

Skein

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SKEDIN





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Health Benefits of Knitting

What does Knitting do for me?

Whether you are new to the world of knitting or are a long-time veteran, not a lot of people know about the benefits of knitting. Sure, you get the satisfaction of saying to someone that you actually knitted the sweater you are wearing, but there are a lot of other benefits to knitting as well. The happiness of being involved in a community and sharpening the mind are fantastic benefits, but what if I told you that it could also help your joint health and even help overcome addiction? I don't think it will help overcome my addiction to chocolate, but we'll maybe get there. Here's how.

REDUCING STRESS AND CREATING MINDFULNESS

You're probably asking, 'Really? Are you sure?' Yes! It really can! There are countless studies and research proving knitting is linked to reducing stress and anxiety in many people. One, in particular, was conducted by Alton Barron, an orthopedic surgeon and the New York Society for Surgery of the Hand president. He said that when people use their hands, it can jumpstart or trigger a meaningful and healthy engagement within sixty percent of the brain (Hassett n.pag.). Not only does it have the mental health benefit of reducing stress and anxiety in rhythmically stimulating the brain, but it can also make someone feel that they belong to a community.



Knitting is a great form of meditation

When a person feels that they fit into a community, it can strengthen their feeling of purpose and make connections outside of their everyday routine. It can be online, in person at a local knitting circle, or even for introverts with their friends that were roped into it while on their couch drinking wine. Knitting can also make someone feel accomplished.

Trust me. As a fellow knitter, it's a fantastic feeling of accomplishment when you finish a project. That's why I keep doing it, and it also is sort of like meditation. The rhythmic flow of casting on stitching another stitch it's very satisfying and makes me feel present.



Knitting can make worries melt away for awhile

FUNCTION IN THE MIND AND BODY

Not only does knitting help the mental health aspect of the mind and body, but also the physical side as well. It can train the mind, keep degenerative diseases away, help keep joints healthy, and even help switch out a habit for a healthier one. I know it's a lot of endless possibilities, but don't worry, let's break it down together.

Visualizing while training the mind helps hone and refine the lobes in your brain, specifically the motor, occipital, and frontal ones. Doing all of this all at once makes them all work together and ward off cognitive decline. You're probably thinking, 'how do I use them all at once?' but you do it all the time subconsciously when learning a new skill or when you're picturing how a painting will turn out if you do this one specific stroke. Trust me; this happens to me all the time.

In the instance of keeping cognitive degenerative diseases away, it can provide a way to stimulate the mind. Research and researchers have shown that mentally stimulating activities such as board games and puzzles can rework the neurological pathways between the millions of neurons within your brain and even expand them, hence, keeping Dementia and Alzheimer's away.

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Building more brain wrinkles isn't only what knitting can do. It can also help your joints from getting too creaky and sounding like the Tin Man. It improves joint health by movement, specifically continuous and rhythmic movement. It gives the hands a workout without being too abrasive and robust and helps combat arthritis and tendonitis. One of my favorite phrases would be 'move it or lose it!'

Lastly, knitting can help overcome addiction by swapping one habit for another and granted, I would rather have a knitting habit rather than smoking. Knit support groups have been created, such as one in Australia called 'Knit to Quit,' and has helped people quit smoking because it can provide social comfort for those going through the same thing. Don't believe me? Well, get this! Susan Gordon Lydon, one of the cofounders of Rolling Stone Magazine and a significant part of the Woman's Movement, was a woman who was a heroin addict who turned knitter! She healed herself through the art and craft of knitting and wrote two books about her journey. They were titled 'The Knitting Sutra: Craft as a Spiritual Practice' and 'Knitting Heaven and Earth: Healing the Heart with Craft' (Davina n. pag.).



A stitch a day keeps the Tin Man creaks away!

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WRAP UP

Train your mind and become zen, try knitting today!



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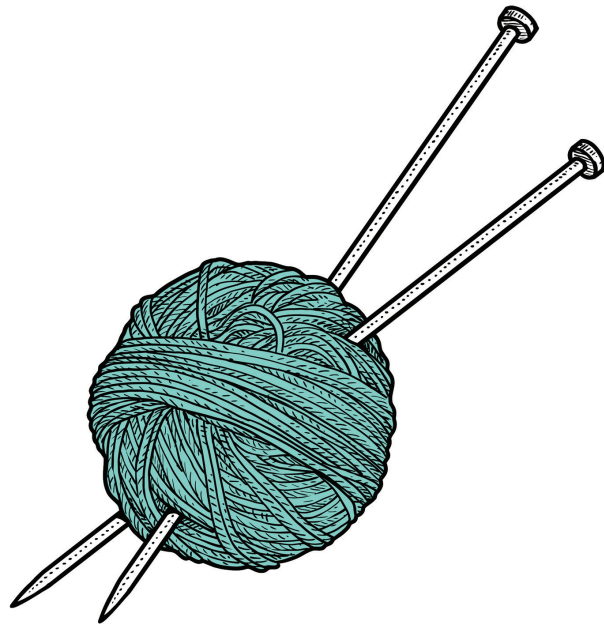
The Mysterious History of Knitting

Believe it or not, there is a lot of history regarding knitting. I heard that groan; I know history can be a little boring at times, but trust me, it's pretty interesting. Sit tight, grab a snack, and let's dive into the mysterious history of knitting.

