

## English to American Knitting Terms.

<b>English</b>	<b>American</b>
Tension	Gauge
Cast Off	Bind Off
Stocking Stitch	Stockinette Stitch
Moss Stitch	Seed Stitch

## Yarn Weights and Typical Uses

<b>UK Weight</b>	<b>US Weight</b>	<b>Needle Range</b>	<b>Typical Use</b>
1,2 & 3 ply	Cobweb, Light Fingering, Lace	2-3.5mm	Lace work, socks, baby clothes
4 ply	Fingering, Sportweight, Baby	3-4mm	Baby clothes, socks, lightweight tops
Double Knitting (DK)	Light Worsted Weight	3.5mm-4.5mm	Very commonly used for most garments
Aran	Worsted, Fisherman's, Afgan or Aran weight	4-5.5mm	Warm thick jumpers
Chunky	Chunky, Rug or Bulky Weight	5.5mm-7mm	Chunky garments
Super Chunky	Super Bulky, roving weight	7-12mm	Great for soft furnishings like cushions or blankets

This is a rough guide. If you aren't able to use the exact yarn recommended by a pattern, knitting a tension square (gauge swatch) is very important. (I know you want to get stuck into the project – but very disappointing if it doesn't fit after hours of knitting.....) There are variations within the weights depending on manufacturer. Not all DK are the same!

# Knitting Needle Conversion Chart

<b>Metric Sizes</b>	<b>Imperial Sizes</b>	<b>US Sizes</b>
2mm	14	0
2.25mm	13	1
2.75mm	12	2
3mm	11	-
3.25mm	10	3
3.5mm	-	4
3.75mm	9	5
4mm	8	6
4.5mm	7	7
5mm	6	8
5.5mm	5	9
6mm	4	10
6.5mm	3	10 ½
7mm	2	-
7.5mm	1	-
8mm	0	11
9mm	00	13
10mm	000	15
12mm	-	17
16mm	-	19
19mm	-	35
25mm	-	50