



Knit it Now Home Study Course

Rubber Basics Bootcamp

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DAY 1: INTRODUCTION -USE YOUR RIBBER!

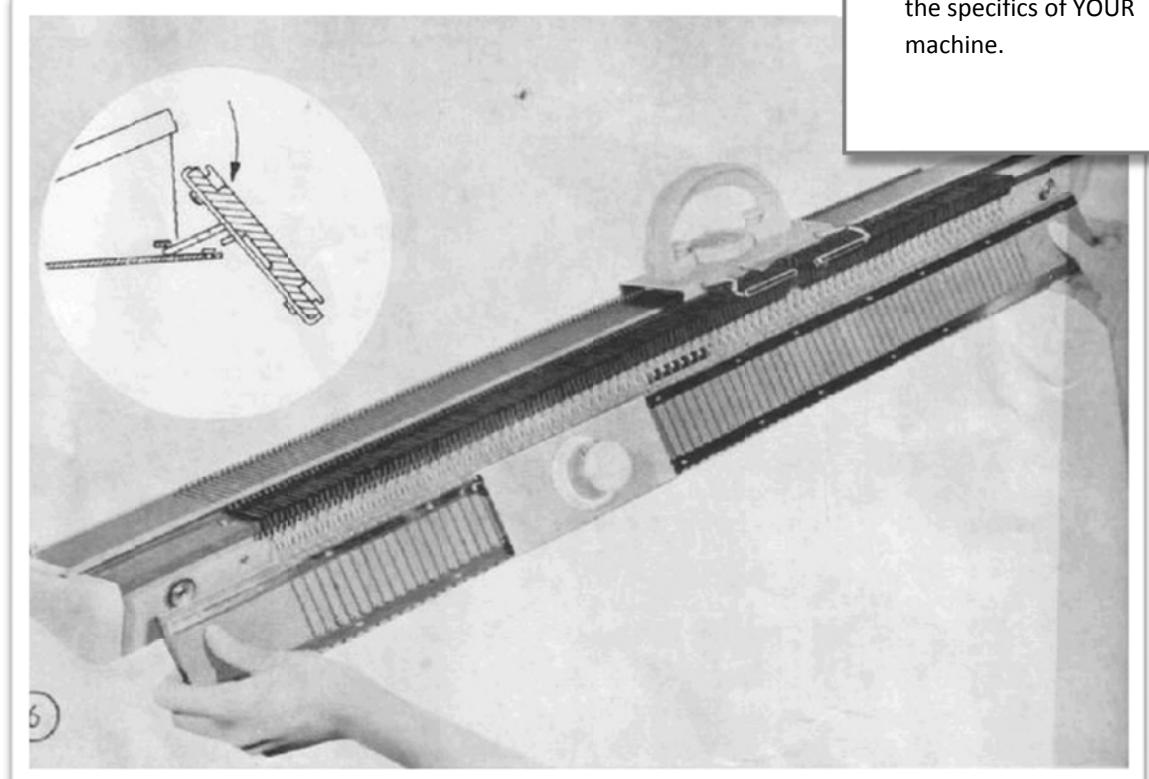
The goal of this course is inspire you to use your ribber. At this stage of your knitting journey, knitting a sweater in a ribbed fabric may be a bit ambitious. But learning the basic capabilities of your ribber will go a long way to giving yourself the confidence to incorporate ribbing techniques to be creative and make your knitting unique.

- Knit Full Needle Rib Hems instead of hung hems
- Knit ribbing with various needle selections and incorporate decorative edges
- Add purl stitch accents to garments
- Knit ribbed collars, cuffs
- Knit beautiful fabrics for pillows, scarves, shawls ... get creative!

This course assumes that you are comfortable with the basic functionality of the main bed of your machine.

The various makes of machines use different terms and are slightly different.

We've tried to keep these instructions "generic". It is part of your learning curve to follow along and learn the specifics of YOUR machine.



DAY 2: EXPLORE YOUR MACHINE

Set up your ribber according to your manual.

