

# Knitting Traditions Class Catalog



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Beth Brown-Reinsel has been teaching historic knitting workshops for over 20 years both in the United States and abroad. Her love of traditional methods and her skill in imparting that information to others is well known. She shares her passion through her traditional patterns, workshops, and Knit-Along (KAL) classes. Her workshops are known for the little sweaters which are the class samplers. These small garments teach construction techniques in context rather than through meaningless swatches. Beth wrote the classic book [Knitting Ganseys](#) and in 2011 produced her first DVD [Knitting Ganseys with Beth Brown-Reinsel](#). Her warm and supportive teaching style and her generous and thorough handouts have made her a favorite with guilds, shops, and all the national conferences.

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## 3 HOUR CLASSES

**INTRODUCTION TO TWINED KNITTING**

Curious about the 400 year-old Swedish technique of Twined Knitting? In this three hour class, knit one of a pair of wristers while learning a traditional cast-on, twined knitting, twined purling, and patterning (the "O" stitch, the Crook stitch). Must be comfortable with double pointed needles or working with two circulars. Intermediate level.

**THE NORWEGIAN PURL**

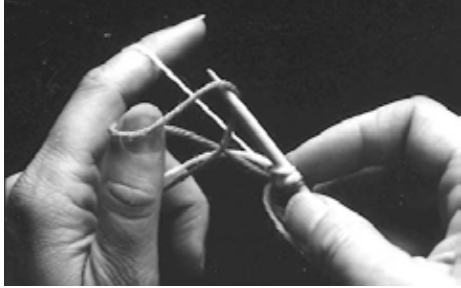
The Norwegian Purl, a variation of the conventional Continental purl, is noted for its superior tension control, and ease of execution. The yarn always stays behind the work, making ribbing a breeze and two-color textured purling a pleasure. A swatch will be worked in class to practice this



technique and its applications: Garter stitch in purl, one-color ribbing or seed stitch, the Scandinavian method of working with two yarns in the left hand (knitting, purling, and weaving) on the right side and the wrong side of the work and Corrugated Ribbing on the right side and wrong side of the work.  
Level: All

**3 HOUR CLASSES****SWEDISH CAST-ONS AND SCANDINAVIAN KNITTING TECHNIQUE**

Five cast-ons from Sweden will be taught in this hands-on class. They are all one-needle cast-on



methods, and can be adapted for one or two color edges for sweaters, mittens, socks, and hats. In addition, the Con-

tinental method of knitting, purling, and weaving will be taught as well as the Scandinavian technique of working with two yarns in the left hand (knitting, purling, and weaving). Small sample swatches will be made using all of the techniques learned in class. Twined knitting will also be demonstrated if time allows.

Level: All

**LATVIAN WRISTERS**

Using wristers as a template, learn the following Latvian techniques which can be applied to mitten cuffs, sock tops or sleeves: a scalloped cuff, the herringbone braid and many subtle and beautiful



variations of the half-braid. A choice of traditional motifs is incorporated in the main part of the wrister, as well as a picot edge at the end.

Additional techniques: knitting with two yarns in the right hand, two yarns in the left hand, or a yarn in each hand, as well as knitting with three colors.

Level: Intermediate (must be proficient with dp needles)

**6 HOUR CLASSES****TOP DOWN ARAN CARDIGANS**

This unusual type of Aran construction is controversial as to its historic authenticity. Nevertheless, it is a fascinating concept, which results in a stunning garment that is fun to knit.

While knitting a small sampler sweater from the neck down, traditional pattern



motifs will be worked, including bobbles, traveling stitches, knit/purl motifs, baby cables, background stitches, and more! The neckline studied will be shaped for a comfortable fit by utilizing increases and casting on extra stitches.

Level: Intermediate to advanced

**FAIR ISLE TAMS**

This Fair Isle class is for knitters who would like to venture into two-color knitting but haven't had the chance. A small tam on double pointed

needles and/or two circular needles will be worked. Knitting with a color in each hand, weaving yarns to reduce snagging, reading tam charts, knitting traditional peerie, border, and star patterns, and shaping of the tam will all be covered. The class will end with a discussion of tam structure and the wonderful variety of color combinations chosen by the students.



Advanced Beginner to Intermediate level.

