



KATHY'S KREATIONS
141 East Main Street
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MARCH 2012 UPDATE



Dear Stitchers,

Daylight savings time and spring both arrive this month, so it's a good opportunity to make a fresh start. The new stitching season ahead holds a multitude of creative possibilities, limited only by your imagination. Just like you, everyone here at Kathy's Kreations is a Yarnie, with a passion for the needlearts and a dedication to helping you find the perfect project that's just right for you. Our latest collection of outstanding yarns and brilliant designs allows knitters and crocheters to stitch with texture and form in different and exciting ways.

Yarns for Spring 2012 are about quality, finish and hand. When we talk about warm weather yarns, cotton certainly stands out as a mainstay, but let's not forget the other fibers of season as well as some delightful blends. The subtle sheen of silk, the soft drape of bamboo, and the crispness of linen make them ideal for spring and beyond. Whether smooth and polished, soft or dry and crisp, that final finish and appearance must have its own clear look and identity to fit with the season's strong color message. Look for smart stitchwork, block shapes, slightly nautical looks, broken square designs in simple silhouettes, and "pulled-together" feminine styling with lightness and openness that offers freedom of movement and fluidity of shape. Oh, yes, and ruffles and frills! Make your move for Spring stitching with flair -- we've got a great promotion to help you get started!

MARCH IS "STITCH A CLASSIC" MONTH
All regularly-priced CLASSIC ELITE YARNS
in stock are 10% off throughout March 2012

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 drop spindle
 instructions are available by appointment
 Finishing services & gift certificates available
 Shopping at Kathy's Kreations has never been easier

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*** GREAT NEW STUFF ***

What's on your spring wish list? Spring is a hopeful season, with the long-anticipated return of birds, buds and blooms. Whatever you choose to knit or crochet, consider new fibers for making lighter garments or home dec items. We've got new yarns, tools, magazines, organizers and accessories to spark your creativity. Spring is just around the corner, and we're here to inspire you with what's new, what's now...

CLASSIC ELITE YARNS Spring 2012 has arrived. Kathy's short-sleeved lace ribbed staggered chevron cardigan is featured in pattern booklet 9169 (\$9.95, shown upper left). Kathy worked this versatile from-here-to-anywhere sweater in "Allegoro", part of the Verde Collection (\$11.50, 50 grams, 152 yards, 70% organic cotton / 30% linen, CYCA #3). This yarn gives amazing stitch detail...

Express yourself with essential looks you'll want to create from VOGUE KNITTING Spring / Summer 2012 (\$6.99), and the Top Ten must-haves for spring. The garments, in soft shades of blue, green and turquoise take on beautiful watercolor effects. Other trends to look for this season: 1) Color -- pretty pastels and strong brights, including tangerine tango, Pantone's color of the year; 2) Lace, whether white and feminine or femme fatale black over nude; 3) Shimmer and shine, feathers and fringe; 4) Gatsby-inspired glamour; 5) Flowers; 6) Mesh looks to layer; 7) Shorts; and 8) crochet. A note from Editor Trisha Malcolm; "If you have never crocheted, you'll find it comes very easily to hands that are adept at knitting. With crochet at its peak in terms of fashion-forward designs and yarns for making those designs, now is definitely the time to pick up a hook and join the crochet revolution."

The importance of stitching tools cannot be overstated, but because we use the tools of our craft every day, we seldom stop to think about them. The March-April 2012 issue of *Piecework* ((\$6.99) does just that. We were fascinated by the article on the hazy history of knitting needles, the bag for knitter's pattern, geometric knitted motif tutorial and Viking cabled hat project. And have you ever heard of Bosnian crochet? Read about re-discovering a lost craft and try your hand at a crochet hat with a Bosnian crochet rim...

We know how much you love ruffled scarf yarns, and we know how much you love ROWAN's luxurious "Kid Silk Haze". Now you can experience the same luscious fiber blend in a fabulous limited edition version, ROWAN "Kid SilkCreation" (\$25.50, 50 grams, 11 yards, 70% super kid mohair / 30% silk). This fiber gem is spun as an ethereal, tubular netting yarn but it's definitely a netting yarn with a difference. This stunning innovation ruffles automatically, but uses fewer stitches and less effort to achieve gorgeous results. The colors have been selected from the most popular shades of ROWAN "Kid Silk": cream, dewberry (violet), trance (dusty turquoise), candy girl (bright fuchsia), jelly (lime) and smoke (gray). Using a special technique, one 50 gram hank will knit or crochet a sophisticated scarf with the instructions included on the back of the label (shown lower right). This is the perfect yarn for your own accessories or to create as a gift...



