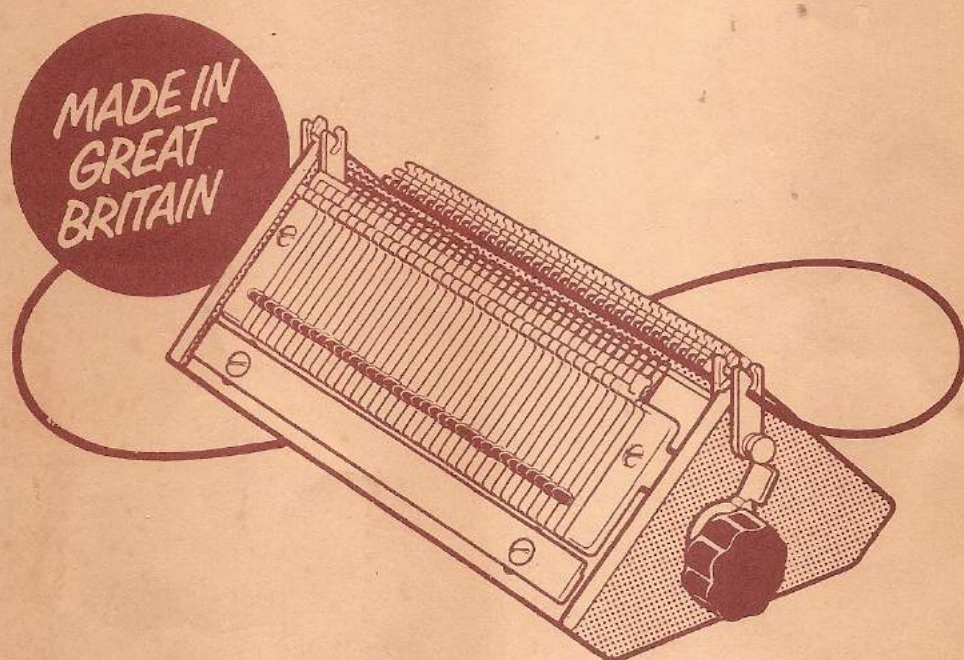


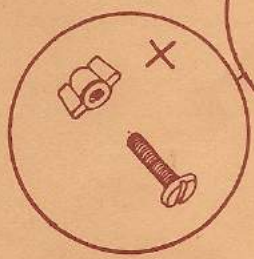
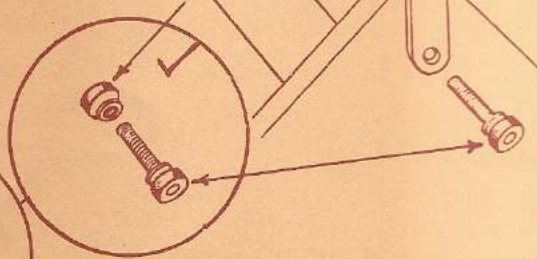
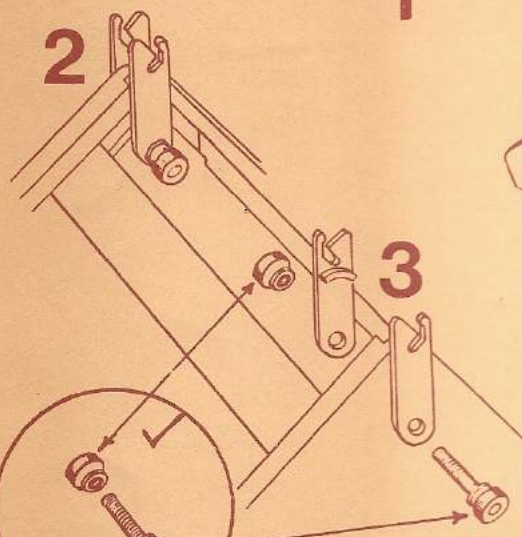
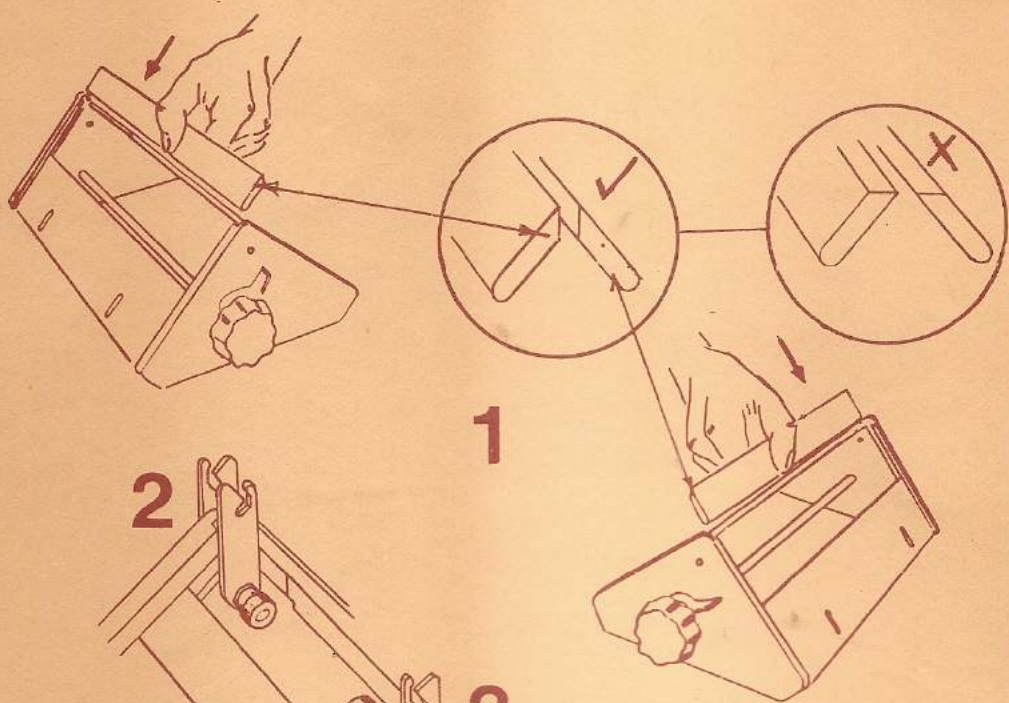
Handbook of Simpleframe Knitting



Frame Knitting Ltd.,
P.O. Box 115, Berkhamsted, Herts HP4 3TJ.
(04427) 71759

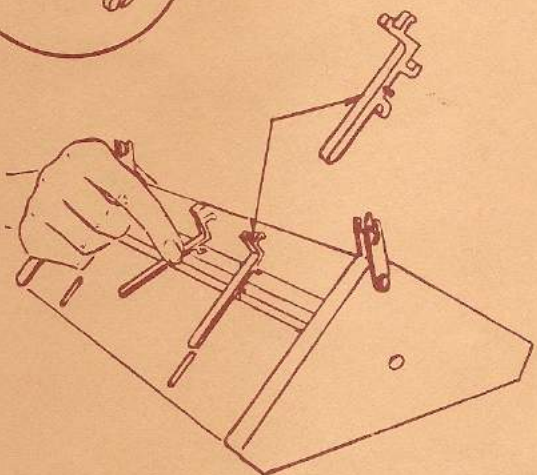
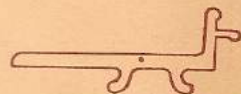
**FRAMEX KNITTING
LIMITED**

Simpleframe Assembly

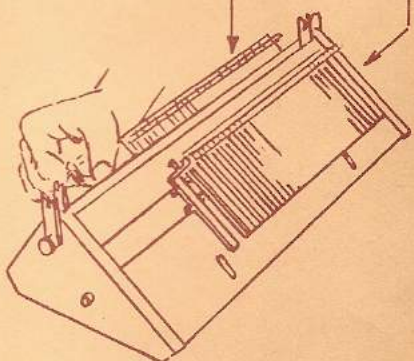


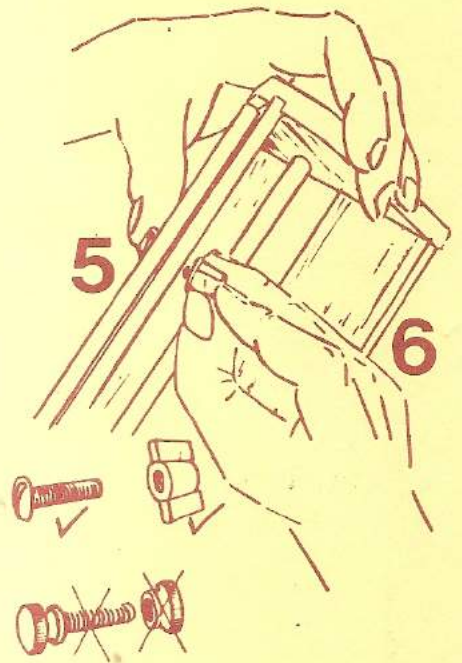
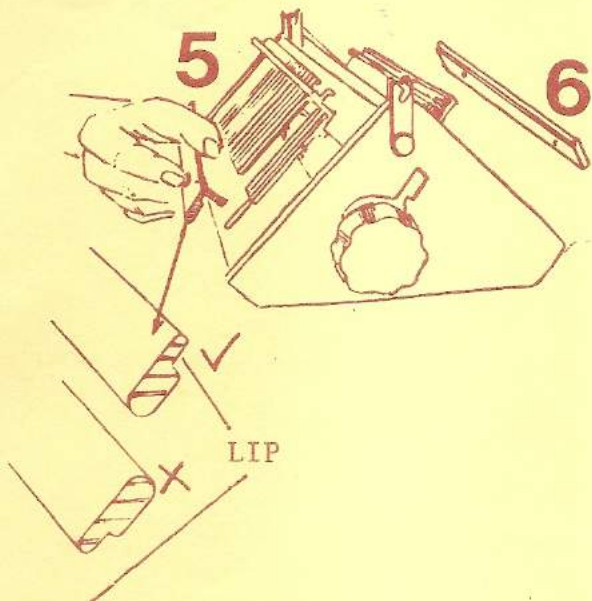
Model No.

Model No.		
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72	37	37
96	49	49
120	61	61