1. Remove the clamps from the main bed and replace them with the ribber clamps to tilt the bed into position for knitting with the ribber.
2. Join the 2 beds by inserting the ribber brackets into the slots in the main bed.
3. Secure the ribber arms to the knitting table or stand with the single bed clamps.
4. Turn the tension mast so the yarn feeds cleanly.
5. Exchange the main bed sinker plate with the ribber connecting arm.
6. For the practice exercises, choose a light color, smooth yarn that is slightly thinner than you might use on your main bed only.

Dust off your machine, get it in good working order and
GET KNITTING!

Keep your ribber in place. If you have to assemble it each time, you won't use it!

Tension Dial

As on your main bed, the tension dial controls the flow of yarn to the ribber needles. Note that the numbers on the tension dial of both beds rarely are the same. For even knitting, you may set your main bed to 8 and your ribber bed to 7. The tutorial on circular knitting discusses this and walks you through an exercise to determine your machine specifics.

What is the optimal setting for the tension dials of your machine?

Pitch Lever

Understanding the concept of Pitch (P) and Half Pitch (H) is important to creating ribbed fabrics. It is also CRITICAL to keeping from damaging your machine because of improper needle setup.

Try this:

1. Set your machine to Full Pitch (P). Carefully pull 10 needles on the main bed and 10 needles on the ribber to working position (not all the way out). What happens?
2. Shift to Half Pitch (H) and notice the position of the needles. Use your needle pusher and push the needles all the way out.

No matter what technique you try in the following exercises – keep the needle pitch in mind before running your carriage across the beds!

Needle Positions

A – B – D – E The letters differ on various machines. What letters apply to your machine?

- Hold position
- Working position
- Out of work position

Holding Cam Levers

When needles are in holding position and the cam is set to hold, the needles will not knit AND they remain in holding position after a pass of the carriage.

Try this with no yarn:

Pull 10 needles to hold position on the ribber and pass the carriage (cam set to normal knitting)	Needles will return to working position
Pull 10 needles to hold position. Carriage on the right – set cam to hold left ONLY and pass the carriage left	Needles will remain in hold position
Pass the carriage back to the right	Needles will return to working position
Pull 10 needles to hold position. Carriage on the right – set cam to hold in BOTH directions and pass the carriage left then right	Needles will remain in hold position

Tuck Levers

Identify the tuck levers(s) for your machine. What are they called? Place a sticker near the levers to quickly identify it for later exercises

Slip Levers

Identify the slip lever(s) for your machine. What are they called? Place a sticker near the levers to quickly identify it for later exercises

Racking Handle

With no yarn in work, place 5 ribber needles in working position (not all the way out). Practice racking left and right to get comfortable with the feel of the racking handle. Watch the racking indicator and the position of the needles as you rack.

Return the ribber to the center position (5)

Drop Lever

Raise and drop your ribber. Practice moving both sides at the same time. Get comfortable with dropping your ribber and don't be afraid of it.

Other Levers

Your machine may have other levers that are used for various techniques. For now, don't get overwhelmed and just focus on the basics.

Cover your ribber when you are working on the main bed only.

Ribber covers are available for some machines, but file folders or magazines draped over the bed are helpful. A folded tablecloth or fabric can also be used.



DAY3: CASTING ON

You can probably find a dozen or more cast on methods for your ribber. Cast on methods vary on the stitch technique (and needle arrangement) used. All of these choices can be confusing! Experienced knitters have their favorites and you will discover yours. Be patient and don't be discouraged.

As you are working with this course, you will be shown a number of cast on techniques for various needle setups. Here are some tips:

1. You must have even weight on your knitting for ribbing stitches to form correctly. You may not use weight when knitting on the single bed, but you **MUST** use weight for ribbing.
2. A ribber cast on comb is essential. If you don't have one, stop here and buy one! Smaller combs are available for swatching and small pieces. Don't try to use a 200 needle size comb when knitting 40 stitch swatches.
3. Casting on with waste yarn and ravel cord helps keep your ribber edge from getting stretched out of shape and protects the yarn from damage by the comb.
4. As you are getting started making swatches with this course, choose a cast on method and stick with it. Repeatedly using one method will help you master that method.