**6 HOUR CLASSES****GANSEY TECHNIQUES**

Students will learn how to construct a Gansey, a sweater form prevalent in the last century and early part of this century among the fishermen of the British Isles. A small scale sweater will be knitted using traditional construction techniques including the classic Channel Island Cast-on, split welts, seam stitches, traditional knit/purl patterns, the underarm gusset, shoulder straps with perpendicular joining, and picked-up sleeves. Alternative methods to these techniques will also be explored. Due to the amount of knitting in this class, it is suggested for students who can knit quickly. The two-day version of this workshop is better suited for a wider variety of skill levels.

**SAAMI MITTENS**

Learn the special details of mitten construction of the nomadic Saami peoples, by knitting a mitten in multiple colors, circularly on double pointed needles. Make a three color braided cast-on, create the classic afterthought thumb (without a gusset) and work different bands of patterning for the front and palm, and the pointed tip shaping at the end of the mitten. Some of the motifs will require three yarns to be worked within one round. A simple finger braiding technique will be demonstrated for the traditional cord. Handling multiple yarns and designing will be discussed.



Intermediate level.

**6 HOUR CLASSES****LATVIAN FINGERLESS MITTS**

Some of the beautiful knitting methods of Latvia will be studied in this class. Knit one of a pair of fingerless mitts to learn the following techniques which can be applied to mitten cuffs, sock tops or sleeves: a scalloped cuff, the herringbone braid and some subtle and beautiful variations of the half-braid. A choice of two-, three-, or four-color traditional motifs is incorporated in the main part of the mitt as well as the gussetless thumb and a picot edge at the end. Additional techniques to be discussed include knitting with two yarns in the right hand, two yarns in the left hand, or a yarn in each hand, as well as knitting with three or four colors.



Intermediate level.

**LATVIAN MITTENS**

The beautiful mittens of Latvia will be studied in this class and an adult mitten will be knitted to learn the following techniques: A fringed and scalloped cuff, the herringbone braid and subtle, beautiful variations of the half-braid, the waste-yarn thumb, and pointed-tip shaping. A variety of traditional motifs (choice of two or three colors in a round) are incorporated in the main body of the mitten, and reading from the chart will be covered. Additional techniques to be discussed include knitting with two yarns in the right hand, two yarns in the left hand, or a yarn in each hand and working with three yarns in a round.



Intermediate level.

**6 HOUR CLASSES****SPRING LATVIAN FINGERLESS MITTS**

Some of the beautiful knitting methods of Latvia will be studied in this class. Knit one of a pair of fingerless mitts to learn the following techniques which can be applied to mitten cuffs, sock tops or sleeves: a scalloped cuff, the Herringbone Braid or a lovely variation (the Split Herringbone Braid), a choice of two-, three-, or four-color traditional motifs, the gussetless thumb, and a picot edge at the end. Additional techniques to be discussed include knitting with two yarns in the right hand, two yarns in the left hand, or a yarn in each hand, as well as knitting with three or four colors and yarn dominance.



Intermediate level.

**LOVIKKA MITTENS**

Students will learn construction of the very special, but quick and easy, Lovikka mitten by knitting one circularly on double pointed needles. Techniques to be covered include the inside out cuff, a thumb without a gusset, fulling the mitten and brushing the nap, and different embroidery patterns for the cuff.



Level: Advanced Beginner (must be proficient with dp needles)

**6 HOUR CLASSES****MAINE MITTENS**

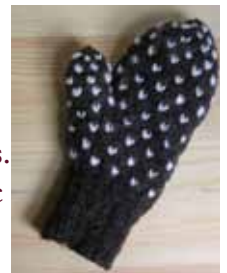
Students will learn about Maine mitten construction by knitting a child-sized mitten in two colors, circularly on double-pointed needles. (If you prefer, you can use the magic loop or two circulars.) Techniques to be covered include working with two colors, yarn dominance, developing the thumb gusset by increasing in full pattern multiples, traditional motifs used in Maine mittens, and tip shaping at the end of the mitten which maintains the patterning. The focus of the class will center on reading the knitting and anticipating which color to use in the motif.



Intermediate level.

**MAINE THRUMMED MITTENS**

Students will learn how to knit a mitten while incorporating thrums which are pieces of fleece which create a soft and warm lining. These adult sized Maine mittens are constructed by knitting circularly on double pointed needles. (If you prefer, you can use the magic loop or two circulars if you are proficient with those methods.) Techniques include increases, developing the thumb gusset, and decreasing for the top of the mitten. The cuff should be completed before class.



Intermediate level.

