

NØRDIC

A woman with long brown hair is smiling and looking to her right. She is wearing a dark green, double-breasted wool coat. Underneath, she has a blue and white patterned knit hat with a pom-pom and matching patterned gloves. The background is a light-colored wooden wall with vertical planks.

KNITTING TRADITIONS

KNIT 25
SCANDINAVIAN,
ICELANDIC
AND FAIR ISLE
ACCESSORIES

SUSAN ANDERSON-FREED

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**KNIT 25 SCANDINAVIAN, ICELANDIC
AND FAIR ISLE ACCESSORIES**

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KRAUSE PUBLICATIONS
CINCINNATI, OHIO



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Introduction

I fell in love with Fair Isle knitting in 1992 when I discovered Alice Starmore's *Book of Fair Isle Knitting*. We were spending a year at the Institute for Advanced Studies in Princeton, New Jersey, which was an easy drive to The Tomato Factory Yarn Company in Lambertville. Skeins of wonderfully colored Shetland jumper-weight yarn lined the shelves of this delightful store. I bought enough yarn for several sweaters on our initial excursion and thus began my foray into Fair Isle knitting. Along with detailed instructions, Starmore's book furnished a new vocabulary that included steeks and peerie patterns. I fondly remember ordering skeins of natural, nondyed Shetland wool whose color names still captivate me: Gaulmogot, Katmollet, Yuglet, Mooskit, Moorit and Shaela.

After ten years I began experimenting with glove and mitten design. I started by using my adaptations of Fair Isle designs on the glove or mitten body. I gradually added peerie patterns to the fingers and thumbs. A trip to Iceland in 2009 introduced me to the uniquely beautiful nineteenth-century Icelandic weaving and embroidery patterns. I adapted several patterns first to glove and mitten designs and later to the other projects featured in this book.

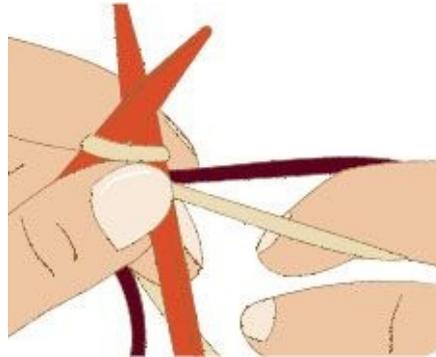
The patterns, with the exception of the Jenny and Susan designs, are each named after one of my chemotherapy nurses. Each pattern's name also reflects the image that a traditional pattern evoked when I began redesigning it. For example, a stepped cross reminded me of Navajo weaving, and I began to transform the base design into a pattern that resembled a Navajo rug (see the *Susan's Storm* patterns on pages 20, 44 and 120). In another instance, I chose a heart design and enlarged it to include a flower on the inside (see the *Shirley's Snow Heart* patterns on pages 80 and 100). I changed each traditional design in this manner. In most cases, the original base design is barely recognizable.

I hope you enjoy knitting these projects as much as I enjoyed creating them!

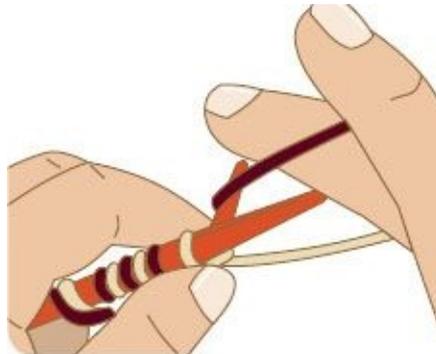
Susan

STRANDED KNITTING TECHNIQUES

Since stranded or two-color knitting is in the round, the right side of the piece is always in front of the knitter. This results in fewer pattern mistakes and much greater knitting speeds. I generally prefer to hold my yarns on either side of my middle finger as shown below, left.

