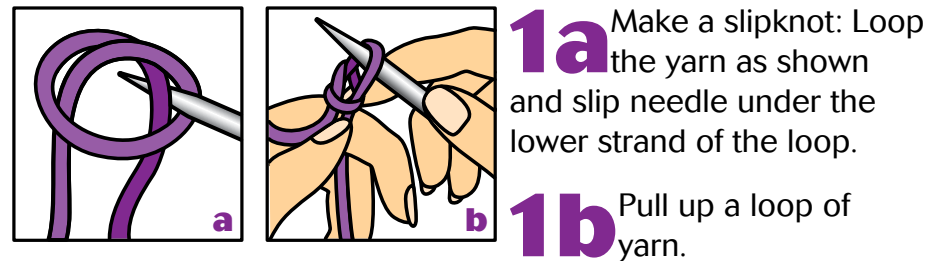


Warm Up America One Square at a Time!

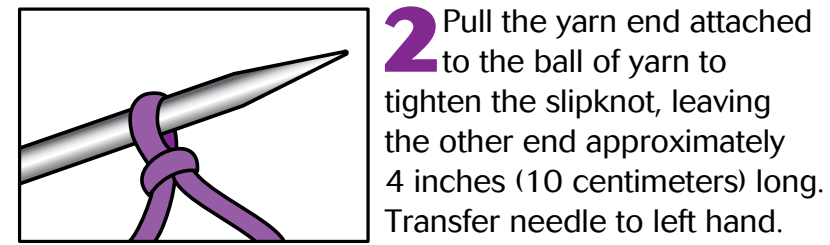
Casting On



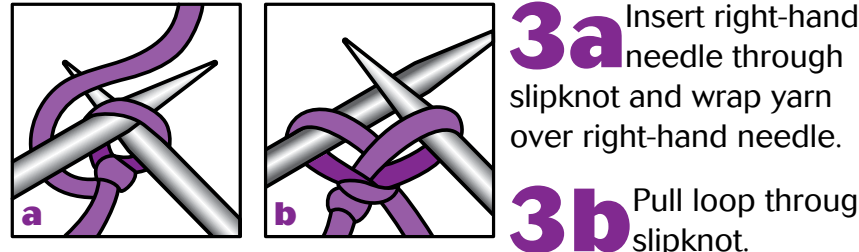
1a Make a slipknot: Loop the yarn as shown and slip needle under the lower strand of the loop.



1b Pull up a loop of yarn.



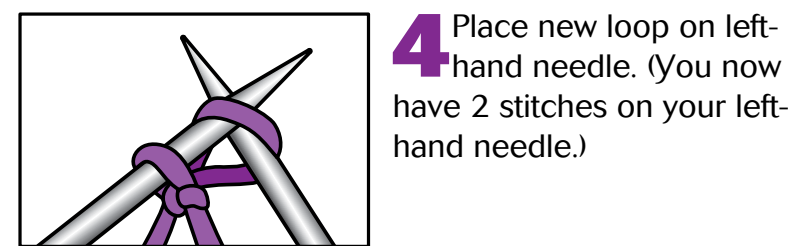
2 Pull the yarn end attached to the ball of yarn to tighten the slipknot, leaving the other end approximately 4 inches (10 centimeters) long. Transfer needle to left hand.



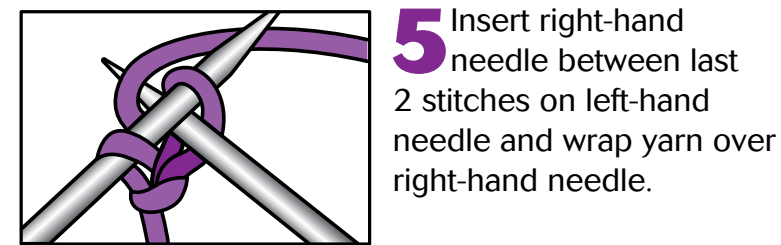
3a Insert right-hand needle through slipknot and wrap yarn over right-hand needle.



