



KATHY'S KREATIONS  
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APRIL 2007 UPDATE



Dear Knitters,

Do you have a passion for fiber? If so, this season is tailor-made for you, ripe with lots of non-wool exotic and unusual choices. Ultrapopular bamboo is joined by a variety of less conventional animal and plant fibers.

Amy Singer, author of *No Sheep For You*, encourages us to knit happy with these yarns, a "knitworthy collection that takes the itch out of your stitch but keeps the fabulous in fiber!" Amy's book recants the joys of working with cotton, silk, linen, hemp, bamboo and other delights.

Just in time for warm weather projects, these yarns are luxurious, soft, practical, durable, drapey, and "well-behaved". They can be knit or crocheted into garments to wear again and again, and to love forever. Many of the mercerized cottons and smooth silks make beautiful lace shawls or wraps, perfect for proms, weddings, special occasions, and enchanted evenings. These ooh-la-la yarns come in inspired colorways of sorbet shades and rich hues, just begging to be on your needles. And, we've got the how-to's, patterns, accessories and creative ideas to help get you started.

We are celebrating 27 years in business with an exciting promotion, so get comfy with one of our favorite earth-friendly, animal-free fibers:

**"Bamboo is New!"**  
**All regularly-priced bamboo or bamboo blend yarns**  
**in stock are 10% off**  
**during April 2007**

Hours: 9:00 am - 5:00 pm Monday through Saturday  
Kathy is usually away on Wednesday, but the shop is open

We accept Mastercard, VISA, Discover/Novus, AX

Private knitting and crochet instructions are available by appointment  
Finishing services available  
Gift certificates available

Shopping at Kathy's Kreations has never been easier

COME IN - CALL UP - LOG ON

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\*\*\*\*\* GREAT NEW STUFF \*\*\*\*\*

Spring is all about new beginnings. There are thousands of possibilities in every yarn, in every pattern. It's up to you to make the magic happen, by adding your own personal twist. We hope that our latest arrivals will inspire you to discover some fresh ideas and to embrace the season to the fullest. Knitting and crochet have never been this sweet. Let's spring forward with:

VOGUE KNITTING Spring/Summer 2007 (\$6.99, shown upper left) extols the grace of lace, or "eyelet candy" as they call it. Openwork adorns the pages of this issue, with new twists on traditional lace techniques giving summer sweaters a brand new look. White knits seem to be everywhere, and what better way to show off your whites than with stylish lacework? This edition is also packed with great officewear, designer allure, seaworthy nauticals, and vivid colors for the easy life. And VOGUE hasn't overlooked baby couture -- there are some charmers for babies. We are particularly fond of the heirloom blankies, raglan unisex cardigans and delicate baby-girl jacket...

Cart your knitting to your favorite vacation spot in the summery Rio Basket from LANTERN MOON (\$65.50, see next page upper right). Made of twisted palm, dyed in a fantastic rainbow of colors and 15" high X 17" in diameter, it provides ample space for all your supplies and projects...

CROCHET TODAY April / May '07 (\$4.99) is devoted to crocheters who know that making something personal is as rewarding as it is fashionable. In this issue, you can learn all about tunisian crochet with excellent how-to's and clear illustrations. There is a beautiful updated vintage (retro-80s) afghan pattern for practicing this texture technique. Celebrate spring in style with light, lacy and gorgeous garments like the ribbon top. Decorative accents will breathe fresh air into your home, and projects for baby and kids are as sweet as a new day. Our personal picks are the bohemian bangle bracelets -- transform ordinary costume jewelry into works of art by covering them with crochet -- and the easy Easter Eggs (we think this would look egg-cellent worked in an organic shade of NASHUA "Ecologie Cotton" and placed in a country kitchen basket for year-round). Enjoy...

Margery Winter, Creative Director of BERROCO YARNS, states in *KnitBits*: "The spring/summer '07 collection is the result of a joint effort by our Creative Team to bring you items to knit and crochet for the coming season and for many seasons to come. Comfort and wearability without sacrificing style is our mantra. We were influenced by spectacular items on the fashion runways and in ready to wear collections. New shapes, new constructions, eco-conscious fibers and new proportions all inspired us to design pieces to build a wardrobe that will suit our knitters' uniquely individual fit and style. This season, asymmetry challenged symmetry to a show-down. Retro-styling confronted modernist simplicity as bold silhouettes stood in distinct contrast to the dreamy romantic femininity of lace".

