

Prayer Square 2.0

by Will Gillespie

This prayer square design features a cross that is double knit, providing a reversible textural component that can easily be traced with the fingers.

Other than the setup increase and decrease rows, the Right Side and Wrong Side rows are worked exactly the same, with no purling!

The concept of double knitting employed here is simple: knit the knits, and slip the purls with the yarn in front. *It is key to make sure you move the yarn to the front of the work while slipping, then return it to the back of the work to knit.*

I like to leave an extra long tail after casting on and knit it in as far as the center of the row; it will become a functional part of the tassel. One less end to weave in!

Supplies

- Roughly 20 yards (about 10 grams) worsted weight yarn
- US 8 (5.0 mm) knitting needles
- crochet hook similar in size to the needles (if using crocheted cast on; also helpful for adding tassel)
- darning needle
- scissors

Crocheted Cast On – mirrors look of a standard bind off

Make a slip knot to create a loop on crochet hook (leave a 10" tail to include in tassel; *tail will be on opposite side from long tail cast on*). Working toward needle tip, bring working yarn under needle; use crochet hook to draw up a loop over the needle. Bring working yarn back under needle, and draw up another loop over needle. Each loop on the needle is a live stitch to be worked on first row. Continue until you have one less stitch than needed; transfer loop from crochet hook to needle as final stitch.

Standard Bind Off (creates a final garter ridge)

Knit 2, pass first stitch over second; *knit 1, pass previous stitch over last stitch worked; continue from * to end of row.

Easy tassel method

Fold a length of yarn into three or four lengths of about 12" long. Fold this bundle in half for tassel. Insert crochet hook through center of cast on row, catch fold in tassel strands, and pull through enough to make a loop; now use crochet hook to catch up all tassel strands and pull them through the loop. Tighten and adjust as needed, and trim ends to desired length.

Directions

For an extra bit of finesse, try using a crocheted cast on and slip the first stitch of every row (sl 1 wyif), to match the bind off and slipped stitches in the cross detail.

Cast on 18 stitches using your favorite method. For Long Tail Method, an 18" tail is recommended, to leave excess for tassel. *If using Crocheted Cast On, cast 17 stitches onto needle, then slip last stitch from crochet hook onto needle.* Note location of tail to mark RS/WS.

Rows 1-6: K18.

Row 7 (RS – 3 garter ridges above cast on): K8, kfb twice, k8.

Rows 8-18: K8, [k1, s1 wyif] twice, k8.

Row 19 (RS – 9 garter ridges): K5, kfb 3 times, [k1, s1 wyif] twice, kfb 3 times, k5.

Rows 20-24: K5, [k1, s1 wyif] 8 times, k5.

Row 25 (RS – 12 garter ridges): K5, ssk 3 times, [k1, s1 wyif] twice, ssk 3 times, k5.

Rows 26-30: K8, [k1, s1 wyif] twice, k8.

Row 31 (RS – 15 garter ridges – 3 above crossbar): K8, ssk twice, k8.

Rows 32-35: K18.

Bind off row (WS – 3 garter ridges above top of cross): Bind off all stitches using standard bind off.

If slipping first stitch of every row, k2tog at end of row before binding off last stitch.

Cut yarn and pull through last stitch; use darning needle to invisibly weave in tails.

Make a tassel at center of cast on row. If desired, use contrasting yarn, or add beads or knots as embellishment.

Glossary

k Knit.

kfb Knit into the front of the stitch, leaving the stitch on the needle, and then knit into the back of the same stitch.

k2tog Knit 2 stitches together.

ssk Slip 2 stitches separately knitwise, then knit slipped stitches together.

s1 wyif With the working yarn in front, insert the right needle into the next stitch as if to purl and transfer the stitch from the left needle to the right.

RS Right Side

WS Wrong Side