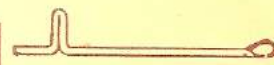


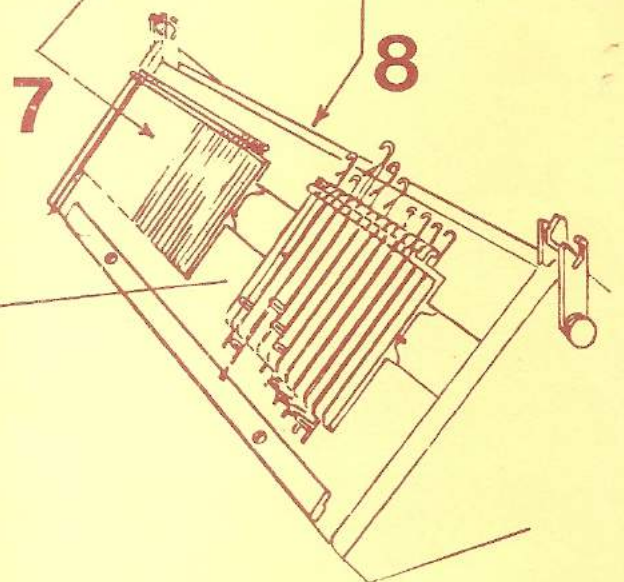
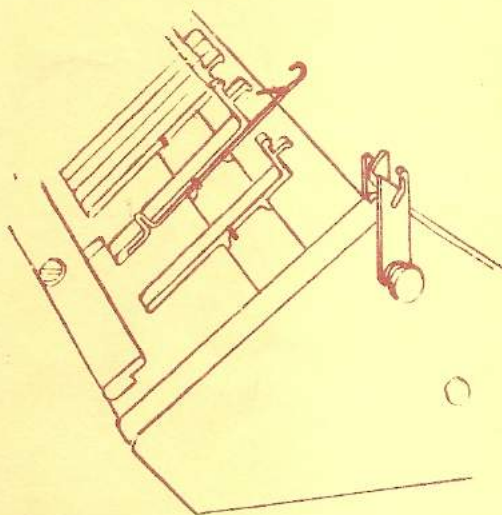
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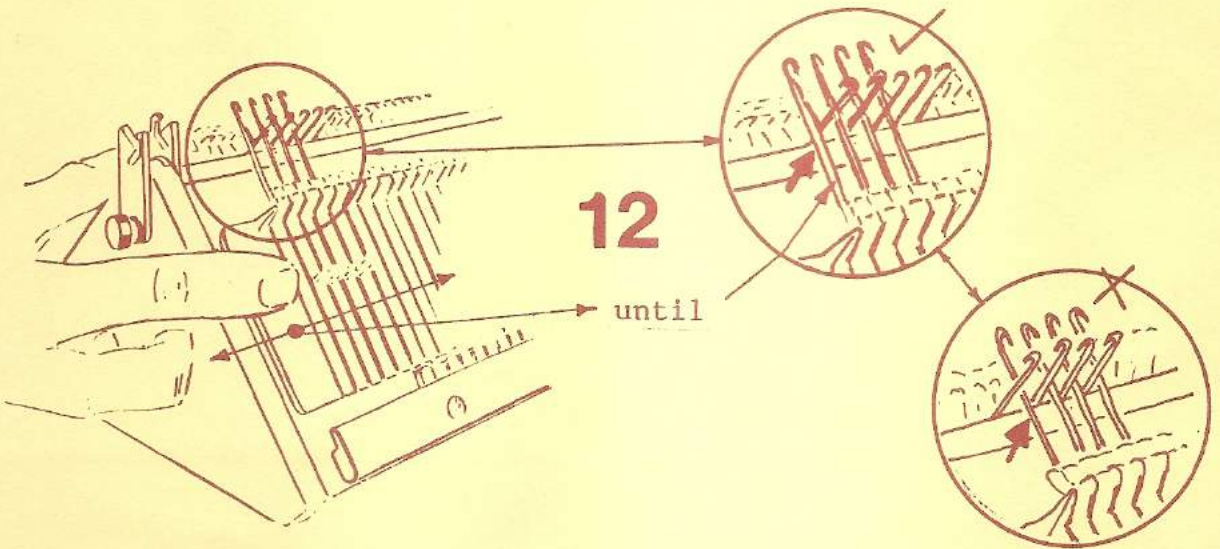
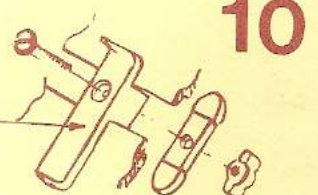
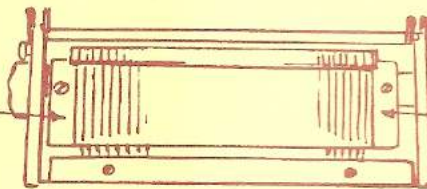
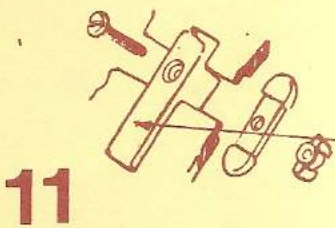
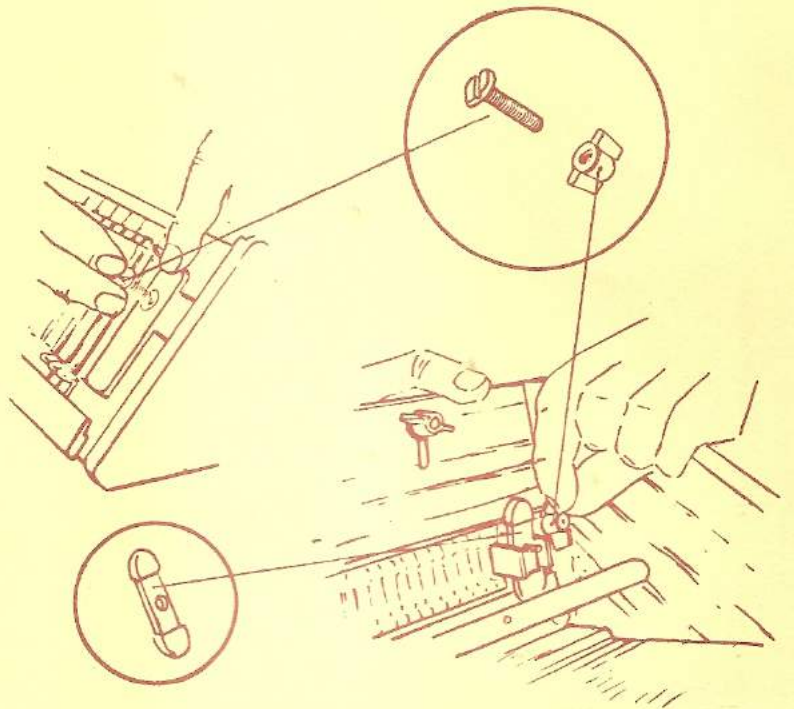
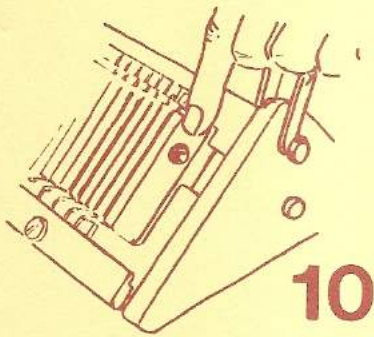
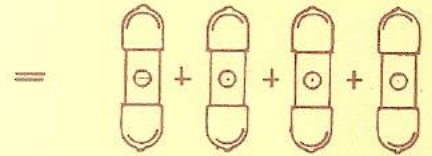
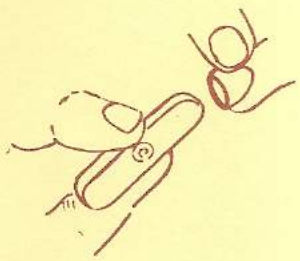


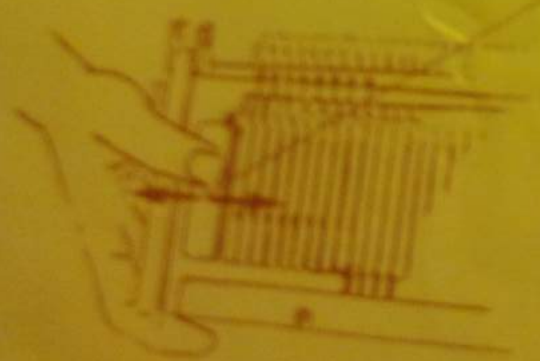
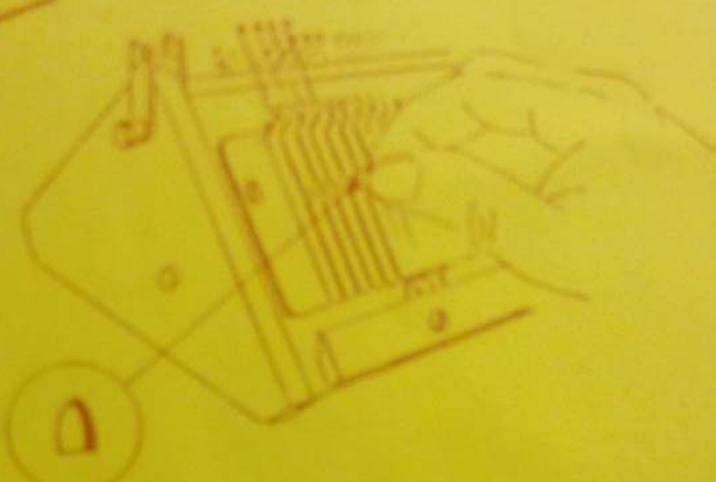
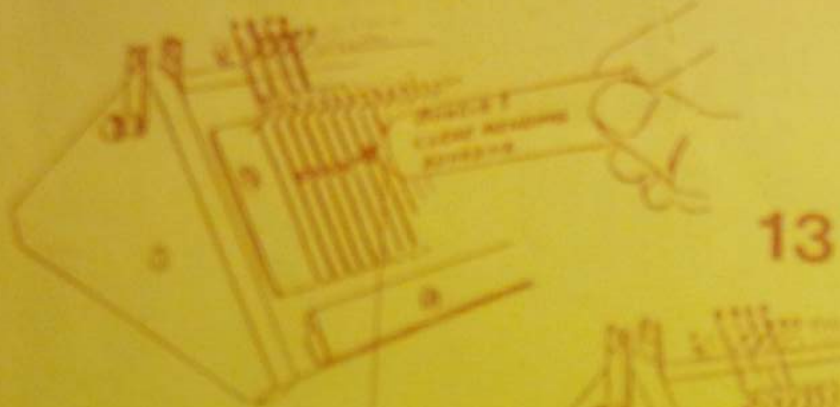
ALWAYS ASSEMBLE WITH THE LIP FACING UP THE FRAME UNTIL YOU HAVE TRIED THE STITCH SIZE PRODUCED AND NEED TO TURN THE BAR ROUND TO GET SMALLER STITCHES

Model		
48	24	24
72	36	36
96	48	48
120	60	60

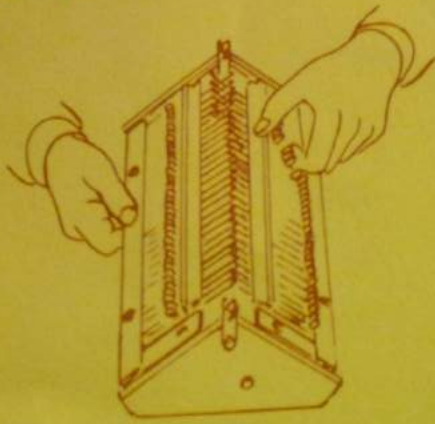


Do steps **9-11** for this bed before placing needles in other bed.



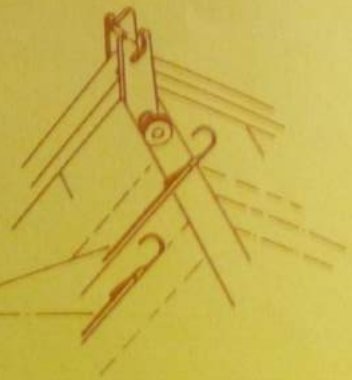


Cast On



Fully raise all needles.

Needle raised.
Needle lowered.

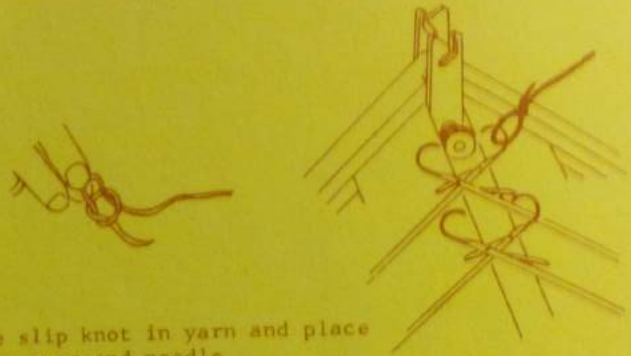


Ensure all latches are open.



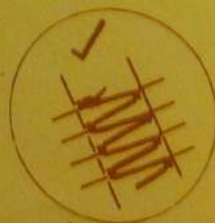
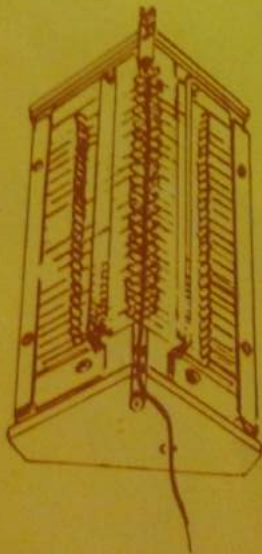
Latch open.
Latch closed.

Tie slip knot in yarn and place loop over end needle.



Lay yarn across needles and yarn guides at other end.

Partially lower all needles starting with needle holding slip knot to form a zig zag.

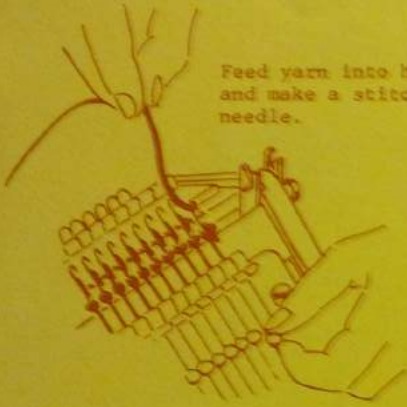


pat
2,96 a

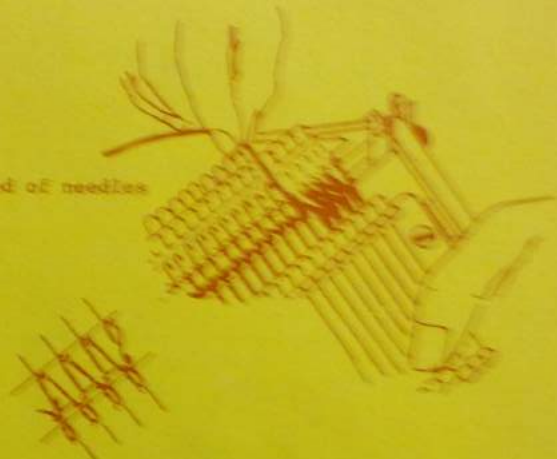
Note the last needle lowered and raise all needles on the opposite bed. Use back of stitch guide or the cast on bar to hold loops down as needles are raised.



Feed yarn into hook of first needle and make a stitch by lowering the needle.



Continue along the bed of needles in similar fashion.



Repeat for opposite bed of needles by raising the needles and making a stitch on each needle in turn starting with the nearest needle opposite the last stitch made.



Lower the stitch size bar if you cannot get a large enough stitch.

Pull ends of cast on lace up through the beds at each end of frame.



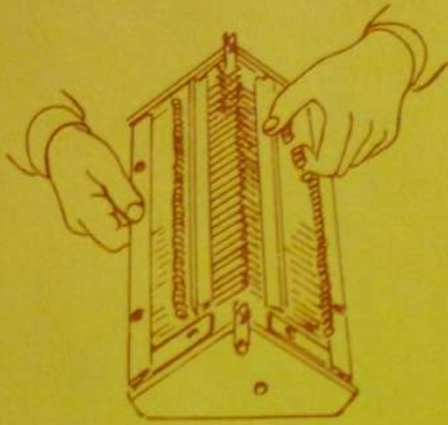
Place cast on bar through the lace loops and wind take down roller until the cast on bar rests gently on the stitches.



Now adjust stitch size



Adjust Stitch Size



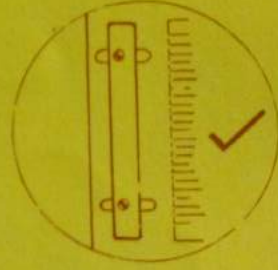
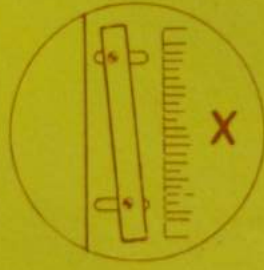
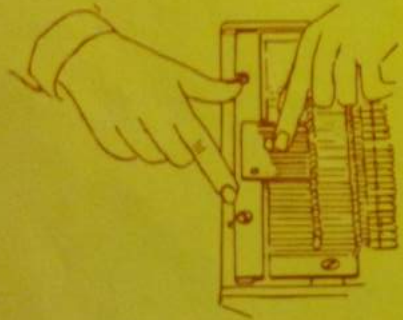
Raise all needles. Lay the yarn across the needles.

