

NEW SWATCHES:

(Same methodology as for 2023 swatches, except some worked in 1x1 rib and/or flat).



Latvian k1,p1 rib



Channel Islands (1x thumb yarn)



Tillybuddy's k1,p1 rib (1st st knit)



German Twisted LT in pattern



Ch. Islands (2x thumb yarn)



Tillybuddy's (1st st purl)



Rolled Edge k1,p1 rib



I-cord (Reverse YO method)



I-cord (Kfb method)



Std Long Tail (2x thumb yarn)



I-cord (worked first)



Applied 3 st I-cord + I-cord BO

Comments:

Latvian:	Fast & easy. Casts on in pairs. Looks great with 1x1 rib.
Channel Islands:	Takes practice to learn. 1 st round is v. difficult with Magic Loop. Hard on the yarn.
Tillybuddy's:	Casts on in pairs. CO row is easy & fast but 1 st row/round is challenging especially ITR.
German Twisted:	V. stretchy, robust edge. Easy to join ITR without twisting.
Rolled Edge:	V. stretchy but it's dependent on stitch pattern. Should have used smaller ndls for CO.
I-cord:	Best method is Applied I-cord at end, not integral to CO. Applied I-cord is more compact than I-cord BO (need more sts in Applied I-cord). Also like Reverse YO method.

- CAUTION: Measurements are "squishy"
 - o Results highly dependent on execution!
 - o Absolute numbers don't mean very much!

Resources:

Video: Links to all the instructional YouTube videos will be in the handout posted on the website soon.
Book: *Cast On, Bind Off: 211 Ways to Begin & End Your Knitting* by Cap Sease.

RANK		NAME	FAMILY	FLARE	STRETCH (absolute)	STRETCH (vs.18cm)	Would I use it?
2025	2023						
		(2x2 ribbing, no cast on)			287%	83%	
1	2	German Twisted LTCO #2	LTCO			64%	Y
2	3	Slipknot CO	n/a			64%	unlikely
3	1	Backwards Loop, CO 5 for 6				63%	Y
4	5	Patty Lyons Elastic CO for Lace	LTCO			59%	unlikely
5		<u>Rolled Edge (k1,p1 rib)</u> ³	Tubular	22%		58%	Y
6	6	Standard Long Tail #1	LTCO			58%	Y
7	4	Channel Islands (double thumb yarn)	LTCO	23%		57%	unlikely
8	7	Standard Long Tail #2	LTCO			55%	Y
9		<u>Std Long Tail (double thumb yarn)</u> ³	LTCO	17%		54%	N
10	8	German Twisted LTCO #1	LTCO			53%	Y
11	9	Tillybuddy's Very Stretchy CO *	Knitted			*49%	unlikely
12		<u>German Twisted LTCO in pattern</u> ³	LTCO		varies	48%	Y
13	10	Modified Cable ¹	Knitted		235%	47%	N
14	12	Long Tail CO in pattern k2,p2	LTCO		to	45%	Y
15	11	Knitted	Knitted		81%	44%	Y
16		<u>Tillybuddy's (k1,p1 rib)</u> * ³	Knitted			*44%	unlikely
17	13	Crochet (sloppy)	Crochet			42%	N
18		<u>Channel Islands (single thumb yarn)</u> ³	LTCO			41%	possibly
19		<u>Latvian (k1,p1 rib)</u> ³	LTCO			40%	Y
20	14	Latvian	LTCO			40%	N
21	15	Chinese Waitress	Crochet	18%		39%	possibly
22	17	Standard Cable	Knitted			36%	Y
23	16	Crochet (tight) ²	Crochet			34%	Y
24	18	Tubular	Tubular	25%		32%	unlikely
25	19	Alternating CO for k2,p2 Rib	Tubular			15%	possibly
26	20	I-cord	Crochet	22%		11%	possibly

¹ Used 7mm needle as spacer

² Used 4.5mm needle & 4mm hook to CO

* Should be stretchier? Might be an execution issue.

³ New for 2025

WHAT DID I LEARN FROM ALL THIS??

1. You don't need all these fancy & obscure cast ons.
2. Execution has a big impact on outcome!
3. You still need to pay attention to stitch spacing even with the stretchy LTCO variants!
4. Standard LTCO can probably be made as stretchy as you want (although you might not like the edge).
5. Casting on in pattern does not seem to increase stretchiness (unexpected).
6. Doubling thumb yarn increases stretchiness in some cases but not all.
7. Some COs work much better with specific stitch patterns.
8. Tubular cast ons merit further investigation...
9. Rox's Backwards Loop tip (CO 5 for 6) is genius.
10. My favourite COs haven't really changed: (German Twisted LTCO & Backwards Loop or Knitted for stretchiness, Crochet & Cable for a firm edge. Std LTCO/LTCO in pattern for work horse COs, although I often use Cable as my default.)

