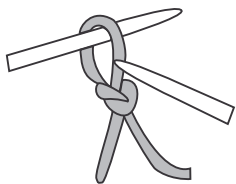
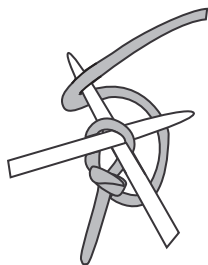


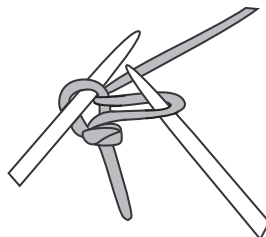
CABLE OR TWO NEEDLE CASTING ON



1 Make a slip knot.



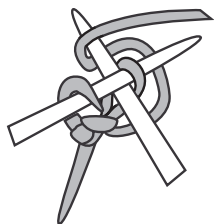
2 Holding needle with slip knot in left hand, insert other needle through front of stitch and underneath left-hand needle. Wrap yarn under, then over, right-hand needle.



3 Draw loop through stitch.



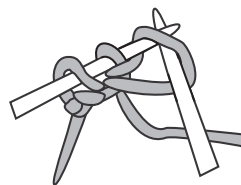
4 Slip new loop onto left-hand needle.



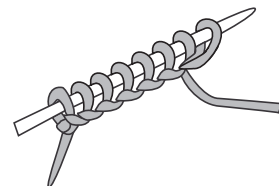
5 Insert right-hand needle between the last two stitches and wrap yarn around needle.



6 Draw loop through (like before).



7 Slip new loop onto left-hand needle (like before). Repeat steps 5, 6 & 7 until you have enough stitches on your left-hand needle.



8 Casting on completed – ready to start knitting.