

**WORKING  
WITH WOOL**

**RETIRED  
4-H PROJECT**

**From Fleece to Yarn**

**Leaders' Guide**



## THE 4-H PLEDGE

"I pledge:  
My Head to clearer thinking  
My Heart to greater loyalty  
My Hands to larger service  
My Health to better living  
For my club, my community and my country."

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## INTRODUCTION

Welcome to the new knitting project, "Working With Wool"! This Guide is to assist you, the leader, in the organization of club meetings.

## OBJECTIVES

1. To explore, with members, the processing of wool, from the animal to the spinning of yarn.
2. To teach members the characteristics, use and care of wool.
3. To teach members, with help from experienced knitters, the basics of hand knitting, so they can complete at least one hand-knit item.
4. To help members to develop personally as they work with others in the club.

Wool is a product of Ontario farms, and 4-H members should be aware of the process involved in the marketing of wool.

A basic knowledge of wool fiber and how to care for garments or household items made from wool is useful information for any consumer to have; 4-H members should be well-informed consumers.

Knitting, along with other heritage crafts, has become very popular again in recent years. This project will give beginning knitters the basic information needed to hand knit, and may provide a challenge for members to go beyond the basics on their own.

## REQUIREMENTS FOR LEADERS

Leaders should:

1. Have an interest in young people.
2. Have an interest in knitting and wool.
3. Be willing to search out community resources in order to provide members with the best information possible relating to the topic of "wool".

Leader Responsibilities:

1. Attend the local Project Related Training Session, each meeting and the Achievement Program.
2. Advertise and organize the local club.
3. Plan and present the meetings of the project.
4. Have members complete Enrollment Cards, complete the Club Membership List and forward it to your OMAF contact person by \_\_\_\_\_.
5. Provide guidance for choosing an Achievement Program, and for completing that Achievement Program.
6. Encourage each member to reach and maintain his/her best standard of work.
7. Encourage members to work together as a group and to develop individual abilities within that group.
8. Provide a pleasant and interesting learning atmosphere.

## GUIDELINES FOR LEADERS

NOTE: Refer to the 4-H Club Leaders' Handbook for further guidance and suggestions for presenting lesson material.

### 1. Length of Meetings

Meetings have been planned to last approximately two hours each. However, depending on the knitting experience and level of manual coordination of the members, some meetings may require more than two hours. They may be extended to 2 1/2 hours, or some of the work not finished could be left for the next meeting or assigned as an extra home activity.

Some of the information in the meetings may be too basic or too in-depth for some members, or you may not be able to use all the ideas in the project. Feel free to add to and subtract from meeting information and activities to suit the needs of YOUR members.

There has been some time built into Meetings 4 and 5 to allow for a guest speaker or a trip. Rearrange the material in these meetings to suit whatever activities you can work in. A suggested time guide is given for each meeting, but it too can be flexible to suit your needs.

### 2. Project Summary

It encourages the member if you write short evaluation comments in the book at the completion of the project. There is a space provided for this on the Club Member's Project Summary at back of book. Your 4-H Club Leaders' Handbook suggests some appropriate comments.

### 3. Parliamentary Procedure

It is usual for the club president to chair the short business at the beginning of each meeting. Encourage members to use parliamentary procedure so they will become familiar with the process.

### 4. Member Participation

Encourage members to participate in meetings by having them introduce and thank guest speakers, tour guides, knitting instructors, etc., and bring information to meetings.

Remember that 4-H members "learn to do by doing.", but should also enjoy themselves and be interested in the meeting information.

### 5. Achievement Program

The set-up for this will vary from one area to another. Prior to the first meeting, the leaders and the Rural Organization Specialist should discuss the format of the program. Here are some suggestions.

- a) Exhibits, Skits and/or Demonstrations: Keep in mind that the purpose of these presentations is not only to entertain the audience, but also to highlight something learned in the project. For more information, see the 4-H publications Demonstrations and Exhibits, which can be ordered from the 4-H Supply Catalogue.

Some suggested topics for presentations:

Wool, the Wonder Fiber  
From Sheep to Shop  
The History of Wool, Spinning, or Knitting  
Fleecy Facts - using an actual fleece, if available, give information on one or more of these topics: shearing, sorting, rolling and bagging, marketing, washing, carding, spinning and dyeing.  
Lanolin - a Natural  
Natural Dyeing - a Pioneer Craft  
The Woolmark  
Caring for Wool

- b) Reach-for-the-Top:  
Several clubs participate in friendly competition, answering questions based on the project. The educational competition is fun and exciting.
- c) Public Awareness:  
Members could set up a display in a mall, community center, school or other local public building, showing some aspect of the project and what they have learned. The knitted projects could be displayed, along with any special projects undertaken by the club (e.g. a group afghan project). Members should staff the display and answer questions. A demonstration could also be given in conjunction with the display.

6. Resources

There are a variety of resources available to you for use in Working With Wool, depending on the community in which you live. Study the following list, and find out which of them you will be able to use.

- a) Knitters  
It is not necessary that you be a proficient knitter to lead "Working With Wool". However, some experienced knitters should be available to help with the meetings in which knitting skills are taught, and to answer questions or help solve problems with the knitted projects. Use parents, and other members of the community as well as club members who knit as resource people for the knitting section.
- b) Speakers  
You could invite a local spinner or dyer or someone involved in any aspect of the wool process or knitting business to speak at a club meeting. Contact members of a local Handweavers and Spinners Guild.

c) Demonstrations

This could be done at a meeting, or the club members could visit another location to see a demonstration of sheep shearing, spinning, dyeing, etc. The local 4-H Sheep leader may be able to help out here.

d) Club Visits or Trips

This project lends itself to a visit or trip to various museums, fairs and related events. Here are some suggestions.

- local or county museum (to see exhibits on early wool and spinning equipment and methods).
- a sheep farm, perhaps where shearing is being done.
- a wool shop, where the manager would talk about knitting and the yarn business.
- a tanning operation - only in certain locations (e.g. factory at Blyth, Ontario).
- local specialty business, eg. Lishman's in Blackstock, Ont., where fur is used to knit high fashion garments.
- a sheep fair, e.g. Saugeen County Sheep and Wool Fair, held in May in Markdale, or Sheep Focus, an annual event in July, (in Lindsay, Ont. in 1988).
- Ontario Agricultural Museum, Milton.

Take your club to the Ontario Agricultural Museum!

Contact the Tour Coordinator to book a tour. Each group will be dealt with individually, depending on the time of year and staff available, and they will "tailor" your tour to suit your own needs. Possible topics covered are history of wool and sheep in Ontario, spinning, dyeing, weaving, etc. Identify yourself as a 4-H leader of "Working With Wool", and contact:

TOUR COORDINATOR  
ONTARIO AGRICULTURAL MUSEUM  
P.O. BOX 38  
MILTON, ONTARIO  
L9T 2Y3

Phone: 416-878-8151, extension 40.

Group rates are available.

Light lunches are also available, or bring your own.

e) Videos and Films

The following are available for use with this project:

Basic Knitting - an excellent videotape, VHS, approx. 1 hr. 45 min. in length

- contact your Rural Organization Specialist

Wool Bureau Films

1. Always Wool - 15 min. 16mm film #34160
2. From Fiber to Fabric - 15 min. 16mm film #34161 (Wool, - a Natural)

- both available on loan, free from

LM Media Marketing services Ltd.,  
115 Torbay Rd., Markham, Ont., L3R 1G7.

(Borrower responsible for cost of returning films.)

**34160 ALWAYS WOOL** – Designed as an introduction to wool, its manufacture and uses. Scans wool origins, the location of the main sheep populations, processing of wool into woven and knitted cloth and woven and tufted carpeting and some non-traditional processing methods, the enhancements science can give, the meaning of the Wool-mark and the beauty and timelessness of wool's appeal in end product form.

*The Wool Bureau of Canada Limited*

*15 minutes*

**34161 FROM FIBRE TO FABRIC – WOOL'S A NATURAL** – This film compares the processing methods for wool used by the early pioneers with today's modern technologies, and examines how wool's properties have enabled it to endure through the ages. Specifically the film covers the various stages of wool processing including scouring, combing, yarn spinning and fabric design and production.

*The Wool Bureau of Canada Limited*

*15 minutes*

f) Books and Magazines

Check the bibliography for the project. Many books are available in your library.

NOTE: The May 1988 National Geographic features an excellent cover story on wool.

g) Craft Supply and Spinning And Weaving Supply Stores

These usually have wool fiber and yarn for sale in small amounts, at various stages, such as the roving stage. This would be useful for the dyeing experiment.

h) A Group Project

Perhaps a local yarn store or department store would donate some yarn to be used for a group project. For instance, each member could knit (garter stitch) one square (all use same size needles and yarn) for an afghan. The leader, or a more experienced knitter, might sew these all together, and the afghan could be donated to a worthy organization.

7. Guidelines For Teaching Knitting

Physical Needs

- table space for each member
- good lighting
- an iron and ironing board (or sleeve board) only for teaching blocking. Members can block their own knitting at home if necessary.
- examples of what you are teaching (pieces of equipment, the finished samples, projects, etc.).
- one teacher for every 2 beginners (at least for Meeting One; and if possible, for Meetings Two and Three as well).

### Things to Emphasize

- use of term yarn rather than wool, when referring to knitting. Many of the knitting yarns we use are not wool.
  - importance of the tension sample
  - how to count rows
  - how to recognize a knit stitch and a purl stitch, and how to tell the difference
  - yarn is always at back of needles for knit stitch and at front of needles for purl stitch
  - that the procedure is:
    - "In, around, pull it through, slip it off" (for knit stitch)
    - "In, around, push it through, slip if off" (for purl stitch)
- This can be said by the group in a sing-song manner as they learn the stitches.

### Things to Check Constantly

- good posture when knitting (poor posture can lead to painful back, neck, shoulder and arm muscles)
- positioning of hands, with yarn around fingers for even tension
- correct procedure for technique being taught

### Remember to

- praise members for their progress.
- encourage slower members by showing them a finished sample and pointing out what stage they have achieved on it. Praise them too!
- have left-handers try the right-hand methods first. If these are too difficult for them, use the ABC's of Knitting, Left-hand Version, from J. & P. Coats.

### Finishing Techniques

- as a member needs to know how to make a pompom, tassel, sew a seam, etc., demonstrate this to the entire group. You may want all the members to make pompoms for fun. Be sure to provide garbage cans or bags for the bits created when they trim their pompoms.

### Supplies for the Samplers

Members will need one pair of knitting needles, size 4.5, 5 or 5.5 mm, and some Sayelle yarn for the Samplers, which they will begin in Meeting One. If you can contact the members before the club starts, ask them to bring these supplies to Meeting One. If not, perhaps you can arrange to borrow enough needles for members to use, and buy some Sayelle yarn. Be sure to have at least 2 colors available so they can practise changing colors on Sampler #1.



## ORGANIZATION

### Before the Club Starts

1. Advertise the project by using a poster, and by word-of-mouth. Inform prospective members of the supplies they will need at Meeting One (needles and yarn).
2. Investigate your community for resources. (see Resource list)
3. Find a suitable place to hold meetings.
4. Begin planning your meetings, arranging for knitting instructors, guest speakers, borrowing of films, etc., and gathering or preparing of samples needed. Also make arrangements as soon as possible for any trips your club might want to take.

### Before Each Meeting

1. Read the objectives, information and suggestions in the Leaders' Guide for the appropriate meeting.
2. Plan the meeting, arranging for any equipment or visual aids and samples needed.
3. Be familiar with the subject matter in the Members' Manual.

### During Meetings

1. Involve each member in discussions and activities. You may want to ask a senior member to help lead discussions and activities.
2. Keep members aware of and thinking about the Achievement Program. It is important to start planning early. Perhaps while members are working away at their knitting stitches, you could lead a discussion or get ideas from them for the presentation.

## 4-H YOUTH LEADER PROJECT

Whether you lead a foods, livestock, leadership, crops, horticulture or sewing project, you can find enjoyment from working with a youth leader.

The 4-H Youth Leader project offers Senior (15-21) members an opportunity to develop skills and abilities, through the practice of leadership under the guidance of an adult leader. ONE YOUTH LEADER IS ALLOWED PER CLUB. Members who complete the project requirements, to the satisfaction of the club leader and Rural Organization Specialist/Assistant, will receive credit for a member's project completion.

### SPECIFIC REQUIREMENTS FOR YOUTH LEADER

1. The youth leader must be a member of the club and satisfy all requirements for completion of that club. (NOTE: The only exception would be a situation like the following example - There is a Senior Beef Club and a Junior Beef Club. A member of the Senior Club may be a youth leader for the Junior Club.)
2. A 4-H member may only complete ONE Youth Leader project per calendar year.
3. Must complete the "Youth Leader Project Book".
4. Attend the Youth Leader meeting to be held on \_\_\_\_\_ at \_\_\_\_\_. (NOTE: If there are only a few youth leaders in your area perhaps members of other rural organizations could be invited to the presentation skills or communications type workshop. This meeting to be held at any time will provide an opportunity for all the members taking the Youth Leader project to get together and exchange ideas. The information covered at the meeting (such as on pages 6-11 in the Youth Leader Members' Manual) will help them with being a youth leader.)
5. The member must give a minimum of FOUR presentations at club meetings within a project. Each presentation must be at least 15 minutes in length.
6. Prepare an individual, self-explanatory display for the Achievement Program.

### YOUR RESPONSIBILITIES

1. Only one youth leader is allowed per club. If more than one person is interested in this project, you will have to use some sort of selection process. Following are some factors to keep in mind when making your selection:
  - are they within suitable age (15-21) ?
  - familiarity with the 4-H program and the topic area.
  - willingness to accept responsibility.
  - ability to get along with peers and younger members.
  - a true desire to be helpful to the club.
  - ability to plan ahead and carry out activities.
  - have they already experienced being a youth leader?
  - have they had other opportunities to develop these skills?Remember that a member may only complete one Youth Leader project per calendar year. If you have a number of members who are equal in their suitability to complete the project, you may wish to hold a lottery.
2. Provide guidance, counselling, advice and feedback for the youth leader.
3. Share your skills, experience and ability with the youth leader.
4. Provide a brief written comment following each of the youth leader's presentations and a comment at the completion of the project.
5. Complete an evaluation of the project. NOTE: There is a green evaluation sheet at the BACK OF THE YOUTH LEADER MEMBERS' MANUAL for you to use. Please complete this sheet and give it to your Rural Organization Specialist/Assistant.

### WORKING TOGETHER

A relationship of co-operation between the 4-H leader and the youth leader is the key to the degree of achievement a youth leader may reach in personal development. It is important that a "help-each-other" relationship be established from the start.

A team-work approach can be achieved by:

1. Sharing, not delegating responsibility. Let the youth leader have a share in the program decisions rather than merely assigning him/her a task to carry out.
2. Making sure both of you understand your responsibilities.
3. Not overburdening the youth leader with responsibilities.
4. Impressing upon the youth leader that sharing responsibility is a two-way process. Both leaders have to give and take to get the job done.
5. Creating an atmosphere in which both of you can freely express your opinions.
6. Communicating clearly.
7. Providing feedback and evaluation comments.
  - youth leaders need to see their strengths and the places for improvement.
  - evaluation should not be a threatening experience. First, let the youth leader evaluate his/her progress, then you may point out some areas that you felt were weak as well as the strong areas.
  - destructive criticism never has a place in 4-H.
  - a formal evaluation should follow every presentation.
  - informal evaluation can be a continuous process. A word of encouragement - praise here and a word of caution there is the type of guidance and advice the youth leader wants.

### HELPING THE YOUTH LEADER PLAN

Contrary to what you may think, research has shown that a majority of young people do want adult guidance and advice. True, they do not want to be told! Teenagers do, however, want adults to enforce the "rules of the game" that have been agreed upon by both adult and teen. When helping the youth leader plan his/her presentation, keep the following guidelines in mind:

1. Select a time at the beginning of the project to determine jointly with the youth leader what his or her responsibilities will be.
2. Schedule regular "conferences" with your youth leader to discuss progress and to help him or her think through each presentation in advance so that a maximum feeling of confidence and success may be experienced. Discuss together the following points:
  - what is expected to be accomplished?
  - what steps will be followed to accomplish the task?
  - what preparation and equipment are needed?
  - what help is needed?
3. Give the youth leader as much opportunity for making decisions and freedom to carry out ideas as he or she is capable of handling.
4. Keep in mind the youth leader will usually be closer to the thinking and desires of the members than you.

REMEMBER TO REFER TO YOUR 4-H CLUB LEADERS' HANDBOOK FOR TIPS ON PROGRAM PLANNING, EFFECTIVE COMMUNICATION AND PRESENTING LESSON MATERIAL.

### Suggestions for Youth Leader Displays

- The Modern Wool Industry
- Tanning of Sheepskins - the industry in Ontario.

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Patons and Baldwins Canada Ltd., for permission to reprint knitting leaflets.

# MEETING ONE

# THE BASICS

NOTE: All page references in this guide refer to the Members' Manual unless otherwise indicated.

## OBJECTIVES

- To elect club officers.
- To introduce Working With Wool.
- To show equipment and materials needed for a knitting project.
- To teach casting on, knit stitch, purl stitch, garter stitch, picking up stitches and stocking stitch, and to have members practise these on a sampler.

|                           |                     |
|---------------------------|---------------------|
| Welcome and Roll Call     | 10 minutes          |
| Business, elections, etc. | 15 minutes          |
| Outline                   | 5 minutes           |
| Members' Requirements     | 5 minutes           |
| Equipment                 | 10 minutes          |
| Ply                       | 5 minutes           |
| Knitting                  | at least 60 minutes |

1. Welcome all members to Working With Wool, and introduce yourself, your co-leader and any knitting helpers who are present. Give a short introduction to the project.
2. Roll Call - play the Get Acquainted Game. Write each of the following words on a small piece of paper, and hand out one to each member (or more than one, depending on the size of your club). Then read the sentences below, one at a time. There are 2 words which refer to each sentence. As you read the sentence, the 2 members having the related words will stand and read out their words.

|          |         |          |         |
|----------|---------|----------|---------|
| SPINNING | GRADING | NEEDLES  | RUNNING |
| DYEING   | CARDING | YARN     | FADING  |
| FLEECE   | KNIT    | SHETLAND |         |
| SHEARING | PURL    | CASHMERE |         |

- These are processes done with the wool fiber or wool yarn: (spinning, dyeing)
- Both words refer to wool on a live sheep. (fleece, shearing)
- Both of these are stitches used in knitting. (knit, purl)
- These are both types of woolen sweaters. (shetland, cashmere)
- These are done to the fleece after it is sheared from the sheep. (grading, carding)
- These can happen if dyes are not "set" properly. (running, fading)
- These two items are used for knitting. (needles, yarn)

3. Conduct the business of the meeting with the leader as chairperson until a club president is elected.
  - a) Nomination and election of officers.
  - b) Selection of club name.
  - c) Discussion of 4-H Pledge and Motto.
  - d) Selection of time and place for meetings.
  - e) Handling of money for materials if necessary.
  - f) Other business.
4. Give a general outline of the project, and mention the topics that will be covered.
5. Discuss members' requirements (Page 1).

All members must complete

  - project book
  - 2 knitting samplers
  - a knitted project
6. Equivalent Terms and Abbreviations are for reference only (Pages 3 and 4).
7. Equipment

Have as many of the items listed as possible to show to members as you discuss them. When discussing needle sizes, be sure members understand how to use the chart on Page 5. Also show them how to use a needle gauge.
8. Ply

Have members cut off a short piece of yarn from the yarn they have brought (or you may provide this) and untwist to count the number of plies. Have tape available for them to tape these samples into their project books.
9. You may want to introduce knitting by showing them how to do corkwork or spool knitting (an empty wooden spool with 4 short nails hammered in top). They have likely all done this at some time in their childhood, and it is the simplest form of knitting that we do. Perhaps a member could demonstrate this.
10. Casting On, etc.

At this point you will be working in small groups with several knitting instructors or helpers. Refer to the Guidelines for Teaching Knitting.

There are other methods of casting on. One of these is done with 2 needles and a cable edge. It is the same as Method B, but the RH needle is inserted between two stitches instead of through the stitch. If you would like to use this or any other method rather than the ones in the book, feel free to do so.

Follow through the instructions, stopping to work on the knitting sampler when you see



While members are knitting, you could talk about the history of knitting as a craft. When you get to the section on picking up dropped stitches, it would be helpful for you to have a piece of knitting to use for the demonstration.

Be sure members understand how to count the rows of knitting - both knit and purl. Also show them how to use a row counter to keep track of rows knitted.

REMEMBER: If there are several beginner knitters in your club, you may not be able to cover all the information in Meeting One. If this happens, extend the length of the meeting, or leave some of the material for Meeting Two. You may then not cover all the material in Meeting Two, so carry it over into Meeting Three, etc. until the samplers are finished.

#### 11. Home Activity

Be sure members know what they are to have ready for Meeting Two. If you were not able to cover all the material in Meeting One, #1 and 2 of the Home Activity will have to be changed.

### *Trivia*

In England all knitting was done by hand until the 1500's, when a simple machine for making stockings was invented. It could work 10 times faster than a hand knitter. Today, almost all the knitted items we buy are made by machines which work many times faster than the first ones.

Yarns listed in alphabetical order for easy reference  
 Les fils sont énumérés par ordre alphabétique pour plus de facilité

351

| Prod. No.<br>No de prod. | Product<br>Produit                                    | Weight<br>Poids | Average Metres<br>Métrage approx. |
|--------------------------|---|-----------------|-----------------------------------|
| 034                      | Allure  | 50 g            | 170                               |
| 082                      | Angora Spun   | 20 g            | 107                               |
| 003                      | Aran Style  | 50 g            | 82                                |
| 008                      | Astra   | 50 g            | 167                               |
| 007                      | Baby Yarn (plains and prints)<br>(unies et imprimées) | 50 g            | 283                               |
| 007                      | Baby Yarn (crystal)<br>(cristal)                      | 50 g            | 275                               |
| 046                      | Blue Denim Look                                       | 50 g            | 105                               |
| 026                      | Canadiana   | 50 g            | 112                               |
| 028                      | Chieftain   | 100 g           | 110                               |
| 078                      | Chunky Twirl  | 50 g            | 75                                |
| 025                      | Continental   | 200 g           | 400                               |
| 033                      | Cotton Club   | 50 g            | 160                               |
| 070                      | Cotton Perle  | 50 g            | 105                               |
| 073                      | Cotton Top  | 50 g            | 120                               |
| 091                      | Cotton Top Streamers                                  | 50 g            | 110                               |
| 002                      | Country Life  | 50 g            | 70                                |
| 040                      | Craft Yarn  | 50 g            | 55                                |
| 027                      | Diana   | 50 g            | 78                                |
| 050                      | Diana Prints  | 50 g            | 78                                |
| 045                      | Double Double   | 50 g            | 70                                |
| 023                      | D. K.   | 50 g            | 146                               |
| 052                      | Fairytale D. K.                                       | 50 g            | 167                               |
| 021                      | Fingering 4 ply (Beehive)                             | 50 g            | 200                               |
| 006                      | Jenny   | 50 g            | 144                               |
| 453                      | Kroy 3 Ply  | 50 g            | 253                               |
| 454                      | Kroy 4 Ply  | 50 g            | 190                               |
| 057                      | Monte Cristo  | 50 g            | 106                               |
| 047                      | Moorland Chunky                                       | 50 g            | 67                                |
| 092                      | Moorland D. K.  | 50 g            | 135                               |
| 013                      | Parade  | 50 g            | 68                                |
| 030                      | Pearl Twist   | 50 g            | 125                               |
| 044                      | Promise   | 40 g            | 133                               |
| 076                      | Sahara  | 50 g            | 105                               |
| 099                      | Sea-Spray   | 50 g            | 115                               |
| 024                      | Shetland Chunky                                       | 50 g            | 75                                |
| 080                      | Starlight D. K.                                       | 50 g            | 144                               |
| 022                      | Super Wool  | 50 g            | 106                               |
| 010                      | Tapestry Wool 75 m                                    | 30 g            | 75                                |
| 096                      | Tapestry Wool 13.7 m                                  |                 | 13.7 m                            |
| 038                      | Très Chic   | 50 g            | 108                               |

The above lengths are for guidance only, and may vary slightly from ball to ball. Hand knitting yarns are sold primarily by weight.

Les longueurs ci-dessus sont approximatives seulement, et peuvent varier légèrement d'une balle à l'autre. Les fils à tricoter sont essentiellement vendus au poids.



## MEETING TWO

## MORE BASICS

### OBJECTIVES

- To teach ribbing patterns, joining of yarn, changing color, and casting off, and to have members practise these on their samplers.
- To give members the information they need to choose their knitting project.

|                   |            |
|-------------------|------------|
| Roll Call         | 10 Minutes |
| Knitting at least | 80 Minutes |
| Choosing Project  | 10 Minutes |

#### 1. Roll Call

After members have talked about their progress on the knitting sampler, take up #3 of the Meeting One Home Activity. Here are some answers. Maybe you can add more.

