

# Class Descriptions

## WHY DO WE DO WHAT WE DO: the importance of working with our hands

This presentation speaks to what knitting (or other hand work) offers— from alleviating boredom, to making us happy, to promoting good brain health, to contributing to our economic recovery. Participants will see examples of knitting, although this talk applies to all hand work. It is a wonderful feeling to understand why we love to do what we do—and why everyone should be thusly engaged!

## ESSENTIAL SKILLS

No matter how advanced and accomplished we are, there are habits or holes in our knitting repertoire. Perhaps we rely upon the same cast-on, the same increase, the same decrease; perhaps we are confounded by selvedge stitches; perhaps we knit without the awareness that we have *choices*.

This workshop explores and explains the many techniques we should all have in our repertoire. We'll talk about which are best suited to each situation and why, and we'll practice them all with lots of hands-on experience.

SUPPLIES TO BRING: yarn, knitting needles, crochet hook

## BORDERS AND BUTTONHOLES

This workshop explores the best techniques for these finishings that make such a difference in our knitted garments. It covers basic maneuvers, four or more basic edging stitch patterns, and the very best buttonholes. Participants will never again struggle with instructions to “pick up and knit 137 sts along right front” nor with the question of how to make virtually invisible buttonholes.

SUPPLIES TO BRING: yarn (you'll receive this from us) and needles appropriate for working an edging onto the homework piece.

HOMEWORK: Use the yarn we send you. Block swatch well.

Cast on 24 stitches: Work 3” in stockinette *all the way to the edge*. Do not work selvedge in slip or garter. DO EXACTLY AS WRITTEN. Do not slip stitches and do not work short rows through what follows. (You are shaping a round neck, in case you wonder.) At the beginning of the next RS row, bind off 6 stitches. At the beginning of the next RS row, bind off 3 stitches. At the beginning of the next RS row, bind off 2 stitches. At the beginning of the next 3 RS rows, bind off 1 stitch. Work 8 rows straight. Then bind off all stitches.

## KNIT TO FLATTER AND FIT

A knitter who spends the time and energy to make her own clothes should be rewarded with a result that makes her happy and proud. It should fit, it should flatter, and there should be no mystery as to how this happened. But sadly, and too often, this is not the result. Why? Because the knitter chooses the wrong pattern OR chooses the right pattern but follows the directions without questioning them OR makes the right garment but wears it with the wrong thing.

There are a few simple rules to follow for successful knitting: start with styles that flatter, knit with appropriate decisions for a personalized fit, then wear it with something that makes it look wonderful! This workshop has a lot of hands-on work that looks at these decisions and puts the power for successful results into *your* competent hands. YAY!

BEFORE YOU COME (because we know you're in your room doing your swatch the night before class!): It is essential that this exercise be completed. You will be disappointed if you don't do this! And please read this carefully, including the NOTE at the bottom.

1. Dress in something close fitting. We need to see your real silhouette. You may wear only lingerie, or you may add a bodysuit, a leotard, or tights, but do wear supportive lingerie.
2. Standing straight, with arms *slightly* away from your side and feet *together*, have someone take a straight-on, full body (head-to-toe) photo of you. Have the photo fill the screen as much as possible.
3. Print the photo onto plain paper (enlarging it to 8-10” tall).
4. Trace your *outline only* with a heavy black pen. We don't need your photo anymore, only the outline. Bring your outline to class.

**SUPPLIES TO BRING: a couple of pages in at least 2 colors of lightweight (20 lb or lighter, but NOT tracing paper); light-colored paper (that you can trace your outline through); scissors, measuring tape; pencil; eraser. You will receive yarn from Mango Moon after registration for your homework.**

**NOTE TO PARTICIPANTS: Common homework and supplies errors are the following: arms too far from sides, feet not together, head not included, paper too heavy or too light (tracing paper does not work), photo brought instead of just silhouette, silhouette not outlined or not outlined heavily enough.**

## AN INSTRUCTIVE TRUNK SHOW

Bring your knitting to this afternoon's event, while Sally entertains you with stories about her favorite designs: where did the inspiration come from? how did the process go? what were the biggest issues with the piece? how does she wear it? why might you knit it? what yarn might work? and what will you do if you do not get gauge? Through the afternoon, you will be invited to share stories about your favorite knit pieces, so bring what inspires you, too!