

KATHY'S KREATIONS
141 East Main Street
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MARCH 2010 UPDATE

Dear Knitters & Stitchers,

Love knitting and crocheting? So do we. For many of us, it's a great way to relax and to reduce stress. It's not only about our project, but a process that involves meditative movements with yarn and needles. Stitching can get us through some rough times. Some of us find satisfaction in creating an end product they can wear, give as gifts, or use to decorate their home. Other enjoy sharing our craft with a community of stitchers who have the same passion.

Whatever the reason you love to knit and crochet, sweater season is no time to be bashful. Flaunt your stitching in high style, with vibrant colors and fabulous fibers. Whether you opt for traditional textures, timeless colorwork, bold contemporary graphics, feminine openwork, or sophisticated stitches, take a deep breath, grab your needles or hook, and be inspired to dive into something bright and fun. Challenge yourself to learn something new. Once you master the basics, the opportunities are only limited by your imagination. Find out what your favorite knit and crochet style is, and do it! We're here to help you with the details.

This has been one of the snowiest winters on record here in the Laurel Highlands. A stash-enrichment trip to Kathy's is the perfect cure for cabin fever. Be sure to check out our "avalanche" of clearance yarns on the sale table for some super bargains. Saying "good-bye" to some of our old favorites means a "good buy" for you. Stop in soon...

"IT'S SOCK MONTH!"

**10% off all regularly-priced yarns
in our sock station during March 2010**

"MARCH MADNESS ON EAST MAIN STREET"

**purchase any regularly-priced, in-stock item and
take the equivalent of your sales tax as a discount throughout March 2010
(cannot be used with any other discount)**

Winter 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, AX

Private knitting, crochet, spinning and rug punch 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
Telephone 724-238-9320

e-mail kathy@kathys-kreations.com
please visit our website www.kathys-kreations.com





*** GREAT NEW STUFF ***

Artist Paul Gauguin is quoted as saying, "Color! What a deep and mysterious language, the language of dreams." Winter may be hanging on outside, but here at Kathy's Kreations, colorful spring yarns and project ideas are all around. Are you ready for some open, feathery knitting and glorious colors after a winter of heavy stitches? Knit. Crochet. Be happy. Yarn is good. Here's what's new, what's now...

NASHUA HANDKNITS "Linen Collection" pattern booklet (\$11.95) features elegant openwork cardigans that will make you feel like springing forward into warmer days. This collection features Kathy's design, the "Arrowhead Lace Jacket" (shown upper left) with garter stitch tab collar and garter stitch accents on body border and turn-back sleeve cuffs. There are also beautiful home dec items including a table runner, lace curtains and valances. "Creative Focus Linen" yarn will be arriving soon...

The arrival of KNITTER's Magazine Spring 2010 (\$5.95) is a sure sign of warmer days to come. This issue's theme is "Get It Together", and this magazine really pulls it all together! There are interesting exercises in making squares in the round and circles into squares with a helical child's striped pullover, a spiral stole, colorful blocks, and "electric" entrelac. Yarnovers rule in this issue, with delightful openwork wraps and surplice-style tops. We are so pleased that four of Kathy's designs are included in this collection:

- "Pukas" (shown page 6, upper left) this short-sleeved cardie with single button top closure features vertical bands accented with mirroring yarnover and decrease ridges on each side. Subtle hand-dyed color CLAUDIA HANDPAINTS merino wool offers horizontal movement as well. About this design, KNITTER's says: "Ridges traveling the length of this sweater resemble puka shells hung on a string. Worked in soft pastels, the stitching is the star -- where the left half mirrors the right for perfect balance." We love the name of the colorway -- shells on the beach!
- "Cymbidium" (shown page 7, lower left) set-in sleeved jacket with three-button yoke closure with lavenders and pale green shimmering together in two stunning slip-stitch stripe patterns. KNITTER's says: "Three colors and two slip-stitch patterns combine for a jacket full of texture and style. The soft shades of color are fresh and exciting." Worked in light weight cotton ultra pima...
- "Pink Ginger" (shown page 6, lower right) Bright color can bring excitement to any wardrobe, and this jacket with its twin rib and seed-stitch patterns will rival any garden for a fresh take on color. KNITTER's says: "Clean lines and a simple double-breasted closure define this great spring jacket. The seed-stitch cuffs and center panel finish this twin-rib jacket beautifully." Worked in KOLLAGE YARNS "Temptation"...
- "Grape Punch" (shown lower right) The soft periwinkle of this pullover is electrified with a hint of lime green. KNITTER's says: "Chevron ridges are interrupted by lace openwork bars. The contrasting lime accents add punch to the quiet periwinkle." Worked in NASHUA HANDKNITS "Creative Focus Linen", arriving later this spring...