Practice the "Easiest, Best Ribber Cast on" method. Try other methods as you gain confidence

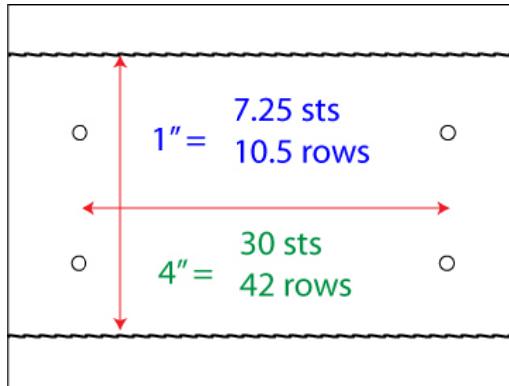
DAY 4: SWATCHING ON THE DOUBLE BED

Swatching when knitting ribbed stitches is not different than single bed swatching.

1. Knit a generous swatch, marking specific stitches and rows.
2. Dress your swatch. (Wash, steam as you will treat your final garment)
3. Measure the areas between the marks, do the math and record your gauge
4. Be careful not to add too much weight to your swatch.



NOTE: Because of the nature of knit and purl fabrics, swatching double bed fabric poses a challenge. Some textured fabrics block beautifully and have very little stretch. Other ribbed fabric (think 1x1 ribbing) pull in widthwise. When measuring ribbing, your challenge is to block the swatch as you will your garment and try to predict how much stretch you will incorporate.



DAY 5: EASY BIND OFF

1. For a quick bind off, transfer rubber stitches to the main bed and bind off with the single bed method of your choice.
2. For a neat, fast bind off in 1x1 ribbing, view the “Easy Ribber Bind Off” tutorial. It requires no sewing and looks great!
3. For a beautiful Full Needle Rib bind off, view the “Double Bed Bind Off” video. Practice with a contrasting color yarn.



Practice various bind off methods as you work the swatches in this course.

Easy Bind Off**Double Bed Bind Off**

DAY 6: TROUBLESHOOTING

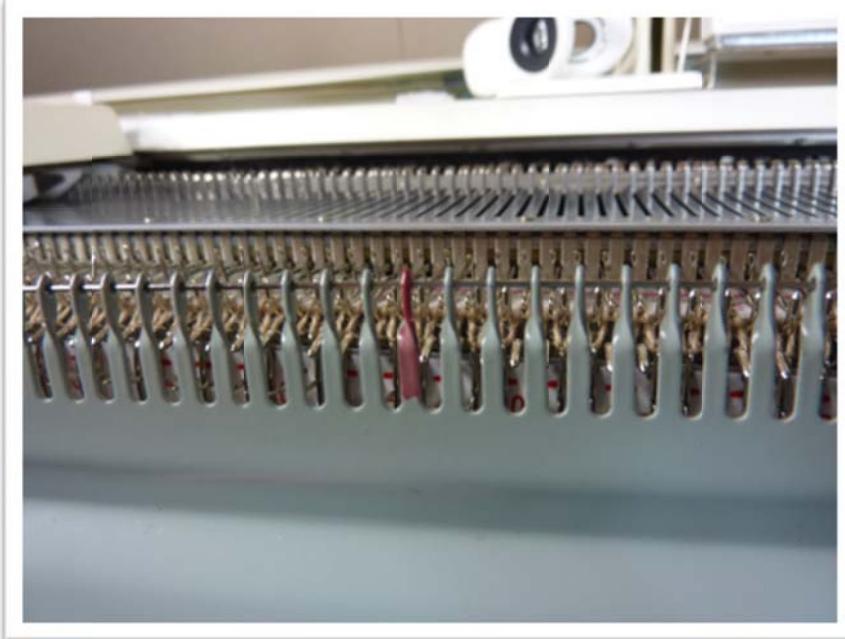
If your carriage jams ... don't panic!