Slacken nuts and bolts holding the stitch size bar.

Place the gauge against the back of the needle butts lowering a needle to the bottom of the slot marked with the required stitch size.



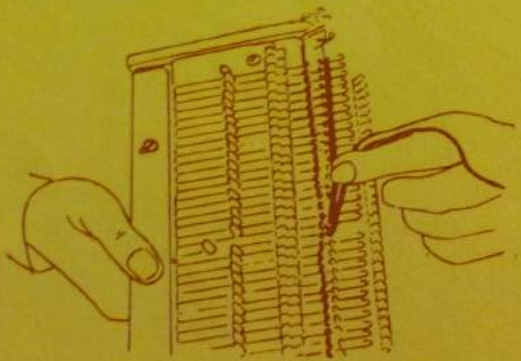
Raise the stitch size bar until it touches the tail of the lowered needle. Make sure bar is parallel.



Tighten nuts and bolts holding stitch size bar.



Raise needle by pulling the yarn to drop stitch back onto the needle.



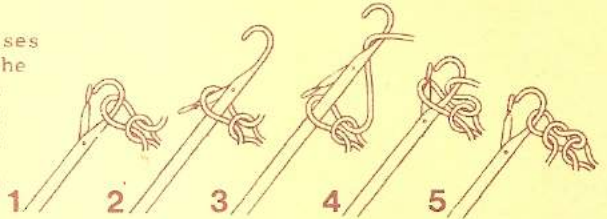
Repeat for other needle bed.

Double Bed Knitting

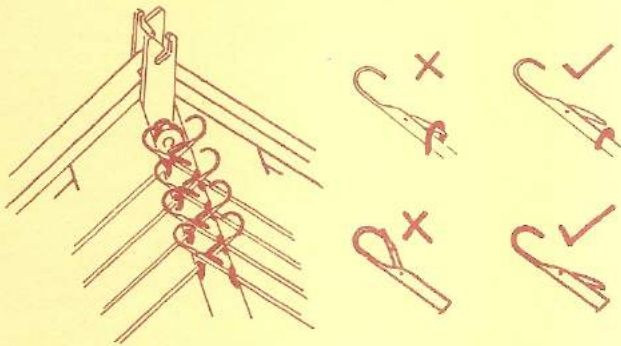


Most knitters sit with the Simple-frame positioned in front of them so that the left hand can operate one bed of needles and the right hand the other bed. They also find it convenient to turn the Simple-frame round after each row so that the yarn always feeds in at the end furthest from them.

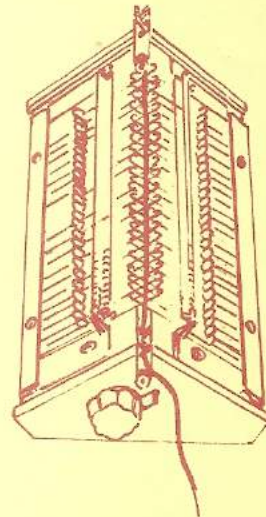
Briefly, the person knitting raises all the needles manually, lays the yarn across the needles and then lowers alternate needles on each bed to form a stitch. The latch needle makes new stitches by pulling the yarn through the old stitch.



Raise all needles and ensure
 a) stitches drop over the latches
 b) all latches are open



Lay yarn across "V" formed by the needles and through yarn guides at opposite end. Unwind yarn from the ball or cone.



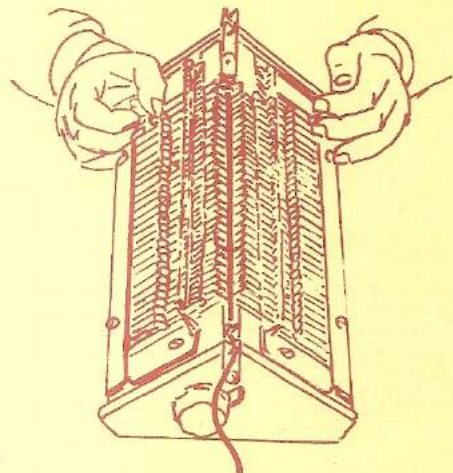
Use the THUMB to lower the nearest needle until it is stopped by the stitch size bar.

Hold needle down by gently resting the first or second FINGER on the side of the needle butt.

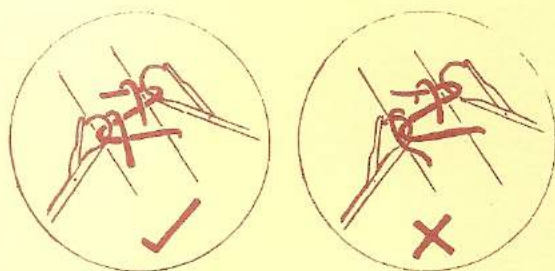
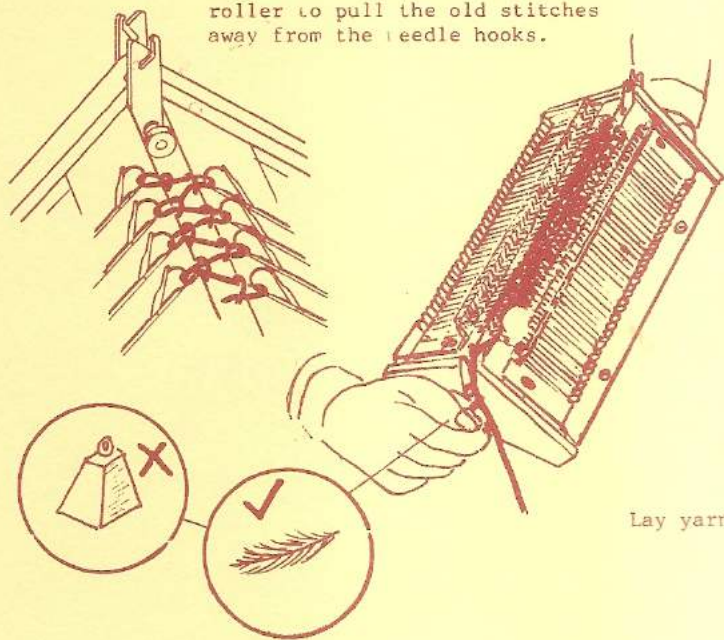
Use the THUMB of the other hand to lower the next needle which will be in the opposite bed. Hold needle down by gently resting the first or second FINGER on the side of the needle butt.

Now lower the next needle on the first bed using the THUMB. Move the FINGER out of the way until the needle is lowered and then replace gently on the side of the butt.

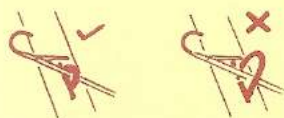
Repeat for each needle in turn.



At the end of the row rotate the roller to pull the old stitches away from the needle hooks.

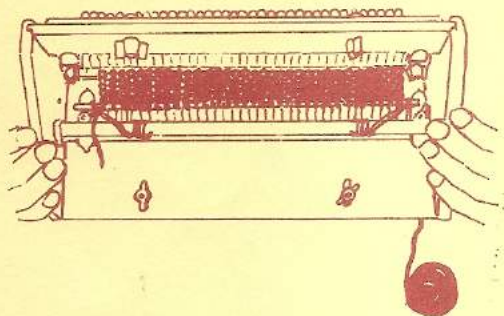
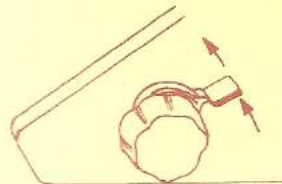


Turn the Simpleframe round and raise all needles. Rotate the roller a little to ensure stitches rest against the needles.



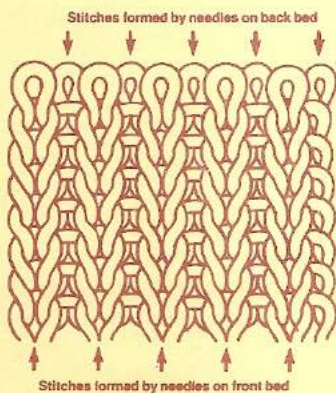
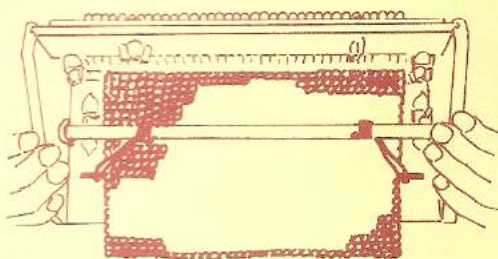
Lay yarn across and repeat process.

The knitted fabric is taken underneath and rolled round the roller.



When the roller is full, release roller by releasing roller catch and unwind the fabric. Slide cast on bar out of the knitting.

Replace cast on bar in loops of cast on lace. Pass fabric between roller and cast on bar then rotate roller. The cast on bar will hold the knitting against the roller for rewinding.



The knitted fabric produced is a full needle rib fabric. It has the same appearance both sides. It is suitable for all types of garments.

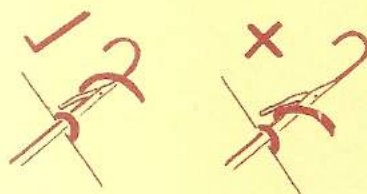
POINTS TO NOTE!!!

DO NOT HURRY! Take care with each stitch and speed soon develops.

DO MAKE SURE NEEDLES ARE LOWERED TO STITCH SIZE BAR, and kept there while the next needle is lowered.

If the needle pulls up you will get a smaller stitch and an untidy appearance to your knitting.

DO NOT OVERTIGHTEN THE ROLLER. It is not necessary for the roller to 'click' each row. Just tighten enough to pull the old stitches away from the hooks before raising the needles and against the needles when in raised position.



DO CHECK THE FIRST NEEDLE before lowering to make sure yarn has not dropped below latch.

DO TURN THE SIMPLEFRAME ROUND AND POSITION READY TO KNIT BEFORE RAISING NEEDLES. Otherwise moving the Simpleframe may close a latch and you will drop a stitch.

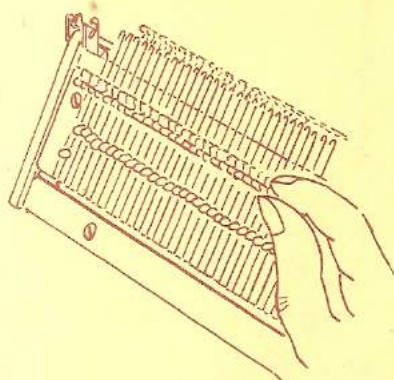
SLIDING NEEDLES

If a needle slides down when knitting, run thumb and finger along plastic needle spacers towards the needle.

If, as this is done, other needles slide down, re-adjust the needle clamps.

SILICONE LUBRICANTS

Spray the needle bed with a silicone polish to improve handling. Try and avoid getting the spray on the butt caps, it makes them slippery too. Many household polishes contain silicone.



YARNS

The Simpleframe will easily knit chunky, mohair and Aran weight yarns. These yarns normally have ball bands or instructions recommending needle sizes, \times , from $4\frac{1}{2}$ mm - $6\frac{1}{2}$ mm. (No. 7 - 3 UK).

Experienced Simpleframe knitters will be able to knit with some double knitting yarns recommending \times 4mm (No. 8 UK), and some heavier yarns recommending \times 7mm (No. 2 UK).

When knitting tension pieces we suggest you try the following stitch sizes initially:

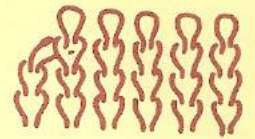
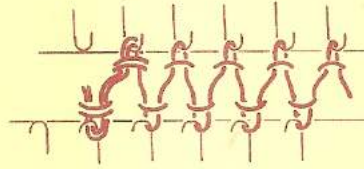
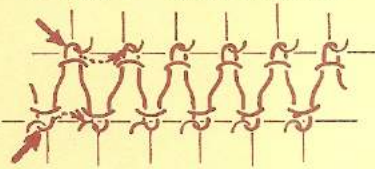
Yarn	\times	Full Needle Rib	Fisher-man's Rib	Stocking Stitch One bed	Stocking Stitch Circular
Chunky Wool	$6\frac{1}{2}$ mm	6	7	5	4
Chunky Acrylic	$5\frac{1}{2}$ mm	5	6	4	3
Mohair	6 mm	5	7	4	3
Aran type	$4\frac{1}{2}$ mm	4	5	4	3
Double Knitting	4 mm	*	4	3	2

* See FULL NEEDLE RIB IN DOUBLE KNIT YARN

Shaping

A: Decreasing no. of stitches

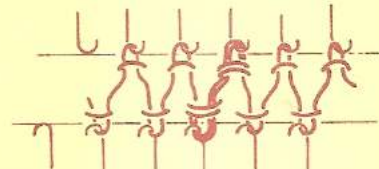
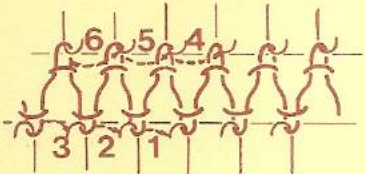
Method 1 - Basic Decrease



a) Transfer end stitches

b) Continue knitting without using end needles.

Method 2 - Fully Fashioned Decrease

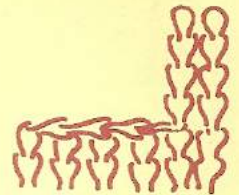


a) Transfer three end stitches each side in order shown 1-6.

b) Continue knitting without using end needles.

