



KATHY'S KREATIONS MONTHLY NEWSLETTER OCTOBER 2004 UPDATE

Kathy's Kreations
141 East Main Street
Ligonier PA 15658
724~238~9320
e~mail kathy@kathys-kreations.com
<http://www.kathys-kreations.com>

Dear Knitters,

Interest in knitting and crochet has taken the yarn world by storm, inspiring a new generation to pick up needles and hooks. Being able to express yourself creatively can make a big difference. Take a cue from Mother Nature's beautiful autumn landscape to explore your own sense of color and fashion this fall. Experience the pleasure of transforming a simple strand of yarn, stitch by stitch, into exquisite, one-of-kind items.

This season, we are taking matters into our own hands at Kathy's Kreations. Literally. We've got a new look, with more space, more ideas, and the largest collection of new products we've ever introduced. We'll help you to mix and match different colorways, yarns and textures to elevate your needlework to needleart. The possibilities are limited only by your imagination. Whatever your skill level, you can make something beautiful and special. Try your hand at combining two or more yarns to create unique fabrics -- see where your creativity takes you.

"OCTOBER IS MOHAIR MONTH"

All regularly-priced mohair and mohair blend yarns
in stock are 10% off during October 2004

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 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

Fax 724-238-5585

e-mail kathy@kathys-kreations.com

please visit our website www.kathys-kreations.com



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

The Professional Knitwear Designers Guild, in their knit forecast for this season, tells us: "In recent times, knitwear has been playing the silent, supporting role, focusing on beautifully fashioned, plain appearance knits, and, of course, shape... knitwear will become more patterned, acting as an antidote to the rest of the wardrobe, which will become much plainer. This is the point at which knitwear will come into its own, making a long-awaited return as the signature piece of the season... the catalyst lies in a contemporary take on the traditional and familiar".

The appeal of a handmade sweater, a luxurious throw, a cozy knit hat -- whatever attracts you to knitting can be found this season. Our newest style standouts are now available in CLASSIC ELITE YARNS 2004 fall/winter collection of patterns. The format has changed with presentation in booklets rather than leaflets, and patterns provide a balance between first sweater projects for beginners and more challenging ones for experienced knitters. There are five booklets at \$11.95 each, with patterns for three or more yarns. We are pleased that two of Kathy's designs are featured in this collection.

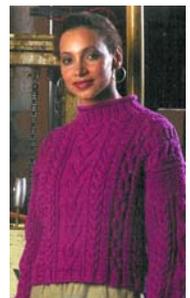
- 9061 Beginnings: filled with patterns to inspire the new knitters from guest designer Cathy Payson
- 9060 Noble Fibers: soft, luxurious, natural fibers like angora and alpaca; Kathy's cabled cardigan design in *Inca Alpaca* is included (shown upper left)
- 9059 Winter: perfect sweater weather dressing; Kathy's cropped cabled turtleneck in *Bazic* is featured (shown lower right)
- 9058: Chunky Knits: fast-knitting favorites
- 9057: Tweed 2: classic knits, featuring new "Skye Tweed" yarn, now in stock (\$7.75, 50 grams, 112 yards, 100% lambswool); this yarn is wonderfully soft and perfect for colorwork, cables, ribs and textures

Feminine, openwork mohair shawls are very popular this season. The newest arrival is ROWAN YARNS "Kidsilk Haze" (\$14.95, 25 grams, 229 yards, 70% superkid mohair / 30% silk), extremely soft and beautiful, in a selection of gentle colorways...

The newest books from TAHKI / STACY CHARLES are here (\$16.95 each). TAHKI YARNS collection features dreamy vintage knits & cozy, warm wraps & shoulderettes, as well the gorgeous tweeds we've always known. S. CHARLES COLLEZIONE features elegant sweaters and glamorous looks. FILATURA DI CROSA latest collection has a split personality. One half of the book is "City Knits", very cosmopolitan, and the other half, vintage haute couture. We're sure you'll agree, there's something fabulous for all...

