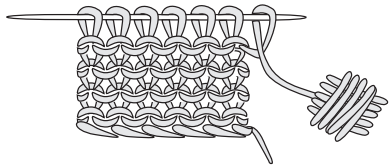
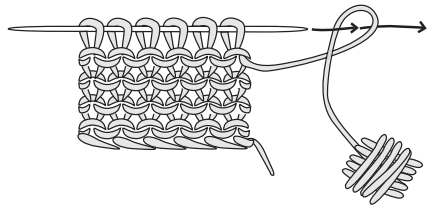


CASTING ON A SEAM ST



When casting on a **seam st**, do not inc by knitting into front and back of stitch. Make a loop with yarn as shown and slip onto left hand needle as indicated by arrows, pulling up stitch firmly, then work as first stitch of next row.