**Double Ridged Rib**

Pattern: Odd number of sts.

Row 1: Knit
Row 2: Knit
Row 3: P1 *K1, P1 to end
Row 4: K1*K1, P1 to end
Row 5: Knit
Row 6: Knit
Row 7: K1*P1, K1 to end
Row 8: P1 *K1, P1 to end

**Lattice Stitch**

Pattern: Six stitches plus one

Row 1: Knit
Row 2: Purl
Row 3: K1 *P2, K1 to end
Row 4: Purl