*** MORE GREAT NEW STUFF ***

New from LISA KNITS is "Key West" (\$5.00, shown right), a ladies' 3/4 sleeved basic crewneck pullover that's ideal for transitional wear on days that start and end cool with warmer weather in between. This frock is ideal for a beginner's first sweater project or a simple take-along project for more experienced knitters. Lisa's sample was worked with UNIVERSAL YARNS "Cotton Supreme Batik" (\$9.50, 100 grams, 180 yards, 100% cotton, CYCA#4, machine wash), which is also suitable for home dec items like washcloths, placemats, table runners, tea cozies and more...



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Lisa Knits

In today's knitting world, Stephen West is the king of shaping and beautiful drape. Many of us are familiar with his lovely shawl designs, signature colorwork and clever construction details (in stock here). His designs are fascinating, flattering and the patterns well-written and easy to follow. In "Westknits Book Three" (\$22.00), Stephen proves through the use of simple elements and striking color that good pattern design is more a matter of good taste than complicated knitting...

What bedroom is complete without a pair of little bunny slippers poking out from under the bed? "Hopsalots" by TINY OWL KNITS will help you hop into knitting. These bunny slippers are knitted flat, seamed, then felted. Ask to see our shop models knit by Marilee Roney from KRAEMER "Handknitting Alpaca DK" (\$15.50, 100 grams, 220 yards, 70% alpaca / 30% merino, CYCA #3)...

Kathy has recently returned from the Pittsburgh Knit & Crochet Show (it was so great to see so many of you there!). The hands-down best selling project was "Linen Stitch Scarf" by CHURCHMOUSE YARNS (\$5.50). This scarf uses three different shades of CLAUDIA HANDPAINTED YARNS" Fingering Merino" (\$14.50, 50 grams, 175 yards, 100% merino wool, CYCA #2). We've just received a new shipment of this yarn from CLAUDIA including some shades never seen before. If you didn't get a chance to come to the show, please ask to see the beautifully handcrafted pottery yarn bowls from MARIAN LECH (\$29.00 to \$33.00). Marian is the artisan who makes the gorgeous big buttons...

New yarns and new colorways of old favorites are arriving almost daily -- SCHOPPEL WOLLE "Zauberball Crazy" for the What's Your Point scarf (free pattern with yarn purchase), PLYMOUTH Encore Worsted, BERROCO Vintage DK, and FIESTA Color Cruise. Our new baby yarn (seems like there is another boomlet, doesn't it?) is CRYSTAL PALACE "Cuddles"(\$4.95, 50 grams, 98 yards, 100% microacrylic fiber, CYCA# 4 -5). This quick-knitting yarn is machine washable and comes in solid and variegated shades...

"Damson" by Ysolda (\$6.50, shown lower left) is a pretty, simple little shawl, requiring just one skein of sock yarn, that's fun to knit and easy to wear. Working two columns of paired yarn over increases that radiate from the center neck cast on creates a curved shape that drapes perfectly around your shoulders. Increasing at the edges on both right and wrong side rows creates long points that also make "Damson" perfect to wear as a scarf. The large scale of the lace creates a dramatic scalloped edge, finished with a deceptively simple looped edging...



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Ysolda Teague



*** KATHY'S NEW PATTERNS AVAILABLE ON LINE! ***

Last month at the Pittsburgh Knit & Crochet Show, Kathy debuted two patterns in her new self-published collection of knitting patterns and the response was enthusiastic. The latest addition is "Let It Snow" (shown left, \$4.00), a textured scarf knit from luxurious CLASSIC ELITE YARNS "Kumara" (\$11.95, 50 grams, 128 yards, 85% extra fine merino 15% baby camel, CYCA #4).

"Marilee's Infinity Cowl" (\$5.00) and "Russian Rib Scarf" (\$4.00) are now available for purchase from Kathy's Creations as a hard copy, in pdf format by e-mail and also at <http://www.craftsy.com> (visit Kathy Zimmerman's Designs Shop) and at "Kathy Zimmerman Designs" at <http://www.ravelry.com/stores/kathy-zimmerman-designs>

*** "WE LOVE KATHY'S" KAL

It's not too late to join the KALs and new members are welcome at "We Love Kathy's" Ravelry group (don't be shy) -- we would love to have you join in on the fun! Some of us are still at the casting on stage and works are in progress. Check the discussion thread for news about the Russian Rib Scarf KAL and how group members can get a free pdf. Don't forget that this group meets in person at Kathy's Creations on the second Saturday of each month from 10 am - 2 pm, with a 10% discount on purchases made that day (see page 8 for dates)...

