

## TRANSCRIPT

# Tutorial - 4 Cast Ons

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There are a ton of cast on options and I encourage you to try them all. But sometimes we just want to get rolling with a quick go to. I'm going to show you how to work the four basic cast ons that I think every knitter should know. The first cast on I think everybody should know is the basic go to, it's called the long tail cast on. Now, when I work this, I like to get an estimate of how much yarn it's going to take up. And in order to do that, you're going to use your needle and your yarn. You're going to do a couple of wraps. And this is just, you get an estimate of where you're going to start in that strand, strand of yarn. So for example, if I need to cast on 10 stitches, I'm going to give myself a little bit of a tail and I'm going to loosely wrap the yarn around 10 times three, four, five, six, seven, eight, nine, ten, right there.

So I'm going to hold my finger there. And that is what I'm going to place over here on the needle. Now you'll see that I have just put the yarn on top of the needle. I'm not working a Slipknot or anything. My little trick creates a normal edge there and saves you probably 0.244 seconds of your life. So drop the yarn on top of the needle. And you're going to, with the tail facing you and the working yarn that's attached to the ball behind you, I like to grab both strands and kind of hold tension with these bottom two fingers. You're going to take your forefinger. You're going to come up between the loop and out. You're going to go down into the loop with your thumb and bring it all the way back around. So we get these two little bunny ears just like this, two bunny ears. Keep your finger here to hold that stitch in place now to work the stitch, you're going to come up under the thumb loop right into the center of the loop. Kind of bring it the needle over into the finger loop. And you're going to draw that finger loop through the thumb loop that you're holding open. Okay? Just like this. Now you see it's really loose here. You can obviously pull it tight like this and give it a little snug. But what I do because I'm holding these strands down here, just putting my fingers back into position helps me tighten those two stitches, but make sure you're not pulling too tight. You don't want to strangle your needle, but you don't want your stitches to disappear either. So we have our bunny ears and I'll walk through that one more time. So holding tension down here, come up with your finger and out, down with your thumb and around. So we have our two bunny ears, you're gonna bring your needle up, up into the thumb, swing it over down into the finger and pull that inside finger loop through the loop or the open circle of the thumb. And now we're going to pull it snug and to do that, I'm going right back into position out, down and around. See how it tightens it up? And then bring it down. I'm going to come up through the thumb, down through the finger and keep traveling all the way through the thumb bunny ear to tighten it back up. I still have never let go with these fingers down here on these strands. I'm going to come up with the finger down and around with the thumb and see how it tightened that stitch up. And you're going to keep doing that over and over until you have cast on your total stitch count.

Little trick when you are working this particular cast on to remember is think of this cast on as your first row. What happens is that it will drop down. So a long tail cast on actually counts as row one. So when you work your very first row, your actual row to start knitting, it's going to be your wrong side row. So just keep that in mind when you start knitting.

When you have sock cuffs or a hat brim or a cuff up sleeve to work, you want to stretch the edge and the twisted German or often called the old Norwegian cast on it is perfect for this. It's set up very similarly to the long tail cast on.

So we want to do the same thing where we've figured out how much yarn we're going to need. And I do this by wrapping the yarn around. I have a little tail here. I have a little tail, and if I need to cast on 10 stitches, I'm just going to loosely wrap it around 10 times six, seven, eight, nine, ten. Hold my finger there. Give or take, pull the yarn out and drop your yarn right there on the needle. Again, I'm not doing a slipknot because I could never get those right. Anyway. I don't know what's wrong with me. Okay. The setup is going to be very similar to the long tail cast on you have the tail facing you, the working yarn, attached to the yarn ball behind, and you're going to keep holding tension with these bottom three fingers. Now you're going to bring your finger up and out and your thumb down and around. So you have bunny ears, just like the long tail cast on what's different though, is where we're going with the needle, for the twisted German cast on you are going to come underneath both thumb strands, just like this. Then you're going to push that inside thumb, strand, up and around. Okay. So now we have this little loop sitting here on the needle. Now you're going to come into, so straight here, into the finger loop and it's a little wiggly and I didn't set it up, right? So let me try again... Into here I want to kind of hold snug cause it's a little fiddly the first couple of times, and that little loop we had made with the thumb is what is going onto the needle. So give it a nice little snug here. Let's see if we could set that up again. So you're going to come under both thumb strands and create a loop. So you're coming under, push that down and bring it up around just like this. I'm going to go into the finger. Okay. I forgot how fiddly this is... Into the finger loop, just like this. And you're gonna pull that strand through that thumb loop, just like this. Now, putting my fingers back into position is what tightens up that particular stitch under both down and around in, squeeze it through that little hole. This one is a little bit fiddly, but once you master it, it is so helpful to know. And you're going to keep repeating that until you've cast on however many stitches your pattern says to cast on, and it has a nice give that'll help go around your foot, your head or your hands.