Local artisan Marian Lech presents ZOE B. BUTTONS, handcrafted pottery buttons with attitude (\$4.00 - \$8.00 each, depending on size and workmanship style). These large buttons are perfect for one-button closure "fashion statements" on jackets, pillows and bags. There are a variety of finishes from speckled glazes, raku firing, embossed with vintage doilies, hand-carved textures and hand-painted florals. These are the perfect embellishments for your "one-of-a-kind" creations...



*** MORE GREAT NEW STUFF ***

The two newest patterns from LISA KNITS tell a tale of what the month of March can be. "Blustery Days HT-025" (\$4.00, shown right) is a trio of hats to keep you warm during the lingering days of winter, worked in worsted weight yarn for adults. The Snow Blower's Hat is a ribbed balaclava (center); On The Slopes Slouch Hat (striped, on right) and the Alpine Cap (on left) with a stranded pine tree motif. "Eggstra Special Easter Eggs AC-020" (\$4.00, lower left) are knit coverings for styrofoam or plastic novelty eggs that can be worked flat or in the round in self-striping yarns, leftover sock yarn, touches of glitz, lace diagonal pattern or honeycomb cables.



You know how we can't resist gadgets. Our latest has been dubbed "the cool tool" by shoppal Tracey & it's been selling like proverbial hotcakes. SUSAN BATES Handi-tool (\$2.19) is available in aluminum or quicksilver versions. This 4" tool features a knitting needle point on one end and a crochet hook on the other, very useful for repairing split stitches or correcting mistakes...

New from CLOVER are bamboo double-ended Tunisian crochet hooks (\$10.50 each, sizes G, H, I, J). Simply work in the round using the two hooks and alternating two yarns for a woven finish similar to fabric, so there is not much stretch and it keeps it's shape well. Detailed how-to instructions are enclosed in the package...

Our customers requested them in a complete range of sizes and now they are here. SUSAN BATES Silvalume crochet hooks iwth bamboo handles (\$3.50 - \$3.95, depending on size) are now available in sizes B-1 through J-10 for your crocheting pleasure...

New from CLASSIC ELITE is "Snow Day" (#9103, \$14.95). This booklet is a collection of updated Fair Isle sweaters, jackets, hooded scarves, big needle knit shrugs & hats to keep you snug until spring arrives...

TAHKI YARNS is pleased to introduce something extra-special for the Spring 2010 season -- "Cotton Classic Lite" (\$6.50, 50 grams, 146 yards, 100% mercerized cotton, CYCA yarn classification 3). "Cotton Classic Lite" is equally fantastic as a knitting or crochet yarn. It offers the same superior quality as "Cotton Classic", our best-selling machine washable cotton crepe for years, but in a lighter DK weight. The color range is gorgeous and includes 25 of the best-selling shades from the "Cotton Classic" range. Pattern support booklet "Garden Variety" will be arriving soon...

BERROCO Pattern Collection "Norah Gaughan Volume 6; Story: Hyperbole" (\$17.95) is filled with girly-girl ruffles, deconstructed shapings and flowing, graceful drapings in a variety of BERROCO's spring yarns. Exaggerated elements adorn basic silhouettes as Norah experiments with a wide variety of techniques to create interesting embellishments. The title of Hyperbole has a lighthearted double meaning, referring to the figure of speech while giving a nod to hyperbolic shapes in mathematics as well...



