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## How to Finish Your Knitting with Debbie Stoller

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### Chapter 1 - Introduction

#### Overview

- The last part of any knitting project is called finishing. That's when you take all the pieces that you've knit and you sew them together really carefully. Sometimes colors get added on or buttons get sewn on and then the whole project gets blocked which is a really magical process that makes something that came off your needles ^and looks a little scrunched up ^into something that looks beautiful enough ^to hang in the window at Barney's. This sweater's a good example of something that required a lot of finishing. It started out in a whole bunch of pieces, the shoulders got seamed together, the sides were sewn up, the sleeves got made into a circle, so that they were a tube and then they got sewn into the sweater, color was added on and buttons were added. So I'm gonna show you all of my favorite ways of doing that.

### Chapter 2 - Finishing Your Knitting

#### Connecting the tops of knit pieces together (fake grafting)

- Here are two swatches that are just the same. This is where they were cast on here at the bottom. They're both knit. And here's where they were bound off right here. They were both made using the same number of stitches. Now, what I'm gonna wanna do, what I'm gonna show you how to do is how to connect the tops of these pieces together. That's something that you often have to do, for instance when you're making a sweater. You've knit a front and a back and they get connected at the shoulder seam. To do that, you're connecting the tops of pieces together. I wanna show you something before I get to that though which is the magic of something about knit stitches. I know it doesn't look that magical yet, but you just wait. We look at the swatch this way that it was made, you see that there's a lot of Vs here, right? Can you see that V, V, V? That's what knit stitches look like, Vs. Now, watch this. Nothing up my sleeves. Presto change-o, I turned it upside down and they're still Vs. I still see the same Vs. Do you see those, too? V, V, V, V. How does that happen? The right arm of one V and the left arm of another V, they make a V themselves when they get turned around. We're gonna take advantage of that fact when we sew the tops of these two pieces together. If these were really big pieces, you might want to first pin them together to make sure that you do this evenly. I would pin there and pin at the very beginning to make sure that lines up. And you pin them together at the very end to make sure that lines up. Then I've pinned them in the middle. Then in the middles of the middle. You don't need to have pins in a large piece that close together, just until you feel comfortable. These pieces are small enough that I'm not gonna use pins at all. Also, if you are able to plan enough in advance, you can leave a long enough tail after you bind off so that you can do that seaming with the same yarn that's attached to the piece that you knit rather than starting a new piece of yarn. But I'm not gonna do that because I want you to really see the stitches that I'm gonna make. What I'm gonna do here is I'm gonna line up the Vs that you see in this piece when it's turned upside down with the Vs that are in this piece when it's turned right side up. The way I'm gonna connect them is I'm gonna connect them by making an extra little row of Vs in between them so that there's no break in the line of Vs from this part to the new line of Vs on that part. That's called fake grafting because real grafting is done when your stitches are still on the needle. Usually you use the same color yarn to do this as the pieces that you knit, but I'm gonna use this really contrasting piece of yarn just so you can see the stitches that I'm making.

