
The SHIFT KAL

March 2023 Cashmere Goat, Camden ME

Resources

Shift YouTube Playlist

Shift YouTube Playlist of tutorials, recorded Zoom meet-ups, and more!

[Click here!](#)

Shift Blog Posts

- [“New Twist on a Gauge Swatch — You can just start knitting!”](#)
- [“Choosing Colors Can be Hard — Our favorite ways to make it fun.”](#)
- [“Is it the pattern or is it me?! What to do if you notice something’s off.”](#)



Shift Tips

A Round-Up of the Tips from The Shift KAL emails

You're Learning

You're learning.

Go slow. Observe your work.

Be patient with yourself as you learn. It takes time.

New yarn. New pattern. New designer. New terminology, techniques, and/or stitch pattern. New way to indicate a pattern repeat (Mowry uses {} instead of * *).

When we learn a new pattern it's perfectly normal to get frustrated, confused, and rip out and redo multiple times!



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Add a Lifeline

Add a lifeline.

A lifeline is a little bit of skinny yarn or heavier thread (even unwaxed dental floss!) that you run along a row of stitches — if you need to rip out multiple rows, this extra yarn will hold your stitches for you.

One knitter says she adds a lifeline to the start of each new section in her Shift to save herself some time and headache if she has to rip and redo a section.

Here's how to do it.

Just Keep it Relaxed.

When we're learning a new pattern, it's very common to get a little bit hyperfocused — and a bit tight.

On the edge that isn't i-cord, be aware of your tension. If you're too tight on this side, it will begin to pucker on that side. So give your final stitch a very gentle adjustment, but no cranking and yanking.

Got a system?

Got a system?

The Shift has lots of pattern repeats: complete rows 1–8, then repeat rows 1–8, then repeat rows 1–4, etc. How do you keep track of where you are? Post-it notes, check marks, row counters, or a digital tracking system? A Shift knitter from Wednesday's Zoom mentioned the app Knit Companion as a handy digital way to track your rows.

Count Stitches the Easy Way

On our Zoom, one knitter mentioned that she uses markers to count off every ten stitches in her Shift.

This makes it quick and easy to be sure you're on track with your stitch count. And yes, if you're increasing or decreasing, you may need to add or remove markers from your ends.

Sections 4 & 7 – colors A, B, AND C?!

Yes! But don't worry. 😊

In sections 4 & 7 you'll see colors A, B, and C listed as ones you'll use.

For rows 1–39 in sections 4 & 7, it's still just two colors alternating every two rows — i.e. what you've been doing all along! (Whew.)

On row 40, the final row in the section (a wrong side row), you'll break your background color and JOIN the third color.

(Continued)

WHY? Because in the next section, that third color will be your NEW background color. If you don't switch it on the final row of the previous section, the transition will be wonky.

Pro tip: If you're going off-script and following your own scheme of colors for your Shift, this is a thing to remember if you plan to transition to a new background color.

[Link to a video explanation is HERE.](#)

The Magic Click

Has that magic moment happened for you yet? That "click" — when you start feeling the pattern in your fingers?

Each pattern works our brains a little differently. And our brains process information differently. Some folks are finding The Shift to be a challenge! Others are getting it, but it's taking some time.

If the "click" hasn't happened for you yet, it will!

Sections 6 & 7 – Decreases!

Section 6 is when we start our decreases in the Shift, and you'll continue this through Section 7. You'll be creating that symmetrical hem on the back of your neck to match sections 1 & 2.

So if you've gotten comfortable with MiL at the end of each RS row (sections 3, 4 & 5), get ready for a new routine! It's K2 tog, K1 at the end of each RS row!

"But do I really need to block my Shift?"

We know you're SO EAGER to wear your Shift! We get it.

YES, you should block your Shift, BEFORE you seam the neck edge. (It will help make the sewing easier and the fabric more even).

Blocking is a finishing process that helps your yarns relax, plump or fluff up, often evening out any small irregularities in your stitches.

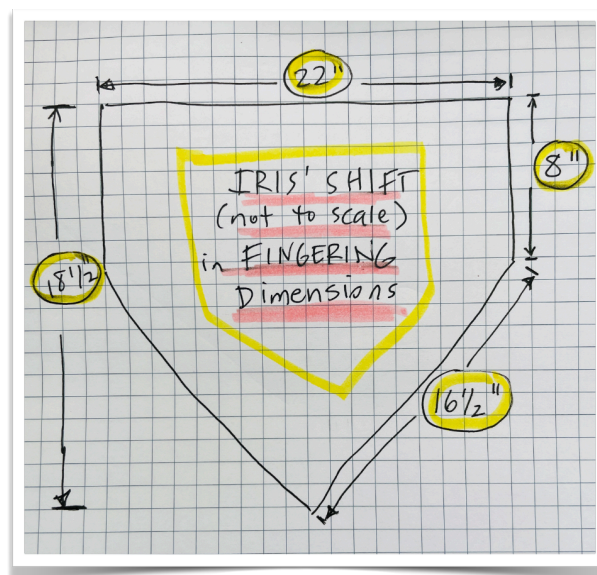
When we block, we also have the opportunity to shape our garment into the finished dimensions or size we want.

Need a refresher about blocking? Click here!

If you're using Fingering yarn for your Shift, your dimensions *will likely be smaller* than the pattern, see below.

Maybe yours is slightly different than Iris' — that's OK.

It's a cowl, so you've got flexibility in fit!



Thank you for joining us for The Shift KAL!