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NEW TITLES FOR 2008

Finesse Your Knitting 2 - Covers buttonbands, shoulders and set-in sleeves.

Intarsia Untangled 1 - All the essential skills for using this colourful technique with ease.

Intarsia Untangled 2 - The finer details to cover every situation in style.

Anticipated release date May 2008.



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A KNITTER'S COMPANION



*Lucy would like to introduce
her exciting new series of DVD's*

A	KNITTING ESSENTIALS 1	ISBN 0-9733940-1-3
B	KNITTING ESSENTIALS 2	ISBN 0-9733940-2-1
C	SOCK TECHNIQUES 1	ISBN 0-9733940-3-X
D	SOCK TECHNIQUES 2	ISBN 0-9733940-4-8
E	KNITTING GEMS 1	ISBN 978-0-9733940-5-4
F	KNITTING GEMS 2	ISBN 978-0-9733940-6-1
G	KNITTING GEMS 3	ISBN 978-0-9782898-0-5
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I	DOUBLE KNITTING DELIGHT	ISBN 978-0-9733940-8-5
J	FINESSE YOUR KNITTING 1	ISBN 978-0-9733940-7-8
K	INTARSIA UNTANGLED 1	ISBN 978-0-9782898-3-6
L	INTARSIA UNTANGLED 2	ISBN 978-0-9782898-5-0
M	FINESSE YOUR KNITTING 2	ISBN 978-0-9782898-4-3

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Knitting Essentials 1

APPROX 2HRS 10MINS

Bind-Off Methods

Temporary
Regular
Regular with crochet hook
The last stitch conundrum!
Regular for rib
Three-needle
Matching vertical columns
Modified conventional (kw)

Cast-On Methods

Loop
Long-Tail (with two hands)
Adjusting width
Adjusting the tension
Looking after your tail yarn
Long-Tail (one-hand)
Long-Tail extra strong elastic
Long-Tail as provisional
Knitted
Cable

Decreases

Right-slanting (k2t)
Left-slanting (ssk)
Ssk versus s1-k1-pss0
Left-slanting (ssk) variations
Fully-fashioned
Double decreases
Kindness to outside stitches
Decs focussed and scattered
Reading decreases

Finishing Basics

Tidying up the junk
Mattress Stitch basics
Knitting (picking) up
Three-needle bind off

Gauge Matters

Needle / Yarn/ Stitches



Increases

Right slanting increase
Left slanting increase
Make one
Make one with a twist
Reading your increases

Useful Miscellanea

Coil-less pins
Yarn butterflies
Running yarn marker and knitting in the round on dpns
Slip knot
Setting up a swift
Ball winder & centre-pull balls
Threading a darning needle
Right v. left yarn manipulation

Odds and Knitting in Ends

Knitting in a tail
Tail neatening whilst purling
The balancing act!
Ends and darning needle skills
Ends at the edges
Splicing and spit splicing
Cheering up unhappy stitches

Rescue Remedies

Laddering back knits and purls
Ripping back wholesale
Ripping back slowly

Secrets of Contented Stitches

The Contented Stitch
Hills stitches and valley loops
Balancing stitches
How stitches are made
Stitch mount, yarn rotation
Controlling stitch size
Stitch abuse, unhappy stitches
Slipping stitches / stitch mount
Twisted stitches
Reading your knitting



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Finesse Your Knitting 2

APPROX. 2 HRS 17 MINS

Ship Shape Shoulders

Short rows by Japanese and wrapped methods
Grafting over a bound-off edge
Three-needle bind-off for garter stitch
Short rows within intarsia
Three-needle bind off in intarsia
Afterthought shoulder shaping
Examples of afterthought shoulders

Fitted Sleeve Heads

Setting in a fitted sleeve head - example
Phony knitting
Setting in a fitted sleeve head
Crossing the shoulder line
Other uses of phoney knitting

Double Stocking Stitch Bands

Why use double bands?
Knit-up ratios
Equalizing the numbers (Diagram)
Knit-up ratios for garter stitch
Sampling the bands
Knitting-up the bands
Equalizing the two sides
What's special about the corner stitches? (Diagram)
Looking at the corner stitches
Working a right-side row and RSI (Right front)
The second right-side row (Right front)
The third right-side row (Right front)
Turning rows
Reversing the shapings and k2t (Right front)
Matching the second side
Buttonhole placement
Bind-off details
Finishing the band - catch stitching
Finishing the band - grafting
Working a right-side row and LSI (Left front)
Reversing the shapings and ssk (Left front)
Closing the lower band edge

