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Frida Pontén



KNITTING FOR THE FUN OF IT!

Over 40 Projects for the Color-Loving Crafter

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PINK
LOVE



HAPPY !!!
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Warm
hands

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Seed
Stitch
knitting

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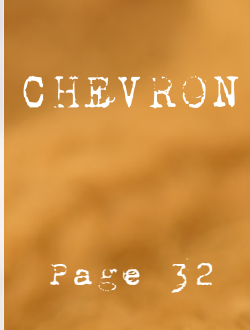
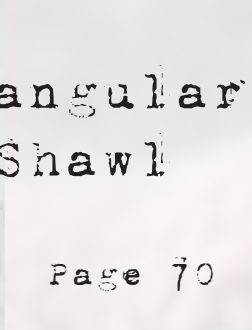


Triangular
Shawl

Page 70

CHEVRON

Page 32



Diagonal
Stripes

Page 10

Making
the best
Tassels

Page 119



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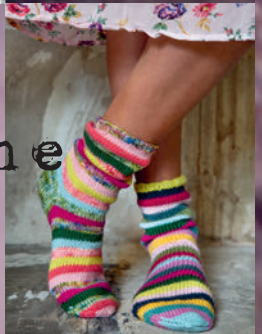
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HURRAY
for fine
SOCKS

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HELLO, LOVE!





SIMPLE
STRIPED
TOP



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EASY PONCHO





EMBROIDERY

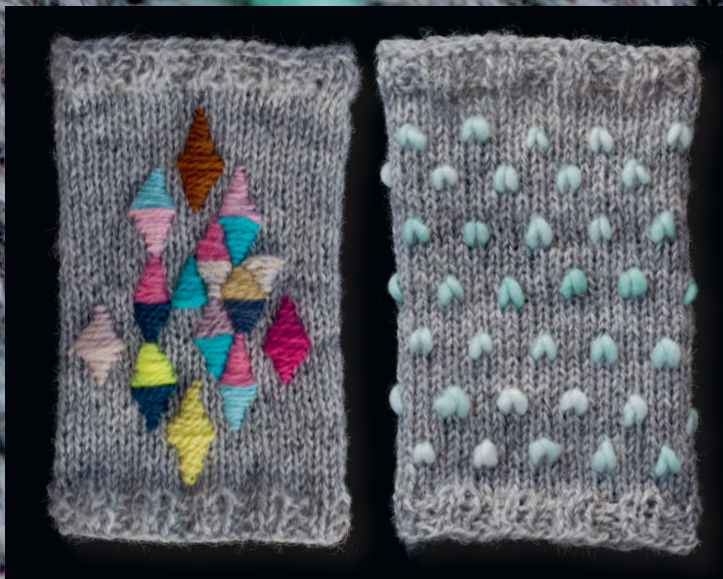


TRIANGLES

Before I started sewing, I drew outlines with a black pencil where I wanted the triangles to be. I worked the embroidery with satin stitch because this stitch looks almost the same on both the right and wrong sides (although maybe not quite as nice on the WS). Use a large tapestry needle with a sharp point, and choose yarn slightly heavier than the yarn used for the knitting so the triangles will fill out well. If your yarn's thinner, then just sew more stitches until the triangles are completely filled in.

DUPLICATE STITCH

It's lots of fun to embroider with duplicate stitch! For this example, I used a very heavy hand-dyed yarn to show off its color nuances. In general, I like to use heavy yarn for a stand-out effect. For how to work duplicate stitch, see page 115 in the Craft School section.





Pretty striped socks





boho wristwarmers

Quick-to-knit wrist warmers with a few embroidered stitches. You can knit lots of these in no time, without even realizing it ...



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entrelac

THIS ACCESSORY IS EITHER A LONG WRIST WARMER OR A DETACHED SLEEVE, WORKED IN ENTRELAC. IN THE PATTERN ON THE NEXT PAGE, EACH BLOCK HAS 5 STITCHES; THE SLEEVE PICTURED HERE HAS 10 STITCHES IN EACH BLOCK. WORK IT WITH WHICHEVER NUMBER YOU LIKE!

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Chevron poncho





I FIRST EMBROIDERED THIS CHEERY MOTIF ON A PAIR OF CHILDREN'S MITTENS! ON THE NEXT PAGE, YOU'LL FIND A CHART FOR WHAT MY FAMILY CALLS "THE SKULL PATTERN." THE PATTERN IS DRAWN FOR YOU, STITCH BY STITCH. ON PAGE 115 IN THE CRAFT SCHOOL SECTION, YOU CAN LEARN HOW TO WORK DUPLICATE STITCH EMBROIDERY. I DYED THE YARN FOR THESE MITTENS WITH BLUE AND A LITTLE GREEN. IF YOU WANT TO DYE YARN, SEE PAGE 130 IN THE CRAFT SCHOOL SECTION. I USED SMART YARN FROM SANDNES GARN.