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Early Origins

Long ago in the land of... actually... no one really knows where or what country knitting was hailed from. In fact, the whole origin is very mysterious since there aren't a lot of knitted pieces of history left. This is partially because many early works were made of natural materials such as cotton and silk, which can decay and decompose after long periods of time. So how do historians and researchers know where it came from? Here's how. Socks, found explicitly in Ancient Egypt, dating back to 1000 AD. They were made of regular and dyed indigo cotton with Arabic blessings knitted into them. Knitting is thought to have started in or around Egypt and was also said to have grown out of nalbinding, a knotless fabric creation that uses only one needle to merge fabrics and threads together.



Few knitting garments remain due to the natural materials they were made.

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Started from the Bottom, Now We're Here

Remember when I said that part about how there were Arabic blessings knitted into the socks? That leads us to the next clue. The Arabs brought over knitting to Spain. No one knows for sure how, but it was most likely due to trade expansion, carried over during the Islamic Conquests, or carried by the Spaniards during the Crusades.

In Spain, knitting was mainly confined to the Catholic Church and the wealthy and prestigious families. Spanish Christian royal families would even hire Muslim knitters to knit garments. Their work is the earliest known artifacts of knitting in the world, and they made a variety of different items such as pillow covers and gloves. Many of the first pieces of knitting were found in Prince Fernando de la Cerdo of Spain's tomb dating from 1275 AD, especially the gloves I mentioned. Spain's knitting was mostly liturgical garments and other accessories of the Catholic Church. These garments and accessories were usually made with small and fine



Knitting exploded in Europe through the 14th and 16th centuries.

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threads of gold and silver. I know, right?! Pretty stylish if you ask me. I would definitely go to a church with a preacher who looked like they just walked off of the NYC Fashion Week runway. Work it!

Europe

Once Spain started knitting and trading with other parts of Europe, soon, everyone wanted to learn and hone the craft in the 14th century. Knitting became a high-class art across the continent and was the epitome of fashion. So much that knitting guilds were created in France in 1268 and were also created by Queen Elizabeth I in the United Kingdom. She even wore some knitted things herself, such as knitted sleeves in her beautiful gowns and her very own knitted stockings. The guilds were used to accommodate the rapid growth of the stocking trend set by King Henry VIII in the 16th century. Knitted stockings became the height of fashion, and everyone had to have them, kind of like the newest iPhones. The purl stitch was also invented in the 16th century from the growing trend.

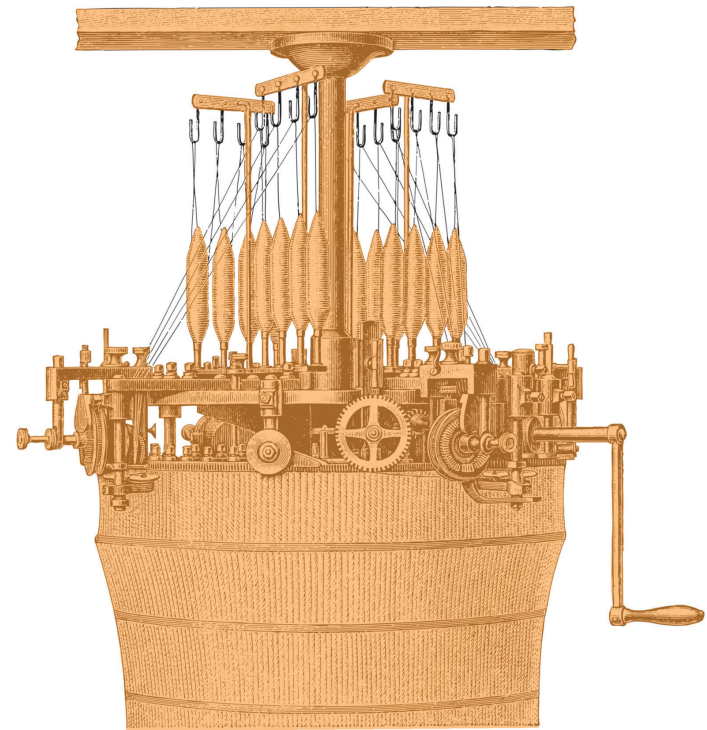
Knitting guilds only had men and had a lot of education and work. If one wanted to join, they must go through six years of schooling, three as an apprentice and three to travel the world to learn new techniques. The final test was knitting various garments for the guild elders. Then the guild would decide whether someone was in or out. Talk about pressure.