Neck and Arm Bands

Neckband (Diagram)
Neckband (Sample)
Remedy for a missing stitch
Neck with fully fashioned shapings
Armband modifications



Knitting Essentials 2

APPROX 2 HRS 30 MINS

Bind-Off Methods

Modified conventional (kw)
Modified conventional (pw)
Three needle

Cast-On Methods

Provisional crochet
Removing the provisional edge
Knitting down flat
Knitting into a crochet chain
Cast-off, cast-on
First row after provisional
In the round, provisional edge

Circular Needles

Advantages and options
Casting on, joining the round and checking for twists
Starting the second round
Right or left hand?
Two-hand training
Stranding and working inverted
Simulation of circular knitting

Cutting Your Knitting

Unplanned cutting
Pre-planned: making a steek
Sewing the steek
Preparing to cut, blocking
Cutting and eliminating ends
Finishing the cut edge

More Finishing Basics

A finishing strategy
Mattress stitch & refinements
Adding more sewing yarn
Adjusting mis-matched edges
Preplanning for finishing
Avoiding premature finishing
Slipping selvage stitches?
Mattress st. for stranded fabric
Knitting up new stitches
Grafting stitches tops to tops
Setting stitches to rows with WY
Sts to rows with a BO edge

Grafting

Grafting sts tops to top using WY
The half-stitch joggle
Grafting tops to top with a stripe
Grafting v. three needle bind-off
Grafting toes (Kitchener stitch):
Make the sock Toe Chimney
Using the sock Toe Chimney
Neatening tails from a sock toe

Miscellaneous

Coil-less pins
Yarn butterflies
Wraps per inch (W.P.I.)
Running yarn markers / Knitting in the round on dpns
Slip knot
Threading a darning needle
The Contented Stitch
Hill stitches and valley loops





Sock Techniques 1

APPROX. 3HRS

Sock Anatomy and Fitting

Choosing yarn & needles
Common turned heel
Tubular sock with inserted heel
Comparison of heels

Bind-Off Methods

Picot
Modified conventional knitwise
MCBO purlwise and in rib
The last stitch, joining the gap
Expanded rib
Three Needle

Cast-On Methods

Long-Tail /Cont. (two hands)
Adjusting the edge width
Adjusting the tension
Looking after your tail yarn
Long-Tail /Cont. (one-hand)
LT variation for strong edge
Picot
Provisional crochet
In the round with a prov. edge
Round down from prov. edge

Cuffs & Edgings (Top-Down)

Latvian Twist
Ruffled turn-over (simulating round knitting) and a purlwise double decrease
Scalloped turn-over
Wavy edge (K2, O, k2, k2t)

Cuffs & Edgings (Toe-Up)

Expanding a 2 x 2 rib and working as set
Binding off expanded 2 x 2 rib
Rib facing with turning rounds
Garter stitch in the round

Finishing Techniques

Duplicate St. (Swiss Darning)
Circular sutures, the boggle and naturally occurring holes
Phoney duplicate stitching
Joining the gap in a CO edge, and neaten yarn tails
Joining the gap in a BO edge
Darning ends from toes

Grafting (Kitchener Stitch)

Make the sock Toe Chimney
Using the sock Toe Chimney

Common Heel

Dividing for the heel flap
Alternative heel stitch
Heel flap length check
Adjustment in the heel flap
Turning heel and reinforcing
Adjustment in turning the heel
Knitting up sts and resuming working in the round
St. distribution & first round
Adjustment after the heel

Toes - Common Wedge

Shapings

In the Round with DPNs

Casting on and dividing sts
Joining the round
Circulating sts, start with k or p?
Transporting your work
Running yarn markers
Three needles?