Nursery rhymes and fairy tales:

- Baa Baa Black Sheep
- Sleeping Beauty
- Little Boy Blue
- Rumpelstiltskin
- Mary Had a Little Lamb



A tale or story that goes on and on is a YARN.  
Someone who is dull-witted or confused is WOOLY-HEADED.  
A bad character is called the BLACK SHEEP of the family.

- #### 2. Continue with learning to knit, stopping where indicated to practise on the sampler.
- #### 3. Choosing a Knitting Project

Help members to understand the requirements for a beginner's or an intermediate project. Encourage them to choose a project within their capabilities. It is better to choose a simple first project, then make a second one if the first goes well, than to take on something too difficult and become discouraged.

NOTE: The times given for projects in the KNITTING PROJECTS section are approximate times only, and should be considered minimum times.

Members who have done some knitting before, may choose a vest or sweater if they feel they will have time to complete it.

#### 4. Home Activity

- #3. Try to have a sample or picture of Fair Isle knitting so they know what to look for.
- #4. Explain this assignment so all members understand what they are to do.

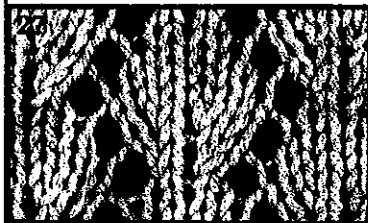
5. While members are knitting, tell them about Fishermen's Knits and their origins.

If you have a sample of a Fisherman's Knit or an Aran sweater, show it to them.



## YARN OVER

*Yarn over* is the technique of forming a hole in the knitting to produce a design, usually with a lacy appearance (27). The knitting instructions will specify when to *yarn over* and what to do in the following rows.



### KNIT ROW

In a knit row, bring the yarn to the front between the needles, as if preparing to change to a purl stitch. Insert the needle as usual into the knit stitch. Bring the yarn *over* the right-hand needle to the back of the work, then *under* the tip of the right-hand needle to the front (28). Complete the knit stitch.

### PURL ROW

In a purl row, bring the yarn *over* the right-hand needle to the back, then under the right-hand needle to the front (29). Insert the needle as usual into the purl stitch (30); complete the stitch.



## MEETING THREE

## THE FLEECE

### OBJECTIVES

- To teach increasing and decreasing, and to have members practise them on a second sampler.
- To emphasize the importance of a tension swatch when following a knitting pattern.
- To begin exploring with members the wool process - starting with the sheep, the fleece, raw wool and the stages it goes through.
- To identify woolen and worsted fibers.

|                              |                     |
|------------------------------|---------------------|
| Roll Call                    | 15 minutes..        |
| Knitting                     | at least 40 minutes |
| Tension Swatch               | 10 minutes..        |
| Fleece, etc.                 | 20 minutes          |
| Carding &<br>Handcraft Wools | 15 minutes          |
| Identify Activity            | 10 minutes          |

1. Roll Call - as well as the roll call in the Members' Manual, take up the answers to Home Activity #4 from Meeting Two.

2. The Second Sampler

When this has been completed, remind members that BOTH samplers should be mounted in the spaces provided, after they have been blocked, in Meeting Four.

3. The Tension Swatch

Members may work on this at the meeting, or they can do it as a Home Activity.

4. Wool

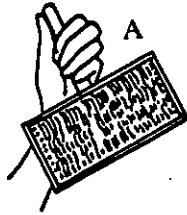
The fleece - if possible, have a sample of a fleece, or a small amount of raw wool, unwashed, so members can see how it looks as it comes from the sheep. Let them feel it, and talk about LANOLIN.

Carding by hand - card or tease some raw wool, if you can get it, using real carders or a dog brush. This can be done by holding a small amount on your knee (protect your knee with an old sheet or towel) and brushing or teasing it to remove dirt and to separate the fibers. It gives an idea of the carding process.

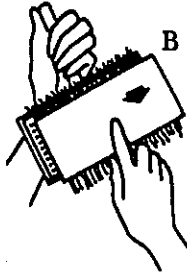
For your information, here are the steps to follow when using genuine hand carders. If you know someone who can demonstrate this, invite them to the meeting.

Here are the steps to follow in carding your wool:

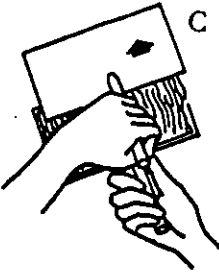
A. Hold the left carder firmly braced on your knee. Spread a handful of teased wool locks on it with the shorn end of the locks at the top edge of the carder.



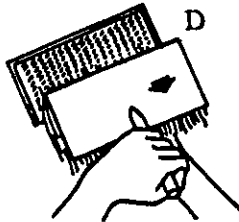
B. Firmly grasp the other carder in your right hand and lay it on the center of the left carder and lightly brush the right carder toward you. Make a long stroke out to the full length of the wool. Do this several times until the fibers begin to align.



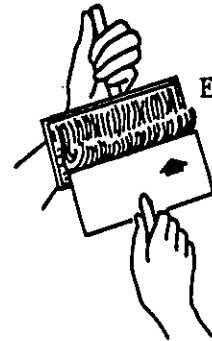
C. Lay the right carder on your knee and hold it firmly in your right hand. Hold the left carder with the handle pointing toward you and brush it away from you over the right carder. This will deposit all the wool on the right carder. Brush a few times as shown in figure B.



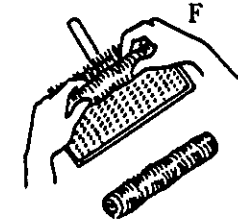
D. Lay the right carder on your knee and hold it firmly in your right hand. Hold the left carder with the handle pointing toward you over the right carder and brush it toward you over the right carder. This will deposit all the wool on the left carder. Then brush it a few times as shown in figure B.



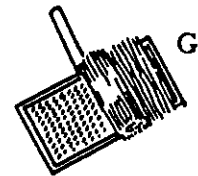
E. Now that all the wool is deposited on the left carder. Use the right carder to brush up the edge of the wool pad to loosen it.



F. Lay the left carder on your lap (handle outward), and with all ten fingers, roll the pad firmly outward and off the carder. This is called a "rolag." It is for short to medium-length wool that you want to spin into a lofty yarn. When this is spun, the fibers will not lie parallel to each other within the yarn, so this yarn will be light, resilient and fluffy. This is traditionally called woolen spinning.



G. If you are working with a long wool, roll or fold the wool pad across the carder. Spin the pad lengthwise from the end. When spun this way, the fibers will lay parallel to each other and the yarn will be smoother and more compact. This yarn will be semi-worsted.



If you do not have a pair of carders, you can "tease" the wool. To do this, take one lock of wool at a time and fan out the fibers between your hands. However, yarn spun from this wool will not be as smooth or even as yarn from carded wool.

## 5. Identify the Fibers!

For this activity, you will need magnifying glasses, transparent tape, and samples of woolen and worsted yarns. These yarns could be unravelled from the edges of fabric. Try to find scraps of fabric in the scrap bag, or ravel from the seam allowances of old garments. Men's suits and jackets (they must be wool) are usually made of worsted wool fabric, while ladies' and children's wool garments are often woolen, a softer fabric than worsted.

## 6. Review the Home Activities

## MEETING FOUR

## SPINNING WOOL

### OBJECTIVES

- To teach blocking and seaming of knitted articles.
- To introduce the topic of spinning wool.

Meeting Four is not as busy as the meetings to date have been, so it would be a good opportunity to invite a guest speaker, or to take a club trip, as suggested under Resources, Page 3, L.G.

If you do go on a trip, cover the rest of the Meeting Four information at Meeting Five, as the dyeing experiment does not take up the whole meeting.

|                     |               |
|---------------------|---------------|
| Roll Call           | 10 minutes    |
| Blocking & Seams    | 20 minutes    |
| Spinning            | 10-30 minutes |
| Wooly Word Relay    | 15 minutes    |
| Yarn Label Activity | 15 minutes    |

### 1. Blocking

Set up a steam iron and board so you can demonstrate blocking of both wool and synthetics (Sayelle). You will need an iron, board, damp press cloth, pins if you wish to pin the edges, and the samplers, to show blocking.

### 2. Seams

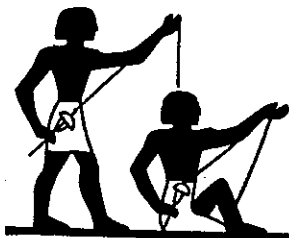
You may want to demonstrate on a knitted piece of your own, or you may want to use members' projects (the knitted bell, egg cozy, etc.) to show seaming to the rest of the group.

### 3. Spinning

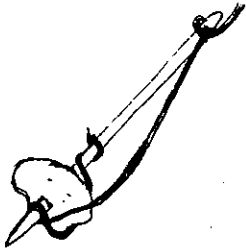
A very interesting way to show the principle of spinning, is to use a drop spindle and actually spin some yarn. If you can do this yourself, or you know someone in the community who can, demonstrate it to the members.

How to make your own drop spindle: It's easy to make and can produce a yarn good enough for knitting or weaving.

- You need
- a wooden dowel, approximately 6 mm (1/4") diameter or stick about the same size, and 20-30 cm long.
  - a potato (or piece of potato) about 100 gm (1/4 lb.) for a weight.
  - a piece of knitting yarn 1 m long

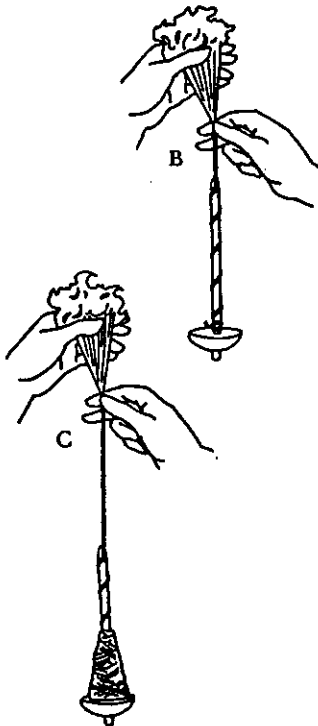


Method - Push stick or dowel through center of potato, and out the other side about 3 cm.



- Tie a piece of knitting yarn onto the stick just above the potato, hitch it onto the tip of the stick below the potato, and hitch again to the top of the stick. It helps to make a notch at the top of the stick, where yarn will be caught.

To Spin - Twist some fibers from a piece of washed fleece or roving, onto the end of the knitting yarn for 5-10 cm to get it started. Then, holding the fleece in your left hand, give the stick (spindle) a clockwise twirl with your right hand, letting it drop freely. Keep twirling it in the same direction until the twist runs up to your left hand thumb. Reach up with right hand and feed a few more fibers into the twist.



When the spindle starts to slow down, twirl it again, always CLOCKWISE (or yarn will unwind) and letting go immediately so spindle drops freely, and right hand is again free to pull down more fibers from the fleece. Keep the spindle moving. As more fibers are spun, the spindle will reach the floor. Pick it up in your RH, but don't let go of wool in LH. Unhook the 2 hitches on the stick, and rotate spindle to wind on newly spun yarn. Keep it taut as you wind, to retain the twist. Leave about 30 cm of yarn unwound, hitch it onto the stick again and resume spinning.

This simple experiment demonstrates the principles of spinning. The spinning wheel has made the spinner's job easier, and also produces a more even-textured yarn. You may be able to arrange a demonstration of a spinning wheel.

#### 4. Wooly Words Relay

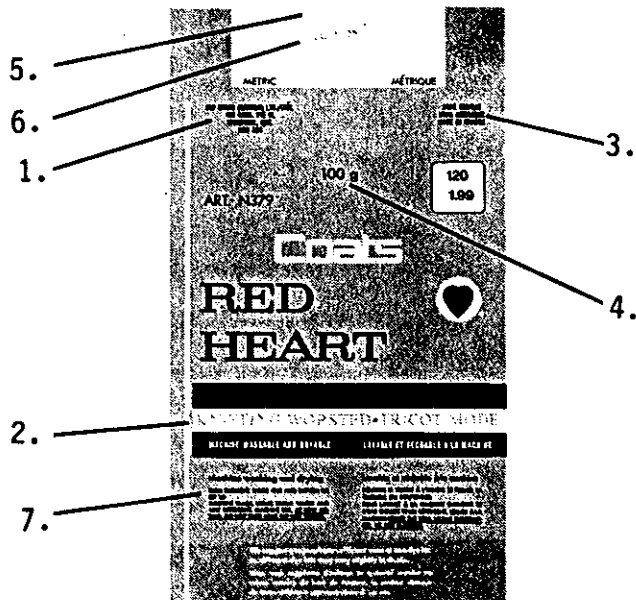
This game may be played at any time during Meeting Four, Five, or Six. The later in the club that it is played, the better the members will be able to answer the questions. Here are the definitions for you to read out. Answers are given in brackets.

1. Wool that is reclaimed from manufactured products which have never been used by a consumer.  
(REPROCESSED WOOL)
2. Wool reclaimed from manufactured products which have been used by a consumer.  
(REUSED WOOL)
3. The first shearing of a lamb less than seven months old. Used in sweaters.  
(LAMBSWOOL)

4. Wool which has not previously been manufactured in any form.  
(VIRGIN WOOL)
5. Yarn made from long wool fibers which undergo an extra stage of processing called combing.  
(WORSTED)
6. Patterns originating in islands off the coast of Ireland. Family patterns are highly distinctive and easily recognized.  
(FISHERMAN KNITS)
7. A knitted design in the form of diamond shapes of different colors, usually in socks and sweaters.  
(ARGYLE)
8. A knitted design named after an island off the coast of Scotland. It has horizontal bands of colored geometric and floral designs on a contrasting background.  
(FAIR ISLE)
9. Wool shorn from a sheep.  
(FLEECE)
10. A process which opens and cleans wool fibers and separates them from each other.  
(CARDING)
11. An extra step in processing wool to make worsted yarn.  
(COMBING)
12. Wool taken from the pelt of a slaughtered lamb or sheep.  
(PULLED WOOL)
13. Natural grease found in sheep's wool.  
(LANOLIN)
14. Wool products which have been specially treated so they are fully machine washable and dryable.  
(SUPERWASH WOOL)
15. Hair from the Angora goat.  
(MOHAIR)
16. A measurement used to describe the diameter of a wool fiber. About one twenty-five thousandth of an inch.  
(MICRON)

5. Activity

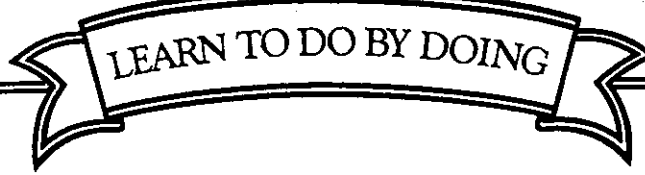
It is important for members to learn what information is provided on a yarn label. The diagram may help you to help them with this activity.



6. Go over Home Activity.

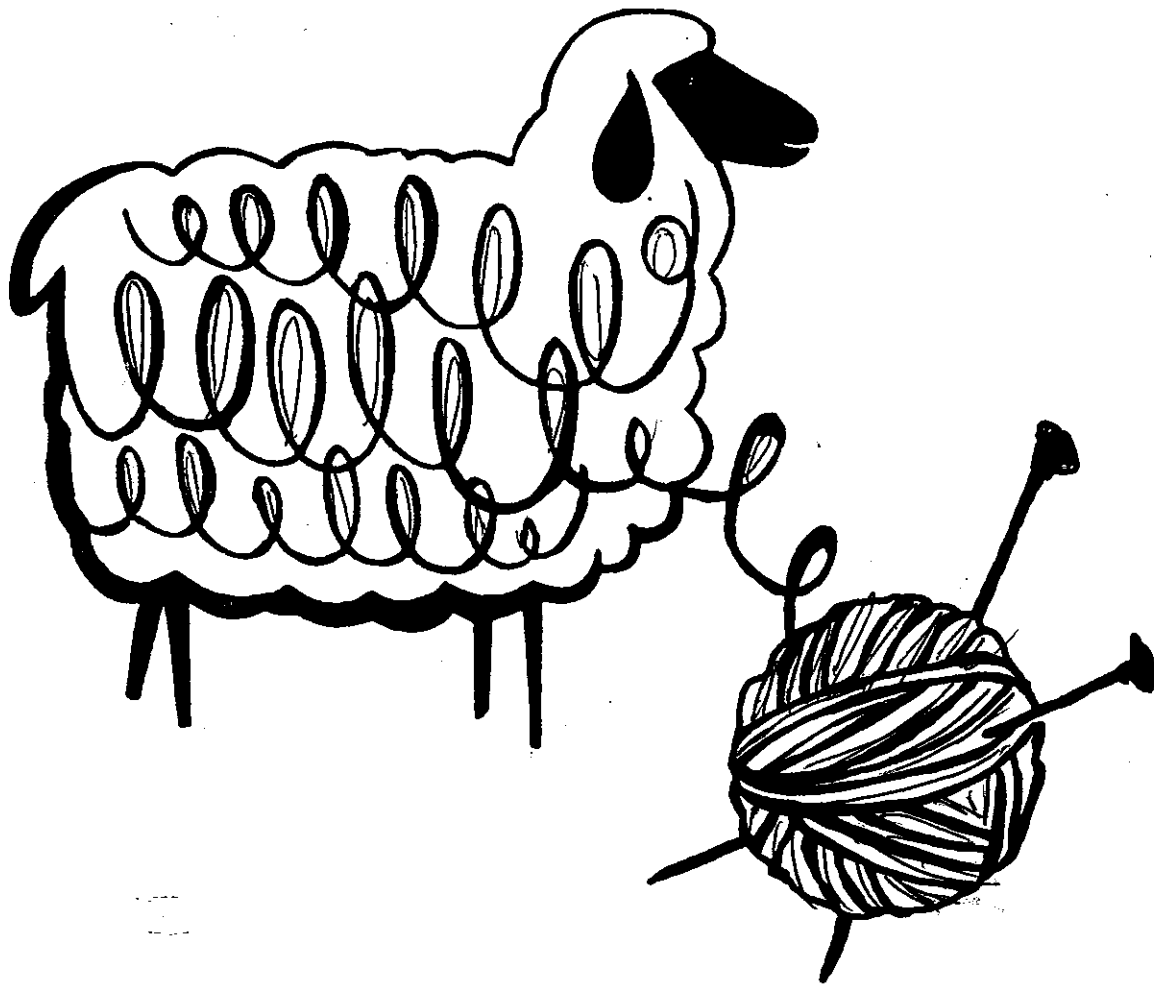


**RETIRED  
4-H PROJECT**



# Working with Wool

*FROM FLEECE TO YARN*



NAME

AGE

CLUB

NUMBER OF CLUBS



Ontario  
4-H Council



Ministry of Agriculture,  
Food and Rural Affairs

4-H-2500-89ME



## THE 4-H PLEDGE

"I pledge:  
My Head to clearer thinking  
My Heart to greater loyalty  
My Hands to larger service  
My Health to better living  
For my club, my community and my country."

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| Luba Strutton        | 4-H Leader                                 | Huron       |
| Penny-Anne Davidson  | Craftsperson                               | Bowmanville |

This project was jointly funded by the Ontario Ministry of  
Agriculture and Food and Agriculture Canada.

## INTRODUCTION

Welcome to Working with Wool! This project will help to make you a better informed consumer, and will also teach you the basics of hand knitting.

## OBJECTIVES

You will learn:

1. the processing of wool, from the animal to the spinning and dyeing of yarn.
2. the characteristics, use and care of wool.
3. the basics of hand knitting. You will complete at least one project in knitting.
4. to develop personally by working with others in the club.

## SPECIFIC REQUIREMENTS

1. MEETINGS
  - all roll calls answered
  - all exercises, questions and activities completed
  - all home activities completed
2. TWO KNITTING SAMPLERS
3. A KNITTING PROJECT

## ACHIEVEMENT PROGRAM

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

Date Book and Project Due To Leader: \_\_\_\_\_

## ACKNOWLEDGEMENTS

J. & P. Coats (Canada) Inc. for their permission to reproduce information and illustrations from Stitch in Time leaflets, ABC of Knitting, and Knitting.

The Wool Bureau of Canada, for permission to reproduce the Woolmark.

Patons and Baldwins Canada Ltd., for permission to reprint knitting leaflets.

**Coats**  
the thread makers



# MEETING ONE

# THE BASICS

|              |                             |
|--------------|-----------------------------|
| DATE: _____  | NEXT MEETING<br>DATE: _____ |
| TIME: _____  | TIME: _____                 |
| PLACE: _____ | PLACE: _____                |

## ROLL CALL Get Acquainted!

You will each be given a word. Each word is one of a pair of words. Your leader will read a sentence which has something to do with wool. The two people with the words relating to the sentence will answer by reading out their words. You may have to make a wild guess, but that's O.K. After all, you're just getting acquainted with wool!

\*\*\*\*\*

So, you want to learn to knit! You are one of millions of people who have made knitting the most popular home craft in history.

### Knitting:



- is easily and quickly learned.
  - uses materials which are easy to obtain.
  - produces warm clothing and household items.
  - is an outlet for your creative instincts.
- (There is an endless variety of patterns, yarns, textures and colors to choose from.)

Does the word "knitting" make you think of Grandma sitting in her rocking chair, a half knitted mitten or sock in her lap, and the cat playing with her ball of yarn on the floor? Well, cats still play with yarn, but knitting has come a long way, baby, and is NOT FOR GRANDMOTHERS ONLY!

The knitting industry is catering to a new generation of knitters and the changing fashion scene, providing the colors, yarns and patterns for home knitters which are being shown in ready-to-wear knit garments. Even knitting needles come in rainbow colors and a variety of modern materials such as plastic and bamboo. So relax, and get started.

### Equivalent Terms

When you see these terms in a knitting pattern, they mean the same thing.

|                 |   |                    |
|-----------------|---|--------------------|
| Tension         | = | Gauge              |
| Cast off        | = | Bind off           |
| Stocking Stitch | = | Stockinette stitch |

## Abbreviations in Knitting

To save space, all knitting instructions use abbreviations, or short forms, which you will learn to recognize as you use patterns. Here is a list of some of the most often used ones.

|          |  |                     |   |
|----------|--|---------------------|---|
| RH       | right hand                                   | st.st.              | stocking stitch (1 row knit, 1 row purl)  |
| LH       | left hand                                    | y.o.n.              | yarn over needle (to make a stitch between a purl and a knit stitch)                |
| K or k   | knit   | y.r.n.              | yarn around needle (to make a stitch between 2 purl stitches)                       |
| P or p   | purl   | M.1                 | make 1 stitch (used to increase)  |
| dec.     | decrease                                     | brackets (12,14,16) | - size changes appear within brackets   |
| inc.     | increase                                     | *                   | repeat whatever follows *, as indicated, until you reach the second *               |
| rep.     | repeat                                       | knit evenly         | - knit as described before without change, the required number of stitches or rows. |
| beg.     | beginning or begin                           | rem.                | remaining   |
| tog.     | together                                     |                     |   |
| st.(s)   | stitch(es)                                   |                     |   |
| approx.  | approximately                                |                     |   |
| cont.    | continue                                     |                     |   |
| incl.    | including                                    |                     |   |
| M.C.     | main color                                   |                     |   |
| C.C.     | contrasting color                            |                     |   |
| sl.st.   | slip stitch                                  |                     |   |
| p.s.s.o. | pass slip stitch over (the following stitch) |                     |   |
| alt.     | alternate, as in every other row             |                     |   |

## Equipment Used For Knitting

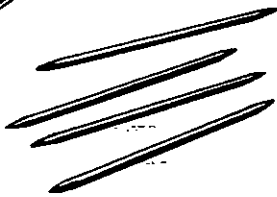
### Needles

Material - Needles can be made of steel, aluminum, plastic, wood and nylon.

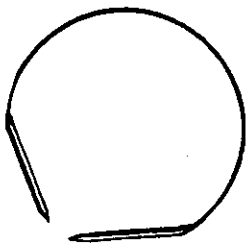
### Types



1. Single pointed, straight, approximately 30 cm long, have a point on one end, a cap or knob on the other, sold in pairs, used to knit straight, back and forth in rows.



2. Double pointed, straight, approximately 20 cm long, have points at both ends, sold in sets of 4, used to knit in a tubular fashion, round and round (for socks or mitts).




















3. Circular (single pointed needles tapering to a thin cable, usually nylon, in between), sold singly, 60 - 90 cm, used for large tubular garments (skirts) or where there are too many stitches to crowd onto straight needles (afghans, large sweaters).

Sizes This refers to the diameter of the needle in mm (millimeters). The needle size you use depends on the pattern and yarn you are using.

All needle sizes, wherever they are made, are now based on the metric system.