Again, this has to be done with a tapestry or darning needle which is blunt on one end, so I don't go stabbing through the middle of a stitch and has a big enough hole on the other end that it can actually fit yarn through. It should be big enough to fit the yarn that you're using. I have a piece of yarn here that's cut. This is not like endless coming out of the ball. It's a piece of yarn for sewing. You start by coming up in the upper right hand corner of the lower piece. I do, when I do this, I lay the pieces out flat like this on the table in front of me. Then I'm gonna come up through the bottom of the bottom right most part of the lower piece. This does not have to be particularly precise. Then I'm gonna do the same thing again. I'm gonna come back up through the same spot in the lower piece and through the same spot in the upper piece again. This tail needs to go away. Go away tail. Just get rid of him. Okay. He'll never darken our door again. All right, so you'll see I made like sort of a figure eight here just to tack these pieces together. When I say tack, I mean that I've connected them together with a tiny little stitch and the yarn is nice and stable here without making a knot. Now I'm gonna go and look for my first V on the lower part. My first stitch to the left of where I just made this tacking. I do this going from left to right. I'm gonna bring my needle up through the center of that V. Can you see how I've done that there? It's coming up right in the center of that stitch. Then I'm gonna take the yarn and I'm going to wrap it around the legs of the first V that I see, that I can make out here at the top. This first one's a little rough, you'll see it better on the next one. Here I've got the right leg and the left leg of this first V up here. I'm wrapping the yarn behind it like I'm putting on a little scarf onto that stitch. Pulling on through. Now, I'm gonna go back into the bottom. I'm gonna go back in to the center of that same stitch where I came out and I'm gonna come back up through the center of the next stitch to the left of it. I'm gonna go back up to the top piece and find the next V to the left of the one I just did. Here, I think you can see it super clearly. I'm gonna insert my needle into the right and come up at the left underneath those two legs like I'm putting a little scarf around that V in the upper piece. Then I come back to the bottom and I go back into the middle of that stitch and come back up through the middle of the other stitch to the left of it. Let me just do that a couple of times so you can see what happens. Going back underneath the legs of that next stitch to the left of the one I just did. Then back in through the middle of the one, the same, go back in where you came out and back up through the middle of the next stitch on the left. Then go back in where you came out and then out again to the left under the legs of that V on the top. Doop de doop de doo. Do a couple of these. I'll show you what's happening here. All right, now, check it out. Do you see that these stitches that I've been making are making their own little set of Vs? What I'm really doing is creating a whole new row of stitches between the top piece and the bottom piece of fabric here. Unlike with the mattress stitch, you don't need to pull this so tightly that you don't see that yarn anymore. I'm pulling each strand through, making each strand a little bit tighter here. You can see that. All you need to do is make that row of stitches be approximately the same size as the stitches in the top and the bottom piece, like I've done just there. You'll see now if I look at this row of Vs in the fabric here, can you see? I'm gonna look at this row of Vs, and here I had another V, this is the one that I just made. Then I'm in to the next column of Vs in the piece above. Go here, here's the Vs. See, shaped like this, right? There's the V. I follow it up. Here's the new little V, the new little stitch that I created. Then that seamlessly goes, well, not seamlessly because I'm making a seam, but almost seamlessly goes into the column of Vs right up here. You gotta admit, that's pretty cool.

#### Side seams

- When you're sewing the sides of two knit pieces together, you use something called the "mattress