**6 HOUR CLASSES****NORWEGIAN MITTENS**

Students will learn Norwegian mitten construction by knitting a mitten in two colors, circularly on double pointed needles. Techniques to be covered include the striped, ribbed cuff, the Norwegian thumb gusset, seam stitches, different patterning for the front and palm, and the pointed tip shaping at the end of the mitten. Designing will be discussed as well as several options in thumb construction. Intermediate level.

**COLOR TWINED FINGERLESS MITTS**

Students will learn color techniques of tvåändsstickning, or twined knitting, a technique developed in Sweden in the 1600s, which creates a denser, warmer fabric structure than stranded knitting. By knitting one of a pair of Fingerless Mittens,



the student will gain knowledge and experience in the basics of twined knitting, while advancing to the three main two-color techniques:

working with two and three yarns for color, and a modified intarsia technique as well as yarn management, twined knitting, twined purling, herringbone braid, and reading twined knitting charts. Intermediate level.

**TEXTURED TWINED KNITTED CUFF-MITTENS**

Learn the fascinating Swedish technique of Tvåändsstickning, or twined knitting. This class can be broken up into two three-hour sessions. For those students who only want a short introduction into Twined Knitting, learn the basics by knitting a wrist warmer: twine knitting, twine purling, the crook stitch, the “O” stitch, reading a chart, and the Chain Path. For those students

**6 HOUR CLASSES**

who want to practice longer to create the muscle memory necessary to remember the technique, the afternoon can be spent knitting a fingerless mitt or full mitten using worsted weight yarn. All are worked circularly. Techniques presented in the afternoon session include: the Twined Knitted increase, an asymmetrical thumb gusset, and traditional motifs. The Herringbone Braid is an optional addition. This class can cover six to nine hours. Intermediate level.

**TWINED MITTENS**

Learn the Swedish technique of tvåändsstickning, or twined knitting, by knitting a child's mitten using worsted weight yarn. The mitten is worked circularly on double-pointed needles and includes many techniques: a twined knitting cast-on, reading and working from a chart, the “O” stitch, Chain Path, Purl Deep Stitch, increasing in Twined Knitting, increasing in Twined Knitting, an asymmetrical thumb gusset, traditional motifs, and two options for shaping the tip. Intermediate level.

**TWINED TEXTURED FINGERLESS MITTS**

Learn the Swedish technique of tvåändsstickning, or twined knitting, by knitting a fingerless mitten using worsted weight yarn. The mitt is worked circularly on double-pointed needles and includes many techniques: a twined knitting cast-on, reading and working from a chart, the “O” stitch, Chain Path, Purl Deep Stitch, an asymmetrical thumb gusset, and traditional motifs. The Herringbone Braid is an optional addition. This class can be offered in six or nine hours. Intermediate level.



## 6 HOUR CLASSES

### TWINED TEXTURED SOCKS

Students will learn the Swedish technique of tvåändsstickning, or twined knitting, by knitting a small sock, using worsted weight yarn. Twined knitting



is worked with two yarns of the same color, twined around each other, and creates a warmer, denser fabric than conventional stranded

knitting. The sock is worked circularly on double pointed needles and includes many techniques: three twined knitting cast-ons, reading and working from a chart, the “O” stitch, Chain Path, a traditional motif for the leg, shaping the toe, and working an unusual method for an afterthought heel. Intermediate level.

### THE SWEDISH NORTH HALLAND PULLOVER

The lovely Swedish red and black man’s pullover sweater from the Halland region can be dated back to the late 1800s. In this class, a sampler will be



knitted circularly compiling a variety of Swedish construction techniques: the traditional twisted cast-on and

patterned ribbing, seam stitches, the Diamonds and Crosshatching motif, an initial box, centering shoulder motifs, working with a yarn in each hand, and purling with 2 yarns in the back of the work will also be covered. Due to the amount of knitting in this class, it is suggested for advanced level students. The two-day version of this workshop is better suited for a wider variety of skill levels.

## 12 HOUR CLASSES

### THE DANISH *NATTTRØJE*

The lovely women’s “blouses” from 19th century Denmark, called “Natttrøjer”, or nightshirts, were knitted of one color in knit/purl motifs. In this

class, a small sweater will be knitted circularly compiling a variety of construction techniques: Split bottom



welts, overlapping welts at the join, the half gusset as part of the sleeve, “seam” stitches, transposing the pattern chart to change from circular to flat knitting, as well as the classic knit/purl pattern motif that was a part of so many of these garments. A discussion on designing and a brief slide show is included. Intermediate level.