1. Detach the ribber carriage from the main bed coupler. Slide it to one side (without dropping stitches)
2. Use the thumb screws to remove the coupler from the main bed.
3. Following your manual, release the main carriage
4. Repair the issue that caused the jam.
5. Re-align the needles
6. Re-install the main bed carriage and place it on the side of the knitting with the working yarn
7. Re-attach the coupler.
8. Position the ribber carriage on the same side – re-join the 2 carriages
9. Thread up the working yarn and begin knitting.

Remember, if it is hard to push the carriages across, there is something wrong. Don't force your machine!

TIP:

Ribbing requires even weight. Make sure your cast on comb hangs evenly by marking the center prong with a bright nail polish. Align this prong with the center of your knitting.



DAY 7: RIBBER WEIGHTS ON THE FLOOR.

Keeping consistent weight on your knitting can be a challenge when knitting long pieces. Don't allow stitches to pop out of position when the work reaches the floor. Roll up the end (cast on comb and all), secure with clips and hang a weight.



DAY 8: CIRCULAR KNITTING

The techniques to create circular knitting involves the slip settings on your machine.

When set for slip, needles in working position will not knit and they remain in working position, without dropping off the needles.

1. Slip is used in cast on techniques
2. Pintucks are created by knitting on one bed, slipping on the other
3. Circular knitting incorporates slip, by alternately knitting on one bed then the other

You can knit seamless pieces for mittens, socks, hats, cowls, collars, cuffs,

Where can you imagine using circular knitting? What about creating an extra wide knitted piece with “u” knitting?

What setting on your machine allows the carriage to slip across.

Challenge:

You have knitting on the bed (any needle arrangement). Carriage on the right. Slip the carriage across the row, without knitting, without dropping stitches, without removing the yarn and without removing either bed from the carriage.

Your carriage is now on the left. Slip it back again.

What button/lever did you have to set to make this happen? Is it possible to slip in only 1 direction at a time with your machine?



DAY 9: HALF CIRCULAR (U-KNITTING)

Expand on your understanding of knitting on one carriage at a time. Create extra wide fabric, utilizing all the needles on both beds!



One edge closed



One edge open

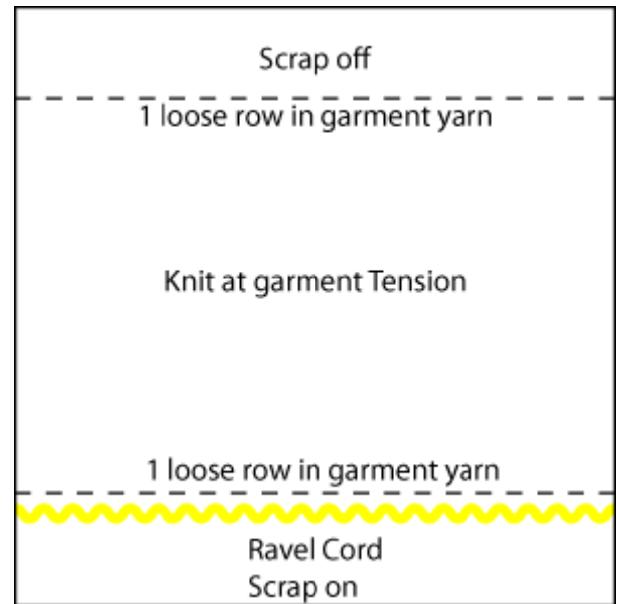
Try it yourself!

