

NORTH COAST KNITTERS

The Next Meeting

Tuesday, April 4, at 1:00
La Colonia Recreation Center
715 Valley St, Solana Beach

Combining Skills

Laura Cunningham from Jamul will be our guest speaker. She is a fiber artist who works in several media, including knitting. She will have some slides and examples of her many talents to inspire you.

This should be a good time to invite an interested guest.

Our new "business" cards have arrived, so you can carry a few in your wallet to give to potential members.

Some of our members' telephone area codes will have changed in March. The members' list will need to be updated, so be prepared to let us know what your area code is at the next meeting.

Bring your latest finished project to show, and your name tag.

Directions to La Colonia: From I-5, take the Via de La Valle exit west; at the traffic signal at the Del Mar Fair Grounds, turn right onto Valley; continue to the Y where you will keep to the right fork, which is Valley. The Community Center and park are on the left. There is plenty of parking space available.

Call Phyllis Bates, 436-1419 or Colleen Davis, 633-3792 if you cannot attend but want to come next time so we can send you a notice.

Future Plans

Threads Artist/May

Joan Knute will relate her experiences at Stitches West where she will have attended three seminars.

The Meeting Past

Fourteen members and guests went to The Yarn Lady in Laguna Hills and spent a very inspiring time looking at the garments made from Prism yarns and checking out the multitude of patterns, colors, yarns, and accessories. We were impressed by the scope of merchandise that is available and by Gabrielle's own sweater designs.

We now have 16 members in our guild.

Do You Value Man-Made Fibers?

"Acrylic, polyester, and nylon were invented to simulate wool, cotton, and silk, respectively...If you took all the textile fabrics and converted them to wool, you would have to take all the land from the Mississippi east and devote it to sheep farming."

This quote from Gary Mullinax, director of technology at Monsanto, appears in the spring issue of *Knitter's Magazine*. He said that this wouldn't even provide for three outfits a piece!

If you haven't already seen the article about producing yarns, look it up for an insight into invented fibers.

Dues: If you would like to join our group, pay dues to Phyllis Bates. A check for \$10 pays through Jan. 1998.

NORTH COAST KNITTERS

President: Colleen Davis, 633-3792

Secretary: Phyllis Bates, 436-1419

The Next Meeting

Tuesday, May 6 at 1:00
La Colonia Recreation Center
715 Valley St, Solana Beach

Three in One Activity

Flora Young will present a program about her personal involvement with knitting. Besides making beautiful garments, Flora finds time to relate knitting and computing, her second hobby. She is president of the San Diego Knitters and will tell us a little about the projects of that group, too. She was local coordinator of the TKGa Convention in San Diego.

Bring your latest finished project to show, and your name tag.

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Dues: If you would like to join our group, pay dues to Phyllis Bates. A check for \$9 pays through Jan. 1998.

Future Plans

Fiber Arts/June

Caryl Nelson, owner of Common **Common Threads Artist/June** Threads, will talk about techniques for finishing garments.

A Knit-in/ July

We shall work on projects of our own while we publicize the existence of our guild at the Del Mar Fair. More about this later

Knitting Display/ April

There is a stunning exhibit of handknitted lace by Marguerite Shimmons, a North County artist, at the Rancho Santa Fe Library, 17040 Avenida de Acacias. The Library is open weekdays from 10 to 5, and the pieces will be on display until April 29.

--Slava Martin

Fair Knit Entries/ May 16

Entry blanks for the Del Mar Fair are due May 16, although the actual projects are to be submitted May 31 and June 1. NCK will have a limited number of booklets the May meeting. See page 2.

Fashion Show & Luncheon/June 2

The San Diego Knitters Guild is holding its first fashion show on Monday, June 2 at noon. There will be modeling of knitted garments and a display of knitted projects. You are invited to attend and to submit items for the show. The Fortune Cookie Restaurant, 16425 Bernardo Center Drive will serve soup, salad, rice, four entrees, orange and fortune cookie.

Price is \$12.50. Checks should be made payable to San Diego Knitters. Reservations: Enid Swartz, 451-2480; Elise Turner 486-5961 or Irma Cameron, 485-5289.

Guild Conference/July

The Knitting Guild of America will hold its West Coast Conference in Sacramento, July 10 to 13, at the Raddison Hotel. For a Conference Brochure, call TKGa at (423)524-2401.

The Meeting Past

Laura Cunningham told us how she spins, plies, and dyes yarn for handknitting and weaving as she showed samples of her projects. She has made yarns of Merino sheep wool, quiviet musk ox down, silk, alpaca. We were impressed by the elegance of her spinning gloves which used a fairisle pattern in vivid colors on a natural gray background. These gloves have no tips to the fingers to allow the spinner to work

with full tactile sense. Laura's studio is in the Art Center, 710 13th Street, San Diego.

We now have 19 members in our guild.

Spiral Cap

Materials: 1 skein white 4 ply yarn, 1 skein contrast 4 ply yarn. Size 8 knitting needles.