### THE DANISH *SKRÅ-TRØJE*

This remarkable Danish garment was created at the end of the 1800s. It is unusual in that most Danish knitting at that

time was of one color, while this skrå-trøje was knitted in navy and white. A sampler will be knitted circularly to explore: working from a



chart, working with two different sizes of yarn, seam stitches, the main motif, the underarm half gusset, working with a yarn in each hand or with 2 yarns in the left hand, purling in pattern with two yarns on the wrong side of the garment, creating a front slit and shaped facings, a twined knitting braid on the cuff, an overlapped cuff slit, and assembly. Designing will also be covered.

Intermediate to advanced level.

## 12 HOUR CLASSES

### TRADITIONAL CONSTRUCTION TECHNIQUES FOR GANSEYS

Learn how to construct a Gansey, a sweater form prevalent in the 19th century and early part of the 20th century among the fishermen of the British Isles. A small scale sweater will be knitted using traditional construction techniques



including the classic Channel Island Cast-on, split welts, seam stitches, traditional knit/purl patterns, the underarm gusset, shoulder straps with perpendicular joining, picked-up sleeves, and neck gussets. Alternative methods to these techniques will also be explored, as well as designing a gansey, and discussing variations of the gusset, cast-ons, and shoulder treatments.

Intermediate level.

### SCOTTISH SANQUHAR GLOVES

The intricately patterned gloves from 19th century Scotland are a joy and a challenge to knit. Full of small geometric patterns and tiny gussets around the fingers and thumb, they are made on double-pointed needles. Explore the many pattern options of both the ribbing and glove body and discuss designing possibilities while knitting a full-sized glove. Learn about yarn dominance and how to manage two yarns at a time,



in three different knitting styles as well as reading your knitting, rather than a pattern, to create these marvelous gloves.

Advanced level. This class can also be taught as a three day class for intermediate knitters.

## 12 HOUR CLASSES

### THE SCOTTISH FAIR ISLE CARDIGAN

The classic details and traditional construction of the Fair Isle sweaters will be taught in this two-day workshop through the circular knitting of a small cardigan. Techniques to be learned include choices of different



corrugated ribbings, shaped and unshaped knitted steeks for two different armholes (shaped and drop shoulder), stranding and weaving, cutting steeks, picking up stitches for sleeves two different ways, underarm gussets, buttonbands, and finishing steeks. Discussion will include different pattern families (seeding, peerie, border, OXO, stars, and all-over patterns), and designing a Fair Isle.

Intermediate level.

### THE NORWEGIAN FANA CARDIGAN

The classic details and traditional construction of the Norwegian Fana Cardigan sweaters will be taught in this two-day workshop through the knitting of a small sweater. Techniques to be learned include circularly knitted body and sleeves, square and drop shoulder armholes, cut-and-sew armholes and front, knitted self-facings, buttonbands, and 2-color star, band, and checkerboard patterns. Designing one's own Fana cardigan will be discussed.



Intermediate level.



**12 HOUR CLASSES****THE NORWEGIAN SETESDAL  
LUSEKOFTE**

The beautiful, classic Setesdal Lusekofte, or lice jacket, emerged during the early 19th century. This garment is characterized by white ribbing and



lower body, turning into black background on the upper body with white patterning called lus

(lice) for the little white stitches which stand alone. A small sweater will be knitted in class, circularly, utilizing several 2-color traditional motifs. The drop shoulder armholes and the front neck will be sewn and cut. Fabric will be traditionally embroidered by the student and applied to the neck and cuffs. Other techniques to be learned include knitting with a yarn in each hand, the Norwegian purl, weaving, stranded knitting, and knitting self-facings. Intermediate level. Some sewing skills are helpful.

**THE SWEDISH NORTH HALLAND  
PULLOVER**

The lovely red and black Swedish sweater from the Halland region can be dated back to the late 1800s.



In this class, a small sweater will be knitted circularly compiling a variety of Swedish construction techniques: three different cast-ons, a choice of

patterned or corrugated ribbing, 2 color geometric pattern knitting, “seam” stitches, the traditional neck construction and front slit, purling on the wrong side with 2 colors, the Norwegian purl, 2 shoulder joins, 2 types of sleeve construction, plus a discussion on designing. Intermediate level.

