Knit a Flat Garter-Stitch Scarf

An original 28-stitch flat scarf with a measured, adjustable length

Choose one repetitive stitch for a whole scarf

Garter stitch is made by knitting every worked row while turning a flat piece at the end of each row. That makes it a natural first long knitting project. This original scarf starts with twenty-eight stitches on straight or suitable circular needles and keeps the same stitch count throughout. The maker decides when it is long enough by measuring their own work, rather than following a row number claimed to fit everyone.

Width is determined by yarn, needles and hands

Twenty-eight stitches may make a narrow or wider scarf depending on the yarn, needle diameter and personal tension. For example, if a sample shows eighteen stitches per 100 mm, twenty-eight stitches would suggest roughly 156 mm of knitted width by arithmetic; the number is illustrative and not measured by the publisher. First work and measure your own short sample, then change the cast-on number if needed.

Measure length without pretending every row is identical

A scarf must be comfortable for the intended adult wearer, not necessarily match a fixed catalogue length. As an example only, you might plan a wearable length around 135–160 cm, then check it on the intended adult without wrapping tightly. Different wearers prefer different lengths. Avoid designs for infants, children, sleeping, sports machinery or tasks where long fabric can catch; a scarf is not protective equipment.

Buy yarn using its actual label

Choose smooth yarn appropriate for a comfortable garment and a pair of knitting needles within its labelled recommendation, and read fibre-care guidance before purchasing enough yardage. Yarn consumption depends on thickness, your actual width and length, and any changes of skein; the guide cannot guarantee a number of balls. For colour consistency, use the same dye lot where possible and retain labels.

Keep safety and scope in view

This book provides a digitally illustrated, original adult hand-knitting lesson. It does not report a physically knitted scarf, trial wear, strength, stretch, wash, colourfastness or real printer test. Needle tips, scissors and long loose yarn are hazards near children and pets. If hands become painful, take a break. Do not wear an unfinished scarf with live loops that may unravel.

Plan the practice

Read these dimensions and conventions before touching yarn.

Count only worked stitches in the flat row

The sample cast-on is twenty-eight loops. On Row 1 knit twenty-eight actual stitches, then turn; Row 2 knits twenty-eight again, and each following row does the same. Count the live loops after every row, especially the first and last edge stitches. The cast-on is not a knitted row. No extra turning chain exists in flat knitting.

Make a practical width check first

PATTERN 1 shows a numbered twenty-eight-stitch foundation and a row-turn key. After roughly twelve practice rows, lay the fabric relaxed and record its actual width without pulling. If it is too narrow or wide for the intended adult scarf, undo the swatch and recast a different number before committing to a long piece. Replanning early avoids wasted yarn.

Track length rather than an invented row count

PATTERN 2 is an original adjustable scarf plan: cast-on edge, a repeated K28 row field, progress checkpoints and a bind-off edge. Each illustration is schematic. Use the ruler or flexible tape to measure from cast-on edge to the current live-row edge, with the fabric supported and not stretched. Work as many rows as required for the selected length and for available safe yarn.

Understand garter-stitch texture

Knitting every row produces ridges on both faces; you do not need a purl row in this pattern. The working yarn rests behind the tips for each knit stitch. One old stitch is replaced by one new stitch and only then released off the left needle. If a new loop accidentally crosses over a needle as a separate yarn-over, an unwanted twenty-ninth stitch may appear.

Plan the finishing edge before you get there

A basic knitted bind-off works as follows: knit two, pass the older right-needle stitch over the newer one and off the needle, knit one new stitch, pass the previous stitch over it; repeat until one live loop remains, then cut a tail and pull it through. This removes one stitch per pass. The finish must be loose enough to rest alongside the cast-on edge without a tight cord; do not over-pull the yarn.

Use printable records honestly

RECORD 1 is an open-ended row log: starting count 28, row counts, width observation, progress length and a last-row mark. RECORD 2 captures yarn label, needle diameter, target and observed dimensions, skein joins, finishing method and care limitations. Each of two original diagram sheets carries two distinct vector 50 mm ruler bars. Print at 100% and verify bars with a real ruler if using paper; the printed scarf diagram is NOT an actual-size fabric pattern.

