

This is an easy cast on method to learn since it is based on the motion of the knit stitch. The cast on forms a cabled or braided edge along the base of the knitting.

Cable cast on edges are more elastic than some other forms of cast on.

Work this cast on loosely for best results.



1. Make a slip knot and tie it on to the left needle.

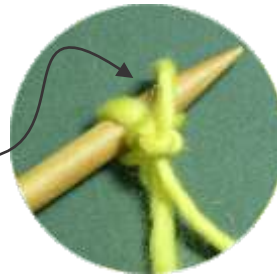


2. Insert right needle as if to knit a stitch, pass yarn around right needle, and pull the loop through.



3. Transfer the loop from the right needle to the left needle.

Now there are two stitches on the left needle.



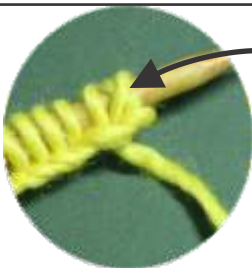
4. Insert right needle BETWEEN the two stitches, pass yarn around right needle, and pull loop through.



5. Transfer the loop from the right needle to the left, as before. Now there are three stitches on the left needle.



6. Continue casting on by working BETWEEN stitches. A cable or braided edge will form along the base of the cast on row.



Keep this first stitch loose, even though it wants to tighten and cross in front of the second stitch



Front of needle



Back of needle