*** FASHION TRENDS ***

This season's motto: it is time to make a fresh start. Color remains the focus, maintaining a harmonious balance of bright colors from deeply saturated through to whitened and muted pastels, punctuated by strong warm neutrals. The Brights include tangerine tango (orange), solar power (gold), starfish (vintage avocado green), bellflower (bright lilac), cabaret (rosy red) and turquoise. A refreshing palette of sweetshop pastels sings spring -- salmon, pretty pink, lilac, and vintage greens. For casual wear, easy sporty looks are low key with easy shapes, striping, and a subtle nautical influence. "Pretty chic" is a strong knitwear trend for Spring 2012, inspired by dance and classic ballet, interpreted in frills and self-ruffling yarns. Muted cosmetic colors are worked into luxury yarns, keeping the theme feminine and pulled together.

*** KNITTING TIP ***

From Eleanor Swogger's Celtic Cable Scarf class: Highlighter tape is a useful tool for keeping track of where you are in the pattern. Place the pattern into a plastic sleeve and place the tape on the outside of the sleeve. It will remove easily, the piece will last longer, and will not pull the ink off the original pattern. Not familiar with LEE highlighter tape? This is a see-through neon-colored "scotch" tape in a dispenser -- place a small piece over your chart or text in your pattern, remove and re-paste as you go. This can be re-used a multiple number of times. Ask us about this wonderful product -- all six colors now available!

From Kathy Zimmerman, "Cable Queen": When allover cable patterns are worked over a larger number of stitches -- even when you have carefully made a gauge swatch -- the width may change. Therefore, it is a good practice to measure your knitting every few inches. You may also wish to begin with the sleeves, as it will be easier to compensate for gauge drift...



*** CHEVRON STRIPE KNIT SCARF ***

FINISHED MEASUREMENTS: 4.5" X 60" (6" X 64" in parentheses)

MATERIALS: Worsted weight yarn* 325 (400) yards total; US size 7 knitting needles; tapestry needle for finishing

GAUGE: In chevron stitch pattern, 34 sts / 30 rows = 4"

PATTERN STITCH (multiple of 12 + 3)

Row 1 (right side); K1, ssk (see page 7); *K9, slip 2 sts as if to purl, K1, p2sso (pass the 2 slipped stitches over the K1); repeat from * to last 12 sts, K9, K2tog, K1.

Row 2: K1; *P1, K4, (K1, yo, K1) all in next stitch, K4; repeat from * to last 2 sts, P1, K1, Repeat rows 1 & 2 for pattern.

DIRECTIONS: With cable cast-on method (see page 7), cast on 39 (51) sts. Work in chevron stripe pattern for 60" (64") or desired length.

Abbreviations: K- knit; K2tog - knit two sts together; P - purl; ssk - slip, slip, knit decrease; st(s) - stitch (es)

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Helpful Hints

- Count stitches after working row 2 of pattern as stitch count is not constant.
- Alternate colors as desired, working in 2 row increments per color so you always begin on a knit row with each color change.
- When working narrow stripes of just a few colors, carry unused color up side of work if you plan to use again in a few rows.

Our shop sample was worked with CLASSIC ELITE "Liberty Wool"*, using 2/3 of the yardage in self-stripping print colorway 7893 rain forest (main color) and solid colorway 7850 gold (contrast color). We worked a 12-row sequence of 6 rows (3 ridges) main color, 2 rows contrast color, 2 rows main color, and 2 rows main color, as shown upper right. This project makes an excellent stash buster and you can alternate colors randomly or planned as you wish.



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Kathy Zimmerman

*** SPRING BREAK WORKSHOP NEARS ***

Kathy Zimmerman and Carol Smith are pleased and excited to host the next Kathy's Creations Workshop, "Spring Break", to be held in Ligonier, PA, on April 20 - April 22, 2011 at the Ramada Inn of Ligonier. The cost is \$175 per person which includes the "Sideways Cabled Hat" 9-hour workshop with Kathy, breakfast and lunch Saturday and Sunday, Friday night knitting party at Kathy's Creations, with additional details and activities to be announced. We will allow free time to shop in Ligonier and will give "goodie bags" with discounts/special offers from the local merchants, as well as a weekend shop discount to attendees.