stitch". Now when you have a really long, big piece, like two sweater-sides, I usually like to pin the pieces together, so that they're perfectly lined-up. That's when I use my coiless safety pins. And usually I will start at the top and at the bottom. And then, in the middle of that top and bottom. So here. And then, in the middle of those middles, until I have enough pins that I need for a big piece. This is so small, these pins are just gonna get in my way, so I'm gonna take them out. Usually, when you sew two pieces of fabric together, you're gonna use the same yarn that you used to knit those pieces of fabric. If you were clever, you would just leave a really long tail here, but I'm gonna start with a whole different piece of yarn, a nice, contrasting color. You just take a long piece of it. I always take about 18 inches of yarn. You can cut-off if you haven't left long-enough tails. And you need to use a darning needle for this finishing part. The eye has to be big-enough for your yarn, to be able to thread it through. And the tip is blunt. That means you won't stab a stitch through the middle, you'll be able to, sort of, just pass it underneath strands of yarn, without stabbing through them. So, I'm gonna thread this, and I'm gonna do, personally, one of my very favorite things, which is making a mattress stitch. I love it, because it completely becomes invisible. And you'll see. So you start at the bottoms of your piece. And you're gonna do a figure-eight to connect the bottoms of them. So, I'm gonna come up at the bottom-left corner of my first piece, pull my yarn through, and then I'm gonna leave a tail, like a six-inch tail. And then, I'm gonna come up through the bottom-left-hand corner of the piece on the right. And that's not a figure-eight yet, until I do that another couple of times. So I'm gonna come back up through the bottom, the right-most lower corner of this piece. Do you see how that's an eight, right there? And then back up through here, the same spot, pretty much. That's just to tack this in, to tack it together. That's gonna hold. You don't make a knot in this. No knots! Joan Crawford said, "No wire hangers!" And I say, "No knots. Ever!" Alright, now this next part is where things get really cool. So, I knit this piece using my special, nice, edging techniques. And so I have these knit-stitches here. This first set of Vs, the very last stitch, is gonna get sucked-up into my seam. Instead, I'm gonna be looking at the space in-between that line of Vs and this line of Vs. What you have there, is a little ladder of strands. One for each stitch. And on this side, the same thing. Here's my outermost line of stitches, and right inside there, between that column of Vs and this column of Vs, are these little ladders of strands. And I'm gonna use those to do my mattress stitch. I have to be honest, I don't know why it's called a mattress stitch. Maybe they used this at some point when they were sewing-up mattresses, I guess. But who knows? So I'm gonna start on this side. And I'm gonna go under the first two ladder-strands on this side, and come out. And then, I'm gonna come to this side, and I'm gonna go under the first of those two ladder strands on this side. And pull that through. Now, I'm gonna go back to this side. I'm gonna go back in, where I came out last time, so back into that same space, and then back up, under the next two ladder-strands on that side. And then, on this side, the same thing. Go back in where you came out, go underneath the next two ladder-strands, and through. I know it doesn't look that magical yet, but you just wait! So again, go back in where I came out, on this side, and up through those two ladders. And then on this side, I go back in where I came out, and up. Now, check this out! When I pull that shut, it brings those two stitches right next to each other. You don't even see the stitches that I was making, and, I mean, come on: Is that a thing of beauty, or what? It's perfect! I love the mattress stitch! Now, as you keep sewing-up, you can just keep tightening your mattress stitch as you go along. Now, I didn't pin these together. It looks like, maybe, I have one more row on this side than on this side. And if I keep doing exactly what I'm doing, they're not gonna join up at the top, then that's not gonna be a good thing. So, sometimes you can fix that. Now, on this side, I'm gonna go ahead and take my regular two strands. But on the other side, I'm only just gonna take one. And I don't

really need to do that more than once on this piece. And if you've pinned your stuff together, you might never need to do it, if you have the exact-same number of rows. But if you have to, kind of, make things up a little bit, so that they are more even than they would be, you can just sometimes do one ladder on one side and two on the other side, until it evens out. You see now, I'm just pulling the mattress stitch tight after every stitch. I mean, who would give this to someone else to do? This is the funnest part!