New shades of best-selling favorites from last season are now here: NASHUA HANDKNITS "Daylily" (\$8.50, 50 grams, 87 yards, cotton/acrylic blend, CYCA 4) -- marl yarns are what's new, what's now for spring -- and season-spanning CRYSTAL PALACE "Mochi Plus" (\$8.95, 50 grams, 95 yards, machine washable merino wool/ nylon blend, CYCA 4)...



*** NOW ON OUR BOOKSHELVES ***

Join the new knitting adventure! In *Sock Club* (\$24.99, shown left), experts Charlene Schurch and Beth Parrott invite knitters to stay close-knit using patterns from sock clubs everywhere! Why this delirium over something that requires size 1 needles, short rowing, shaping and Kitchenering, and the dreaded knitting of a second sock? Comfort, whimsy, relentless curiosity, the beauty of small things, practicality and color, color and more color all have something to do with it. In today's knitting community, socks are hot -- they're small, inexpensive, quick to finish, and completely portable. Discover unique patterns and learn techniques including top-down and toe-up knitting, various heel construction methods, cable and lace patterning, embellishing and customizing sock sizing. Enjoy a sense of camaraderie and connection with other sock knitters. Socks hold endless appeal, a trend with legs. With this collection of 23 patterns, knitters of all skill levels will find something to tickle them down to their (sock-covered) toes!

All of our gorgeous sock yarns are on sale this month. Socks are a tiny canvas upon which a knitter can paint in colors that may not flatter when placed next to the face, but make your feet look fetching. Socks are a smaller version of a big knitting project where you can experiment with colors and stitches -- go for it!

Recycling is becoming increasingly important in a world coming to terms with the challenges of environmental, economic and climatic change. We are excited with our new ROWAN YARNS arrival, "Revive". *The Purelife Recycled Collection* (\$18.50, soft cover) features 15 timeless designs for men & women designed exclusively for this innovative new yarn. We had a hard time deciding on a favorite...

ROWAN YARNS *Summer Crochet* (\$18.50, soft cover) is a collection of 12 designs for women in 4-ply and sport yarns. This Mediterranean-inspired book will have you thinking about warmer weather with beautiful lacy summer tanks, tops, wraps, shrugs and openwork cardies. There is also an excellent primer on the basic crochet stitches and techniques...

Adorn yourself with the exquisite textures, lacy patterns and glorious colors of nature! In *Nature's Wrapture: Contemporary Knitted Shawls* (\$24.99, soft cover), you'll find 20 captivating wraps, shawls and scarves in flattering styles ranging from casual accessories to elegant evening wear. The patterns display basic shapes and plenty of variety -- ideal for confident beginners as well as experienced knitters. Requiring little or no finishing, these projects invite knitters to celebrate the mystery and magic that surrounds us. Knit yourself a natural wonder...

Design stunning knitwear for a perfect individual fit! From the initial spark of inspiration to the sewing of the last seam, Shirley Paden now lays out an expert foundation of the knitwear design process. *Knitwear Design Workshop* (\$40.00, spiral bound) offers a complete guide for creating one-of-a-kind garments including how to identify the right yarn for particular garment design and pattern stitches, lessons on how to design double-tapered, single-tapered, and reverse-tapered garments with sleeve caps that fit, a clearer understanding of commercial pattern instructions and how to modify them for your perfect garment...

*** EVEN MORE GREAT NEW STUFF ***

INTERWEAVE KNITS Spring 2010 (\$6.99) is filled with fresh, breezy projects sure to dispel the frigid weather and help you cling to the dream of spring. These innovative and airy knits will recharge your needles and your knitting brain. There is lace, both traditional and modern; crisp, clean stitch definition with cables and more in minimally processed wools and cottons; knits with little finishing; and knits that grow in unexpected ways for a whole new perspective. Kathy and Betty Lou are having a side-by-side, side-to-side knit-along working the "Transverse Cardigan" (shown upper right), in BROWN SHEEP YARN "Serendipity Tweed" (\$9.95, 100 grams, 210 yards, 60% cotton / 40% wool, CYCA yarn classification 4). This clever jacket is knit in one piece from sleeve cuff to sleeve cuff, with raw edges that soften an unexpectedly bold asymmetrical placket. Simple construction, relaxed jacket sleeves, and a smooth tweed add up to year-round wearability. Knitting straight sleeves from cuff to cuff can create unwanted tightness under the arms -- this jacket compensates by adding extra room in the bust for movement. The resulting open drape of the shoulder area minimizes boxiness. This inspiring issue also includes an in-depth tutorial on Kitchener stitch, just in time for "sock month"...



