



# Knitters' Knews

Volume 31, Issue 5

January 2011

## January 10 Meeting Carol Rhoades

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Meetings held at

**West Side  
Club**

437 Hwy. M

**Doors Open  
At 6 pm**

- KnitAid
- Vendors
- Library
- Charity donations
- Food & drinks available

**7 pm Meeting**

Knitting is part of Carol Rhoades' everyday life, whether she is spinning the fiber, knitting a garment, translating patterns, reading about the process, editing, or designing. She has been examining the relationship between fiber, preparation, spinning, and product for over 25 years. Carol will present our January program featuring Setesdal knitting, so-called because the techniques and patterns come from Setesdal, a region in southern Norway.

Carol had the opportunity to study a number of sweaters and other garments at the museum there and was surprised at the garments' construction. She'll be discussing these garments along with a bit about the history of Setesdal knitting.

Having taught both in the US and abroad, Carol muses, "teaching allows me to explore a subject in depth and to experiment." She's taught fairly often in Wisconsin and Seattle, both great places to teach, "because they have knitters who aren't afraid to try new techniques, and they think and experiment while knitting."



Carol and Musk Ox

*Continued on Page 4*

### Knitting Resolutions

Will 2011 be the year you commit to regular exercise?

According to [livestrong.com](http://livestrong.com), knitting burns approximately 99 calories per hour for an average 145-pound person. Hmm... not exactly aerobic.

Instead, how

about some knitting exercises to make your knitting time more productive and comfortable?

Knitting engages the forearms, shoulders and back muscles, depending on the knitting tools or equipment being used. If you've ever gotten out of your chair

after a lengthy knitting session "in the zone" you already know this! A stiff back or legs and sore shoulders and wrists are signs that your body needs more frequent breaks.

You can start and end each knitting

*Continued on Page 2*

# January Vendors

## The Cat and Crow

Check the calendar page at [www.thecatandcrow.com](http://www.thecatandcrow.com) for great classes coming up in the new year. We have a professional photographer (Brynn Bruijn) and a professional knitwear designer (Sara Best) teaching workshops in January!

We just set up a new sock class with Fredericka Schilling. She will be teaching two socks at a time, toe up! This will be a great class for sock knitters who have wanted to try either of these sock techniques. It starts February 15 (6:30-8 PM) for four Tuesdays in a row.

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Thursday & Friday 10 AM to 5 PM  
Saturday 9 AM to 5 PM

Saturday workshops; find the most current schedule on our website!



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## Bleating Heart Haven

A cottage business/fiber farm located in northeastern Wisconsin, we primarily raise registered colored Angora goats. But we also have other fiber animals: White Angora goats, Cormo sheep, Shetland sheep, Huacaya alpacas, and Suri alpacas. And, let's not forget Hans, the German Angora bunny!

We do all our own animal care from shearing to hoof trimming, and we wash, dye, card, spin, and knit/weave with the fibers.

In 2007 we completed our fiber arts studio allowing us to move the carders, spinning wheels, and looms to the studio. In 2010 we completed the shop, open by appointment for now.

Cindy washes, spins, dyes, weaves, knits, and felts fibers. She also weaves baskets from natural fibers, including some baskets woven with herbs grown at Bleating Heart Haven.

John cards fibers and practices with an antique sock machine, a Gearhart 1914. John also makes bent willow furniture and barn board furniture.

## Knitting Resolutions (continued from Page 1)

session with exercises. Berroco suggests:

Hold your hands out in front of you, palms down. Make a fist with each hand, clenching the fingers in a tight fist.

Hold the contraction for 5-10 seconds and then release, stretching the fingers straight out from the palm. Repeat this exercise about five times on each hand.



## Knitting Daily TV—Season 1

I was excited to hear about the *Knitting Daily* TV program from *Interweave* and took some time this month to sit down and watch the first season on DVD. Each show is broken into four segments, and each segment is presented by one of the four hosts: Eunny Jang (Knitting), Kim Werker (Crochet), Liz Gipson (Spinning), and Shay Pen-dray (Favorite Stitcher.)