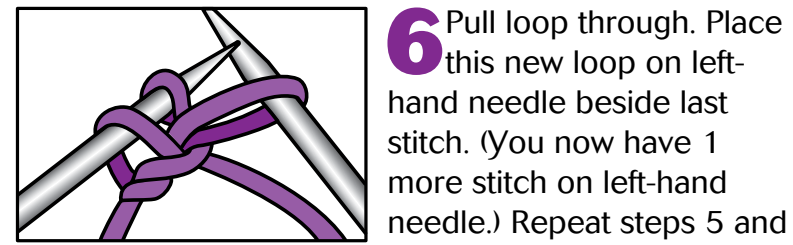
3b Pull loop through slipknot.



4 Place new loop on left-hand needle. (You now have 2 stitches on your left-hand needle.)



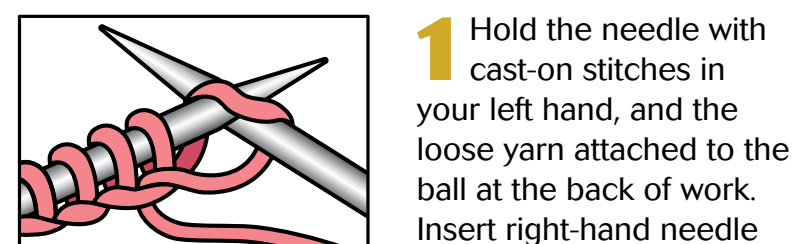
5 Insert right-hand needle between last 2 stitches on left-hand needle and wrap yarn over right-hand needle.



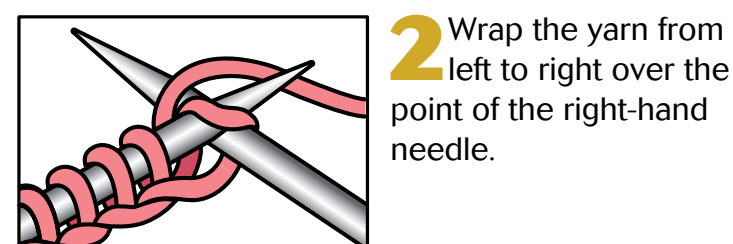
6 Pull loop through. Place this new loop on left-hand needle beside last stitch. (You now have 1 more stitch on left-hand needle.) Repeat steps 5 and 6 until required number of stitches have been cast on left-hand needle.



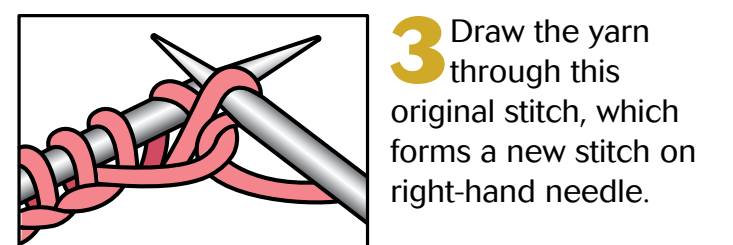
Knit Stitch



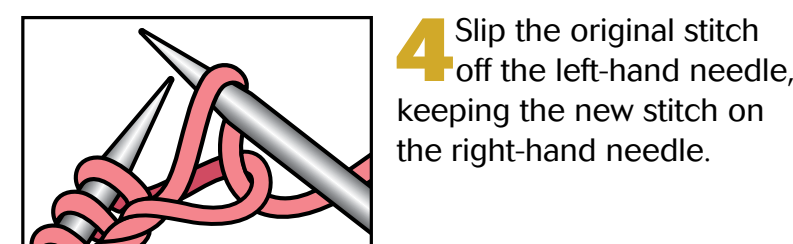
1 Hold the needle with cast-on stitches in your left hand, and the loose yarn attached to the ball at the back of work. Insert right-hand needle from front to back of the first stitch on the left-hand needle.



