

## **READY, SET, KNIT**

Air Date: March 1, 2008

Colorwork Series, Workshop#1, Stranding

### **How to Strand**

It's best to practice stranding first on your swatch before you try the mittens. Since you've done your swatch in the round (you did, didn't you?), it will approximate the mitten.

1. Do one round even in your lighter color.
2. At the beginning of the next round, join your darker color: insert the needle in the next stitch as if to knit, loop the new color over the needle and knit a stitch with the new color. Knit 3 more stitches with the darker color. Now, lay the darker strand over your left index finger and trap it there with pressure from your middle finger.
3. Pick up the lighter strand with your right hand and knit the stitch in the English way. Don't pull the yarn too tightly across the back of the work. Knit 2 more stitches in this manner.
4. Now, you will knit 3 stitches in the Continental way. Put the tip of your left middle finger against the darker strand and push the strand against the next stitch to be knitted. The yarn should be trapped between the tip of your finger and the stitch on the needle. Now, insert your right hand needle into the stitch as if to knit and pull the yarn resting on your middle finger through the stitch. Repeat for 2 more stitches.
5. Complete the round in this way; don't worry if the numbers don't come out even...it's just for practice. Do as many rounds as you need to in order to feel comfortable with the technique.
6. Don't hesitate to develop your own technique for stranding. As long as the stitches are knitted properly and the tension is right, any method that works for you is the right one. Continental knitters – try to borrow, rent, or buy [A Glossary of Knitting with Elizabeth Zimmerman and Meg Swansen](#) and watch the section on trapping; Meg's stranding technique would probably be best for you.

Next Week: Casting on for the Mitten