

# HANDSPUN GALLERY OF Helix Scarves

**Editor's note:** Near the end of last year, we posted a PDF of Stephenie Gaustad's Helix Scarf here on spinningdaily.com and invited you to spin your yarn and make your own version of the scarf, then submit your scarves for this gallery. We even had time to slip the call for entries into the Winter issue of *Spin-Off*, though there wasn't much time to make the scarf and submit it. Many people responded to the challenge, and here are some of the results.

Learn about more calls for entries such as Handspun Neckties for our Fall 2011 issue (due May 2) and Color-Block Vests for our Winter 2011 issue (due August 1) here at [spinningdaily.com/callforentries](http://spinningdaily.com/callforentries).



## **HELIX SCARF** by Stephenie Gaustad

While thumbing through *Knitting New Scarves* by Lynne Barr, I saw a scarf that got its inspiration from seaweed. On only my first cup of tea that morning, I started thinking about a favorite sea creature, the nudibranch or sea slug (an unfortunate name for such a beauty with wildly colored flaring skirts). Thus the germ for the structure of the Helix Scarf was planted.

At the 2009 *Spin-Off* Autumn Retreat (SOAR), I was fortunate enough to sit with someone who won fiber but couldn't take it home, so she graciously shared it with everyone at her table. The fiber was a luscious blend of mauve Merino/silk. At home, I could not resist the stuff and spun it up on the tahkli, with no thought of end use, enjoying the colors and the generosity of people.

I sampled the SOAR gift yarn in the helix structure and was delighted to see how well it performed as a knitted lace weight yarn with some crispness.

## **SPINDLE SPINNING**

Spinning on the tahkli requires the fibers to flow freely with a one-handed draft. The Merino/silk blend drafted nicely after some manipulation and predrafting. I wrapped the sliver around my wrist or pulled off pieces into short chunks. The singles were spun draft against twist (point-of-contact). After all the singles were spun, I plied them on a double-drive flyer/bobbin wheel. I plied the yarn, wound the yarn into a skein, and set it with steam. I then re-wound the skein onto a bobbin and knitted from the bobbin placed on a lazy kate.

## **HELIX SCARF**

The Helix Scarf is a garter pattern with short-row ruffles on each side of a central strip.

CO 30 sts.

Row 1: Knit 30 sts.

## Project Notes

**Fiber:** 2 oz Merino/silk blend.

**Preparation:** Commercially carded sliver.

**Drafting method:** Worsted.

**Spindle:** Tahkli.

**Singles direction spun:** Z.

**Singles twists per inch:** 40–42.

**Singles wraps per inch:** 74.

**Singles yards per pound:** 9,680.

**Number of plies:** 2.

**Plied direction spun:** S.

**Plied twists per inch:** 24.

**Plied wraps per inch:** 52.

**Plied yards per pound:** 4,848.

**Yarn classification:** High-twist fine laceweight.

**Total yardage:** 606.

**Yardage used:** 364.

**Needles:** U.S. size 1.

**Gauge:** 7 sts and 8 rows in garter st with short rows = 1"; 9 sts and 10 rows in garter st = 1".

**Finished size:** 4" x 41" unstretched, 1.2 oz.

### W&T (wrap and turn for short-rows)

**Wrap and turn** the last stitch in each short-row. With working yarn behind needles, slip next

st purlwise to right needle. Bring yarn in front, return sl st to left needle, and turn work. This minimizes holes at the ends of the short-rows. For instance, in the first row, knit 10 stitches, slip the 11th stitch purlwise onto the right-hand needle, bring the yarn forward, and slip the 11th stitch back onto the left-hand needle. Turn the work and knit 10 stitches back to the edge. You will knit the wrapped stitch when you knit across all 30 stitches in Step 4 of the wedge instructions.



### Wedge

Knit 10 sts; W&T.

Knit back to the edge.

Knit 5 sts; W&T.

Knit back to the edge.

Repeat Row 1 and wedge until scarf is the desired length.

Bind off. Work the ends in as invisibly as possible.

Note that you will be inserting wedges on both edges.

Of course, gauge, that monster mediator of hand and drape, is a large factor. After sampling with different needle sizes, I haven't yet found a handspun yarn that doesn't work with this structure.

What about you?

This project began with its roots in a gift. It grew into one project. This tender shoot is passed to you. What will the trunk and leaves be like? ☘

Dyepots litter the front yard; looms, books, and spinning wheels fill the house. Her daughter asks if maybe Mom "has an issue with too much fiber." No. It is just life as Stephenie Gaustad.

### RESOURCES

Barr, Lynne. *Knitting New Scarves*. New York: Stewart, Tabori and Chang, 2007.

Gaustad, Stephenie. "Tahkli Spindles: Beyond Cotton." *Spin-Off* 34, 2 (Summer 2010), 58–61.

Square, Vicki. *The Knitter's Companion*. Loveland, Colorado: Interweave, 1996.





## Crazy Quilt Helix Scarf

Barbara Brewer of Stow, Massachusetts, came home from a workshop on color blending on combs taught by Deb Menz at the Northeast Handspinners Association Gathering, West Dover, Vermont, November 5–7, 2010, with a lot of dyed Merino fiber ready for blending—leftovers from the class. She had about 3 ounces of royal blue and small bits of sixteen to twenty other colors.

Barbara created many blends with handheld combs, using the blue in every blend. With a color wheel as a guide, Barbara chose mostly colors that were split complements (the colors on

either side of the complement of royal blue) or double-split complements (the two colors on either side of the complement of royal blue). She also randomly used white, black, and gray in the blends. She threw in the occasional odd bits of color that didn't fit the split or double-split complement equation just to see what kinds of effects she might get. The resulting scarf reminds her of a crazy quilt.

Barbara combed the fiber—blue and one or more of the other colors—until the separate colors were well blended and then pulled the fiber off the combs. Once she

had several different color blends, she stacked the colors onto the hackle in layers. She pulled the top off through a diz, creating combed top.

To spin the singles, Barbara used her wheel to introduce just enough twist to keep the fiber from pulling apart. She kept the twist soft to prevent the knitted fabric from biasing.

She skeined the yarn and washed it in hot water with Soak detergent, agitating the fiber a fair amount with a rubber plunger. To continue the fulling process, she plunged the skein into cold water and then hot again, repeating this process a few times. After wrapping the skein in a towel to absorb excess water, she whacked the skein several times against the back of a chair to distribute the twist, and then hung the skein unweighted to dry.

### Project Notes

**Fiber:** 4 oz Merino.

**Preparation:** Color blended on combs and then a hackle.

**Drafting method:** Short forward draw.

**Wheel:** Majacraft Rose.

**Wheel system:** Scotch tension.

**Ratio:** 6:1.

**Singles direction spun:** Z.

**Singles wraps per inch:** 16.

**Twist angle:** 20°.

**Total yardage:** 350 yards.

**Yards per pound:** 1,400.

**Yarn classification:** Sportweight.

**Yardage used:** 274¼.

**Needles:** U.S. size 2.

**Gauge:** 5 sts and 8 rows = 1".

**Finished size:** 5" × 41".

## Project Notes

**Fiber:** 4 oz 50% baby camel/50% silk roving from Redfish Dye Works.

**Drafting method:** Short forward draw.

**Wheel:** Jensen Saxony D-30.

**Wheel system:** Double drive.

**Ratio (singles/plying):** 13.3:1 (both).

**Singles direction spun:** Z.

**Singles wraps per inch:** 27.

**Twist angle:** 30°.

**Number of plies:** 3.

**Plied direction spun:** S.

**Plied twists per inch:** 7–10.

**Plied wraps per inch:** 15.

**Total yardage:** 483¼.

**Yards per pound:** 1,933.

**Yarn classification:** Fingering-weight.

**Yardage used:** 347½.

**Needles:** U.S. size 3.

**Gauge:** 8 stitches and 7 rows = 1".

**Finished size:** 5½" x 40".



## Elizabeth's Helix Scarf

Elizabeth Souza of Newbury Park, California, is a member of the Insubordi-knit group on Ravelry moderated by Jacey Boggs and joined the Helix Scarf challenge SAL/KAL (spin-along/knit-along) for the group. The baby camel and silk roving she picked to use was variegated, so she decided to Navajo-ply to keep the color changes in solid bands instead of heathered. Even though she knew that using this technique would serve to accentuate the places where her singles went thicker or thinner, she liked the uneven organic look of the finished yarn and really loves the heavy, silky hand of the scarf.