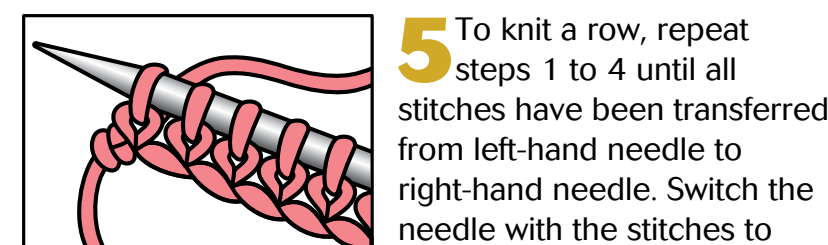
2 Wrap the yarn from left to right over the point of the right-hand needle.



3 Draw the yarn through this original stitch, which forms a new stitch on right-hand needle.

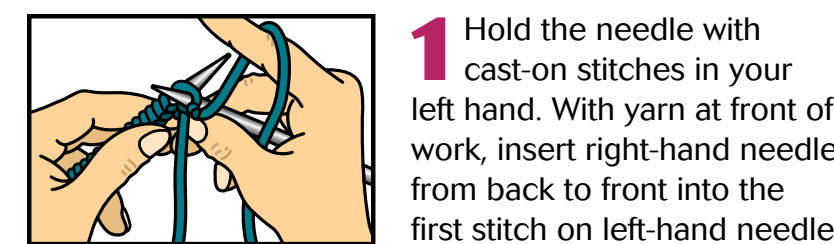


4 Slip the original stitch off the left-hand needle, keeping the new stitch on the right-hand needle.

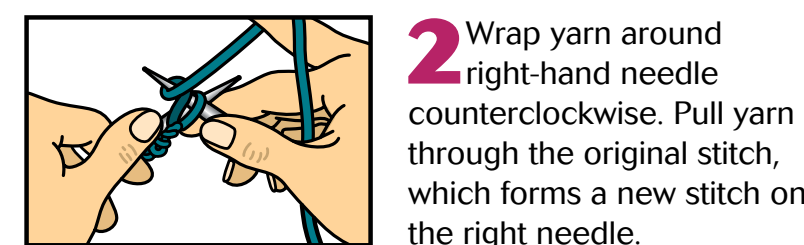


5 To knit a row, repeat steps 1 to 4 until all stitches have been transferred from left-hand needle to right-hand needle. Switch the needle with the stitches to your left hand and you are ready to knit the next row.

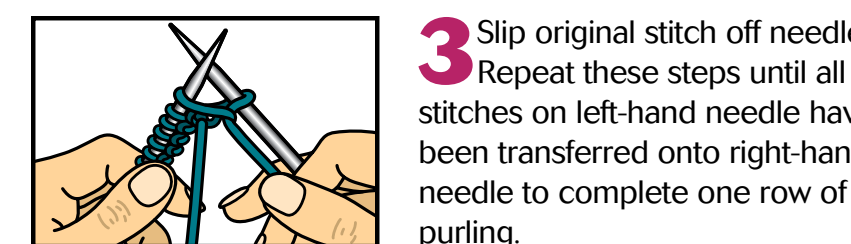
Purl Stitch



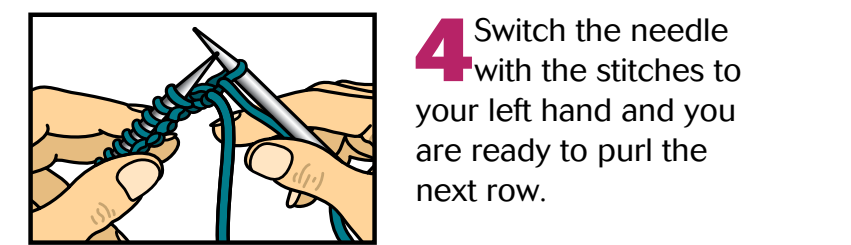
1 Hold the needle with cast-on stitches in your left hand. With yarn at front of work, insert right-hand needle from back to front into the first stitch on left-hand needle.