It also spread to Italy and Germany by the use of paintings. The paintings were of the Virgin Mary knitting alongside a Baby Jesus, furthering the spread of knitting during the 14th century.

Not only was the United Kingdom, Italy, and Germany hopping on the knitting bandwagon, but Scotland did as well. Knitting became a local industry in the land of bagpipes and sheep, and it employed men in local factories to make and knit stockings to export to the entirety of Europe. It became a significant export and included hats, bags, shawls, and jumpers. It was also suitable for fishers and people in these climates because it helped them stay warm in the bitter cold. Pretty lovely if you ask me! Who doesn't want to warm up on a cold day with a nice sweater and hat while making a living on the ocean?

Lean, Mean, Knitting Machines!

During the Industrial Revolution, the need for knitting machines was a must. Englishman William Lee created the first knitting machine in 1589. This machine had eight needles but then adjusted to have twenty. Don't worry; it didn't destroy the hand knitting industry, but it gave promise and foreshadowed the beautiful technological advances within this industry. It was turned into a more sophisticated art and then a favorite pastime for women in their parlors during the Victorian



Knitting Machines were some of the last machines to be created.

Victorian Era because of Queen Victoria.

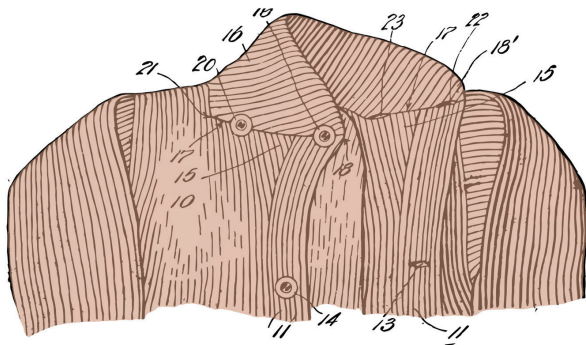
The very first knitting loom was created in Scotland in 1816 and made knitting, you guessed it, a lot faster. Soon, wool mills were set into place to create even more expensive items for their industry. Eugene Rodier was the first to set up the first wool textile factory in 1853.

From Scotland to America, the knitting machine was one of the last machines to be made. Isaac William Lamb created it in 1863 when he patented a flat knitting machine, but this was a year after Englishmen William Cotton patented the knitting machine. As the demand grew even more than before, more machines and technology were created, such as the Circular Knitting Machine.

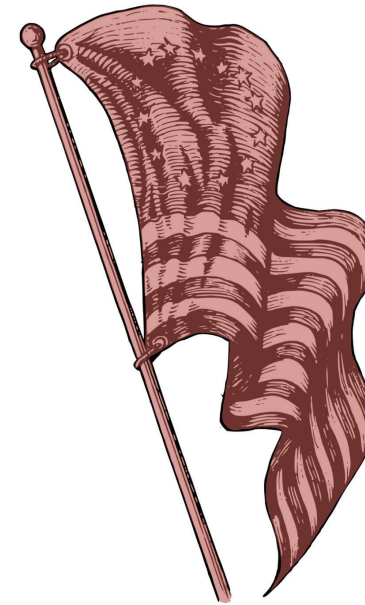
America the Knitter

During the Revolutionary war, people of all ages joined together to knit, and they did so in support of the troops and patriots. People began to knit their own garments to boycott British goods and show independence and to show self-reliance from Britain, almost like a particular tea party that sparked it even further.

Martha Washington, the wife of George Washington, a dedicated knitter, gathered wives of the highest-ranking officials within the colonial army to sew and mend garments for the troops.



Off to Battle! Don't forget your sweater!



Knitting was a form of patriotism in the United States.

Speaking of bannng together during a war to support troops, knitting became popular during the two World Wars. It created jobs for the poor and sparked patriotism for the fighting men, even a patriotic duty to the troops and the country. Thousands of socks were knitted with wool fibers and yarn to keep them warm and were knit from old clothing since wool was in short supply at the time. Not sure why wool was in short supply myself but still, wool! It was also to boost morality, showed that people at home were thinking of the troops, and gave people a positive sense of contributing to war efforts.