Number 10 is the largest, number 2 the smallest. If you are using old needles, they may be sized according to the old English (Canadian) or American numbering systems. Check on the chart below to find the equivalent needle size in English, American and metric numbering.

|                    |   |   |   |   |   |   |   |   |   |   |  |   |   |   |   |   |   |
|--------------------|---|---|---|---|---|---|---|---|---|---|--|---|---|---|---|---|---|
|                    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Metric (mm)</b> | 2.00  | 2.25  | 2.75  | 3.00  | 3.25  | 3.75  | 4.00  | 4.50  | 5.00  | 5.50  | 6.00   | 6.50  | 7.00  | 7.50  | 8.00  | 9.00  | 10.00   |
| <b>Canadian</b>    | 14  | 13  | 12  | 11  | 10  | 9   | 8   | 7   | 6   | 5   | 4  | 3   | 2   | 1   | 0   | 00  | 000   |
| <b>American</b>    | 0   | 1   | 2   | —   | 3   | 5   | 6   | 7   | 8   | 9   | 10   | 10½   | —   | —   | 11  | 13  | 15  |

Needle Gauge - a plastic or metal ruler with holes, showing metric, Canadian and American sizing. Needles actually fit into the holes to check sizing.

Ruler or Tape Measure - metric.

Scissors - small, sharp for snipping yarn.

Tapestry Needle or Yarn Needle - with large eye and blunt end, for sewing up projects and weaving in ends of yarn.

Stitch or Row Counter - a circular plastic gadget which keeps track of number of rows or stitches you have knit.

Stitch Marker - to slip on your knitting needle between stitches, to mark the end of a row (used with circular needles), or to indicate an increase or decrease.

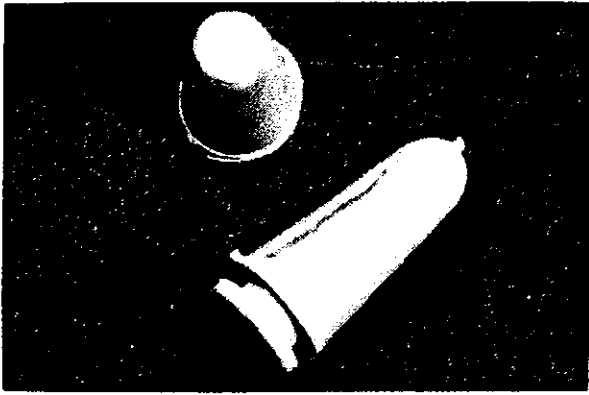
Stitch Holder - like a huge safety pin, used for holding stitches securely while off the needle.

Point Protectors - made of rubber, used to keep stitches from slipping off ends of needles.

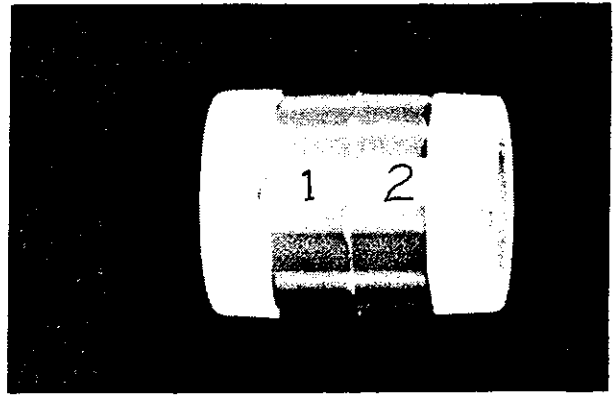
Crochet Hook or Fine Knitting Needle - to pick up dropped stitches.

Cable Stitch Holder - two sizes, to keep dropped stitches away from area where you are working.

Knitting Gauge - to check tension sample.



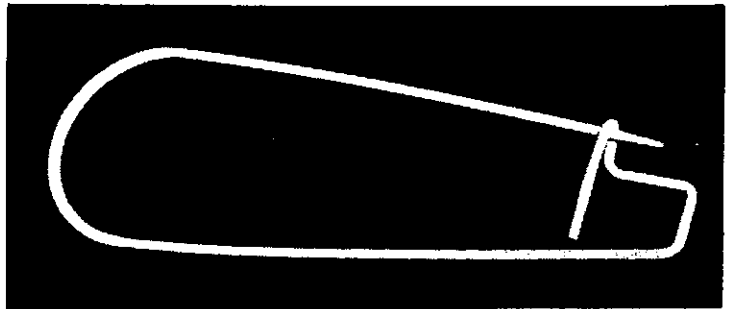
POINT PROTECTORS



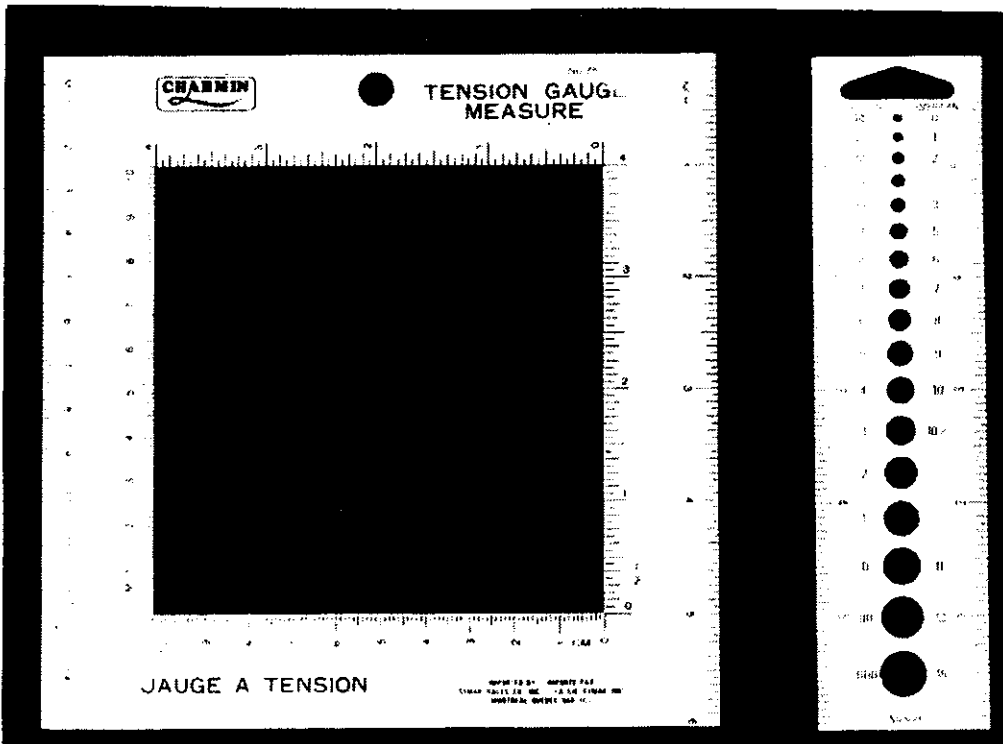
STITCH OR ROW COUNTER



STITCH MARKER

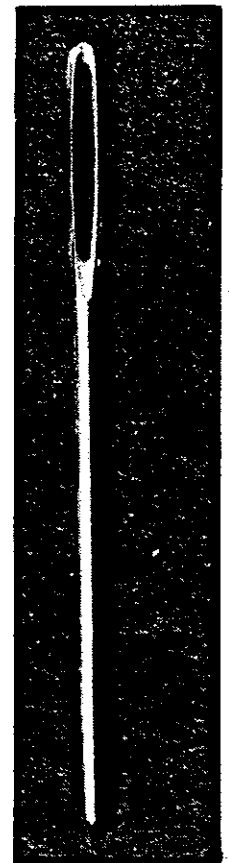


STITCH HOLDER



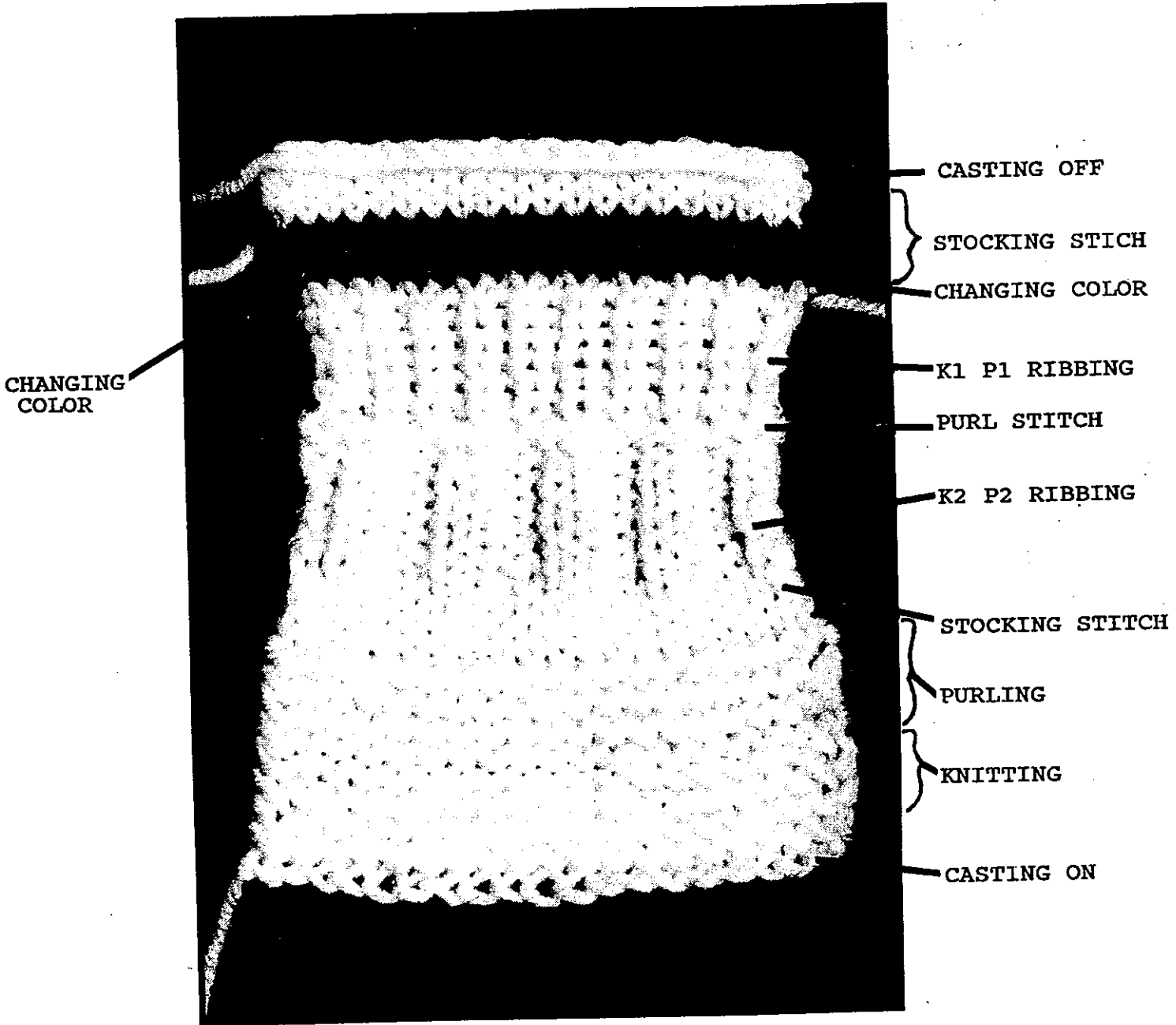
TENSION GAUGE

NEEDLE GAUGE



YARN NEEDLE

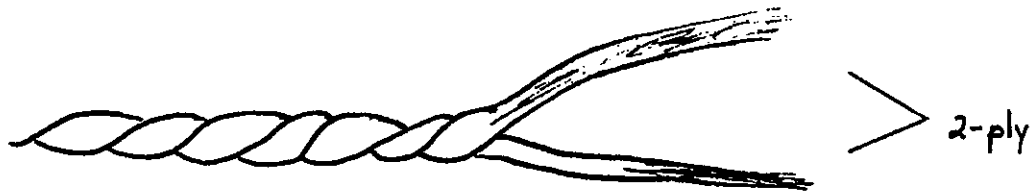
SAMPLER #1



Yarn

In this project you will learn a lot about WOOL fiber and yarn. However, for your knitting practice samples and your knitted projects, you may choose yarn made from other fibers. It may be wool, cotton, acrylic, nylon or polyester. The most common yarns are wool, cotton, acrylic and combinations of these.

Each single strand of yarn is called a PLY. A number of plies are twisted together to form the yarn. So, you will see 2-ply, 3-ply and 4-ply yarns.



Untwist the yarn you are using at Meeting One. How many plies does it have? \_\_\_\_\_

Tape a short piece of it here.

Yarn is sold wound into balls which have a specific weight. Most yarn you buy will be in 25, 50, or 100 gm balls. Knitting patterns list how many 50 or 100 gm balls are needed for a project.

If you are using an old pattern which gives yarn requirements in ounces (oz) use the following chart to find out how many grams of yarn to buy. These are approximate numbers.

| <u>If patterns asks for</u> | <u>Buy</u> |               |
|-----------------------------|------------|---------------|
| 1 oz                        | 1          | 50 gm ball(s) |
| 3                           | 2          |               |
| 5                           | 3          |               |
| 7                           | 4          |               |
| 12                          | 7          |               |
| 16                          | 9          |               |
| 20                          | 12         |               |

FOR THIS 4-H PROJECT, YOU WILL NEED:

- Scissors
- Ruler or tape measure
- Blunt end large-eyed needle
- Stitch counter
- Crochet hook or fine knitting needle



- Needles: for samplers - size 4.5, 5 or 5.5, 1 pair  
for your project - whatever size and type are required for the pattern
- Yarn: - for samplers, etc. - Sayelle (acrylic) scraps or 1 50 gm ball  
- for project - as required by pattern
- \* Keep label or paper band for later activity. If you are a beginner, choose a smooth yarn (not nubby or fuzzy) for your project.
- Something to hold all of the above. It may be a special knitting case, a cloth tote bag, a shoe box, or anything else that will do the job.

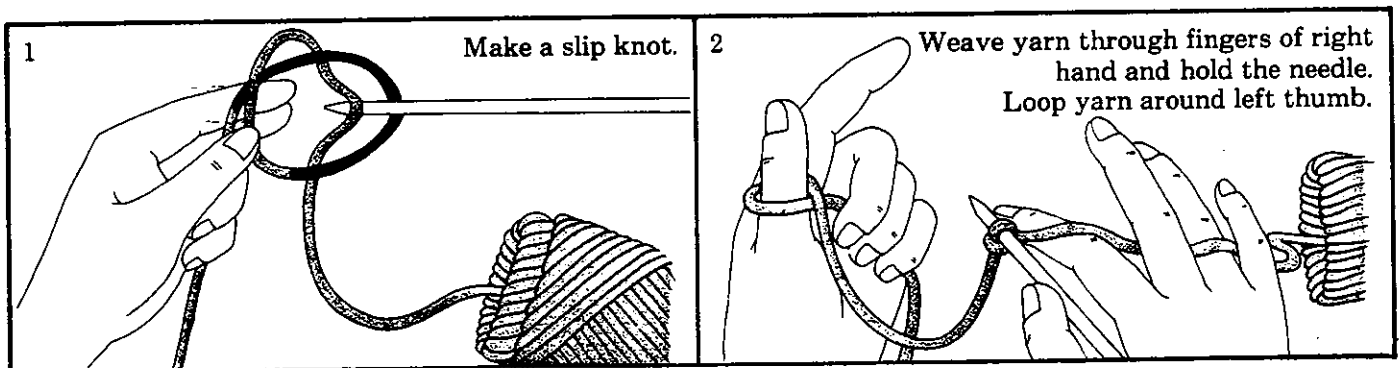
### CASTING ON

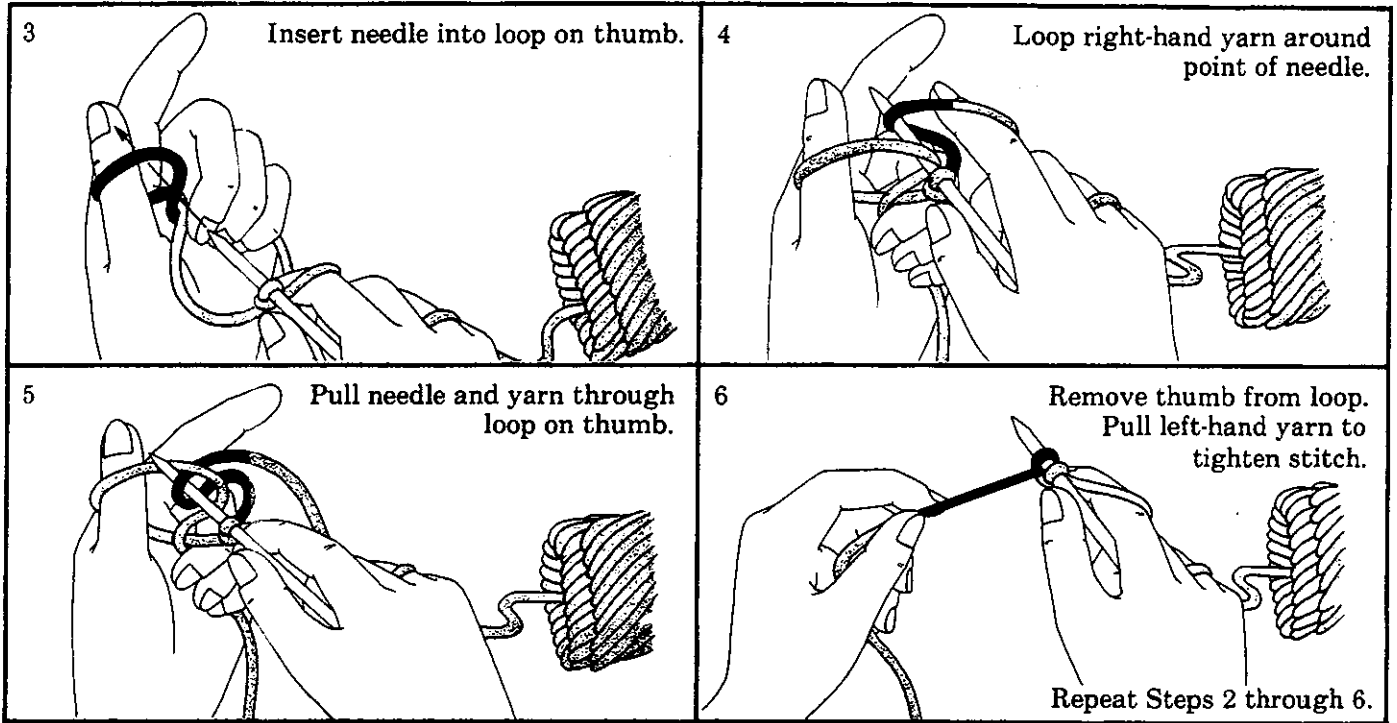


Casting on is the technique of forming the first row of stitches on the knitting needle. Try to cast on loosely, so the work doesn't pull in at the edge.

#### Method A - The Thumb Method

Measure a length of yarn long enough to complete the number of cast-on stitches specified in the pattern. About 2.5 cm of yarn is needed for every stitch, plus 15 cm for finishing yarn ends. (Jumbo sized needles or extra-bulky yarn will require more yarn per stitch.) This technique requires 2 yarn ends. If stitches have to be cast on in the middle of a project where only 1 yarn end is available, another method must be used.





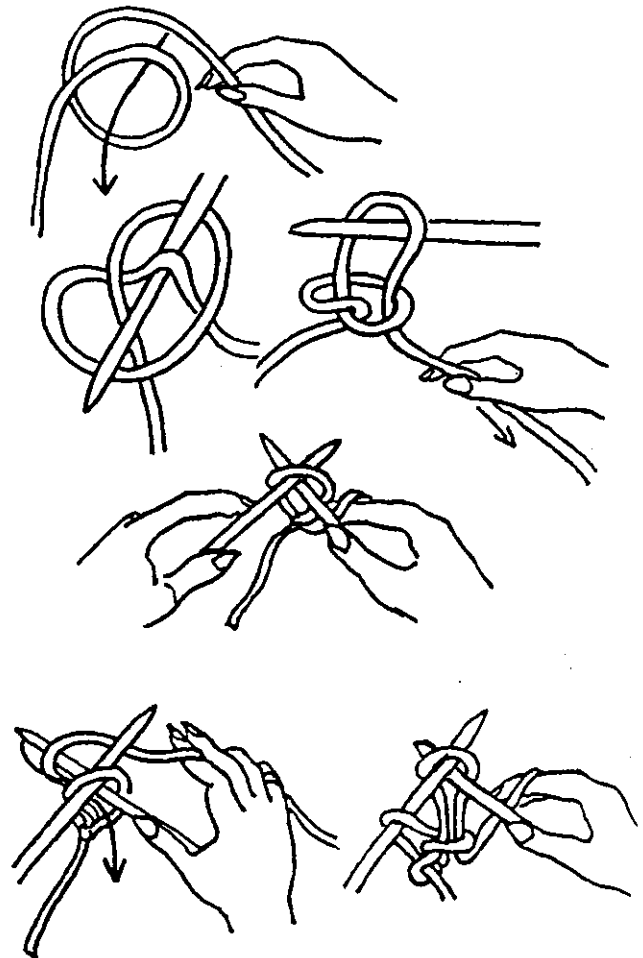
### Method B - The Two Needle Method

This method is almost like knitting. It gives a stretchier edge than the thumb method.

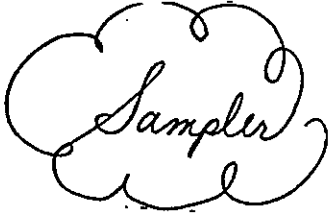
1. Make a slip knot on one needle, as above. Leave an end to stitch up a seam if necessary. Otherwise, leave 10 cm.

2. Hold hands on top of needles (needle with loop in left hand). Keep hands close to needle points.

3. Insert RH needle into front of stitch (loop). Holding yarn from the ball in RH to control tension, wrap yarn counter clockwise around RH needle, pull loop through, and place it on LH needle.



4. Place needle in this stitch as in #3 and continue to cast on another stitch.
5. Repeat until required number of stitches are on needle, counting the slip knot as one.



Using 4.5, 5 or 5.5 needles and Sayelle yarn, practise casting on using Method A, the thumb method. Look closely at your cast-on stitches. Are they even? Too large or small? Too loose or tight? Is

this method easy and comfortable for you to use? Remove the stitches from your needle and unravel the yarn.

Now, practise casting on with Method B, the two-needle method, and when satisfied with the results (are stitches even, not too tight and not too loose?) leave 20 stitches on the needle.

Before going on to the knit stitch, think about the two methods of casting on, and fill in this chart.

| Describe   | Method A | Method B |
|--|----------|----------|
| Tension (how tight or loose, large or small are stitches?)<br>Is tension even? |          |          |
| Ease of method   |          |          |
| I prefer (check the one you like best).  |          |          |

How Old Is Knitting?

Knitting as a craft is centuries old. Some think it originated with the Arabs in Egypt, and spread to the Mediterranean countries, then from Spain to the British Isles when the Spanish Armada flagship was wrecked off the Shetland Islands.

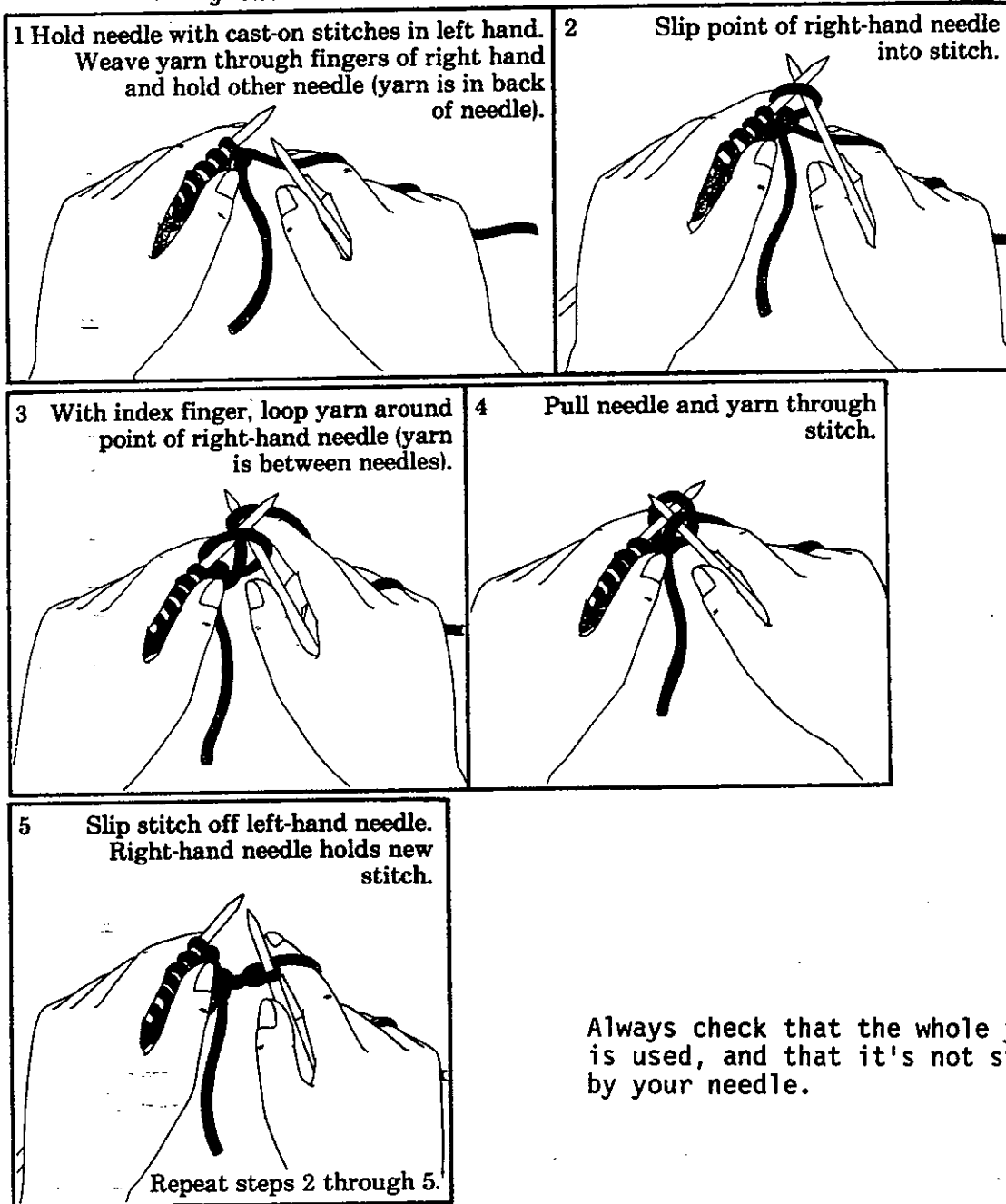
However, some of the early knitting patterns still being used by hand knitters in the northern British Isles have Scandinavian as well as Spanish influence, so the true origin of knitting in the western world is uncertain.

