

### Introduction

In the last lesson we looked at cables that move from right to left. In this lesson we'll be reversing the process, making a cable that moves from left to right.

### 6-stitch cable where the twist moves from right to left in the back of the work



1. Work to where the cable begins. Hold the cable needle in your RH like a pen, holding it parallel to the RH needle.



2. Still balancing the RH needle, use the cable needle to lift the first stitch off the LH needle, inserting the cable needle into the next stitch on the LH needle, going into the stitch from right to left purlwise (as if to purl). Don't knit the stitch.



3. Lift a second stitch from the LH needle onto the cable needle as before. The cable needle should still be in front of the RH needle the tip pointing towards your left hand.



4. Lift a final stitch onto the cable needle. Note how the RH needle remains supported in the right hand. This helps to prevent the stitches either side of the cable from stretching or dropping off the needle.



5. Slide the stitches to the middle of the cable needle to prevent them sliding off and carefully lift the cable needle between the needles to rest at the back of the work.



6. If the cable needle feels unwieldy, poke the left-hand end carefully into the knitting being careful not to split the yarn.



7. Knit the next three stitches from the LH needle as normal. This may feel awkward and the stitches quite tight. This is normal. The first and third stitches in particular need to be quite tight to avoid an unsightly hole at the edge of the cable.



8. Pick up or un-tuck the cable needle from the fabric and hold it in your LH, alongside the LH needle. Tilting the LH needle forward may make it easier. Being careful not to twist the stitches, slide the stitches on the cable needle to the end nearest the tip of the main needles.



9. Knit the first stitch from the cable needle. Be careful not to twist the cable needle when you start knitting the stitches.



10. Give a little pull on the working yarn to make sure there won't be a hold at the edge of the cable then knit the remaining two stitches.



11. When you have knitted all three stitches from the cable needle set the cable needle to one side and return to working the stitches on the LH needle, making sure to pull the last stitch of the cable and the first stitch from the LH needle quite snug.

12. As with the front cable, when the cable is complete it doesn't look too impressive but after you have worked a couple of plain rows the twist should be visible, here moving from left to right.

### TOP TIPS

- When a stitch is moved to another needle without knitting it this may be referred to in patterns as slipping a stitch knitwise or purlwise. This simply means that you move the stitch as if you were going to knit or purl it but without actually working the stitch.
- Choosing a cable needle that is a couple of sizes smaller than the main needles makes cables easier to work. Some cable needles have a kink in the middle or are hook shaped which helps stop stitches sliding off the needle.
- It is possible to add a lovely personalised touch to an otherwise simple knit by adding a cable panel, perhaps down a plain sleeve or along the edges of a knitted throw. However, when working with cables bear in mind that a cable will affect the drape, density and feel of the knitted fabric so careful swatching is essential.
- A wide range of yarns and yarn weights can be used for cables but smooth, un-textured yarns will give the best stitch definition and make the cables more prominent.
- Cables are often set on a background of reverse stocking stitch. This is where the purl side of stocking stitch is used as the right side of the work rather than the more usual knit side. This helps the cable stand out more clearly.