

## BETTER EDGES *Kate Atherley*

CASTING ON <https://www.moderndailyknitting.com/community/cast-on-casting/>

Method	Applications
Cable	Quick and easy; firm and substantial; casting on mid-project
Backwards loop	A small number of sts; casting on mid-project, e.g. mitt thumb, underarm. Makes an excellent increase. Add an extra twist for stability.
Long Tail	Attractive, flexible; knit and purl versions, can also combine for ribbing. Don't use a larger needle; stretch the stitches out. <a href="http://knitty.com/ISSUEw18/FEATw18WK/FEATw18WK.php">http://knitty.com/ISSUEw18/FEATw18WK/FEATw18WK.php</a>
Twisted German a.k.a. Old Norwegian	More stretchy, more substantial. <a href="https://www.youtube.com/watch?v=Af1xpkBBYxs">https://www.youtube.com/watch?v=Af1xpkBBYxs</a>
Crochet	Matches a standard BO. If worked with waste yarn, an excellent provisional method. <a href="https://knitty.com/ISSUEw16/FEATw16wk/FEATw16wk.php">https://knitty.com/ISSUEw16/FEATw16wk/FEATw16wk.php</a>
Provisional	Specific situation: when you need to knit from both sides. Several methods exist. <a href="https://knitty.com/ISSUEdf21/FEATdf21WK/FEATdf21WK.php">https://knitty.com/ISSUEdf21/FEATdf21WK/FEATdf21WK.php</a> <a href="http://techknitting.blogspot.ca/2006/12/provisional-casting-on.html">http://techknitting.blogspot.ca/2006/12/provisional-casting-on.html</a>
Judy's Magic	Specific situations: toe-up sock toes; a good provisional method. <a href="http://knitty.com/ISSUESpring06/FEATmagiccaston.html">http://knitty.com/ISSUESpring06/FEATmagiccaston.html</a>
Double Chain/"Waitress"	Very stretchy, very substantial <a href="http://verypink.com/2014/06/25/chinese-waitress-cast-on/">http://verypink.com/2014/06/25/chinese-waitress-cast-on/</a>

## BINDING OFF

<https://www.moderndailyknitting.com/community/techniques-in-depth-bind-off-loosely/>

Need	Method
Firm	Traditional
Not too tight	Traditional with larger needle to work the stitches
Slightly stretchy	<b>AFCY:</b> Add a yarnover every 3 or 4 sts, and bind it off as you go.
Somewhat stretchy, looks like the standard	<b>Lace, knitwise:</b> K1, *k1; return these 2 sts to left ndl, knit them tog tbl; repeat from * to end.
Somewhat stretchy, looks very different	<b>Icelandic:</b> K1, *return st to left needle; insert tip of right needle <i>through</i> first & <i>into</i> next st, and knit that next st, pulling yarn out through first; repeat from * to end. <b>Sewn:</b> Cut yarn – 4 x width of edge; thread onto darning needle; insert into first 2 sts purlwise, pull through; insert into first st knitwise and drop st off needle
Somewhat more stretchy	<b>Lace, purlwise:</b> P1, *p1; return these 2 sts to left ndl, p2tog; repeat from * to end.
Stupendously stretchy	<b>Jeny's Surprisingly Stretchy</b> <a href="http://knitty.com/ISSUEfall09/FEATjssbo.php">http://knitty.com/ISSUEfall09/FEATjssbo.php</a>
Decorative, stretchy, non-binding; tricky	<b>Tubular</b> (sewn version) <a href="https://shibuiknits.com/pages/tubular-bind-off">https://shibuiknits.com/pages/tubular-bind-off</a>

ON I-CORD: <https://knitty.com/ISSUEss20/FEATss20WK/FEATss20WK.php>

MORE RESOURCES: <http://kateatherley.com/resources-for-knitters/>