1. Zig Zag cast on with waste yarn
2. Knit a few rows with half circular setting (make sure one edge remains open)
3. Knit a row with ravel cord (2 passes of the carriage)
4. Switch to garment yarn and knit 1 VER Y loose row
5. Change to garment tension and knit a few inches
6. Knit 1 VERY loose row
7. Change to waste yarn, knit a few rows and scrap off

- With the work off the machine, bind off by pulling one stitch through another and secure the last stitch. Remove the waste yarn

~or~

- Hand stitch using a back stitch bind off. Then remove the waste yarn



DAY 10: TENSION SETTINGS

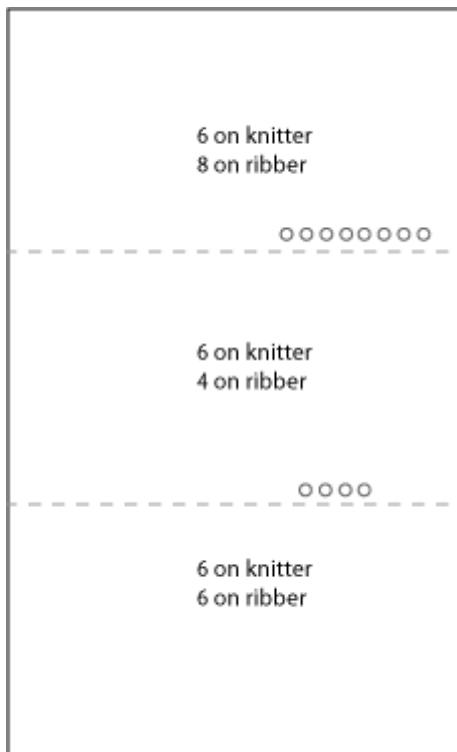
Determine the perfect setting for your ribber and main bed

1. Cast with a zig zag row
2. Set both carriages for 6
3. Set your machine for circular knitting
4. Knit for a few inches
5. Make a few eyelets on the main bed to indicate a tension change
6. Change your tension and knit a few inches
7. Make eyelet makers
8. Change your tension and knit a few inches.

Repeat as often as you like and remove the work from the machine.



Examine the different sections, determine and record the best setting for your machine.



DAY 11: DOUBLE BED PINTUCKS

Put slip stitches to use by creating pintucks. Double Bed pintucks don't require any stitch transfers.

Singles:

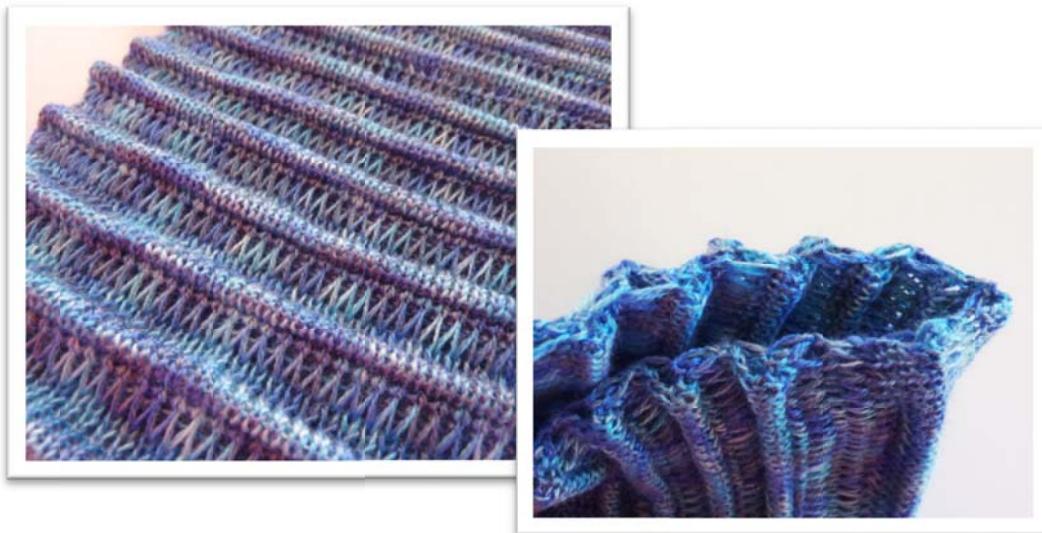
Simply knit a few rows on the main bed, while slipping the stitches on the ribber.

- *Knit 6 rows on both beds
- Knit 6 rows on the main bed only*
- Repeat from * to * for the desired length

***Reversible Double, Double:***

For a reversible fabric, work pintucks alternating on both beds.