We do know, though, that now there is some form of knitting in every country of the world!



## THE KNIT STITCH

Knitting is a series of interconnecting loops which form a fabric from 1 strand of yarn. The knit stitch is made with basically the same movements used in casting on.



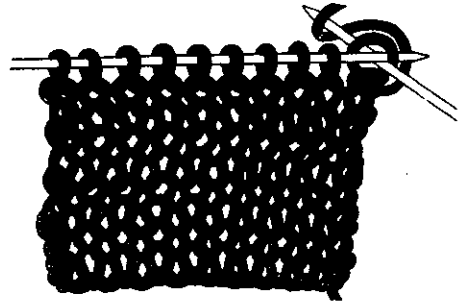
Always check that the whole yarn is used, and that it's not split by your needle.



Using the 20 cast on stitches, begin to knit. Knit until there are no stitches left on the LH needle. You have now knitted one row. Notice that little ridges were being made on the wrong side of the work.

### GARTER STITCH

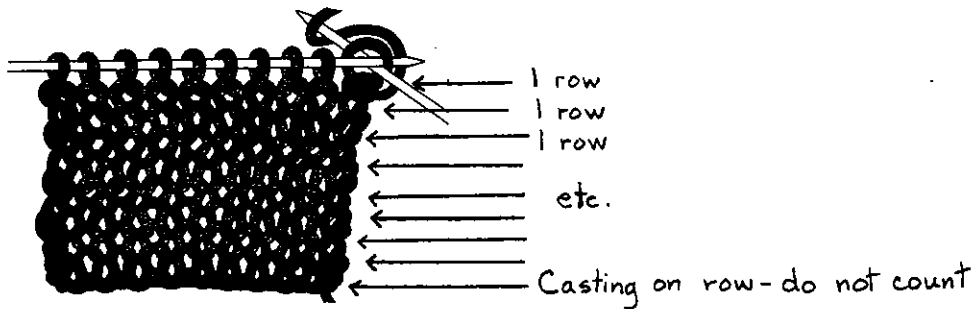
The garter stitch gives a ridged texture, and is made by knitting every row (using the "knit" stitch in every row). The front and back of your work look the same. Both have ridges and hollows on alternating rows.



This is the most basic stitch in knitting. Always try to complete a row before putting your work down. This avoids uneven tension in the stitches. If you do have to stop in the middle of a row, be sure to resume knitting with the yarn coming from the RH needle, so you don't knit in the wrong direction.

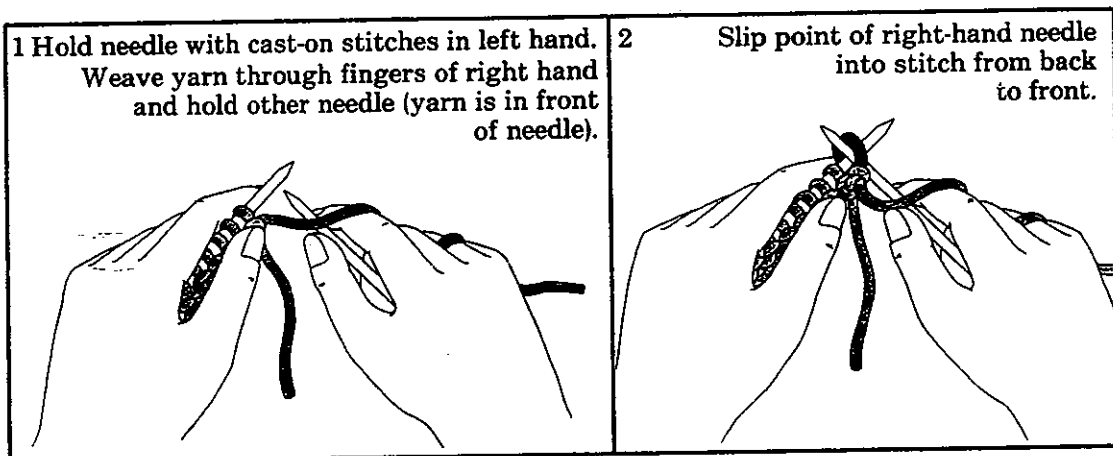


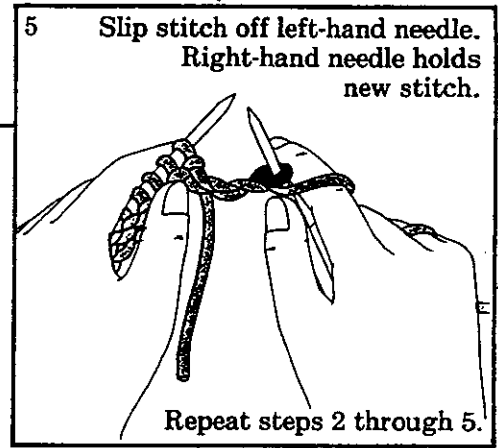
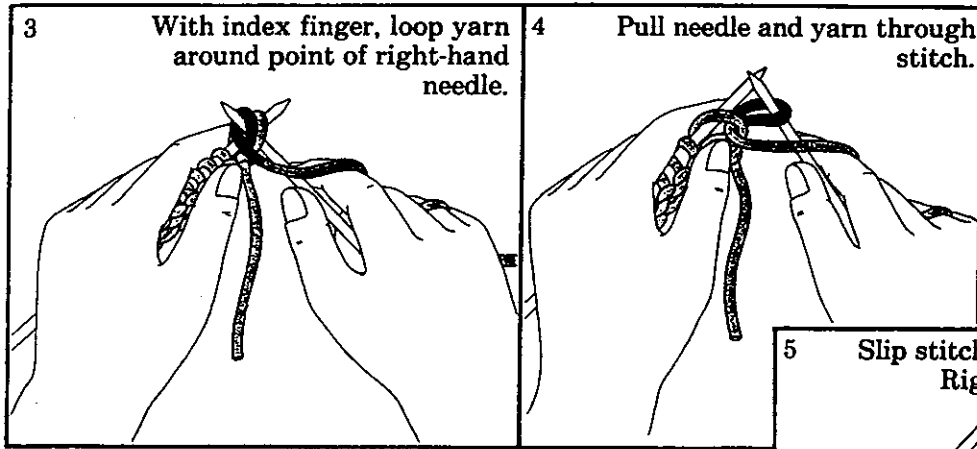
Continue to knit in the garter stitch until you have knitted 8 rows. To count the rows, count every ridge and every hollow.



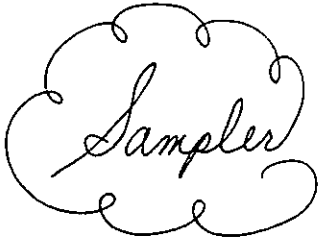
### PURL STITCH

The purl stitch uses a movement opposite to the knit stitch.





Knitters often use a looser tension when purling than when knitting. Try to have your purl stitches as tight as your knit stitches.



Purl 7 rows. This also makes a garter stitch, but with a smooth row on the wrong side where the knit changed to purl.

DROP A STITCH?

MAKE A MISTAKE?

1. If you lose 1 stitch (drop it off the needle) the sooner you pick it up the better. Use a crochet hook, or better still, a fine knitting needle. Be aware of which side you want the "bump" (or ridge) to be on, with each row.

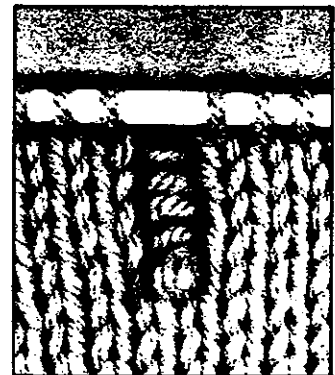
Catch the loose stitch and work it up on the horizontal yarn of each row, until you reach the needle.



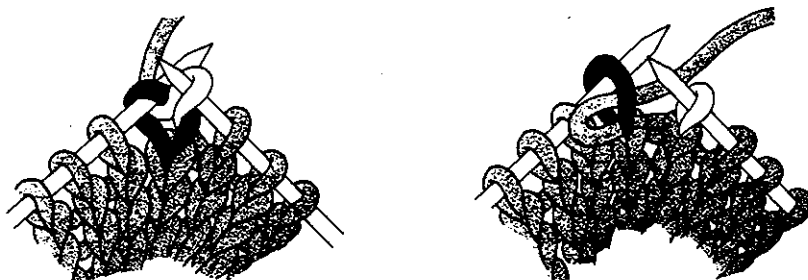
On smooth side, pull yarn through to the front.



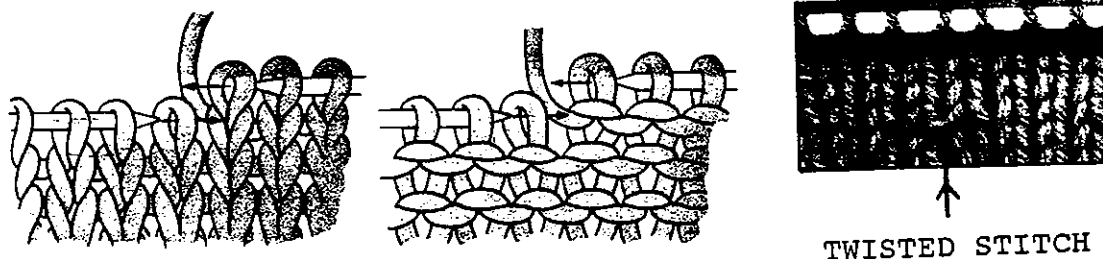
On bumpy side, pull yarn through to the back.



2. If there are 1 or 2 stitches that need correcting anywhere in the work, knit over to a stitch that is directly above the error. Slip the stitch off the needle and let it RUN down to the error. Correct the error, then pick the stitch up all the way back to the needle, as in #1.
3. If several stitches need correcting, and they are 1 or 2 rows from the needle, remove the stitches one by one, slipping LH needle into the loop below the first stitch on the RH needle. Drop first stitch off RH needle and pull yarn. This is like "unknitting".



4. If several stitches need correcting and they are more than 1 or 2 rows from the needle, unravel stitches by removing the knitting from the needles. Pull yarn slowly and gently out of the stitches until you are just past the row with the error. This is called ripping out! Put stitches back on needle by holding the knitted fabric in left hand with loops at the top, and yarn coming from stitch in upper RH corner. Hold empty needle in right hand and slip it into the loops. Be sure that stitches are not twisted as you put them onto the needle. (To prevent twisted stitches, insert RH needle from BACK to FRONT, and the LH needle from FRONT to BACK through each stitch.)



### 5. Twisted Stitches

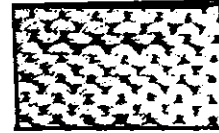
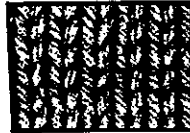
A yarn may be crossed over or twisted at the base. This is caused by wrapping the yarn around the needle in the wrong direction, or by inserting the needle incorrectly (see #4). This should be corrected by using one of the methods above.



Begin to purl 8th row, but drop a stitch and let it "run" for 1 or 2 rows. Pick it up, using Method 1, and finish the row.

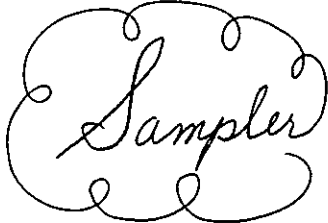
### STOCKING STITCH

This is done by alternating knit and purl rows. As you knit, the side facing you is smooth, and as you purl, the side facing you is bumpy.



An article done in stocking stitch will curl naturally, and should be finished off somehow, such as with a hem, or with ribbing. It should also be blocked (steam pressed).

To count rows in the stocking stitch, count bumps on the purl side and V's on the knit side.



Knit 6 rows of stocking stitch. You have now learned the 2 basic stitches in knitting - the knit stitch and the purl stitch. All patterns are variations of these two.

### HOME ACTIVITY

1. Complete the sampler up to the end of the purl section (8 rows).
2. Continue on the sampler, doing 6 rows of stocking stitch.
3. How many nursery rhymes or fairy tales can you name which involve sheep, wool, or spinning? List them.




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## MEETING TWO

## MORE BASICS

DATE: \_\_\_\_\_ NEXT MEETING DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ TIME: \_\_\_\_\_  
 PLACE: \_\_\_\_\_ PLACE: \_\_\_\_\_

ROLL CALL Describe the progress you made, working on your knitting sampler at home.

\_\_\_\_\_  
 \_\_\_\_\_

\*\*\*\*\*

A tale or story that goes on and on is a \_\_\_\_\_

Someone who is dull-witted or confused, is \_\_\_\_\_ -headed.

A bad character is called the \_\_\_\_\_ of the family.

\*\*\*\*\*

### RIBBING

Rib stitches are very common and are used when a bit of stretch is needed such as in cuffs, hats, necklines, bottom band on sweaters, neckwarmers, etc. Ribbing involves alternating knit and purl stitches across the whole row.

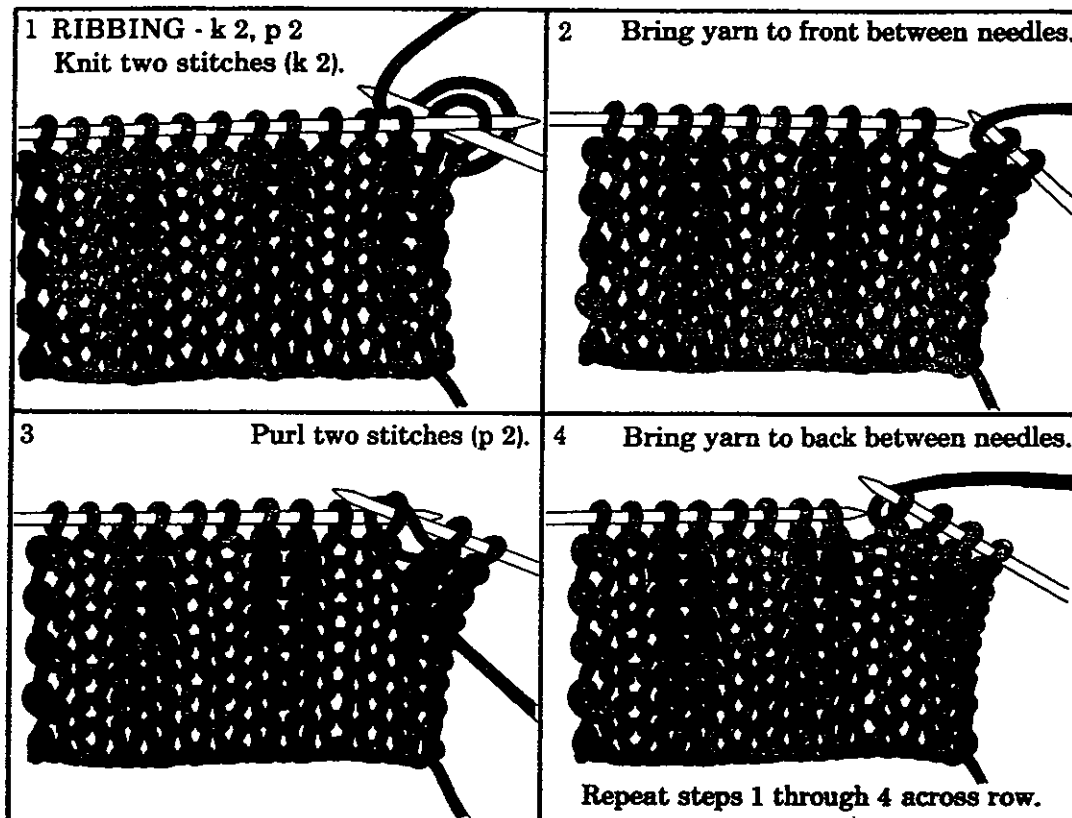
Each time the stitch is changed, the yarn must be brought between the needles to the correct side - to the front for purling, to the back for knitting.

Here are two simple ribbing stitches:

#### 1. Knit 2 Purl 2 or 2 and 2 Ribbing

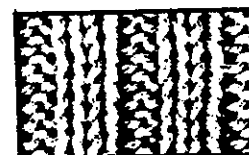
This is very elastic, so is good for the turned up brims of hats, and is used in the pattern for the egg cozy in this book.

The number of stitches on your needle should be divisible by 4 to do this stitch in a garment.



The pattern would read:

Row 1 - K2, \* p2, k2. Rep. from \* to end of row.  
 Row 2 - P2, \* k2, p2. Rep. from \* to end of row.



Complete 6 rows of the 2 and 2 rib stitch, beginning all rows with K2, P2, etc.

Purl 2 rows when completed.

2. Knit 1 Purl 1 or 1 and 1 Ribbing

This is a tight rib stitch, used often for bands on sweaters. It is used in the neckwarmer and the golf club cover patterns in this book. The number of stitches on the needle should be uneven, to make each side equal in a pattern.

The pattern would read:

Row 1 - K1, \* p1, k1. Rep. from \* to end of row.  
Row 2 - P1, \* k1, p1. Rep. from \* to end of row.



Complete 6 rows of the 1 and 1 rib stitch, using the following instructions. (Because there are 20 - an even number - of stitches on the needle, the pattern differs a little from the standard pattern given above.)

Row 1 - K1, p1. Rep. to end of row.  
Row 2 - P1, k1. Rep. to end of row.

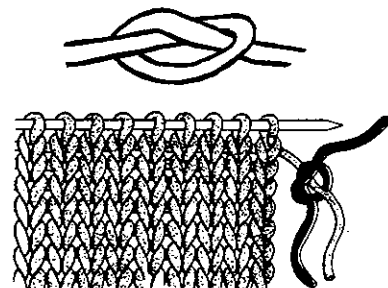
### JOINING NEW YARN

There are several ways to join new yarn.

#### Joining At The Beginning of a Row

This is the best method, unless you are knitting a tubular item.

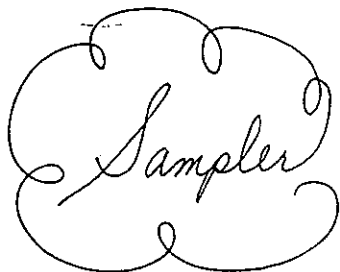
1. Work until there is not enough yarn left to complete a whole row. Tie this end to the new yarn, at the beginning of the row, using a loose overhand knot. Leave tails of yarn approximately 10 - 15 cm long.
2. When knitting is completed, go back, untie the knot, and work in the ends.
3. Thread end into a blunt-end needle. For a garter stitch or stocking stitch, weave the ends horizontally into the stitches for about 5 cm across the work. Do this before blocking.



For a rib stitch, weave the old end upward through the knitting, along the edge, and the new end should wind its way downward, for about 5 cm.

#### To Change Color

Use a different color when attaching new yarn, as above. To finish, weave ends into the part of the work that is the same color.

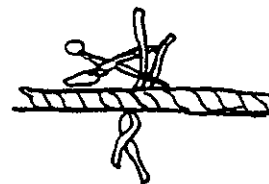


Borrow a small amount of yarn in a contrasting color from another club member. Attach it at the beginning of the next row and work in stocking stitch for 3 rows, beginning with a knit row. Attach main color and do 3 more rows, starting with a purl row. Weave in ends.

### Joining in the Middle of a Row: Three Methods

- a. Work till there is 10 - 15 cm of yarn left. Tie it to the new yarn with an overhand knot, on the back of the work. Continue working with the new yarn. When knitting is completed, untie the knot, and, threading the ends into a needle, work them as invisibly as possible into the back of the work before blocking.
- b. Splicing - (joining new yarn to old so the join is invisible)

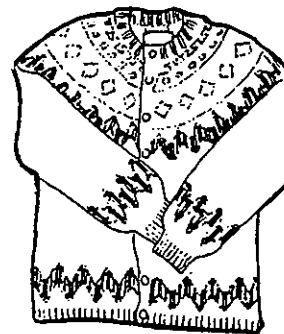
Untwist each end a few centimeters (the looser the twist, the longer the splice should be.) Retwist together the same number of strands as the original yarn, using half from the new end and half from the old. (If a yarn is 4-ply, retwist 2 from each end.) Trim away the extra ends. This makes the join the same thickness as the original yarn.



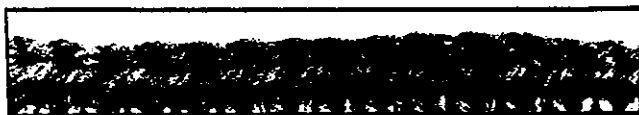
- c. Work till there is 10 - 15 cm of yarn left. Thread new yarn into a large blunt-end needle. Weave the new yarn into the old yarn for about 5 cm. Resume knitting, making sure that the short ends stay on the wrong side of the work. After a few rows, go back and trim the ends.



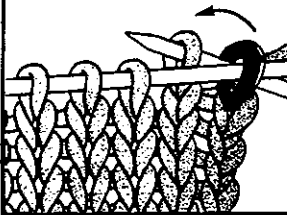
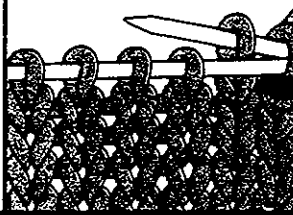

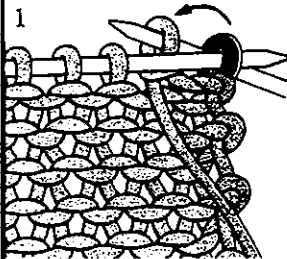
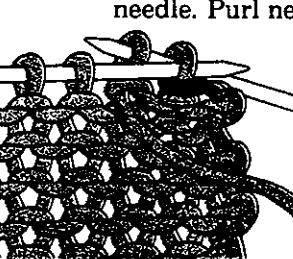
**No Joining Necessary!**  
Fair Isle Knitting Patterns use a separate ball of yarn for each color. The color is knitted, then dropped when another color is needed, then picked up again when needed on the return row. The designs are so small that only a small amount of color is used at a time and there are no long loops of yarn carrying over on the back. Fair Isle patterns have Oriental, Spanish and Scandinavian influence. The larger stars often seen are a Norwegian motif.



### CASTING OFF OR BINDING OFF



This removes the stitches from the needle, giving a finished, chain-like edge. Keep your tension as loose as possible.

|   |   |  |
|---|---|--|
| <p><b>BINDING OFF IN KNIT STITCH</b></p> <p>1</p> <p>Knit two stitches. With left-hand needle, pass first stitch over second stitch and off right-hand needle.</p>   | <p>2</p> <p>One stitch remains on right-hand needle. Knit next stitch and repeat.</p>    | <p>3</p>    |
| <p><b>BINDING OFF IN PURL STITCH</b></p> <p>1</p> <p>Purl two stitches. With left-hand needle, pass first stitch over second stitch and off right-hand needle.</p>  | <p>2</p> <p>One stitch remains on right-hand needle. Purl next stitch and repeat. Finish last stitch the same as in the knit stitch.</p>  | <p>Bind off all stitches (one stitch remains on right-hand needle). Cut yarn leaving a 15 cm length. Draw end through stitch and pull to secure.</p> |



Loosely cast off all the stitches on your sampler, in a knitwise direction. The sampler should be very lightly steam pressed and mounted in your book.

Label the different stitches, as in the photographs.

### CHOOSING A KNITTING PROJECT

Before Meeting Three, you should choose a knitting project and purchase or find the materials and equipment it requires. When choosing, keep in mind your level of knitting expertise.

#### Beginners

Choose a simple project, like the neckwarmer, slippers, egg cozy or knitted bell from the pattern section in this book. You might also choose a simple item from a book or magazine, such as a hat or a scarf. Remember that although a scarf may be simple to knit, it is LONG and takes more time than a hat.