Round with One Long Circ

Casting on and joining
Working round with two circs
Casting on and joining
Working tips for great socks



Intarsia Untangled 2

APPROX. 2HRS 22MINS

Sophisticated Skills

Introduction to long horizontal colour jumps
Long horizontal colour jumps - yarn ahead (RS)
Why not think ahead?
Long horizontal colour jumps - yarn ahead (WS)
Long horizontal colour jumps - yarn behind (RS)
Long horizontal colour jumps - yarn behind (WS)
Starting a yarn with a single stitch
Why bother with intarsia?
Single stitch lines

Slick Tricks

Outlining - using two ends of one piece of yarn
Neaten an outline from a point
Two-row stripes
Exploiting variegated yarns
Chequerboards and the double-tail weave
Big and little stitches on vertical joins
Comparison of double-tail weave methods
Housebricks
Swapping yarns at the top of a shape
Using yarns double
Problem points
The alpha darn

Mixing It Up!

Mixing your stitches
Garter stitch
Reverse stocking stitch
Mixing reverse and stocking stitches

Pattern Analysis

A simple star?
Planning yarn routes
Cute = dangerous!
Two legged shapes
Intarsia or stranded?
Jagged shapes

Fancy Variations

Sculpted intarsia examples
Sculpted intarsia technique
Emergency fix for a missing link
Mixing stranded with Intarsia
Intarsia sections behind a background yarn - comparison
Intarsia sections behind a background yarn - technique
We all roll over and one falls out
Howard's technique





Intarsia Untangled 1

APPROX. 2 HRS 27 MINS

Introduction to Intarsia

Wrapping your head around intarsia!
What is intarsia knitting?
Comparison with a stranded fabric
Stranded fabric examples
Intarsia fabric example
Why bother with all these bits of yarn?

Chart Preparations

Looking at types of chart
Preparing your chart
Simplifying your chart
Making a shade card
To count stitches or not?
Easy or tricky?

Yarn and Tool Preparation

Yarn palette preparation
Butterflies or bobbins?
Measured lengths
Useful tools
Choosing needles
Gauge considerations

The First Few Rows..

Reading your chart (RS rows)
Weaving in tails on the horizontal (right hand and RS facing)
Weaving in tails on the horizontal (left hand and RS facing)
Weaving in tails on the horizontal (right hand and WS facing)
Weaving the tails up and down or over & over?
Weaving in tails on the horizontal (left hand and WS facing)
Reading the chart from the purl side
Linking yarns: Old over New (WS)
Linking yarns: Old over New (RS)

Onwards...

How the yarns link arms?
The missing link
Living with and resolving tangles
Diagonal slopes (WS)
Diagonal slopes (RS)
Joining in a new piece of yarn
Darning hints - when is a hole not a hole?
Shallow diagonal slopes (RS)
Shallow diagonal slopes (WS)
Horizontal colour change (RS)
Horizontal colour change (WS)
Balance theory

Reading WS Rows

Inverting the chart
Working from right needle to the left
Emergency yarn join
Using marker yarns for reference

Transformation Tips

Naturally occurring holes
Ends near edges
Vertical yarn joins
Neatening a short-tail vertical yarn join
Un-simplifying!

Rescue Techniques

Unpicking row by row
Unpicking a single section
Laddering back
Duplicate stitch
Surgical replacement



Sock Techniques 2

APPROX. 2 HRS 50 MINS

Bind-Off Methods

Preparation for sewn tubular
Simulated round working
Sewing tubular bound-off edge
Conversion of 2 x 2 to 1 x 1 rib

Cast-On Methods

Channel Island
Channel 1s vs. long tail
Provisional crochet cast-on
Removing the provisional edge
Giant st. demo of tubular edge
The finished tubular edge
Tubular 1x1 rib with waste yarn
Tubular 2x2 rib with waste yarn
Conversion of 1 x 1 to 2 x 2

Cuffs & Edgings (Top-Down)

Sideways Garter st explanation
Sideways Garter st preparation
Sideways Garter st, joining
Inserted heels
Garter st. Short-Row / Turkish
Calculating the placement

Garter Stitch Short Row Heel

Decrease section (includes weaving in the tail of the heel yarn, garter stitch short rows, use of parking needles)
Increase section
The final heel row
Close up of finished heel

Turkish or Afterthought Heel

Setting in the waste yarn
Opening the heel gap
Knitting the heel

Miscellaneous But Useful

Circular suture
Phoney duplicate stitch
Neatening the cast-on joggle
Wraps per inch (W.P.I.)
Running yarn marker
Right-slanting increase
Hills and valleys