VIDEO TUTORIALS:

A. CABLE CO

Rank 22

Roxanne Richardson: Refined Cable CO:

<https://www.youtube.com/watch?v=ijtOvT3unBs&list=PL26C48AFDE2FEB32E&index=24>

Roxanne Richardson: Refined Cable Cast-on in the Round // Technique Tuesday *(Note you may need to cut & paste this into your browser, there is sometimes a problem when you just click on the link)*

<https://www.youtube.com/watch?v=ITY-PEaGe1k&list=PL26C48AFDE2FEB32E&index=28>

a. CABLE CO W/ LARGER NEEDLE

Rank 13

Roxanne Richardson: Stretchy CO for Socks

https://www.youtube.com/watch?v=O9R_Ki4SeW4&list=PL26C48AFDE2FEB32E&index=16

B. KNITTED

Rank 15

VeryPink Knits: Knitting Help - Knitted Cast-On

<https://www.youtube.com/watch?v=lzVy8fRfOw0>

C. LTCO & VARIANTS

a. STANDARD LTCO

Rank 6, 8

Suzanne Bryan: Std LTCO without slipknot

https://www.youtube.com/watch?v=J8y6Q55xJ6s&list=PLLKJ9GuhEEwkBG5k2bRG2ONXTcj4q1lp_m&index=78

Suzanne Bryan: Everything About LTCO:

https://www.youtube.com/watch?v=v14ObMB1_yo&list=PLLKJ9GuhEEwn5tEs0M_gMcHez72ASUcGB&index=15&t=496s

Patty Lyons: Avoid Untwisting Plys in Long Tail Cast On:

<https://www.youtube.com/watch?v=mE516dKQUrM&list=PLpN3EyTtjDMvl4yl26MaObOS9g69uzSpQ&index=6>

Patty Lyons: Picking up a Dropped Cast on Stitch:

<https://www.youtube.com/watch?v=AjQzJ15w6l&list=PLpN3EyTtjDMvl4yl26MaObOS9g69uzSpQ&index=20>

b. LTCO IN PATTERN k2 p2:

Rank 14

Suzanne Bryan: How to Knit Long Tail CO in Pattern / Alternating Long Tail CO (k2 p2):

https://www.youtube.com/watch?v=t3Jkfr4JCK&list=PLLKJ9GuhEEwn5tEs0M_gMcHez72ASUcGB&index=2&t=9s (& others)

c. STRETCHY LTCO IN PATTERN k1 p1

Suzanne Bryan: K1 p1

<https://www.youtube.com/watch?v=7WAJsRpYjOw&list=PLLKJ9GuhEEwlBcCknDnN57m1A0v875xID&index=3>

d. GERMAN TWISTED LTCO

Rank 1, 10

Suzanne Bryan: German Twisted or Old Norwegian Cast on

https://www.youtube.com/watch?v=RIE_diUDPK&list=PLLKJ9GuhEEwn5tEs0M_gMcHez72ASUcGB&index=17

Patty Lyons, GTLCO in pattern: *(great explanation)*

Rank 12

https://www.youtube.com/watch?v=X9_j2cjuYJM&list=PLpN3EyTtjDMvl4yl26MaObOS9g69uzSpQ&index=1

- e. **PATTY LYON'S ELASTIC CO FOR LACE** (*LTCO w/ full twist between sts*) **Rank 4**
Patty Lyons: Learn the Elastic Cast-On with Knitting Expert Patty Lyons!
<https://www.youtube.com/watch?v=nA3CFC2MYDY>

Suzanne's Twisted Cast On in Pattern (*same as Patty Lyons' except in pattern, better video*)
https://www.youtube.com/watch?v=a3XH8kS_Eks&list=PLLKJ9GuhEEwIBcCknDnN57m1A0v875xID&index=11
- f. **LTCO WITH DOUBLE THUMB YARN** **Rank 9**
10 rows a day 3 ways: (Method 1 in video) *unclear why this should be any stretchier*
https://www.youtube.com/watch?v=JfcDPB2f_c&list=PLH_IdSndCil5pG5IudV0dAi6fUcPCcTmK&index=9
- g. **LATVIAN CAST ON** **Rank 19, 20**
10rowsaday: Three Ways to Make a Stretchy Cast On: (Method 3 in video)
https://www.youtube.com/watch?v=JfcDPB2f_c&list=PLH_IdSndCil5pG5IudV0dAi6fUcPCcTmK&index=9
Very Pink Knits:
<https://www.youtube.com/watch?v=cw27aFsDLXw>
- h. **CHANNEL ISLAND** (*Another LTCO variant*) **Rank 7, 18**
Suzanne Bryan: Channel Island CO 2 ways:
https://www.youtube.com/watch?v=YmKBTBbMdaE&list=PLLKJ9GuhEEwn5tEs0M_gMcHez72ASUcGB&index=16
- D. **BACKWARDS LOOP** **Rank 3**
Suzanne Bryan: How to Knit Backward Loop Cast On or Thumb Cast On
https://www.youtube.com/watch?v=A2Als4JREGU&list=PLLKJ9GuhEEwn5tEs0M_gMcHez72ASUcGB&index=1
Rox: Tips & Tricks for the Backwards Loop Cast-On // Technique Tuesday
<https://www.youtube.com/watch?v=aMKfwZe1CR8&list=PL26C48AFDE2FEB32E&index=27>
- E. **CROCHET** **Rank 17, 23**
Roxanne Richardson: Crochet Cast On
<https://www.youtube.com/watch?v=BrIDDu8X8A&list=PL26C48AFDE2FEB32E&index=11>
- F. **TUBULAR** **Rank 24**
Suzanne Bryan: Tubular CO in the Round w 2X2 ribbing without a jog, jogless:
https://www.youtube.com/watch?v=q7xq_KxF-6k&list=PLLKJ9GuhEEwnjVIL39RyuFil7DkK9pnMi&index=2&t=1s

