



Detailed below are even more cast on methods for you to try.

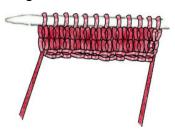
## Tubular Cast On Methods

Often used where a stretchy cast on is required such as hats, cuffs and hems, this cast on is virtually invisible. There are several methods that can be used to give a neat rib cast on.

Method 1 - Stocking Stitch Tubular Cast On with Waste Yarn

Easier than the long-tail version although not quite as stretchy so it may be better worked in a needle size larger. It is worked as follows:

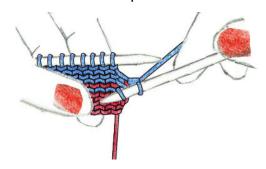
a. Using waste yarn cast on half the number of stitches required and work three rows in stocking stitch.



b. Change to main yarn and work two more rows in stocking stitch. Turn the work so WS is facing.

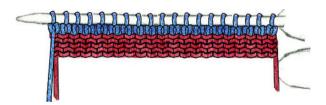


- c. Purl the first stitch and take the yarn to the back.
- d. Insert the RH needle purlwise into the first purl bump below at the colour change.



e. Knit the stitch.

f. Repeat steps c to e until all the stitches have been worked and you should have the required number of stitches for the piece.



g. Work a few rows in rib before removing the waste yarn.



NOTE: If an odd number of stitches are required add an extra stitch at the beginning and decrease it again on the first rib row by working two stitches together.

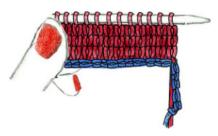
#### Worked in 2 x 2 Rib

To create a 2 x 2 rib work the first stitch as described in c above then work the next 2 purl bumps as described, then purl the next 2 stitches and so on until all the stitches are worked.

Method 2 - Stocking Stitch Tubular Cast On Using A Provisional Cast On

Best worked in a needle size larger. It is worked as follows:

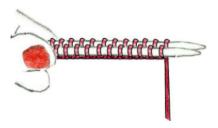
a. Using a provisional cast on, cast on half the number of stitches required and using the main yarn work four rows in stocking stitch.



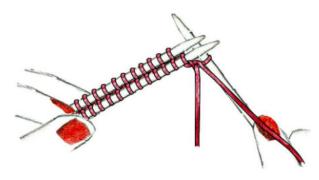
b. Undo the provisional cast on and transfer the live stitches onto a spare needle. Make sure you pick up all the stitches including the final stitch.



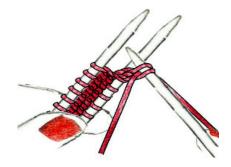
c. Hold the needles parallel to each other in your left hand with WS to WS.



d. Purl one stitch from the back needle then



e. Knit one stitch from the front needle



f. Continue to alternate stitches as set until all stitches are worked.

NOTE: If an odd number of stitches are required add an extra stitch at the beginning and decrease it again on the first rib row by working two stitches together.

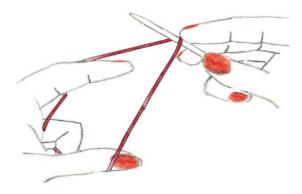
### Worked in 2 x 2 Rib

Begin as above and purl one stitch from the back needle. Then knit two stitches from the front needle followed by purling two stitches from the back needle until all stitches are worked.

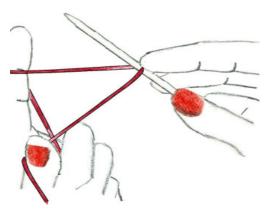
## Method 3 - Long-Tail Tubular Cast On

Make a yarn tail approximately 3 - 4 times longer than the required width of the cast on and fold the yarn over the needle at this point. Continue as follows:

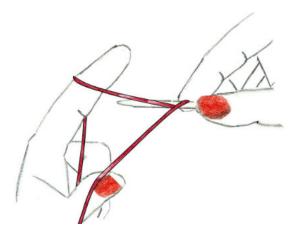
a. With both strands of yarn in your left hand insert your thumb and forefinger in between, with the tail end over your thumb.



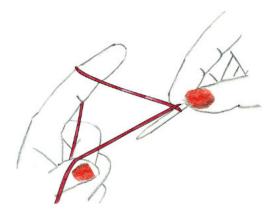
b. Turn your left hand so the palm is facing up whilst ensuring the yarn remains over the needle with your right hand.



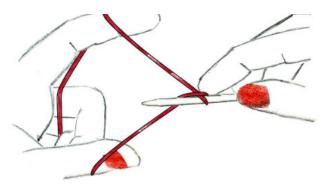
c. Take the needle over the strand of yarn on your finger, then down behind it and underneath.



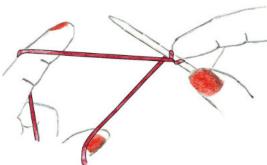
d. Then take the needle towards you underneath both strands of yarn.



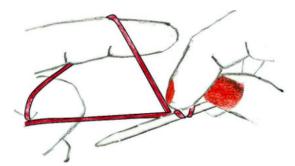
e. Take the needle over the strand of yarn over your thumb, then down and underneath the strand on your forefinger.



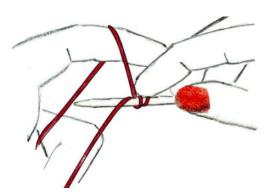
f. Bring the needle up and move your forefinger just enough to create a stitch on the needle (this will be a purl stitch)



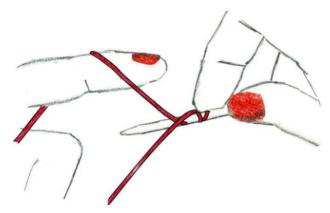
g. Make a knit stitch by bringing the tip of the needle over the strand of yarn on your thumb, then down and underneath it.