Toe-Up Toes: Bosnian

Bosnian toe square demo.
Creating the toe square
Working the foot
Toe-Up Toe: Garter St. SR
Decrease section
Increase section
Setting up into the round

Toe-Up Toe: St.St Short Row

Decrease section
Smoothing rows
Increase section

Turning and Facing Rounds

Planning your facing
Picot turning round
Fusing the facing to the sock
Rib with double turning round





Knitting Gems 1

APPROX 2HRS 3MINS

Applied Edges

Knitting-up stitches using a dpn
Applying an I-cord edge
Comparison of methods
Going around an exterior bend
Going around an interior bend
Applying a Garter edge (A)
Knitting from right needle to left
Applying a Garter edge (B)

Buttonhole Essentials

Regular v. one-row holes
One-row self-reinforcing
Eyelet
Enlarged eyelet
For a 2 x 2 rib (purl side)
For a 2 x 2 rib (knit side)

I-Cord Basics

Slipping or sliding?
Why is I-cord circular?
Range of sizes (2 - 5 stitch)
Laddering-up larger tubes
I-cord perfect graft

Cords, Braids and Bobbles

Tube stitch
Screw-thread I-cord
Ribbed I-cord
Purl I-cord (with beads)
I-cord edged Garter stitch
Twisted cord
Bi-coloured I-cord
Bi-coloured braid
Balanced bobble: the increase
Working right to left
Bobble: balanced decrease
Purl-faced bobble

Presenting the Picot Family

Picot cast-on
Varying picot lengths
At the beginning of rows
Mid-row (Lambstails)
Bind-off

Twists, Kinks and Bias

Winding a skein
Reconditioning wool: Steam
Reconditioning wool: Spritz
Reconditioning wool: Washing
Knitting kinky!
Releasing twist
Balanced / unbalanced yarns
S and Z twists
Testing for unbalanced yarn
Biasing in a one-ply yarn
Kinky needles
Turbo needles
Felting a bag



Finesse Your Knitting 1

APPROX. 2HRS 16MINS

Tubular Bind-Off Methods

Preparation of a 1 x 1 rib
Sewing the 1 x 1 rib
Preparation of a 2 x 2 rib

Grafting: Stitches Top to Top

Joining Stocking stitch
Neatening tails from grafting
Grafting diagram with joggle
Joining vertical stripes
Joining uneven numbers of sts
Uneven number join diagram

Perfect Graft: Sts Top to Bottom

Perfect graft diagram
Preparation for a perfect graft
Joining Stocking stitch
Prep. for joining ribbed fabric
Joining a ribbed fabric
Joining stripes
Sewing the second stripe col.
Removing the waste yarn
Emergency shortening, no WY
Emerg. adjustments, with WY
I-cord graft
Sideways sock cuff (explanation)
Sideways sock cuff (preparation)
Joining the cuff

The Afterthought Pocket

Grafting the lining to the garment
Opening the fabric
Finishing the pocket

The Magic Buttonhole

Setting in the waste yarn
Setting in WY for second side
Sewing the buttonhole
Checking the exterior
Sewing the second side
Removing the waste yarn
Finishing
Secrets of Contented Stitches
The Contented Stitch
Hills stitches and valley loops





Double Knitting Delight

APPROX. 2 HRS 27 MINS

What is Double Knitting?

How we create two layers

Tubes on Straight Needles

Even-number stocking stitch
Identifying the two layers
Diagram of single yarn tube
Even-number reverse St.st
The slipur!
Mixing knits and purls
Opening the tube
Odd stitch numbers
Fixing snags, dividing layers
Single back to double fabric
Comparison of gauge
What is going on?
Casting on an open tube

DK Cast-On Methods

Tubular with two colours
Tubular with one yarn (beginning with a knit)
Tubular with one yarn (beginning with a purl)
Long-tail

DK Bind-Off Methods

Condensed
Tubular
Completing an open fabric

Shapings

Increases in a single yarn tube
Increases in a two yarn fabric
Decs in a single yarn tube
Decs in a two yarn fabric

Circles Within Circles

One yarn, connected circles
Two yarns, unconnected
Two yarns and stripes
Circular double-knitting



DK & Ribbing are Cousins!