Practice - steps 1 to 8

Fourteen original steps / count only actual completed crochet stitches.

1. Choose the adult recipient and yarn Confirm that this is a scarf for an adult who can wear a long textile safely. Choose fibre according to wearer comfort and its care label, and select a smooth yarn you can count easily. Set aside enough labelled yarn, a matching pair of knitting needles, blunt yarn needle, tape measure, scissors and the two printable records.

2. Decide a provisional length and width Write a target length for the intended adult and an approximate width preference on RECORD 2. Do not treat those values as measured fit; the actual scarf dimensions depend on your fabric. Note any hazards involving dangling ends, machinery or sleeping before the project is worn.

3. Cast on twenty-eight stitches Following F077 or another familiar secure cast-on, place twenty-eight individual live loops on one needle. In a knitted cast-on the starting slip knot counts as one; use the counting convention of your actual method. Spread loops along the full needle diameter so they move freely without a forced pull.

4. Work Row 1 completely in knit With the yarn behind the needle tips, insert the working needle knitwise into each old loop, wrap, draw through, and slide the old loop off only when its new replacement is secure. Repeat for all twenty-eight loops. Recount twenty-eight live stitches on the receiving needle at the edge; record Row 1.

5. Turn and knit Row 2 Turn the work and exchange the working roles of the needles, putting the needle holding live stitches in the left working hand. Keep yarn behind and knit each of the twenty-eight loops again. Count the first and last actual stitch as part of the total; do not add a separate turning loop.

6. Continue through a short practice section Knit all stitches on each successive row through about Row 12, counting at each edge. There is no requirement to stop exactly at twelve rows; it is a measurement checkpoint rather than the finished scarf. If a row contains twenty-seven or twenty-nine loops, diagnose before continuing rather than hoping the shape will hide it.

7. Measure the relaxed sample width Place the short fabric flat with the cast-on edge supported, and measure the knitted width across the twenty-eight-stitch row without stretching. If it is far from your width preference, unravel while the work is small and recast a more suitable count. Record the actual count, needle diameter and observed width; never substitute the example calculation for your own measurement.

8. Repeat one complete knit row at a time For each new row keep yarn behind, knit twenty-eight, turn, count twenty-eight and tick the row log. If changing to another skein of the same yarn, leave tails for separate weaving rather than tying a large knot into the scarf face. Do not pull tight on end stitches to make the edges look straighter.

Practice - steps 9 to 14

Finish the original project and record the measured result.

9. Measure length periodically Rest the fabric gently along a tape measure from the cast-on edge to the current last worked row, without stretching the ridges. Write length checkpoints in RECORD 1 and compare with your chosen adult target. The guide does not give an absolute row count because that would not match variable gauge.

10. Check appearance and wearer preference Before finishing, look at both faces and assess whether the garter ridges, edges and length seem acceptable to the intended adult. If it is too short, continue K28 rows. If too long, undo complete recent rows rather than cutting into a live knitted panel. Keep the work away from children and pets during these adjustments.

11. Start a loose basic knit bind-off When the chosen length is reached and you have twenty-eight live stitches, knit two stitches onto the right needle. With the left needle, carefully lift the older of these two right-needle loops up over the newer loop and off the tip; exactly one loop remains on the right needle.

12. Complete the bind-off and secure the tail Knit one more old stitch from the left needle onto the right, then pass the older right-needle loop over the new one. Repeat knit-one/pass-over until no stitches remain on the left needle and a single live loop remains on the right. Cut a tail of about 20 cm; draw it fully through the final loop, then snug gently without cinching a tight knot.

13. Weave yarn ends on the reverse Thread a blunt yarn needle with each free tail separately and pass it under several reverse-side stitch backs, changing to a nearby offset return path where possible. Do not create rigid knots at the garment edge or claim the join has passed a strength test. Trim only after the tail is anchored securely by the maker.