- Cast on and knit 8 rows
- *knit 8 rows on the main bed only (slip the ribber stitches)
- Knit 2 rows on both beds
- Knit 8 rows on the ribber only (slip the main bed stitches)*
- Continue from * to * for the desired length
- Bind off



DAY 12: FULL NEEDLE RIB CAST ON

The full Needle Rib Cast on is the preferred cast on method for many ribber needle arrangements. The edge is neat and hand knitters marvel at its appearance.

Think of this cast on as a tiny hung hem. You have stitches on the main bed and stitches on the ribber. You knit the stitches on each bed alternately forming a small pocket. When you join the 2 edges the lower edge is a neat fold of knitting and the actual cast on is invisible

Try this:

1. Cast on in Full needle Rib:
2. Transfer all ribber stitches to the main bed and knit for a few inches in plain stockinette. When you remove the work from the machine, examine the width of the cast on compared to the plain knitting. How could you improve the appearance of this swatch?
3. After completing the cast on edge with 3 rows of slip, continue knitting circular for 10 more rows, creating a tubular hem. Transfer stitches to the main bed and knit a few inches in plain stockinette. This could replace the tedium of a hanging a hem.



Practice this technique
until you can knit it in
your sleep!

Try this:

After completing the cast on edge with 3 rows of slip, transfer all the ribber stitches to the main bed and knit a few rows in tuck stitch pattern

Try this:

After completing the cast on edge with 3 rows of slip, arrange the needles to a 3 x 3 rib needle arrangement.

DAY 13: FULL NEEDLE RIB BIND OFF

With careful stitching, your full needle rib edges will be identical!



End with a contrasting color waste yarn, knit in tubular (each bed knitting separately)

Kitchener Stitch the 2 edges as if you were joining a seam



Perfection!

DAY 14: 100% REVERSIBLE SCARF

Put to use what you've learned about Full Needle rib cast on and bind off, circular knitting.

Skills Mastered:

- Full Needle Rib
- Cast on
- Kitchener Bind off
- Slip Rows / Tubular Knitting



New Skills:

- Changing colors
- Perfect Edges



**100%
Reversible
Scarf**



DAYS 15-16: FUN WITH FLAT RIBS

Flat Rib Challenges - Try it yourself!

1

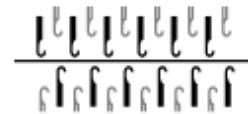
Compare 1x1 and Flat Ribs

1. Cast on for 1 x 1 rib using the cast on method of your choice
2. Knit for 5-6 inches
3. Drop the work from the machine (or bind off)

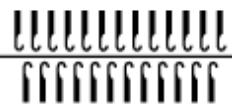
1. Cast on for full needle rib (all needles in work on both beds)
2. Drop every other ribber stitch and keep the emptied needles out of work (empty the needles by transferring to the main bed if you prefer)
3. Knit for 5-6 inches
4. Drop the work from the machine (or bind off)

Compare the hand, stretch and construction of these 2 samples

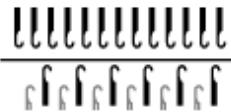
1x1



Full needle Rib



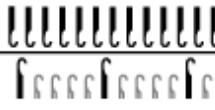
1x1 Flat Rib



2

Vary the needle setup on the ribber

1. Cast on for full needle rib (all needles in work on both beds)
2. Empty groups of 4 needles on the ribber
3. Knit for 5-6 inches
4. Try a different needle set up,
- 4.. Drop the work from the machine (or bind off)

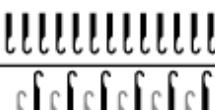
 Flat Rib
Variation 1

 Flat Rib
Variation 2


3

Elongate the rib stitches

1. Set up for flat rib
2. Knit for a few inches
3. Set your ribber to slip in one direction
4. Knit for a few inches
5. Drop the work from the machine

1x1 Flat Rib

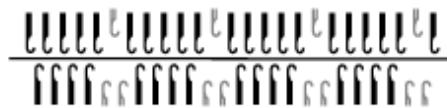


4

Incorporate Needles out of work

1. Cast on and arrange your needlebeds as shown in example1
2. Note the needles out of work on BOTH beds
3. Knit a few inches

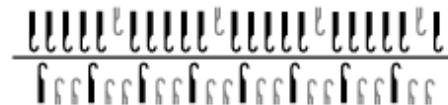
DO NOT drop the work or bind off.