Ribbing across to seal
Using rib to set up DK

From Single to Double Fabric

Slip raised inc. (F ahead of N)
Slip then inc (N ahead of F)
Using two hands for SRI
Knit and purl increase

From Double to Single

Near ahead of Far (ssk)
Reorganizing your stitches
Far ahead of Near (k2tog)

Pockets and Patches

Establishing a straight pocket
Pocket Rows 1, 2, 3, 4
Continuing the pocket
Completing the pocket
Pocket row sequence
Pocket in the round

Two Yarns, Sides, Hands!

A different colour on each side
Straight or dpns?
Both yarns in the right hand
Connecting the sides
One yarn in each hand
Both yarns in the left hand

Edges & Ends

Edge stitch tweaks!
Dealing with ends
Fixing errors

Patterning and Quilting

Negative-positive patterning
Connecting layers without changing the colour
Patterned fabric structure
Quilting - Near ahead of Far
Quilting - Far ahead of Near
Getting stuffed



Knitting Gems 2

APPROX. 1 HR 45 MINS

Becoming Ambidextrous!

Knitting with the right hand
Knitting with the left hand
Purling with the right hand
Purling with the left hand
One yarn in each hand
Above and below yarns
Stranding
Weaving-in right hand yarn
Weaving-in left hand yarn and colour dominance
Diagram of weaving
Weaving frequencies
Both yarns in the right hand
Both yarns in the left hand

Steeks, Shapings, Scissors

Steeks in shaped fabric
Building a neck/arm bridge
Binding off around the top
Cutting the steeks
Joining the shoulders

The Mysterious Gully

The two-row gully
Alternative purling, right hand
Knitting alternative stitches
Purling with the left hand, alternative and regular
Rethinking your decreases

Short Row Techniques

Regular (right edge)
Neatening wraps on RS
Regular (left edge)
Neatening wraps on WS
Neatening forgotten wraps
Smoothing shoulders
Japanese method (set up)
Neatening on RS, Japanese
Neatening on WS, Japanese
In Garter stitch
Yarn-over method
Comparison diagrams
Planning your short rows
SR in the round





Knitting Gems 3

APPROX 1 HR 46MINS

Beading Techniques

Inserting a bead with a hook
Threading beads onto yarn
Slip stitch and strand in front
Stitch head beading (knit row)
Stitch head beading (purl row)
Placing beads between stitches
Beading Garter alternate rows
Making beaded dangles
Multiple beads between stitches
Spacing beaded rows
Pre-threaded, bead on stitch
Dip stitches
Auxiliary thread for small beads
Beads on a yarn-over
Purl I-cord with beads

Cable Talk

What is a cable?
Right cross with cable needle
Left-cross without cable needle
Counting cables
Cable fixes

Lace Basics

What is lace?
Overs between knit stitches
Make one increase
Decrease and yarn-over pairs
Looking at charts
Double yarn-overs
Multiple yarn-overs
K1-O-k1 increase

Yarn Handling Tricks

Introducing new yarn with loop
Creating triple thickness yarn
Two strands, staggering joins
Blending two colours
Two hands to separate colours



Knitting Gems 4

APPROX 1 HR 54MINS

Cool Cast-Ons

Long-tail: What, no slip-knot?
German twisted
Tubular (reg needle) 2 colours
Tubular (regular needle)
Tubular (large needle)
Converting 1 x 1 rib to 2 x 2
Giant demo of tubular edge
Bi-coloured chain
Scallop
Picot
Picot calculation diagram

Fancy Bind-Off Methods

Bi-colour chain
Picot
Modified conventional (kw/pw)
Suspended

Even More Increases

Knit into front and back
Knit and purl
Split
Yarn-overs
K1-O-K1 (3sts from one)

Daring Rescue Techniques

Knitting down (no temp. edge)
Hills and valley stitches
Multiple-stitch laddering
Lace fixes
Cable fixes
Duplicate stitch
Surgical replacement
Multi-row surgical replacement

Odds and Ends

Slipping sts, kw, pw, en mass
Working into the stitch below
Selvage for garter stitch
Knitting-up new stitches
Purling-up new stitches
Knitting-up along garter
Recapturing live stitches
The weavers knot