We admit it -- we love trying out new knitting needles and gadgets. Our newest addition is LANTERN MOON blonde wood straight 10" needles with a black wood top (\$16.50 - \$18.50 per pair, based on size). Made from lovely hardwood, these needles are sanded and waxed by hand. Beautiful to look at and even better to hold...

It's party time with beads, sequins, mesh & more. The holiday issue of FAMILY CIRCLE EASY KNITTING (\$5.99) with warm & toasty dynamite designs to curl up in. There are also gorgeous gift ideas for everyone, including you!



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

Some might call them accessories. We prefer to think of them as necessary luxuries, the fashion fundamentals that add energy, color and pizzazz to your wardrobe. Accessorize -- make a good outfit look great and a great outfit truly spectacular. This year, the "must-have" accessory is the poncho, in all shapes and sizes. Our latest favorite is LISA KNITS "Light & Lacy Poncho" (#AC-009, \$4.00, shown left). Sized for toddlers, girls, & ladies in DK weight yarn, our shop model is made from the gorgeous caramel crunch colorway of KNIT ONE, CROCHET TOO "Souffle" (\$9.25, 50 grams, 104 yards, 70% viscose/30% cotton). Other new K1, C2 poncho patterns (\$4.25 each) are: Tartelette Poncho #1194, a drapey, openwork ribbon wrap; Woven Poncho #1188, a striped, traditional poncho made from 2 rectangles; Souffle Poncho #1196, worked circularly with a boucle yarn; and Artsy Crochet Poncho #1159, also rectangular, made with a variety of gorgeous novelty yarns. It's the year of the poncho, for sure...



KNIT ONE, CROCHET TOO "Fleece" (\$7.25, 50 grams, 109 yards) is a bulky weight plush yarn that is great for kids's wear, everything from ponchos to sweaters. Pattern support includes "Baby Fleece Set" #1192 (\$4.25) a basic striped cardigan and hat that is suitable for beginners. BERROCO "Lullaby" (\$6.25, 50 grams, 126 yards, 87% Dupont Tactel nylon / 13% nylon) is a multi-color version of the very popular "Suede" yarn. This yarn is a great choice for a child's poncho or blanket (see Kids' Stuff book #227, \$10.95)...

KNIT ONE, CROCHET TOO "Needle Pockets" (\$11.50, set of 5 sheets) are an innovative storage solution for circular knitting needles. Made of heavy gauge vinyl, each sheet features 2 pockets, holding several circular needles with a fold-over flap to keep needles organized and in place. Handy check boxes lets you mark each pocket with needle sizes and lengths. These organizers fit in any standard 3-ring binder...

LEAH OAKLEY DESIGNS "Stash-Buster Scarf" (\$4.00) is the perfect solution for using up those half-balls of novelty and eyelash yarns. Yarns are cleverly combined into a unique, stunning, boutique-style creations. This scarf can be worn in many ways, and looks especially attractive over a basic blazer to dress up the "jeans" look...

It's scarf season again! Our most elegant new arrival is the "Lace Scarf Kit" from CLASSIC ELITE YARNS (\$33.50), featuring "Lush" yarn, a luxurious angora/wool blend, knit in an openwork leaf pattern. A new generation of fun novelty yarns include CLASSIC ELITE YARNS lumpy, bumpy, nubby "Parade" (\$14.25, 50 grams, 33 yards, 82% nylon / 18% acrylic) to work with big needles; CLASSIC ELITE YARNS "Whimsey", a drapey, railroad track ribbon that works well alone or combined with other fibers, particularly mohair [on sale this month]; WENDY "Shimmer" (\$6.50, 50 yards, 72 yards, 100% polyester) for the ultimate in feathery fashion, and LANA GROSSA "Ponpon" (\$11.25, 50 grams, 60 yards, 85% wool / 15% acrylic), resembling a string of pompoms. And, of course, all of these may be combined with with metallic eyelash for a touch of glitz...