New on our shelves from BERROCO is "Love It" (\$7.50, 50 grams, 120 yards, 58% cotton/ 38% acrylic/4% polyester), a cool matte cotton/acrylic blend with just the right touch of elastic. The color range spans the spectrum from softened pastels to sophisticated mid-tones to primary and jewel-toned summer brights. Support pattern include "Wakame" (shown right from Booklet 262, Yin & Yang, \$6.50), with geometric simplicity for all seasons. Each style is shown two ways: in a woolen yarn for fall and in cottony blends for spring. Create a wardrobe of flattering pieces for layering...



\*\*\*\*\* MORE GREAT NEW STUFF \*\*\*\*\*

There is a growing trend to think "green" across the USA, reviewing our consumption of materials that are not renewable. One exciting research area is the development of cellulistic fiber from the bamboo plant. BERROCO tells us in *KnitBits* #175: "Within the space of just a few months, bamboo can grow over 2 meters. Whereas rayon has been produced from the pulp of trees for many years, those trees don't regenerate as quickly. Wherever it grows, the bamboo is regarded as a giver of long life. In China and the Phillipines, it is a symbol of good luck. In India, it is a token of friendship and in Japan it stands for purity".



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Shouldn't it hold true that American knitters and crocheters would be eager to work with bamboo? You betcha -- look for it on our shelves: PLYMOUTH "Royal Bamboo", CRYSTAL PALACE "Panda" and "Bamboozled", CLASSIC ELITE "Bamboo" and "Wool Bam Boo", and soon, a wool/soy mix from Rowan, "Tapestry". This approach to organic knitting is not about nuts and berries, but about celebrating nature. Spring is a time for re-birth so let's re-think our selections and keep in mind the three "R's" of spring for knitters and crocheters:

**Renew** your enthusiasm for natural fibers, creative interpretation, the planning process and the love of "making it yours" -- it's all about the artisanship

**Refresh** your skills by trying something new -- perhaps a finishing technique, working with the new light-up needles or hooks or learning how to do trendy openwork lace patterns

**Re-invent** your wardrobe with cool knits for warmer days ahead, adding your own personal touch (even if that simply means changing the color)

Paul Meznarich, our PLYMOUTH YARN sales rep, tells us that bamboo yarns have bacterial-resistant properties, making them excellent choices for making chemo hats. PLYMOUTH "Royal Bamboo" (\$7.50, 50 grams, 93 yards, 100% bamboo) now is available in print shades, and we are offering a free chemo hat pattern with purchase of this yarn...

TAHKI / STACY CHARLES debuts several sophisticated pattern collections for spring. (\$16.95 each). Knit cheerful, bright tops from the TAHKI label (back cover shown lower left), go bold with the TSC Collection, or choose the sleek, contemporary FILATURA DI CROSA designs. A crochet edge here finishes a classic cardigan, and a bit of openwork there on a pullover makes a big impact. Each design is easy to stitch; the fabulous yarns makes them keepers...

More new yarns that just arrived: BERROCO "Touche" (\$5.00, 50 grams, 89 yards, 50% cotton/50% Modal rayon), RYC "Cotton Jeans" (\$8.50, 50 grams, 100% cotton marl) and PLYMOUTH YARNS "Jeannee" (\$3.50, 50 grams, 111 yards, 51% cotton/49% acrylic, the big sister of our very popular "Wildflower DK")...



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\*\*\*\*\* BRING A BUDDY TO KATHY'S \*\*\*\*\*

Cathy Finley of "Finely, A Knitting Party" recently hosted a bus tour to our shop for knitters from Swarthmore, PA. We arranged a shopping expedition and mini-workshop with our own Kathy -- a wonderful morning was had by all. If you would like to arrange a private class or special workshop for yourself and a group of friends, please contact us. We would love to help you plan a "Knitter's Day Out" visit to Kathy's Kreations...