### Three needle bind off

- In most cases if you have two pieces of knitting that need to be connected to each other, you're gonna sew them using any of the stitches that I explain, under mattress stitch or stitching two sides together or tops or whatever. But in some circumstances you can actually knit them together. Here are the circumstances. Your stitches in both pieces that you wanna connect have to be live, which means they're still on the needle. I guess when you bind them off is when you kill them or something but I guess live meaning, you know, that they can still unravel, they're live. You also have to have exactly the same number of stitches in both pieces. If you have those two things, then you can do what's called a three-needle bind off. It's not as dainty a seam as when you sew two tops of your work together but if you just despise sewing, this might be a good way to go. Some people will do a three-needle bind off this way and it'll make like a big kind of scar at the top of the work with the right sides facing. But a better idea is to do it like this with wrong sides facing so that that little scar will happen on the inside. So three-needle bind off is one that you can definitely do if your yarn is still attached to one of those pieces of fabric, as in this case, I have this. You make sure that both pieces of fabric are on your needles. Probably at one point you would have finished one of these and put it on a stitch holder. And then transferred it back from the stitch holder onto a needle. Then you need a third needle because hey it's called three-needle bind off because you need three needles. So those stitches are on these two needles and then with the third needle, I'm gonna knit through the front stitch and the back stitch at the same time. So I'm inserting my needle into this front stitch as if to knit and I'm inserting it into the back stitch, as if to knit. And then I'm going to wrap my yarn and pull up a loop. Then those guys can go off. I'm gonna do the same thing with the next stitch. Insert my needle into both of those stitches, wrap my yarn and pull it through both. Its not called a three-needle knit together, its called a three-needle bind off because the next thing you have to do once you've done two of these is take the first one and lift it up and over the second one so that you bind it off. Meaning now there's only one stitch left. So now the next one, I'm gonna insert my needle knit wise into these two stitches. Pull that up. And then I'm going to take this loop and carry it over that loop, sort of standard bind off procedure. And go on, we do a couple more of these so I can flip it over and you can see what it looks like on the other side. You can only do this with the tops. There isn't any way to do this with like the sides. If you try to connect two sides cause you need these live stitches. Alright, so lets look at what we've got. Here I've been doing my knitting together. I knit the two layers together at once and bind them off. So now on the other side, I have a pretty nice looking seam. It's very nice looking, like I said, it can be a little bulkier than the sewn seam but there you have it, three-needle bind off.

### Kitchener stitch

- There's a way to connect the tops of stitches in knitting that leaves absolutely no seam at all. And the reason that you'd wanna do that, for instance, you'd often do that when you're making a sock, is because after you've knit, and knit, and knit the tube, and you get to the end, and you have to

connect the pieces, the last thing you wanna do is have a bumpy seam on the inside here that your toes are gonna be pushing up against. That would be really uncomfortable. And the thing to do there is to use something called a Kitchener's stitch. It has nothing to do with a kitchen. I don't know, maybe there was a Lord Kitchener or something like that. And it's a bit of a doozy. You may never memorize this one. You may always have to look it up to remind yourself the order of things, but I'll show it to you so you'll know what to expect when you try to do it. Now, here I've got some circular needles and some tubular knitting. The first thing I have to do is get the same number of stitches on each needle. So, I know that this needle has 14 stitches, and this needle has 14 stitches. I have to get all these stitches on just two needles in order to do the Kitchener. So, this third needle, I'm gonna transfer seven stitches. One, two, three, four, five, six, seven stitches to the needle on the right, and then these seven stitches will go on this needle here on the left. All right. Now I have the same number of stitches on both of these needles. You definitely want this yarn to still be attached when you're doing Kitchener. Kitchener stitch is gonna be done holding these two needles together. Usually it's not done over a huge number of stitches. I'm not worried that these guys are gonna fly off the back end of this double pointed needle, but if you're a worrier type of person, you could always transfer these to longer needles. You just wanna make sure that the points are over here, and that the backs of the needles are back here, so that you can work on these stitches. Kitchener stitch is done with a length of yarn. I like to make mine pretty long, 'cause it would be bad to run out. That would stink. And a tapestry needle that has a blunt end and a big eye for yarn to go through. I thread the needle. So, I'm gonna start with this crazy maneuver. I've got my yarn threaded through my darning needle, and I'm gonna insert my darning needle into the first stitch on the front of these two needles, there's a front one and a back one, as if to knit, which means I'm gonna insert my darning needle the exact same way as I would insert a knitting needle if I was gonna knit this stitch. That means I'm inserting it knit-wise. And I'm gonna throw that stitch off the end of the needle. Then I'm gonna insert my darning needle into the next stitch on that same knitting needle, that same front knitting needle purl-wise, which means I'm gonna insert it into that stitch like I would if this darning needle was a knitting needle and I was about to purl that stitch, meaning I insert it that way. That stitch does not get booted off the island. He's gonna stay on that stick for a while. Now, I go to the stitches on the back needle. I insert my needle into the first one purl-wise, the first stitch on this needle purl-wise, and he gets booted off, and then I insert my darning needle into the second stitch on that back needle knit-wise, and that one gets to stay. So now I'm gonna actually repeat those steps. I'm gonna insert my needle into this stitch knit-wise and knock him off. It's four steps, that's step one. Then I'm gonna insert my needle into this stitch purl-wise and leave him on. Oops, don't let the yarn get caught over your needle. And now I'm gonna insert my needle into this back stitch purl-wise. Keep your yarn under your needles here. And knock him off, and then insert my needle into the next stitch knit-wise and leave it on. So, let me do a couple of those for you. This one's gonna go knit-wise. Off, purl-wise, stay on. You do not wanna do this at one of your crowded stitch and bitch nights with a whole bunch of friends, 'cause you will get lost, trust me. I'm speaking from experience. Then purl-wise on the back one. And then knit-wise on the back stitch. This tail keeps getting caught in this stuff. And then knit-wise in the front, knock him off. So, I'm just gonna keep doing that knit, off, purl, stay on, pull the yarn through, purl off, knit, stay on, pull the yarn through. And I wanna show you what's happening here, not only are these two pieces of fabric getting attached to each other, but you can't even see where they got attached when you use this Kitchener thing. And there's no seam in the back. It's not like the three needle bind-off, where you connect them and you get a seam, or even when you sew it. It's really just made this line of stitching