## Project Notes



**Fiber:** 3.4 oz Ashland Bay Merino top.

**Preparation:** Blended on a hackle and either dizzed or drumcarded. One singles was spun from the dizzed fiber; and one singles was spun from the drumcarded batts.

**Drafting method:** Worsted.

**Wheel:** Jensen Tina II.

**Wheel system:** Scotch tension.

**Ratio (singles/plying):** 1:1 (both).

**Singles direction spun:** Z.

**Singles wraps per inch:** 17.

**Twist angle:** 40°.

**Number of plies:** 2.

**Plied direction spun:** S.

**Plied twists per inch:** 6½.

**Plied wraps per inch:** 12.

**Total yardage:** 210.

**Yards per pound:** 992.

**Yarn classification:** Worsted-weight.

**Yardage used:** 205.

**Needles:** U.S. size 9.

**Gauge:** 8 stitches and 7 rows = 1".

**Finished size:** 5½" x 30".

## New Beginnings

This was the second Helix Scarf Sarah Wilson of Hot Springs, South Dakota, knitted. She enjoyed making the first one so much that she decided to cast on another one. She used fiber she ended up with after taking Deb Menz's fiber-blending class at *Spin-Off* Autumn Retreat (SOAR) 2010. She brought it home, spun it, skeined it, gave it a hot bath, and hung it to dry without tension. She loved watching the colors emerge on the bobbin as she spun up the singles. She altered the number of stitches she cast on to 24 using the following pattern: Knit one row, \*k8, W&T, knit back to edge; k4, W&T, knit back to edge; knit one row; repeat from \*.

## Handpainted Silk

Last summer, Nancy Pryor of Fallon, Nevada, had the good fortune to visit Studio Gaustad and see Stephenie's Helix Scarf in person. Since then, Nancy has made many of her own helix scarves.

She purchased a sample of handpainted silk top from Treenway

Silks a couple of years ago. She wound the singles onto storage spools and then plied them with dyed reeled silk (20–22 denier). She steamed, washed, and wound the yarn onto a storage spool to await a suitable project.

To create a rounded end without sewing the ends together, Nancy used an invisible figure-eight cast-on like that used for beginning a sock at the toe. She

found that, rather than wrapping the short rows, if she slipped the first stitch knitwise, there was no hole or odd appearance in the fabric. She reversed the beginning structure at the end of the scarf by knitting half of the next row and using the Kitchener stitch to round the end.

### Project Notes

**Fiber:** 1.33 oz silk handpainted top from Treenway Silks.

**Drafting method:** Short draw.

**Wheel:** 1987 Alden Amos electric spinner.

**Wheel system:** Flyer lead, scotch tension.

**Singles direction spun:** Z.

**Twist angle:** 30°.

**Number of plies:** 2.

**Plied direction spun:** S.

**Plied twists per inch:** 4½.

**Plied wraps per inch:** 30.

**Total yardage:** 408½.

**Yards per pound:** 4,912.

**Yarn classification:** Laceweight.

**Yardage used:** 357.

**Needles:** U.S. size 2.

**Gauge:** 7 stitches and 8 rows = 1".

**Finished size:** 4½" x 40½".





## Montana Pines Scarf

Rickie van Berkum of Huson, Montana, thought Stephenie's Helix Scarf looked like the perfect project for some local Cormo top she had dyed. She has been working with the Cormo top to see if she could hand-dye it without felting. She used acid-based dyes in various shades of green to reflect the colors of the pine forests in spring when the new pine needles are emerging. She chose an analogous colorway in piney greens and dyed the top with fairly short lengths of each color so the colors would interact with each other as much as possible. She likes the way that short-row knitting allows colors to pool and wanted her yarn to have color runs that were two to four full rows of the pattern. She spun singles so the colors would stay clear. She washed the singles skein in cold water with Dawn dish liquid and snapped open the skein while wet to set the twist. Then she laid the gently twisted skein to dry flat. She finished the scarf by washing it in warm water and a bit of Dawn dish liquid, rinsing it in warm water, spinning out the water in her spin dryer, and giving the scarf a gentle shake.



### Project Notes

**Fiber:** 4 oz Cormo top from Suzanne Artley (suzanne@bennyfibers.com).

**Preparation:** Dyed yarn with PRO Chemical & Dye WashFast Acid Dyes (Rickie sells the dyed Cormo through her Etsy shop, [www.etsy.com/shop/RavenRidgeFiberArts](http://www.etsy.com/shop/RavenRidgeFiberArts)), split each length of top lengthwise once, predrafted slightly.

**Drafting method:** Short backward draw.

**Wheel:** Lendrum.

**Wheel system:** Scotch tension.

**Ratio:** 7:1.

**Singles direction spun:** Z.

**Singles wraps per inch:** 16.

**Twist angle:** 15°.

**Total yardage:** 378.

**Yards per pound:** 1,512.

**Yarn classification:** Sportweight.

**Yardage used:** 300.

**Needles:** U.S. size 6.

**Gauge:** 5 sts and 6 rows = 1".

**Finished size:** 5½" × 46".

## Project Notes

**Fiber:** 4 oz Merino/SeaCell roving;  
4 oz Falkland roving.

**Preparation:** Roving split in half  
lengthwise and slightly predrafted.

**Drafting method:** Short forward  
draw.

**Wheel:** Lendrum double-treadle  
folding wheel.

**Wheel system:** Scotch tension.

**Ratio (singles/plying):** 17:1/9:1.

**Singles direction spun:** Z.

**Singles wraps per inch:** 39  
(Falkland); 38 (Merino/SeaCell).

**Twist angle:** 22°.

**Number of plies:** 2.

**Plied direction spun:** S.

**Plied twists per inch:** 4.

**Plied wraps per inch:** 20.

**Total yardage:** 832.

**Yards per pound:** 1,664.

**Yarn classification:** Sportweight.

**Yardage used:** 312.

**Needles:** U.S. size 4.

**Gauge:** 6 stitches and 8 rows = 1".

**Finished size:** 4" x 56".

## Under the Sea

It tickled the fancy of Penelope Cox of Bay Saint Louis, Mississippi, to make the Helix Scarf with a Merino/SeaCell and Falkland blend, especially after reading Stephenie's description of the "undulating skirts" of the sea slug that inspired her. Penelope had recently painted the two rovings in reds and aquas and named the color lobster bisque. Penelope split the painted

rovings roughly in half lengthwise and spun one bobbin of the Merino/SeaCell and one bobbin of Falkland. She allowed the singles to rest on the bobbins overnight and then plied the two singles together. She skeined the yarn on a niddy-noddy and then soaked it in warm water with a no-rinse wool wash. She noticed that the red in the yarn was bleeding a bit so she rinsed it until there was barely a hint of red in the water, spun the excess water out in

the spin cycle of her washing machine, and then hung the skein to dry. She played a bit with needle size and number of stitches before settling on reducing the cast-on to 24 stitches.

### *Penelope's adapted pattern*

CO 24 stitches.

Row 1: Knit.

Wedge: K8, W&T, knit back to edge;  
turn, k4, W&T, knit back to edge.

Repeat from Row 1 to desired length.



# Homegrown Helix

Liz Gipson of Loveland, Colorado, is primarily a weaver. It has been some time since a knitting pattern commanded that she make it, but Stephenie Gaustad's pattern did just that. Fresh fiber from her goats, a new Schacht Reeves spinning wheel, and renewed interest in cochineal made the creation of this little scarf an absorbing task.

She grew the fiber for this scarf in her backyard—she calls it goat down as she's not yet tested the fiber to see if it qualifies as cashmere. The fiber is a blend of all four of her goats' 2009 fleeces. She had the fleece processed at Still River Mill as she said dehairing 1 ounce was enough to lead her to outsourcing this task.

