use and picking it up again when required, making sure that it is not pulled too firmly across the wrong side. Always carry the same colour across the top throughout the row for a neat appearance on the wrong side, and to avoid the yarns becoming twisted.