Although a precise date for knitting's origin is unknown, we do know that people of various cultures and in diverse geographical locations have been knitting for centuries. INTERWEAVE PRESS presents *Knitting Traditions* (\$14.99), a special issue dedicated to making vintage techniques new, from Peruvian needle knitting to Russian Lace shawls, from ethnic mittens to a Renaissance silk bag, and lacy scarves to heirloom baby items. We'd like to draw your attention to the socks, in this month that we have declared as "sock month". The journey begins with Anna Zilboorg's vividly colorful Turkish stockings, continuing with Priscilla Gibson-Roberts' Bulgarian stockings with floral designs and circular motif, to Nancy Bush's trio of elegants socks, party socks, and men's merino socks, to knitted & crocheted socks from Ellis Island by Dixie Falls. There is a wonderful tutorial by Jacqueline Fee on knitting two socks at once, one inside the other! The contents of this collection were selected from previous issues of *Piecework Magazine*, most of which are no longer available. As more and more people are picking up yarn & needles to begin their own knitting journey, the stories and projects in *Knitting Traditions* provide historical insight into this needleart -- we are, after all, following in the footsteps of master knitters who travelled before us...

If you watched the Vancouver Winter Olympics, you may have noticed all the gorgeous sweaters, hats and scarves during the Opening ceremonies and throughout the events. The return of the Aran pullover worn by the USA team, designed by Ralph Lauren, particularly caught our eye. Aran patterns are near and dear to our heart, and we have a large selection from which to choose, like KOLLAGE YARNS "Milky Mitts Fingerless Gloves" #3705 (\$6.50, shown lower left), contemporary mitts with a traditional Celtic cable design worked with just one skein of 1/2 N 1/2 yarn (\$17.95, 50 grams, 174 yards, 50% milk / 50% wool, CYCA yarn classification 2)...



Also from KOLLAGE YARNS is item #3520 "Color Burst Shawl Kit" (\$120.00 kit). This sophisticated, elegant feather & fan oversized shawl is worked with jewel tones of "Glisten" yarn (70% alpaca / 25% silk / 5% estellina) and measures 72" X 42". This graceful wrap works up quickly on US 10.5 needles, and was the hit of the Pittsburgh Knit & Crochet Show at our booth last month...



*** INQUIRING KNITTERS WANT TO KNOW ***

We received an e-mail from Dixie V about yarn weight categories. Dixie writes, "If #1 is super fine (sock, fingering, baby), what weight is "lace weight"? I thought it was finer than sock weight. Is fingering yarn lace weight?"

This question had Kathy doing some research, and she found a revised version of the standard yarn weight system for crochet and knitting in the current issue of VOGUE KNITTING. The Craft Yarn Council (CYCA) gives guideline categories based on yarn thickness. These guidelines are available at: YarnStandards.com

Yarn weight symbol "0" (zero), lace category refers to thin fingering and 10 count crochet thread yarns. The knit gauge range in stockinette stitch is 33-40 sts = 4" with recommended needle size 000 to 1 (1.5 mm - 2.25mm). The crochet gauge range is 32-42 double crochets = 4" with steel hook 6, 7, 8 (1.6 - 1.4 mm), regular hook B-1 (2.25 mm). These guidelines reflect the most commonly used gauges and needle / hook sizes for the specific yarn category. For further clarification: "Lace weight yarns are usually knitted or crocheted on larger needles and hooks to create lacy, openwork patterns. Accordingly, a gauge range is difficult to determine. Always follow the gauge stated in your pattern." Kathy adds, remember there is no substitution for a good old-fashioned swatch...