She dyed the yarn using cochineal and cream of tartar, a technique she was reminded of by José Maria Cotacachi, a tapestry weaver in Peguche, Ecuador. He showed her and her traveling companion the many colors of cochineal by squishing a bug in his hand and mixing it with an acid (lemon juice) and then a base (baking soda) to get a variety of shades.

As she knitted, she thought of a crazy night over a decade ago, riding around in the back of a truck with Stephenie singing "This Land Is Your Land" at SOAR 2001.

She chose a slightly larger knitting gauge than the yarn called for to give room for the goat fiber halo to emerge over time. This may or may not have been a good choice. Only time will tell.



## Project Notes

**Fiber:** 2 oz goat down.

**Preparation:** Carded roving.

**Drafting method:** Modified short draw.

**Wheel:** Schacht Reeves.

**Wheel system:** Double drive.

**Ratio (singles/plying):** 24:1/20.75:1.

**Singles direction spun:** Z.

**Singles wraps per inch:** 60.

**Twist angle:** 60°.

**Number of plies:** 2.

**Plied direction spun:** S.

**Plied twists per inch:** 14.

**Plied wraps per inch:** 24.

**Total yardage:** 237½.

**Yards per pound:** 1,900.

**Yarn classification:** Fingering-weight.

**Yardage used:** 148½.

**Needles:** U.S. size 2.

**Gauge:** 10 sts and 7 rows = 1".

**Finished size:** 3½" × 39".





## Fall Foliage

A friend of Lori Lawson of San Juan Capistrano, California, mentioned that she was spinning some yarn to knit the Helix Scarf and send it in to *Spin-Off*. Then Lori saw the Helix Scarf in her issue of *Spin-Off*, loved the look of it, and thought it would be a fun scarf to knit. She quickly went to work dyeing, spinning, and knitting. She handpainted some cashgora and silk fiber in a variety of greens, turquoise, and teal with the idea of plying it with some Merino/silk/angora fiber that she had already handpainted in wine, red, greens, plum, and purple. Before spinning, she split the cashgora/silk into two long pieces and the Merino/silk/angora into six long pieces. She spun a bobbin of each fiber blend and then plied the two different colorways together. After plying the yarn, she soaked it in wool wash and let it dry before knitting it. She altered the pattern to include a picot-type edging. After she knitted the scarf, she soaked the finished scarf in wool wash,

**Fiber:** 3.5 oz cashgora/silk and Merino/silk/angora (50/30/20).

**Preparation:** Commercially prepared top from Ashland Bay Trading Company that Lori handpainted.

**Drafting method:** Worsted.

**Wheel:** Majacraft Rose.

**Wheel system:** Scotch tension.

**Ratio (singles/plying):** 8.7:1 (both).

**Singles direction spun:** Z.

**Singles wraps per inch:** 36–38.

**Twist angle:** 30°.

**Number of plies:** 2.

**Plied direction spun:** S.

**Plied twists per inch:** 5½.

**Plied wraps per inch:** 20.

**Total yardage:** 388.

**Yards per pound:** 1,774.

**Yarn classification:** Fingering-weight.

**Yardage used:** 340.

**Needles:** U. S. size 3.

**Gauge:** 7 sts and 12 rows = 1".

**Finished size:** 4½" x 36".

squeezed most of the water out, and then spun the excess water out in the spin cycle of the washer. She tumbled the scarf on a low setting in the dryer until it was almost dry and then let it air-dry the rest of the way. She feels that tumbling in the dryer helps the angora in the yarn to bloom a bit.

### *Lori's picot edging*

At the end of every Row 1 (after knitting 30 sts), cast on 5 sts using a

knitted cast-on and then immediately bind off 5 sts. Continue in pattern, knitting the wedge (Rows 2, 3, and 4). Repeat for the length of the scarf. When the scarf reaches the desired length, repeat Row 1 a final time, cast on 5 sts, and then bind off the 5 sts and continue to bind off the rest of the sts until 1 st remains. At that point, cast on 4 sts and then bind off remaining 5 sts. Secure the last st and weave in the ends.

## Project Notes



## Pink Ruffles

Martina Lussi of Lake Placid, New York, was browsing through [spinningdaily.com](http://spinningdaily.com) on a snowy day in the Adirondacks when she noticed the call for entries for the Helix Scarf. She checked out the details, loved the pattern, and thought she should give it a try, but she didn't have much time.

She found a yarn in her handspun stash that was just perfect—it had started as a space-dyed roving in different shades of magenta. The resulting colors were just what she had in mind for the Helix Scarf—subtle changes from light pink to magenta. She did not split the roving but pulled the roving into longer sections to separate the fiber and make spinning a little easier (predrafting it). She wanted to produce a fine lace singles yarn with enough twist that it would not come apart while knitting. She finished the yarn by washing with a mild wool-safe soap and then dried it on the drying rack. Using a ball winder to create a center-pull ball, she was happy that the yarn held up nicely while winding. With the Helix Scarf pattern in hand, she started knitting right away, changing the pattern slightly because she wanted more of a ruffle effect.

### *Martina's ruffled scarf*

Cast on 30 sts.

Row 1: Knit 30 sts.

### *Wedge*

Knit 12, W&T.

Knit back to edge.

Knit 9, W&T.

Knit back to edge.

Knit 6, W&T.

Repeat Row 1 and the wedge until scarf reaches desired length.



## Project Notes

**Fiber:** 2 oz Merino top from the New York Sheep and Wool Festival.

**Drafting method:** Worsted short forward draw.

**Wheel:** Louet S15.

**Wheel system:** Bobbin drive.

**Ratio:** 7.5:1

**Singles direction spun:** Z.

**Singles wraps per inch:** 25.

**Twist angle:** 37°.

**Total yardage:** 337½.

**Yards per pound:** 2,700.

**Yarn classification:** Laceweight.

**Yardage used:** 274.

**Needles:** U.S. size 1.

**Gauge:** 7 stitches and 8 rows = 1".

**Finished size:** 5" x 53".

## Project Notes

**Fiber:** 4 oz silk top from Woodland Woolworks; 15 oz Corriedale roving from Sunset Fibers.

**Preparation:** Both fibers were commercially prepared and required no additional effort to use.

**Drafting method:** American long draw.

**Wheel:** Majacraft Little Gem double treadle.

**Wheel system:** Scotch tension.

**Ratio (singles/plying):** 13:1 (both).

**Singles direction spun:** Z.

**Singles wraps per inch:** 40 (silk); 35 (wool).

**Twist angle:** 45° (silk); 30° (wool).

**Number of plies:** 2.

**Plied direction spun:** S.

**Plied twists per inch:** 3½–4½.

**Plied wraps per inch:** 24.

**Total yardage:** 3,000.

**Yards per pound:** 2,526.

**Yarn classification:** Laceweight.

**Yardage used:** 270.

**Needles:** U.S. size 3.

**Gauge:** 7 sts and 8 rows = 1".

**Finished size:** 4" × 42".



## Gilding the Lily

Leslie Ann Hauer of West Richland, Washington, thought that Stephenie Gaustad's Helix Scarf was a clever and simple design, but then she wondered, "How could I add lace elements?" The idea was simple enough: work a simple yarnover/knit two together to create a lacy border and work a simple lace diamond for the center stitches.

Leslie spun a two-ply yarn (one strand silk and the other wool) long draw with support and guidance from the nondrafting hand. For the silk, she aimed for a very fine yarn tightly spun to maximize the luster. She used about 4 ounces of a handpainted tussah

silk top in the Abalone colorway from Woodland Woolworks. For the wool, she aimed for a somewhat tightly spun fine strand. She used hand-dyed roving in shades of teal from Sunset Fibers. The plied yarn has somewhat of a barber-pole effect and Leslie likes the way the lighter-colored lustrous silk adds a sparkle to the deeper shades of the wool.