Each show covers a specific topic such as luxury fibers, sweaters, or lace. The host approaches the show topic from their perspective and expertise, which can include guest designers and shop owners with beneficial information. The first few shows definitely feel like they are new to television production, but by the second DVD, I felt like the hosts were more comfortable. As novices to being on television the initial body language in the first few shows was excited but nervous, which is to be expected. However, I did not find this distracting from the information being shared since their excitement is contagious.

With a half hour dedicated to each show the segments are short but the women do a great job of sharing their knowledge and information in a clear and straightforward manner. Each host has a specific role on the show. Eunny takes time to show you how the stitches are formed as well as highlighting special techniques or alternative methods for the same technique.

Kim shows each technique in detail, highlighting ways to change or manipulate the pattern to meet your personal knitting needs. Shay meets with designers, knitters, and shop owners to highlight new products and specialty yarns, and she includes her own personal experience related to the topic at hand. Finally Liz speaks about the yarns specifically, either how they are made, care methods, or what yarns would best highlight the current technique.

The women work well together when interacting and I found myself wanting to try the patterns that were being shown. The questions they asked the guest designers and the yarn-shop owners were intuitive and similar to questions I have had myself. I also enjoyed the segment called “You Made It,” a pattern made by Knitting Daily knitters around the U.S. which are viewed together to accentuate their personal touches. I found this segment to be the most inspiring. It was fun to see how other knitters had interpreted a certain pattern. Hint, Hint, if you want to see Judy Pruski’s beautiful teal “Modern Quilt Wrap” pattern by Mags Kandis, you should watch the first season DVDs. Beautiful and local!

The Guild Library has received both Season 1 and 2 for your viewing pleasure, please stop by and check them out!

- Amanda Haynes





## Carol Rhoades Continued from Page 1

Carol considers herself more technician than designer, and often her

published pieces are a result of a spinning challenge. Her articles reflect her desire for her readers to understand the range of a given fiber, and to realize that several yarns and final products can be produced from any fleece or fiber. She often refers to Weldon's *Practical Needlework* (Interweave Press) for inspiration, and she loves 19th-century knitting from which she learns a lot. Many of her design can be found on the Internet.

Carol hand spins her yarns; her goal is to spin yarns that are light and lively, but also durable—not an easy combination to produce. Knitting since the age of 9 or 10, Carol is continually amazed and inspired by how many ways one can combine two basic stitches. She almost always uses natural fibers, but she is fascinated by some of the processed fibers such as bamboo, soy silk, sea cell, and

others.

A technical editor for *Spin-Off*, Carol's designs and articles are often published therein. Also a translator, Carol's work is often found in Interweave Press publications. She has translated books from Swedish, Danish, and Norwegian into English. She is the translator for Vivian Hoxbro, Ann Maj-Ling, and Elsbeth Lavold.

Her dissertation on 19th-century British and Swedish women writers incorporated a knitting scene from their works in each chapter. Thus she's been able to bring knitting legacies to life for us 21st-century knitters.

Carol's father was in the Air Force, so she has lived in various cities, including Anchorage, Alaska. From there the family moved to Austin, Texas, where they stayed 40 years. She and her husband came to Madison three years ago and we're so fortunate that they have stayed. Since her favorite non-knitting related activity is bicycling, she has an old bike on a resistance trainer for Wisconsin's winters!