In the harrowing Great Depression, knitting saw a rise since it was cheaper to make clothing than to buy it. It became a necessity for making clothes and saving that sweet cheddar. In the 1920s, knitted sweaters and pullovers played a massive role in the world of fashion and were for women and men of all ages. It became fashionable and practical thanks to brands like Chanel with their introductions of sweaters, cardigans, and jersey dresses.

After the wars in the 1950s, there was a surge in colors and new materials for yarn. There was a frenzy of people trying to knit all the yarn they could get their hands on with unique patterns and designs. Kids were even knitting in school! In the 1980s, though, there was a lull because of companies creating more commercial knitted products. It made a comeback, though, just like Queen and Britney Spears.

Knitting in the Modern Society

The advancement of technology and computers helped fellow knitters from all across the globe connect with other fellow lovers of the craft! It also brought on millions upon millions of knitting tutorials, from the simple learning 'how to knit' to how to knit a sweater that I can wear to a casual brunch with the girls, or guys, no judgment.

It also brought on blogs, social media accounts, and even magazines to learn about the craft. It is starting to also come back into mainstream fashion, with vintage being the best thing since sliced bread. Now that the monster of history is done, why not try it?



Knitting became a social passtime for many people, past and present.



How to Knit:

A Beginner's Guide

Don't be afraid young padawan; I will teach you the ways of the knitting craft! I'm pretty sure Yoda may have said that at some point. Anyway, I know it can seem intimidating but don't worry. I will save you from wanting to punch a hole in your drywall. We will start with the basic knit stitch and the purl.

THE KNIT STITCH:

Casting the First Loop

Take the end of your working yarn in your right hand, then wrap it around your pointer and middle finger on your left hand. Next, take the long side of the working yarn and put it between the pointer and middle fingers.

Then, push it through the loop you created with your fingers. Take your fingers out and pull on the yarn you pushed through. The slip knot you make will determine the size of loops you want for your stitches. Pull to desired loop size, and you should have something that looks like this:



The First Loop



Casting On

CASTING THE STITCHES

Insert the knitting needle of choice into the first loop. Grab the hanging tail into the same hand in the palm as the knitting needle, which should be the left hand.

Next, take the working yarn, make a loop with your right index finger, and scootch it up to the loop knot you made. You can put on as many as you want or how big your project will be. These are going to be your first stitches. It should look something like this:

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MAKING A ROW OF STITCHES

Insert the needle in your right hand into the last cast-on stitch you made. Wrap the yarn around the needle you inserted. The working yarn will be between the needle with the cast-on stitches and the inserted needle.

Move the needle in your right hand down and use the needle to catch the working yarn in the loop. Then, pull it off the left needle in your left hand. Repeat the process until all the stitches are now on the right needle in your right hand. After that, switch needles in your hands. It should look like this:



Inserting the Needle



Slide the Stitch Off

Vola! Welcome to the world of knitting! I hope that wasn't too frustrating for you, and I apologize if it was. It can usually take a few tries to get it or until you are satisfied with your results. No one becomes a world-class knitter overnight unless you have some sort of knitting superpowers. If you do, tell me your secrets.

Now that the basics are out of the way, let's learn another!

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PURL STITCH:

The Making

With a needle that has already cast on stitches, you will insert the right needle in your right hand into the first stitch. Instead of inserting the needle behind the left needle in the first stitch like in the knit stitch, the right needle will go in front, like this:

When inserting the needle in the front, the working yarn must be in the front as well. Then, you will take the working yarn and wrap it around the right needle.

Next, slowly slide the right needle down and catch the working yarn on the right needle, creating the first stitch for the second row.

Finally, slide that stitch off the left needle and onto the right needle. Repeat and switch the needles between hands and perfecto! You are now a knitter who knows how to purl stitch! Wait, do you know how to cast off? Onto the official ending!



Needle is Infront



Slide stitch off
onto the other



Yarn wraps around
the front needle
instead of behind

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CASTING OFF:

The Ending of a Saga

Once you have finished a project, you must cast off. Casting off keeps your piece from unraveling in the end, and it's pretty simple.

First, knit two stitches. The two stitches that are on the right needle will be the stitches that help you cast off. Take the first stitch and cross it over the second stitch.

Then slide the right needle down and catch the second stitch. Next, slide it onto the right needle.

Knit another stitch and then have the second stitch cross over top of the third. Slide the right needle down and catch the third stitch and slide it onto the right needle.

Repeat the process until you are at the end of the row and have one stitch on the right needle. Lastly, take the working yarn and thread it through the last stitch. It will leave a large loop that can be used to tie the end. Tie the end, and there you have it! A finished project! I'm so proud of you! Now that you have the basics, the fun part: the variations of yarn and needles!