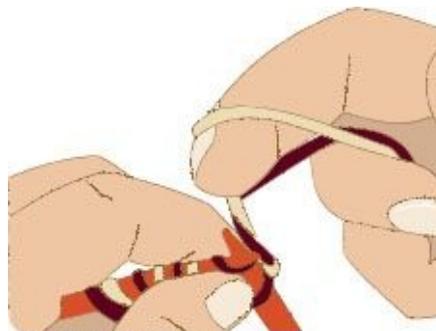


Yarn Placement



Knit with MC

To knit with the main color (MC) yarn, use the outside edge of your middle finger to lift the yarn into place.



Knit with CC

To knit with the contrasting color (CC) yarn, use the inside of your middle finger to lift the yarn into place.

TIPS AND TRICKS

If you're new to Fair Isle knitting, here are a few pointers I'd like to share.

Tangled Yarn

Inevitably the yarns will tangle. To untangle them, simply place one strand of yarn in each hand and let your knitting hang down. Your garment will start to spin, with each revolution removing one twist. It's quite fun to watch.

Reading Patterns

Because knitting is in the round, read all patterns from right to left. Since I don't like to count the stitches knit in each color, if a pattern contains more than four consecutive stitches in the same color, I indicate that in the pattern. For example, in the simple chart at right, the diamonds in Rounds 3 and 5 contain five consecutive red stitches. Rounds 1 through 7 each contain at least one set of five consecutive white stitches. Be careful to watch for consecutive stitches wrapping from the end to the beginning of the next pattern repeat.

Yarn Carries

When a pattern indicates that more than three to four stitches are knit in a single color, always carry the yarn along the back of the work. To do this, simply bring the yarn that isn't being knit over the working yarn.

I also carry the yarns when I change colors. To do this, break off the old yarns and switch to the new yarns. Knit the pattern in the new colors. On the next round, tie the old and new yarns into a knot. As you knit each stitch, bring the yarn tails over the working yarn. Do this for ten to twelve stitches. Wait a few rounds before trimming the loose ends. Not only does this technique secure the loose ends, but it saves you time later.

			5			5							7
						5							6
					5				5				5
					5								4
					5				5				3
					5								2
					5				5				1

MATERIALS AND TOOLS

YARNS

I've knit the patterns in this book using two different weights of yarn.

The leg warmers use worsted-weight yarn while the remaining projects use fingering or sock-weight yarn. The leg warmers use a 50/50 alpaca/wool blend for greater sturdiness.

For the remaining projects, any fingering or sock-weight yarn works well. Since the gauge is small (typically eight and a half or nine stitches per inch [2.5cm]), differences in skein yardage produce slight, if any, difference in the finished size of a project.

Although I suggest specific yarns for each garment, I've knit many of the projects using other yarns. All of the yarns worked well, and there are several fingering-weight yarns that I am eager to try.

For a complete list of yarns I used for this book, consult the *Resources* section on page 140.

The glove palms, sock and knee-high leg and foot borders and sole, as well as the leg warmer borders, use small repeating (peerie) patterns. The legends indicate that you should use the dark or light yarn because these colors change as the glove, sock, knee-high or leg warmer main pattern colors change.

For the dark yarn, use the darker color. For the light yarn, use the lighter color. If there is only one dark color or light color, that color is indicated in the legend.

For example, *Sabrina's Ojo de Dios Knee-Highs* (see page 114) use only Black as the dark yarn, and *Lyndi's Feathered Star Socks* (see page 94) use only Natural as the light yarn.

NEEDLES

The pattern directions for the gloves and mittens suggest one set each of 6" (15cm) and 8" (20.5cm) double-pointed needles in the size required for the indicated gauge. I do not use a separate set of needles in a smaller gauge for the ribbing because all of the garments use corrugated ribbing, which tends to be inherently tighter.

I also prefer 10" (25.5cm) or 12" (30.5cm) double-pointed needles over circular needles for the hats, tams and leg warmers because it causes less wear and tear on my thumbs.

If you choose to make the garments using alpaca yarn, I highly recommend bamboo needles because the yarn is less likely to slip off the needles.

