**CREATIVITY: Simple knitting for the beginner**

If you have been thinking about learning to knit, this is the ideal item for a beginner. Many people start by trying to knit a scarf, but that takes a lot of knitting – and a lot of wool. So this is a pattern for your first knitting project that can be completed in a day and doesn’t take much wool.

You can also use this as a practical project for teaching someone to knit.

If you are completely new to knitting, there are some great videos on YouTube which will show you how to cast on, how to knit stitches and purl stitches as well as to cast off (some US sites will refer to this as bind off).

**Knitted mug cosy**

You will need:

* A ball of double knitting wool
* A pair of 4mm knitting needles
* A yarn needle

Instructions

Cast on 17 stitches.

Row 1: Knit 2 stitches, purl 13 stitches and then knit 2 stitches.

Row 2: Knit all the stitches.

Repeat these two rows until your knitting measures about 1cm less than fitting round your mug. Most mugs measure about 27cm.

Make sure you end on a knitting row, then knit another row for form an edge before casting off.

To finish your mug cosy, bring the two short edges together and stitch together the two stitches at the top and at the bottom, leaving a gap in the middle for the handle of your mug.

If your mug is taller, cast on more stitches – 2 stiches will add about a centimetre.

Now all you need to do is put the kettle on and make that cup of tea!