

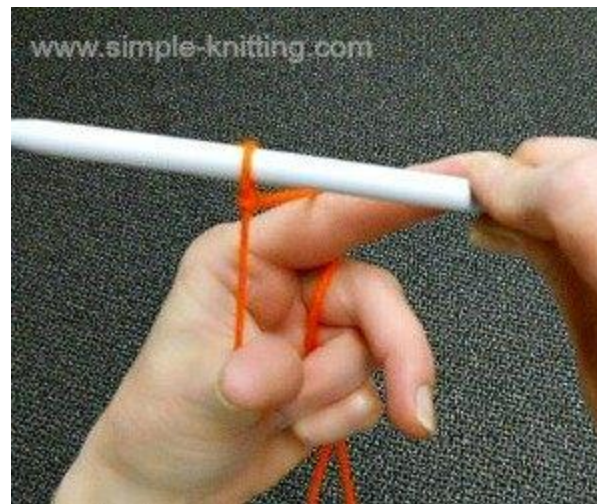
**\*Long Tail Cast on for Linen Stitch Pattern Version 1**

Make a slip knot and place it on your needle.

Hold your knitting needle in your right hand with both strands of yarn hanging down. Keep the tail end closest to you and the working yarn (ball end) furthest away. With your left hand put your thumb and forefinger together and stick them between the two strands of yarn.



Spread your thumb and forefinger apart with the tail end over your thumb and the working yarn over your forefinger. Hold the dangling strands of yarn in the palm of your hand.



Raise both your hands so they are kind of level with each other. When you are holding the right needle use your forefinger to hold the slip knot on the needle. Gently pull the right needle back a bit so that you have what looks like a sling shot.

Then insert the right knitting needle under the yarn on the outside of the loop at the bottom of your thumb. **In the second photo below my knitting needle is pointing to where you need to insert the needle.**



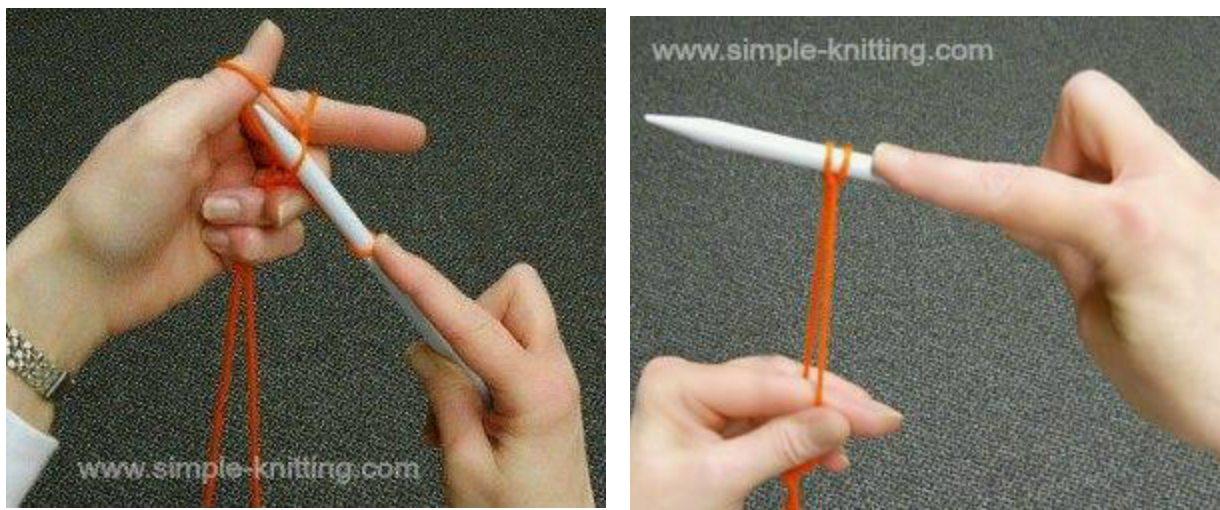
Keeping the strand of yarn from the thumb on the needle slowly move your needle over to your forefinger.



In the next **two photos** you are going to catch the yarn on your forefinger. I just want you to have a clear view.



Slowly bring the needle back and through the thumb's loop gently pulling your thumb out leaving the new stitch on the knitting needle.



Tug on the long tail end of yarn gently to snug up the new stitch on the needle **-not too tight.**