First stitch loops
over second



Working yarn
goes through the
last stitch made



Pull tight, and Vola!

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THE MATERIALS: YARN AND NEEDLES GALORE!



Yarn can vary from shape, size, material, weight, and color.

Well, we're nearing the end. Don't cry; it'll make me cry! Now that you know mostly what there is to know, it is time to discuss the yarn types, needles, and various stitches.

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LET'S STRING A YARN

When talking about yarn, there are two ways to pick it out. There is weight, which is the yarn's width and weight, and the type of yarn, referring to the fibers and materials.

Yarn weight is also measured in categories. To start, category 0 is fragile yarn, so be careful when working with it.

Categories 1, 2, and 3 are the next step up, meaning super fine, fine, and light. It can be used for smaller items and projects such as socks, hats, and children's clothing. It is referred to as 'sport weight' due to how light its weight is.

Category 4 is a medium-size yarn, otherwise known as 'worsted,' and is popular among knitters due to having an excellent definition when stitching. It can be used for projects such as sweaters, mittens, hats, and scarves.

Categories 5 and 6 are the bulky and super bulky yarns. They can produce large products in a flash, and they can be products like scarves and regular and throw blankets. For use, it is best to knit in loose stitches. Some examples of uneven chunky yarn are slubby, bouclé, and chenille. The stitches with these yarns won't produce such high-definition stitches, and they will be more erratic.

THE HEAD OF THE SOURCE

There are other elements and materials to consider besides its yarn weight. There are vast materials when considering what to use for a project such as wool, cotton, cashmere, alpaca, llama, polyester, nylon, and even some unorthodox ones such as rabbit, camel, possum, the extremely rare vicuña wool, and even silk yarn spun from Golden Orb Spiders in Madagascar. It makes me shudder just thinking about it, but the point is, there's a lot. I will only briefly talk about the most common ones: wool, cotton, alpaca, cashmere, and polyester nylon blends.

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WOOL

Wool is one of the most popular yarns among knitters. Not only is it popular for its price point and is excellent for beginners, but it is a good option for knitters because it's durable, stretchy, has a lot of different colors, and is recyclable.

COTTON

Cotton is another excellent yarn for people who are just starting to knit. Even though it is slower to knit than wool, it is the perfect yarn for showing stitch work in a project. It is also inexpensive, plant-based for anyone who wants to use a vegan alternative, and is perfectly fine to wash.

ALPACA

Alpaca is a yarn that is the perfect option for people with sensitive skin because it is hypoallergenic! The yarn is also way cheaper than cashmere, is just as durable as sheep's wool, and is softer than wool. It can give a luxurious feel to your projects as well.

CASHMERE

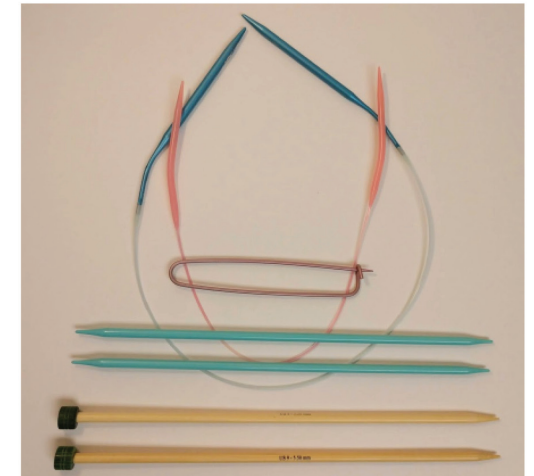
Who doesn't want a cashmere sweater, am I right? The yarn is soft and delicate, and it is on the high-end side of the yarns to choose from. It can be stubborn, though, so fair warning.

Cashmere yarn can be hard to knit for beginners because it can tear easily if it is pulled too tight and is expensive for the high quality. The yarn also doesn't make precise stitches when knitting as well. Simple stitches must be used to show them off, and it can be slippery.

POLYESTER & NYLON

Last but not least, Polyester and Nylon yarn. These yarns are affordable, and they are easy to wash when put in the laundry, durable, and have a smooth and shiny tone. They also drape nicely when working with them. Now that yarn and materials are out of the way, onto the tools!

Be sure to read the labels on the yarn packaging when choosing a knitting needle or it all goes to heck in a hand basket!



CHOOSE YOUR WEAPON

Ah, the possibilities of needles. Did you know there are five different types of them? The five types are Straight, Circular, Interchangeable, double-ended, and cable. All are unique in size and have different uses and points because they make a difference. Let me explain.

Pointed needles help with the stitches and help with fine yarns. Rounded needles are great for bulky yarns and are safer. As for the types of needles, let's get into it.