**18 HOUR CLASSES****DESIGNING ARANS**

Arans are the well-loved sweaters from Ireland

which are characterized by creamy white yarn, cables, bobbles and other deeply textured patterns. In the first day of class, students will knit a mini-sweater in class to learn to work from a chart while creating different traditional patterns (bobbles,



traveling stitches, cables). Choose form either the seamless Aran or the Top-Down Aran class.

Emphasis is placed on the saddle shoulder style of Aran. The following two days will be spent designing, swatching, laying out, and charting the students' own designs. Intermediate to advanced level.

**DESIGNING GANSEYS**

Students will learn how to construct a Gansey, a sweater form prevalent in the 19th century and early part of the 20th century among the fishermen of the British Isles. A small

scale sweater will be knitted using traditional construction techniques including the classic Channel Island Cast-on, split welts, seam stitches, traditional knit/purl patterns, the underarm gusset, shoulder straps with perpendicular joining, picked-up sleeves, and triangular neck gussets. Once the sweater is completed, students will then explore alternative construction methods and apply all the techniques by planning and designing their own garment. This is an intermediate to advanced level knitting class.



## 5 DAY CLASSES

## MITTENS AROUND THE WORLD



This is an in-depth class which covers five different mittens (we'll knit one per day) from several countries. The Latvian mitten introduces knitted fringe and scalloped

edging, knitted braids with variations, and working with several colors. The Maine (US) mitten involves two-color motifs and unusual shaping techniques for maintaining the pattern repeats. The Norwegian (Selbu) mitten is made working with two yarns at a time, a variety of motifs, traditional thumb with gusset and tip construction, as well as variations. The Swedish Lovikka mitten is a quick and easy mitten to knit, and students will learn traditional embroidery for the cuffs as well as fulling (felting) the mittens. The Swedish twined mittens are made of a special knitting technique which is hundreds of years old. Using two yarns of the same color, a very warm and dense mitten can be made, by spiraling the yarns around each other. Traditional shaping, motifs, and cast-ons will also be taught.

Other mittens from this catalog may be substituted to create a custom 5 day learning experience.

Level: Intermediate to advanced (must be proficient with dp needles)

## KNIT-ALONGS FOR LOCAL YARN STORES

A ten-week Knit-Along course has been developed for yarn shops based on the Gansey, the British fisherman's sweater of the 1800s. This is a rugged and handsome garment that is comprised of many interesting techniques. Beth will Skype in twice during the course to encourage your students and to answer questions.



Knit Beth's gansey design *The Big Easy*, along with a detailed syllabus and her DVD which demonstrates the different techniques necessary to complete a gansey. *The Big Easy* is a pullover knitted at four stitches per inch for a quicker knit than with traditional gansey yarn. This sweater can be knitted in an oversized style or as a more fitted garment. There are three options for the neck. *The Big Easy* can be knitted with or without the underarm gusset.

As a shop owner, you will receive:

- An invitation to email to your customer list which describes the skills required for class, the techniques to be learned during the course, and the supplies needed.
  - A Measurements worksheet and Swatching worksheet for the students
  - A detailed syllabus which outlines the weekly objectives and DVD the chapters to be shown that week.
  - Optional extra materials for Cable Splay, Gusset Chart, and optional Rolled Collar instructions
  - A participant survey for your optional use at the end to measure the success of your efforts
- Check for other KALs being developed in the future.

## GENERAL INFORMATION

## CLASSES

If you decide to hold a workshop, contact Beth with the dates and classes you have chosen. An agreement will be sent for you to sign and send back with a deposit of \$400. Class information will also be provided: Class description and length, appropriate student level, student supplies, teaching supplies which need to be provided by the shop and classroom set-up. In most instances, a sampler of the class project can be lent for you to utilize in marketing the class. Beth's teaching schedule, which is updated once or twice a month, is available for viewing at: [knittingtraditions.com/blog/workshop-schedule](http://knittingtraditions.com/blog/workshop-schedule). Open dates are indicated, but other dates may also be available. Please ask if there is a time frame you desire.

Beth is now booking dates for 2014 and 2015.

