

## EVENTS

### Now - September 1

#### Hot August Knits Yarn Crawl

More info is available in the Ravelry group at <http://www.ravelry.com/groups/hot-august-knits-shop-crawl>

### August 28

#### MSK Open House, 10am - 5pm

Joins us to celebrate 6 wonderful years! There will be extra specials & coffee and goodies for all!

### September 7, 14 & 21

#### Felted or Knit Christmas Stocking, 5:00 - 6:30 pm

Design your own with the help of Julie Conway. First class is 1 hour only. \$45 + supplies.

### September 11

#### Toe-up Socks Workshop, 9:30 am - 4:00 pm

Learn to knit socks from the toe-up with designer and author, Ann Budd. \$65 + supplies, please bring your own lunch.

### September 25

#### Successful Sweaters, 10 am - 4pm

Designer and author Ann McCauley covers all you need to know to knit a sweater without disappointments. \$65 + supplies, please bring your own lunch.

### September 28

#### Movement for Knitters, 5 - 7pm

Discover tools to help you knit and crochet with comfort and ease. \$30 plus supplies.

Cooler weather is slowly making itself known in the crispness of the mornings and the slower to warm days, even if we are still occasionally reaching the 90's. I am so glad fall is here as it always means more knitting! I am sorry that the August Newsletter did not make it out. I was battling computer problems. We are back now and you should be seeing more updates.

My Sister Knits is in the middle of the first Northern Colorado and Southern Wyoming Yarn Crawl, Hot August Knits. The last day for this event is September 1st. The yarn shops participating in Fort Collins and Loveland are Your Daily Fiber, Woolen Treasures and of course My Sister Knits. Each shop is having discounts, a drawing for a \$50.00 Gift Certificate and for those that visit all the participating shops a chance to win a gift basket worth \$250.00! There are two shops in Cheyenne, one in Laramie and one in Estes Park also participating. Visit <http://www.ravelry.com/groups/hot-august-knits-shop-crawl> for more details.

August 28th is our 6th Year Anniversary Celebration. A coffee cart and homemade baked goods will be provided from 10am until 2pm for all of our shoppers and neighbors as a thank you for allowing us to continue to serve you all. We are still having fun and are looking forward to the next six years. In addition to the Hot August Knits discounts, the entire store will be 20% off. One day only, in stock items. We hope to see you Saturday!

Currently I'm knitting a little boys sweater in Sublime, a witch hat in Eco Wool from Cascade and Toreador, for a little glitz, and another Wallaby in a yak/wool blend.

I am trying to think of what to decorate the tree with in front of the shop. Maybe a trunk sweater, oversized mittens, or Christmas stockings? If you have any ideas or would like to help with the knitting, let us know!

Keep knitting,

*Julie*



## TRUNK SHOW

We currently have two trunk shows currently displayed around the shop. Show at left are a few examples of the fun patterns available from Danger Crafts. You can buy patterns individually or in collections on a compact disc so you can print them off as needed at home. Also here is Classic Elite's Magnolia trunk show.

# Overview: Mattress Stitch Seaming



The mention of seaming often strikes fear into the hearts of numerous knitters. Like many of those knitting skills I put off because of perceived difficulty (cabling anyone? or lace?), seaming is not really something to be afraid of. Some practice is always a good thing and it is not quick and dirty; in fact, it can be tedious. But, armed with some good references, seaming is not difficult.

There are several different ways to seam - back stitch, whip stitch, single crochet and three needle bind-off to name a few. One of the most often used methods is called the mattress stitch and it has several advantages over the others:

- Mattress stitch is invisible when used for side seams in stockinette, reverse stockinette and garter stitch.
- It is nearly invisible when used in other situations, such as more complex stitch patterns or when worked cast-on edge to side seam or cast-on edge to bound-off edge.
- The resulting seam is very low profile.
- It is worked from the right side so you can constantly monitor your results and make sure they are acceptable.