5

4. Change the needle setup on the RIBBER BED as shown by transferring stitches.
5. Knit a few inches

DO NOT drop the work or bind off



6

6. Transfer MAIN BED needles as shown (every 3rd needle is out of work)
7. Knit a few inches
8. Drop the work

Compare the hand, construction and BOTH SIDES of the piece.



DAYS 17-27: PRACTICE SHAPING IN RIBBING

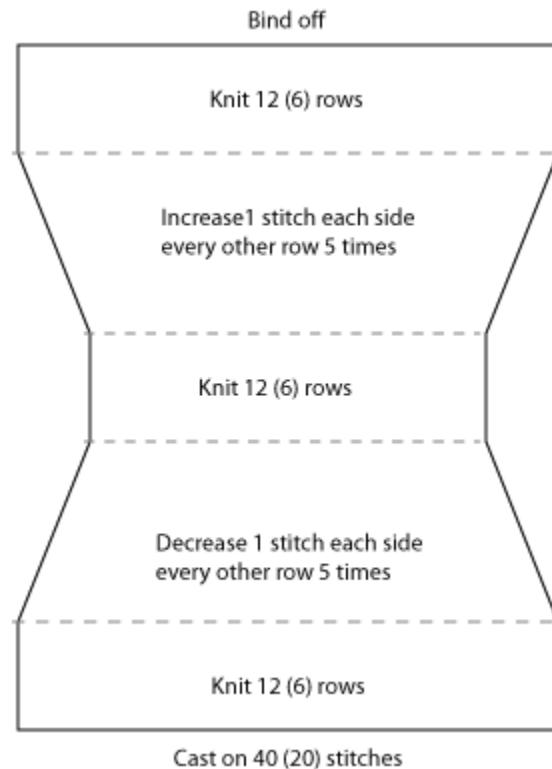
Following each tutorial, practice casting on increasing, decreasing and binding off in various needle arrangements.

Example: (the numbers in parenthesis are for mid-gauge/bulky machines)

Cast on in 1x1 rib and follow the pattern instructions in the diagram.

Cast on in other needle arrangements (2x2, Full Needle Rib, etc) and follow the instructions

Mark your progress on the chart



	Cast on	Bind Off	Increase	Decrease
1 x 1				
2 x 2				
2 x 2 Half Pitch				
Full Needle Rib				

DAYS 28 - 31: ENGLISH RIB AND FISHERMAN RIB

Tucking on the ribber is the same as on the main bed. Set the carriage to tuck, have the needles in the correct position and the working yarn will loop over the needles

To create English and Fisherman Rib, you alternate tucking in one direction on each needlebed. The various combinations create different textures.

Experiment with tucking on the ribber with the following exercise:

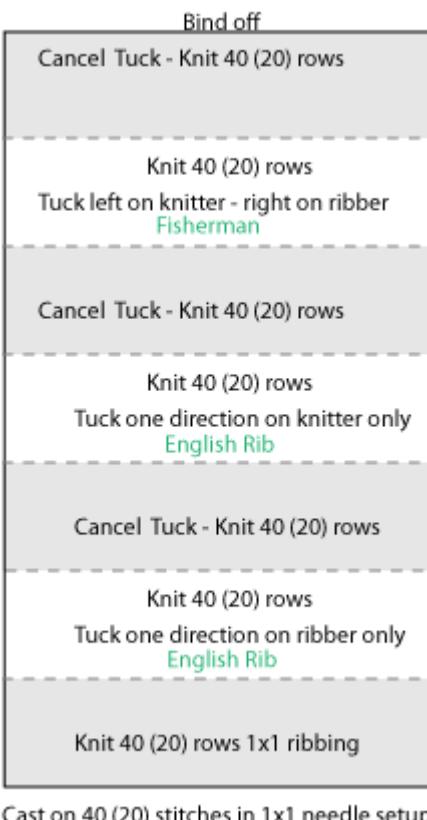
SETUP:

