

## Cable Cast-on & Alternate Cable Cast-on

This tutorial demonstrates 2 of my favourite cast on methods – cable cast-on for solid blocks of knitting and alternate cable cast-on for 1x1 ribbing. These are 2 of the most versatile, adaptable methods of casting on and are well worth learning!

### Pt1 – Cable Cast-on

If you think of a cable cast on as a series of created knit stitches and alternate cable cast-on as alternate knit and purl stitches, you'll see the difference, as well as the similarities, between them.



1. Start with a slip knot on your left working needle.



2. (*first stitch only*) Insert the right needle into the stitch knitwise and wrap yarn round needle to create a knit stitch.

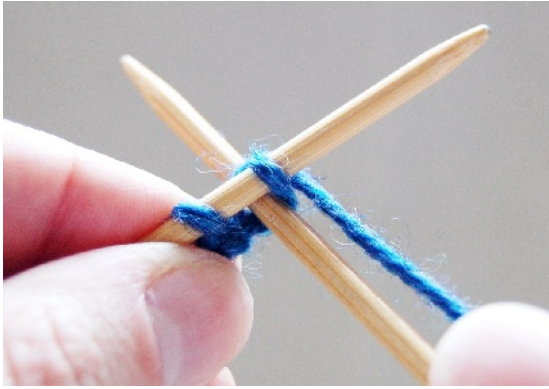


3. Pull the yarn through as you create the new stitch



4. And then place the new stitch back onto the left working needle.

NB: Some people prefer to place the needle behind the loop in Step 2 rather than through it - this is down to your preference. Behind the loop is generally neater but more fiddly to achieve.



5. To create all other stitches, insert the needle between the last stitch made and the one before it, not into the loop.



6. Create the next stitch by wrapping the yarn to create a loop, pulling the loop through and placing it back onto the needle.

Repeat steps 5 & 6 until you have the required amount of stitches on your needle. You will notice that all of the stitches are formed in the same way and the little bumps along the lower edge all lay in the same direction.

When joining to work in the round, I prefer to work the first row flat then join – not only does this make it easier to join in the round and help avoid twisting, but the finished edge is neater.



## Pt2 – Alternate Cable Cast-On

With this cast-on, we will be creating alternate knit and purl stitches.

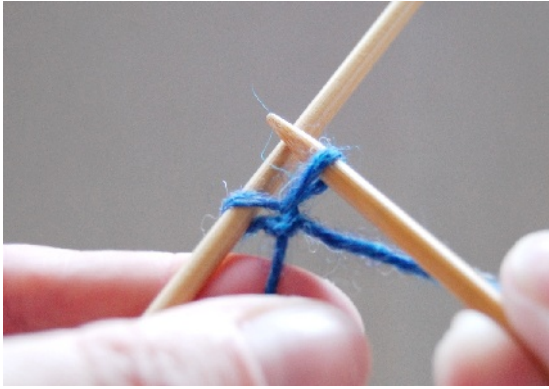


7. The alternate cable cast-on starts in exactly the same way as the cable cast-on - start with a slip knot on your left working needle.



8. (*first stitch only*) Insert the right needle into the stitch knitwise and wrap yarn round working needle to create a knit stitch.

NB: in my experience, the alternate cable cast-on is neater if we treat the first slip knot stitch (step 7) as a purl stitch, and the first created stitch (step 8) is a knit stitch. For an even number of stitches, this means that the last stitch cast on is a knit stitch. Most patterns instruct you to work K1, P1 rib, so to keep continuity when working in the round, work the first row flat (starting K1, P1) *then* join in the round.



9. Pull the yarn through as you create the new stitch



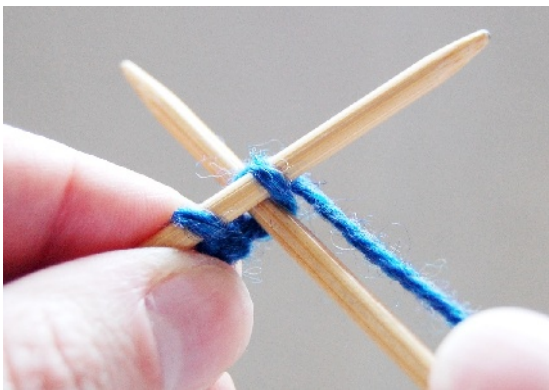
10. And then place the new stitch back onto the left working needle.



11. Next, insert the needle behind the previous stitch (i.e. between the previous stitch and the one before it) purlwise.



12. Wrap the yarn and pull the loop through and place it onto the needle – you have just created a purl stitch.



13. Then we want to create a knit stitch – place the needle behind the previous stitch and wrap the yarn. Pull the loop through and place it up onto the needle – the next knit stitch is created



14. Repeat steps 11 to 13, creating alternate knit and purl stitches, until you have the desired number of stitches. As you need an even number of sts for 1x1 rib, you'll end after a knit stitch.

You can see in the photo above that you have created bumps and dips, which is the desired result.

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