New colorways of BROWN SHEEP "Handpaint Originals" (\$10.25, 50 grams, 88 yards) have arrived, in colors inspired by the earth, sea and sky, uniquely blended in luxurious mohair and wool. This yarn may be combined with carry-along yarns, and also felts extremely well...



***** NOW ON OUR BOOKSHELF *****

Finally, a calendar for knitters! "Knitting Pretty" 2005 Calendar (\$12.99, shown left) is a 16-month calendar. Each month features a beautiful color photo with complete instructions for easy projects, plus plenty of space for schedule reminders. This is an essential "gotta have" for any serious knitter (a wonderful gift, too)...

Whether you're knitting for little ones with two legs (babies) or four (puppies), "The Gift Knitter" by Tara Jon Manning (\$14.00, softbound), is a clever collection of playful patterns, both classic and modern, that are fun and simple to knit with chunky weight yarns. This is really cute book...

With circular and double-pointed needles, you'll discover the pleasure of having fewer seams to finish. "Knitting In The Round" (\$25.95, hardcover) features a variety of projects worked with Plymouth yarns, including socks, totes, hats and home décor...

"Freeform Knitting and Crochet" (\$17.95, softcover) welcomes you to the wonderful world of freeform needleart, or 'scrumbling". Author Jenny Dowde "takes your yarn for a walk" through the medium of color, texture, and design theory...

Even if you've never knitted before, Sasha Kagan's "Ready, Set, Knit" (\$19.95) will give you all the basics plus the next level of stitches and skills. This is a unique stand-up flip chart-style book that holds your page open at eye level, so you can look at the illustrations and try the technique at the same time. Nicely done...

"For The Love Of Knitting" (\$29.95, hardcover) is a celebration of the knitter's art in a scrapbook of stories, essays, and memories joining past and present. The stories gathered here embody the cultural and historical aspects of knitting. This anthology of classic and contemporary reflections on the passion for knitting will warm your heart and inspire you to reflect on your own knitting stories...

Now, knitted lace really *is* for everyone. "Lavish Lace: Knitting With Hand-Painted Yarns" (\$24.95, softcover) is an inventive, easy approach to knitted lace. Try any kind of yarn, use any size needles -- even the simplest project becomes a work of art with the unlimited colors and textures of hand-painted yarns...

"The Sock Journal: Knit The Year In Socks" (\$21.95) is an encore collection in the Sock Calendar book series. Here again is your favorite journal with sock patterns for each month of the year...

In "Simply Shetland" (\$24.95, softcover), you'll find beautiful examples of age-old, traditional Shetland knitting side-by-side with highly contemporary knitting projects, offering a wide variety of both style and technique...

With "The Knitted Rug" (\$24.95, hardcover), create stylish and practical rugs using simple knitting techniques to add a colorful, homey touch to any decorating scheme...

"Under Cover: 60 afghans to Knit and Crochet" (\$24.95, spiralbound) features original throws that transform a basic design from ordinary to extraordinary. Explore your creativity and create a stunning afghan rich in texture and color...

***** KNIT FOR THE CURE *****

This October, breast cancer awareness month, the designers, instructors and "Girl Friday"s at Kathy's Kreations have come together for a very special project which we call "Knit For The Cure". This is part of an outreach movement within the National Needlework Association (TNNA) to become more involved with local health care communities in addressing the complex medical and psychosocial needs facing cancer patients. This program is designed to raise awareness and support for cancer research and education, while increasing appreciation and involvement in the needlearts. We will be fighting a variety of cancers with our own hands by knitting chemo scarves and garments in honor of special women in our lives. Directions will be made available for sale, with profits designated for the specific cancer-related charity of each knitter. We introduced the first of this series in September, "Nora's Stole", a diagonal openwork prayer shawl hand-knit by Lisa Carnahan. Profits from the sale of this pattern will be donated to an organization to support the research of ovarian cancer.