To reserve a space for the workshop, mail your check for \$175 to Kathy's Creations; 141 East Main Street; Ligonier, PA 15658. For info, questions, and registration details, e-mail kathy@kathys-creations.com or call 724-238-9320. The workshop is just about filled. Reservations are on a first-come, first-served basis as payments are received, so please don't delay as registration is already filling up quickly.

Rooms may be reserved by calling the Ramada at Historic Ligonier; 216 West Loyalhanna Street; Ligonier, PA (724) 238-9545. Mention that you are attending the workshop to receive a special rate.

Save the date for the Fall Workshop are September 21 - 23, 2012. Details coming in next month's newsletter...

*** TOO MUCH OF A GOOD THING? ***

This article was reprinted from The *Country Register* January-February 2012 edition, written by Sharon Greve in her column, *The Dropped Stitch*. Sharon has graciously granted us permission to re-print this information to share with you. Take care!

Too Much Of A Good Thing by Sharon Greve

"Knitters say they are very active with their craft because it helps relieve the pressures and stress of their hectic lives, besides providing enjoyment and accomplishment. Medical professionals have said the rhythmic and repetitive quality of the stitching and clicking of the knitting needles resemble a calming mantra, allowing passive release of stray thoughts.

However, too much of a good thing can be potentially painful. Hands develop according to how they are used. Knitters tend to have RSI (repetitive stress injury) in wrists, backs, hands, necks, or any combination. RSI is a general term for conditions caused by performing a motion, often in a way that is not comfortable or correct for the body.

What knitter hasn't said, "Just two more inches and I'll be finished." We become so engrossed in the work we love that we ignore minor pains and assume they will just go away. However, if the trauma continues, the body damage continues. Common symptoms include: numbness, pain, stiffness, swelling, discomfort only while knitting, and discomfort that spreads; i.e, a shoulder pain that radiates down the arm the longer you knit. If any of these symptoms are felt, stop knitting right away and put an ice pack on the affected area. If the injury is severe, consult a doctor. Pain pills may be prescribed or treatments recommended. Often, therapeutic gloves intended to improve circulation may be helpful. And -- remember to rest. Oh, yes, do take a few days off from knitting, using ice or whatever treatments your doctor recommends. Read those knitting magazine / books you haven't had time to enjoy instead of knitting. After a few days rest, resume knitting for short periods daily, but don't overdo. A re-injury means more damage and a longer period of no knitting at all, not to mention the pain.

So, what's a knitter to do to avoid RSI pain and possible weeks or even months without knitting? Why, prevention is magical action. By knitting in moderation and practicing healthy knitting guidelines, you may be safe from injury.

1. Knitting is an athletic activity. Make sure muscles are warm by stretching them out before and after knitting. Consult appropriate stretches for fingers, wrists, arms, back and legs.
2. Take a break. Oh, I know, we all want to do just "one more row", but take a ten-, minute break every 30 - 45 minutes. Get up, walk around, stretch, and drink water for hydration which helps keep joints healthy. Recognize when you are tired and STOP!
3. Choice of needles is important. The use of non-metal needles are "warm" to finger joints. Afghans, liong scarves, and sweaters are heavy so holding the entire project on one straight needle puts a lot of strain on your wrists. Using a circular needle will distribute the weight, keeping your wrists healthy. Large needles are easier to grip than small needles, putting less strain on your hands. If you've had a past injury, it might help to choose projects worked on larger needles, which will be easier on your hands.

Continued on next page...



** TOO MUCH OF A GOOD THING, CON'T. **

4. Yes, Mom was right when she told us to "sit up straight." Posture is so important when sitting for long periods of time in the same position. Knitters, sit up straight with good back support (90 degree angle at the hips), feet flat on the floor, and arm/wrist support. If you've had RSI problems, prop your arms on pillows or arm rests to further support the body and distribute the weight of your project. Knitting late in the day means your body is more fatigued which leads to poor posture.

Enjoy painless knitting!"

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*** ASK AN EXPERT ***

Q. What does "ssk" mean?

A. This subtle left-slanting decrease is worked on a knit row and mirrors the shape of the K2tog (knit 2 sts together) decrease. Slip two stitches from the left needle to the right needle, one at a time, as if to knit. Insert the left needle tip into the fronts of the two slipped stitches to hold them in place while you knit them together through the back loops with the right needle.