\*\*\*\*\* NOW ON OUR BOOKSHELVES \*\*\*\*\*

In *The Natural Knitter* (\$32.50, hardcover), "Barbara Albright takes readers on a rich journey through the joys of natural fibers -- materials that can make an incredible difference, both in your knitting and in the health of our planet. From the animals and plants that produce the fibers to the artisans who work with them, *The Natural Knitter* presents the first-ever all-encompassing look at the world of natural knitting, from alpaca to yak.

Tempted by the versatile and beautiful yarns produced from the fibers of llamas, sheep, cashmere-producing goats, and angora bunnies -- as well as from cotton, hemp, linen and silk -- some of the most renowned designers in the textile industry have contributed patterns to this collection. There are more than twenty wonderful projects in all, and each highlights the softness, drape, and quality of the fiber used.

Meet the entrepreneurs who are creating beautiful products that are also non-toxic and earth-friendly, using plant-dyed fibers and unique processes. For the adventurous, step-by-step instructions are included for dyeing yarn naturally at home.

Lavishly illustrated and thoughtfully detailed, *The Natural Knitter* offers a thorough and engaging picture of the natural fiber industry -- and a beautiful palette of designs for readers to knit, savor, and enjoy".

It is Kathy's deep pleasure to be included in this special project. Her choice for this handknit design (shown upper left) is CLASSIC ELITE YARNS' "Montera", a 50% llama and 50% wool combination. Did you know that llamas are biological members of the camelid family of South America? You can read more about this and other fascinating animal facts in the book. Kathy's design is titled, "Girls' Night Out Sweater and Hat". Here is the intro, excerpted from the book:

"Kathy Zimmerman rules when it comes to creating cozy warm pullovers with lots of texture! She added a snuggly hat to go with this weater. Made in a more masculine color, this hat and sweater set would be great for a guy as well.

Kathy named this sweater in honor of her monthly get-together with friends. She goes out to dinner and a movie -- typically watching a chick flick that doesn't interest the husbands -- with her friends Karen, Darlene, and sometimes a few others. Kathy came up with this sweater as the perfect choice for what she would want to wear all evening long, whether they choose the local retro diner, pub grub fare, Chinese, or Italian followed by a movie or videos at Karen's house.

Kathy opted for Classic Elite Montera. She says, 'This llama wool blend is my all-time favorite yarn, perfect for our chilly Pennsylvania winters (we are in ski country, and this sweater will do double duty apres-ski, too).' Kathy believes sweaters are 'knitted hugs' and this is certainly a great hug to knit for yourself or someone you care about!"

Author Barbara Albright passed away shortly after completion of this book. She was a seasoned writer, as well as a passionate knitter and craft designer. This book is an outstanding tribute serves as her legacy, and was the final accomplishment in her illustrious career. Kathy is so proud to be a part of this wonderful book...

*The Friday Night Knitting Club* (\$22.95, hardcover) is Kate Jacobs first novel. It is an absolutely beautiful, deep moving portait of female friendship, with bonds formed from a shared passion for knitting. You'll laugh and cry along with these characters, and you'll be glad you are a knitter. Oscar winner and devoted knitter Julia Roberts has signed on to co-produce and star in the film adaptation. Till then, you can read the book and transfer the tremendous buzz to your own knitting circle, or join one of ours (see page 8 for more details)...

\*\*\*\*\* MORE FROM OUR BOOKSHELVES \*\*\*\*\*

Designed for the creative and unique crafter who wants to have some felty fun, *Felt Frenzy* (\$21.95, softcover) explores all the major techniques of feltmaking. From knit-and-shrink to traditional wet felting, needle felting, and "recycled" felting (turning salvaged wool sweaters into useful felt pieces), this book also includes ways to combine techniques for exceptional and imaginative results. Packed with 26 patterns, *Felt Frenzy* gives fun and innovative designs for the ever-popular knitted and felted bag -- but it doesn't stop there! Learn to make felted flowers, jackets, scarves, hats like the one shown at lower left, and even wool sneakers! Armed with plenty of information and the authors' can-do spirit, any crafter can add felting to her repertoire with these projects. Please check out our new supplies of colored roving variety packs and needle felting kit accessories for trying the techniques in the book...

