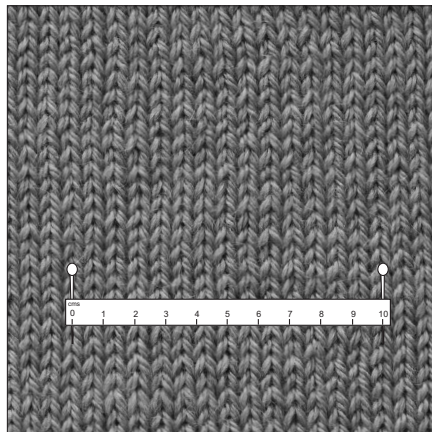


TENSION SQUARE

The instructions given in the tension paragraph of a knitting pattern will be either for working in stocking stitch or in a pattern stitch. For either there should be enough stitches for at least 15cm in width. Work in pattern or stocking stitch as required until the piece measures at least 15cm in length.

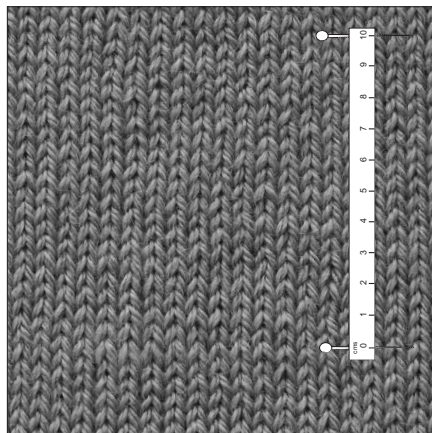
STITCH TENSION



To check the stitch tension place a pin vertically into the fabric a few stitches from the side edge. Measure across 10cm carefully and insert a second pin. Count the stitches. If the number of stitches between the pins is less than that specified in the pattern, your garment will be too wide. Use one size smaller needles to knit another swatch and measure the stitches again.

If there are more stitches than specified, your garment will be too small. Change to one size larger needles, knit another swatch and measure the stitches again.

ROW TENSION



To check the row tension place a pin horizontally in the fabric a few rows from cast on edge. Measure up 10cm carefully and insert a second pin. Count the rows.

If the number of rows between the pins is less than the number specified in the pattern, your garment will be too long.

If the number of rows between the pins is more than the number specified in the pattern, your garment will be too short.

If you cannot obtain the tension exactly right on both stitches and rows, decide which is more important. Generally it is better to obtain a correct width measurement, as lengths can usually be adjusted during knitting by adjusting the length to underarm or the sleeve length. These lengths are usually given as a measurement and not in rows.

Your tension will become more even the more you practise knitting.