STRAIGHT NEEDLES

When people think and picture knitting needles, Straight needles are usually what pops into someone's head. They are easy to use and maneuver and have a stopper on the top and pointed ends.

They can come in various materials such as steel, aluminum, bamboo, plastic, and wood. Straight needles can range from 9 to 14 inches long, and they can be used for bigger projects and projects that work flat such as scarves, afghan squares, washcloths, and sweaters when knitting pieces.

CIRCULAR NEEDLES

Circular needles are your best bet when projects need to be worked in a round. They can be fixed, meaning that the ends are permanently attached, or ones with a flexible cord that can be removed or adjusted.

Circular needles can range from the sizes of 16 to 48 inches long. The cord as well can be made of different materials. They can be made from the same materials as straight needles, but the cord material can be made of nylon or coated steel.

These needles are best used when creating projects that work in rounds, such as hats, socks, cowls, and sweaters.

INTERCHANGEABLE NEEDLES

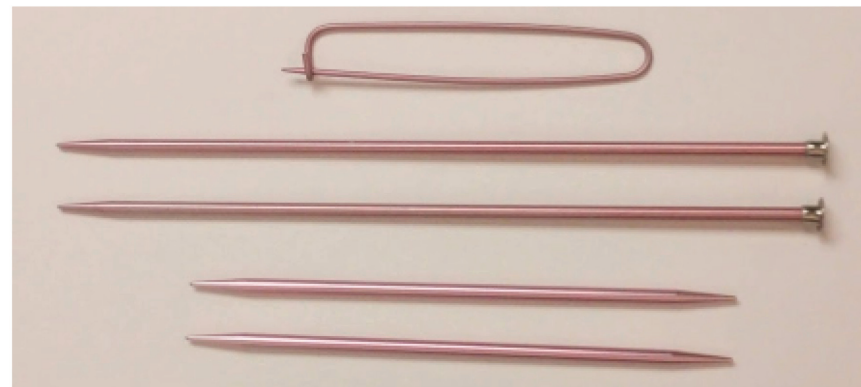
The Interchangeable needles come in more sizes and offer more flexibility. They are the same as circular needles but offer a bit more breathing room when it comes to adjusting the length of the needles. They can be used as straight needles when the cord is removed or regular circular needles.

These needles also come as individual sets or multiple sets with different sizes. The needles can also have the cord screw into the needles or use mechanisms.

DOUBLE-ENDED NEEDLES

Another set of needles to use are Double-Ended needles or DPNs. These needles have two points on both sides and can be used for smaller projects. Some of them even have a bendable section in the middle. It may take some practice to use them in the long run, but the payoff is worth it.

DPNs usually have a sizing of 5 to 8 inches long. DPNs are primarily used in sock knitting but can be used for mittens, hats, and gloves. They can also be used for knitting sweater sleeves and toys.



Here are some of the basics.

CABLE NEEDLES

Cable needles usually look a little odd. They can be described as a double-ended needle with a curve or hook in the middle. They are used to hold stitches and keep them safe when creating knitted cables. It is possible to create knitted cables without one, but it is the best to use when moving around active stitches.

These needles are only a few inches long and have few sizes because they are only used for short periods. When choosing which one is right for you and your project, pick one close to or is the same size as the knitting needles you are using. They can be made from the same materials as other needles and even glass because of their specialty.



GOODBYE

Well, you made it? What did you think? I hope that you liked it just as much as I did, and I'm sad to see you go. Don't forget to look back on me and don't forget to write either. I hope that you found all of this information valuable from reducing stress, the mysterious and rich history of the Egyptian sock, from materials, all the way to yarns. As for my new student, I go forth into the world of knitting proudly. Don't be afraid to express yourself and create new things for the world, for it is your oyster. Go knit, be free, and go where the stitches take you!