- Janet Fishbain

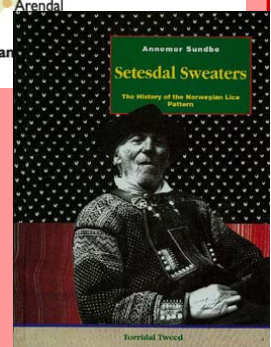
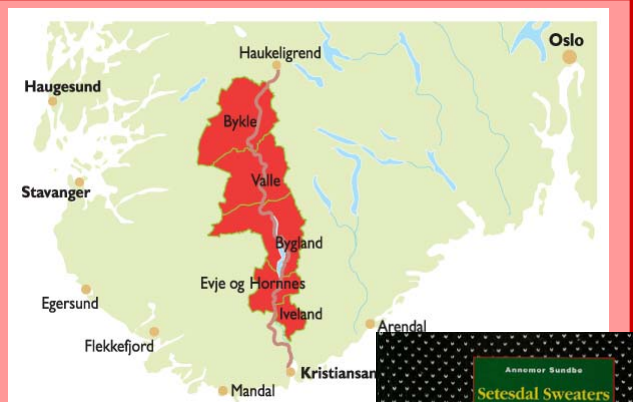


## More About Setesdal Knitting

Annemor Sundbø's beautiful book *Knitting in Art* is aptly titled—with "art" encompassing history, paintings, carvings, politics, religion, classic sweater charts, embroidery, nether garments (and other 'unmentionables,') plus the author's passion for garments, remnants and artifacts rescued

from rag piles. Written in Norwegian and English side by side, (translated by Carol Rhoades) the book is richly laden with photographs, drawings and charts. There are good guidelines for constructing a classic Norwegian dropped-shoulder sweater plus how to execute that stunning, traditional embroidery around the collar and cuffs.

The history in *Setesdal Sweaters* will give inspiration and ideas for creating a sweater the Setesdal way. Also by Annemor Sundbø, the earliest patterns for these famous sweaters and instructions for working the unique decorative embroidery that surrounds the collar



## Monday, December 13, 2010 Meeting Minutes

President Kate Findley opened the meeting at 7:04 p.m.

### Announcements:

1. Stitcher's Crossing had a request for someone to knit a man's warm pullover sweater to use for the winter. If interested, please contact Gael Boyd at Stitcher's Crossing: info @stitcherscrossing.com or 608-232-1500.
2. Ted Thelen is in need of someone to knit a specific type of hat. He has found the chart on Ravelry that matches. His email address is [tedsacoolguy@yahoo.com](mailto:tedsacoolguy@yahoo.com).
3. *Our Tiny Friends and Foes* begins Friday, December 7, reception from 5:30-7:30 pm in the Playhouse Gallery at the Overture Center for the Arts and runs until February 6, 2011. It runs concurrently with *Handmade Meaning: The Value of Craft in Victorian and Contemporary Culture*, in the Watrous Gallery of the Overture Center.
4. Susan's Fiber Shop is having a New Year's Day sale on all of her yarns, and a knitting retreat January 28-30. Call Susan at 888-603-4237. Fee: \$40
5. Sally Melville workshops will be held at Woodland Studios in Stoughton April 9-11. Register online [www.Woodland-Studios.com](http://www.Woodland-Studios.com) or call 608-877-8007.
6. Please remember to return you nametags after the meeting. For new members, your membership card is in the back of your nametag which also has a green dot designating you as a new member.
7. UFO retreat – if you are interested in lunch, you must pay Kay Moffat when registering. There is a minimum of 25 people for the Chalet to provide lunch, so if you are planning on going, please contact Kay as soon as possible.

Minutes from the November 8, 2010, meeting were approved.

Connie Burmeister introduced our speakers, Margaret Atkinson and Judith "Eric" Robinson, from Green Mountain Spinnery. Margaret gave a brief history of Green Mountain Spinnery that was begun in 1981. At one point the mill used to be a filling station. The Spinnery is a worker co-operative and uses only natural fibers and "green" processing. They recycle the wool wash water every three days. Both Margaret and Eric presented designs from the design team and discussed the process of designing to finished product. These designs can be found in the *Green Mountain Spinnery Knitting Book* and their newest book *99 Yarns and Counting*.

Vendors were Five Oaks Farm and Green Mountain Spinnery.

New members are Barbara Brunette and Marian Bak—Welcome!

Show and Tell items were presented by Anne Eudaly, Megan York, Elaine Landay, Carol Baldi, Muriel LaRose, Garrett Carlisle, Tina Kaspar, and Sherry Conroy.

