K1B – KNIT ONE BELOW
Insert right-hand needle through centre of stitch below next stitch on left-hand needle. Wind yarn round needle and knit as usual, at same time allowing stitch above to drop off the needle.

SLIP STITCH
This is the method used for turning up hems or stitching pocket linings in place. Work one stitch into each cast-on or cast-off stitch (or into each row) to ensure that the work will be elastic. Always check that the stitches follow up neatly and do not form a crooked line.

THUMB METHOD CAST ON
1. Casting on using the Thumb Method requires the use of your left thumb and 1 knitting needle. To begin, make a slip knot, leaving a length of yarn before the slip knot approx 4 times longer than the width of the stitches to be cast on. Assessing this measurement takes some practice, but as a general rule allow approx 2.5 metres for the Back and Front of an adult’s garment and approx 1 metre for the sleeves. Hold needle with the slip knot in your right hand.
2. Wrap yarn end anticlockwise around the left thumb from front to back.
3. Insert the needle upwards through the yarn on the thumb and knit the stitch in the usual manner.
4. Remove the yarn from thumb and pull yarn gently to tighten the stitch. Repeat steps 2 to 4 until the required number of stitches have been cast on (counting the slip knot as one stitch).

HOW TO BLOCK YOUR HANDKNIT
Blocking is the pinning out of completed knitting to the correct size and shape.
1. Arrange project on a padded surface. Using rust-proof pins, anchor each piece at each corner. Use a ruler to check correct measurements, then place pins at 2cm intervals, angling them through the edge of the knitting into the padded surface.
2. Re-measure and check that the lines of stitches are straight in both horizontal and vertical directions. Re-pin as necessary to achieve the correct shape and size.
3. If using a pure wool or woolblend yarn place a damp cloth over the project. Steam carefully but DO NOT PRESS. When cool, remove pins.
4. If project is knitted in an acrylic yarn, do not use steam. Spray with water and leave to dry, then remove pins.