Beginners' projects should include all of the following techniques:

- casting on
- knit stitch or purl stitch (or both)
- casting off
- sewing up a seam, or weaving in ends (or both)

Intermediate

If you already knew how to cast on and off, to knit and to purl before this club started, you should choose a project which is more difficult, such as mittens, golf club covers or a simple vest.

Intermediate projects should include all of the following techniques:

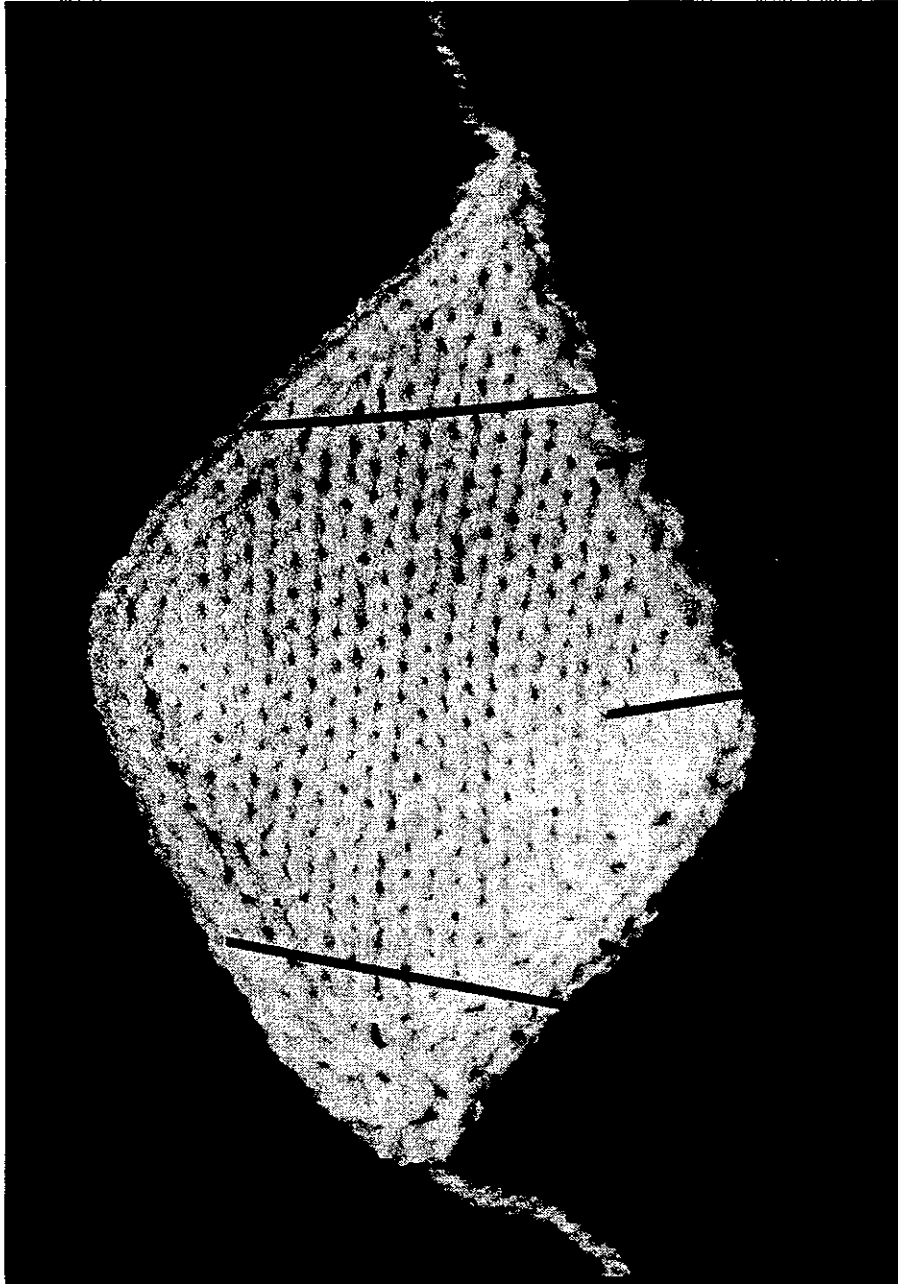
- casting on
- knit stitch or purl stitch (or both)
- casting off
- sewing up a seam or weaving in ends (or both)
- at least three of the following:
  - increasing
  - decreasing
  - use of circular needle
  - use of four needles
  - changing color
  - duplicate stitch
  - a pattern other than stocking or garter stitch
  - a pompom

When you have chosen a project, DISCUSS IT WITH YOUR LEADER, who will help you decide whether it is the correct level for you.

HOME ACTIVITIES

1. Mount Sampler #1 in your manual and label the stitches and pattern.
2. Choose a project and gather together the supplies for it. Bring them to Meeting Three.
3. Try to find a picture or actual sample of Fair Isle knitting, and bring it to Meeting Three.
4. Do you have any idea what it costs to buy items made from pure wool? Try to find out for the next meeting the price of the following:
  - a. a cashmere sweater \_\_\_\_\_
  - b. a lambswool sweater \_\_\_\_\_
  - c. a shetland sweater \_\_\_\_\_
  - d. an acrylic sweater (a synthetic fiber - not wool) \_\_\_\_\_

SAMPLER #2



DECREASING

STOCKING STITCH

INCREASING

# MEETING THREE

# THE FLEECE

|              |                             |
|--------------|-----------------------------|
| DATE: _____  | NEXT MEETING<br>DATE: _____ |
| TIME: _____  | TIME: _____                 |
| PLACE: _____ | PLACE: _____                |

**ROLL CALL** What have you chosen to make for your knitting project? Show the picture of it if you have one, and the needles and yarn you have brought.

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Did you find a picture or sample of Fair Isle knitting? \_\_\_\_ If so, what is it? Describe.

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Guess What? In early times it was the men of the family who did the hand knitting, while the women spun the yarn for them to use.

Knitting as a cottage industry still flourishes in the Shetland Islands and Fair Isle (off the northern coast of Scotland) and in other parts of the world.

In Ontario, handknitters sell their creations through local craft shops, and many do custom knitting for customers who are looking for one-of-a-kind items, knit and sized especially for them.

Increasing and Decreasing are necessary for making any item which is not straight-sided.

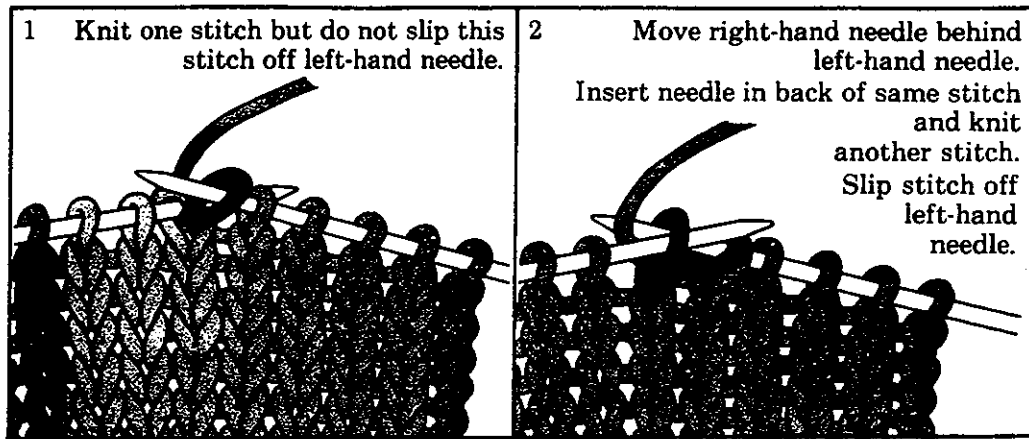
## INCREASING

There are several methods to add stitches so that your project becomes wider. Here are 2 of them.

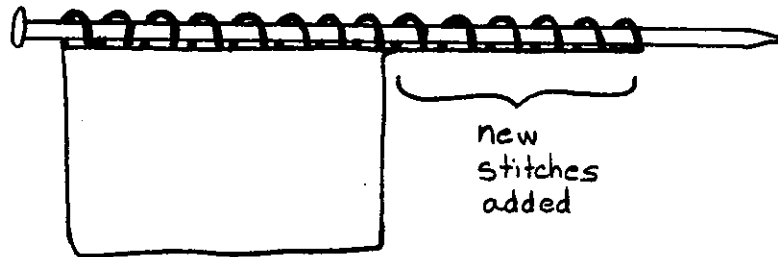
1. This method is called knitting into the front and back of the stitch. This is not usually done on the first stitch of the row, but one stitch in, and usually only at the beginning of a row, rather than at the end. It makes 2 stitches from 1.

To increase by method #1 while purling, purl into the front half of the stitch without sliding it off, then move the yarn to the back of the work and knit into the back half of the same stitch. Slide off the old stitch and change yarn back to purl position.

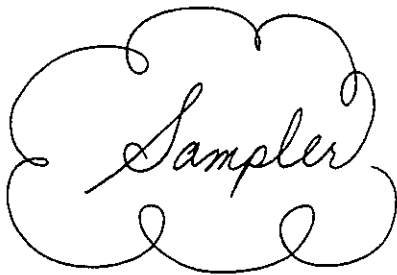




2. Knitting on is the same as method B of casting on. Hold your work in LH and knit into first stitch. Pull loop through and place it on LH needle. This is one new stitch. Continue for as many new stitches as required. This may also be done while purling. The increase creates a right angle in the work.



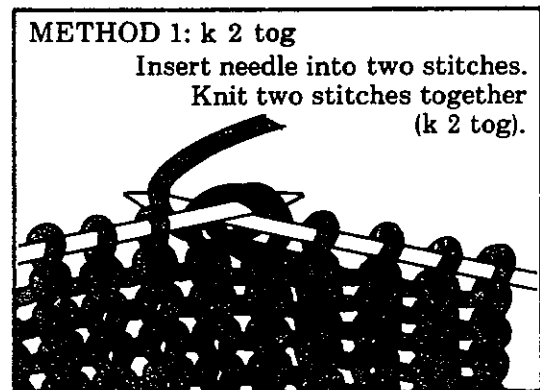
Cast on 3 stitches, using the same yarn and needles as for Sampler 1.



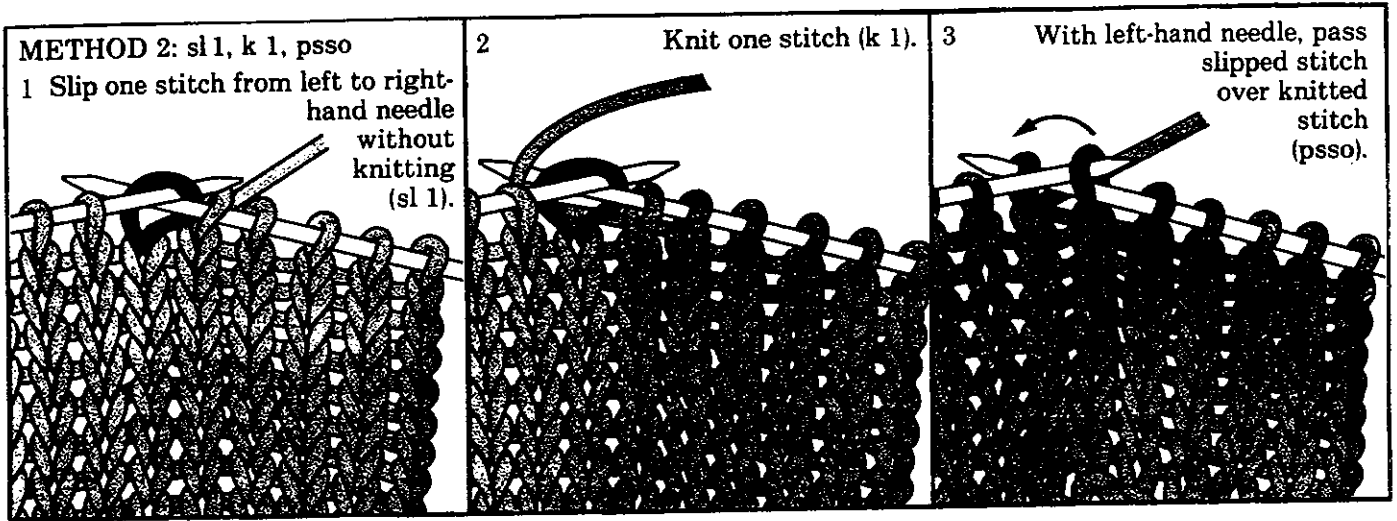
- Row 1: K1, inc.1 (Method 1), k1 (4 sts).  
 Row 2 (and all even rows): Purl across row.  
 Row 3: K1, inc.1 into each of the next 2 sts, using Method 1, k1 (6 sts).  
 Row 5 (and all uneven rows):  
 K2, inc.1, k until 3 sts rem. on needle, inc.1, k2.  
 Continue increasing until 18 sts are on needle.  
 Row 16: Purl.

DECREASING

1. Knit or purl 2 stitches together as if they are one. When doing stocking stitch (st.st) the decreasing is usually done on the knit row. This method is usually done at the end of a row, rather than at the beginning, because the stitch slants to the right.



2. P.S.S.O. (pass slip stitch over) (or sll, k1, p.s.s.o.) This method is similar to casting off. This decreased stitch slants to the left and so should be done at the beginning of a knit row.



Row 17: k1, sl1, k1, p.s.s.o., k until 3 sts remain on needles, k2 tog, k1.

Continue with stocking stitch, decreasing every uneven or knit row in the same manner until 4 sts remain on needles.

Next decrease row: k1, k2tog, k1, (3 sts).  
Last row: Cast off purlwise.

Lightly steam press Sampler 2, and mount in your book. Label the increases and decreases.

### THE TENSION SWATCH

Check your tension or gauge!

When you follow a knitting pattern, in order to get a finished item that is the correct size, you must use the size of needles and type of yarn given in the pattern.

You must also test your tension, using those needles and yarn to check that your knitting is not too tight or too loose.

Make a sample of knitting, using the stocking stitch, casting on 20 stitches and knitting for at least 10 cm. This is large enough for you to measure stitches and rows and compare them to the tension or gauge given in the pattern.

This should be done for every pattern you use, unless fit and size are not important, (e.g. the knitted bell).

To check tension, place a pin vertically into the knitted fabric a few stitches from the LH side edge.

If pattern says "10 stitches and 13 rows = 5 cm", measure over from the first pin 5 cm and insert a second pin. Count the stitches carefully. If the number is less than 10, your garment will be too large (your stitches are larger than they should be). If the number is more than 10, your garment will be too small (your stitches are smaller).

Place another pin horizontally into the knitted fabric, a few rows from the bottom edge. Measure up 5 cm and insert a second pin. Carefully count the rows between the pins. There should be 13. If there are fewer than 13, your garment may be too large. If there are more than 13, it will be small.

If you are knitting too loosely or tightly, try to use a tighter or looser tension and make another tension swatch. Or, you may use a smaller or larger sized needle to obtain the correct tension.

MAKE A TENSION SWATCH FOR THE PROJECT YOU HAVE CHOSEN.

# Wool

## The Beginning



The raising of sheep and the shearing of their wool dates back almost to the beginning of recorded time.

There are many references in early history, and of course in the Bible, to shepherds and flocks.

Fabrics made from wool have been found in the ruins of villages thousands of years old.

The first sheep in America were brought by the Colonists from the British Isles to Jamestown, Virginia in the early 1600's. They spun and wove their own woollen yarns and textiles, and produced such quality and quantity that the British government began to fear competition. In alarm, Britain passed a Wool Act which forbade the colonies to export any wool. However, they continued to supply all the wool necessary for their own clothing and blankets.



## The Sheep

Many things affect the quality of wool produced by a sheep.

1. Climate - in countries where the climate is damp, the wool is high quality.
2. Soil conditions - the plants growing and being eaten by the sheep influence quality.
3. Health of animal - a sick sheep has weak wool.
4. Breeds - the finest, most valuable wool comes from the Merino sheep, and most of this comes from Australia.

In Ontario, the most common breeds raised for meat are Suffolk and Dorset and for wool, the Corriedale, Oxford, Lincoln and Leicester are among the common breeds raised. Hand spinners and weavers prefer the long haired breeds such as Lincoln and Leicester.

### The Fleece

Here is a bit of "Sheepspeak" for you to learn.

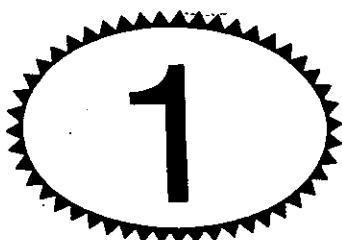
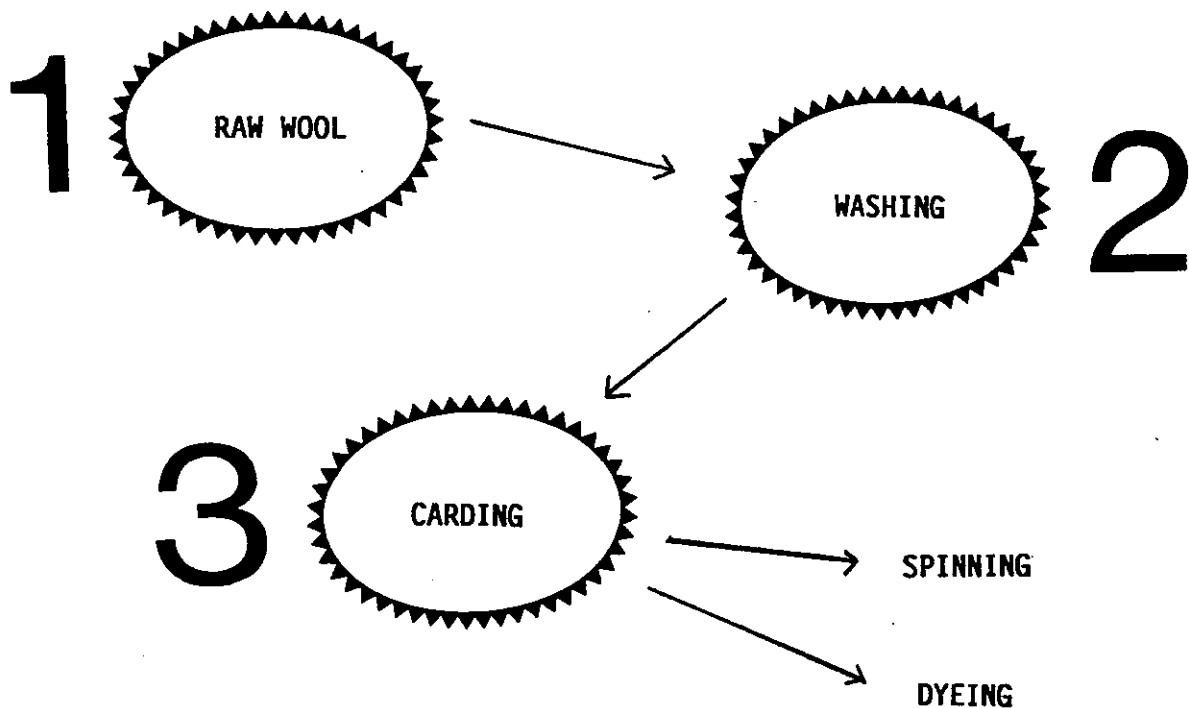
Fleece is wool shorn from any sheep or animal in the wool category.

Fleece wool is clipped wool from a live animal.

Pulled wool is wool taken from the pelt of a slaughtered lamb or sheep.

Lamb's wool is from animals less than 7 months old. It is finer and softer, and because it's the first shearing, the fiber has only one cut end.

### The Process - From Sheep to Yarn



### RAW WOOL

The raw wool goes through several steps before it is ready for washing.

## Shearing

Sheep are shorn once a year (in the spring) or twice a year (before breeding and before lambing).

Hand shearing using hand clippers is an older method, time consuming, and used mainly for show preparation.

Power shearing using electric shears can be done in less than 5 minutes by an expert, so the fleece comes off the animal in one piece. Shearing does not harm the animal.

## Sorting and Hand Cleaning

The best fleece brings the best price so fleeces are often prepared for grading by:

- a. cleaning the fleece "on the animal". Sheep are run through troughs of water before shearing.
- b. trimming of undesirable wool from the fleece (belly, face, leg and rear area).
- c. removing excess foreign materials (burrs, straw, etc.).
- d. removing areas of off-colored or dark fiber.

## Rolling and Bagging

Fleeces are laid with the cut side down, rolled up and tied with paper twine. (Fibrous twine mingles with the wool and is hard to remove.) The fleeces are packed in bags and stored until sold.

## Marketing

Canadian wool is sold in one of three ways:

1. To registered wool warehouses
2. To woolen mills
3. Directly to hand spinners or weavers

Most of the wool in Ontario is sold to registered wool warehouses, administered by the Canadian Cooperative Wool Growers. The Co-op Wool Growers have a main collecting depot at the Ontario Stock Yards in Toronto, and the head office is in Carleton Place, Ontario, near Ottawa.

Wool is sold by the pound,

- unscoured (in the grease)
- scoured (washed) or
- carded (called "wool top")

Most of Canada's wool is exported in the grease.

## Grading

Grading is done at the warehouse and the higher the grade, the more the fleece is worth.

Grading depends on:

1. Cleanliness - how much dirt, chaff, seeds, burrs, etc. are in the fleece.
2. Length of fiber (can be 2 - 18 cm).
3. Diameter of fiber, measured in microns (1 micron is about 1/25,000 of an inch). The finer the fiber, the higher the grade.



### WASHING

The fleeces are washed gently in a series of tubs containing soap and water solution. Then the wool is rinsed in the same temperature water, squeezed and dried. It loses 30 - 70% of its weight when the dirt and lanolin are removed.

Sheared wool contains a lot of natural grease, called LANOLIN. The lanolin can be recovered from the wash process, refined, and sold to the chemical industry for face creams, soaps and ointments.



### CARDING

Carding opens and cleans the fibers, and separates them from each other so they are lying parallel, in a thin, web-like layer.

In machine carding, in a factory or mill, the wool passes through a system of rollers covered with wire teeth, which separate the fibers and create the web. The machine then divides the web into strips and gently rolls them to form roving. The roving is then spun into yarn. Roving is like a soft rope of parallel, cleaned fibers, and it is this stage of the wool process that many hand spinners use to make yarns.

## Handcraft Wool

Handspinning and weaving are increasing in popularity as heritage crafts and hobbies, and also as a business. A certain amount of wool, therefore, is sold right from the farm or sheep producer to these craftspeople.

### Choosing a Fleece for Handspinning

1. Choose a clean fleece. Straw and dirt are hard to remove, and dirt adds to the weight and therefore to the price of the fleece.
2. Choose a sound fleece. Check for strength by pulling a piece of staple (a curl of wool) hard from both ends. If weak, it may break or disintegrate.
3. Avoid a fleece with dark fibers mixed into the light. They will spoil a white finished product and may show up when dyed.
4. Avoid a fleece with matted clipped ends. They are hard to separate.

5. Avoid a very dry fleece (stored too long, fibers brittle), or a very oily one, or a damp one (rolled when wet and possibility of mildew or weak fibers).
6. Never choose a fleece with mildew or moths.

### Washing

Fleece, if it is not too dirty, can often be spun in the grease (without washing) but washing usually is necessary.

Soak fleece in tepid (lukewarm) water with mild soap for at least 1 hour. Drain off water and repeat. Gently squeeze out water and rinse in tepid water. Spread out on a screen to dry. This can be done outside, but not in direct sunlight.

Be sure that:

1. You do not subject the wool to rapid changes in water temperature.
2. You do not wring or agitate the wool.

If, in the washing process, all the natural lanolin is removed from the fleece, handspinners usually add back to the fleece some spinning oil, which they purchase, to make the wool easier to spin.

### *Trivia*

#### To Each His Own!

Cleaning wool in some parts of the Scottish Highlands is done in the old-fashioned way with 1 part stale human urine to 4 parts water. The wool is squeezed and worked by hand until clean, then rinsed. Washing in urine gives a very soft wool.

Hand carding is done using 2 brushes with wire teeth, similar to dog brushes, called carders. The wool fibers are spread into one carder and the other one is brushed back and forth in a certain way to clean and separate them.

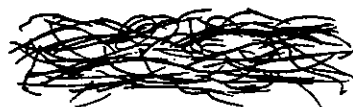
Hand carding is difficult to do unless some teasing is done first to remove burrs, clumps of dirt, straw, etc.

### Woolen and Worsted

Fibers and yarns made from wool can be classed as woolen or worsted, depending on the manufacturing process used. To make worsted yarns, an extra step, combing, takes place after carding. Combing removes the short fibers and straightens the long ones.

Woolen yarns - contain long and short fibers

- are soft
- produce fabrics which resist wrinkling but don't hold a crease well
- make good blankets



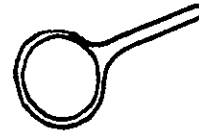
Worsted yarns - are made from longer fibers

- are firm and smooth and durable
- produce fabrics which tailor well, take a sharp crease but become shiny with use
- make good men's suits



IDENTIFY THE FIBERS!

