

HOW TO WORK CABLES

Cables are twisted either to the right or to the left, and for this to happen, the first stitch(es) are brought either to the back or to the front of the next stitch(es).

Different patterns may label cables as Right/Left OR Back/Front twists. So this is good to know:

Right = Back

Left = Front

This means if you're holding the first stitches to the back, your cable will twist to the right, and if you're holding the first stitches to the front, your cable will twist to the left.

In other words, if the first stitches are traveling in Back, that means the next stitches are in front of them, traveling from left to right, making a Right twist; if the first stitches are traveling in Front, that means they are going over the front of the other stitches, moving from right to left, making a Left twist.

The stitches are knit just like any other knit stitch, but their positions are moved around on the needle to make the twists. That's it!

Note: There are different kinds of cable needles, **the kind pictured** or **the U-shaped kind**, which stay out of your way as you work. Your cable needle doesn't need to be the same size/diameter as your knitting needle.

To practice cables cast on 20 - 30 stitches and knit in stockinette stitch for about 1/2 to 3/4 of an inch. Starting on the right side working a 1 over 1 cable doing both a right and left cable.

You will find cable abbreviations in patterns like these: C1F or C1B or spelled out cable forward or cable back. This is referring to where you hold the cable needle when you are rearranging stitches. If you hold the cable needle to the front, then the stitch will be from left to right. If you hold the cable needle to the back then the stitch will be from right to left.

LEFT CABLE



STEP 1

For our first cable, 1-over-1 Left, we'll start by slipping that first stitch onto the cable needle. Since it's a 1-over-1 cable, there is only 1 stitch worked on either side of the twist. That means 1 stitch slipped to the cable needle, and 1 stitch knit off the regular needle.



STEP 2

This is a Left cable, so hold the cable needle to the Front.



STEP 3

Then knit the next 1 stitch from the knitting needle (that's the yellow stitch).



STEP 4

Now grab the cable needle and hold it in your hand to knit the stitch from it ...



STEP 5

... and knit that stitch, just like a regular knit stitch.



STEP 6

That's it! That first stitch was crossed in front and over the second stitch, traveling in Front, twisting to the Left.

RIGHT CABLE



STEP 1

Now we'll do a 1-over-1 Right cable, which means we'll hold the cable needle to the Back. Start by slipping the first 1 stitch to the cable needle, then hold it to the back of your work, behind the needles.



STEP 2

Knit the next stitch from the left needle while holding the cable needle in the back. Then pick the cable needle back up and hold it up to knit the stitch from it.



STEP 3

Knit that stitch directly off the cable needle, which is coming from behind the first stitch you just knit.



STEP 4

By holding the first stitch to the Back, you've just made a Right twisting cable!