Most comprehensive knitting reference books have instructions on seaming using the mattress stitch. One of our favorites is *Knitter's Companion* by Fort Collins' own Vicki Square. It is a durable hardcover spiral bound book sized to carry along in your bag. If you are wanting to spruce up all of your finishing skills then Nancie Wiseman's *The Knitter's Books of Finishing Techniques* is not to be missed. The following books also include the mattress stitch and other seaming techniques:

- *Vogue Knitting: The Ultimate Knitting Book*
- *The Knitting Answer Book* by Margaret Radcliffe



## Tutorials and Videos

### Vertical Seams:

- Knitting Daily's Photographic Tutorial - <http://bit.ly/cmtGoA>
- Knitty's Technical Article, includes stockinette and garter stitch - <http://bit.ly/adaqCq>
- Clear Video from Pastiche Knitwear, especially good about where to do the seaming - <http://bit.ly/9fRax3>
- Berroco's Video, showing it done along a patterned fabric - <http://bit.ly/d4XmDm>
- KnitPick's Video has a great tip about working it with a turned up ribbing section of a hat - <http://bit.ly/aN5PSa>
- A segment from Vicki Howell's Knitty Gritty - <http://bit.ly/djLBeW>

### Horizontal Seams:

- Knitting Daily's Photographic Tutorial - <http://bit.ly/cwVn1Q>
- Classic Elite's Tutorial - <http://bit.ly/aOKKWl>
- Berroco's Shoulder Seaming Video - <http://bit.ly/cILVjw>

### Mixed Seams:

- Mochimochi Land's Seaming Tutorials - <http://bit.ly/ark3hf>

- *Knit Aid: A Learn It, Fix It, Finish It Guide for Knitters on the Go* by Vickie Howell
- *Knitting in Plain English* by Maggie Righetti
- *Knitter's Handbook: A Comprehensive Guide to the Principles and Techniques of Handknitting* by Montse Stanley

While seaming a large project such as an afghan knit in strips can be a daunting task to lie in front of you, remind yourself it is not a difficult task. You will find the rhythm and the process will start to zip along. There are some steps that make seaming progress more smoothly:

- One of the biggest steps you can take is to block your pieces before seaming. While blocking does not eliminate curling of stockinette fabric completely it does control it some.
- Plus, while the items block you can rest and refresh yourself because seaming is not something to be done when you are tired or worn out.
- Be certain to work on a flat surface with plenty of quality lighting.
- When laying the pieces out flat with the right side up, align the stitches row by row and pin together at intervals.
- If you need to seam something knit with bulky yarn, do the seaming with a coordinating finer weight yarn to keep the seams as low profile as possible. Because the seam is invisible a perfect match is not required.
- In a pinch you can also seam with fewer plies of a plied yarn, but that can reduce the durability of the seam.

Since everyone learns differently, check out the links at left for videos and other illustrated or photograph-based tutorials to help you learn more. May you have many happy seams in your future!

# Lavender Dreams

BY KRISTI SCHUELER | PHOTO BY KRISTI SCHUELER

Worked flat with a central brocade panel and adorned with 5 buttons, this quick to knit eye pillow cover will make a great gift. The inner pillow, made of cotton, is filled here with flax seeds and dried lavender from the garden for a peaceful and relaxing scent. It can be gently heated in a microwave or chilled in the freezer. Try other combinations of grains and herbs such as rice and chamomile or buckwheat and peppermint. A variety of dried herbs and grains can be found at natural food stores. Commercial eye pillows of approximately 9½ X 3" will also fit.



## Yarn

Blue Sky Alpaca; 50% alpaca, 50% sil;  
146 yds per 50 g; 1 skein. Shown in  
colors 116 Spring.

Depending upon the skein and the  
length of your tails you may be able to  
knit two from one skein.

## Needles & Notions

- US 3 / 3.25mm needles
- 2 Stitch markers (optional)
- Tapestry needle
- 5 buttons, 10-12 mm
- 1 eye pillow, 9½ X 3"

## Gauge & Size

24 sts and 36 rows per 4" / 10 cm in St st  
knit flat for cover accomodating a pillow  
of 9½ X 3"

## Special Instructions

Abbreviations used follow the standards  
at <http://www.craftyarnCouncil.com/knit.html>.

**est** - establish(ed)

For instructions on making your own  
pillow insert see <http://blog.designed-lykristi.com/?p=842>.

## Stitch Guide

### Seed Stitch

(*odd number*)

**Row 1 (WS):** \*P1, k1; rep from \* to  
end of row.

**Row 2 (RS):** K1, \*k1, p1; rep from \* to  
end of row, ending with k2.

Rep Rows 1-2 as indicated in pattern.

