



Basic Resilient Cast On *for knitting flat*

Overview

Here's a simple cast on idea that took a bit of testing to get 'right' so it doesn't flare. Here are the three basic steps:

1. Cast on 3 stitches for every 2 in the pattern. *For example: $100/2 \times 3 = 150$*
2. Pass 1 stitch over another every other stitch to reduce the number.
3. Eliminate some of the bulk by slipping every other stitch on the next row.

Instructions

This basic version of the Resilient Cast On adds flexibility and nice nubby detail. Your pattern may have slightly different details based on the design.

1. Calculate the number of cast on sts by dividing the working st by 2 and multiplying that by 3. Round up if necessary. *For example: $99/2 \times 3 = 148.5 = 149$*
 - You don't need to "cast on loosely". The give comes from the extra stitches, but please not too tightly either. It's easier to cast on a few extra stitches and pull off the unneeded ones after you count, than it is to add more.
2. Slide all the stitches to the other end of the circular needle to start slip pattern. This 'row' does not require any knitting so drop your working yarn.

The number of cast on stitches are reduced to the working number by passing one stitch over the other every other stitch. Like this:

* [sl2, pss0], sl1 * .

Continue to end. Pull down on the stitches across the length of the needle to 'set' the cast on row.

- ▶ Count to make sure you have the right number of working stitches.
- ▶ There are now 2 types of stitches: solo stitches and piggybacked stitches.
- ▶ The 'knit' side of the long tail cast on faces you as you cast on and still does as you work the 'pass stitch over' row. Since we want the nubby edge to show, this is the 'wrong' side and you'll start knitting with a Right Side Row.

3. Turn and work a Right Side Row, alternating purls and slip stitches. You will purl into the single stitches and slip the piggybacked ones with yarn in back.

* sl1, p1 * if even. p1, * sl1, p1 * if odd

 - ▶ Since you're slipping with yarn in back, the yarn will alternate each stitch; back for the slip and front for the purl kind of like a rib.
4. Join making sure the nubby edge is on the outside of the project.

Follow your pattern for the following rows. If you are modifying an existing pattern, consider adding one or more rows of 1x1 rib or seed stitch in established pattern, to enhance the edge and prevent rolling.

Circular or Straight Needles:

The technique works best on circular needles, even when you're knitting flat. The instructions tell you to cast on all the stitches and then, in the next step, to pass stitches over. It's more efficient and consistent this way.

However, if you are knitting with straight needles you can combine these two steps by passing stitches over as you cast on: * cast on 3, pass 1 st over*



This cast on creates a beautiful nubby edge when worked with a nice solid yarn like this cotton. If you like the nubby texture but are using a soft core yarn try using 2 strands for the initial cast on row only.

Video Tutorial Now Available

Visit our You Tube Channel to see how it works. Click the link below or search You Tube for "Laura Cunitz"

[Link to Resilient Cast On Video](#)

Sample Transition to Stockinette

	9	8	7	6	5	4	3	2	1	
4										
3										
2		V	•		V	•		V	•	
1		P	V		P	V		P	V	
0										

Row 0 = Long Tail Cast on Row

Sample Transition to 1x1 Rib

	9	8	7	6	5	4	3	2	1	
4			•		•		•		•	
3			•		•		•		•	
2		V	•		V	•		V	•	
1		P	V		P	V		P	V	
0										

- knit**
knit stitch |
- purl**
purl stitch
- Pass Stitch Over**
Pass stitch over without working first
- slip**
Slip stitch as if to purl, holding yarn in back
- No Stitch**
Placeholder - No stitch made.



Not just a pretty face!
More cast on stitches add more flexibility, making it a great option for wavy edges.