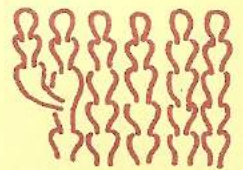
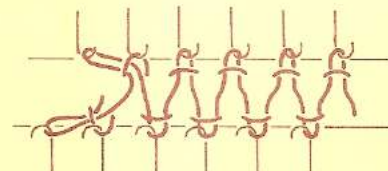
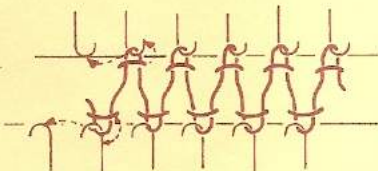
Method 3 - Cast Off.

To decrease a large number of stitches in a row, for example at an arm opening, cast off the required number using one of the crochet cast off methods.



B: Increasing no. of stitches

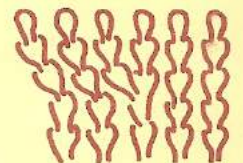
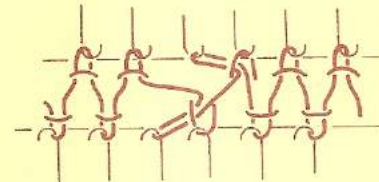
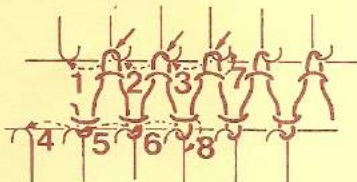
Method 1 - Basic Increase



a) Transfer end stitches to outer needles. Lift lower stitches onto empty needles.

b) Continue knitting using all needles.

Method 2 - Fully Fashioned Increase



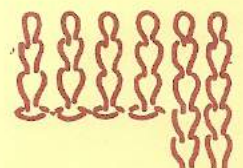
a) Transfer three end stitches each side in order shown 1-6. Lift lower stitches 7 & 8 onto empty needles.

b) Continue knitting using all needles.

Method 3 - Cast On

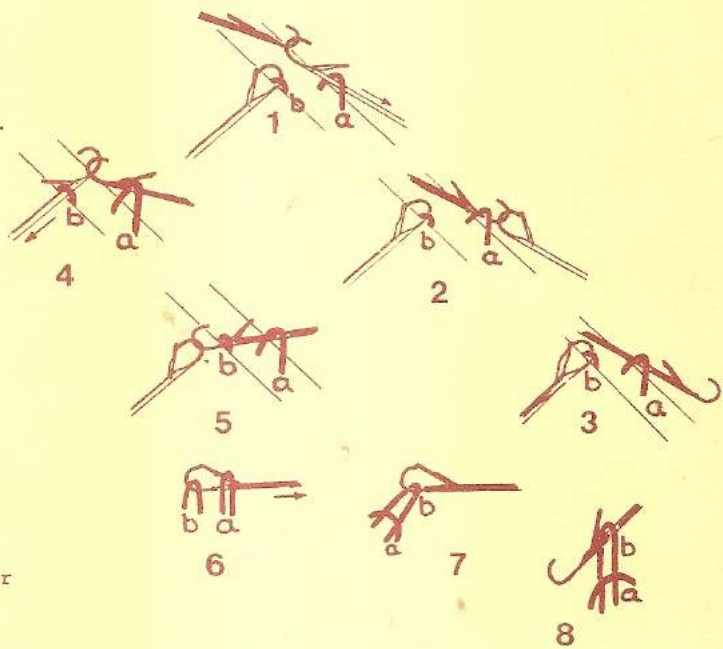
To increase a large number of stitches in a row, cast on the required number using the method described previously.

Use the cast on bar it will not affect the other stitches.



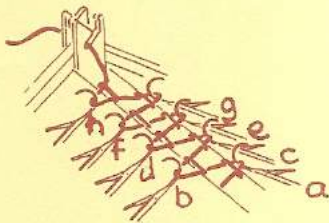
Cast Off

You normally crochet stitches together to cast off. Use a spare latch needle as shown steps 1 - 8.

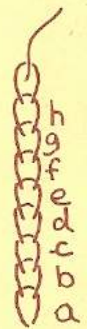
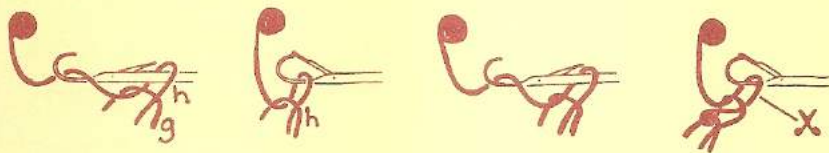


Crochet Cast Off Method 1

Crochet stitches together in order A-H.



When last stitch H is on spare needle make another stitch by pulling yarn through stitch H, then repeat and break or cut the last stitch.



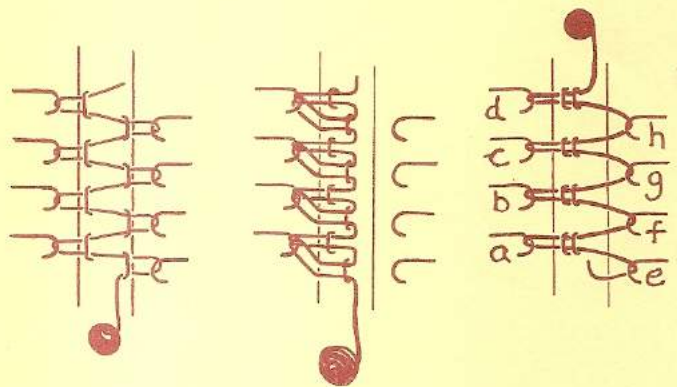
If a looser cast off is required knit last row of stitches A-H one or two stitch sizes larger, before making the crochet cast off.

Crochet Cast Off Method 2

After last row of rib knitting transfer stitches to needles of one bed. Raise all needles and knit another row.

Crochet cast off stitches A-D then when last stitch D is on the spare needle make another stitch by pulling yarn through stitch D, then repeat and break or cut the last stitch.

Raise and lower needles carrying loops E-H to throw off loops.



Straight Yarn Cast Off

Break the yarn allowing 2-3" more than the width of the knitting. Thread the yarn through the stitches using a bodkin. Tie end to secure.

Double Bed Stitch Variations

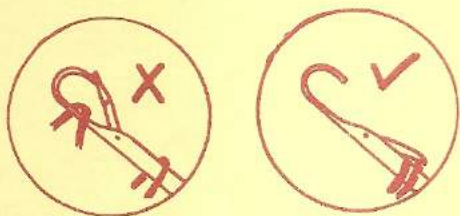
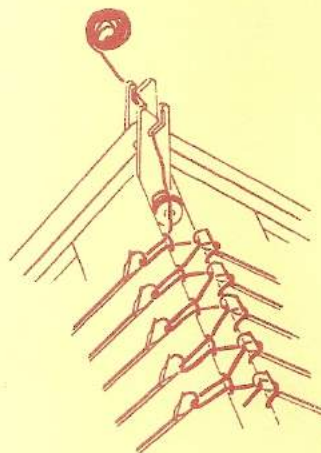
Fisherman's Rib

Cast on the knitting in the normal method.

Raise all the needles. Lay the yarn across the needles to knit.

Lower the first needle until you feel the hook starting to pull through the stitch. STOP, do not make the stitch. Now lower the needle on the other bed completely.

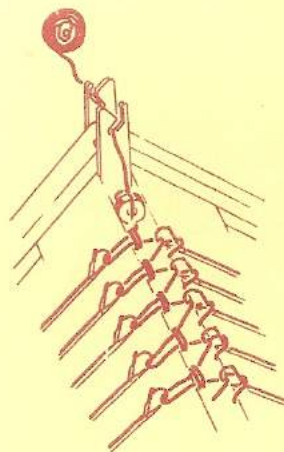
Continue in this way along the frame.



Turn the frame round, raise all needles, making sure all the stitches and loops slip behind the latches. It is sometimes easier to raise all the needles on one side first.

Lay the yarn across and repeat as before using the same hand to tuck stitches (partially lower the needles).

Although using the same hand to tuck each row, because the frame is turned round between rows, the effect is to give knitting tucked on alternate rows on each bed.



HALF FISHERMAN'S RIB

Identify one bed of needles as Bed A and the other as Bed B.

Adjust stitch size so that the stitches on Bed A are larger than those formed on Bed B.

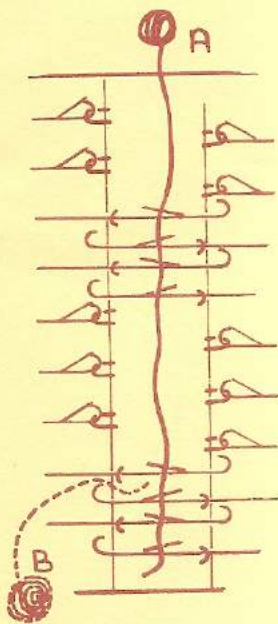
Knit a row knitting complete stitches on bed A and tucking the stitches (partially lowering the needles on bed B. On the next row raise all needles and knit a conventional rib row (lower all needles completely).

Repeat * - * until required length is knitted.

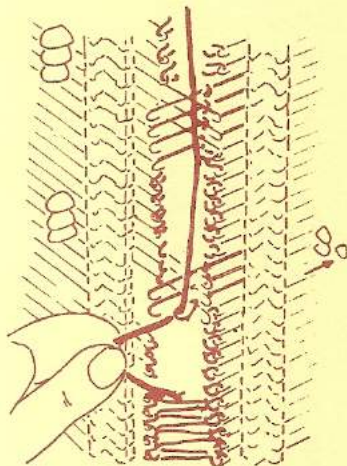
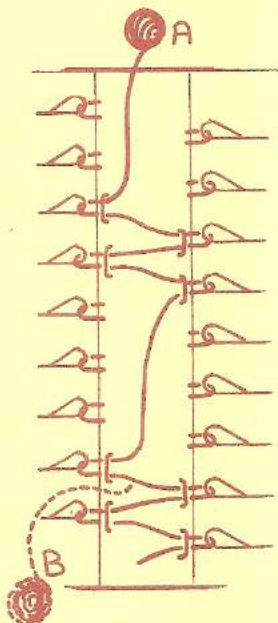
The finished piece of knitting has a different appearance on each side.

FAIRISLE

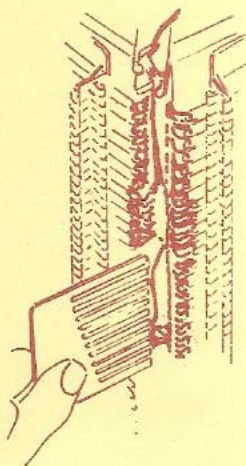
Fairisle is a method of making a pattern by knitting selected needles with different colours or textures of yarn.



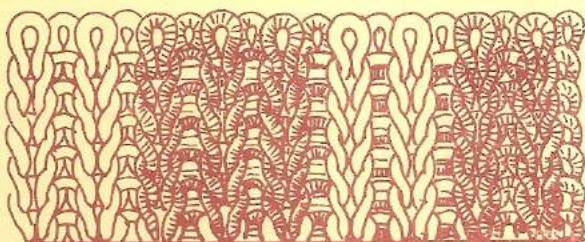
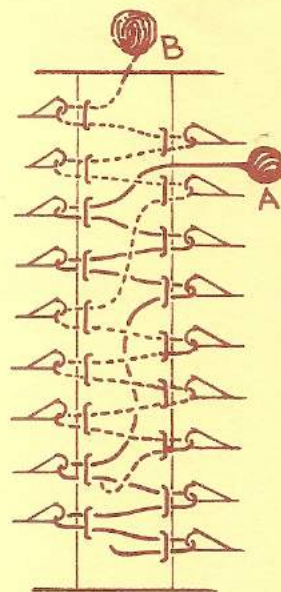
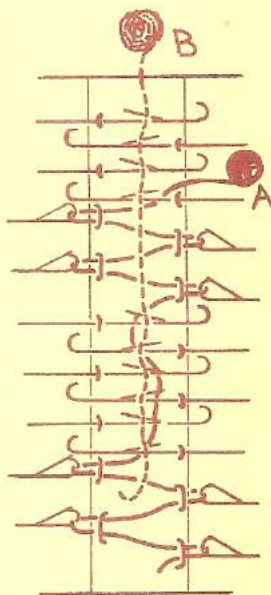
The diagrams show how to knit a row using two colours A & B.



Hold yarn with thumb and finger whilst lowering first needle in each group to form a loose float. This enables knitting to expand when removed from the frame.



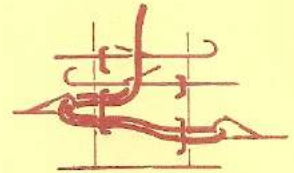
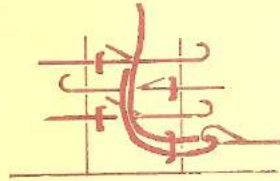
Push stitches clear of needles and floats down centre using stitch size guide.



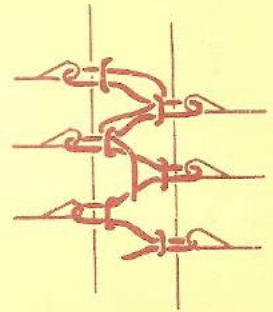
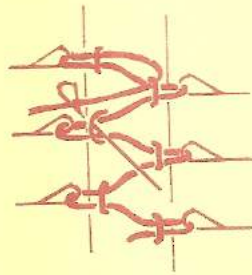
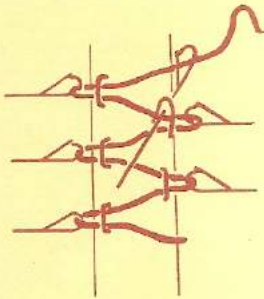
The knitting produced has the same pattern each side of the fabric.

