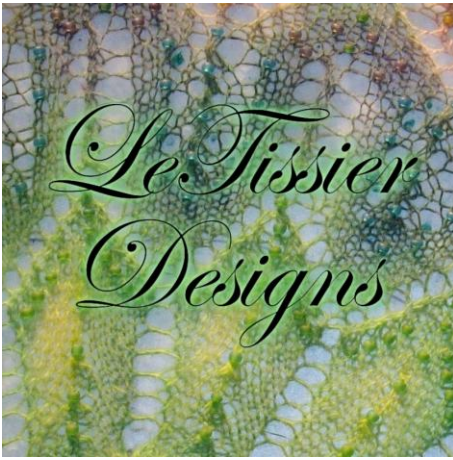




Sunny Daze



Sunny Daze is a little bookmark, double knit flat so that each side is a mirror of the other side. In this version the bookmark is also finished with a knitted fringe.

You could also start the bookmark with the fringe cast-on and have a fringe on both ends.

Bookmark as shown starts with a 2-colour long tail cast-on and finished with a fringe bind-off.

Materials: 2 shades of cascade 220 fingering weight yarn (bookmark weighs in at approx. 6 grams), 2.25mm US #1 dpn's (2 only) and the regular notions.

Gauge: 8.5 sts per inch after a light blocking.

Size: 4.5cm 1.75 inches wide and 23 cm 9 inches long with fringe as shown.

Abbreviations: **K1f&P1b** – Knit into the front of the st with the contrast colour and then purl into the back of the st with the main colour. Bind or cast-off in double knitting – treat each pair as a single st and work into the back of the 2 sts together. Bind -off as normal, making sure that the bind-off is not too tight.

Techniques:

Method for Fringe Cast-on – *Cable cast-on 14 sts, Cast-off 12 sts, slip stitch from right hand needle back to left LH needle. Repeat from * to end of cast-on. Each piece of fringe results in 2 stitches on the LH needle.

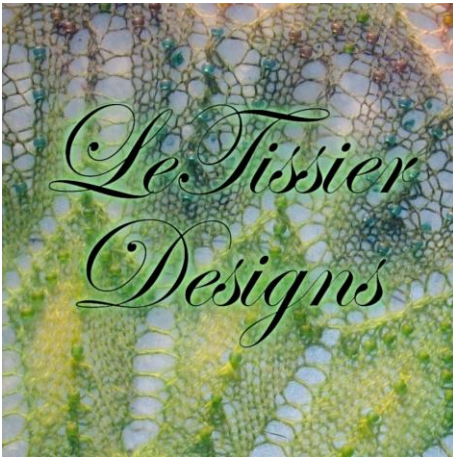
2 colour long tail cast-on – this is a more complex than a basic cable cast-on or basic long tail cast-on. Why use this cast-on? It will give the same finished look to each side – no edging colour.

Method: Make a slip knot with both yarns held together and place on needle (slip knot is not counted as a stitch); With main yarn over thumb and contrast yarns over finger – make one st Rotate main and contrast yarns so that they are reversed – contrast on thumb and main on finger – make one st, continue to cast on reversing colours with every st.

Method for Fringe Bind-off – Note – treat each “pair” as a single stitch by knitting into the back of the 2 sts as a unit. Knit the first fringe *Cable cast-on 12 sts, Cast-off 14 sts, slip stitch from right hand needle back to left hand needle. Repeat from * to end of bind-off (Note last bind-off is 15 sts, not 14 sts – 7 pieces of fringe)

Notes on Double Knitting

1) Always needs a smaller needle to achieve the required gauge. It is a loose technique.



- 2) Every stitch is worked and alternates between knit and purl. One knit followed by one purl.
- 3) Both yarns need to be moved for every st, back and forth like 1x1 ribbing
 - a. 1e – both yarns in back if the next st is to be knit or both yarns in front if the next st is to be purled.
- 4) Double knitting is always worked in at least 2 colours.
 - a. For our purposes main (m) is the colour facing us and contrast (c) is the inside colour of the knit.
- 5) Double knitting is usually most effective if the colours are highly contrasting.
- 6) Each square on the chart represents 2 sts, 1 knit and 1 purl

a. The knit st is worked in the colour shown and the purl st is worked in the contrasting colour.

Double knitting is really quite simple whether knitting the item in the round or flat. It takes longer to knit an item in double knit as you are really knitting two things – the item and the mirror of the item.

The technique of working the yarn is very similar to 1 by 1 ribbing. Knitting on the main or facing side and purling on the mirror or inside (opposite side). The stitches from both sides sit side by side on your needle and you knit all the front sts, no matter the colour, and you purl all of the back sts no matter the colour.

*K1M – both yarns forward, P1C – both yarns back – repeat from *

You do carry both yarns as you knit each round. The yarns do not require catching as all the floats, even the long ones are on the inside of both facings of the garment being created.