To finish the skeins, Leslie soaked

the finished yarn in very hot water with dish soap and then rinsed it when the water cooled to lukewarm. She rolled the skein in a towel to remove the excess water and then hung it to dry with a 1-inch dowel threaded through all the skeins to keep them straight.

After knitting the Helix Scarf, she washed it in hot water with dish soap, rinsed and rolled it in a towel to remove the excess water, reshaped the scarf



## Notes

- To simplify the pattern, the center diamond lace can be omitted and the center stitches worked in garter stitch.
- Count stitches in each section frequently because it really isn't easy to rip out and pick up stitches again. If you've ever wanted to practice the "lifeline" technique, this would be an excellent opportunity to avoid frustration.
- Don't bother with W&T or other short-row techniques to avoid holes because in this pattern, the holes fall in line with yarnovers and disappear into the fabric.
- The pattern for the sides of the scarf creates long lines of holes (yarnovers) alternating with long lines of solid stitches (the decreases). Make sure that any new yarnover occurs in line with previous yarnovers and that decreases include a previous decrease and yarnover from the row below.

with the center pinned flat, and left it to dry.

### Leslie's lace version

#### Abbreviations

- sk2p—Slip 1 knitwise, k2tog, pass slipped stitch over
- slm—move marker from one needle to the other
- pm—place marker

The original scarf alternates wedges created by short rows with full-width rows. Leslie's version adds lace patterning in the wedges and a diamond pattern in stockinette for the center stitches.

The wedge pattern is repeated as noted throughout the pattern.

**Wedge:** K1, (yo, k2tog) 4 times; turn, knit to edge. K1, (yo, k2tog) 2 times; turn, knit to edge.

Cast on 21 sts.

**Setup row (WS):** K9, pm, p3, pm, k9.

Establish wedge and diamond patterns:

**Row 1:** K1, (yo, k2tog) 4 times, slm, k1, (yo, k1) twice, slm, k9. Work wedge.

**Row 2 (WS):** K1, (yo, k2tog) 4 times, slm; p5, slm, k9. Work wedge.

**Row 3:** K1, (yo, k2tog) 4 times, slm, k1, yo, k3, yo, k1, slm, k9. Work wedge.

**Row 4:** K1, (yo, k2tog) 4 times, slm, p7, slm, k9. Work wedge.

**Row 5:** K1, (yo, k2tog) 4 times, slm, k1, yo, k5, yo, k1, slm, k9. Work wedge.

**Row 6:** K1, (yo, k2tog) 4 times, slm, p9, slm, k9. Work wedge.

**Row 7:** K1, (yo, k2tog) 4 times, slm, k1, yo, k7, yo, k1, slm, k9. Work wedge.

**Row 8:** K1, (yo, k2tog) 4 times, slm, p11, slm, k9 (29 sts).

Continue on 29 sts working the diamond pattern over the 11 sts within markers if desired and the wedge pattern over the 9 stitches on each edge. Work until scarf is at least 40" long. Leslie's scarf had 20 repeats of the diamond plus beginning and ending diamonds.

### Simple Diamond

**Row 1:** K1, yo, ssk, k5, k2tog, yo, k1.

**Row 2 and all even rows:** Purl 11 stitches between markers and at the same time maintain wedge pattern over the 9 stitches along each edge.

**Row 3:** K2, yo, ssk, k3, k2tog, yo, k2.

**Row 5:** K3, yo, ssk, k1, k2tog, yo, k3.

**Row 7:** K4, yo, sk2p, yo, k4.

**Row 9:** K3, k2tog, yo, k1, yo, ssk, k3.

**Row 11:** K2, k2tog, yo, k3, yo, ssk, k2.

**Row 13:** K1, k2tog, yo, k5, yo, ssk, k1.

**Row 15:** K2tog, yo, k7, yo, ssk.

**Row 16:** Purl 11 sts.

### Ending rows

After completing Row 16 (WS) of the Simple Diamond chart, continue as follows between the center markers. The following instructions are for the center stitches only; continue the wedge pattern on both edges as the center stitches are decreased.

**Row 1:** K2tog, yo, k2tog, k3, ssk, yo, ssk (9 sts).

**Row 2 and all even rows:** Purl between markers.

**Row 3:** K2tog, yo, k2tog, k1, ssk, yo, ssk (7 sts).

**Row 5:** K2tog, yo, sk2p, yo, ssk (5 sts).

**Row 7:** K2tog, sk2p, k2tog (3 sts).

Knit across the 9 wedge stitches to complete Row 7; do not begin another wedge. Bind off all stitches; sew in any loose ends and finish as desired.

### Simple Diamond Chart

11-stitch repeat

\	o									o	/	15
	\	o								o	/	13
		\	o							o	/	11
			\	o						o	/	9
				\	o	^	o			o	/	7
					\	o	/			o	/	5
						\	o			o	/	3
							\	o		o	/	1

(Purl all even rows)

#### Key

 k

 yo

 k2tog

 ssk

 slip one, knit two together, pass slipped stitch over

## Helix Scarf with Rounded Ends

Gayle Roehm of Cabin John, Maryland, made her scarf with the first yarn she spun on her new Pocket Wheel. Eager to try out her new wheel, she spun the yarn fast and not too meticulously, though she found the result pleasing. Gayle allowed the color sequence to be completely random in both singles. Gayle worked the scarf following

Stephenie's directions, but she thought it needed rounded ends.

### *Gayle's rounded ends*

Gayle started with a provisional cast-on of half the stitches, then worked wedges with 2-st short-row increments across half the stitches to form a semicircle. Then she removed the cast-on and continued across the full width of the scarf according to the pattern. At the other end, she left half the stitches on a holder, made another semicircle,

and wove the last sts of the semicircle to the waiting stitches. In addition, Gayle used the "Horst Schulz" edge, which she likes on garter stitch: at the outer edges, slip the last stitch purlwise with yarn in front, turn, and knit the first stitch through the back loop.

## Project Notes

**Fiber:** 4 oz Corriedale hand-dyed roving from River's Edge Fiber Arts.

**Drafting method:** Worsted.

**Wheel:** Pocket Wheel by Jon McCoy.

**Wheel system:** Direct drive, scotch tension.

**Ratio (singles/plying):** 8:1 (both).

**Singles direction spin:** Z.

**Twist angle:** 30°.

**Number of plies:** 2.

**Plied direction spin:** S.

**Plied twists per inch:** 6.

**Plied wraps per inch:** 16.

**Total yardage:** 295.

**Yards per pound:** 1,180.

**Yarn classification:** Worsted-weight.

**Yardage used:** 260.

**Needles:** U.S. size 3.

**Gauge:** 5 sts and 6 rows = 1".

**Finished size:** 5¾" x 43".





## Andrea's Angel

Bitsy Cohen of Allentown, Pennsylvania, has knitted at least one garment for Andrea Minken for just about every one of Andrea's eighteen years. On a recent visit, Andrea asked Bitsy to spin and knit her something with the fiber from Bitsy's English Angora rabbit, Angel. They talked a bit about what Andrea would like and decided on a scarf with yarn spun from a blend of superwash Merino and Angel's angora that Bitsy had processed at a local mill.

Bitsy used a short forward draw but allowed a bit of twist into the drafting zone so that her finished yarn would be a bit softer and have a light halo from the angora. She plied the singles together, and to insure there would be a halo in the finished yarn, she made sure not to put too much twist into the plied yarn. After spinning and winding into a skein on her 2-yard niddy-noddy, Bitsy washed the yarn in very hot water. To help the yarn bloom, she removed excess water from the skein by throwing it against the side of the sink as hard as she could. She hung the washed skein to dry without any weight or pressure and ended up with a balanced yarn with just a hint of halo from the angora. Bitsy swatched Stephenie's design, but felt that the natural color needed a bit more pattern for interest, so she began playing with adding eyelets. She ended up adding lines of faggoted lace.

### *Faggoting lace for Andrea's Angel*

Cast on 26 sts. Work setup row, then Rows 1–5.

*Setup row:* K2tog, yo, k to last 4 sts, k2tog, yo, k2.