Door prizes were awarded. To Amanda Haynes, Green Mountain Spinnery yarn and pattern; to Jude Morse, two skeins of yarn donated by Five Oaks Farm; and to Joyce Hessefort, a MKG knitting bag.

Meeting adjourned at 8:55 pm.

Respectfully submitted,  
Kathy Digman



Looms Linen Lessons

## The Woolgatherers

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Yarn, Fiber, Books

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by Appointment

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## 2011 GUILD MEETINGS

**Feb. 14**      **Meg Swanson—Schoolhouse Press**

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

Vendors: Woolgatherers LTD  
Sow's Ear

**Mar. 14**      **Candace Eisner-Strick—Strickwear**

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

Vendors: Susan's Fiber Shop  
FireFly Fibers

**Mar. 19**      **Knit In—More details soon!**

[Bishop O'Connor Center](#)

702 S. High Point Rd.  
Madison

**Apr. 11**      **Sally Mellville—Members Only, Please!**

"Knit To Flatter and Fit"

<http://sallymellvilleknits.com/books.html>

Vendors: Stitches' Crossing  
Sutter's Gold'n Fleece

**May 7**      **Knitting Safari—More details soon!**

**May 9**      **Annual Meeting**

Election of Officers—Click [HERE](#) for bylaws

Show & Tell—*last chance until fall!*

Brown Bag Exchange—

Bring your completed *Babies, babies, babies* project

Members' Yarn/Book Sale—

*start sorting your stash now!*



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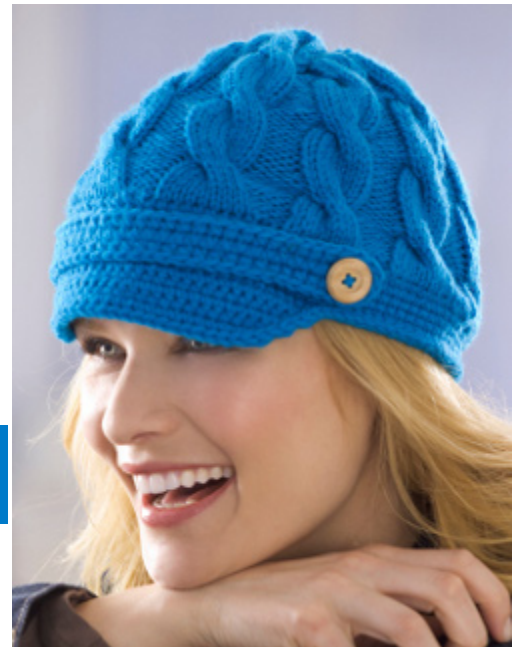
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## Cable Newsboy Cap

By: Linda Cyr for Red Heart Yarn

### Materials:

- Yarn: RED HEART® “Designer Sport™”  
1 ball 3825 Pool
- Knitting Needles: 3.5mm [US 4] circular, 24” long
- Crochet Hook: 3.75mm (US F-5)
- Cable needle
- stitch marker
- yarn needle
- Two buttons  
1” diameter

**Size:** One size fits most; circumference is 22”.

**Gauge:** 20 sts = 4”; 28 rows = 4” in Stockinette stitch. Note: Cap is knit in rounds on circular needle. Band and brim are crocheted.

### Instructions:

Cast on 120 sts. Join to work in rounds, being careful not to twist sts. Place a marker for beginning of round.

**Rounds 1-8:** [P4, k8] 10 times.

**Round 9:** [P4, slip 4 sts to cable needle and hold in front, k4, k4 from cable needle] 10 times.

**Rounds 10-20:** [P4, k8] 10 times.

Repeat last 12 rounds once.

**Round 33:** [P2tog, p2, slip 4 sts to cable needle and hold in front, k4, k4 from cable needle] 10 times – 110 sts.

**Rounds 34-38:** [P3, k8] 10 times.

**Round 35:** [P2tog, p1, k8] 10 times – 100 sts.

**Rounds 36-40:** [P2, k8] 10 times.

**Round 41:** [P2tog, slip 4 sts to cable needle and hold in front, k4, k4 from cable needle] 10 times – 90 sts.

**Rounds 42-46:** [P1, k8] 10 times.

Bind off.