14. Record, inspect and store the finished scarf Measure actual length and width at rest and write them on the second maker record. Preserve the yarn band and care instructions, check that no active stitch loop has been left unbound, and store safely. Hand-launder only if the yarn label allows; this publication does not promise wash behaviour, durability, physical fit or child suitability.

Fix, care and preserve

The edges draw inward as the scarf grows. Check that you worked the first and last real stitch of each row and have kept twenty-eight loops rather than losing one at the edge. Do not force the edge straight by stretching it; if it is already consistently narrower, consider remaking a short test with a different needle or tension.

The bind-off becomes a stiff narrow cord. Passing loops over too tightly makes a less comfortable finish. Undo the bind-off while the stitches remain controlled and repeat with more space on the right-needle shaft. The guide does not promise one universal stretchy bind-off for every yarn.

The scarf is the wrong length or the yarn runs out. The row plan is adjustable, and it is safer to stop with enough yarn to bind off than to leave unsupported live loops. If you need more yarn, use an appropriate matching yarn and weave joins deliberately. Never treat an illustrated target length as physical evidence that a particular skein quantity will suffice.

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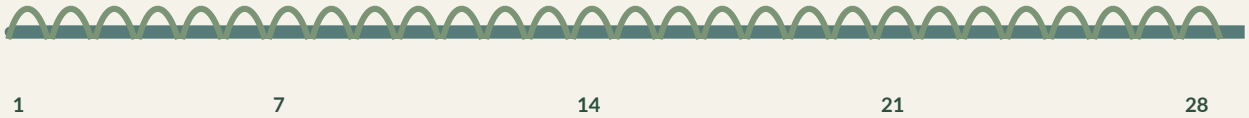
ORIGINAL VECTOR INSTRUCTION / NOT FINISHED KNITTED GAUGE

TWENTY-EIGHT LOOPS / EVERY WORKED ROW = KNIT 28

CAST ON 28 (the cast-on is not Row 1)



R1: K28 R2: K28 R3 onward: K28

MEASURE SCARF WIDTH ON YOUR OWN SHORT SWATCH

Illustrative arithmetic only:

28 stitches at 18 per 100 mm ~ 156 mm.

This is NOT a publisher-measured knitted width.

No universal number of rows or yarn skeins is promised.

50 mm BAR A

50 mm BAR B

PRINT AT 100% / ruler-check BOTH original 50 mm reference bars.

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ORIGINAL VECTOR INSTRUCTION / NOT FINISHED KNITTED GAUGE

GROW THE LENGTH, THEN BIND OFF / NO FIXED ROW COUNT

LONG DIRECTION: add full K28 rows

TOP: newest live-row edge



BOTTOM: cast-on edge

BIND OFF / KNIT 2 -> PASS OLDER LOOP OVER NEWER

Then knit 1 and pass the prior loop over; repeat to one loop.

Measure length on the actual scarf - never on this schematic.



50 mm BAR A



50 mm BAR B

PRINT AT 100% / ruler-check BOTH original 50 mm reference bars.

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Date / maker:

Yarn fibre, weight and care label:

Metric knitting needle diameter:

Starting row / stitch convention:

OPEN-ENDED GARTER SCARF TRACKER

- [ ] Cast on 28 stitches
- [ ] R1: K28
- [ ] R2: K28
- [ ] Check 28 after each row
- [ ] Short swatch width: ____ mm
- [ ] Target length: ____ cm
- [ ] Length now: ____ cm
- [ ] Last row & bind-off counted

Actual count / changed variable / observations: _____

_____

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YOUR OBSERVATIONS / NOT A PUBLISHER PHYSICAL TRIAL

Target adult length / observed finished length:

Measured width from short swatch / scarf:

Yarn weight, needle diameter and fibre care:

Row log checkpoints and final row number:

Skein joins, tails and final bind-off:

Adult fit and long-fabric snag precautions:

Washing uncertainty and next adjustment:

Digital source only / no physical knitting, fitting, wash, printer or safety trials.