*Row 1:* K2tog, yo, k7, W&T.

*Row 2:* K5, k2tog, yo, k2.

*Row 3:* K2tog, yo, k2, W&T.

*Row 4:* K2tog, yo, k2.

*Row 5:* K2tog, yo, k2, (pick up wrap and knit with stitch), k4, (pick up wrap and knit with stitch), k12, k2tog, yo, k2.

Repeat Rows 1–5 until scarf is the desired length, ending with a Row 4.

*Final Row:* K2tog, yo, k2, (pick up wrap



## Project Notes

**Fiber:** 5 oz 80% superwash Merino/20% English angora.

**Preparation:** Blended and carded into roving by Gurdy Run Woolen Mill, Halifax, Pennsylvania.

**Drafting method:** Short forward draw.

**Wheel:** Spinolution Mach II.

**Wheel system:** Scotch tension.

**Ratio (singles/plying):** 15:1/20:1.

**Singles direction spun:** Z.

**Singles wraps per inch:** 27.

**Twist angle:** 45°.

**Number of plies:** 2.

**Plied direction spun:** S.

**Plied twists per inch:** 4.

**Plied wraps per inch:** 12.

**Total yardage:** 294.

**Yards per pound:** 941.

**Yarn classification:** Worsted-weight.

**Yardage used:** 242.

**Needles:** U.S. size 8.

**Gauge:** 5 sts and 6½ rows = 1".

**Finished size:** 5" x 50".

and knit with stitch), k4, (pick up wrap and knit with stitch), k12, k2tog, yo, k2.

Bind off, weave in all ends, and then wash and block keeping the centerline of lace open and straight. Let dry completely.

# The Helix Scarf That Made Me Lie to Myself

Teaching at *Spin-Off* Autumn Retreat (SOAR) 2010 provided Jacey Boggs of Grain Valley, Missouri, with the delightful experience of meeting Stephenie Gaustad. Getting to fondle Stephenie's three helix scarves was icing on the cake. Jacey decided that the Helix Scarf would be a perfect project for a Ravelry spin-along. When she returned home, Jacey used 3 ounces of dyed Targhee locks from a Master Spinner Certificate class through Olds College, Olds, Al-

berta, Canada, that she took the week after SOAR. She separated the locks into a color sequence, combed them with combs and a hackle, then dizzed them off into the softest, loftiest top ever. Although she started with 3 ounces of fiber, by the time the combs weeded out all the shorties, she had but half. It seemed a bit light but she didn't give up on her dream of a SOAR/Master Spinner Helix Scarf.

She then split the bird's nests of top in half vertically so that she could spin two singles that would ply together, keeping the color sequence. The yarn was fairly thin when she wound it off the bobbin, but when it hit the warm water, it plumped up like a Ball Park

Frank. With this grist, she convinced herself that on larger needles she could still get a good Helix Scarf out of the stretchy soft yarn.

It was lovely to knit, and once she sewed the two sides of one end together for a buttonhole and attached a button, it is lovely to wear and reminds her of two wonderful weeks! Of course, as you can see, she wasn't really lying to herself. She had plenty of yarn to make her *Helix Scarflette*, with 10 yards left over!

## Project Notes

**Fiber:** 3 oz (1½ oz after combing) Targhee locks.

**Preparation:** Combed on a hackle and combs.

**Drafting method:** Short forward draw.

**Wheel:** Lendrum double treadle.

**Wheel system:** Scotch tension.

**Ratio (singles/plying):** 17:1 (both).

**Singles direction spun:** Z.

**Singles wraps per inch:** 50.

**Twist angle:** 35°.

**Number of plies:** 2.

**Plied direction spun:** S.

**Plied twists per inch:** 5.

**Plied wraps per inch:** 15.

**Total yardage:** 200.

**Yards per pound:** 2,133.

**Yarn classification:** Fingering-weight.

**Yardage used:** 190.

**Needles:** U.S. size 7.

**Notions:** 1 button, 2" diameter.

**Gauge:** 9 stitches and 8 rows = 1".

**Finished size:** 4" x 17".





# Mushroom Helix

Rosemary S. Thomas of Pueblo, Colorado, saw this pattern and immediately pictured the lovely ruffles filling in the neckline of her overcoat. She admired the delicacy of the original scarf but wanted something thicker, woollier, and bolder for the cold Colorado winters. Since she wanted a rustic look, she spun a variable and lofty yarn. The end result, with its gentle undulations and varying grays, reminded her of the gills of a mushroom, hence the title Mushroom Helix.

Rosemary bought the fleece in June 2010 from Jean Kenney in Rye, Colorado. The ewe is a Churro/Corriedale cross, and her fleece is lovely, combining the best qualities of each of her parents. Rosemary washed the fleece in warmish water using hair shampoo and finished with a final rinse containing a little hair conditioner. She spun it out in her top-loading washer. She spun this project on one of her homemade toy-wheel spindles and spun on the fold using a point-of-twist draw. She purposefully selected different-colored locks to maximize striping. She used her favorite plying method, Tammy Rizzo's Navajo Ply on the Fly method ([http://www.youtube.com/watch?v=7Jc2tYkv\\_EU](http://www.youtube.com/watch?v=7Jc2tYkv_EU)), to further maximize the striping effect. She spun a spindle full of yarn, wound it off into a ball, and then immediately cast on and commenced knitting. She didn't wash and set the yarn after spinning because



## Project Notes

**Fiber:** 7 oz Churro/Corriedale cross.

**Preparation:** Washed fleece, separated into locks, tips flicked, spun on fold.

**Drafting method:** Point of twist.

**Spindle:** Toy-wheel top-whorl spindle.

**Singles direction spun:** Z.

**Singles wraps per inch:** 21.

**Twist angle:** 25°.

**Number of plies:** 3.

**Plied direction spun:** S.

**Plied twists per inch:** 2 $\frac{2}{3}$ .

**Plied wraps per inch:** 10.

**Total yardage:** 263 $\frac{3}{4}$ .

**Yards per pound:** 625.

**Yarn classification:** Bulky.

**Yardage used:** 263 $\frac{3}{4}$ .

**Needles:** U.S. size 3.

**Gauge:** 4–5 sts and 6–8 rows = 1".

**Finished size:** 6 $\frac{1}{2}$ " x 34".



she wanted it to bloom in the scarf, making it even fluffier. She knitted this scarf as the pattern indicates, except that she did her short-row wraps a little differently.

Instead of wrapping the *stitch* in the wrap-and-turn step, she wraps the *needle*. When it's time to knit across the stitches and the wraps, there's no need to dig out the wrap because it is already on the needle.

Here's how you can do it: knit 10 stitches, then slip the 11th stitch knitwise onto the right-hand needle, and bring the yarn across to the front of the work. Next, slip the stitch back to the left-hand needle so that now it is *mounted backward*. Now bring the yarn

up and over the left-hand needle to the back of the work, then around the right side of the just-slipped stitch and under the left-hand needle, and across to the front of the work—the yarn now makes a complete loop around the needle. Rosemary knits backward to the edge, but you could turn and knit back the traditional way if you prefer.

Next knit 5 stitches, slipping the 6th and performing the needle-wrap as described, and knit back to the edge. Now knit across all stitches, paying attention to the fact that the 6th stitch is mounted backward—knit through the front of the stitch (remember, the front is facing to the right, not to the left) inserting the

needle through the stitch *and* the wrap, knitting the two as one stitch. Continue knitting until you get to the 11th stitch, once again knitting the stitch and the wrap together, and then continue knitting across the row. The backward-mounted stitches, and their associated wraps, are quite prominent, so there's no missing them as you knit across the row, and the end result is practically invisible—the short rows just blend right in for a very nice effect.

Rosemary finished the scarf by washing it in warm water and hair shampoo, followed by a final rinse of warm water with a glug of hair conditioner added. She spun it in the washer, and then laid it out to dry.