Pamper your pooch! *Top Dog Knits* (\$14.95, hardcover) brings 12 high-fashion knits off the runway and home to your very own Big Dog. Felted jackets, waterproofed for rain or snow, soft-knit sweaters, and even a cozy neckwarmer help you dress your dog in style. There are patterns for a candy-striped leash, a double-sided blankie, and a puppy bed, too! High-energy colors, sumptuous yarns, and simple shaping blend sophistication and fun, making your top dog the best-dressed pooch on the block. Nina Fuller's lively studio photography and Jil Eaton's whimsical watercolors make this book an irresistible gift, sure to melt the heart of any doggie lover...

Knitting sweaters sideways -- from cuff to cuff -- is a fun, easy, and versatile way to make a wardrobe full of sweaters. In *Knitting Cuff to Cuff* (\$19.95, softcover), author Susan Guagliumi presents a dozen designs for sideways-knit garments. By working with one basic cuff-to-cuff shape as your canvas, learn to vary color patterning, surface textures, embellishments, and finishing details to produce classic and creative designs for men, women, and children. Choose from among the many pullover and cardigan styles -- or make one of each! Experienced knitters can mix and match design elements to create one-of-a-kind sweaters of their own...

From the founder of TWINKLE YARNS (distributed by CLASSIC ELITE) comes *Twinkle's Big City Knits* (\$24.95, hardcover). We still have a few autographed copies of this collection of 31 of the company's greatest hits. Discover Wenlan Chia's "chunky-chic" secrets for blending yarns, delicate patterns, and bold colors to create sophisticated designs. This is the ideal book for fashionistas who want their haute knits in a hurry...

Thanks to our customers who participated in the annual Chemo Hats Program at the Adams Memorial Library in Latrobe, coordinated by our own Tracey Earhart. Tracey reports that 143 chemo caps were donated on St. Patrick's Day to The Excela Hospital Arnold Palmer Pavilion for hair-loss patients. Tracey received a tour of the facility and told us that the hats were greatly appreciated by the staff and patients.

This program has generated interest in ongoing charity knitting projects, particularly prayer shawls. A news article listing participating area groups can be found on our class area bulletin board. Chemo hats, Caps for Kids, prayer shawls and other handknit or crochet items can be dropped off here at Kathy's Kreations and we will forward them to local charity knitting groups. For those wishing to read more about knitters (even kids!) who knit for the needy worldwide, we've just received more copies of *Knitting For Peace* (\$19.95, hardcover). Make the world a better place -- one stitch at a time!



\*\*\*\*\* SPRING '07 TREND REPORT \*\*\*\*\*

According to CLASSIC ELITE YARNS, "We're going to see knitwear play an important role in design collections around the world this year. This is a very exciting time for the knitwear industry, as there is a creative burst of ideas appearing everywhere. From creative use of cables and color, to the perfect execution of the simplest, most elegant shapes, there is at least one design for every knitwear enthusiast."

There are four main themes around which Spring '07 designs are centered:

--- **Arts and Crafts**: features garments whose inspiration are from Rustic origins, but still remain well-considered and elegant. They are slightly unstructured and layered with a relaxed quality to them. Details include Empire lines, wraps and ties, square cuts, kimono sleeves and extra-deep V-necks.

--- **Elegant Simplicity** has a group of designs focusing on controlled prettiness. Many of these looks have a 1940s, 1950s influence. This is a grown-up feminine feel. The fit is neat and smart, but also a little sexy. Details include ribbon or knitted belts, layered pleats, pin tucks, contoured shape, waist focus and covered buttons.

--- **Iced Decoration** is a girly and flirtatious group of designs. The stitches are delicate and overtly pretty. The look is floaty, soft and frilled, gathered at the waist or under the bust line. Details include neckline frills, ribbon slots, loop and button details, edge focus and lace stitches all-over or used as a detail within the garment.