Your leader will give you two pieces of yarn. Untwist them until you can separate the individual fibers. Use a magnifying glass if necessary. Do the fibers average less than 5 cm in length? Do they branch out in all directions from the yarn? If so, they were carded, and the yarn is \_\_\_\_\_. Do the fibers average more than 5 cm and are they all about the same length? Do they lie parallel to each other? If so, they were carded and combed, and the yarn is \_\_\_\_\_.



Mount with tape a small piece of each of the yarns (the woolen and the worsted) below.



WOOLEN



WORSTED

HOME ACTIVITY

1. Be sure Sampler 2 is completed, mounted in your book and labelled.
2. Complete the tension swatch for your project.
3. Cast on the stitches for your project and start to knit.
4. Save the label or paper band from your yarn for a later activity.



To fleece someone is to rob them, as the sheep is robbed of its wooly coat by shearing.

Wool-gathering was the act of gathering up fragments of wool from the bushes and shrubs where they'd been torn from the sheep as they walked or grazed. Now, we refer to wool-gathering as being in an absent-minded state, or having a wandering mind!



SAMPLER #1

SAMPLER #2

# MEETING FOUR

# SPINNING WOOL

|              |                             |
|--------------|-----------------------------|
| DATE: _____  | NEXT MEETING<br>DATE: _____ |
| TIME: _____  | TIME: _____                 |
| PLACE: _____ | PLACE: _____                |

ROLL CALL Show the tension swatch you made for your project. How did it compare with the tension given in your pattern?

Did you have to change your tension or needles? \_\_\_ If so, what did you do?

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## BLOCKING

This is done before sewing up seams. Blocking is the process of using moisture to shape a project ready for seaming. (Exception: If the pieces have become soiled from handling, do seams first, then wash and block.)

1. Pad a flat surface with thick towels, then cover with a sheet.
2. Place project piece(s) wrong side up on blocking surface. If you wish, pin edges of piece(s) through the padding, so they are the proper shape and measurement given in your pattern. Or, use your hands to smooth out edges.
3. For synthetics and blends:
  - See instructions on yarn wrapper, or
  - Cover pieces with damp cloth.
 Allow to dry before removing from padding. DO NOT press synthetics with iron, as it destroys the loft of the yarn.
 

For wool:

  - Cover pieces with damp cloth, then steam gently with iron at wool setting. Do not press hard with iron.

Note: 1. Two identical pieces (sleeves) can be layered and blocked together.  
 2. Ribbing is never blocked or stretched, unless entire project is ribbed.

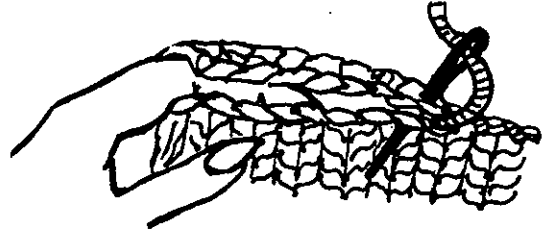
## SEAMS

1. Block sections before joining seams.
2. Match rows and patterns.

3. Use the same yarn you used for the project, and a blunt-end large eyed needle or a crochet hook.
4. Use single yarn, about 60 cm long, or the end left when you ended or started your work.

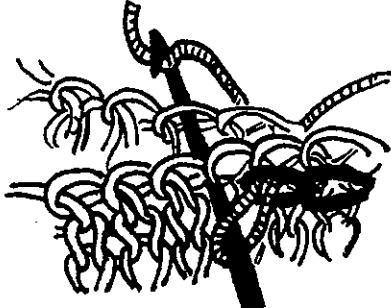
There are several ways to sew up knitted seams. Here are three of them:

- a. Overcast Seam. This makes a flat seam, but may show on the right side. Place two pieces of knitting right sides together, matching up the stitches. Hold left forefinger between the edges.



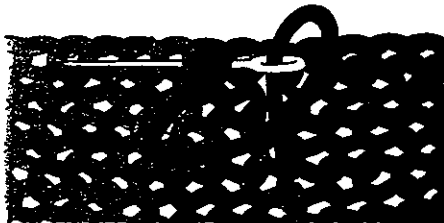
Overcast, using a needle, into every stitch easing the edges over your finger.

- b. Crocheted Seam. This seam will not show, and "gives" with the knitting. Use the size of crochet hook appropriate for your yarn.



Place two pieces of knitting right sides together, matching up the stitches. Insert crochet hook through both layers, 1 stitch in from the end, and 1 stitch in from the edges to be sewn. Catch yarn, and draw loop through to the front. Insert hook through next stitch and draw yarn through to front and also through first loop. Repeat this to end of seam. This looks like a chain stitch.

- c. Backstitched Seam. This can be used anywhere, and does not show from the front. However, it is a bulkier seam than the others, AND IS VERY DIFFICULT TO REMOVE.



Place two pieces of knitting right sides together, matching up the stitches, and pin perpendicular to the edges. Using a needle, begin with a few whip stitches over the edge to anchor yarn, then backstitch through both thicknesses, as far from the edge as desired. Don't pull stitches too tight. The seam should "give" with the knitting.

## SPINNING

Spinning is the drawing out and twisting together of a number of fibers of various lengths into one strong continuous thread or yarn.

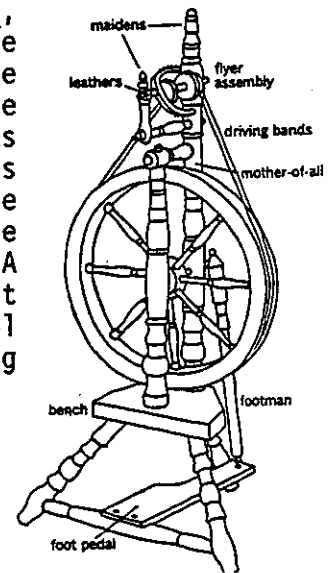
How Spinning Works: If a bunch of fibers is held in one hand, and the other hand draws out a few fibers, these will part company from the bunch. But if they are twisted by the hand that draws them, in one direction only, a thread or yarn is formed. The more the yarn is twisted, the stronger it will be. If you let go, the yarn will untwist. If it's wound on a stick, it remains a thread.

A yarn can be further strengthened by twisting 2 or more threads together to make 2-ply, 3-ply or 4-ply yarn. This is done with spinning equipment.

Spinning and weaving are two of the oldest known crafts. In pioneer Ontario, settlers washed their sheep in the creek every spring, and sheared them, then carded, spun, dyed and wove the wool. In the 1800's, carding mills did the carding, then returned the wool to the farmer for spinning.

In pioneer times, a woman had to know how to spin before she married and went off to her own homestead in the woods. Otherwise, the family would freeze!

The oldest type of spinning equipment was a DROP SPINDLE, consisting of a stick with a weight attached. Then the SPINNING WHEEL was invented, and became an accepted piece of furniture in every cottage or home. Many were quite large and the spinner stood while working. The wool was placed on the spindle in one hand, while the wheel was worked with the other hand. As the wheel turned, the spinner walked 3 steps back, then 3 steps forward, the wool twisted, and the yarn was wound onto the spindle. A person might walk 20 miles a day in the same spot! It would take 3 days or 60 walking miles to spin enough wool to make an ordinary blanket. (This is a simple spinning wheel which allows the spinner to sit while working.)



## *Trivia*

"Spinster" - not a word that older, unmarried females of the '80's care to be known by, but originally used to describe "one who spins". In areas where every cottage family owned a spinning wheel, and produced its own yarn for weaving, at least one family member would be occupied at all times with spinning. Men were busy farming and fishing, mothers were tending children and cooking, so it fell to any unmarried female members to do the spinning. Hence, spinster came to mean an older, unmarried female.

### WOOLY WORDS RELAY

Your leader will divide your group into 2 teams. Each team will stand in a row, as you would for a relay race or a spelling bee. The leader will read a definition or explanation which identifies a word having to do with WOOL. The first person on Team 1 will answer by giving a word (from the list below) which the definition describes. If the answer is correct, that person moves to the back of the line. If the answer is incorrect, the opposite team gets a chance to answer, and the person from Team 1 who answered incorrectly must then answer the next question. Only when you have answered a question correctly do you move to the back of the line. The action moves back and forth between the 2 teams, with the first person in line answering. The team to have the most correct answers wins.

REPROCESSED WOOL  
REUSED WOOL  
LAMBSWOOL  
VIRGIN WOOL  
ARGYLE  
WORSTED  
FISHERMAN KNITS  
FAIR ISLE

FLEECE  
CARDING  
COMBING  
PULLED WOOL  
LANOLIN  
SUPERWASH WOOL  
MOHAIR  
MICRON

### ACTIVITY

Using the label or paper band from one of the balls of yarn you have chosen for your knitting project, supply the following information:

1. Manufacturer's name and address \_\_\_\_\_  
\_\_\_\_\_
2. Type of yarn \_\_\_\_\_
3. Fiber content \_\_\_\_\_
4. Amount of yarn \_\_\_\_\_
5. Color name and/or number \_\_\_\_\_
6. Dye lot \_\_\_\_\_
7. Care instructions \_\_\_\_\_

### HOME ACTIVITY

1. Continue with your knitting project.
2. Try to find household products such as soaps, ointments, skin creams, etc., that contain lanolin. Read the list of ingredients on the labels. Often the word "lanolin" is in the name of the product itself, such as "Lanolin Soap". If you do not find any in your home, check the drugstore shelves and list any you find. Bring the products or the list to Meeting Five.

# MEETING FIVE

# DYEING WOOL

|              |                             |
|--------------|-----------------------------|
| DATE: _____  | NEXT MEETING<br>DATE: _____ |
| TIME: _____  | TIME: _____                 |
| PLACE: _____ | PLACE: _____                |

ROLL CALL Make a list of the products or names of products containing lanolin, brought in by the members.

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## DYEING

Wool is the easiest fiber to dye, but it MUST be clean and free of all grease to accept the dye. It may be dyed either in the fiber or the yarn stage. At these two stages, the dye is faster (stays in better) and has a deeper color than it does if the actual knitted or woven fabric is dyed later.



### *Trivia*

Have you ever heard the expression "dyed in the wool"? Just as dye is accepted best at the fiber or yarn (wool) stage with more depth and lasting color, a person who is "dyed in the wool" has great depth and solidness of character, and will never change from his or her beliefs.

Dyeing, as well as knitting and spinning, is also one of the oldest known crafts. Basically, dyeing is the boiling of the material to be dyed, with the dyestuff, whether it be a plant or other natural substance, or a chemical dye.

The earliest dyes used were all natural - vegetables, seeds, barks, roots and even insects. Ontario settlers used the dyestuffs they found in the fields and forests, and for special items, bought a small amount of imported dye from a pedlar or the local general store.

People had their favorite dyes, and simple dye recipes were found in the back section of many cookbooks.

Most of the natural vegetable-type dyes found in this part of the country produce "autumn" colors - browns, rusts, beiges, greens, golds, yellows and greys. Such things as goldenrod flowers, apple bark, sumac berries, onion skins, tansy and even spinach, tea and coffee will give good color to wool.

These natural dyestuffs do not always give the same color each time (e.g. onion skins may give a different shade of yellow each time they are used to dye wool).

## *Trivia*

In North America, there are very few natural strong red or blue dyes, so these two colors were highly valued by the early settlers. The indigo blue dye came from India, and the red cochineal, which is powdered dried insects, from the desert. These were hard to obtain, so were rather valuable to the pioneers, and it was not unusual for someone to receive a package of red or blue dye for a wedding gift.

A dye that runs when wet is said to BLEED.

A dye that fades in sunlight or soap is a FUGITIVE.

To prevent bleeding and fading, another substance can be added to the dye pot. This is called a MORDANT.

Mordants can:

1. set the dye.
2. make the dye penetrate better.
3. produce different colors.
4. "sadden" a color, or make it darker.

Some common mordants are:

1. Salt (used occasionally by pioneers, but was expensive).
2. Iron (or add a rusty nail to the dyebath). This "saddens" the color.
3. Alum (white powder from the drugstore, formerly used for pickling). This brings out the yellow in a dye.
4. Cream of tartar - used along with alum to add brilliance. Both alum and cream of tartar were available to pioneers from the pedlar, and were less costly than salt.
5. Copper (add copper wire to dyebath or use a copper pot!). This brings out the green in a dye.

It's fun to experiment with different vegetable dyes, using weeds and flowers from the garden and field and different mordants with each.

## EXPERIMENT

Dye some cleaned fleece, roving or white wool yarn using an easily obtainable, common dyestuff such as onion skins.

## *Trivia*



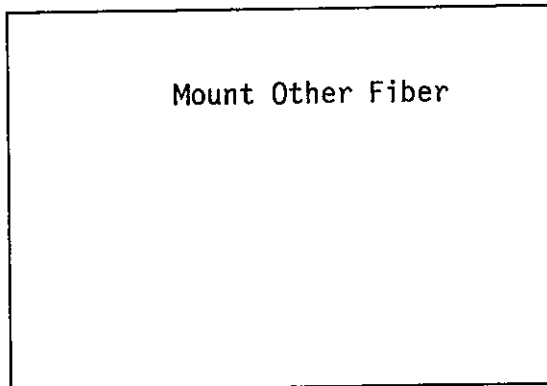
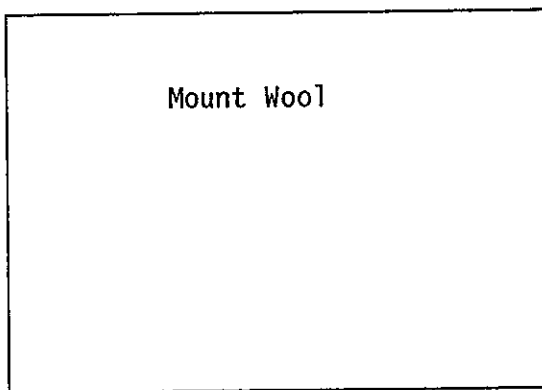
Onion skins have been used in Europe for years to dye Easter eggs yellow!

Method

1. Into a large enamel or stainless steel pot, put 50 gm of onion skins, 5 mL alum, and 3 - 5 liters of water. Mix well with a wooden spoon, and boil for at least 1 hour (soft water is best). To soften hard water, add 2 mL vinegar per liter of water.
2. Strain out onion skins and return liquid to dye pot. Cool to lukewarm.
3. Rinse 50 gm of clean wool in warm water until thoroughly wet, then immerse in dye pot, stirring gently with wooden spoon. Bring to a simmer, and simmer 30 minutes, stirring gently occasionally.

You may want to add a small amount of another fiber or yarn, such as acrylic, to the dyebath to compare the way the two fibers accept the dye.

4. Remove wool gently to a warm water rinse, then rinse in gradually cooling water until rinse water is clear.
5. Hang or spread to dry.
6. When wool (and other fiber samples) are dry, mount it (them) here in your book.



Sample: Wool

Dye Used: \_\_\_\_\_

Mordant: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



HOME ACTIVITY

1. Continue with your knitting project.
2. Find a picture in a paper, magazine, or on a label or a hangtag, of the WOOLMARK and bring it to Meeting Six.

WOOLY WORD SEARCH

S P I N D L E P C L E A N I M K P S  
T A L T Y C C L U E A R O G N A H O  
I S O B E S O Y A R N A H I G E V F  
T I V E G U A G R R L N T F A S W T  
C K L Y W O O L M A R K H R J E A C  
H F A I R I S L E C A N R L I L S I  
R B N D E L E B A L C O E P N D H L  
E L O R U O L O C W D T A E U E I Y  
B O L F S P I N S T E R D E P E N R  
I O I A E S N R E T T A P H S N G C  
F W N K D R E P R O C E S S E D N A

ACRYLIC  
ANGORA  
ARAN  
CLEAN  
COLOUR  
DIRT  
DYE  
FAIR ISLE  
FIBER  
FLEECE  
GAUGE  
KNIT

KNOT  
LABEL  
LANOLIN  
NEEDLES  
NEW  
PATTERNS  
PLY  
PURL  
REPROCESSED  
REUSED  
SHEAR

SHEEP  
SOFT  
SPINDLE  
SPINSTER  
SPUN  
STITCH  
THREAD  
WASHING  
WOOL  
WOOLMARK  
YARN

# MEETING SIX

# WOOL IS WONDERFUL!

|              |                             |
|--------------|-----------------------------|
| DATE: _____  | NEXT MEETING<br>DATE: _____ |
| TIME: _____  | TIME: _____                 |
| PLACE: _____ | PLACE: _____                |

**ROLL CALL** Show the sample of the Woolmark that you found in a picture or on a label. Where did you find it? \_\_\_\_\_

Mount the dried samples of dyed fibers in your book in the space provided in Meeting Five.

\*\*\*\*\*



PURE VIRGIN WOOL

The Woolmark Label  
If it wears it...it's worth it.

## THE WOOLMARK

The Woolmark is the best known textile symbol in the world! It is owned by the International Wool Secretariat, an organization working for wool growers in many countries of the world. Headquarters are in London, England, with branches in 34 other countries.

The Woolmark symbol is licensed in 60 countries, and is recognized by 400 million consumers around the world. ARE YOU ONE OF THEM? The Wool Bureau of Canada is the Canadian Branch. Its aims are:

1. To help Canadian mills, manufacturers and retailers make and sell wool products.
2. To encourage consumers to buy these products.

Only 100% virgin wool items produced by licensed manufacturers according to strict standards can qualify for the Woolmark label. The label identifies products which have passed rigid quality control tests for

- fiber content
- abrasion resistance
- resistance to pilling
- fabric strength, and
- color fastness

## THE WOOL PRODUCTS LABELLING ACT defines wool as:

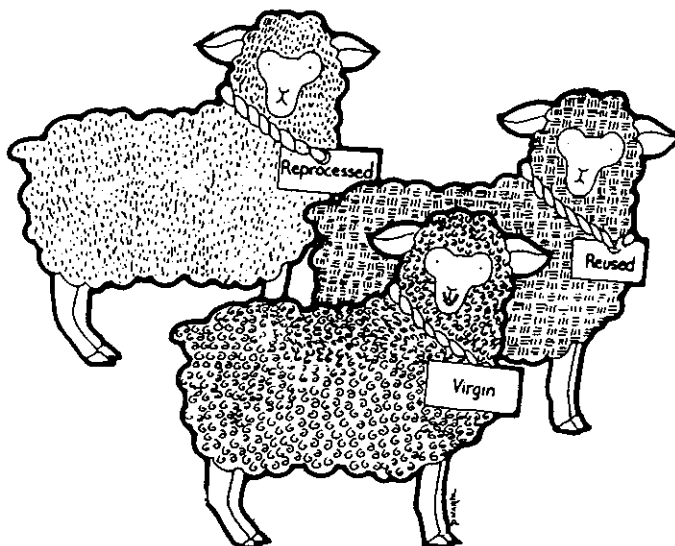
"A fiber from the fleece of sheep or lamb, or the hair from Angora or Cashmere goat (and may include the so-called specialty fibers from the hair of the Camel, Alpaca, Llama and Vicuna) which has never been reclaimed from any woven or felted wool product." This means that all fiber labeled WOOL must be brand new.

Mohair is the hair from the Angora goat.  
Angora rabbit hair is NOT classed as a wool fiber.

This same law requires that percentages of wool, reprocessed wool or reused wool be stated on the labels or hangtags of all products containing wool.

According to the Textile Labelling Act, December 1, 1972, the fiber content of all consumer textile products sold in Canada must be identified. The Act also requires that the words

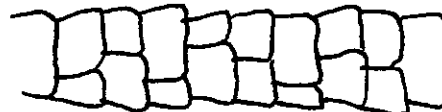
- "reclaimed"
- "reprocessed" (wool reclaimed from manufactured products which have not been used by a consumer)
- and - "re-used" (wool reclaimed from manufactured products which have been used by a consumer) immediately precede the name of the fiber if the material has been produced from a reclaimed fiber. Reclaimed fibers are weaker and less resilient than virgin (or new) wool.



### The Structure of Wool

#### Scales

Under a microscope, a wool fiber looks very much like a small tree, with overlapping, irregular-shaped scales like bark, or shingles on a roof. There are more scales on fine wool than on coarse wool.



#### Crimp

Wool also has a natural crimp. In fact, it may have more than 10 bends per cm. They go from side to side as well as up and down - a 3-dimensional crimp! All these ups and downs cause air to be trapped in the tiny spaces between the coils.

Wool is also elastic. All the crimps and bends can be stretched out as much as 30% and they will return to their original position, like little coiled springs.

### Color

The natural color of wool can be greyish white, yellowish cream, brown, black, white and all the shades in between. All of them except black can be bleached.

### Protein

Wool is a protein fiber and is therefore bio-degradable. This means that it is easily decomposed, leaving no harmful residue - a plus for our environment.

### Luster

Wool has some natural luster, but high quality wools have less luster than low quality ones.

### Absorbency

Tiny pores in the fiber absorb moisture like a sponge, and wool can absorb up to 30% of its own weight without ever feeling damp.

All these qualities of wool's structure give it many unique features among fibers.

1. The overlapping scales covering the wool fiber are responsible for the shrinking and felting of wool.

When agitated with moisture and heat (during washing) the scales become interlocked and form a solid mass. This is called felting. Because the fibers can no longer move, they have lost their elasticity and cannot be stretched.

The higher the temperature  
greater the agitation  
longer the wool is wet

}

the greater the  
felting, shrinking and  
matting that occur.

2. The natural crimp and springiness of wool means that:

- a. wool sheds wrinkles easily. Because the fibers are elastic, a wool garment will recover its original shape if given a "rest" (hung overnight).
- b. wool is a good insulator. It traps air in its tiny spaces and insulates the body against cold and heat.
- c. wool is tough. It can be stretched, when dry, without damaging the fiber. However, wool is weak when wet and must be handled carefully.

3. Because wool is absorbent, it:
  - a. is comfortable. It absorbs body moisture, leaving a dry layer next to the skin, which retains body heat, making it warm in winter. In summer, wool absorbs perspiration, reducing skin temperature and blocking out heat, so a light wool is cool in summer.
  - b. absorbs dye easily, right into the center of the fiber, with endless possibilities for colors.
  - c. absorbs odors easily. This isn't always desirable, as cooking odors, such as onions and garlic and also the odor of skunk, tend to linger.
  - d. resists static electricity. Wool doesn't dry out, therefore there's no static build-up, and clothes don't cling.
  - e. resists burning. It is difficult to ignite wool, and it burns fairly slowly.
4. Pilling occurs when fibers break or work loose from a yarn and collect into tight balls. Long, strong synthetic filaments "hold" pills, but because wool fibers are fairly short (2 - 20 cm) and uneven, a wool fabric or yarn tends to shed pills, or they can be easily brushed off.

### ACTIVITY

Watch as your leader or a club member shows what happens when two yarns, one wool and one acrylic are burned. Describe the results in the chart.

Why could a wool blanket be used to smother a flame or wrap around a person whose clothing has caught fire?

| REACTION                          | WOOL | ACRYLIC |
|-----------------------------------|------|---------|
| 1. Speed of ignition              |      |         |
| 2. Speed flame travelled up yarn. |      |         |
| 3. Was flame easy to extinguish?  |      |         |
| 4. Describe residue.              |      |         |

Compare the injuries a person wearing a wool sweater that caught fire might suffer with those suffered by a person wearing an acrylic sweater that caught fire.

Wool reacts well to the following modern finishes and treatments:

- permanent pleating
  - moth proofing
  - soil and stain resistant finishes
  - shrinkage prevention (which produces a MACHINE washable and dryable wool)
- Garments or yarn treated this way are identified as SUPERWASH WOOL. Look for it on labels and hangtags!

#### Care of Wool Garments Checklist

- Hang carefully.
- Brush collars and cuffs.
- Allow to "rest" in between wearings. Wrinkles will disappear. Or, to speed up, hang garment over steam or spray with mist.
- Air wool garments. Don't stuff into a crowded closet immediately after wearing.
- Don't stuff pockets. They become stretched and baggy.
- Attend to spots and stains immediately.

#### Washing (by hand)

- use mild soap or detergent
- use warm water (or cold water and cold water detergent)
- soak no more than 5 minutes
- rinse several times
- roll in towel to remove excess moisture
- lay flat to dry on clean towel or sweater rack

#### Drying

- air dry
- lay flat, never hang
- never dry in dryer or near heat (unless article has Superwash hangtag)

#### Pressing

- use steam iron on wool setting, or damp cloth and 150° iron setting (warm)
- press on wrong side to avoid iron marks or shiny surface

HINT: To get rid of shiny spots, sponge with 5% vinegar solution, then steam. The fibers swell and become fluffier. Or use fine sandpaper or the hook side of Velcro tape to rough up the surface. This makes the surface fibers stand out. Sandpaper and Velcro may also remove scorch marks.

## Dry Cleaning

- all wool can be dry cleaned

## Removing Common Stains from Washable Wool Garments

- Ballpoint pen - Spray with hair spray until wet looking. Blot with clean white cloth or paper towel. Squeeze gently in mild detergent, rinse well.
- Beer - Rinse in cold water then use mild detergent. Rinse well. Use diluted white vinegar if necessary.
- Blood - Soak area immediately in cold water, then in mild detergent. Do not dry until stain is gone.
- Butter  
Cocoa  
Coffee  
Milk - Use dry cleaning fluid (perchloroethylene), dry, rinse in cold water. Treat with mild detergent, rinse.
- Fruit & Juice  
Soft Drinks - Treat immediately with cold water and mild detergent.
- Lipstick - Treat with drycleaning fluid (perchloroethylene), then with liquid detergent.
- Rust - Treat with lemon juice or diluted white vinegar. Rinse well.