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## Lake Tekapo Ripples

The Helix Scarf reminded Alexandra Weikert of Taufkirchen, Germany, of ripples of waves, so she chose some recently spun Merino yarn to knit a scarf for her daughter who just loved the colors because they remind her of Lake Tekapo in New Zealand. While lakes and the sea are usually not blue, she was really surprised by Lake Tekapo and its turquoise-colored water when she stood at its shore for the first time.

Alexandra bought a commercially prepared Merino top in five shades of blue, turquoise, and green. She pre-drafted each color, held them together, and spun across the web. After spinning and plying, she soaked the three skeins and washed them gently in warm water with a squeeze of a wool-safe detergent,

ed to have as many ripples as possible. She also worked the wedge like short-row heels for socks. She knitted the last stitch of every row and slipped the first stitch purlwise with the yarn in the back for an edge stitch at each side. After binding off and sewing in the ends, she gently washed the scarf in warm water with a squeeze of a surface-active agent and laid it out to dry.

### *Alexandra's short rows*

Row 1: K30.

### *Wedge*

K10; turn.

Yo, k10 back to edge; turn.

K5; turn.

Yo, k5; turn.

K5, sl 1-ssk-pss0 (the slipped stitch is a yo), k4, sl 1-ssk-pss0 (the slipped stitch is a yo), k19 to end of the row.

Repeat wedge pattern until scarf is desired length and then BO.

## Project Notes

**Fiber:** 8.75 oz commercially combed Merino top.

**Preparation:** Predrafted, held five colors together, and spun across the web.

**Drafting method:** Short draw.

**Wheel:** Ashford Joy.

**Wheel system:** Scotch tension.

**Ratio (singles/plying):** 14:1 (both).

**Singles direction spun:** Z.

**Twist angle:** 30°.

**Number of plies:** 2.

**Plied direction spun:** S.

**Plied twists per inch:** 4½.

**Plied wraps per inch:** 13.

**Total yardage:** 640.

**Yards per pound:** 1,230.

**Yarn classification:** Sportweight.

**Yardage used:** 343.

**Needles:** U.S. size 5.

**Gauge:** 5 stitches and 5 rows = 1".

**Finished size:** 5½" x 54".

squeezed out the excess water, and laid them out for drying.

Alexandra worked a wedge on every row, so after each wedge, she knitted the stitches to the other end, starting a new wedge at the same time. She want-



# Autumn Helix

The scarf by **Michelle Boyd** of **Fort McMurray, Alberta, Canada**, was a direct result of attending *Spin-Off* Autumn Retreat (SOAR) 2010 in Lake Delavan, Wisconsin. The people, the tools, and the colors there came together to inspire this project. The people included Stephenie Gaustad, who was carrying around a little precious puff that unwound to be the Helix; Jacey Boggs, who challenged her Ravelry group to make this piece in a spin-along/knit-along; and Michelle's roommate Sarah

Wilson who said "I'll do it if you do it." The tool was a brand new Spindlewood spindle that spun forever and cried out to be used right away. The colors—the golds and dull greens of a late Wisconsin autumn—were reflected in a bit of painted sliver that had traveled with Michelle from Canada, with the hope of becoming something marvelous while away from home.

Michelle began spinning without a specific project in mind, simply getting to know her new spindle. She spun the fiber directly from the prepared sliver. Once she found out about the Helix

Scarf pattern, she adjusted her drafting a bit to make a finer yarn than she started out with. Michelle did the spinning in the evenings at SOAR, in airports, and in hotel rooms in Milwaukee and Missouri as she traveled from SOAR to a Master Spinner Program teaching assignment. She plied the yarn on her Kromski Sonata after she returned home. She washed the yarn in hot water with a wee drop of dish soap and after rinsing, laid it flat to dry and to allow the twist to set.

## Project Notes

**Fiber:** 1.5 oz 50/50 silk/Merino sliver, painted by Luscious Luxury.

**Drafting method:** Worsted.

**Spindle/wheel:** 28 g Spindlewood spindle (singles); Kromski Sonata (plying).

**Wheel system:** Scotch tension (plying).

**Ratio (singles/plying):** 12.5:1 (plying).

**Singles direction spun:** Z.

**Singles wraps per inch:** 60.

**Twist angle:** 30°.

**Number of plies:** 2.

**Plied direction spun:** S.

**Plied twists per inch:** 12.

**Plied wraps per inch:** 42.

**Total yardage:** 346.

**Yards per pound:** 3,690.

**Yarn classification:** Laceweight.

**Yardage used:** 290.

**Needles:** U.S. size 1.

**Gauge:** 16 stitches and 8 rows = 1".

**Finished size:** 2¾" × 60".







## Double Crochet Helix Scarf: Stephenie Gaustad's Helix Scarf Converted to Crochet

The soft ruffles and simple drape of Stephenie's Helix Scarf drew in **Gwen Powell of Torrance, California**. Alas, she could never knit the scarf fast enough to make the submission deadline, but she realized that she could convert it to crochet and be on time. The challenge then was to convert the pattern to crochet and pick the right yarn and gauge to make it drape as nicely as the knitted scarf.

Gwen bought a lovely Ashland Bay blend of Merino and silk on a whim at SOAR in Park City, Utah, in 2006. The two-ply Merino/silk has a very soft hand that is conducive to the drape of the ruffles in this scarf. After crocheting, she washed the scarf in Dawn liquid and very hot water and then dried and blocked it. She lightly steamed the ruffles with a medium iron.

### *Gwen's crocheted Helix Scarf*

Ch 33 stitches. Dc into 3rd ch from hook and dc across (= 30 sts total). \*Ch 3, turn (ch 3 at beg of row = first dc in the row). Dc in the next 7 sts, hdc in 9th st, sc in 10th st (= 10 sts); ch 1 and turn.

Skip the 1st stitch and sc in 2nd st, hdc in 3rd st, dc in each of next 7 sts, ch 3; turn.

Dc in next 2 sts, hdc in 4th st, sc in 5th st; ch 1 and turn. Skip 1st stitch, sc in 2nd st, hdc in 3rd st, dc in last 2 sts, ch 3; turn. Dc in each of the next 29 sts for a total of 30 sts. Repeat from \* until scarf is desired length. This will put the wedge on alternating sides of the scarf.

### *Finishing details*

As a variation on the Helix pattern, one end of the scarf is rounded by continuing the pattern over

only 15 of the 30 sts as follows: ch 3 (= first dc), \*1 dc in each of the next 12 sts, hdc in next st, sc in 15th st, ch 1; turn. Skip the 1st st and sc in the 2nd st, 1 hdc in the 3rd st, and dc in each of the last 12 sts, ch 3; turn. 1 dc each in next 2 sts, hdc in 4th st, sc in 5th st; ch 1 turn. Skip 1st st, sc in 2nd st, 1 hdc in 3rd st, 1 dc in each of last 2 sts, ch 3; turn. Repeat from \*.

Repeat until you have completed enough rows to give a nice double ruffle at the end. Starting at the side, match the end stitch with the first stitch on the other side of the scarf (30th st). Either sew or crochet the edges toward the middle. You might need to do a slight gather in the center as you finish the last couple of stitches. If you have not worked the tails in as you crocheted, go back and weave in all the tails.

## Project Notes

**Fiber:** 3.5 oz 50% Merino/50% bombyx silk top from Ashland Bay.

**Drafting method:** Worsted.

**Wheel:** Van Eaton Fly-n-Tote.

**Wheel system:** Double drive.

**Ratio (singles/plying):** 15:1 (both).

**Singles direction spun:** Z.

**Singles wraps per inch:** 27.

**Twist angle:** 45°.

**Number of plies:** 3.

**Plied direction spun:** S.

**Plied twists per inch:** 3.

**Plied wraps per inch:** 17.

**Total yardage:** 577½.

**Yards per pound:** 2,738.

**Yarn classification:** Laceweight.

**Yardage used:** 513¼.

**Hook:** U.S. size H (5.0 mm).

**Gauge:** 4½ and 2½ rows = 1".

**Finished size:** 11" × 60".

# Spanish Dancer in a Turquoise Sea

Rebecca Aldrich Bowen of Saint Augustine, Florida, saw that Jacey Boggs had mentioned the Helix Scarf spin-along in her blog and decided to join in. She looked over her dyed wools and selected some superwash Bluefaced Leicester in the Tropical Butterfly colorway (her own Long Dog Handspun dye job).