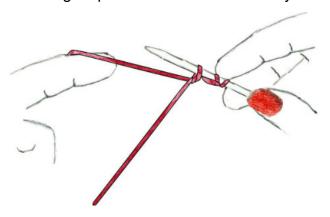
h. Then take it away from you and over the yarn on your forefinger.



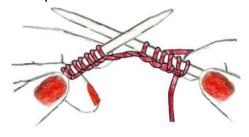
i. Point the needle down and take it underneath both the yarn on your forefinger and on your thumb.

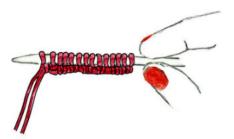


j. Then bring it up to create a knit stitch on your needle.



- k. Repeat steps c to j until the required number of stitches are cast on.
- I. Hold the needle in your left hand keeping hold of the tail
- m. Knit into the first stitch, bring the yarn to the front, slip the next stitch purlwise, take the yarn to the back, then knit into the next stitch. Continue in this manner to the end of the row knitting all the knit stitches through the back of the loop and slipping all the purl stitches.





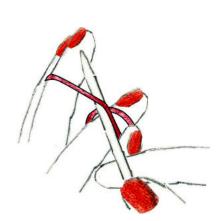
- n. Turn the work and repeat as in m above.
- o. You can now continue in 1 x 1 rib.

# Circular Cast On Methods

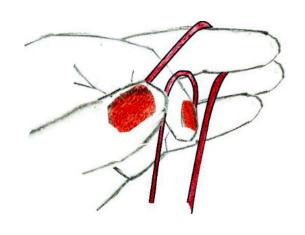
There will be occasions where you want to knit from the centre of a round, such as circular shawls, hats or even bowls. As with most things to do with knitting there are several methods to explore.

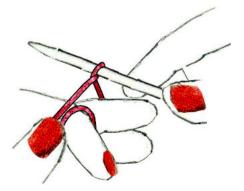
## Method 1 - Invisible Loop Cast On

- a. Make a loop over your left forefinger. The tail of the yarn should lie to the front and be held in place with your thumb while the working yarn should be placed over your middle finger and held steady with your ring finger.
- b. Place the knitting needle under the working yarn from the back of your hand.

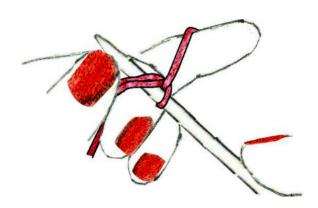


c. Twist your hand to create the first stitch.

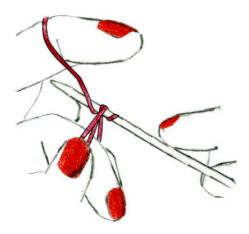




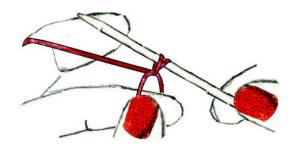
d. Place the knitting needle under both loops on your forefinger, from back to front.



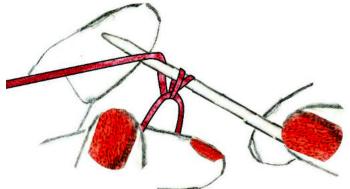
e. Place the knitting needle over the working yarn, and pull the yarn through the loops to create a stitch.



f. Create the next stitch placing the knitting needle under both loops again, but this time take the needle under the working yarn before pulling it through to form the stitch.



g. Repeat steps d to f until you have the number of stitches required.



h. As you will be working in the round you will need to transfer the cast on stitches to a set of DPNs or a circular needle.

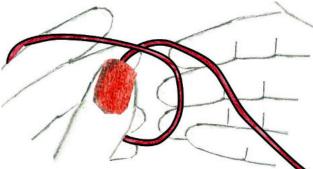


i. Once you have worked a few rounds tighten the loop and you should have a neat, flat finish.

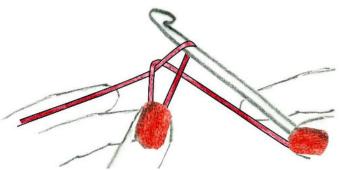
### Method 2 - Crochet Hook Circular Cast On

This is a commonly used method developed by Emily Ocker.

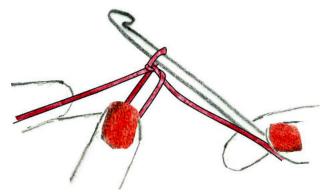
a. Make a loop with the yarn, making sure the tail end lies over the top of the loop and lays to the right.



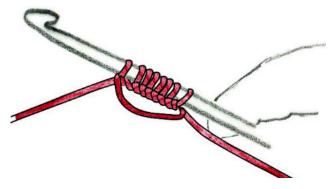
b. Keep the loop closed with your left hand. Hold the tail of the yarn in your right hand and insert a crochet hook into the loop and under the working yarn. Maintain tension on the working yarn with your left and and draw it through the loop.



c. Without going through the loop take the crochet hook under the working yarn and bring it through the loop on the hook to make the first stitch.



d. Repeat steps b and c until you have the required number of stitches.



- e. As you will be working in the round you will need to transfer the cast on stitches to a set of DPNs or a circular needle.
- f. Once you have worked a few rounds tighten the loop and you should have a neat, flat finish.