Jeny's surprisingly stretchy bind off

by Jeny Staiman

When Judy's Magic Cast-On first appeared in Knitty in spring 2006, being both busy and skeptical, I ignored it for about 3 months, until I kept hearing knitters rave about it. Then I tried it and discovered it is the best invisible cast-on on the planet. So I hope you won't ignore this newly minted bind-off, called Jeny's Surprisingly Stretchy Bind-Off, or JSSBO, from the ingenious Jeny Staiman. Judy's Magic Cast-On and Jeny's Surprisingly Stretchy Bind-Off are real soulmates. I've been using the JSSBO for about two months and each time I finish binding off a pair of socks I am stunned at how springy and stretchy the edge is, and how it snugs right back up when you let go. The bind-off even hinges at the bends of the ribbing, accentuating ribbing's accordion quality. It is a superior, stretchy, springy, and satisfying bind-off.

Cat Bordhi

This bind off combines the classic simple bind off with a yarn wrap. It is thus named because it defies logic that anything so simple would be so elastic. Before you scoff, give it a try. It has a higher elasticity than Elizabeth Zimmermann's sewn bind off, and has an advantage in that it is not sewn, and therefore easier to execute over a long length of fabric. For optimum elasticity, avoid snuggling the stitches tightly after you knit or purl them.

NOTES
This bind off is well-suited to hats, sweater necks, and especially toe-up socks – anything that requires a lot of stretch to get into place!

PATTERN
You'll be working the classic bind-off (passing one freshly worked stitch over another freshly worked stitch) with one game-changing addition: each knit or purl stitch is "processed" in a particular way as it is worked.

To process a knit stitch:
Yarn-over in reverse
(that is, wrap the opposite direction around the needle from the standard yarnover)...

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knit 1...

insert left needle into yo and pull it over the stitch that was just knit.
To process a purl stitch:
Yarn-over (in the usual direction)

To bind off:
Process each of the first 2 stitches.
Pass right stitch over left stitch and off the needle.

Continue, repeating:
(Process next stitch. Pass right stitch over left stitch and off the needle) until only 1 stitch remains.
Cut working yarn and pull through.

Note that once you have processed one stitch, on your next and all remaining stitches you can pass over the yo and the processed stitch together in one step...
The bind-off hinges at the bends of the ribbing.

ABOUT THE AUTHOR

http://www.knitty.com/ISSUEfall09/FEATjssbo.php
Jeny Staiman is a mom, a usability engineer, and a self-diagnosed knitting geek. For the past 15 years she has knitted primarily socks, hats, and gloves (i.e., short attention span for knitting in straight lines) and has recently been seduced into the world of knitting moebii and other nonorientable mathematical forms.

You can find her on Ravelry as jenyc and she blogs here.

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