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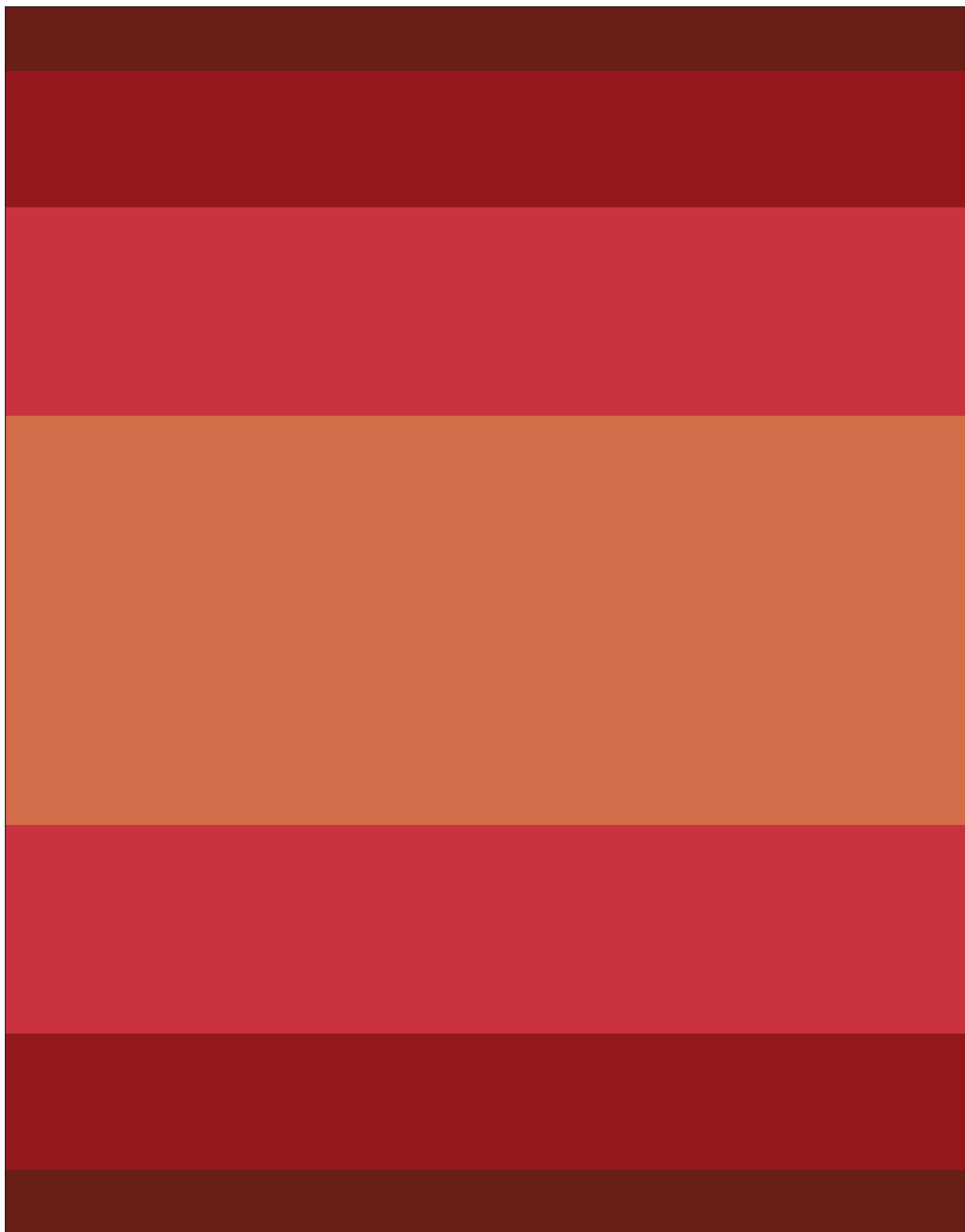
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Other images of the yarn, hands, needles, and other setups are provided by yours truly and a special thank you to my friends who helped me take the photos.









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Health Benefits of Knitting

What does Knitting do for me?

Whether you are new to the world of knitting or are a long-time veteran, not a lot of people know about the benefits of knitting. Sure, you get the satisfaction of saying to someone that you actually knitted the sweater you are wearing, but there are a lot of other benefits to knitting as well. The happiness of being involved in a community and sharpening the mind are fantastic benefits, but what if I told you that it could also help your joint health and even help overcome addiction? I don't think it will help overcome my addiction to chocolate, but we'll maybe get there. Here's how.

REDUCING STRESS AND CREATING MINDFULNESS

You're probably asking, 'Really? Are you sure?' Yes! It really can! There are countless studies and research proving knitting is linked to reducing stress and anxiety in many people. One, in particular, was conducted by Alton Barron, an orthopedic surgeon and the New York Society for Surgery of the Hand president. He said that when people use their hands, it can jumpstart or trigger a meaningful and healthy engagement within sixty percent of the brain (Hassett n.pag.). Not only does it have the mental health benefit of reducing stress and anxiety in rhythmically stimulating the brain, but it can also make someone feel that they belong to a community.



Knitting is a great form of meditation

When a person feels that they fit into a community, it can strengthen their feeling of purpose and make connections outside of their everyday routine. It can be online, in person at a local knitting circle, or even for introverts with their friends that were roped into it while on their couch drinking wine. Knitting can also make someone feel accomplished.

Trust me. As a fellow knitter, it's a fantastic feeling of accomplishment when you finish a project. That's why I keep doing it, and it also is sort of like meditation. The rhythmic flow of casting on stitching another stitch it's very satisfying and makes me feel present.