Rebecca did not predraft the handpainted top before spinning, as she wanted the colors to be fairly distinct. Because she had limited time to finish the project, she didn't break any new ground in the spinning but just spun her default yarn and chain-plied it to keep the colors together. After plying, she soaked the yarn for about twenty minutes in hot water with a little Eucalan wool wash, rolled it in a towel, and whacked it thoroughly on the bathroom counter to distribute twist and promote bloom. She hung the skein to dry without weight.

After knitting, she sewed seven tiny buttons along the center of the scarf, leaving long tails to represent the Spanish Dancer's naked gills.

Using a long-tail cast-on twisted method, cast on 18 sts.

## Long-tail Cast-on, Twisted Method

Begin with the long-tail cast-on set-up.

1. Swing the needle under both strands on the thumb.

2. Needle swivels forward on top of back thumb strand and then brings that strand forward under front thumb strand to make an eyelet.

3. Needle goes over front strand on the index finger.

4. Needle brings index finger strand forward through eyelet. Tighten strands and repeat from step one.

## Increase

Row 1: Inc by knitting in front and back of st (k1f&b) in first st, k to last 2 sts, k1f&b in next st, k1.



## Project Notes

**Fiber:** 4.15 oz Superwash Bluefaced Leicester top from Ashland Bay.

**Drafting method:** Short forward draw.

**Wheel:** Lendrum double-treadle folding wheel.

**Wheel system:** Scotch tension.

**Ratio (singles/plying):** 19:1/10:1.

**Singles direction spun:** Z.

**Singles wraps per inch:** 34.

**Twist angle:** 20°.

**Number of plies:** 3.

**Plied direction spun:** S.

**Plied twists per inch:** 4.

**Plied wraps per inch:** 15.

**Total yardage:** 400.

**Yards per pound:** 1,542.

**Yarn classification:** Sportweight.

**Yardage used:** 304.

**Needles:** U.S. size 9.

**Gauge:** 5 stitches and 6 rows = 1".

**Finished size:** 5" x 60".

Row 4: K to last 2 sts, k1f&b, k1.

Row 5: K1f&b, k8, W&T, k to end of row.

Row 6: K5, W&T, k to end of row = 24 sts total.

## Body of scarf

Row 1: Knit.

## Wedge

Row 2: K10, W&T, k to end of row.

Row 3: K5, W&T, k to end of row.

Repeat Row 1 and Wedge until scarf is desired length.

## Decrease

Row 1: K to last 3 sts, k2tog, k1.

Row 2: K1, k2tog, k6, W&T, k to last 3 sts, k2tog, k1.

Row 3: K6, W&T, k to end of row.

Repeat decrease Rows 1–3 once more. Bind off all sts using k2tog bind-off. Work in all ends using duplicate st.

## Decrease Bind-off

1. Knit 2 together.

2. Move the resulting stitch from your right-hand needle onto your left-hand needle.

3. Repeat from Step 1.

Row 2: K1f&b, k7, W&T, k to last 2 sts, k1f&b, k1.

Row 3: K5, W&T, k to end of row.



## Dreamsicle

Christie Brown of Oak Grove, Missouri, was already an accomplished knitter when she met Jacey Boggs. At the time, she thought that she was quite content to purchase millspun yarn and knit away. But within a few short months of knowing Jacey, she was so fascinated by Jacey's work that she wanted to learn how to spin. One spindle, two wheels, three classes, a trip to Australia, and many hours of practice later and she thinks she has it figured out! This scarf is her first-ever knitted object from her own handspun, and she couldn't be prouder. She altered the original pattern by changing the needle size and casting on 24 stitches, which resulted in a narrower center section. Everything else is the same.

As soon as Christie saw the fiber with its strong reddish orange tones, she knew it wanted to become her Helix Scarf. She ended up with two bobbins full from her Ashford Kiwi, and instead of plying them together, she decided to leave them as singles just to make sure that the scarf ended up as long as she wanted. Even though the fiber wasn't spun woolen, she ended up with a very lofty yarn. When she started knitting, she found that she didn't want to put it down because it was fun watching the short-row shaping create the ripple effect. Once finished, she gave the scarf a quick bath and laid it out to dry.



### Project Notes

**Fiber:** 4 oz Combed Bluefaced Leicester top.

**Drafting method:** Short forward draw.

**Wheel:** Ashford Kiwi.

**Wheel system:** Scotch tension.

**Ratio:** 5.5:1.

**Singles direction spun:** Z.

**Singles wraps per inch:** 12.

**Twist angle:** 11°.

**Total yardage:** 335.

**Yards per pound:** 1,200.

**Yarn classification:** Worsted-weight.

**Yardage used:** 28 1/4.

**Needles:** U.S. size 11.

**Gauge:** 5 stitches and 4 rows = 1".

**Finished size:** 6 1/2" x 46".

## Poor Knights Islands

Charlene Anderson of Jackson, Wyoming, named her scarf after the Poor Knights Islands off the Tutukaka coast of New Zealand. The scarf was inspired by the vivid green nudibranch named *Tambja tenuilineata*, often found in the waters around the Poor Knights Islands.

Charlene used a technique that she picked up in Judith MacKenzie's class,

"Recycle, Reduce, and Reuse: Earth-Friendly Yarns," at *Spin-Off* Autumn Retreat (SOAR) 2010. Judith taught how to use yarns (primarily cashmere) that had been raveled from sweaters found at thrift shops to create new yarns. Charlene raveled two sleeves from a cashmere sweater, then plied the yarns together. She dyed the yarn Tarragon with Landscapes Dyes according to instructions on the package.

Charlene slightly modified the Helix

Scarf pattern by adding two additional stitches to make a chain selvedge at each side by slipping the first stitch of every row purlwise with yarn in front and knitting the last stitch of every row.

### Project Notes

**Fiber:** 4.5 oz 100% cashmere from a recycled sweater.

**Wheel:** HansenCrafts miniSpinner.

**Ratio (singles/plying):** Speed control set at about 12 o'clock (both).

**Singles direction spun:** S.

**Singles wraps per inch:** 28.

**Twist angle:** 45°.

**Number of plies:** 4.

**Plied direction spun:** Z.

**Plied twists per inch:** 4½.

**Plied wraps per inch:** 16.

**Total yardage:** 460.

**Yards per pound:** 1,625.

**Yarn classification:** Sportweight.

**Yardage used:** 350.

**Needles:** U.S. size 6.

**Gauge:** 6 stitches and 8 rows = 1".

**Finished size:** 5½" x 44".





# Abalone Cowl

As a beginning knitter, **Stefanie Roché** of Cassdorf, Germany, is always on the lookout for simple patterns that highlight the yarns and hide inconsistencies in her knitting. When she saw the Helix Scarf pattern and read how it was inspired by sea creatures, she immediately wanted to run with the idea and create a related yarn.

Her original idea was to dye Merino top and bombyx silk top together in one dyebath of dark blue and green to have matching singles of deep-sea colors to ply together. The unexpected happened, and the acid dyes separated to a much more vivid color play of blues, greens, and yellows that reminded her of the swirling colors of an abalone shell. She didn't worry that her singles yarn varied in grist from a fine laceweight yarn to a sturdier fingering-weight yarn since the pattern seemed well suited to handling the variation. However, it was soon obvious that plying both colored fibers together would be too visually unruly. She decided to ply each fiber with black, which allowed the color in the original singles to shine brilliantly. Stefanie plied the Merino with a shimmering black silk and plied the dyed silk with a natural black alpaca. She washed the yarns in warm water, rolled them up in a towel, and squeezed them dry. She was eager to see how yarn and pattern would fit together. She used every bit of the silk/alpaca yarn to create the Abalone Cowl and is keeping the Merino/silk for another scarf. Stefanie added some mother-of-pearl buttons to make a warm collar for those cold, gray November days that just need a touch of color and warmth.