just completely continue. I'd do that all the way across, and then I'd have a little bag for nothing.

#### Sewing a side to a top

- When you're connecting the sides of two knit pieces together, what you're essentially doing is connecting them row to row. When you're sewing the tops of two knit pieces together, what you're essentially doing is connecting them stitch to stitch. But sometimes you find yourself having to connect the top of one knit piece to the sides of other knit pieces. And so then, you're connecting stitches to rows. And it's a combination of the other two methods of connecting stitches, but there's also an extra thing you have to take into account. Now, you will find yourself having to do this. Let's say for instance, these are the tops of the sweater that are connected. And then when you have to put in the sleeve, the top of the sleeve will often be attached this way. The tops of the sleeve will get connected to the sides of the sweater that's already been seamed across here at the shoulder. So, if you were really doing this with a real sleeve, you would want to find the center of the piece that you were attaching. Here's the center of this one. And you'd want to pin that to the center of the two pieces, basically the seam that you created to connect them. And then, you know, you would have a particular space where this fabric was supposed to get attached. You would connect them with pins and make sure that it's all perfect. This piece is so small, I don't really need pins. Well, I'll leave that pin there just for fun. Again, this is the kind of thing that if you were clever and you left yourself a nice long end somewhere, you might be able to sew it with the yarn itself without having to start a new strand. And of course, if you are doing this in the real world, you would be using the same yarn that you knit with to seam. But I want you to be able to see this really clearly, so I'm going to use a contrasting color yarn. I'm just gonna cut off a piece to sew with, about 18 inches or so or longer. And again, this seaming gets done with a darning needle or tapestry needle that has a blunt end here and a large enough eye so that you can thread your yarn through it. The first thing I'm gonna do is attach this yarn to this upper righthand corner of this piece by just taking a couple of stitches in the exact same place over each other. I've tacked it onto this piece. Now, with knit stitches in stockinette stitch, knit stitches are wider than they are tall. They're really, their dimensions are a little bit more like a rectangle. And the proportions are like two to three. The height of a stitch is only about like two-thirds of its width. So if I'm connecting stitches to rows, that means it's gonna take me more rows to be the same width as a stitch because the rows, that dimension over the stitches is only two-thirds as tall as the width of a stitch. So, I'm not gonna be connecting a knit stitch to a single row all the way across here 'cause that's not gonna work. Instead, I'm gonna connect them without looking at the individual rows and make it so that it's even and flat and not worry so much about it matching up exactly because there's nothing really for it to match up to. So I start the same way that we started the mattress stitch by going under the two strands of yarn that are like this ladder that are just past the first edgemoost column of knit stitches. There's two strands there like a little ladder. I'm gonna put my needle underneath them. See those strands? And at the bottom here, I'm gonna use the method that we used for connecting tops together which is I'm going to go into the center of a knit stitch and then come up through the center of the next V. And then, I'm gonna go back here, and I'm gonna go back in where I came out before and go under two strands and back here through the bottom and back up. Now, to keep this even, sometimes I'm just gonna want to go through only one strand up here 'cause I have more rows than I have stitches. And so, I can keep them more even by sometimes only just going through one instead of underneath two strands. It takes a little bit less space. The main thing is to keep this flat as you work and that your pinned areas work out. That's why it's a good idea, for this especially,