Also remember just like the long tail cast on this cast on counts as your first row. So when you turn your needle to begin working your next stitch or your next row, this is going to be your wrong side row.

When you need a firm edge, especially for those one row buttonholes, which are my favorite, the cable cast on just can't be beat. To work this particular cast on you do need to make a slipknot. To work a slipknot you hold your tail in your hand wrap around. So you make a loop like so. So just like this and then pull the working yarn through it. Okay. Give it a nice little tug there. So we have a slipknot. We're going to place that on our needle. Now working with the slipknot, we are going to insert our knitting needle through there and we're going to go like we're knitting a stitch. Okay. Just like normal, just a knit stitch. And now we have two little stitches, one over here, one over here. We're not going to pull this all the way through. Instead, we're going to take our left hand needle, and we are going to slip it right here knit-wise. So you're slipping it back over knit-wise. So now we have two stitches on this particular, on the left hand needle. So to work, the cable cast on you are working in between the stitches on the needle. Okay? So that means you're not picking up any of the loops. See if I can go through here, you want to come right here into that hole between the stitches underneath the needle. So you're gonna insert the needle from right through here. Here we are, sticking out the back just like, so. You're gonna wrap your yarn around, like you're working a regular old knit stitch, and you're going to pull that loop through between the two stitches. Let it go a little loose, cause you don't want to strangle your needles and we're going to slip it over to the left hand needle

knit-wise, just like that. And we are just going to repeat that until we have cast on all of the stitches required insert between the two stitches, the first two stitches on the left hand needle, wrap your yarn around and wrap your yarn around like as a regular knit stitch, pull it through and then slide it knit-wise back onto the left hand needle. Like that.

Now, if you get to the end and you really hate how you know your slipknot looks, because for some reason, mine always looks terrible, you can slide it back to the side and just drop that slip stitch if you need to. Anytime that I have to work in the middle of a row or the middle of a round where I have to do a buttonhole or I have to, um, bind off on one row and then re-cast on the next row, such as when you are getting ready to move from your yoke down in a circular sweater, down into your body and leaving the sleeves over here. I prefer to use this cable cast on because it is nice and firm and sturdy, and it just has a beautiful edge. That's not going to go anywhere.

The final cast on in these four cast ons, I think every knitter should know is one perfectly suited for all of that two colour brioche that everybody loves. This is called the two colour Italian cast on and it meets the needs of elasticity and colour distinction. First things first, you are going to want to make a slipknot. Means you're gonna make a little loop, bring one through, but don't close that loop and then give it a little snug. It really doesn't matter how that looks because we're going to undo it later. Now, whatever is the dominant colour we're going to hold to the back. So in this case, I want the dark to be dominant and the light to be the secondary colour. The setup is going to work exactly the same as a long tail cast on you're going to grab those two strands with your bottom two fingers. And you're going to come up and out with your finger down and around with your thumb so that you have this big old V here. We're not going to worry about these two back loops right here. We're only going to focus on these top two strands. Now to start with your back dark colour, you're going to come under the light coloured strand under the first strand grab on top of the dark strand, bring it back under the light strand. And you're going to come up and around just like this. The next stitch is going to be a light one in order to grab that one, we want to come from behind. Grab both of those two strands, push down to the inside with the light colour and come back up and around. So now we've got two stitches here.

So next colour we need a dark one going to come under the light, grab the dark, bring it back up and around. Like, so do the light one. We're going to come from behind both. Come up, push the light one down, bring it all the way around. So I'm going to keep repeating that until we've cast on one stitch, less than what the pattern calls for. So I need a dark one. So right here, we need to put in one more dark one. So you typically with brioche, when you were working flat, usually start and end with the same colour. To do this, I like to take my yarns and give them a little twist so that now your light is at the front or the back and your dark at the front. Then I like to do basically what's called a knitted or a backwards loop cast on, so we have this loop and I'm going to come up like this, grab that stitch. So now we've secured that light colour right back there. So that is what that tail or that cast on looks like. And your very next row, you are set up to work, your set up row for brioche. and you will drop that slipknot when you get to the end.