Ribber set to P5

Every other needle alternating on each bed (1x1 setup)

1. Cast on 40 stitches for 1x1 ribbing using any method
2. Knit 40 rows
3. Set the ribber to tuck in one direction only (main bed knits plain)
ENGLISH RIB
4. Knit 40 rows
5. Cancel Tuck and knit 40 rows
6. Set the Main Bed to tuck in one direction (ribber knits plain)
7. Knit 40 rows (this is also English rib)
8. Cancel tuck and knit 40 rows
FISHERMAN RIB
9. Set the main bed to tuck to the left
10. Set the ribber to tuck to the right
11. Knit 40 rows
12. Cancel tuck and knit 40 rows
13. Bind off or drop the work from the machine

What are the names of the buttons/levers on your machine that control tucking?

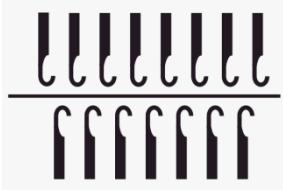
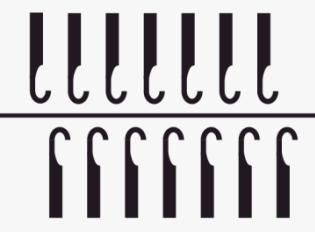
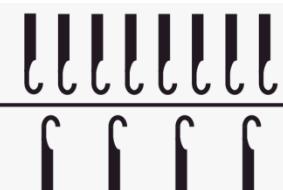


DAY 32: BANDS, BELTS AND STRAPS

Use Full Needle Rib for knitting straps and bands. Explore having the edge needles in work for the best possible edge finish.

Try this:

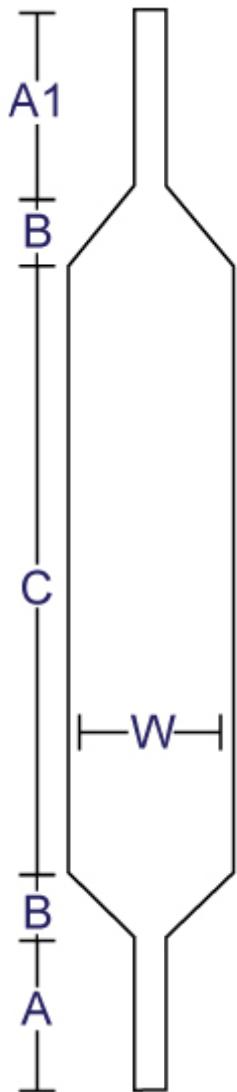
Setup: Half Pitch (H) 5

<ol style="list-style-type: none"> 1. Cast on in full needle rib with any method. Knit a few rows 2. Arrange needles so the end needles are on the main bed 3. Knit a few inches 4. Don't bind off 		Notice the edges compared to the next section
	<ol style="list-style-type: none"> 1. Arrange stitches so the left edge stitch is on the knitter and the right edge stitch is on the ribber 2. Knit a few inches 3. Don't bind off 	One edge is neat, the other is not
<ol style="list-style-type: none"> 1. Arrange the needles as show, with every other needle out of work on the ribber 2. Knit a few inches 3. Drop the work from the machine and examine the results as shown in the columns to the right 		Reducing the stitches on one bed, reduces the bulk of the band.

BONUS PATTERN

For a quick project to put your new ribber skills to work, try knitting a simple earwarmer/headband

Use the Dynamic pattern that is included with the course.



Knit in Full Needle Rib or any needle arrangement of your choice.

You'll get practice:

- Casting on and binding off
- Knitting with a few stitches for the ties
- Increasing and decreasing on the ribber
- Build your confidence with a small project

The project takes a small amount of yarn and it knits up quickly. Try different stitch patterns. These make great gifts and craft fair items.