to keep things pinned together. And make sure that you don't end up with too little fabric by the time you get to the end. So, you can just kind of, as they say, finagle this a little bit, just kind of improvise it a little bit. Just sort of see what's going on with your rows on the side piece and your stitches here to keep everybody flat and nice. And again, when you pull this tight which you can do, or you can leave the stitch to show, it's really your choice here, and the join will become invisible. Here, I'm getting to the end of my seam. So, now I've gotten to the end. Depending on what's going on with your specific piece, you might just want to do another little figure eight here. You know, I turned it over. You don't have to turn it over just to tack that yarn back down by coming up to the bottom of the top of this side piece and then up through the bottom of the other piece. Or, you can work away this yarn into the seam or into some other part of the work here which I'll show you how to do in How to Work Away Yarn Ends.

### How to work away yarn ends

- [Instructor] This is the part of finishing that even I don't like; it's called "working away yarn ends," and you have to do it, because when you've finished knitting and sewing your pieces of knitting together, you're gonna have tons of these yarn ends, and you can't just leave that inside of a sweater, because that would be a bad, very bad thing, indeed. So what you have to do, is you have to away these yarn ends, work them into your fabric, and then cut them, because if I was to just cut this right here, super-short, it could unravel really easily. The first thing to remember when you're finishing off, when you're binding off, or you're starting a new strand of yarn, or you're finishing an old strand of yarn, is to leave at least six inches of a tail there, for you to use to work away the ends. It's impossible to work away a piece of yarn that's that thin, you need about six inches worth; I've got super long yarn tails, here, so I'm gonna start by just cutting this one down, 'cause I don't need any of the rest of that. And I'm gonna work away this end, and I'm basically gonna, sorta hide it, back here in my fabric, and then I can cut it, because then it's not going to unravel. So, one strategy to work away yarn ends is to sort of work them into your seam, or your edge stitches, by just taking, oh, just a tiny, little strand there, and kind of weaving them in; sometimes it's a good idea to go back and forth, what you're trying to do is just get that end worked away enough, into your fabric, so that it's unlikely to come loose, and your whole project will start to unravel. I don't have to work away all six inches of it, just about an inch or two, and now, now I can cut this, right close to there, because in order for this to unravel, it has to find its way back through all of that little weaving that I did, all the way up here, and then start to unravel, and that's not likely to happen, because I worked away that end. And that's one way to work your yarn away, along the edge. Let's try another strand; how about this guy? Well, this one is very long, so I'm gonna cut it, so I have six inches to work with, approximately, thread up the darning needle. Now, if you don't want your edges to become too thick, or your seams to become too thick because there's lots of yarn ends that need to be worked in here, and seam areas of your work is already pretty thick, you can just work it into the back knobs of your pearl-stitches. Now, you can't just go under a pearl stitch and weave it like that, because you would be able to see that from the front. What you want to, sort of, instead is stab through the middle of that pearl-stitch, so you have some strands, but not all of the strands, and then, again, it's always a good idea to go up and then down, just 'cause that's easier to unravel than if it was just all straight down if I was just going through all of these. That would be easier to pull out than it is if I'm going up and down; and remember the whole point of this is to just keep this strand, this last, little tail-strand in place, so we can cut it short and not worry that it's gonna to come loose, and the whole shebang is going to unravel. I've got a lot of practice with this, 'cause you have to do it not