## Remember

1. The faster you remove the stain, the better. Work quickly, and don't let the stain soak in or dry.
2. Don't use hot water on wool. Warm is best.
3. Avoid vigorous rubbing. Blot instead, gently.
4. Test drycleaning solvents for color bleeding on an inconspicuous part of the article.
5. Work from outside edge of stain to center.
6. Rinse all stains well to eliminate traces of cleaning fluid, vinegar, etc.
7. Perchloroethylene, the solvent that drycleaners use, is available at the drugstore. It can leave a ring.

## *Trivia*

Ever wonder why skin can be so sensitive to wool?

In 1 " of wool fiber there can be as many as 2000 overlapping scales! Their little sharp points can irritate sensitive skin.

### JUDGING ACTIVITY

As a group, develop a set of guidelines for judging knitted articles. Pretend you are a judge at a fair, in the knitting section. What would you look for? Keep in mind the following headings:

pressing  
pattern  
size of needles  
yarn ends

stitches  
seams  
casting on and off  
trims



Assign a mark to each section, totalling 100.

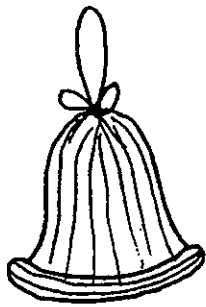
Now, judge your own knitted project if completed, using the guidelines. Set them up in column form (headings at left, space for mark or comment at right). If your project is not yet completed, fill in the columns when you have completed it. Use the space below for your chart.



HOME ACTIVITY

1. Make a list of all the properties of wool which you feel are GOOD, and say why.
2. Complete knitted project.
3. Judge your project and record your comments in a chart, using the guidelines you developed.
4. Complete record book.





## KNITTING PROJECTS

BELL - a beginner's project

Make these for the Christmas tree, or to decorate wedding, shower, baby or Christmas gifts.

|                 |
|-----------------|
| Casting on      |
| Casting off     |
| Knit stitch     |
| Purl stitch     |
| Garner stitch   |
| Stocking stitch |
| Sewing up seam  |

### Materials

Yarn: 1 ball (50 gm) Astra or other 3-ply yarn will make at least 14 bells.

OR

1 ball (50 gm) Sayelle will make 7 to 8 bells.

Needles: 1 pair 3.25 mm needles for Astra.

OR

1 pair 3.5 mm or 4 mm needles for Sayelle.

Other: Large-eyed blunt needle for sewing.  
1 small jingle bell.  
35 cm narrow ribbon (optional).

Approximate time to make - 1 1/2 hours.

Cast on 14 stitches, leaving a 30 cm tail of yarn.

Row 1: Knit 10, purl 4.

Row 2: Knit 14.

Repeat rows 1 and 2 until you have done 44 rows (count 22 ridges).  
End with a Knit 14 row.

Cast off. Leave an end of yarn 10 cm long.

### To Finish:

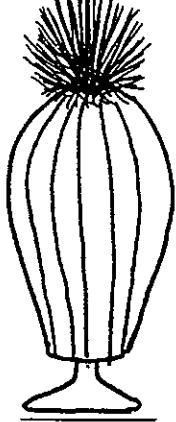
Thread yarn end into a blunt end needle and do a running stitch through every other stitch along top, pulling up tightly. Fasten off by doing 3 stitches in the same spot. Use same yarn to sew up side seam of bell, using a crochet or back stitch. Weave in yarn ends along seam.

### To Attach Metal Jingle Bell:

Cut a piece of narrow ribbon or yarn 35 cm long. Thread jingle bell onto it, positioning bell in center of ribbon. Poke ribbon ends through top hole of yarn bell (you may have to thread them into a large-eyed needle to do this). Pull ribbon ends up through hole until jingle bell just shows below bottom of yarn bell. Tie ribbon ends in a bow on top of yarn bell.

### To Attach Hanging Loop: (for use as a Christmas decoration)

Cut a piece of yarn 25 cm long. Thread it into a needle. On inside of bell, weave yarn into seam for about 3 cm at top of bell, anchor with 2 or 3 stitches just under hole, and poke needle out top hole of yarn bell then back in again, leaving a 6 cm loop. Anchor again just under hole, and weave remaining end into seam. Trim.



EGG COZY - a beginner's project

Make these for gifts, for bazaars or for yourself!

|                 |
|-----------------|
| Casting on      |
| Casting off     |
| Knit stitch     |
| Purl stitch     |
| Decreasing      |
| Sewing up seam  |
| Weaving in ends |
| Pompom          |

Materials

Yarn: Small amount (1/8 of 50 gm ball) of 4-ply fingering yarn.  
 Small amount of contrasting color yarn for pompom or use matching yarn.  
 Needles: 1 pair 3.75 mm.  
 Other: Blunt-end needle for sewing seam.

Approximate time to make - 1 1/4 hours.

Cast on 40 stitches.

Row 1: \*K2 P2\*. Repeat from \* to \* to last 4 stitches. K2 P1 K1. Repeat Row 1 until work measures approximately 7 - 8 cm from beginning.

To End Off:

- Row 1: K2tog. Repeat to end of row (20 sts).
- Row 2: K1. Purl to last stitch. K1.
- Row 3: Same as Row 1. (10 sts)
- Row 4: Same as Row 2.
- Row 5: Same as Row 1. (5 sts)

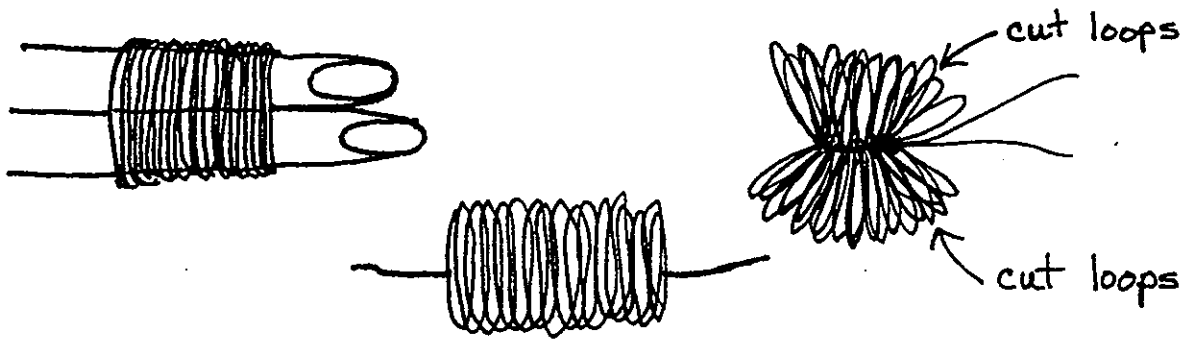
Break yarn, leaving approximately 15 cm for sewing.

To Make:

Thread end of yarn through large-eyed needle. Slip 5 remaining stitches off knitting needle onto yarn. Draw stitches up tightly. Push needle through to wrong side. Sew end of yarn securely to edge of cozy, taking 3 stitches in the same place. Sew up back seam using an overcast seam. Weave in end of yarn from beginning of project. Clip end. Make a pompom and sew to top of egg cozy.

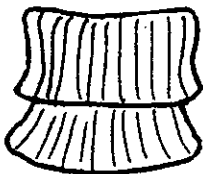
To Make a Pompom

Wind yarn around 2 fingers about 50 times. Remove from fingers and tie tightly in center with a 20 cm piece of yarn. Knot firmly. Cut through loops on each side. Trim to size desired.



To Attach Pompoms

Thread each end of yarn which ties pompom into a blunt-end needle (separately) and poke through top of cozy to wrong side. Tie ends together firmly. Trim ends or weave them through a few stitches on wrong side under pompom.



NECKWARMER - a beginner's project

This is a wide ribbed band to wear like a turtleneck scarf.

- |                 |
|-----------------|
| Casting on      |
| Casting off     |
| Knit stitch     |
| Purl stitch     |
| Joining yarn    |
| Weaving in ends |
| Circular needle |

Materials

Yarn: 2 balls (50 gm each) Shetland Chunky yarn.

Needles: 1 6mm circular needle, 60 cm long.

Other: blunt end needle.

Approximate time to make - 4 hours.

Cast on 80 stitches.

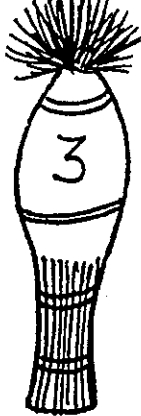
Row 1: Knit 1, Purl 1 to end of row (ribbing).

Row 2: Same as Row 1.

Repeat until neckwarmer measures about 24 cm, or desired length.

Cast off knitwise for the knit stitches and purlwise for the purl stitches.

Weave in yarn ends and trim.



## GOLF CLUB COVER - an intermediate project

Make these as bazaar items, or make them for your favorite golfer.

Casting on  
Casting off  
Knit stitch  
Purl stitch  
Sewing up seams  
Weaving in ends  
Changing colors  
Pompom  
Counting rows  
Duplicate stitch  
(optional)

### Materials (for 2 covers)

Yarn: 1 50 gm ball Sayelle or Knitting  
Worsted in main color (MC).  
½ 50 gm ball Sayelle or Knitting  
Worsted in contrasting color (CC).  
Needles: 1 pair 4 mm.  
Other: blunt end needle for sewing.

Gauge: (in stocking stitch)  
5 sts = 2½ cm  
7 rows = 2½ cm

Approximate time to make - 3 hours.

With MC, cast on 38 stitches.

Cuff: Row 1: \* K1, P1, repeat from \* across row (ribbing).

Repeat Row 1 until cuff is about 6 1/2 cm (16 rows). Drop MC.

Tie on CC.

Work 4 rows of ribbing in CC. Drop CC. Pick up MC.

Work 4 rows of ribbing in MC. Drop MC. Pick up CC.

Work 4 rows of ribbing in CC. Cut CC, leaving a 10 cm end.

Pick up MC.

Work 10 rows of ribbing.

Cover Head: Work in stocking stitch (K1 row, P1 row) for 6 rows.

Drop MC.

Tie on CC.

Work 4 rows st.st. Cut CC, leaving a 10 cm end. Pick up MC.

Work 18 rows st.st. Drop MC. Tie on CC.

Work 4 rows st.st. Cut CC, leaving 10 cm end. Pick up MC.

Work 6 rows st.st. Bind off (cast off) on next row, leaving a 30 cm end.

Finishing: Steam press st.st area (not ribbed area).

Embroider numbers in center of stocking stitch area, using duplicate stitch.

Thread need with the 30 cm yarn end, and make a running stitch through the bound-off edge at top. Draw up as tightly as you can, and end off.

Turn to wrong side and sew back seam, using the backstitch.

If you run out of yarn when sewing up seam, end off, then sew from the cuff end, using the tail of yarn left from casting on.

**BE SURE TO MATCH THE STRIPES WHEN SEWING SEAM!**

### Pompom:

Using the finger method, wind a strand of MC and one of CC together around 3 fingers, 40 times. Remove from fingers. Tie a 20 cm piece of yarn (MC) around center, knot, and clip loops. Trim pompom to size desired, and sew on top, covering small hole where top was gathered in. To sew on pompom, see Egg Cozy pattern.

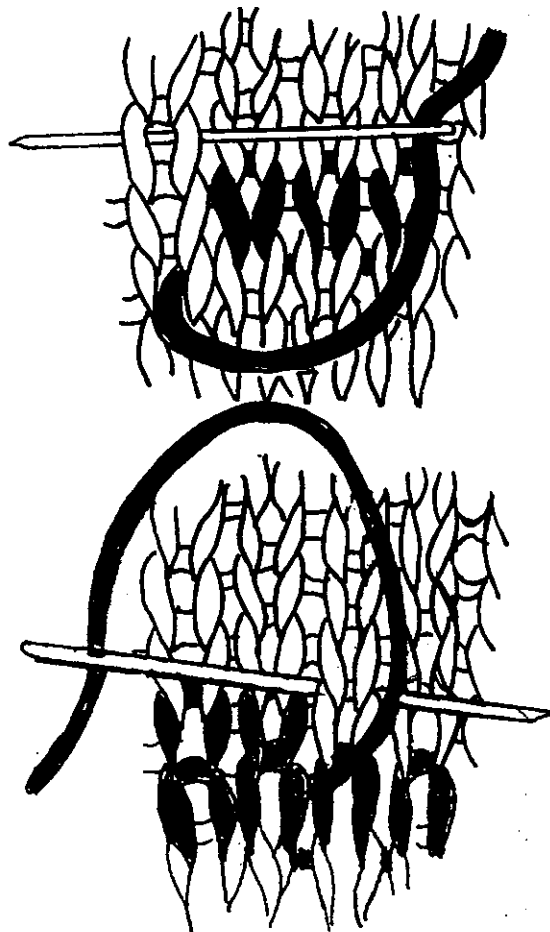
### How to work in ends of yarn left from changing colors e.g. green and white

Undo knot made when tying on color. Thread yarn end into needle. Weave end into wrong side of work for about 5 cm, weaving white end into a white stripe and green end into a green area. The woven-in ends should not be visible from the right side. Slightly stretch the area into which yarn has been woven. Trim off yarn ends.

### The Duplicate Stitch (or Swiss Darning) (or Swiss Darning)

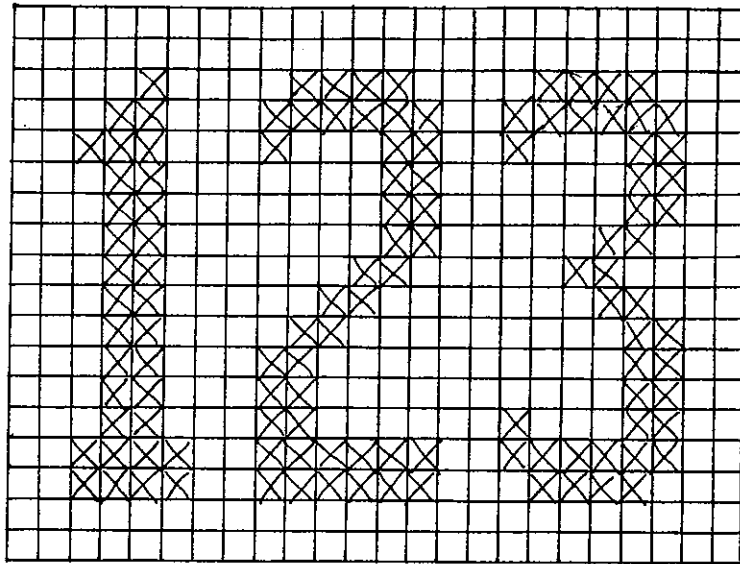
Doing the Duplicate Stitch is like embroidering with yarn over existing knitted stitches, using a contrasting color. (You are duplicating the knitting stitch with another color.)

1. Thread a needle with yarn of CC. Leave a 10 cm tail on back of work. Bring needle up at base of first stitch to be embroidered. Insert needle from right to left under the 2 loops of the same stitch, 1 row above, and pull yarn through.
2. Then insert needle back into base of stitch where you first came up, bringing it up in the base of the next stitch to the left. Continue in this way across the row.
3. To work back across the next row up, insert needle into the base of last stitch worked, then up again in base of stitch in row above. Insert needle from left to right under the 2 loops of this stitch as you did for Row 1 and continue as in Row 1, but going from left to right..
4. Weave in ends of yarn on back of work, then trim.



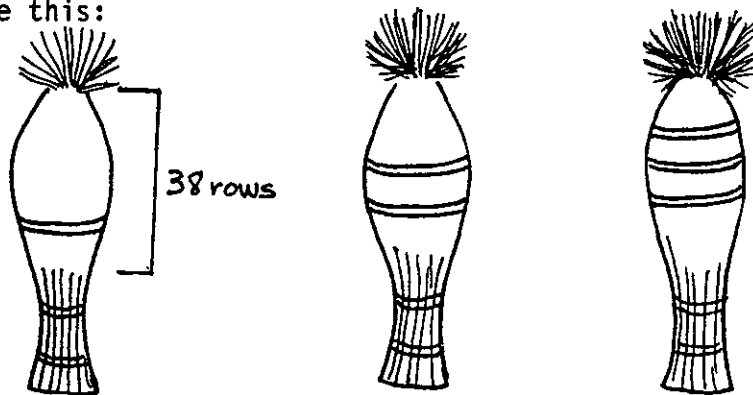
KEEP A FAIRLY LOOSE TENSION WHILE WORKING THE DUPLICATE STITCH.

Chart for doing numbers in duplicate stitch

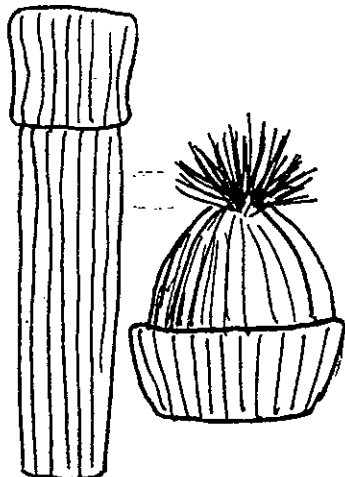


NOTE:

Golf club covers are usually made for 1, 2 and 3 wood clubs. Instead of embroidering the numbers on the covers, you could indicate the numbers by knitting 1, 2 or 3 stripes in the CC, close together on the cover. They would look like this:



Just remember that the total number of stocking stitch rows between the ribbed cuff and the pom-pom should be 38.



LEGWARMERS AND HAT

- beginner/intermediate project

These legwarmers and hat are easy to make, and are shaped by changing needle sizes several times.

The legwarmers require 4 different sets of needles, the hat 2 sets. Try to borrow the needles rather than buying them.

Legwarmers  
 casting on  
 casting off  
 knit stitch  
 purl stitch  
 weaving in ends  
 using 4 needles  
 changing needles

There are patterns available for both legwarmers and toques which use only 2 sets of needles. The hat pattern following this one needs only 1 set and is shaped by decreasing stitches where necessary.

Sizes for Legwarmers and Hat

| Length with cuff turned down | <u>Child 4-6</u> | <u>Youth 8-12</u> | <u>Adult</u> |
|------------------------------|------------------|-------------------|--------------|
|                              | 43 cm            | 48 cm             | 64 cm        |

Hat  
 casting on  
 casting off  
 knit stitch  
 purl stitch  
 weaving in ends  
 sewing top of hat  
 decreasing  
 using 4 needles  
 changing needles

Materials

| Yarn             | <u>Child</u> | <u>Youth</u> | <u>Adult</u> |
|------------------|--------------|--------------|--------------|
| Legwarmers & hat | 4 balls      | 5 balls      | 7 balls      |
| Legwarmers       | 3 "          | 3 "          | 6 "          |
| Hat              | 2 "          | 2 "          | 2 "          |

Use Shetland Style Chunky yarn, 50 gm balls.

- Needles: Legwarmers - 1 set of 4, #4 mm  
 - 1 set of 4, #4.5 mm  
 - 1 set of 4, #5 mm  
 - 1 set of 4, #6 mm  
 Hat - 1 set of 4, #5 mm  
 - 1 set of 4, #6 mm

Other: blunt end, large-eyed needle for weaving in ends, etc.

Note:

Instructions are written for child's size 4-6. Any changes necessary for youth 8-12 and adult size are printed in brackets ( , ).

Legwarmers

Approximate time to make - minimum 4 hours.

Using set of size 4 mm needles, cast on 32 sts (38, 48) on one needle, then divide stitches among 3 needles. For child's size 4-6, there will be 10 stitches on 2 needles and 12 stitches on the other.

Using the 4th needle to knit, do a K1 P1 ribbing until work measures 5 cm from beginning, for all sizes.

Change to set of size 4.5 mm needles by slipping the stitches from the smaller needles to the larger ones. Continue ribbing until the work measures 10 cm (11,13) from beginning.

Change to set of size 5 mm needles. Continue ribbing until work measures 20 cm (23, 25) from beginning.

Change to set of size 6 mm needles. Continue ribbing until work measures 43 cm (48, 64) from beginning.



Change back to size 5 mm needles. Continue ribbing until work measures 51 cm (56, 71) from beginning, or desired length.

Cast off loosely in ribbing (K1, P1). Turn over an 8 cm cuff at top, and weave in ends.

Hat Approximate time to make - 3 1/2 hours.

Using a set of 6 mm needles, cast on 64 sts (70, 90). Divide among 3 needles.

Do a K1 P1 rib stitch until work measures 8 cm from beginning for all sizes. This is the cuff.

Change to size 5 mm needles. Continue ribbing until work measures 15 cm from beginning for all sizes.

Change back to size 6 mm needles. Continue ribbing until work measures 22 cm (23, 25) from beginning.

Next round: \* K2tog. Repeat from \* to end of round.

Cast off, leaving an end of yarn 20 cm long. Using a blunt end needle, thread yarn through top of hat in a running stitch. Draw up and fasten securely. Turn back an 8 cm cuff. A pompom may be attached.

#### Knitting With A Set Of Four Needles

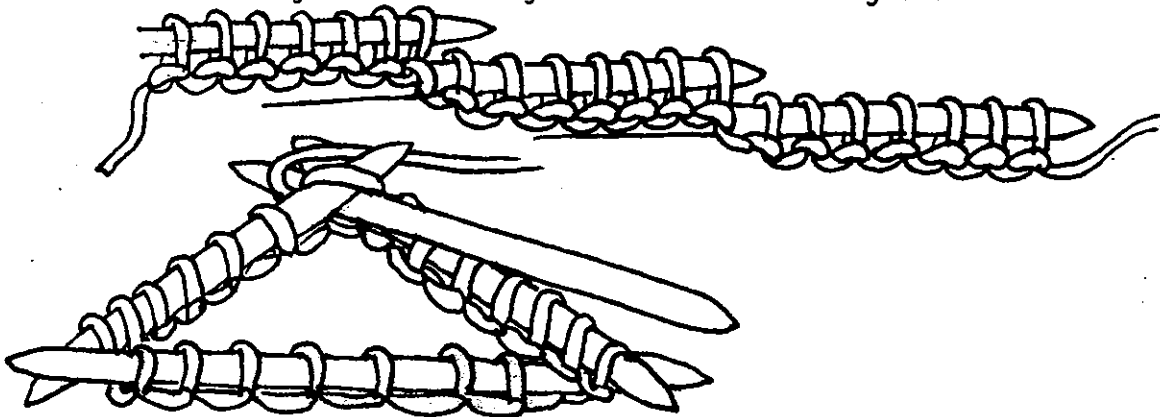
Four double pointed needles are often used to create seamless, tubular items such as socks, legwarmers, mitts or a hat.

Cast on stitches as usual, all onto one needle.

Divide them equally among three needles. Arrange needles in a triangle, being careful not to twist stitches. With the fourth needle, close the triangle, by using it to knit the first stitch on the first needle, using the yarn as it comes from the third needle.

Each time you knit from another needle, be sure to pull yarn firmly so there are no loose stitches or spaces where the needles join.

A round is knitting once around all three needles. The beginning of each round is marked by the tail of yarn left from casting on.





# KNIT A SCARF, HAT, & MITTENS

**NOTE:** Be sure to check your gauge before starting each project. Use any size needle that will obtain the stitch gauge.

## SCARF

Directions are given in two lengths:  
Short (112 cm) and  
Long (178 cm).

Changes for the Long Scarf are in brackets.

### SUPPLIES

1. Coats Red Heart® Sayelle† Knitting Worsted Yarn, 4-ply

● Short Scarf—70-g of main colour (MC); 90 g of contrasting colour (CC)

● Long Scarf—100 g of main colour (MC); 130 g of contrasting colour (CC)

2. Milward "Disc" Knitting Needles—1 pair size 7.00 mm

3. Milward "Disc" Aluminum Crochet Hook—size 4.50 mm.

**GAUGE:** 7 sts = 5 cm; 6 rows

Garter Stitch, 6 rows Stockinette Stitch, and 2 more rows Garter Stitch = 6.5 cm.

### INSTRUCTIONS

**Cast on** 31 sts with CC.

**Row 1** (right side): K across.

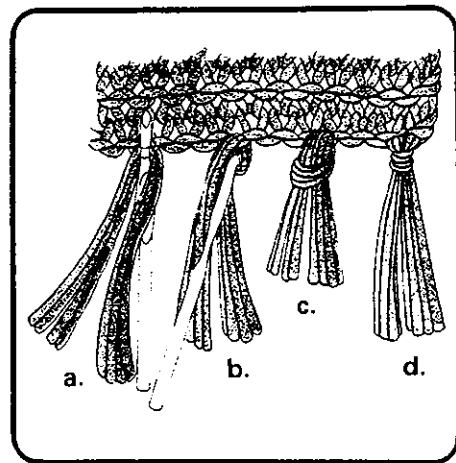
**Rows 2-6:** Work in Garter Stitch (k every row). Leaving a 15 cm yarn end for weaving in, cut yarn. Attach MC.

