

figure 1

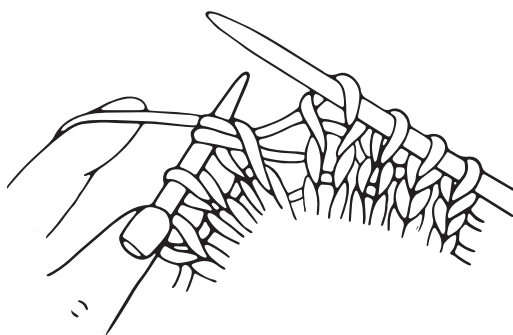


figure 2

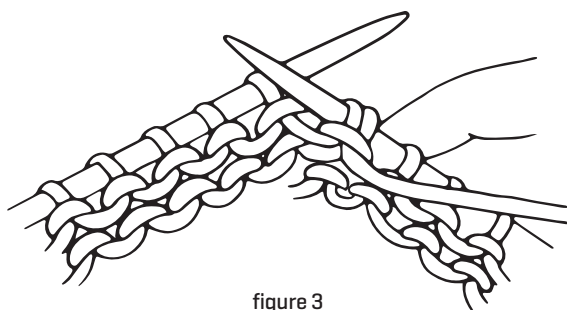


figure 3

THE TWIN-STITCH METHOD ON A KNIT ROW

- 1 Knit to the turning point; insert the right needle tip knitwise under the front leg of the stitch below and knit, creating a twin to the stitch on the left needle (**Figure 1**). If you find it difficult to knit through the front leg, use the right needle tip to place it on the left needle untwisted and then knit.
- 2 Place the twin stitch on the left needle, without twisting it (**Figure 2**).
- 3 Turn the work and work the next row. If you're working in stockinette stitch, leave the yarn at the front and purl the next row (**Figure 3**). If you're working in garter stitch, move the yarn to the back after you turn the work and knit the next row.