WRAP UP

Train your mind and become zen, try knitting today!



The Mysterious History of Knitting

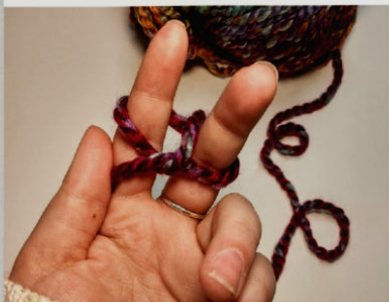
Believe it or not, there is a lot of history regarding knitting. I heard that groan; I know history can be a little boring at times, but trust me, it's pretty interesting. Sit tight, grab a snack, and let's dive into the mysterious history of knitting.

THE KNIT STITCH:

Casting the First Loop

Take the end of your working yarn in your right hand, then wrap it around your pointer and middle finger on your left hand. Next, take the long side of the working yarn and put it between the pointer and middle fingers.

Then, push it through the loop you created with your fingers. Take your fingers out and pull on the yarn you pushed through. The slip knot you make will determine the size of loops you want for your stitches. Pull to desired loop size, and you should have something that looks like this:



The First Loop



Casting On



Inserting the Needle



Slide the Stitch Off

CASTING THE STITCHES

Insert the knitting needle of choice into the first loop. Grab the hanging tail into the same hand in the palm as the knitting needle, which should be the left hand.

Next, take the working yarn, make a loop with your right index finger, and scotch it up to the loop knot you made. You can put on as many as you want or how big your project will be. These are going to be your first stitches. It should look something like this:

MAKING A ROW OF STITCHES

Insert the needle in your right hand into the last cast-on stitch you made. Wrap the yarn around the needle you inserted. The working yarn will be between the needle with the cast-on stitches and the inserted needle.

Move the needle in your right hand down and use the needle to catch the working yarn in the loop. Then, pull it off the left needle in your left hand. Repeat the process until all the stitches are now on the right needle in your right hand. After that, switch needles in your hands. It should look like this:

Vola! Welcome to the world of knitting! I hope that wasn't too frustrating for you, and I apologize if it was. It can usually take a few tries to get it or until you are satisfied with your results. No one becomes a world-class knitter overnight unless you have some sort of knitting superpowers. If you do, tell me your secrets.

Now that the basics are out of the way, let's learn another!

THE MATERIALS: YARN AND NEEDLES GALORE!



Yarn can vary from shape, size, material, weight, and color.

Well, we're nearing the end. Don't cry; it'll make me cry! Now that you know mostly what there is to know, it is time to discuss the yarn types, needles, and various stitches.

LET'S STRING A YARN

When talking about yarn, there are two ways to pick it out. There is weight, which is the yarn's width and weight, and the type of yarn, referring to the fibers and materials.

Yarn weight is also measured in categories. To start, category 0 is fragile yarn, so be careful when working with it.

Categories 1, 2, and 3 are the next step up, meaning super fine, fine, and light. It can be used for smaller items and projects such as socks, hats, and children's clothing. It is referred to as 'sport weight' due to how light its weight is.

Category 4 is a medium-size yarn, otherwise known as 'worsted,' and is popular among knitters due to having an excellent definition when stitching. It can be used for projects such as sweaters, mittens, hats, and scarves.

Categories 5 and 6 are the bulky and super bulky yarns. They can produce large products in a flash, and they can be products like scarves and regular and throw blankets. For use, it is best to knit in loose stitches. Some examples of uneven chunky yarn are slubby, bouclé, and chenille. The stitches with these yarns won't produce such high-definition stitches, and they will be more erratic.

THE HEAD OF THE SOURCE

There are other elements and materials to consider besides its yarn weight. There are vast materials when considering what to use for a project such as wool, cotton, cashmere, alpaca, llama, polyester, nylon, and even some unorthodox ones such as rabbit, camel, possum, the extremely rare vicuña wool, and even silk yarn spun from Golden Orb Spiders in Madagascar. It makes me shudder just thinking about it, but the point is, there's a lot. I will only briefly talk about the most common ones: wool, cotton, alpaca, cashmere, and polyester nylon blends.



GOODBYE

Well, you made it? What did you think? I hope that you liked it just as much as I did, and I'm sad to see you go. Don't forget to look back on me and don't forget to write either. I hope that you found all of this information valuable from reducing stress, the mysterious and rich history of the Egyptian sock, from materials, all the way to yarns. As for my new student, I go forth into the world of knitting proudly. Don't be afraid to express yourself and create new things for the world, for it is your oyster. Go knit, be free, and go where the stitches take you!

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