**Rows 7-12:** Work in Stockinette Stitch (k 1 row, p 1 row). Cut yarn and attach CC.

Repeat Rows 1-12 until scarf measures 112 cm [178 cm], ending with 6 rows of Garter Stitch worked in CC. Bind off. Weave in all yarn ends.

**Fringe:** Cut 88 strands of CC each 30 cm long. Hold 4 strands together and fold in half to form a loop. Working along one narrow edge, insert a crochet hook from back to front into first st (a). Draw loop

through st (b). Draw loose ends through loop (c), and pull tightly to form a knot (d). Add fringe to every 3rd st across row, beginning with the first st and ending with the last st. Repeat along other narrow edge. Trim fringe evenly.



## HAT

Directions are given for two lengths. The Short Hat will expand to fit most heads. The Long Hat is for a larger head or for a full hair style. Changes for the Long Hat are in brackets.

### SUPPLIES

1. Coats Red Heart® Sayelle† Knitting Worsted Yarn, 4-ply—100 g for either size.
2. Milward Knitting Needles, 1 pair size 5.50 mm.
3. Yarn needle

**GAUGE:** In k 2, p 2 ribbing, 9 sts = 5 cm; 11 rows = 5 cm.

### INSTRUCTIONS

**Cast on** 92 sts.

**Row 1:** \*K 2, p 2. Repeat from \* across.

**Following rows:** Repeat Row 1 until total length of hat is 21.5 cm [24 cm]

**To shape crown: First row of decreasing:** \*K next 2 sts tog; p 2. Repeat from \* across. There are now 69 sts on the needle.

**Next row:** \*K 2, p 1. Repeat from \* across. With a different colour yarn, mark side facing you for right side.

**Following row:** \*K 1, p 2. Repeat from \* across. Repeat last 2 rows once more.

**Second row of decreasing:** \*K 2 tog, p 1. Repeat from \* across. There are now 46 sts on the needle.

**Next row:** \*K 1, p 1. Repeat from \* across.

**Following rows:** Repeat last row until total length is 26 cm [29 cm], ending with a row worked on wrong side.

**Third row of decreasing:** \*K 2 tog. Repeat from \* across. There are now 23 sts on the needle.

**Next row:** P across.

**Following row:** K across. Leaving a 43 cm yarn end, cut the yarn. Thread the yarn needle with yarn end and draw this length through remaining sts. Pull up tightly and fasten securely with whip stitches. For back seam, sew side edges together using same yarn.

**Pompon:** Wind yarn 125 times (or more for a fuller pompon) around a 4.5 cm piece of cardboard. Slip a 20 cm length of yarn under all strands and tie together at one end. Remove cardboard and cut strand at opposite end. Trim ends. Attach to top of hat and secure.

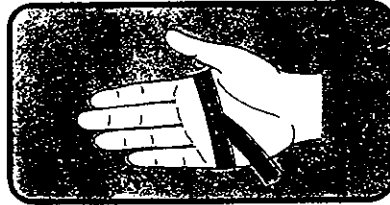
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Vol 5 No 4

## MITTENS

### Approximate

| Mitten Size       | Palm Size       |
|-------------------|-----------------|
| Extra Small ..... | 14 cm-15 cm     |
| Small .....       | 15 cm-19 cm     |
| Medium .....      | 19 cm-23 cm     |
| Large .....       | 23 cm or larger |

Directions are given for Extra Small. Changes for Small, Medium, and Large are in brackets.



### SUPPLIES

1. Coats Red Heart® Sayelle† Knitting Worsted Yarn, 4-ply—70 g of main colour (MC); 15 g of contrasting colour (CC) for all sizes.
2. Milward Knitting Needles—1 pair each size 5.50 mm and size 7.00 mm.
3. Yarn needle, 2 stitch holders, 2 stitch markers.

**GAUGE:** Stockinette Stitch—7 sts = 5 cm; 5 rows = 2.5 cm.

**INSTRUCTIONS:** Follow the same instructions for both the Right and Left Mitten.

**Cast on** 22 [24, 28, 32] sts with MC, using size 5.50 needles.

**Row 1:** \*K 1, p 1. Repeat from \* across.

**Rows 2-11:** Repeat Row 1.

**Following rows:** With size 7.00 needles, work in Stockinette Stitch (k 1 row, p 1 row) for 4 [4, 6, 6] rows, ending with a p row.

**Thumb Gore: Row 1:** K 10 [11, 13, 15]; place a marker on needle. Increase as follows: k into front and back of following 2 sts. This results in 2 sts increased. Place marker on needle and k to end of row.

**Row 2:** P across; slip markers from one needle to the other when you come to them.

**Row 3:** K across to first marker; inc one st in next st; k to one st before next marker; inc one st in next st; k to end of row. There are now 6 sts between markers.

Repeat Rows 2 and 3 alternately until there are 8 [8, 10, 10] sts between markers, ending with a p row.

**Following 2 rows:** Work even in Stockinette Stitch.

**Thumb: Row 1:** K across to second marker; remove marker; place remaining 10 [11, 13, 15] sts on a stitch holder; cast on 2 sts on right-hand needle for base of thumb.

**Following rows:** P the 2 cast-on sts; p next 8 [8, 10, 10] sts, remove other marker, place remaining 10 [11, 13, 15] sts on another stitch holder to be used later for hand. Turn. Starting with a k row, continue in Stockinette Stitch over 10 [10, 12, 12] sts on needle only for 6 [6, 8, 8] more rows, ending with a p row.

**To shape tip: Row 1:** \*K next 2 sts tog. This results in one st decreased. Repeat from \* across.

**Row 2:** P across. Leaving a 30 cm yarn end, cut yarn. Thread yarn needle and draw through remaining sts. Pull up tightly and secure with whip stitches. Sew thumb seam using same yarn.

**Hand: Row 1:** With right side facing you, attach CC to first st on stitch holder to right of thumb. Using a size 7.00 mm needle, k across sts on stitch holder; pick up and k one st on each side of thumb base. Place sts from other holder onto free size 7.00 mm needle and k across these sts. There are now 22 [24, 28, 32] sts on the needle.

**Row 2:** P across. Drop CC; attach MC.

**Rows 3-4:** With MC, work in Stockinette Stitch. Drop MC; pick up CC.

**Following rows:** Continuing in Stockinette Stitch, work in colour stripe pattern as follows: 4 rows CC, 2 rows MC, and 2 rows CC. Cut CC yarn. With MC only, work even in Stockinette Stitch until length of entire mitten measures 19 cm [22 cm, 25 cm, 25 cm], ending with a p row.

**To shape tip: Row 1:** \*K 2 tog. Repeat from \* across. There are now 11 [12, 14, 16] sts on the needle.

**Row 2:** P across.

**Row 3:** \*K 2 tog. Repeat from \* 5 [6, 7, 8] times, ending with k 1 for Extra Small Size only. There are now 6 [6, 7, 8] sts on the needle. Leaving a 76 cm yarn end, cut yarn. Thread a yarn needle with yarn end and draw through remaining sts. Pull up tightly and secure with whip stitches. Using same yarn, sew seam, matching stripes. Weave in all yarn ends.

### ABBREVIATIONS

|                    |              |                        |                     |
|--------------------|--------------|------------------------|---------------------|
| k .....            | knit         | [brackets] .....       | en-                 |
| p .....            | purl         | .....                  | closes size changes |
| dec(s) ..          | decrease(s)  | { } ..                 | work directions     |
| inc .....          | increase     | ( ) ..                 | given in the paren- |
| tog .....          | together     | theses the number      |                     |
| sl .....           | slip         | of times specified     |                     |
| st(s) .....        | stitch(es)   | <b>work even</b> ..... | continuing the pat- |
| MC .....           | main colour  | tern as before over    |                     |
| CC .....           | contrasting  | the same number of     |                     |
|                    | colour       | stitches without       |                     |
| *(asterisk) ..     | repeat       | increasing or          |                     |
| whatever follows * | as indicated | decreasing             |                     |

†Du Pont certification mark



# Patons

## SPEEDY SLIPPERS

### in Craft Yarn and Canadiana



#### MATERIALS:

The instructions for these slippers are given in 3 sizes to fit men, ladies and children. Of special interest is the neatly and comfortably fitted heel and firm knitting to increase the wearing properties. The designs as shown, have been knitted with Beehive Craft Yarn, Canadiana Superwash Wool or Canadiana Sayelle. For accurate knitting from these instructions, be sure to use your choice of the specified yarns. Quantities in (50 g) balls and needles required for each of these yarns are given below. Use oddments for trim details.

#### QUANTITIES REQUIRED:

**Beehive Craft Yarn** and 4 mm (No. 8) needles

| Men     | Ladies  | Children |
|---------|---------|----------|
| 4 balls | 4 balls | 3 balls  |

**Canadiana Superwash Wool** or **Canadiana Sayelle** and 4½ mm (No. 7) needles

|         |         |         |
|---------|---------|---------|
| 4 balls | 3 balls | 3 balls |
|---------|---------|---------|

The **Fringed Slippers** as shown at top of picture, have been designed for **Canadiana only** and in Ladies' size. They require 3 balls of each of 2 colours.



## Speedy Slippers

with fitted heel and a variety of trim details

The instructions are written for Men's Size. Any changes necessary for Ladies' (L) and Children's (C) are written in brackets thus: — {     }.

**Note:** Craft Yarn is used single just as it comes from the ball. Canadiana is used double. To make double yarn, wind 2 balls together to make 1 ball. For **Fringed Slippers** wind 1 ball of one colour together with 1 ball of other colour.

With Craft Yarn single and 4 mm (No. 8) needles or Canadiana double and 4½ mm (No. 7) needles and beginning at back of heel, cast on 2 sts.

**1st row:** Knit.

**2nd row:** Inc 1 st in 1st st. K1.

**\*\*3rd and 4th rows:** Knit.

**5th row:** Inc 1 st in 1st st. Knit to end of row.\*\* Repeat from \*\* to \*\* to 8 sts on needle, noting that, as there are 2 rows even between increase rows, the increased sts will alternate from one side to the other of the triangle thus formed. Continue repeating from \*\* to \*\* to 14 sts on needle (L—12 sts) (C—10 sts).

**Next row:** Cast on 13 sts (L—11 sts) (C—9 sts) for side of slipper. Knit these side sts. P1. Knit to last st. P1. Cast on 13 sts (L—11 sts) (C—9 sts) for other side. 40 sts on needle (L—34 sts) (C—28 sts).

Proceed:—

**1st row:** Knit.

**2nd row:** K13 (L—K11) (C—K9). P1. K12 (L—K10) (C—K8). P1. K13 (L—K11) (C—K9). Repeat the 2 rows above 20 times (L—17 times) (C—14 times) more or until work will stretch from back of heel forward on foot to joint of big toe, ending with 2nd row.

**Next row:** K2. (P1. K1)6times (L—5 times) (C—4 times). K13 (L—K11) (C—K9). (P1. K1)6 times (L—5 times) (C—4 times). K1.

**Next row:** (K1. P1)7 times (L—6 times) (C—5 times). K12 (L—K10) (C—K8). (P1. K1)7 times (L—6 times) (C—5 times).

Repeat these 2 rows 9 times (L—7 times) (C—5 times).

**Next row:** \*K2tog. Repeat from \* to end of row. Purl 1 row.

**Next row:** \*K2tog. Repeat from \* to end of row. Break yarn. Thread end through remaining sts. Draw up and fasten securely. Sew side edges together to make toe of slipper for length of

ribbing or desired amount. Sew side edges of back triangle to cast-on sts of sides.

### TRIM SUGGESTIONS

**Pompon:** Wind Craft Yarn single or Canadiana double over 4 fingers about 35 times. Remove fingers. Tie tightly in centre. Cut through each side of loops thus formed. Trim to smooth round shape. Sew to slipper as illustrated.

**Lacing up front:** With Craft Yarn single or Canadiana double, crochet a chain about 26 to 36 ins (66 to 91 cm) long, depending on size of slipper. Darn in ends. Lace up front as illustrated.

**Ankle ties:** With Craft Yarn single or Canadiana double, crochet a chain about 20 to 30 ins (51 to 76 cm) long, depending on size of slipper. Darn in ends. Sew centre of chain to centre back of slipper.

**Bow:** With Craft Yarn single or Canadiana double, cast on 15 sts and knit 7 rows garter st (plain knitting every row). Cast off **loosely**. Darn in ends. Wind yard twice around centre tightly and tie at back. Sew to slipper as illustrated.

**Cuffs:** (Suitable for Canadiana only). With wrong side of work facing, single yarn and working along one side of slipper, pick up and knit about 32 sts (L—28 sts) (C—24 sts) by picking up and knitting 3 sts for every 4 rows (2 ridges). Work 9 rows (L—8 rows) (C—7 rows) in (K1. P1) ribbing. Cast off **loosely** in ribbing. Work ribbed border on other side to correspond. Sew edges together, turn cuff over and tack down at front and back.

**Fringed Slippers:** Cut lengths of each colour 8 ins (20 cm) long. Taking 1 strand of each colour, double them and using a crochet hook, draw a loop through a st at ankle edge of slipper. Pass ends through loop and knot firmly. Repeat this knotting through alternate sts and rows on sides and toe for about 5 rows or until slipper is covered as illustrated.

### ABBREVIATIONS

K = knit. P = purl. st = stitch. sts = stiches. ins = inches. tog = together. inc = increase. cm = centimeters

### TRADUCTION FRANÇAISE

K = tricoter à l'endroit. P = tricoter à l'envers. st = maille. sts = mailles. ins = pouces tog = ensemble. inc = augmenter.

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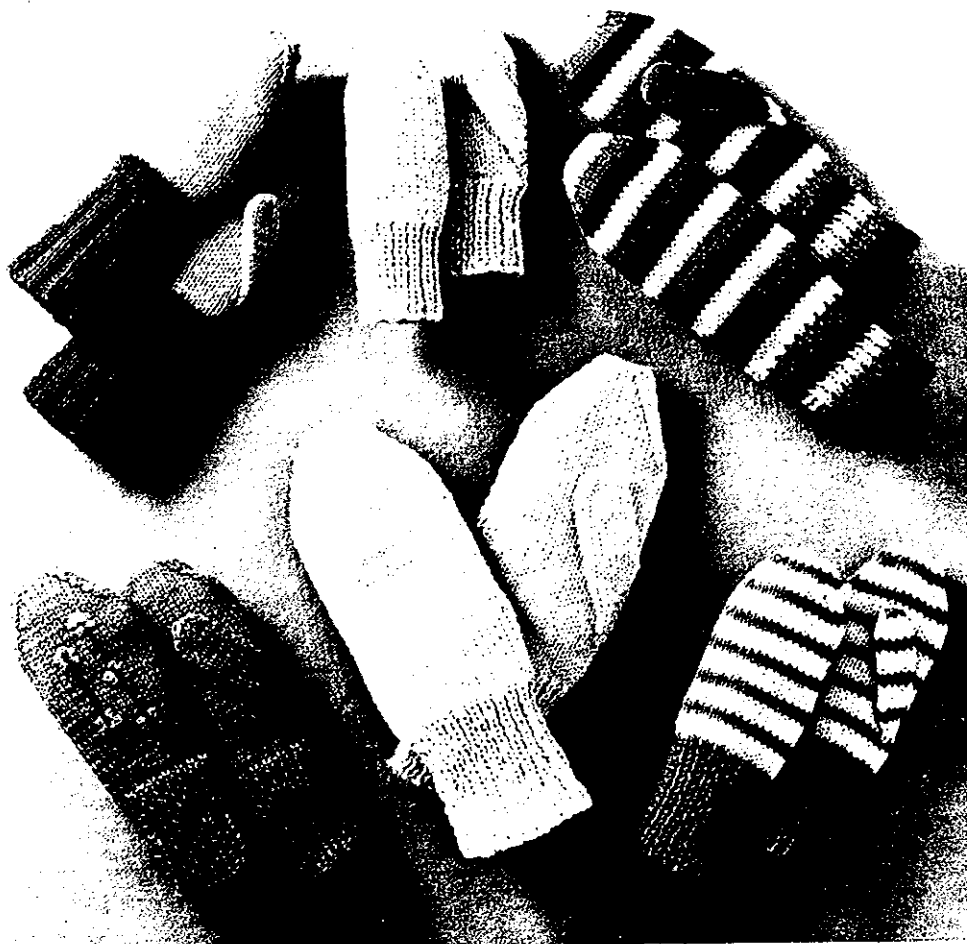
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**Patons**

# CANADIANA MITTS

for the Family



The instructions for these mitts on two needles are given in 5 sizes to fit Children sizes 4, 8 and 12, Ladies and Men.

| SIZES AND MATERIALS:  | Size 4         | Size 8         | Size 12        |
|---|----------------|----------------|----------------|
| Width around palm of hand                                   | 4½ ins (11 cm) | 5½ ins (14 cm) | 6½ ins (17 cm) |
| Length of hand (excluding cuff)                             | 4½ " (11 " )   | 5½ " (14 " )   | 6½ " (17 " )   |
| <b>Canadiana Superwash Wool or Canadiana Sayelle (50 g)</b> | <b>1 ball</b>  | <b>1 ball</b>  | <b>2 balls</b> |
|   |                | <b>Ladies</b>  | <b>Men</b>     |
| Width around palm of hand                                   |                | 7½ ins (19 cm) | 8½ ins (22 cm) |
| Length of hand (excluding cuff)                             |                | 7½ " (19 " )   | 8 " (20 " )    |
| <b>Canadiana Superwash Wool or Canadiana Sayelle (50 g)</b> |                | <b>3 balls</b> | <b>3 balls</b> |

Two 4 mm (No. 8) Milward knitting needles or whichever needles you require to produce the tension given below.

TENSION: 5¼ sts and 7 rows = 1 inch (2.5 cm) in stocking st.

Note: 1 ball contrasting colour is also required for mitts with ribbed gauntlet or mitts with stripes and one colour cuff. Use oddments for embroidery or the multi striped Mitts.

The instructions are written for size 4. Any changes necessary for sizes 8, 12, Ladies (L) and Men (M) are written in brackets thus: ( )

**RIGHT MITT:** Cast on 28 sts (8—32 sts) (12—36 sts) (L—40 sts) (M—44 sts). Work 16 rows (8—20 rows) (12 and L—22 rows) (M—24 rows) in (K1. P1) ribbing.

**To make thumb gusset:** Work in stocking st for 4 rows (8 and 12—6 rows) (L—8 rows) (M—10 rows) ending with purl row.

Proceed:—

**1st row:** K14 (8—K17) (12—K19) (L—K21) (M—K23). Inc 1 st in each of next 2 sts. Knit to end of row. Purl 1 row.

**3rd row:** K14 (8—K17) (12—K19) (L—K21) (M—K23). Inc 1 st in next st. K2. Inc 1 st in next st. Knit to end of row. Purl 1 row.

**5th row:** K14 (8—K17) (12—K19) (L—K21) (M—K23). Inc 1 st in next st. K4. Inc 1 st in next st. Knit to end of row. Continue increasing in this manner, that is, having 2 sts more between increases for thumb gusset, every alternate row to 36 sts on needle (8—40 sts) (12—46 sts) (L—52 sts) (M—56 sts). Purl 1 row.

**To make thumb:** K24 (8—K27) (12—K31) (L—K35) (M—K37). Turn. Cast on 1 st. P10 (8—P10) (12—P12) (L and M—P14) including cast-on st. Turn. Cast on 1 st.

Working on these 11 sts (8—11 sts) (12—13 sts) (L and M—15 sts) continue even in stocking st for 1½ ins (3 cm), (8—1¾ ins)(4 cm), (12—2 ins) (5 cm), (L—2½ ins)(6 cm), (M—2½ ins)(6 cm) ending with purl row.

**Next row:** K1. \*K2tog. Repeat from \* to end of row. Break yarn. Thread end through remaining sts. Draw up and fasten securely. Sew thumb seam.

**To make remainder of mitt:** With right side of work facing, join yarn to last st on right hand needle. Pick up and knit 2 sts at base of thumb. Knit across sts on left hand needle.

**Next row:** Purl across row, purling together the 2 sts picked up at base of thumb. 28 sts on needle (8—32 sts) (12—36 sts) (L—40 sts) (M—44 sts).

Continue even in stocking st until work from top of ribbing measures 3¼ ins(9 cm), (8—4¼ ins) (11 cm), (12—5½ ins)(13 cm), (L—5½ ins) (15 cm), (M—6¼ ins)(16 cm) ending with purl row.

**To shape top: 1st row:** K1. S1 1. K1. pss0. K8 (8—K10) (12—K12) (L—K14) (M—K16). K2tog. K2. S1 1. K1. pss0. Knit to last 3 sts. K2tog. K1. Purl 1 row.

**3rd row:** K1. S1 1. K1. pss0. K6 (8—K8) (12—K10) (L—K12) (M—K14). K2tog. K2. S1 1. K1. pss0. Knit to last 3 sts. K2tog. K1. Purl 1 row.

**5th row:** K1. S1 1. K1. pss0. K4 (8—K6) (12—K8) (L—K10) (M—K12). K2tog. K2. S1 1. K1. pss0. Knit to last 3 sts. K2tog. K1.

Continue decreasing in this manner, that is, having 2 sts less between decreases every alternate row to 16 sts on needle. Cast off purlways. Sew top and side seams.

**LEFT MITT:** Work ribbing as given for right mitt.

**To make thumb gusset:** Work in stocking st for 4 rows (8 and 12—6 rows) (L—8 rows) (M—10 rows) ending with purl row.

Proceed:—

**1st row:** K11 (8—K12) (12—K14) (L—K16) (M—K18). Inc 1 st in each of next 2 sts. Knit to end of row. Purl 1 row.

**3rd row:** K11 (8—K12) (12—K14) (L—K16) (M—K18). Inc 1 st in next st. K2. Inc 1 st in next st. Knit to end of row. Purl 1 row.

**5th row:** K11 (8—K12) (12—K14) (L—K16) (M—K18). Inc 1 st in next st. K4. Inc 1 st in next st. Knit to end of row. Purl 1 row.

Continue increasing in this manner, that is, having 2 sts more between increases for thumb gusset, every alternate row to 36 sts on needle (8—40 sts) (12—46 sts) (L—52 sts) (M—56 sts). Purl 1 row.

**To make thumb:** K21 (8—K22) (12—K26) (L—K30) (M—K32). Turn. Cast on 1 st. P10 (8—P10) (12—P12) (L and M—P14) including cast-on st. Turn. Cast on 1 st.

Working on these 11 sts (8—11 sts) (12—13 sts) (L and M—15 sts) finish thumb and remainder of mitt as given for right mitt.

#### VARIATIONS

**Mitts with Embroidery:** Knit mitts as given at left. Before sewing seams, split yarn into lengths of 2 ply and embroider 2 or 3 lines chain st with 5-petal flowers in lazy daisy st with french knot centre.

**Mitts with Stripes and One Colour Cuff:** Knit mitts as given at left, working cuff with one colour. The stripes are 4 rows with contrasting colour and 2 rows with cuff colour throughout remainder of mitt.

**Mitts with Multi Stripes:** Knit mitts as given at left, working 4 rows with each colour. Use next stripe colour for remainder of thumb as illustrated.

**Mitts with Ribbed Gauntlet:** With gauntlet colour cast on 36 sts (8—40 sts) (12—44 sts) (L—48 sts) (M—52 sts).

Work (K2. P2) ribbing for 3 ins (8 cm), (8—3½ ins)(9 cm), (12—4 ins)(10 cm), (L—4½ ins) (11 cm), (M—5 ins)(13 cm).

**Next row:** Knit, decreasing evenly across row to 28 sts on needle (8—32 sts) (12—36 sts) (L—40 sts) (M—44 sts).

Work (K1. P1) ribbing for 5 rows (8 and 12—7 rows) (L—9 rows) (M—11 rows).

This completes gauntlet. Break gauntlet colour. Join mitt colour.

With right side of work facing and beginning at thumb gusset, work remainder of mitt as given at left.

#### ABBREVIATIONS

K = knit. P = purl. st = stitch. sts = stitches. ins = inches. cm = centimeter. tog = together. inc = increase.

#### TRADUCTION FRANÇAISE

K = tricoter à l'endroit. P = tricoter à l'envers. st = maille. sts = mailles. ins = pouces. cm = centimètre. tog = ensemble. inc = augmenter.

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## PROJECT SUMMARY

A. Member Comments:

1. What did you gain from taking this project?

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2. Which meeting or topic was the most/least interesting? Why?

Most: \_\_\_\_\_

Least: \_\_\_\_\_

3. Comment and/or give suggestions for improvements on the overall project (eg. activities/exercises, achievement program, home activities, senior projects, judging information).

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4. What interests would you like to explore through future 4-H projects?

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B. Parent/Guardian Comments: \_\_\_\_\_

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C. Leader Comments: \_\_\_\_\_

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This project has been completed satisfactorily.

Member \_\_\_\_\_ Leader \_\_\_\_\_

Date \_\_\_\_\_ Leader \_\_\_\_\_

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