Cut yarn, leaving a long tail.

### Band

With crochet hook and holding 2 strands of yarn together, join yarn to cast-on edge to right of a cable.

**Round 1:** \*Work sc in each st of cable (8 sc), skip 1 st, sc in next st, skip 1 st, sc in next st; repeat from \* 9 more times – 100 sc.

**Rounds 2-5:** Sc in each sc around.

### Brim

**Row 1:** Working in front loops only, sc in next 36 sc, leaving remaining sts unworked.

**Rows 2-6:** Ch 1, turn, skip 2 sts, sc in each sc across.

**Round 1:** Slip st in each st and each row of Brim around Band, slip st to first st to join. Fasten off.

### Strap

Holding 2 strands of yarn together, ch 36.

**Round 1:** Work 2 sc in 2nd ch from hook and each ch across to last ch, 3 sc in last ch, turn to work along opposite side of ch, sc between each sc, work last sc in same space as beginning of rnd.

**Round 2:** Work 2 sc in first st, sc in each sc to center sc of 3 sc, 2 sc in next st, sc in each sc to first sc, slip st in first sc to join.

Fasten off.

### FINISHING

Weave tail through bound-off row and pull to close. Knot to secure. Position Strap over Brim. Sew buttons through both layers to secure Strap in place. Weave in ends.

## Madison Area Knitting Groups



If you're looking for a group of stitching buddies... be sure to re-view the list on our Web site:

[www.madisonknittersguild.org](http://www.madisonknittersguild.org)

## Parking Notice!

There are more members who are eligible to use the disabled parking stalls at The West Side Club than there are available stalls. Some of our members don't attend meetings because they aren't certain there will be an accessible spot to park.

In consideration of those members and guests, please leave the closest parking spots—**in addition to the disabled spots**—open for those who truly need them.

Thank you!

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## Carpooling to MKG Meetings

Do you need a ride to or from guild meetings? Do you have room to share the ride?

- Go to RideShare.us
- Create a FREE account, log in, and read "Site Help FAQ"
- Locate the Guild meeting on the site home page, using the Lookup Code **knit**
- Post your ride ad—a request or offer
- Check back often to view additional ads on the Guild event



QUESTIONS? Contact [mkgnewsletter@gmail.org](mailto:mkgnewsletter@gmail.org)

## LAST CALL: UFO Knitting Retreat! January 21-23

U<sub>n</sub>F<sub>inished</sub> O<sub>bjects</sub>...

Did you end 2010 with a lot of projects still on the needles? Do you have some stash to organize? Balls to wind? Patterns to peruse? Is there a project you'd like to get back to, but you didn't mark the pattern when you ended, and now you can't figure out where you left off?

You might have a case of UFO-itis. Most doctors recommend a knitting retreat in New Glarus to ease symptoms! The UFO Retreat is also the perfect way to meet new knitting friends or spend quality stitching time with old friends—er, make that knitting friends you've known for a long time!

Drop in for part of the day or come for the weekend. Registration is **FREE** for Guild members, and guests are only \$5.00 at the door. A special buffet lunch will be served on Saturday for \$16.25, which includes tax & gratuity. **Please let Kay Moffat know if you'll attend the Saturday lunch: 608-241-8716 or [kay8590@sbcglobal.net](mailto:kay8590@sbcglobal.net).** Advance payment is requested so we can guarantee at least 25 meals.



## Tips & Tricks... for LACE



Charts, yarn-overs, SSKs, dropped stitches... no wonder LACE strikes fear into knitters everywhere! Your friendly guild members are here to rescue you from lace-knitting catastrophes.