As a final note, the needle sizes are based on my gauge. I knit very loosely. In contrast, my daughter knits much more tightly. When she test knit several tams, she increased the needle size significantly.

ADDITIONAL EQUIPMENT

In addition to yarn and needles, you'll find the following tools helpful when knitting the garments.

Row Counter

This gadget comes in handy when knitting the corrugated knitting or salt-and-pepper rounds.

Stitch Markers

Since it's far easier to correct a mistake when found early, I use stitch markers to separate the pattern repeats for the hats and tams.

Safety Pins

I use large quilting safety pins to secure the live stitches of the fingers and thumbs when making gloves and mittens.

Tam Frame or Plate

The tams require stretching over a tam frame or a plate. Since tam frames are hard to come by, a 9" (23cm) plastic dinner plate works fairly well. You can usually pick these up in sets of four at a discount store.



CHAPTER ONE

HATS AND TAMS

STOCKING HATS

I always keep an arsenal of hats to battle the cold Illinois winters. Included in my list of favorites is the simple stocking or watch hat. Even a gusty wind cannot dislodge these head-hugging beauties. The stocking hats included in this section use a ribbed selvedge to give them greater head-hugging abilities and provide extra warmth for the ears.

CUSTOMIZING THE HATS

For a shorter hat, reduce the number of rounds of ribbing. For a longer hat, add rounds to the ribbing or knit additional rounds in the peerie pattern before beginning the crown decreases.

For a wider hat, add a stitch to each side of the vertical peerie band. Each pair of stitches adds about an inch (2.5cm) to the circumference. Keep in mind that any changes to the circumference require changes in the crown decreases.

SIZE

One size fits most women

MEASUREMENTS

Circumference: 19" (48cm)

Length: 9" (23cm)

NEEDLES

One 10" (25.5cm) set of US 2 (2.75mm) double-pointed needles or a 24" (61cm) circular needle

One 8" (20.5cm) set of US 2 (2.75mm) double-pointed needles (optional)

If necessary, change needle size to obtain correct gauge.

NOTIONS

Stitch markers

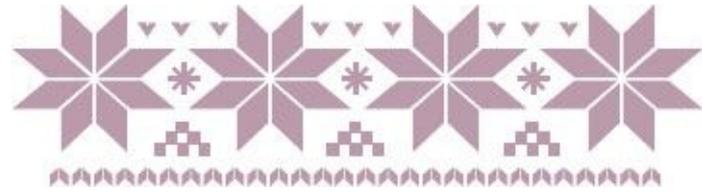
Tapestry needle

GAUGE

4" (10cm) = 36 sts and 36 rnds in salt-and-pepper pattern

WHAT IS A PEERIE?

A peerie pattern is a small repeating pattern typically used as a "filler" or border in Fair Isle knitting.



HAT

Note: MC and CC are indicated in your chosen design.

With MC, cast on 144 sts onto 3 needles—48 sts on each needle.

SELVEDGE

Work 17 rnds of corrugated ribbing as follows: K2 MC, p2 CC.

Hem Rnd: Purl 1 rnd in MC.

Work 18 rnds of corrugated ribbing using the Corrugated Ribbing Pattern specific to your chosen design.

Knit 1 rnd in MC while increasing 8 sts on each needle—168 sts.

BODY

Follow the Hat Chart indicated by your chosen design through Rnd 37.

Dec Rnds 38-51: *Knit the 7-stitch vertical band following the chart, sl 1, k1, pss0, knit to the last 2 sts of the main pattern, k2tog. Repeat from * 3 more times.

Dec Rnds 52-53 : *Sl 1, k1, pss0, knit to the last 2 sts of the vertical band, k2tog, sl 1, k1, pss0, knit to the last 2 sts of the main pattern, k2tog. Repeat from * 3 more times.

Dec Rnd 54: *Sl 1, k2tog, pss0. Repeat from * around—8 sts.

After the last decrease, k2tog around with MC. Draw the yarn tightly through the remaining 4 sts.