just with knitting, but with embroidery and sewing, and a lot of things. Okay, snip that one's gone, the bad news here, is look, these are just four, little pieces and some seaming; all of these ends need to be worked away, but you can do it while catching up with a TV series on Netflix, or listening to podcasts, you don't really have to concentrate that hard. Here I have a light-blue strand, and here I have a seam where there's a darker, teal piece of knit fabric, and a lighter one, and I'm using lighter yarn. It's better that I work away this yarn, into the same color fabric, because you really don't want it to be seen from the front, this is some backstage stuff that's going on, here, with this. This is only for you and your knitting to know about; nobody else should see these or know about them, or anything. So if you did it on a different color, and that fabric stretched out a little bit, you might possibly see the strands coming through, and you know, that just wouldn't be pretty.

#### How to pick up and add stitches

- Often times in a knit project after you've seamed the pieces together you'll be told to pick up stitches so that you can add an edging to the work that's already completed. In sweaters, that happens all the time around a neckline. Whether you're gonna put on a crew neck, just a little bit of ribbed edging or a turtleneck or whatever. The way that gets written in your knitting instructions is you're told to pick up and knit a stitch, but that's really misleading because you're not picking up stitches at all really and you're certainly not knitting them. What you're really doing is making completely new loops of yarn, but you're gonna be doing them through the old stitches. So you can be doing this along the bottom of a piece or along the side you can be asked to pick up and knit stitches or along the top. I'm gonna show it to you through the bottom. Now, here my work is upside down. You can see I'm seeing V's anyway. Right, I showed you that magic. So, to pick up and knit a stitch, which isn't neither picking up nor knitting a stitch, you start by inserting your needle into the middle of the stitch where you're gonna pick up a knit stitch. I'm using contrasting color yarn just so you can see it and this is really attached to a ball, this is not cut off from anything. Gonna insert my needle there and I'm just gonna make a loop of yarn over that needle. There's nothing special happening here. Just, these pieces aren't even attached. Gonna hold both of those ends and then I'm gonna pull that through onto my right hand needle, as if I were knitting. And I'm gonna go insert my needle into the next stitch, as close to the edge as possible. Usually right in the top of that stitch with just the, a strand or two above it. And now I'm just gonna take the end that's connected to the ball and hold it in my hand like I'm knitting, wrap the yarn like I'm knitting and pull that loop through. When you are told to pick up and knit stitches you'll be told a certain number of stitches to get. And a certain space where they need to be gotten from. And so you wanna try to do that as evenly as possible. If you're picking up and knitting stitches from the top or the bottom there will often be the same number of stitches as are there and so you'll be able to pull one up for each stitch by putting your needle into the middle of the next V each time. When you're picking up from the sides you're usually gonna wanna only pick up two knit stitches for every three rows of knitting. Let me show you how to pick up stitches from the side. It's the same thing, you're kind of familiar with this now. I'm just gonna insert my needle into the center of this V that's on the edge. Again, just loop the yarn around it to start. And then I'm gonna go into the next one. And because I'm usually, when I'm picking up from the side, picking up around two for every three I'm gonna skip the next one and then I'm gonna do two. That way I just connected two knit stitches with, picked up two knit stitches from three rows. I'm gonna skip the next one. There we go, another two. And once I've picked these up I'll follow the rest of the instructions in my pattern and usually I'll just have to start knitting on these stitches as if they were regular stitches which they kind of are. So, I can just now

knit on these. I'm gonna do a purl row just on the back here. But just the picking up those loops, just making those loops, that is the picking up and knitting. That's the whole step. Now I'm actually purling a row and you can see if I kept going I would be making new fabric. That's how you would add collars and edgings to your knit work. And that's all there is to the unfortunately named pick up and knit a stitch.

