



The increase most often used in contemporary knitting patterns is the **make one (M1)**. This increase can lean to the left (**M1L**) or to the right (**M1R**). If the direction is not specified, you can take your pick. Like the yarn over, the make one creates a new stitch between two existing stitches. This stitch is created by picking up the strand of yarn that runs between the stitch you just knit and the next stitch on the left-hand needle, giving it a twist, and knitting into this new loop.

### **Left-leaning Make One**



To work a left-leaning make one, insert the left-hand needle, from front to back, under the strand of yarn which runs between the stitch just worked and the next stitch on the left-hand needle



Knit this stitch through the back loop.



**Right-leaning Make One**



To work a right-leaning make one, insert the left-hand needle, from back to front, under the strand of yarn which runs between the stitch just worked and the next stitch on the left-hand needle.



Knit this stitch through the front loop.



The make one can cause a distortion of the stitches on either side of the decrease. When you pick up the strand between the stitches and give it twist, you are pulling a small amount of yarn from the stitches on either side to make the new stitch.

**Increase How Tos:**



[Yarn Overs](#)



[Knit in the Front and Back of the Stitch](#)



[Make 1 \(Left or Right\)](#)



[Lifted Increases](#)  
([Left or Right](#))



[Eyelets](#)



[Twisted Yarn Overs](#)

**[Read the full article, \*Increasing your Options.\*](#)**

*Sandi Rosner is a knitter who wears many hats: designer, technical editor, writer and teacher. She loves the little details that elevate a knitting project from homemade to handmade. Follow Sandi's blog at <http://www.knittinginwinecountry.blogspot.com>.*

---