- A special thank you to the following knitter/designers, whose works are on display:
- Nancy Premoshis: "Stella's Scarf" (shown upper right), vertical openwork panels on a reverse stockinette background with garter stitch edging and fringe, made in honor of Nancy's Aunt Stella; knit from BROWN SHEEP COMPANY *Lambs' Pride* worsted weight yarn; profits to benefit the American Cancer Society
 - Kathy Zimmerman: "Julia's Scarf" (shown lower left), textured ribbed pattern edged with garter stitch openwork, made in honor of Kathy's mother Julia, who died of leukemia this past January; knit from DEVON YARNS *Julia* worsted weight yarn; profits to benefit Arnold Palmer Pavilion and leukemia research & education
 - Sue Schroettinger: "Whisper of Hope Scarf" (shown page 6, upper right), a garter and drop stitch pattern knit from one strand each CRYSTAL PALACE YARNS *Mikado Ribbon* and *Whisper*; Sue is a 15-year cancer survivor; profits to benefit the Westmoreland Hospital Auxiliary Chemo Hat Project
 - Joyce Bischoff: "Pink Scarf" (shown page 6, lower left), a textured interrupted rib pattern with knotted fringe, made in honor of Joyce's daughter Luanne Kerrigan; knit from JAEGER YARNS *Cashair*; profits to benefit breast cancer research & education
 - Betty Lou Glasso: "Michelle's Hat" (shown page 7, upper left), worked circularly with a striped tuck stitch cuff and top cord embellishment; knit from CLASSIC ELITE YARNS *Inca Alpaca* in honor of Betty Lou's friend's daughter; profits to benefit breast cancer research & education
 - Shanta Moitra: "Hope's Scarf" (shown page 8, upper right), a lacy openwork pattern worked with KNIT ONE, CROCHET TOO *Douceur et Soie* lightweight mohair & silk; knit in honor of Shanta's friend's daughter; profits to benefit Somerset Hospital Cancer Center



- Nancy Caldwell: "Pretty In Pink Scarf" (not shown), alternating rib & mock cables reversible pattern on purl background; knit from CLASSIC ELITE YARNS *Premiere* in honor of Nancy's mother Joan; profits to benefit the American Cancer Society
- Tracey Earhart: "Angel Wing Shawl" (not shown), a half-circle, simple eyelet pattern; knit from DEVON YARNS *Julia*, resembling a pair of wings draped over your back, resting on your shoulders, fitted at the top with a tie closure; knit in honor of her friend Linda Grace Hellein, who died of lung cancer in 1998; profits to benefit lung cancer research & education

***** HOW YOU CAN HELP *****

It is heart-warming that so many of our customers are asking how they can participate in Knit For The Cure. If you wish to make a hat, Kathy's Kreations will serve as an ongoing collection center for chemo hats throughout the year, which will be donated to the Westmoreland Hospital Auxiliary for the Arnold Palmer Pavilion.

A dear customer and 17-year cancer survivor, Inez Baker, has compiled a collection of chemo hat patterns and tips for charity knitting. This booklet is available for \$1.50, with the profit donated to the Clarion Hospital Cancer Center at Inez's request. Thank you, Inez, for volunteering your time and talents to help with this program!