--- **Energetic** features designs that are clean and crisp. Sporty details are important here. A feeling of preppy American classics prevails with contrasting trims, collars and cuffs. Strong graphic patterns and stripes are featured. Details include stripe/scale combinations, wide straps, contrast collars and pockets, stripe V-necks, bold and fun colors and lean, tubular shapes.

Pick details from your favorite grouping and enjoy the season ahead. We encourage you to try something in a new yarn or add an unexpected design detail -- there truly is a little bit of something to suit every taste in the season ahead. Enjoy our yarns".

\*\*\*\*\* ANN'S SCARF \*\*\*\*\*

Betty Lou Glasso shared a pattern received from a chance meeting with a fellow knitter Ann McCauley, while vacationing at Snowmass. Ann is the author of *The Pleasures of Knitting: Timeless Feminine Sweaters*. We've adapted this easy design for you.

MATERIALS: Lace weight mohair yarn approx. 575 yards; US knitting needles size 7

GAUGE: 4 sts = 1"

FINISHED SIZE: 12" X 64"

DIRECTIONS: Cast on 49 sts. Knit 11 rows.

Row 1(RS): K1; \*yarn over (yo), K1.

Row 2: Knit all sts, dropping all yarnovers.

Rows 3 - 6: Knit.

Repeat rows 1- 6 for pattern until piece measures 62", end row 2. Knit 11 rows. Bind off all sts. Block to measurements.

\*\*\*\*\* LACE KNITTING TIPS \*\*\*\*\*

When knitting lace, hold your needles gently to keep your tension even and prevent hands from cramping. To ensure even distribution of stitches when picking up along edges or sides, mark into sections with small coilless safety pins. Yarn overs and decreases tend to cross on the left-hand needle when working with finer gauge yarns. Be very careful to work the stitches in the proper order and keep count of the stitches...



\*\*\*\*\* WHY KNIT? WHY KNOT? \*\*\*\*\*

The following information is from a column called "The Dropped Stitch" by Sharon Greve, Newsletter Editor for the Four Corners Knitting Guild. Sharon has graciously consented to allow us to re-print this interesting article to share with all of you:

"Life without knitting? I don't think so! Knitting means different things to different people. Besides being fun, knitting is a great way to meet people -- anywhere. A lot of love goes into knitting -- love of the project, of the recipient, of color, of process, of fiber. The benefits of knitting are numerous. Of course, those beautiful knitted items for ourselves as well as others are obvious. Other benefits are not so obvious".

"Knitting has a lot in common with proven health-promoting practices. Some people feel knitting is a form of meditation which focuses attention on an object or thought -- exactly what's done while knitting. The body and mind decompress. The quiet click of the needles, the rhythm of the stitches, and the warmth of the yarn offer calmness and an escape from the rigors and grief of life. In the 19th century, knitting was prescribed as an antidote for nervousness and hysteria. Thus, blood pressure and heart rate can be reduced -- once you learn there are no mistakes, just learning experiences! Knitting helps you relax, which may help improve your immune function. It can also divert your mind during stressful or aggravating situations. Knitting has been used in therapy and support groups for agoraphobia (fear of open spaces) to relax patients into being in a new space. High-powered attorneys and surgeons find knitting a way to control stress. Tucking a small knitting project in your travel bag eases the wait time in airports, medical offices, soccer practices, etc. Dexterity increases with attention given to repetitive motion. When fingers have knitting fatigue, place a rubber band around your fingers and thumb. Open your hand against the rubber band. This upward "opposing motion" counteracts the downward repetitive motion of knitting. The use of wooden needles offers soothing therapy for your hands as metal needles retain and transfer cold temperatures. Knitting can protect against bad habits -- busy hands don't reach for cigarettes or unneeded food. Understanding instructions and getting your hands to follow the directions contribute to good mental health".

"Knitting not only builds self-esteem, pride, and confidence with each completed project, but promotes patience with familiarity of the basics. Patience is tied to learning to control impulses. The solution is to rise above a difficult situation and put it into perspective. Knitting gives you control over some things in your life at a time you feel no control. The process promotes problem solving as well as math skills as you increase your level of knitting fun".