2 Wrap yarn around right-hand needle counterclockwise. Pull yarn through the original stitch, which forms a new stitch on the right needle.

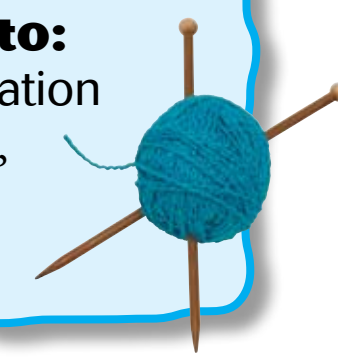


3 Slip original stitch off needle. Repeat these steps until all stitches on left-hand needle have been transferred onto right-hand needle to complete one row of purling.



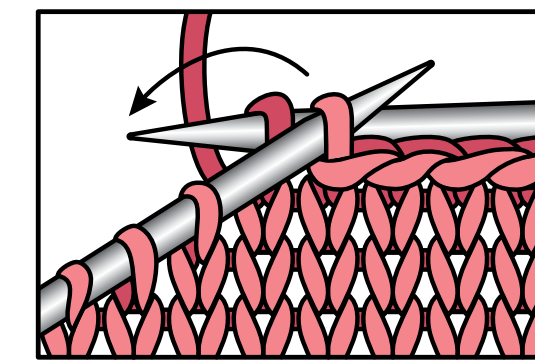
4 Switch the needle with the stitches to your left hand and you are ready to purl the next row.

Send your rectangles to:
Warm Up America! Foundation
3740 N. Josey Lane, Suite 102,
Carrollton, TX 75007



Binding Off

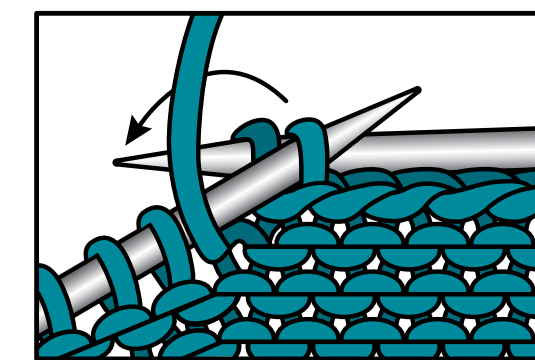
Using Knit Stitch (Knitwise)



Knit the first 2 stitches. Using left-hand needle, lift first stitch over second stitch and drop it off between points of the 2 needles. Knit the next stitch; repeat until all stitches from left-hand needle have been worked and only 1 stitch remains on the right-hand needle. Cut yarn (leaving enough to weave in end) and thread cut end through stitch on needle. Draw yarn up firmly to fasten off last stitch.

Binding Off

Using Purl Stitch (Purlwise)



Purl first 2 stitches. Using left-hand needle, lift first stitch over second stitch and drop it off needle. Purl next stitch; repeat until all stitches from left-hand needle have been worked and only 1 stitch remains on the right-hand needle. Cut yarn (leaving enough to weave in end) and thread cut end through stitch on needle. Draw yarn up firmly to fasten off last stitch.

You can make a difference and help people in need.

Warm Up America! needs volunteers to help create blankets and afghans for people in need. It's easy, fun, and a great cause. Here's what **you** can do:

Knit or crochet 7" x 9" rectangles in any color, with any stitch.

Send your rectangles to Warm Up America! and they will be joined together to create blankets and afghans for people in need.

Go to www.WarmUpAmerica.org or call 972-325-7232 for more details.

Generously sponsored by



Since 1992, Warm Up America! has provided blankets to homeless shelters, nursing homes, the American Red Cross and others. Visit www.warmupamerica.org for more information.



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