JOINING A SECOND COLOUR

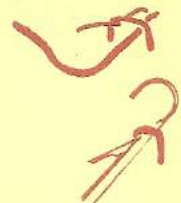
Joining a second colour yarn into the knitting.



Completing a colour - securing the yarn end.

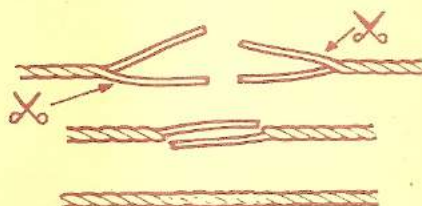


UNRAVELLING STITCHES



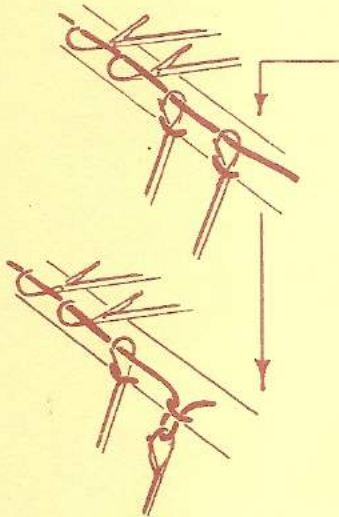
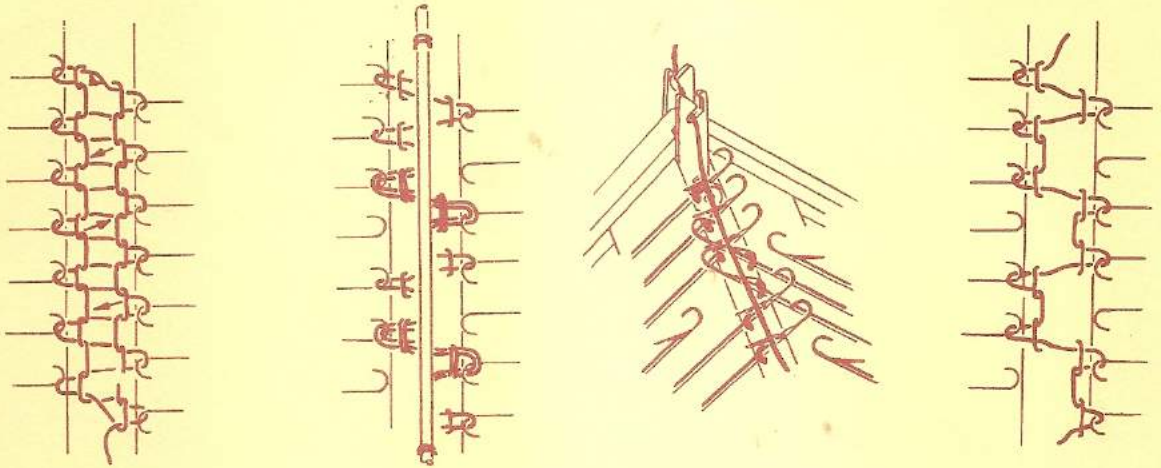
JOINING YARN

Rub together with fingers then roll in the palms of slightly moistened hands.



WELTS - 2 x 2 RIB STITCH

Cast on.
Transfer every third stitch to opposite needles.
Place cast on bar into position.
Raise all needles carrying stitches and lay yarn across the needles.



Knit, partially lowering pairs of needles until latches close, then lowering each in turn completely.

When required depth of welt is knitted, bring all needles into operation as follows.

Note needle bed on which last stitch made.

*Raise all needles on the opposite bed.

Feed yarn into hook of each needle and make a stitch by lowering needle as in CAST ON. Note that every third needle will have a loop and not a stitch.*

Repeat * - * for the opposite bed.

Raise all needles, lay yarn across, adjust stitch size for body of garment and continue normal double bed knitting.

FULL NEEDLE RIB IN DOUBLE KNIT YARN

This requires some experience of knitting on the Simpleframe. To obtain the correct stitch size (TENSION) in double knit yarn we recommend two methods.

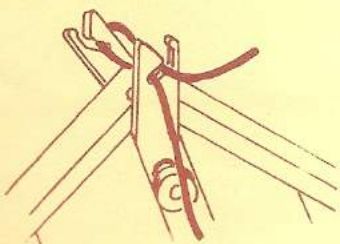
Method 1. Set the stitch size bar on one bed (Bed A) of the frame at the smallest size which will allow the old stitch to drop off the needle when it is lowered, (approx. stitch size 2 - 3). Set the other stitch bar (Bed B) out of the way, at the largest stitch size. It is not used.

Knit a row, tucking the stitches (partially lowering the needles as in Fisherman's Rib) on Bed B.

On completing the row slightly raise the needles on Bed A and lower the needles holding tucked stitches (Bed B) to complete the stitches. Repeat always tucking on Bed B.

Method 2. Adjust the needle clamps so that the needles slide up and down easily.

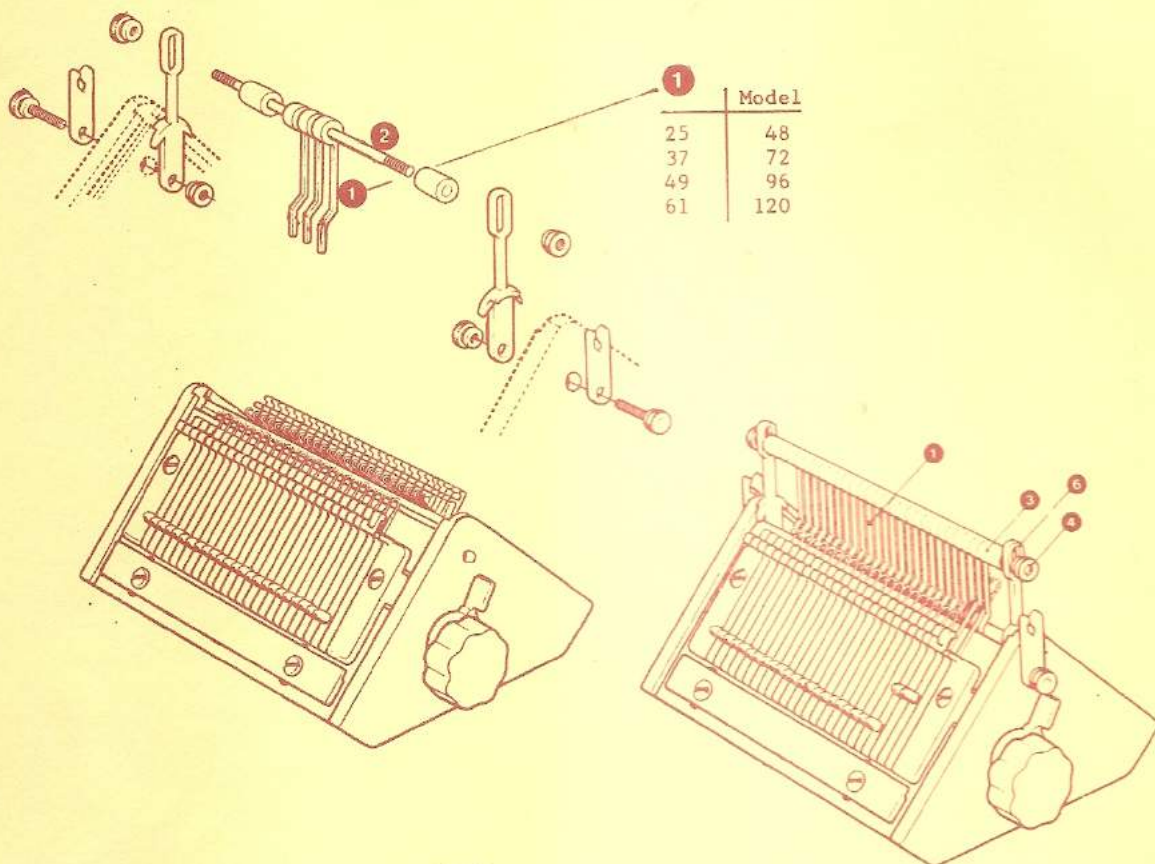
Increase the yarn tension by feeding the yarn through the yarn guides as shown. As you lower a needle, allow the previous needle to pull back up the needle bed.



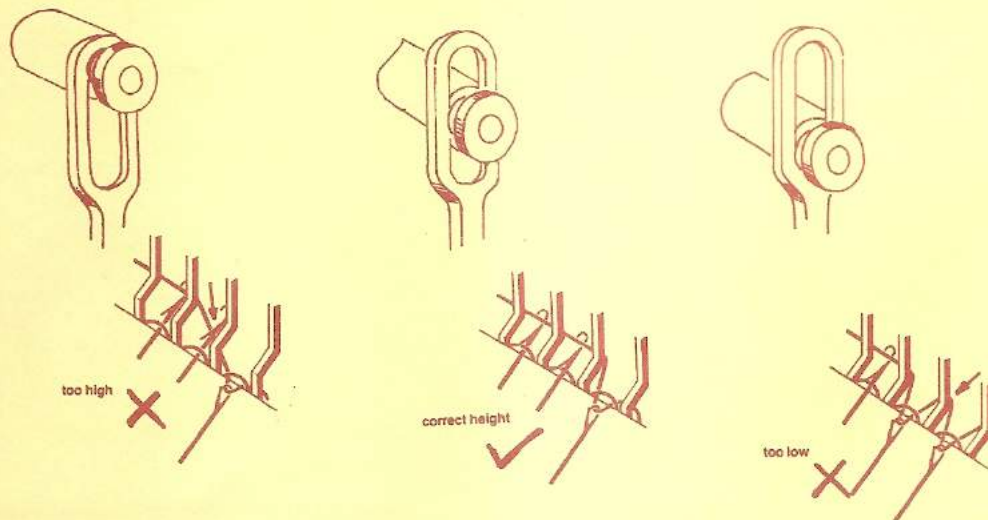
Stocking Stitch Attachment

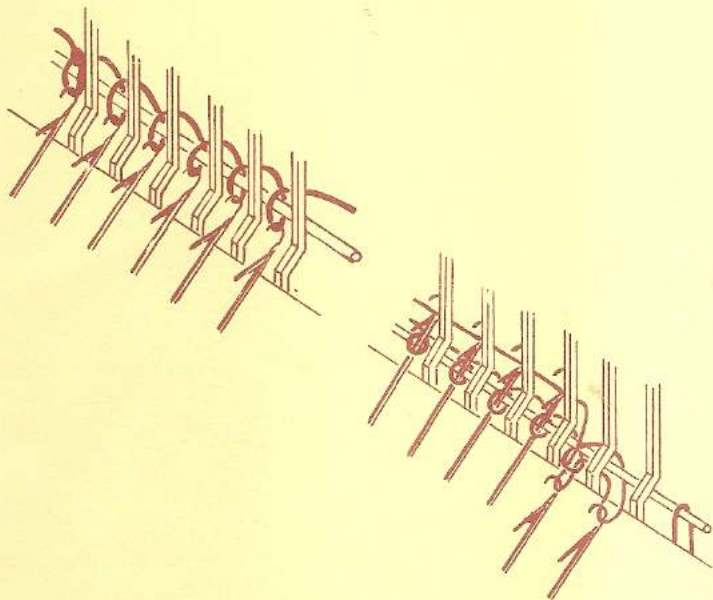
ASSEMBLY OF ATTACHMENT

The Stocking Stitch Attachment allows the use of one bed of needles by itself giving stocking stitch and variations.



ADJUSTMENT OF ATTACHMENT





CAST ON

Method 1. Raise all needles. Tie slip knot and place over first needle.

Wrap yarn round needle hooks and cast on bar as shown.

Lower all needles pulling cast on bar into cranked portion of the stocking stitch fingers.

Attach cast on lace to cast on bar. Rotate take down roller to hold stitches down and raise all needles except last needle lowered.

Lay yarn in V formed by stocking stitch fingers and needles and through yarn guide.

Lower each needle to make a stitch.

When the cast on bar is eventually removed there will be loops.

Crochet the loops together to give firm edge.

Method 2. Knit some rib knitting using both beds.

Transfer stitches to the single bed to be used.

Raise the needles on the single bed and knit a row with cotton thread, feeding the thread into each hook in turn.

Place stocking stitch attachment in position.

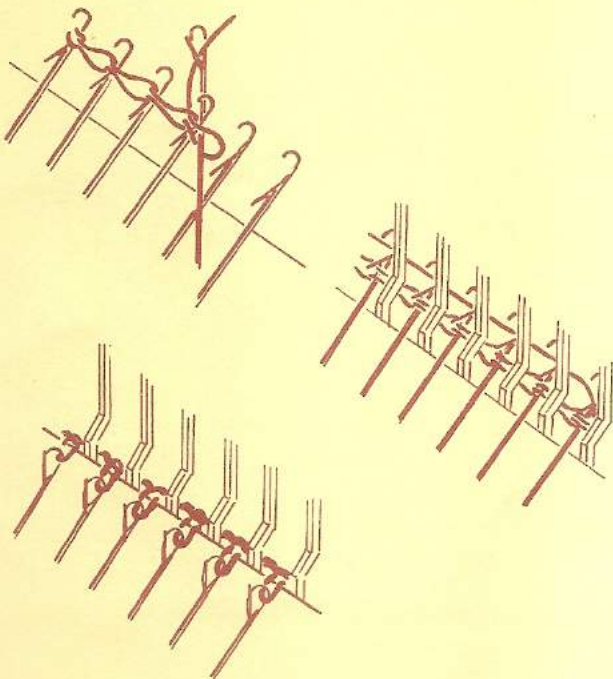
Raise all needles.

Wrap yarn round first needle as in Method 1 but without the cast on bar.

Lower the needle.

Repeat for each needle.

Raise all needles and continue knitting.



Method 3. Raise needles to be used.

