Diagonal Checks
Pattern: Five stitches
Row 1: P1, K4 to end
Row 2: P3, K2 to end
Row 3: P3, K2 to end
Row 4: P1, K4 to end
Row 5: K1, P4 to end
Row 6: K3, P2 to end
Row 7: K3, P2 to end
Row 8: K1, P4 to end

Fleck Stitch
Pattern: Multiples of 2 plus 1
Row 1: RS Knit
Row 2: Purl
Row 3: K1 * P1, K1 to end
Row 4: Purl