*** CROCHET SAVVY ***

Steel crochet hooks are sized differently from regular hooks -- the higher the number, the smaller the hook, which is the reverse of regular hook sizing...

*** WHAT IS TUNISIAN CROCHET? ***

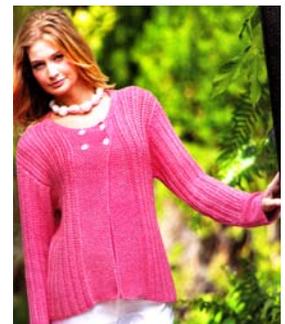
Tunisian crochet, also called afghan stitch, is a crochet technique worked with a long-handled tool called an aghan hook, which looks like a straight knitting needle with a crochet hook on the tip end. It combines elements of both knitting and crochet. Simple Tunisian crochet stitches are square, which makes them an ideal base for cross-stitch embellishment. For more information and illustrations, see *The Crochet Answer Book* by Edie Eckmasn (\$12.95, hard cover) on our bookshelves...

*** KNITTING IS A SMART MOVE ***

In a recent issue of Woman's World magazine, an article called "Smart Moves to Protect Yourself from Diabetes" states: "When it comes to Type 2 diabetes, you already know that staying trim and eating a well-balanced diet can reduce your risk dramatically. But to truly dodge this preventable disease, doctors say, you'll want to take control of some surprising risk factors..."

Chronic stress is a sneaky risk factor. Protect your health with a relaxing hobby. Being tense can often bump up your risk of blood-sugar problems by 184%! "Non-stop production of cortisol, adrenalin and other stress hormones exhausts the nervous system and pancreas," triggering carb cravings and blood-sugar spikes, says Michael Roisen, M.D.

Stay healthy by spending 20 minutes a day **knitting** or doing anything else that requires fine motor control. These hobbies activate calming brain waves that cut the production of stress hormones by 45%." Thanks to Lois R for sharing this article with us...



***** IT'S OUR 30TH BIRTHDAY *****

We're thrilled and excited to mark 30 years in business! We love the exciting new things that are happening here this season, and we are honored to have you as a customer. Thank you for your continued support of Kathy's Kreations. Your business is truly appreciated and we look forward to continue being your "go to" yarn shop for all of your knitting, crocheting, Oxford Rug Punch and spinning needs.

You are cordially invited to join our celebration on **Saturday, March 27, 2010, 9 am - 5pm**. Stop by for refreshments and cake, plus a free gift with your purchase (one per customer, while supplies last).

***** BROWN SHEEP TRUNK SHOW DURING MARCH 2010 *****

Kathy's Kreations is proud to present a trunk show featuring Fair Isle designs worked with BROWN SHEEP YARNS during the month of March. In addition, look for model garments from CLASSIC ELITE YARNS, BERROCO, KOLLAGE YARNS, CRYSTAL PALACE, TAHKI and others on display throughout the shop...

***** FIBER-TASTIC FIBER TASTING SPIN-IN *****

Spin happy? We can help. All spinners are invited to join us to celebrate spring and Earth Day on Saturday, **April 24, 2010, 9 am - 5 pm**. You may bring your own spinning wheel, pull up a chair, and "taste" samples of premium natural fibers from KRAEMER YARNS (Pennsylvania fibers), BROWN SHEEP YARNS (USA fibers) and LOUET YARNS (North American fibers). Roving and fiber will be available to purchase and we will also have a selection of locally processed Pennsylvania, clean premium wool and mohair fibers available to purchase.

A large basket of locally-made drop spindles will be available for you to try (ages 10 & up, please), or you are welcome to try basic spinning on our shop model LOUET S-51 spinning wheel under the supervision of our instructor, Tracey Earhart. There is no charge to attend the fiber-tasting or how-to sessions, but we do ask that you call ahead, as space is limited and we would like to assure that plenty of fiber is available for everyone to enjoy...