Use spare needle to loosely chain crochet the yarn onto the needles.

Place stocking stitch attachment into position and push chain of crochet stitches below latches.

Lay yarn across "V" formed by needles and stocking stitch fingers.

Lower each needle in turn to form a stitch.

Bring cast on lace up at each end and lay over bed.

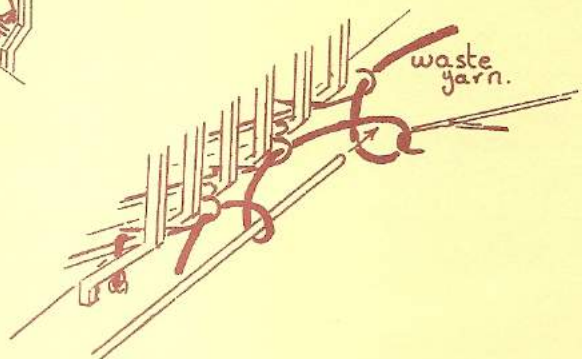
Raise alternate needles and lay some waste yarn across needles. Use spare needle to lift waste yarn onto cast on bar as it is pushed along behind stocking stitch fingers.

Place cast on lace on cast on bar and gently wind take down roller.

Ensure loops of waste yarn pass behind latches of raised needles.

Raise remaining needles.

Lay main yarn across "v" formed by needles and stocking stitch fingers and knit.



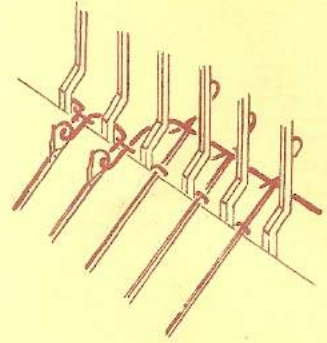
KNITTING ACTION

The knitting action using one bed of needles is similar to double bed knitting.

Raise all needles in the bed. Ensure latches are open. Lay yarn across V formed by stocking stitch fingers and needles.

Lower needles one by one starting with the needle furthest from the ball of yarn.

Most knitters find it most convenient to sit with the Simpleframe in front of them with the needles in front of them like a piano keyboard. They lower the needles using their fingers.



CAST OFF

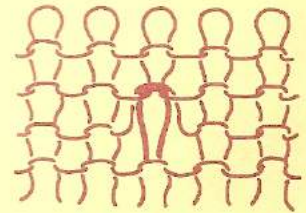
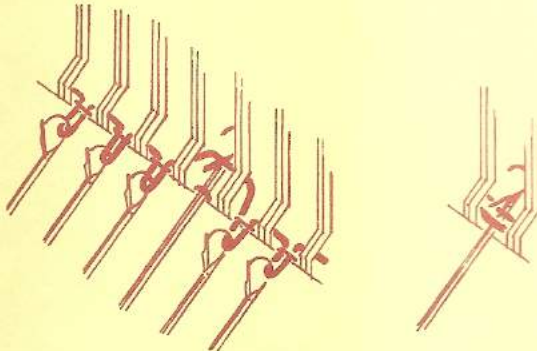
Increase stitch size for final row then crochet cast off as in double bed cast off.

SHAPING

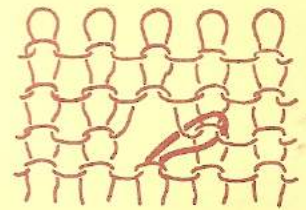
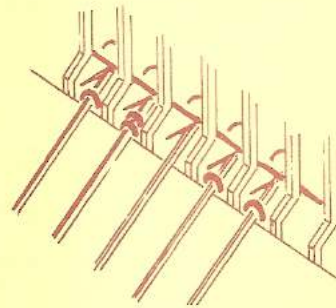
Increase and decrease the number of stitches as in double bed knitting.

SINGLE BED STITCH VARIATIONS

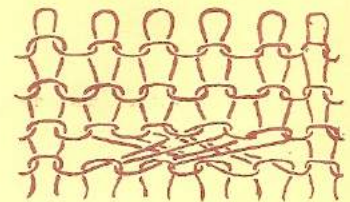
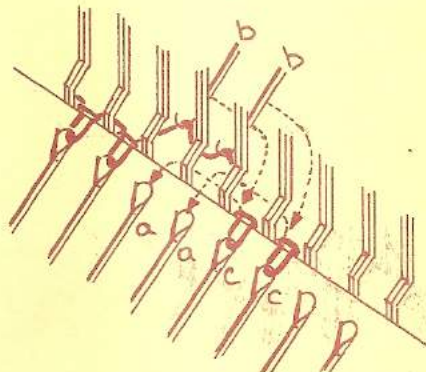
Tuck Stitch To tuck a stitch when knitting leave needle up and pass on to next needle. Push all loops behind latch before eventually knitting the tucked needle. Can tuck up to 4 times depending on yarn thickness.



Lace Stitch Transfer stitch to adjacent needle and continue knitting all needles. Normally transfer towards centre of fabric.



Cable Stitch Remove stitches from needles (a) onto spare needles (b). Move adjacent stitches from needles (c) onto the empty needles (a). Replace stitches from spare needles (b) onto needles (c).



CIRCULAR & SEMI-CIRCULAR KNITTING

Circular knitting means knitting a single bed stitch along one bed A and then crossing the yarn over the gap between the beds and knitting along the other bed B.

Either cross over again and knit along the bed A to give a "tube" for leg warmers or gloves and mittens,

Or return along bed B, cross back to bed A at the same crossing point and knit along bed A to give a "U" shaped piece of knitting (semi-circular).

When knitting is completed it can be opened out flat.

Use the stocking stitch attachment but do not bolt it to the frame. It will stay in position when the supports are pushed between the upper needle rails. When the yarn crosses over to the other bed, turn the attachment round.

CAST ON FOR CIRCULAR(AND SEMI-CIRCULAR) KNITTING

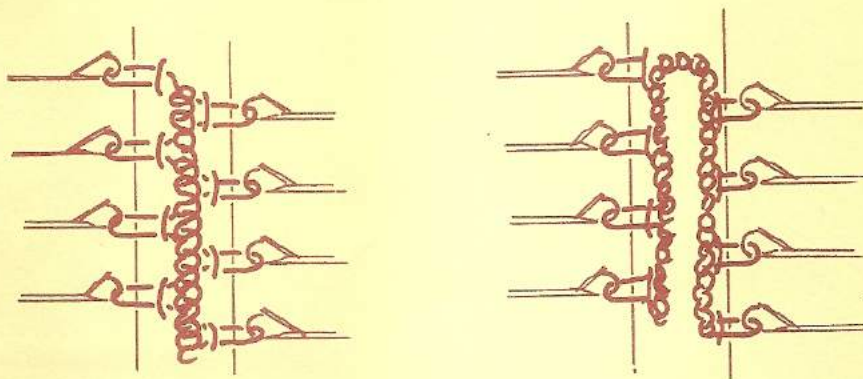
Knit a few rows of full needle rib in waste yarn
Circular knit one row using a cotton thread
loop the main yarn round all needles as in Stocking Stitch cast on method.
Put Stocking Stitch attachment in position and commence knitting.

STITCH SIZE

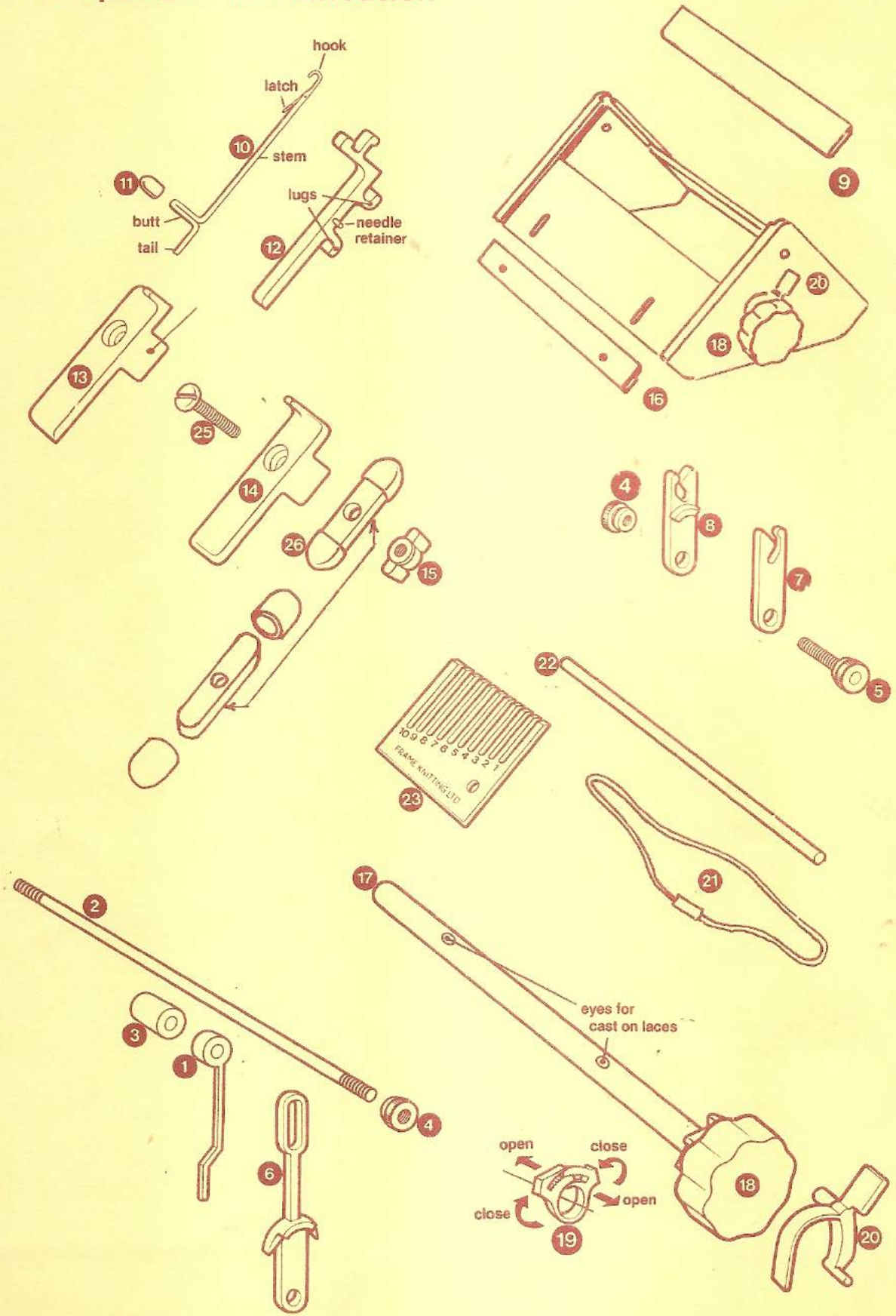
Set the stitch size bar for stocking stitch knitted circular one stitch size smaller than when knitting on one bed only. This is because the knitted fabric holds the stocking stitch fingers away from the upper needle rail pulling more yarn into the stitch.

RIBBED WELTS FOR SEMI-CIRCULAR KNITTING

Knit the ribbed welts first then knit a row in waste yarn. Remove the ribbing from the frame, fold in half and replace, spreading the stitches round the frame. Remove waste yarn by unpicking stitches and commence stocking stitch.



Component Identification



- | | |
|-------------------------------|-------------------------------------|
| 1. Stocking Stitch Fingers | 13. Left hand needle clamp |
| 2. Stocking Stitch Bar | 14. Right hand needle clamp |
| 3. Spacer | 15. Wing nut |
| 4. Thumb nut | 16. Stitch size bar |
| 5. Thumb screw | 17. Take down roller |
| 6. Stocking Stitch Attachment | 18. Knob |
| 7. Outer Yarn Guide | 19. Roller retaining clip |
| 8. Inner Yarn Guide | 20. Roller catch |
| 9. Upper needle rail | 21. Cast on Lace |
| 10. Latch needle | 22. Cast on bar |
| 11. Butt cap | 23. Stitch size guide |
| 12. Needle spacer | 25. Screw (used with wing nut) |
| | 26. Clamp plate & clamp plate caps. |

We reserve the right to change without notice the components, design or appearance of the frame without detriment to the performance.

Protected by South African Patent No. 82/8201
 Taiwan U.M. Patent No. 18668
 Other British, European & Foreign Pats. Pending.