Cast on 30 (child) or 40 (adult) stitches. This cap is very flexible.

Row 1: Knit.

Row 2: Purl first two stitches together, purl to last stitch. Knit twice in the last stitch.

Row 3: Knit.

Row 4: Purl 1st two stitches tog, purl to last stitch, knit twice in last stitch.

Row 5: Knit.

Row 6: Repeat row 4.

CHANGE COLOR

Row 7: Purl

Row 8: Knit 1st two st tog, knit to last stitch, knit twice in last st.

Rows 9 and 11: Purl.

Rows 10 and 12: Repeat row 8.

Work these twelve rows 7 times for child's cap or 9 times for adult's size.

GO BACK TO MAIN COLOR.

Cast off. Pick up 86 stitches (108) along one long edge (bottom). Rib in K1, P1 in main color for 20(30) rows.

With main color, sew up side seam. Gather top together. Make a pompom and attach to top. You can sew the seam first and then pick up stitches and rib with a circular needle if you prefer.

This amount of yarn will make two caps. For a single color, one skein will be enough. For rainbow, add different colors on knit rows and white on purl rows, or rotate through colors..

Using fine yarn and needles will produce a baby's cap. It is also possible to use fine or sport yarn, add a few stitches to the rows to increase the depth of the cap, and make extra ribs to achieve the correct head size.

This pattern is from the Caps for Kids Project, via the San Diego Knitters Guild newsletter.

Lace Edgings

A sampling of eight knitted lace edgings appears in **Piecework** magazine, Jan/Feb 1997 issue. These are old patterns and would be fun to try to adapt to a modern use. Also in the same issue is an article about the work of Christine Duchrow. **Piecework** is published by Interweave, the same company that recently started **Knits**.

If you decide to try one of these patterns, copy the directions for each row on a separate card and flip the card to the bottom of the stack once you have knitted it. Making the cards is well worth the trouble: they save both time and eyestrain as you maintain an even neat pattern.

Fair Entries

Wearable Art is a new Division at the Del Mar Fair. There are a number of classes where knitting could be combined with other techniques. See page 30 of the Competition Handbook.

The general information about needlework and crafts starts on page 25. There are 16 classes in the hand knitting division on page 28. These include various types of sweaters, afghans, vests, and non-wearables. There is a class (193) for knitted lace in the lace division, and one (71) for knitted toys in the dolls division. There is a separate division for crocheted work and for machine knitting.

Processing fees are \$2.00 per entry. Competition Handbooks are available at the Fairgrounds Office and at local libraries.

Newsletter Items

This newsletter is prepared about two weeks before the meetings. If you have items of interest to the group, please let us know about them.

Julia Duvall has prepared a list of sources for yarns and supplies, which will be in the next newsletter.

NORTH COAST KNITTERS

President: Colleen Davis, 633-3792

Secretary: Phyllis Bates, 436-1419

The Next Meeting

Tuesday, June 3 at 1:00
La Colonia Recreation Center
715 Valley St, Solana Beach

Emphasis on the Finish

The program this month focuses on finishing knitwork and the special talents of Caryl Nelson of Common Threads. Caryl whirls from one project to another, using various fiber arts to accomplish her objectives. She is interested in the latest techniques and creations. Her studio is a place for lessons in artful fiber results.

Bring your latest finished project to show, and your name tag.

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Future Plans

A Knit-in/ July

We shall work on projects of our own while we publicize the existence of our guild at the Del Mar Fair. More about this later

Fashion Show & Luncheon/June 2

The San Diego Knitters Guild is holding its first fashion show on Monday, June 2 at noon. This is the day before our meeting.

If you have not already made a reservation you may do so by calling Irma Cameron, 485-5289. The price is \$12.50 for luncheon and show.

Guild Conference/July

The Knitting Guild of America will hold its West Coast Conference in Sacramento, July 10 to 13, at the Raddison Hotel. For a Conference Brochure, call TKGA at (423) 524-2401.

The Meeting Past

Six of us held a unique meeting in May. The room at the Recreation Center was not set up for us. We waited outside until we felt that no other members would join us and went to the Pannikin at Flower Hill for an informal but very lively discussion over coffee drinks. We missed you but we had a good time.

Flora Young told us about the start of the San Diego Knitting Guild which is now about five years old. It was formed as an offshoot of a newcomer's welcome group and currently has over 60 members. The group settled upon the Polinsky Shelter for Abused Children as a focus for their group project. The toddlers at the center are recipients of little sweaters, caps, knitted dolls and teddy bears which the guild members make. In addition, each month in their newsletter the directions are given for a "Stitch of the Month". Members make 6" squares using the suggested stitches and the squares are assembled into cuddly blankets for the little kids. The children are permitted to take these things with them when they leave the center.

Flora was wearing a handsome self-knitted pullover of fine ecru boucle in a textured stitch.

Newsletter Items

This newsletter is being prepared