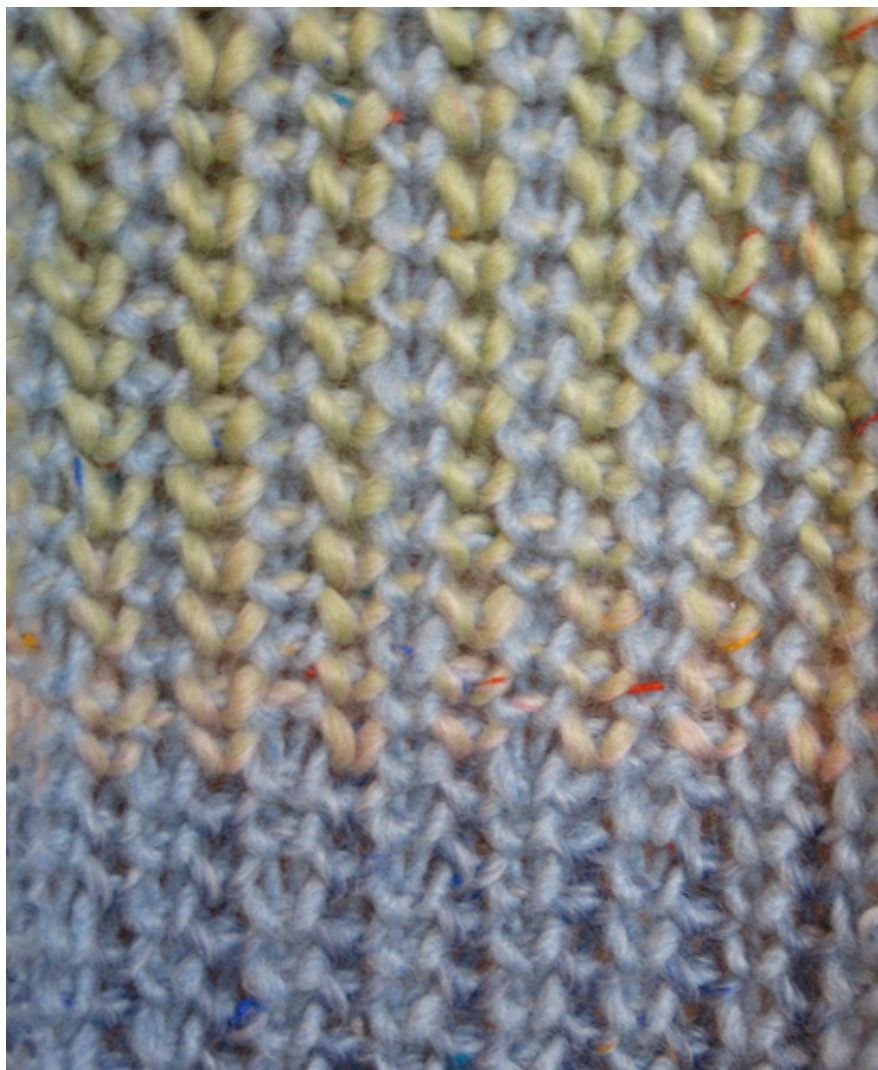


K1b

As an experienced knitter, it is fun to try new things. A while back, Warren from [Marin Fiber Arts](#) showed a cool new scarf that he was knitting. To be honest, it went right over my head. I'm like that. Later, on the WEBS podcast, Kathy and Pixie starting a knit-a-long using the pattern, the Inside-Outside Scarf, the Knit One Below (I almost wrote Knit One Blow - I think that's a Lamaze technique) pattern on the XRX site. [Here's the link.](#) And [this page](#) will lead you to the suggestions/helps on the WEBS site. My scarf turned out well, using some stash, coincidentally from MFA. See?



I like the reverse side of the fabric as well:



I'd heard about the book **Knit One Below: One Stitch, Many Fabrics**, and finally when I had an Amazon coupon for some free bucks, I broke down and bought the book, because I realized that the technique would be perfect for a vest that I've been wanting to make for my Mom, who is short and round, and this technique uses vertical lines in a pleasing way.

The book is fabulous. I wish all books were as thorough in explaining the techniques, giving detailed photos, charts, graphics, and general how-to. I've heard that it took her 10 years to put the book together, and it shows. I can't wait to find more things to knit from it, and it seems like a great stash-busting technique.

I'm pretty happy with the look, although this is a time consuming technique, since one knits two rows for every one. Here's where I am today:

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