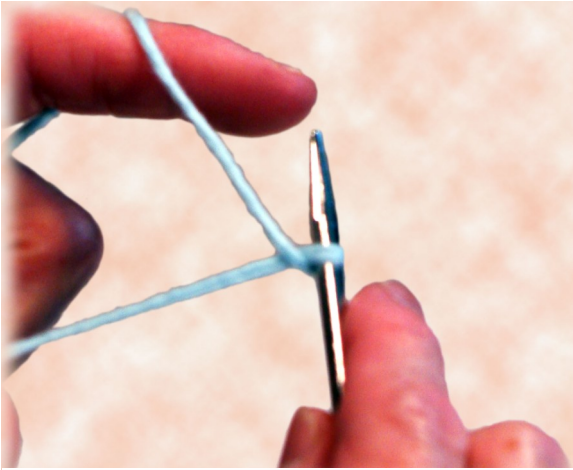


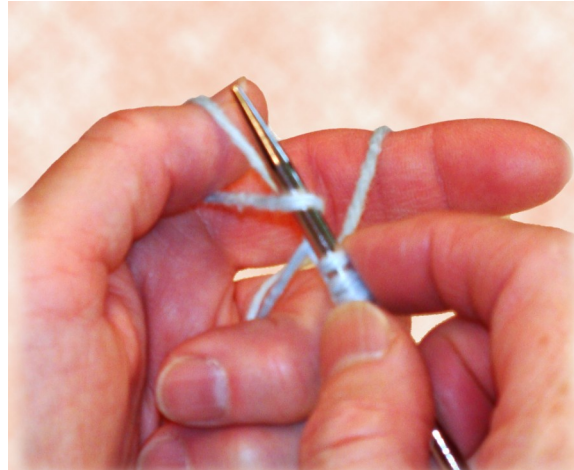
German Twisted Cast-On

The German Twisted Cast On (also referred to as Norwegian Cast On) is very stretchy and completes the first row of knitting at the same time the stitches are cast on. It's an excellent cast on for lace, ribbings or other edges that would be too tight if the traditional long tail cast on is used. This cast on is easily mastered and flows very smoothly.

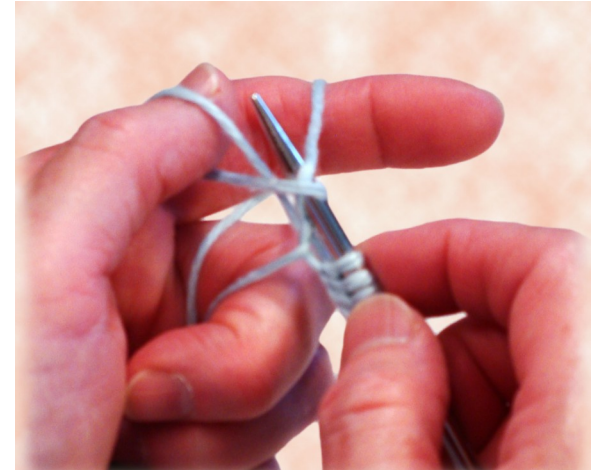
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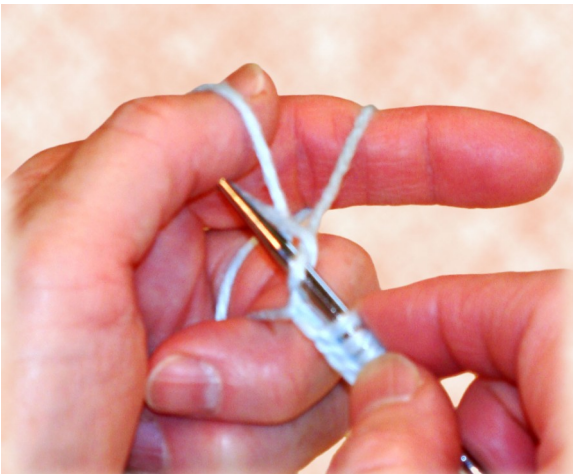
Step 1: Begin cast on by making a loop on needle, or a slip knot if you prefer.



Steps 2: Hold yarn as if working a long tail cast-on. Catch the yarn on the inside of your thumb with your needle & bring it under to the outside.



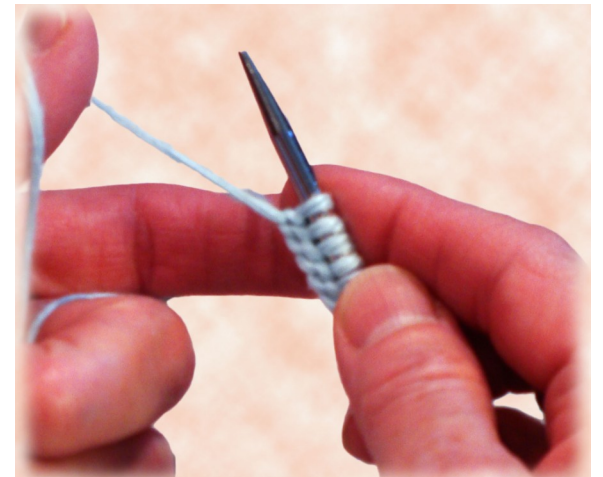
Step 3: Catch the yarn on the inside of your fore-finger from over the top of the yarn.



Step 4: Bring your needle through space created by steps 2 & 3, creating loop on your needle.



Step 5: Gently pull out the yarn with your thumb & fore-finger to secure the new stitch.



Repeat steps 1-5 for each new stitch.