Pattern

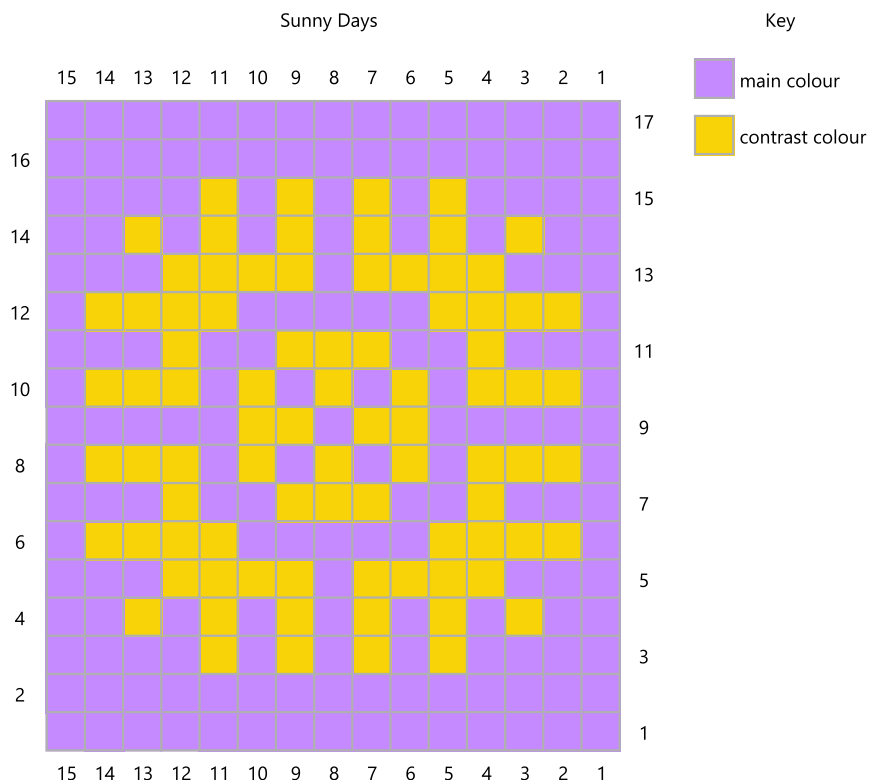
Pattern Notes

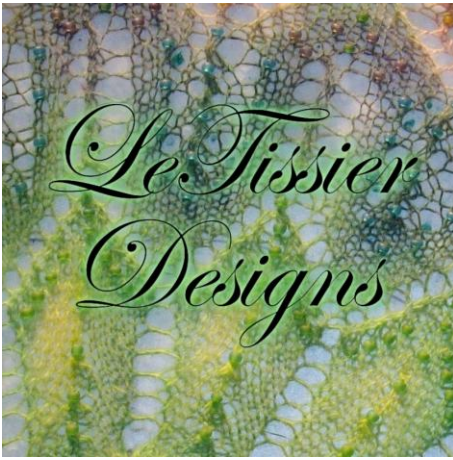
Double knitting flat like this bookmark is a little different from double knitting in the round in that the edge of the knit has to be “closed”. If the edge isn’t closed the piece will not keep its shape. To close the edges the knit stitch yarn on each side needs to be “caught” as in fair-isle knitting.

Method: At the start of every row – K1 in as indicated, take both yarns to the back to purl, before purling the st, make sure that the yarn for the knit st has been “caught” by the purl st yarn.

Working a flat double knitting chart. Read all odd rows from right to left and all even rows from left to right.

Note – on the even numbered side the colours will be reversed, the knit stitches will be worked in the contrast colour and the purl sts in the main colour.





Regular cast-on

Work your regular cast-on and cast-on 15 sts.

WS – Work a set-up row – K1f&P1b (see abbreviations for method) into every st – 30 sts on the needle alternating contrast and main colours.

Start working the bookmark from row 1 of the chart.

Repeat the chart rows 1 to 17, 4 times or until the bookmark is the desired length. Finish with a fringe bind-off or a regular bind-off.

Fringe cast-on

Cast on for 7 fringes and then cast-on 1 more stitch – 15 sts.

WS – Work a set-up row – K1f&P1b (see abbreviations for method) into every st – 30 sts on the needle alternating contrast and main colours.

Start working the bookmark from row 1 of the chart.

Repeat the chart rows 1 to 17, 4 times or until the bookmark is the desired length. Finish with a fringe bind-off or a regular bind-off.

Two Coloured Long-Tail cast-on

See techniques for method.

Cast-on 30 sts.

Set-up row – WS – K1C, P1M to end of row.

Start working the bookmark from row 1 of the chart.

Repeat the chart rows 1 to 17, 4 times or until the bookmark is the desired length. Finish with a fringe bind-off or a regular bind-off.