- 2014 teaching fees are: \$750 for each 6 hour class (minimum of 2 days teaching), \$375 per 3 hours of class added onto the base 12 hour fee, lectures/ slide shows from \$125, plus transportation, hotel, meals and printing cost of handouts. Internet access is not mandatory, but appreciated. If meals are not provided, a per diem of \$50 per 6 hours of teaching is requested. 2015 fees are available on request.
- Transportation may include round-trip airfare (coach rate), train fare, taxi, or car rental fees. If Beth drives (the radius is limited to a 3-hour drive) roundtrip reimbursement will be calculated at the Federal rate, whatever that is at the time.
- A class size of 20 is preferred for optimum attention to each student; if a waiting list develops, contact Beth. For some classes, extra students can be added up to a 25 maximum total on a pro rata basis. There is no limit of attendees for lectures.
- SHOPS: Beth's distributor of her book, DVD, and patterns (Up North Fiber Art Supply) has graciously offered to send these items on a consignment basis so that you can stock all Beth's patterns at the time of her workshop. Pay only for those you sell at the workshop or wish to keep to sell in your shop, returning those you do not want. For more information, call Barb Catani at 920-720-9276.

## AVAILABLE PRODUCTS

The following products are available wholesale through:

Up North Fiber Art Supply  
123 W. Wisconsin  
Neenah WI 54956

Website: [www.upnorthfiberartsupply.com/](http://www.upnorthfiberartsupply.com/)  
Email: [info@upnorthfiberartsupply.com](mailto:info@upnorthfiberartsupply.com)  
Phone: 920-720-9276

## PATTERNS

More than 50 designs based in traditional knitting methods, from sweaters to vests, socks, mittens, and accessories

*A Beth Brown-Reinsel Design*  
Latvian Fingerless Mitts



This intricately knitted project is the result of my classes in Latvian mittens techniques. The methods used in the cast on be applied to other cuffs and sock tops as well. In the main part of the hand, you can practice working with lace, ribs, or four colors as wanted, if you like. The open heel is finished off with a neat lace, which is seen in some Latvian mittens casts. The hand hole is finished using the classic "flourish" method used in Latvian mittens. Enjoy!

**Materials**  
• Rowan Sheep Nature Spun, 100% wool yarn, sport weight (worsted weight), 1 (LQ) skein each of #8000 Borderline (MC), #124 Goldenrod (CC1), #522 Narrows Classic (CC2), #122 Thunderplex (CC3), #9117 French Clay (CC4)

• Cast on of Row 125 and 425 row (25 row 4x4.6 inch) double-pointed needles  
• Stitch marker, smooth connecting waste pan, tapestry needle, scissors

**Finished Size**  
Women's Medium (Large)  
77/13.8 cm (17/20.3 cm) hand circumference  
7.1/22.9 cm (8.4/21.4 cm) long

**Gauge**  
Women's Medium: 27 sts and 27 rounds = 47/10 cm by two-color 5x4 with sport-weight yarn.  
Women's Large: 24 sts and 24 rounds = 47/10 cm by two-color 5x4 with worsted-weight yarn

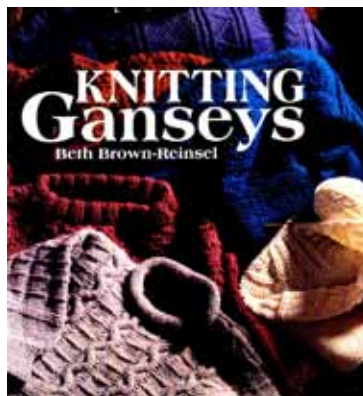
**Instructions**  
Cast-On Method: (Single-Cast) Longtail-Michael-Wool-Works-74101. Also, you can cast on either of the cast-on at <http://upnorthfiberartsupply.com/latvian-fingerless-mittens>.

1. Make a slip knot with the two purls, allowing 4" for the short tail, and place the knot on your needle. (Pattern MC over your index finger and CC1 over your thumb.)
2. Insert the right needle from front to back into the loop made by the thumb.
3. Knit back with the right needle to go over, behind, and under the back purl.
4. Bring the right needle and the newly caught yarn back through the thumb loop.
5. Withdraw your left thumb from the loop, pull the yarn back and resume the purling by step 1 again. Repeat steps 2-4 until all six sts are cast on. (Do not cast a slip knot as a cast-on stitch-it will be dropped from the needle after the cast-on is complete.)

Please respect the time and effort spent to create this design and pattern by honoring the copyright. This pattern has appeared in the magazine Knitting Traditions published by Knitting Traditions, 1998-2012.  
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BOOK: [Knitting Ganseys](#)



DVD: [Knitting Ganseys with Beth Brown-Reinsel](#)

