Please note revisions as follows:

Page 13, Slip Stitch Blanket:

Row 2: K3, yf (yarn forward), *sl 1 purlwise, p4; rep from * to last 4 sts, sl 1, yb (yarn back), k3
These are not increasing a stitch but simply moving the yarn behind the work and in front of the work in order to make the next stitch.