### Brocade Panel

(*multiple of 6 + 1*)

**Row 1 (RS):** K1, \*p5, k1; rep from \* to  
end of panel.

**Row 2 (WS):** P2, \*k3, p3; rep from \* to  
end of panel, ending with p2.

**Row 3:** K3, \*p1, k3; rep from \* to end  
of panel.

**Row 4:** K3, \*p1, k3; rep from \* to end  
of panel.

**Row 5:** P2, \*k3, p3; rep from \* to end  
of panel, ending with p2.

**Row 6:** K1, \*p5, k1; rep from \* to end  
of panel.

Rep Rows 1-6 as indicated in pattern.

## Bottom Border

Loosely CO 57 sts using the long-tail  
cast-on. Work 5 rows of Seed Stitch,  
ending on a WS row.

## Body

**Row 1 (RS):** K19, pm, work Brocade  
Panel over next 19 sts, pm, k19.

**Row 2 (WS):** P19, sl mrkr, cont  
Brocade Panel as est, sl mrkr, p19.

Rep Rows 1-2, working flat stockinette  
st over the first and last 19 sts and  
Brocade Panel over the center 19 sts set  
off by mrkr until Brocade Panel has  
been worked 10 times total.

## Top Border

Work 3 rows of Seed Stitch, starting  
with Row 2 (RS).

**Buttonhole Row (WS):** (P1, k1) three  
times, \*yo, k2tog, (p1, k1) four times,  
p1, yo, p2tog, (k1, p1) four times, k1;  
rep from \* once more, yo, k2tog, (p1,  
k1) two times, p1.

Work 3 more rows of Seed Stitch, again  
starting with Row 2 (RS). BO in patt  
on nxt row.

## Finishing

Block piece to 9½" wide x 8" long.  
With WS facing and bottom border  
nearest you, fold bottom 3" up so WS  
are together and pin in place as needed.  
Using matching yarn and a tapestry  
needle, seam each side with the mattress  
stitch. Place eye pillow inside, fold  
remaining fabric down to enclose and  
mark button placement. Remove pillow  
and sew on buttons.

To use, place pillow inside, button  
closed and lay over eyes button side up.

# Ann McCauley



Author and knitwear designer, Ann McCauley, learned to knit from her mother as a child. While touring Europe as a professional dancer her

interest intensified as she observed knitters all around her. In 1980 she began designing sweaters, focusing on classic lines and strong textural stitches with crisp and smooth fibers. She has written two books, *The Pleasures of Knitting* and *Together or Separate: Knitting the New Twinset*. Both include many contemporary yet classic sweater designs. The second one focuses on two (or three) coordinating pieces which may or may not be the traditional shell and cardigan combo one thinks of when seeing the term "twinset." The coordinating patterns can be knit and worn together or as stand alone pieces.

Ann has a bachelor's degree in dance therapy and a masters in dance in addition to having had a long career as a performing modern dancer. The physical strains of being a performing dancer inevitably leads one to also study body movement and mechanics and seek out body work. She has found Jin Shin Jyutsu, an ancient Japanese modality that focuses on pressure points, to be most effective for her and began practicing it in 1986. For over 20 years Ann has brought her knowledge of movement to a wide variety of people, including 14 years of teaching at the Boulder College of Massage Therapy, and 20 years at The National Theatre Conservatory in Denver for a 3 year MFA program for actors.

Ann will be returning to the shop on September 25th and 28th to teach an all day Successful Sweaters workshop and the 2 hour Movement for Knitters class respectively.



#### Ann McCauley's Website:

<http://www.annmccauleyknits.com/>

#### Ann McCauley on Ravelry:

<http://www.ravelry.com/designers/ann-mccauley>

#### Review of *Together or Separate*:

<http://bit.ly/braNuv>

#### Interview with Donna Druchunas:

<http://bit.ly/9ROsYO>

## Sources for Free Patterns

### Check Out Yarn Company Websites and Newsletters

- Classic Elite's Webletter - <http://bit.ly/bW2IAP>
- Spud and Choloe's Free Patterns - <http://bit.ly/at7S1G>
- Blue Sky Alpaca's Free Patterns - <http://bit.ly/aY32Xr>
- Rowan's Free Patterns - <http://bit.ly/9UyX3y>
- Berocco's KnitBits Newsletter - <http://bit.ly/9H4tsZ>
- Madelinetosh Patterns\* - <http://bit.ly/cORxfl>
- Cascade Patterns\* - <http://bit.ly/bNUckw>

\* Free patters are scattered throughout the pattern listings

## September Sale

BOGO 1/2 Off!  
Sock Yarns