Kathy Zimmerman

Q. What is the "cable cast on" method?

A. This is a good general-purpose cast-on technique, with good elasticity and is made using two knitting needles. It is useful when adding stitches within the work or when a loose edge cast-on row is desired. Here's how:

Make a slip knot and place it on the left needle. Put the right needle through the slip knot, wrap the yarn to knit, and pull it through the slip knot. Place the new stitch back on the left needle. For the remainder of the stitches: Insert the right needle **between** the last two stitches on the left needle. Wrap the yarn as if to knit, and pull through. Place the newly formed stitch back on the left hand needle. Repeat for each additional stitch.

Kathy Zimmerman

Q. Which sides are held together when doing a three needle bind-off?

A. Usually, right sides are held facing each other when doing a three needle bind-off. When done with right sides held together, the bind off is on the wrong side of the work. From the right side, it appears to be a normal seam. If the wrong sides are held together, the bind off will appear on the right side of the garment as a decorative edge. The knitter can choose which effect is most desirable.

Eleanor Swogger

Q. What is the best way to attach a standard button with holes to a handknit? Do I use yarn or thread?

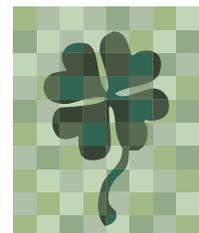
A. Thread is preferred to hold the button securely. Place a tapestry needle between the button and sweater. Sew the button in place with thread several times to secure. Remove the needle. Wrap the thread under the button and around the base to secure and create a "faux-shank". You may sew over the thread with yarn, if desired, to conceal the thread.

Eleanor Swogger

Q. Is there an easy way to find the inside end of a center pull-skein yarn?

A. Try removing the yarn label first. It opens the skein up a bit. Reach in to find the center pull strand.

Clara Masessa





*** CALENDAR OF EVENTS ***

Join the "First Mondays" Knit Club for an evening of knitting and fellowship, at Panera Bread Greengate; Greensburg, PA. Meeting dates are **March 5, 2012, and April 2, 2012, 6:30 pm - 8:30 pm**. All skill levels of knitters and crocheters welcome!

*** "KNIT KNITE" AT KATHY'S KREATIONS Tuesday evenings, March 13, 2012, and April 10, 2012; 7:00 pm - 9:00 pm (rsvp please) ***

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

*** FUN FRIDAYS, March 16, 2012, and April 20, 2012; 10 am - 2 pm ***

All knitters & crocheters welcome! Our instructor Joyce Bischoff 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 project, a snack if you wish, and a sense of humor...

*** RAVELRY GROUP MEET AND GREET ***

Members of the "We Love Kathy's" Ravelry group will be gathering at Kathy's Kreations on Saturday mornings, **March 10, 2012 and April 14, 2012; 10:00 am - 2:00 pm**. Please bring your knitting, crocheting and any projects to show and share. We meet on the second Saturday of every month. All group members will receive a 10% discount on regularly-priced merchandise purchases on this "Meet and Greet Day". Not a member? Ask us how you can join!

*** SAVE THE DATE ***

We're starting summer off with a bang! You are cordially invited to our three "Open Stitching" long weekends Thursday May 31, Friday June 1 and Saturday June 2, 2012; Thursday June 7, Friday June 9, and Saturday June 9, 2012; and Thursday June 21, Friday June 22, and Saturday June 23, 2012. Simply come, sit and knit / crochet to your heart's content from 10 am - 2 pm on these dates. Please bring a chair, a snack to share if you wish, your project purchased here, and call ahead to let us know you are coming. Join in the fellowship of other knitters & crocheters -- it's a great escape!

*** "BEAD BRACELET" CROCHET CLASS with instructor Marilee Roney; Saturday, April 14, 2012; 1:00 pm - 4:00 pm; \$25.00 registration (includes pattern)***

Bead embellishment is hot, hot, hot, and we've got a wonderful crochet class planned with Marilee. Student supplies include a size E crochet hook. Practice beads and strand to learn technique will be provided. Bracelet kits (shown upper left and lower right) may be purchased on the day of class...

Private knitting, crocheting, felting, drop spindle, and spinning lessons available by appointment. We would be glad to do a specific class for groups of 4 or more. Kathy's Kreations has been the helpful hands of experienced knitting for over 31 years !

Like your life, knitting and crocheting are filled with endless possibilities. And that's a good thing. KEEP KNITTING AND CROCHETING! Kathy