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NEW SIMPLEFRAME KNITTING



Patent
Applications
Pending

- Simple to use, quiet and portable.
- Takes Double knit, Chunky, Mohair, Chenille, String & other commercial yarns.
- Handles thicker homespun yarns whether regular or irregular thickness.
- Rib, Fishermans Rib, Stocking Stitch, Jack Stitch, Fairisle & other stitch patterns.
- Aesthetically pleasing, sturdy construction.
- Range of models from prices starting at
- Send S.A.E. for details. £29.95

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**FRAME KNITTING
LIMITED**

A SIMPLE GUIDE TO YOUR OWN FIRST KNITTING PATTERNS

by

Christine Phillips



Frame Knitting Ltd.
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**FRAME KNITTING
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PLUS
READY RECKONER
for
EASY STITCH
CALCULATIONS

READY RECKONER - TENSION CALCULATIONS

No. of STITCHES or ROWS in 4ins(10cms)

	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	
1/4	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	
1/2	1	1	1	1	1	1	2	2	2	2	2	2	2	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	
3/4	1	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
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7	11	12	14	16	18	19	21	23	25	26	28	30	32	33	35	37	39	40	42	44	46	47	49	51	52	54	56	58	60	62	64	66
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10	15	18	20	23	25	28	30	32	35	38	40	43	45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	83	85	88	90	93
11	17	19	22	25	28	30	33	36	39	41	44	47	50	52	55	58	61	63	66	69	72	74	77	80	83	85	88	91	94	96	99	102
12	18	21	24	27	30	33	36	39	42	45	48	51	54	57	60	63	66	69	72	75	78	81	84	87	90	93	96	99	102	105	108	111
13	20	23	26	29	33	36	39	42	46	49	52	55	59	62	65	68	72	75	78	81	85	88	91	94	98	101	104	107	111	114	117	120
14	21	25	28	32	35	39	42	46	49	53	56	60	63	67	70	74	77	81	84	88	91	95	98	102	105	109	112	116	119	123	126	130
15	23	26	30	34	38	41	45	49	53	56	60	64	68	71	75	79	83	86	90	94	98	101	105	109	113	116	120	124	128	131	135	139
16	24	28	32	36	40	44	48	52	56	60	64	68	72	76	80	84	88	92	96	100	104	108	112	116	120	124	128	132	136	140	144	148
17	26	30	34	38	43	47	51	55	60	64	68	72	77	81	85	89	94	98	102	106	111	115	119	123	128	132	136	140	145	149	153	157
18	27	32	36	41	45	50	54	59	63	68	72	77	81	86	90	95	99	104	108	113	117	122	126	131	135	140	144	149	153	158	162	166
19	29	33	38	43	48	52	57	62	67	71	76	81	86	90	95	100	105	109	114	119	124	129	133	138	143	147	152	157	162	166	171	175
20	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185
21	32	37	42	47	53	58	63	68	74	79	84	89	95	100	105	110	116	121	126	131	137	142	147	152	158	163	168	173	179	184	189	194
22	33	39	44	50	55	61	66	72	77	83	88	94	99	105	110	116	121	127	132	138	143	149	154	160	165	171	176	182	187	193	198	203
23	35	40	46	52	58	63	69	75	81	86	92	98	104	109	115	121	127	132	138	144	150	155	161	167	173	178	184	190	196	201	207	212
24	36	42	48	54	60	66	72	78	84	90	96	102	108	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	221
25	38	44	50	56	63	69	75	81	88	94	100	106	113	119	125	131	138	144	150	156	163	169	175	181	188	194	200	206	213	219	225	230
26	39	46	52	59	65	72	78	85	91	98	104	111	117	124	130	137	143	150	156	163	169	176	182	189	195	202	208	215	221	228	234	240
27	41	47	54	61	68	74	81	88	95	101	108	115	122	128	135	142	149	155	162	169	176	182	189	196	203	210	216	223	230	236	243	249
28	42	49	56	63	70	77	84	91	98	105	112	119	126	133	140	147	154	161	168	175	182	189	196	203	210	217	224	231	238	245	252	259
29	44	51	58	65	73	80	87	94	102	109	116	123	131	138	145	152	160	167	174	181	189	196	203	210	218	225	232	239	247	254	261	268
30	45	53	60	68	75	83	90	98	105	113	120	128	135	143	150	158	165	173	180	188	195	203	210	218	225	233	240	248	255	263	270	278

MEASUREMENT in ins.

Example.
A commercial pattern showed a shape with a width, marked 66 stitches. The recommended tension in the pattern was 35 stitches per 10cms. What width would that give?

Look down the column marked 35 until you find the nearest figure to 66. These are 61 and 70. 61 stitches is in the row marked 7ins and 70 is in the row marked 8ins. So 66 stitches will give approx 7 1/2 ins.



Alternatively, if you intend to continue knitting down the other panel, hold the stitches instead of casting off. Wrap the yarn round the held needle to avoid creating a hole.

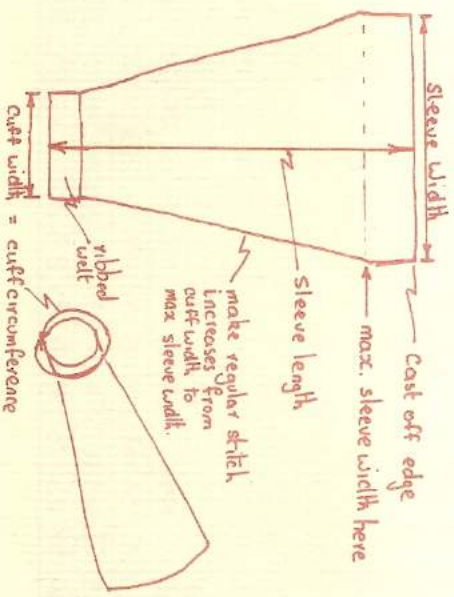
Welts

Knit the welts and cuffs either with a smaller stitch size or with less stitches so that they stretch over the waist and wrist. The welts can vary from 2" - 5" in depth. However, 2" - 3" is more normal. If knitting with less stitches once the desired depth has been knitted, knit one row on waste yarn, loosely if possible using fingers to pull larger stitches. Spread stitches over needles required for full sleeve width, leaving alternate needles empty. Remove the waste yarn - see Handbook "Unravelling Stitches". Fill empty needles by picking up stitches from the row below - see "Increasing Number of Stitches" in the Handbook.

Necks

The necks described above would normally be finished with collars which may range from a simple plying to a polo neck or deep cowl neck. Knit these to the measurements of the neck opening when sewn up. Simple rectangles will suffice, sewn into a band. Stitches may also be picked up round the neck and knitted or crocheted by hand. A "y" neck may be formed by casting off progressively, starting at a point level with or up to 1/2" above the arm decrease. I would normally have cast off the correct neck width by the time the knitting reached a point 3" from the top. This season some designs have shown knitwear with deeper "y" necks in the back panel.

Sleeves



Armhole depths for ladies are about 8", for men 9". For the coats and jackets these are normally about 9" for ladies and 10" for men.

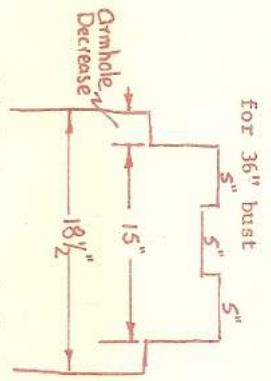
Neck widths are about 5" for ladies and 6" for men.

Neck depth is normally about 1" at the back and 3" at the front.

Shoulder seam widths are usually about 4 1/2" to 5".

Shoulder seam widths and neck widths usually approximate to 1/3 each of the stitches left after armhole decreases have been worked. This rule works quite well as on a larger chest/bust size you need to make a larger armhole decrease (increase sleeve width to match), and larger chest/bust sizes usually mean a larger upper arm also.

Using the 1/3rd rule and a neck width of 5" calculate the armhole decrease as shown:-

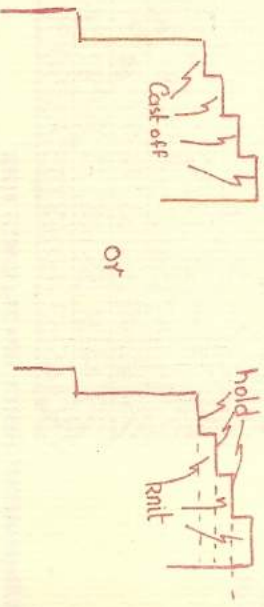


armhole decrease will be enough to reduce panel from 18 1/2" to 15". So decrease 1 1/2" each side.

If knitting a typical man's garment of 40" chest I make the neck width 6". I would make the shoulder seams 5" wide. This would result in an armhole decrease of $\frac{20\frac{1}{2} - 16}{2} = 1\frac{1}{4}$ "

Sloping Shoulders

I have used a basic rectangular shape in this example. Although it is beginning to get complicated I suggest you try sloping the shoulders for a good fit. If casting off at the shoulder seam, cast off one quarter of the stitches at a time on each row.

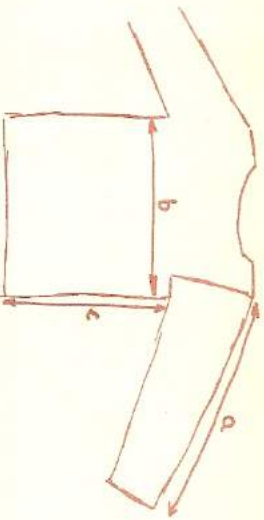


Pattern Measurements

The measurements used on a pattern fall into two categories:

- 1) those which depend on the size of person for whom the garment is being knitted,
- 11) those which vary relatively little from person to person.

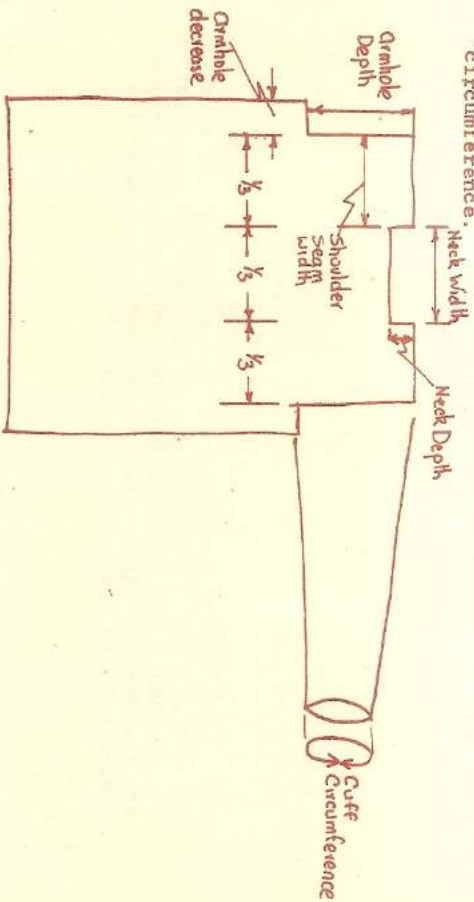
The measurements which depend on the particular person for whom the garment is intended are:



- a) sleeve length
- b) bust/chest size
- c) length from underarm to hip

When deciding on the bust/chest measurement add an extra 1" for "ease". A garment knitted to an exact size will fit rather too snugly and cling in a not too flattering way. So if the person has a 36" bust knit two panels 18" wide giving a measurement of 37" all round. A jacket would probably require an extra 2" if worn as an outer garment.

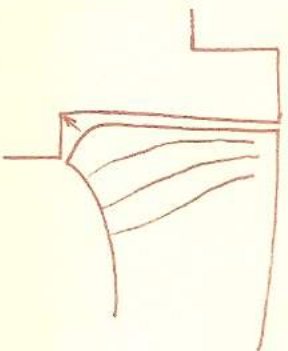
The measurements which do not change much are the armhole depth, the neck width and depth, the shoulder seam widths, and the cuff circumference.



The sleeve panels increase regularly from the cuff width to the maximum sleeve width. The maximum sleeve width should come well before the cast off edge (at least 1" before). The sleeve length will depend on the person for whom the garment is knitted. The cuff width is usually about 8 1/2" - 9" for a lady and 10" for a man. If you measure your own wrist to get an exact cuff width do remember to allow enough room for your knuckles to go through.

The sleeve width is normally about twice the armhole depth. Some knitters will prefer to make the max. sleeve width a little less and to stretch the fabric to size when sewing up. This will depend on the feel of the knitted fabric.

When sewing up join the top of the sleeve round the armhole. Make a loose cast off at the top of the sleeve to allow the stretch this will require.



Converting measurements to stitches and rows

Take a large sheet of paper and write at the top the make of wool and the type (chunky, double knit, etc.). Note the stitch size from the Simpleframe stitch size guide and the type of stitch (full needle rib, stocking stitch, etc.).

Write in numbers of stitches and rows in 4" as measured on your tension square.

Draw out the basic shape and put in the measurements you want to knit.

Study each measurement carefully and decide whether you need to convert it to rows or stitches.

Use the ready reckoner to convert the measurements into numbers of stitches or rows as follows. If converting to stitches, look along the top of the reckoner until you find the column headed by the number of stitches in 4" as per the tension square. Look down the side of the reckoner until you find the measurement to be converted. Where that row and column meet you will read off the number of stitches.

If converting measurements to numbers of rows, repeat the process using the column headed with the number of rows in your 4" tension piece.

SUMMARY

To recap on the basic steps set out above:-

1. Do tension square
2. Count stitches and rows
3. Draw shape on paper
4. Put in measurements
5. Convert measurements to stitches and rows
6. Knit the garment

We hope you find these notes helpful. If you should have suggestions of your own please let us know. We would like to publish them in our Simpleframe Newsletter.

Frame Knitting Ltd.,
POB. 115,
Berkhamsted,
Herts. HP4 3TJ.

The manufacturers sometimes give recommended tensions for their yarns on the ball bands or on their pattern leaflets. These will help you in deciding the right tension but remember you can use a different size if you prefer the finished result. Too great a difference might affect the wearing quality of certain yarns. This is more likely with man made fibres and less so with natural fibres.

Remember:-

- DO knit test pieces in the yarn and stitch patterns to be used
- DO knit a range of test pieces with different stitch sizes
- DO record the stitch size used and separate each test piece with a coloured thread or row of larger stitches
- DO steam woollen fabric (hot iron and damp cloth with negligible pressure from the iron) before measuring the actual stitch sizes in the finished fabric
- DO remember that a length of woollen fabric will take several hours, perhaps days, to settle in size unless steamed
- DO remember to treat non-woollen fabrics according to the yarn manufacturer's instructions
- DO NOT press ribbing, fishermans rib or raised patterns. Pin out to size, cover with a damp cloth and leave until cloth and wool are dry.

Pattern Shapes

Complex shapes of panels, which when sewn up will give garments, can be found in many publications. If you wish, draw out the shapes and add the measurements to suit you. Very often, particularly with some continental knitting magazines, the shapes are given with measurements for a range of sizes. However, the pattern I shall use in this example is one with the easiest shapings I know. Although on paper it appears to have square shapings on neck and armholes, when it is all sewn up and finished, all the shapings look just as curved as the commercial patterns one usually works from.