Rox: Tubular CO k1, p1:
<https://www.youtube.com/watch?v=gfdPx7tl-cs&list=PL26C48AFDE2FEB32E&index=14>

Roxanne Richardson: Tubular CO for any ribbing pattern
<https://www.youtube.com/watch?v=qtP-UTCrtH4&list=PL26C48AFDE2FEB32E&index=15>
- a. **PROVISIONAL CROCHET CO W/ BUILT IN LIFELINE** (Rox):
<https://www.youtube.com/watch?v=cTxQAvV52sE&list=PL26C48AFDE2FEB32E&index=13>

Cap Sease: Rolled-Edge CO for k1, p1 rib: p102

G. ITALIAN / FAUX TUBULAR/ ALTERNATING

Suzanne Bryan: Italian CO in one color:

https://www.youtube.com/watch?v=s_IT9dAvG98&list=PLLKJ9GuhEEwn5tEs0M_gMcHez72ASUcGB&index=14

Roxanne Richardson: (K1,P1)

<https://www.youtube.com/watch?v=3F5k-v3Nqyo&list=PL26C48AFDE2FEB32E&index=29>

a. ALTERNATING CO FOR DOUBLE RIB K2 P2

Rank 25

Rox: (K2,P2) by June Hemmons Hiatt

https://www.youtube.com/watch?v=QT_Z6u7nyAs&list=PL26C48AFDE2FEB32E&index=30

H. I-CORD

Suzanne Bryan: Why I Dislike I-cord CO and what I use instead: (*Kfb & separate Icord methods*)

https://www.youtube.com/watch?v=3M_SZ9EbhK8

10 rows a day: Easy Way to Make Icord CO (*Reverse YO method*):

Rank 26

https://www.youtube.com/watch?v=Yaz2Tqyg7x0&list=PLH_IdSndCil5pG5IudV0dAi6fUcPCcTmK&index=45

10rowsaday: How to Knit I-cord CO in the round:

https://www.youtube.com/watch?v=3dLWXIclrlwg&list=PLH_IdSndCil5pG5IudV0dAi6fUcPCcTmK&index=46

I. CHINESE WAITRESS

Rank 21

Knit Freedom (officially sanctioned video):

<https://www.youtube.com/watch?v=HA1MRliQy9I&t=0s>

J. SLIPKNOT CO

Rank 2

Jeny Staiman: Jeny's Stretchy Slipknot Cast-On (*poor lighting & focus but explained in more detail*)

<https://www.youtube.com/watch?v=3n8E3I6Cg2k>

10rowsaday: Three Ways to Make a Stretchy Cast On (Method 2 in video)

https://www.youtube.com/watch?v=JfcDPB2f_c&list=PLH_IdSndCil5pG5IudV0dAi6fUcPCcTmK&index=9

K. TILLYBUDDY'S VERY STRETCHY CO

Rank 11, 16

Tillybuddy: Very Stretchy Cast-on for Double and Single Ribbing (*better explanation but poor lighting*)

https://www.youtube.com/watch?v=wf8cY_djTRI

Stitch one Knit too: Tillybuddy's very stretchy cast on (*better lighting but directions less thorough*)

<https://www.youtube.com/watch?v=erCFaaNlbcw>

Paper Daisy Creations: (*also explains joining ITR*)

<https://www.youtube.com/watch?v=l7cl3qSkTs0>

GENERAL:

Nimble Needles: How to knit a stretchy cast-on [10 easy methods for all projects] (*I don't like this video, he pulls his LTCO sts snug so gets erroneous results*)

<https://www.youtube.com/watch?v=UVQh82a943Y>