Sizes

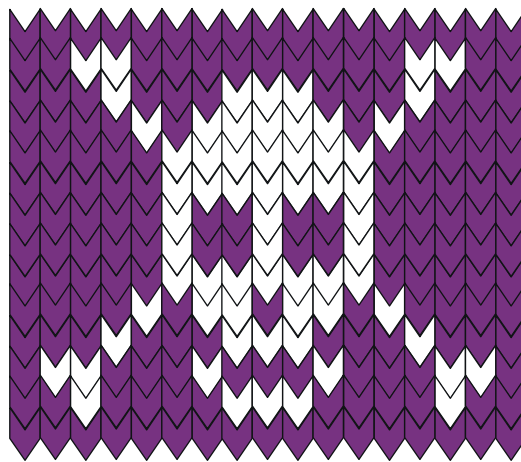
Sizing isn't that simple—what's normal in my family may not be the same for another family, especially when it comes to children's sizes. Children grow so differently! Do some testing and outline some hands. If you have a 4-year-old with wide hands, you might need to knit the size I've designated for 9-year-olds for that child, and just make it shorter. I tried these mittens on several children and could only conclude that hands are all kinds of sizes! I've noted the width of the hands for each size so you can see how wide the mittens are. Don't forget, though, that wool mittens can stretch a little.



SKULL PATTERN



I knitted this scarf for my daughter when she was little. She really wanted a scarf with a “skull” on—she didn’t know that it was called a death’s head or skull-and-crossbones—and after that, we just called this motif a skull in our family! I drew the pattern (at right) for the end of the scarf. First, I knitted 5 rows in garter stitch (knit every row) and then continued in stockinette with a garter stitch edging on each side (to prevent the scarf from rolling in toward the center). To help you with the positioning, try drawing the stitches for the scarf on graph paper; that way you can center the motif accurately. For my scarf, I began with 7 sts before knitting the first white stitch of the motif and then followed the motif with 7 sts. If you have long floats on the wrong side, twist the strands around each other about every 3 sts so they don’t hang loosely. When knitting a two-color stranded knitting pattern, make sure the knitting isn’t too tight or the motif stitches won’t show clearly. Another tip is to knit the pattern with slightly heavier yarn—that always works well for me!



HERE’S THE CHART FOR THE
SKULL-AND-CROSSBONES



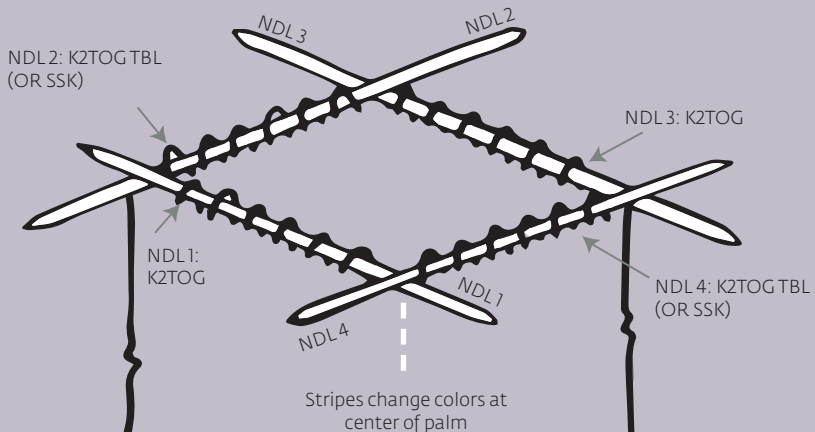


neatly on WS. Make another mitten the same way, reversing placement of gusset as described in Step 4 above.

10. Weave in all ends neatly on WS.
11. Soak mittens in lukewarm water and then gently squeeze out excess water. Lay them flat, patting or pinning them out to finished measurements. Leave until completely dry.

HOW TO FINISH THE STRIPES AND CHEVRON MITTEN TOP

NOTE: THE DRAWING ONLY ILLUSTRATES THE STITCH POSITIONS AND DOES NOT SHOW THE ACTUAL NUMBER OF STITCHES.