A SIMPLE GUIDE TO YOUR OWN FIRST KNITTING PATTERNS

by
Christine Phillips,
Devon Spinning Wheels.

The shops are full of wonderful yarns which are easy to knit on the Simpleframe. The different textures which you can create and the variety of colours available mean you can knit an exclusively designed garment for yourself - and it is very easy. Many people spin their own yarn. They will also find it easy to continue and knit garments for themselves from their own yarn.

So what is the problem which stops people from designing their own garments? We think it is trying to work out how to knit the right shapes to be sewn together to give the finished product. These notes will help you.

Good Simpleframe Knitting!

Tension Pieces

Experiment with your chosen yarns knitting different stitch sizes. These are your tension pieces and should measure at least 6" x 6" for each stitch size. Always note the stitch size setting used for each piece from the Simpleframe stitch size guide. Finish the tension pieces according to the yarn manufacturer's instructions. You will normally find these on the ball band. Select the tension piece with the nicest looking and feeling fabric, and note the stitch size used. Lay a ruler across the stitches and count the number of stitches over a 4" (10cm) length. Turn the ruler round and count the number of rows over a 4" (10cm) length. This is the tension of your knitting.

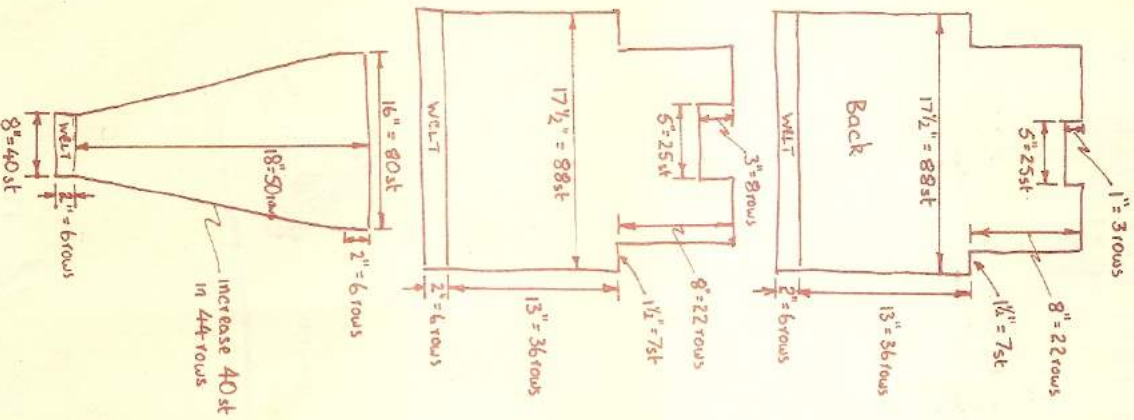
Measure the middle 4" and avoid the edges of the test pieces.

Counting the number of rows and stitches per one inch will not do.

There will never be an exact number and any error on a one inch measurement multiplied by the whole length or width of the garment can make a lot of difference to the finished size.

EXAMPLE: Ladies 34" Bust Jumper

Chunky wool/acrylic mixture. Stitch size 5 in full needle rib stitch giving 20 stitches/4" and 11 rows/4". The ribbed welt knitted stitch size 4 full needle rib giving 23 st./4" and 12 rows/4".



All dimensions converted using ready reckoner columns headed 20st/4" and 11 rows/4" except for ribbed welt converted at 12 rows/4".

Note 1 This garment is knitted throughout in full needle rib, so when counting stitches count the stitches front and back of the fabric. 88 stitches will be knitted on 88 needles, 44 on the front bed and 44 on the back bed.

Note 2 The welt can be knitted with less stitches than the body to give a close fit to both body panels and sleeve panels. Alternatively, the stitch size can be decreased as shown in this example.

11.25
SIMPLEFRAME
KNITTING PATTERNS
BOOK 1

featuring a simple DOLMAN sleeve
sweater designed by Sylvia Cosh



Frame Knitting Ltd.,
P.O. Box 115, Berkhamsted,
Herts HP4 3TJ.
(04427) 71759

FRAME & KNITTING
LIMITEDS

DOLMAN SLEEVE SWEATER

A Sylvia Cosh Designer Garment. Easy to make and very fashionable.

Simpleframe Model 72 (96 & 120)

Materials 5 x 50 grm balls of brushed yarn (B)
 4 x 50 grm balls of chunky yarn (C)
 3 x 50 grm balls of looped yarn (L)

We used - Marriner Manhattan Brushed and Manhattan looped with Spindrift Chunky. However, for individual design on this simple garment use any chunky, plus mohair type and a yarn with any textured finish such as loops or slubs.

Size

Instructions below give a medium size garment fitting 34/38" bust. Because of the design sizing is not critical. The instructions show variations for a smaller and larger size.

Tension

Knit all yarns at the appropriate tension (stitch size) for the chunky yarn (stitch size 4 - 6). We knitted the Marriner Chunky at stitch size 4.

Body Panels

Cast on 72 stitches (36 each bed) in the brushed yarn (B).

Knit full needle rib following the chart. Carry the yarns not being knitted loosely up the side of the work.

Cast off in brushed yarn.

Repeat three more times to give 4 panels total.

Collar

Cast on 62 stitches (31 each bed) in the brushed yarn (B).

Knit 25 rows in full needle rib.

Cast off.

Repeat for second piece.

Welt

Cast on 72 stitches (36 each bed) in brushed yarn (B), and set stitch size one size smaller than for main body panels (stitch size 3).

Knit 25 rows in full needle rib.

Cast off. Repeat for second piece.

Belt

Use one strand of each yarn and a no. 400 mm crochet hook. Make a crochet chain approx. 60" long.

If you cannot crochet, plait or twist the yarns instead.

Sewing Up

Sew sides of two panels together leaving 6" unsewn on one side for neck opening and 9" unsewn on the other for waist opening.

Repeat for the other two panels.

Join panels together down centre by sewing a raised seam. Using looped yarn, sew a flat seam with a running stitch just underneath the cast off edge to create a raised double ridge down centre front and centre back.

Sew two collar panels into collar band, and two welt panels into welt band.

Sew collar band into neck edge matching seams to shoulder seams.

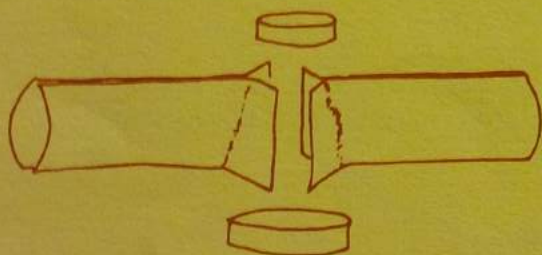
Sew welt band into bottom of garment matching seams and stretching the welt to fit.

Weave belt through stitches at top of welt to tie at centre front.

Weave elastic through cuffs and tie to fit wrists.

Darn in all loose ends.

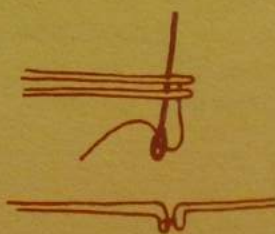
DO NOT PRESS.



YARN		ROWS
Brushed (B)	Cast on row	1
(B)		1
Loop (L)		1
Chunky (C)		1
B		1
L		1
C		1
B		1
L		1
C		1
B		3
L		3
C		3
B		3
L		3
C		3
B		7
L		7
C		7
B		7
L		7
C		7
B		7
L		7
C		7
B		7
L		7
C		7
B		3)
L		3)*
C		3)
B		1
L		2
B		3
		115

* Miss these 9 rows for small size. For larger size repeat these 9 rows.

CHART



COTTON TOP

Simpleframe Model 96 (& 120) (experienced knitters)

Materials 4 x 50 grm balls Fm Coolspun Cotton
2 x 50 grm balls matching Perle

Size To fit 34/36" bust

Tension Use "rocking" method to obtain 24 stitches and 32 rows in 4" measured over full needle rib. The same method gives 32 stitches and 40 rows in 4" over full needle rib in the Perle.

Body Panels Cast on 96 stitches (48 each bed) in the cotton and knit 110 rows in full needle rib using "rocking" method.
Cast off.

Repeat for second panel.

Neck Band Cast on 16 stitches (8 each bed) in the Perle and knit 44 rows (or 4½") in full needle rib using "rocking" method.

Divide band into two by introducing second ball of yarn and knitting two sets of 8 needles (4 on each bed) separately for 90 rows (9"). Rejoin two bands into one by knitting with one ball only for 44 rows (4½").
Cast off.

Waist Bands Cast on 40 stitches (20 each bed) in the Perle and knit 25 rows in full needle rib using the "rocking" method.
Cast off.

Repeat for second piece.

Sewing Up Sew waist band piece to bottom of each body panel.
Sew tops of body panels to neckband.
Sew up side seams leaving 7½/8" for armholes.

Note on "Rocking" Method: This method gives tighter tension (smaller stitch size) in thinner double knitting yarns. Make sure needles slide easily in grooves. If necessary spray needle bed with silicone polish (or furniture polish) and wipe off excess. Apply plenty of tension to the yarn by doubling the yarn back through the yarn guides. When knitting, deliberately allow the previous needle to move back up the bed as the next needle is lowered.



CHILD'S DOLMAN SLEEVE SWEATER - a variation of the SYLVIA CUSH designer garment.

Simpleframe - All models

Materials 275 grms of Mohair (to knit as chunky). Thin elastic.

Tension Stitch size 6 gives 13 stitches and 15 rows in 4" measured over rib stitch.

Size Dimensions given below fit 5 - 8 year old.

Body Panels Cast on 48 stitches (24 each bed).
Knit 140 rows in full needle rib (or measure wrist to wrist of child with elbows bent and knit to length).
Cast off.

Repeat for second panel.

Neck band Cast on 32 stitches (16 each bed) and knit 16 rows, in full needle rib.
Cast off.

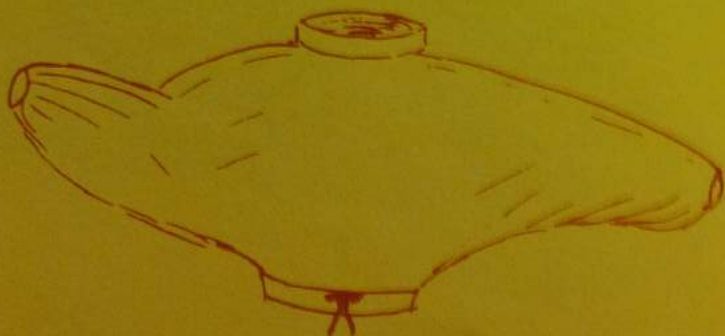
Repeat for second neck band and sew edges together to form band 64 stitches wide.

Waist band Cast on 48 stitches (24 each bed) and knit 8 rows in full needle rib. Cast off.

Repeat for 2nd waist band and sew edges together to form band 96 stitches wide.

Cord Chain crochet using latch needle a length of cord in matching yarn. (Alternatively, use a French knitter to produce required cord.)

Sewing Up Sew 2 body panels together along long sides leaving centre 9" open on one side for neck opening and centre 14" open on other side for waist opening. Sew waist band around waist opening and neckband around neck opening.
Bunch ends of panels onto thin elastic to fit snugly round wrists.
Thread cord around waist band and tie into loose knot.



MOHAIR SHAWL

by Lynn Austin,
Ah! Wools,
Church Hill Centre,
Redditch.

Simpleframe Model 72 (96 & 120)

Material: 250 gms. mohair.



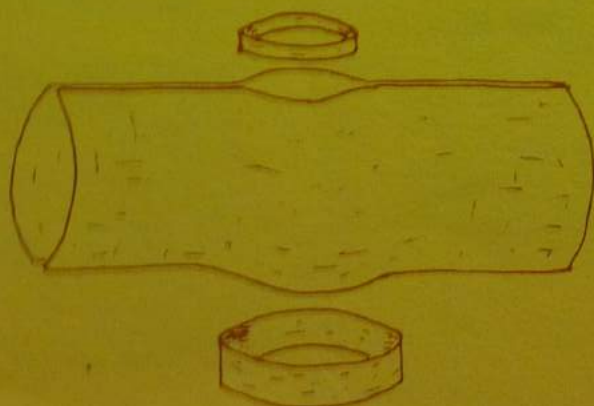
Cast on 72 stitches (36 each bed).

Knit full needle rib stitch size 6 for 150 rows.

Crochet cast off.

Tassel on three sides.

This gives a luxurious shawl measuring about
40" x 20".



SCARF SWEAT KNITTED IN A CHUNKY YARN
RE BINDING TUCKER.

Instructions Model 68 (X 198) (Model 72 with back panel in 2 pieces).

Material Airflow Icelandic 1981
Main colour 500 gms.
First contrast 300 gms.
Second contrast 200 gms.

Size To fit up to 30" bust.

Scarf With 16 needles on each bed and Main Colour make a locked cast on.
Work 10 rows stitch size 6.
Work rows 1 to 115 of the pattern, change to a larger stitch size where two colours are worked together.
Reverse rows 115 to 1 of the pattern.
Work 10 rows in Main colour.
Make a locked cast off.
Sew in all loose ends of the scarf and crochet one side.

Back With 24 needles on each bed and Main Colour make a locked cast on.
Work 10 rows stitch size 6.
Work rows 1 to 68 of the pattern.
Make a locked cast off.
(If using model 72, knit 2 pieces using 24 needles on each bed.)

To Make Up Place the scarf lengthwise and fold in half to find the centre.
Find the centre of the back and pin together.
Sew all seams working towards armhole.
Leave approximately 9" of the back panel unsewn.
This will leave approximately 12" of the scarf unsewn round the armhole.