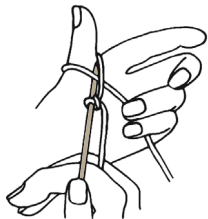


THUMB METHOD CAST ON



1. Casting on using the **Thumb Method** requires the use of your left thumb and 1 knitting needle. To begin, make a slip knot, leaving a length of yarn before the slip knot approx 4 times longer than the width of the stitches to be cast on. Assessing this measurement takes some practice, but as a general rule allow approx 2.5 metres for the Back and Front of an adult's garment and approx 1 metre for the sleeves. Hold needle with the slip knot in your right hand.
2. Wrap yarn end anticlockwise around the left thumb from front to back.
3. Insert the needle upwards through the yarn on the thumb and knit the stitch in the usual manner.
4. Remove the yarn from thumb and pull yarn gently to tighten the stitch. Repeat steps 2 to 4 until the required number of stitches have been cast on (counting the slip knot as one stitch).