#### How to block your finished piece

- When you finish knitting an item, whether it's a hat or a sweater or whatever, when you're first finished with it, it's usually a bit messy. This is a stockinette swatch that I did, and you can see it's kind of curling on itself. Stockinette stitch does that, but it's also like the edges are all weird, and this side is longer than there, and it might not even be exactly the right size that it's supposed to be. So the way that you fix that in the end of knitting is called blocking, and blocking works with any kind of natural fiber that you use. It doesn't work as well if you're using acrylic yarn. I have a really simple way to do it. When I block something, I start out by wetting it. Here's a nice, cool bowl of water. I'm just gonna put it in there. Don't use hot water with natural fibers. Natural fibers don't like hot water. Sometimes you can wash it. I usually wash it maybe a little bit with soap and don't agitate it too much, but now I'm just gonna show you the blocking. Okay, so now it's damp, right? Then I get out a towel and I lay it on there, and the first thing I do is just squeeze out as much water as possible. Okay? And now, can you see that this is kinda like become almost like a piece of clay now? If I put it like that it sits like that, if I stretch it all out like that it goes like that. What I wanna do is start by settling the stitches, which means I just pull it in the corners, I pull it sideways, I pull it up. Okay, and then I'm gonna start laying it out in the exact way that I want it to be when it's done. So I'm flattening out these parts here. I'm making the bottom straight and even. And on this towel, on any towel, that stuff just stays where I put it because it's damp. Now, if this had to match a certain measurement, I would take a measuring tape and measure along this side and make sure. You could squash it in a little bit if it's too long and stretch out a little bit where it's too short. If it's a complicated thing, you can always put straight pins in through the thing and the towel, but most often I don't even have to do that. And then just walk away from it, just leave it alone for a while. Leave it somewhere where it can dry. The next day, when you come back, it will be blocked. It will be exactly the shape that you left it to dry. It'll be perfect. Mere days ago, this blocked swatch looked just like that one did that I just showed you. And that's blocking.

#### I-Cord

- [Instructor] Sometimes when your project is all done, you might still need to make a cord for instance for a drawstring if it's a hoodie or if there's something that's gonna be woven through your fabric. A really nice way to do that is to make something called an I cord. Now the I in I cord stands for idiot cord and I'll show you why. You need to use two double pointed needles to make this. And it starts by casting on a few stitches onto one of the needles. Very few stitches I'm gonna do it with three, sometimes you'll be asked to do it with five, but it's always gonna be a small number of stitches. Three stitches. And then with the next side of the work facing me instead of turning this around and working here I'm just gonna take these stitches and I'm gonna push them to the other side of the needle. And now my yarn is really coming out of the back of these stitches when the yarn would usually be at the front, but it's in the wrong place, hence the name idiot cord. I'm gonna knit these three stitches anyway. Bring that yarn around to the back. And I'm just gonna knit these three stitches as if I didn't know that this is not how it's supposed to be done. Here I was supposed

to turn my work. (...) Okay Now, I've got my stitches on this needle. I'm gonna switch hands. The yarn is coming from the back of these stitches. I'm gonna push them to the other side of this double pointed needle. So even with the yarn coming from the wrong side, I'm gonna continue to knit on those three stitches. Be careful they don't pop off your needles 'cause it's very few stitches. I'm not gonna turn the work, I'm gonna switch hands and push those stitches with the knit side still facing me to the other end of my double pointed needle. Again, my yarns coming from here, supposed to be over here. We're just gonna pretend I didn't know that. And knit, and usually you wanna pull that first stitch of those three of every new row a little bit tightly. And I'm gonna do that a couple times. You will see what is starting to happen here. (...) Oops, I was naughty and I almost did this the right way. You have to do it the wrong way. No offense to any idiots watching this right now, but I didn't name it. Okay so look what's happening here. I'm getting a little tube of knit stitches. Because those stitches are such a few stitches when I knit like this, especially when I pull the first stitch tight, they just all come together and they make a little cord.