**Mary Behling** learned this tip from **Amy Detjen**: To keep track of row repeats, take a piece of contrasting thread/yarn, double it and tie a series of knots in the doubled strand, corresponding to the number of rows in the repeat. Leave a loop between each knot large enough to fit around the needle. As you knit advance up one loop of the "marker" for each row. When you get to the last loop of the "marker," make your corresponding increase/decrease or be prepared to start your new "repeat" on the next row.

The number of loops in your marker yarn may vary depending on whether you are knitting flat, or knitting in the round. For instance, if you have a six-row *circular* lace repeat, use a marker with six knots/loops in it - each loop represents one row of lace. For a six-row repeat worked flat (back and forth) use a marker with three knots/loops. Each loop represents *two* rows (or use a marker with six knots/loops, and advance one loop at the beginning of the right side row, and another loop at the end of the wrong side row.)

You can also use this marker system to track increases and/or decreases in a pattern, such as a sleeve pattern calling for increases on every seventh row.

**Liz Wood** had difficulty reading charts from right to left, then left to right. When she came upon this tip in a lace knitting book, she adapted it to her sock and scarf patterns:

Re-write each line of your pattern on a separate 3"x5" card. You can reverse the stitch order on every other row, if it's easier for you. Punch a hole in one corner in the same place on each card. Tie them all together in order with a piece of yarn.

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**Sara Goupell** explains lifelines for anyone who hasn't discovered this priceless technique:

Lifelines have saved me from tinking (ripping out knitting stitch-by-stitch) on numerous lace projects. Lifelines are simply lengths of scrap yarn threaded through a row of live stitches, below which you have checked that your knitting is correct. For example, it's a good idea to insert a lifeline after each repetition of a multi-row lace pattern in a shawl or sweater. This way, if you find a mistake, you can "speed rip" back to your last lifeline instead of un-knitting stitch-by-stitch. The lifeline keeps your stitches from dropping any further than that piece of scrap yarn.

To try out a lifeline, cut a length of scrap yarn about a foot longer than the width of your work in progress. I usually choose slippery pieces of scrap yarn so that they're easy to pull out at the end. Thread the scrap yarn onto a yarn needle and draw the needle through all of your live stitches, following your knitting needle across the entire row. Be sure your lifeline does NOT go through any stitch markers—go around them or you'll have to cut them out of your finished knitting!

To rip back to the lifeline, simply insert your knitting needle into that row of stitches the scrap yarn is holding and let 'er rip. If you put each lifeline through the same row of your pattern, you'll always know what row you've ripped back to. Leave the yarn in place until it's time to block your finished project. Then, pull gently on one end of the scrap yarn to remove it from your knitting.

**Have a tip or trick to share?** Send it to

[mkgnewsletter@gmail.com](mailto:mkgnewsletter@gmail.com)

# Community Service Projects



Memorial Spartans  
Green & White



LaFollette Lancers  
Red & White

## JANUARY : Madison High Schools & Handmade Especially for You

Many transient families join the school system mid-year. In addition to being a teenager, this transition without school supplies is very stressful for high school students. Let's help them out with ...

**warm hats, mittens and scarves!**  
(See one pattern idea on Page 7)

**School supplies are also appreciated:**

Lined notebook paper, binders, pens, pencils, highlighters, calculators, earphones. These students desperately need good quality backpacks. Want to help, but watching your own budget? This is a great team project. "Buddy up" with a knitting pal and buy one large durable backpack. (I still remember lugging home 20 pounds of textbooks every night!)



West Regents  
Maize & Blue



East Purgolders  
Purple & Gold

— Jennifer Retzlaff



Handmade  
with love  
especially  
for you

Lois Anderson, the originator of

**Handmade Especially for You**, who spoke at our November

meeting, hopes to provide a scarf to every woman entering an abuse shelter simply because she was brave enough to get there. If you'd like to join her, in this effort, knit a scarf—or two, or three, or more!

Suggestions: Use soft yarn for comfort (avoid wool for

allergies,) pick happy colors, make it 4-5 inches wide and 60 inches long, use a pattern of

your choice, add novelty yarn or ribbon to make it unique. Free gift tag templates are available on the Web site.

