Warm Up America! needs volunteers to help create blankets and afghans for people in need. It's easy, fun, and a great cause. Here's what you can do:

**Knit or crochet 7” x 9” rectangles in any color, with any stitch.**

Send your rectangles to Warm Up America! and they will be joined together to create blankets and afghans for people in need.

Go to [www.WarmUpAmerica.org](http://www.WarmUpAmerica.org) or call 800-662-9999 for more details.

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**Casting On**

1a. Make a slipknot. Loop yarn as shown.

1b. Pull loop on right-hand needle.

2. Pull the yarn end attached to the ball of yarn to tighten the slipknot, leaving the other end approximately 4 inches (10 centimeters) long. Transfer needle to left hand.

3a. Insert right-hand needle at the back of work. (You now have 2 stitches on your left-hand needle.)

3b. Pull loop through. Place new loop on left-hand needle.

4. Insert right-hand needle between last 2 stitches on left-hand needle and wrap yarn over right-hand needle.

5. Slip original stitch off needle. (You now have 1 raw stitch on left-hand needle.) Repeat steps 5 and 6 until required number of stitches have been cast on this new loop.

6. Pull loop through. Place new loop on left-hand needle, keeping the slipknot on your left hand and you are ready to knit the next row.

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**Knit Stitch**

1. Hold the needle with cast-on stitches in your left hand and the loose yarn attached to the ball at the back of work. Insert right-hand needle from front to back of the first stitch on the left-hand needle.

2. Wrap the yarn from left to right over the point of the right-hand needle.

3. Hold the original stitch on the left hand needle, keeping the slipknot on your left hand and you are ready to knit the next row.

4. Insert right-hand needle through the original stitch, which forms a new stitch on right-hand needle.

5. Knit a row, repeat steps 4 to 6 until all stitches have been transferred onto right-hand needle. Switch the needle with the stitches to your left hand and you are ready to knit the next row.

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**Purl Stitch**

1. Hold the needle with cast-on stitches in your left hand. With yarn at front of work, insert right-hand needle from back to front into the first stitch on left-hand needle.

2. Wrap yarn around right-hand needle counter-clockwise. Pull yarn through the original stitch, which forms a new stitch on the right needle.

3. Loop original stitch off needle. Repeat these steps until all stitches have been transferred onto right-hand needle to complete one row of purling.

4. Switch the needle with the stitches to your left hand and you are ready to purl the next row.