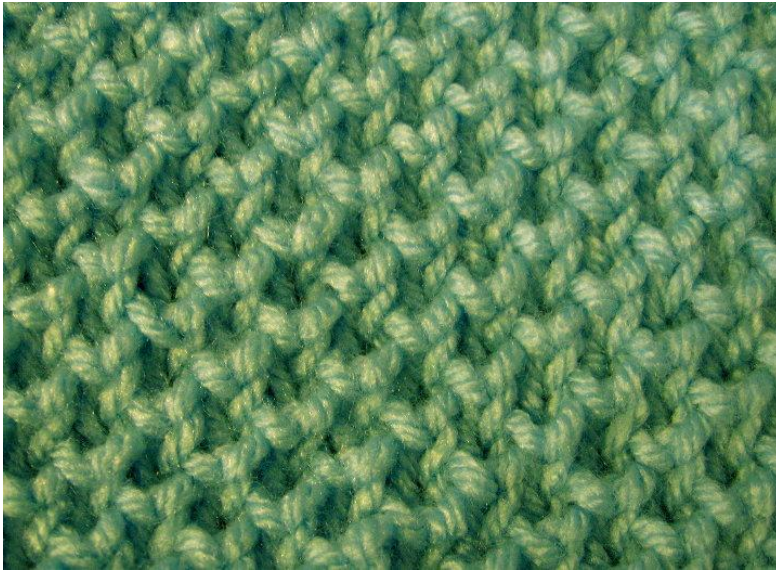


Knit One Below Bee Stitch 6 inch block



Materials: 1 oz worsted weight yarn, size 7 needles

Cast on 21 or any odd number

1: Knit

2: k1, *k1 in st below, k1; repeat from * across

3: Knit

4: k2, k1 in st below, *k1, k1 in st below; rep from * to last 2 sts, k2

Repeat these 4 rows.

Knit until the block measures 6" long.

This is a great stitch to use when you want to avoid the purl stitch. It's has a simple 4 row pattern with every other row a straight knit. Just remember that this pattern tends to spread after the first few repeats so you need to cast on fewer than you think you will need and measure after about 6 rows.

Directions for knit one below:

Normally you insert your right needle into the first stitch on the left needle. A new stitch is formed by pulling the working yarn through that single stitch. To knit into the stitch below, you insert your right needle into the stitch one row below this first stitch. When you pull the working yarn through to create a new stitch, it is pulled through one row lower than normal. After the new stitch is completed, there are two strands of yarn around its base. One strand is the stitch from the "row below" and the second strand is from the stitch you normally knit into. The strand from the "row below" is lifted higher than the other stitches in its row, making an inverted "V."

Go to http://www.maggiesrags.com/tips_knit_below.htm for good pictures and info