"I love knitting ---

I **create** confidence

I **decrease** stress

I **increase** patience, calmness, relaxation, enjoyment

I **slip** into better health

I **cast** on control over something in my life

I **continue** diversity of friendships, projects, life

I **bind** off with completion and fulfillment of a unique handmade piece, fully relaxed and refreshed"

*"Life is a stocking," Grandma says, "and yours has just begun.*

*But I am knitting the toe of mine, and my work is almost done".*

*~ 19th century rhyme*



\*\*\*\*\* READER'S KNIT NIGHT \*\*\*\*\*

Join Kathy and Tracey for an evening of knitting on **Mondays, April 2, 2007, and May 7, 2007 from 7:00 pm - 8:30 pm** at the Barnes & Noble Bookstore, Route 30, Greensburg, PA. April's featured book is "The Friday Night Knitting Club", already receiving rave reviews from our customers. The agenda includes fun knitting with fiber-loving friends in a cozy setting, just like the book. In May, we will review "The Natural Knitter" by Barbara Albright, which includes Kathy's "Girl's Night Out" design.



\*\*\*\*\* "KNIT KNITE" AT KATHY'S KREATIONS\*\*\*\*\*

**Tuesday evenings, April 10, 2007, and May 8, 2007, from 7 - 9 pm**

Join members of the Laurel Highlands Knitting Guild for an evening of knitting, lots of fun conversation and plenty of advice from experienced knitters. All skill levels are welcome -- come, sit & knit!

\*\*\*\*\* CALENDAR OF EVENTS \*\*\*\*\*

**Private knitting, crochet, felting and hairpin lace lessons available by appointment.**

**"FUN FRIDAY" with instructor Joyce Bischoff: Friday, April 20, 2007, 10 am - 2 pm**

It's fun, it's free -- join us to knit or crochet! Joyce is available for knitting help with your questions and skill-building. There is no charge to attend, but please call ahead to let us know you will be coming. Please bring your knitting, a snack if you wish, and a sense of humor. In the event of inclement weather, please check with us regarding possible delay or cancellation.

**"SHAPING AND EMBELLISHING FELTED KNITS" with instructor Kelly Gradischeck: Saturday, April 21, 2007; 9:30 am - 12:30 pm; \$10 registration fee\* plus materials**

Join the felting frenzy! Kelly will discuss the how-to's of felting a 9" bowl, including decreases & tips for successful felting. Create a one-of-a-kind bowl and explore embellishment ideas. Class supplies are 200 yards 100% wool or natural fiber yarn which will felt and US size 11 16" circular knitting needle & dpns.

\*Registration fee must be pre-paid at the time of registration to reserve a space in class. If you need to cancel, we will refund tuition up to 48 hours prior to the class. After that, we will refund half of the tuition in the form of a store credit. Unless noted, class fees do not include materials. Classes without a minimum of 3 students may be subject to cancellation or postponement, at the discretion of the instructor. Exceptions will be made for inclement weather. Students may pre-register for classes by calling Kathy's Kreations at 724-238-9320 or sending e-mail to [kathy@kathys-creations.com](mailto:kathy@kathys-creations.com)

\*\*\*\*\* DESIGNER KNITTING TIP \*\*\*\*\*

V-neck designs are very popular this season. When working the neckline ribbing, Kathy has a designer tip for working the perfect "V". Place markers on either side of center "V" stitch or stitches (usually 1 or 2 sts). Work in pattern until 2 sts before the 1st marker. If the next stitch in the pattern is a purl st, then P2tog (purl 2 together); if it is a knit st, then work a ssk decrease. Slip the marker, work the center st or sts (usually stockinette), slip the 2nd marker, work the next 2 stitches to mirror the two sts before the 1st marker. If you worked a P2tog, then P2tog tbl (through the back loops) after the center sts; if you worked ssk, then K2tog after the center sts. Continue in ribbing pattern, decreasing before and after the center markers on EVERY row, **including** the bind-off row for a fantastic finish...

Spring promises to bring excitement for knitters and crocheters. Brush up on your skills as there is plenty of adventurous stitching ahead. Fashion is seeing the return of complex stitch combinations, elaborate cabling and wonderful color work. We can't wait...

KEEP KNITTING!

Kathy