***** KNITTED COWL HOOD *****

This pattern was gleaned from a vintage 1989 newsletter from the Chesapeake Purls Knitting Guild. It is very interesting that everything old is new again, since cowls are quite the rage now, over 20 years later. The original yarn suggestion was for a delicate mohair and (you heard it here first), look for mohair to make a huge comeback in fall 2010.

FINISHED SIZE: approx. 10.5" at top; 9.5" at bottom and 18" long

MATERIALS: 200 yards heavy worsted weight mohair yarn; US 10.5 needles or size needed to obtain gauge

GAUGE: 3.5 stitches / 5 rows = 1" in stockinette stitch

NOTE: Piece is worked flat, then seamed. Cast on with a larger needle or e-wrap method.

PATTERN: STOCKINETTE STITCH (K all right-side rows, purl all wrong-side rows)

DIRECTIONS: Cast on 90 sts LOOSELY. Work in stockinette stitch for 3 rows.

Decrease 1 st at beg of next 10 rows by working fully-fashioned decreases as follows: K2, K2 together on right-side rows and P2, P2 together on

wrong-side rows: 80 sts. Work even in stockinette stitch until piece measures 18". Bind off LOOSELY. Sew side seam and weave in ends.





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

Join the "First Monday" Knit Club for an evening of knitting & fellowship, NOW meeting at Panera Bread Greengate, Greensburg, PA on the first Monday of each month: **Mondays, March 1, 2010, and April 5, 2010 6:30 pm - 8:30 pm.** Come knit with us!

***** "KNIT KNITE" AT KATHY'S KREATIONS Tuesday evenings, March 9, 2010, and April 13, 2010, 7:00 pm - 9:00 pm (rsvp please) *****

Join Laurel Highlands Knitting Guild members for an evening of knitting & lots of fun conversation with experienced knitters. All skill levels are welcome to come, sit & knit! In the event of nasty weather, please call ahead to make sure we are meeting...

***** FUN FRIDAYS, March 19, 2010 and April 16, 2010; 10 am - 2 pm *****

All knitters & crocheters welcome! An instructor is available for help with your questions, skill building and how-to's for projects purchased here. Please call ahead to let us know you will be coming, as space is limited. Please bring your knitting, a snack if you wish, and a sense of humor...

***** DEEP CREEK, MD. KNITTER'S RETREAT *****

Kathy will have a mini-market at the Deep Creek, Md. Knitter's Retreat **March 12, 13, & 14, 2010**, at the Will O' the Wisp Resort on beautiful Deep Creek Lake. To find out more about this relaxing weekend getaway, contact pghknitandcrochet@gmail.com or call Barb at (412) 963-7030. Hope to see you there!

***** RUG PUNCH WITH TRACEY EARHART *****

An intermediate Oxford Rug Punch class is slated for Saturday, March 27, 2010, 1:00 pm - 5:00 pm (\$50.00 per class*; punch needle & yarn additional purchases). For details, contact by e-mail at halfmoonhollow@gmail.com or phone (724) 668-7017. *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 4 students may be subject to cancellation or postponement, at the discretion of the instructor. Exceptions will be made for bad weather. Students may pre-register for classes by calling Kathy's Kreations at 724-238-9320 or sending e-mail to kathy@kathys-kreations.com

Private knitting, crochet, felting, Oxford rug punch, drop spindle, and spinning lessons available by appointment. Group classes in a variety of intermediate knitting skills, finishing techniques, socks, and beginner spinning are now forming -- check with us for dates. Kathy's Kreations has been the helpful hands of experienced knitting for 30 years

Once you feel comfortable with knitting or crocheting, it becomes as natural as reading or writing. If getting to the point of being comfortable is an issue, our knowledgeable staff can help you get connected. Our invitation to you? Find new knitting friends at our gatherings. Take a class to learn new techniques and share ideas. Take pleasure from your skills and have fun. Be inspired by our ever-growing selection of fantastic fibers and tools to cheerfully stitch away on whatever project pleases you, and make it your own.

KEEP KNITTING! Kathy