EASY BABY VEST

HERE'S A SMALL, QUICK-TO-KNIT VEST. YOU CAN EMBELLISH IT WITH AS MANY FLOWERS AS YOU LIKE. I KNITTED IT WITH LEFTOVER COTTON YARN SO IT WOULD BE SOFT AGAINST THE BODY. IT'S DESIGNED TO FIT A 6- TO 12-MONTH-OLD LITTLE SWEETIE.



FLOWERS AND LEAVES:



The flowers are crocheted with regular cotton yarn and hook U. S. size D-3 / 3 mm. Ch 5 and join into a ring with 1 sl st into 1st ch. Work sc around the ring until well filled. Ch 4 + 1 sl st around the ring to make several chain loops. Make 4 ch loops (or as many as you want to have or have space for). Work sc around each ch loop so the flower petals will be thick (see photo).

Crochet the leaves with embroidery thread and a steel hook size 1 / 2.25 mm: Ch 8, turn and, along foundation row, work 1 sl st, 1 sc, 1 hdc, 1 dc, 1 hdc, 1 sc, 1 sl st. Work the same way along the other side of foundation chain. Cut yarn and fasten off.

CRAFT SCHOOL

KNITTING GAUGE

THE MOST IMPORTANT STEP BEFORE YOU BEGIN KNITTING:

I like to call this “breaking the knitting code,” but it’s actually called “knitting a gauge swatch”—the meaning is the same. This tells you how many stitches you knitted in 4 in / 10 cm. When you know your gauge with the specific yarn and needles you’ll be using, you can easily calculate exactly how many stitches you should cast on, whether you’re working without a pattern or just need to match your measurements to a given size.

For that reason, it’s essential to knit a gauge swatch and count how many stitches you knitted in 4 in / 10 cm. Believe me, I know how it is when you come home with some new yarn! You just want to get going right away, and can’t be bothered to knit a swatch. But that just means the yarn and needles will end up tossed aside in frustration, because the measurements were wrong and you had to rip out everything ... and it happens more often than not that the garment you were so excited to work on ends up in the pile with all the other UFOs (Un-Finished Objects). Don’t let this happen to you: the most important lesson any

knitter can learn is that you MUST knit a gauge swatch before you begin!

How to knit and measure a gauge swatch:

Knit a swatch larger than 4 x 4 in / 10 x 10 cm. Lay a measuring tape on the swatch and count how many stitches fit into 4 in / 10 cm. From there, you can calculate the stitch count for almost anything! For example, let’s say there are 22 stitches in 4 in / 10 cm, and you want to knit a sweater with a chest measurement of 49¾ in / 126 cm, which means 24¾ in / 63 cm for the front and 24¾ in / 63 cm for the back. Calculate the stitch count you need as follows:

22 stitches divided by 4 in = 5.5 sts per inch x 24.75 inches = 136 sts each for front and back / 22 stitches divided by 10 cm = 2.2 sts per cm x 63 cm = 138.6 stitches. You can round up or down as necessary—if you’re working with a pattern stitch or motif, pick the nearest multiple of the repeat required. (Due to rounding when converting centimeters to inches, stitch counts may be slightly different, but not usually by the span of an entire pattern repeat; you should end up with approximately the same answer no matter which you use.)

Best of all, you’ll have a garment with the correct measurements. Hurray!

SEWING INVISIBLE SEAMS

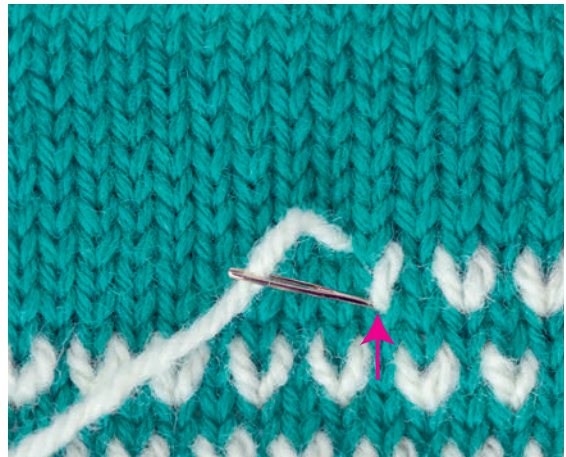
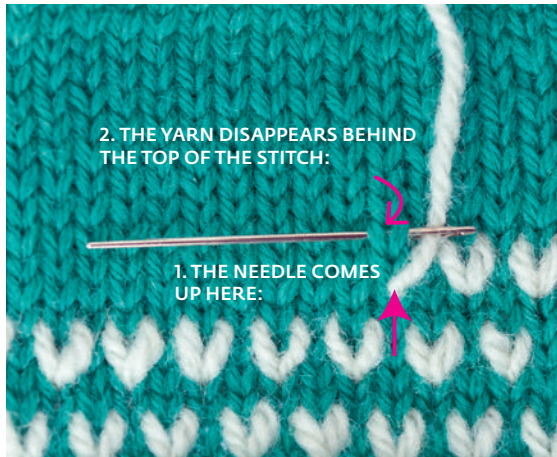
When you’re sewing two pieces together—say, for example, the shoulders on a garment—it’s best to use an “invisible” seam. It goes without saying that you should use the same yarn as for the rest of the garment; I used a contrast color here to make the seam visible, for illustrative purposes only! Kitchener stitch is equivalent to duplicate stitch: you just follow the path a knitted stitch would take. In this picture, you can see how you make the join. Insert the needle diagonally under/through a whole stitch on one side, and then insert the