***** SANDY'S CHEMO HAT (not illustrated, on display in shop) *****

This hat was designed by Kathy Zimmerman, and is named in honor of her friend Judy Croucher's sister Sandy, recently diagnosed with breast cancer. Judy is the Assistant to the Creative Director at CLASSIC ELITE YARNS, whose generous donation of yarn for our chemo hat program is greatly appreciated. Kits are available for purchase, with proceeds going to lung and breast cancer research & education. FINISHED SIZES: 16" for baby size (17.5" for toddler - 19" for child - 20.5" adult small - 21.75" adult medium - 23.25" adult large in parentheses)

MATERIALS: CLASSIC ELITE "Star" (90% cotton / 1% lycra, 50 grams, 112 yards) 1 (1 - 2 - 2 - 2 - 2) balls; US size 8 16" circular needle, US size 8 double-pointed needles for crown; one stitch marker

GAUGE: 5.5 sts / 9 rows = 1" in stockinette stitch after washing

DIRECTIONS: With circular needle, cast on 88 (96 - 104 - 112 - 120 - 128) sts. Place marker for beginning of round. Join; being careful not to twist sts. Knit every round (stockinette stitch) for 1". Work K1, P1 ribbing for 1". Knit every round until piece measures 3.5" (4" - 4.5" - 5" - 5.5" - 6") from ribbing. Begin shaping for crown, changing to double-pointed needles when necessary:

Round 1: *K6, K2 tog; repeat from * around.

Round 2 & all even-numbered rounds: K.

Round 3: *K5, K2tog; repeat from * around.

Round 5: *K4, K2tog; repeat from * around.

Round 7: *K3, K2tog; repeat from * around.

Round 9: *K2, K2tog; repeat from * around.

Round 11: *K1, K2tog; repeat from * around.

Round 13: *K2tog; repeat from * around. Continue on rem sts for 3.5" for I-cord, if desired. Bind off. Tie the cord into a topknot. Weave in ends.



VARIATIONS: This may be worked in striped variations, changing colors for ribbing and striping as desired. Top of hat may be embellished with cords, spirals, strips, crocheted flowers, etc. One important sizing point to bear in mind when knitting chemo hats is that the head size is smaller than it would be with hair. Do not make them too large for the recipient. "Star" is an excellent choice because of the softness, easy care, and elasticity of the yarn. Please feel free to share this pattern with your knitting friends or use for charity knitting or knitting education / knitting guilds. Please do not use any portion of this pattern for commercial purposes or sell hats made from this pattern without the permission of the designer.

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***** BE KIND TO YOUR HANDS ***

What could be more "hands on" this month than a recipe for a therapeutic scrub? Susan Zylka recommends mixing equal parts of sugar and olive oil, rubbing generously into your hands, then washing off with hot water. Susan tells us this will replenish moisture into dry, chapped hands. Thanks, Susan, for your idea!

***** MOHAIR MONTH TIPS & TRICKS *****

Sue Schroettinger's crochet tip: When working with mohair or fuzzy yarns, use a metal crochet hook to help stitches slide easier. Bamboo or wooden hooks adhere to the mohair and create extra drag.

Kathy's yarn selection tip: Furry, fuzzy, drapery or novelty yarns, particularly with more than one color in it, look best when worked with simple pattern stitches to let the beauty of the yarn grab the attention. In general, the simpler the yarn, the more complicated, lacy or textured the pattern stitch you can use; the more complex the yarn, the simpler the pattern stitch should be.

***** INQUIRING KNITTERS WANT TO KNOW *****

"What does it mean when the pattern says to 'knit into the row below'?" This is a term usually seen with brioche stitches. You work the stitch by inserting the tip of the right-hand needle into the center of the stitch in the row below, work as if to knit, then drop the unworked stitch off the left-hand needle without working it. The new stitch will catch two rows of knitting.

This type of stitch generally results in a denser knitted fabric, so you may wish to work it on one size larger needles than you would use for stockinette stitch (knit one row, purl one row). This is true for slip stitch knitting, which also results in a thicker fabric.

***** OCTOBER SCARF *****

Our scarf-of-the-month series concludes with Kathy's "Russian Rib Scarf". Enjoy!

FINISHED SIZE: 6" X 60"

MATERIALS: 300 yards worsted weight yarn such as CLASSIC ELITE YARNS "Lush";

US size 8 knitting needles; tapestry needle for finishing

GAUGE: 6.25 sts / 8 rows = 1" in ribbed pattern stitch

Russian Rib Pattern Stitch (pattern stitch detail shown lower right, multiple of 4 + 2)

Row 1 (WS): K2; *P2, K2; repeat from * across.