When you have completed the scarf, roll it up and tie it with a ribbon or yarn and contact:

Lois Anderson [landerson@uwalumni.com](mailto:landerson@uwalumni.com).

Join the Handmade Especially for You group on Ravelry: <http://www.ravelry.com/groups/andersons-handmade-with-love>

## FEBRUARY : Special Olympics Polar Plunge

Set aside the **RED** yarn in your stash... you know there will be extra after the holidays! The theme color for the 2011 Polar Plunge is cardinal red. One of our projects will be making hats for the Special Olympics volunteers.



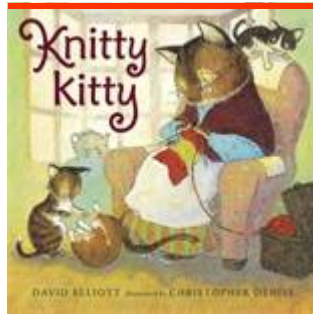
Freezin' For A Reason

**CLASSIFIED AD**

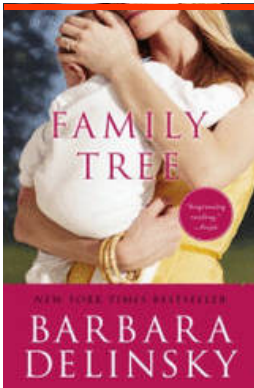
Handspun yarn in 2-ply, 100% wool. More than 50 color combinations. 20% discount to MKG members. \$8 oz or lower with quantity purchased by January 30. 231-2310 or [joan@joanzieger.com](mailto:joan@joanzieger.com) for emailed photo of yarns.

**Read a good BOOK lately?**

**Knitty Kitty** by David Elliot (Candlewick Press) lets you share the joy of knitting with young ones.



**Family Tree** by Barbara Delinsky (Random House) is a novel where knitting figures prominently in the plot.



**More titles:**  
**Casting Off** by Nicole R. Dickson

**The Knitting Circle: A Novel** by Ann Hood

**The Beach Street Knitting Society and Yarn Club and Needles and Pearls: A Novel** by Gil Mcneil

**Knitting Under the Influence** by Claire LaZebnik

**Skein of the Crime (A Knitting Mystery)** by Maggie Sefton

**Died in the Wool: A Knitting Mystery** by Mary Kruger

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## Fiber Events

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**Through Feb. 6:** [Our Tiny Friends and Foes](#), Overture Center Playhouse Gallery, Madison

**January 14-16:** In the Wool , Winter Wool Weekend, Woodridge Lodge, Portage [www.inthewool.com](http://www.inthewool.com)

**January 21-21:** VogueKnitting Live! New York City [www.vogueknitting.com](http://www.vogueknitting.com)

**January 28-29:** Knitting Retreat, Susan's Fiber Shop, Sun Prairie [www.susansfibershop.com](http://www.susansfibershop.com)

**February 25-27:** Best Western Airport Hotel & Conf. Center, Milwaukee [Sheep in the City Get Away](#)

**April 7-9:** Wisconsin Spin-In, Country Springs Resort, Pewaukee [www.wispinin.org](http://www.wispinin.org)

**April 9-11:** Sally Melville Workshops, Woodland Studios, Stoughton [www.Woodland-Studios.com](http://www.Woodland-Studios.com)

**April 29-May 1:** Midwest Masters Weekend, Yarns by Design, Neenah [www.yarnsbydesign.com](http://www.yarnsbydesign.com)

**June 24-26:** Midwest Fiber & Folk Art Fair: Grayslake, IL [www.fiberandfolk.com](http://www.fiberandfolk.com)

**July 27-31:** The Knit & Crochet Show, Minneapolis, MN [www.knitandcrochetshow.com](http://www.knitandcrochetshow.com)

**July 28-31:** Sock Summit, Portland, OR [www.socksummit.com](http://www.socksummit.com)

**August 25-28:** Stitches Midwest, Schaumburg, IL [www.knittinguniverse.com/stitches](http://www.knittinguniverse.com/stitches)

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