needle diagonally under a whole stitch on the other side. Continue the same way, working back and forth through the stitches. Don’t tighten the yarn too much! You can even out the join by very carefully steam pressing the seam under a damp pressing cloth, on the wrong side of the work.



EMBROIDERED STITCHES = DUPLICATE STITCH

Embroidered stitches are both fun and practical since they can substitute for pattern knitting to a limited extent. The yarn follows the same path as a knitted stitch would. Bring the needle up at the base of the V of a stitch. Draw the yarn up carefully and then bring the needle diagonally through the center of the stitch directly over the stitch you're working with (if you look closely, you'll see that knitted stitches hang together at that point). Now insert the needle down in the same place where the yarn came up, also at the base of the V. For the photos below, I embroidered with a slightly heavier yarn than for the knitting.



DECREASES— LEFT-LEANING DECREASE = K2TOG THROUGH BACK LOOPS

When decreasing on each side of a marker, you work a knit-two-together (k2tog) on each side of the marker. It'll look smoothest if you make a left-leaning decrease before the marker. There are several ways to do this! The photo here shows how to knit two together through back loops (k2tog tbl). Insert the right needle through the 2 sts as shown in the photo. Alternatively, you can work ssk—slip, slip, knit. Insert the needle knitwise into the 1st st on left needle and slip to right needle; slip the next stitch the same way. Now knit the sts together through the back loops.



CHOOSING COLORS

Whether you're designing furnishings, clothing, or accessories, you'll need one or more color cards—or you can make your own! I love making color cards, because I love colors. I know that many people think it's difficult to come up with their own colorways to use for knitting, but I've learned to consider it a fun challenge. Cut out some cardboard or card stock about 2 x 3¼ in / 5 x 8 cm wide, and wind yarn around the cards (see the photo below). It should be obvious that if you hold yarn from two balls of yarn side by side, it won't be nearly as easy to see the effect of the color combination as when you wrap the yarns around something flat.



TIP:

If you're knitting or crocheting with many colors, it can be a chore to weave in all the yarn ends... So don't wait and stick yourself with that boring task at the end—weave in the yarns as you work instead! I guarantee you'll be happier than if you wait until the knitting or crochet is almost done.

HOW TO DYE MULTI-SHADED YARN

FOR THESE SKEINS, I BLENDED PINK, RED, BLUE, YELLOW, BROWN, NAVY BLUE, AND GRAY—I MIXED THE SHADES AND THEN ADDED A LITTLE MORE COLOR HERE AND THERE!





5. I pour dyes into plastic cups (one use only) so I can mix the colors. I drop the dye onto the yarn or sprinkle the dye powder directly onto the yarn.



6. Wait a while between different colors so the yarn has time to completely absorb one color before you start the next. Here I've dyed with brown and gray and am now dribbling on the navy blue.



7. Now the navy blue has been added.



8. For this yarn, I didn't want much white showing, so I continued to add more colors until I was satisfied with the result. After all the dye was added, the yarn needed to stay at the recommended temperature for 20 minutes.

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**“This book is for all those
who love creativity and think
it’s exciting to see what they can
make with their own hands.”**

Frida Pontén

Enter the strikingly vivid world of designer Frida Pontén, with over 40 patterns coming together in a brilliant, exciting celebration of all things handcrafted. Whether you’re seeking an airy summer jacket, a cozy poncho for cool days, a warm striped scarf, enchanting wrist warmers, or fun and funky blankets, look forward to a breathtaking collection full of endless possibilities (and a little crochet, too): play with texture, pattern, and color, and make each design your own.