Row 2: Knit.

Rows 3, 5 & 7: P2; *K2, P2; repeat from * across.

Rows 4 & 6: K2; *P2, K2; repeat from * across.

Rows 8 & 10: Knit.

Row 9: repeat row 1.

Repeat rows 1 - 10 for pattern.

DIRECTIONS: Cast on 38 sts. Work in Russian rib until piece measures approx. 60", end with row 9 of pattern. Bind off all sts in pattern. Weave in all ends with tapestry needle.

Please feel free to share this pattern with your knitting friends, use for charity knitting or knitting education / knitting guilds .

Please do not use any portion of this pattern for commercial purposes or sell scarves made from this pattern without the permission of the designer. Copyright Kathy Zimmerman ©



***** **UPCOMING CLASSES** *****

Lisa Carnahan will be available to teach private lessons on Tuesday, October 12, 2004, and Thursday, October 28, 2004. Please call to reserve an appointment time.



**“First Projects / Basic Shapes” with instructor Nancy Caldwell
Saturday, October 16, 2004 1:00 pm - 4:00 pm; class fee \$10.00
plus supplies; pre-payment requested upon registration**

Are you ready for your first sweater project, or needing to expand your skills to do a cardigan or poncho? Nancy will teach you how to read and understand basic knitting terms and patterns.

“Socks, Socks, Socks” with instructor Nancy Caldwell Saturday, October 23, 2004, 1:00 - 4:00 pm; class fee \$10.00 plus supplies; pre-payment requested upon registration

Socks are the ideal portable knitting project. Whether you are a beginner knitter wishing to learn the how-to's or an intermediate wanting to learn the toe-up method or funky cuffs, Nancy can help you to get started on the joys of sock knitting...

“Modular Knitting” with instructor Shirley Friedberg Saturday, October 30, 2004, 1:00 - 4:00 pm; class fee \$10.00 plus supplies; pre-payment requested upon registration

Learn how to create one-of-a-kind sweaters in an endless combination of colors. The ability to pick up stitches and a sense of adventure are the only requirements, since the body of your garment is knit one square at a time *without* seams. The class includes sizing, selecting colors, how to combine textures and fibers, style options, and finishing tips. You will need approx. 1700 yards of yarn in 10-12 colorways (a mix of novelty, glitz, and basic, it's up to you) and short size 10 knitting needles, either 10" straight or double-pointed...

Private knitting and crochet lessons are also available by appointment during business hours. Students may pre-register for these events by call Kathy's Kreations at 724-238-9320 or e-mail at kathy@kathys-kreations.com Class supplies are not included in the cost of registration. No refunds will be given unless cancellation is made 48 hours prior to class, or in the event of inclement weather. Classes without a minimum of four students may be subject to cancellation or postponement at the discretion of the instructor.

***** **FUN FRIDAY** *****

Escape for a knitting break — it's **Fun Friday with instructor Joyce Bischoff!** Please join us in our classroom area on **Friday, October 15, 2004 from 10 am - 2 pm**, for a fun-filled day of knitting comradery. Joyce will be here to answer your questions and provide expert knitting assistance. There is no charge to attend, but please call ahead to let us know you will be coming. Please bring your knitting, a snack or lunch if you wish, a folding chair if you've got one, and your sense of humor.

***** **FORT LIGONIER DAYS** *****

It's a Ligonier happening! Fort Ligonier Days will be held on Friday, October 8, Saturday, October 9 and Sunday, October 10, 2004. “Early Bird” Merchant sidewalk sales will take place on Thursday, October 7, 2004. A special thanks to Bob Stutzman and Bill McCullough for the terrific Ligonier Valley Railroad memorabilia and window display.

KEEP KNITTING! Kathy