## Project Notes

**Fiber:** 0.9 oz bombyx silk and 1 oz natural black alpaca combed top.

**Drafting method:** Short backward draw.

**Wheel:** Ashford Kiwi.

**Wheel system:** Scotch tension.

**Ratio (singles/plying):** 13:1 (both).

**Singles direction spun:** Z.

**Singles twists per inch:** 6.

**Singles wraps per inch:** 30 (silk); 25 (alpaca).

**Twist angle:** 30°.

**Number of plies:** 2.

**Plied direction spun:** S.

**Plied twists per inch:** 5½.

**Plied wraps per inch:** 16.

**Total yardage:** 109.

**Yards per pound:** 918.

**Yarn classification:** Worsted-weight.

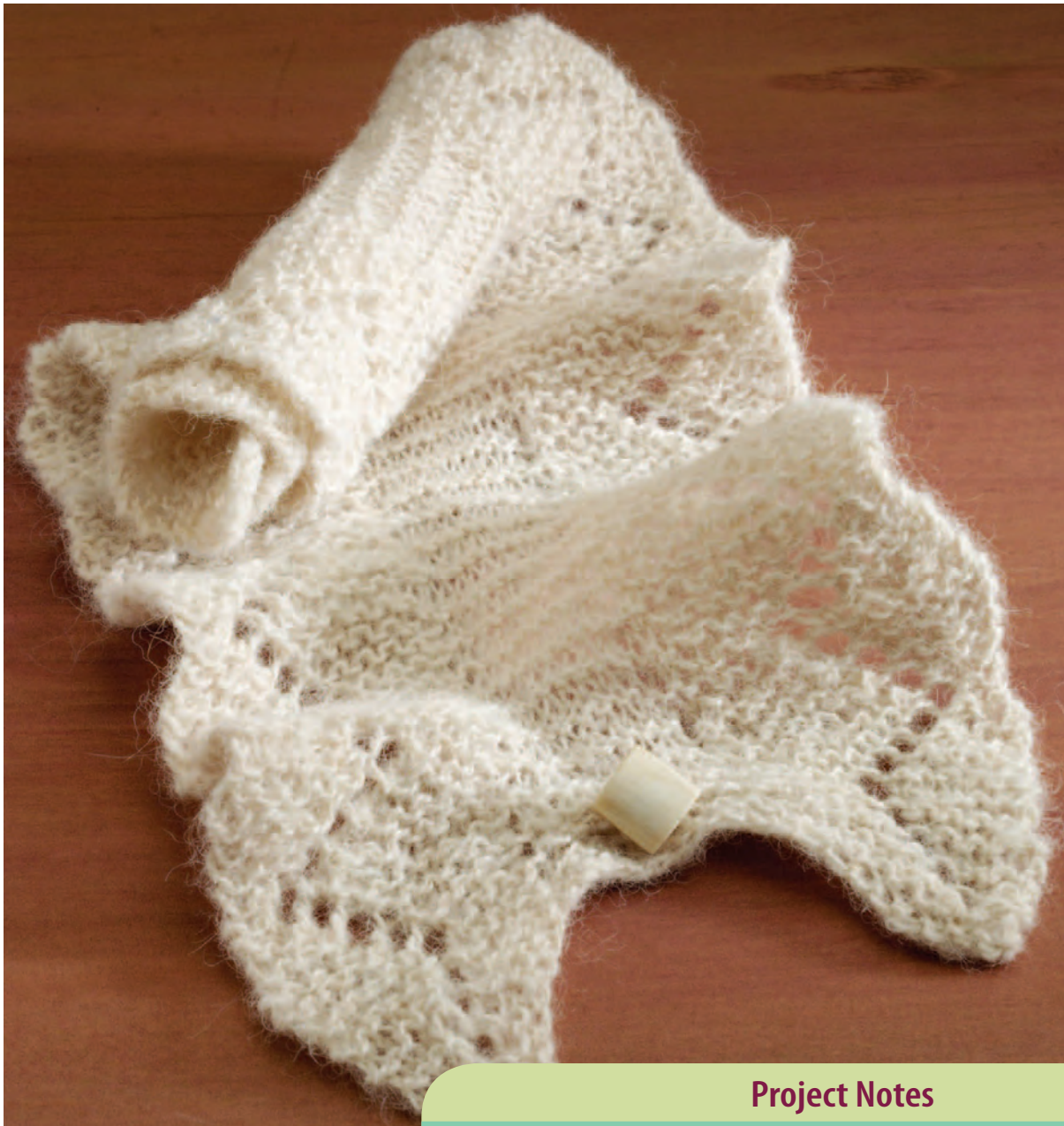
**Yardage used:** 104.

**Needles:** U.S. size 8.

**Notions:** 2 mother-of-pearl buttons, ¾" diameter.

**Gauge:** 5½ sts and 4 rows = 1".

**Finished size:** 6½" x 18".



## Alpaca Helix Ruff

Shortly after Valerie Musselman of Plymouth, Michigan, received a surprise gift of alpaca roving in the mail, she came across Stephenie's Helix Scarf pattern and the call for entries.

The alpaca came to her from Liz Fagel of Sundown Alpaca Ranch in Michigan, whose blog Valerie started following in October 2010. She didn't realize that Liz was holding a drawing for new followers at the end of the month and was pleasantly surprised when her name was drawn. The synergy between the gift of fiber and this alpaca prompted her to spin the

### Project Notes

**Fiber:** 2 oz alpaca, natural color from Sundown Alpaca Ranch, Ocqueoc, Michigan.

**Preparation:** Carded roving.

**Drafting method:** Supported long draw.

**Wheel:** Schacht Matchless.

**Wheel system:** Scotch tension.

**Ratio (singles/plying):** 7.5:1/9:1.

**Singles direction spun:** Z.

**Singles wraps per inch:** 18–20.

**Twist angle:** 27°.

**Number of plies:** 2.

**Plied direction spun:** S.

**Plied twists per inch:** 4–5.

**Plied wraps per inch:** 10–12.

**Total yardage:** 132.

**Yards per pound:** 1,056.

**Yarn classification:** Sportweight.

**Yardage used:** 130.

**Needles:** U.S. size 5.

**Gauge:** 6 sts and 5 rows = 1".

**Finished size:** 6½" × 17".

**Notions:** One ½" button.



wrapped the yarn in a towel and stood on it to squeeze out even more of the water. After several “thwaps” against the kitchen counter, she placed the skein over a towel bar to dry. Starting with only 2 ounces of fiber resulted in an abbreviated version of the scarf, but the warm alpaca fiber makes for a very cozy neck warmer.

From experience, Valerie knew that alpaca yarn makes nice open lace eyelets, so decided to add some to Stephenie’s Helix Scarf pattern. She added zigzag eyelets integrated with the short rows. Valerie worked these eyelets in the 10-st short-row section on each side of the scarf. The lace pattern doesn’t line up exactly with wrapped sts, instead it overlays it.

She noted where she moved the W&T st to when it interfered with the zigzag pattern. In the last inch of knitting, Valerie added a yarnover eyelet but-

tonhole in the center band of the scarf.

### Zigzag Lace

CO 24 or 30 sts.  
 Knit 1 row.  
 Short Rows and lace  
 Row 1: K2, yo, ssk, k6, W&T.  
 Row 2: K10 to edge.  
 Row 3: K3, yo, ssk, k1, W&T.  
 Row 4: K6 to edge.  
 Row 5: K4, yo, ssk, knit across to opposite edge, knitting wraps with wrapped st.  
 Work Rows 1–5.  
 Row 6: K5, yo, ssk, k3, W&T.  
 Row 7: K10 to edge.  
 Row 8: K5, W&T.  
 Row 9: K5 to edge.  
 Row 10: K6, yo, ssk, knit across to opposite edge, knitting wraps with wrapped st.  
 Work Rows 6–10.  
 Row 11: K4, k2tog, yo, k4, W&T.

Row 12: K10 to edge.  
 Row 13: K3, k2tog, yo, k1, W&T.  
 Row 14: K6 to edge.  
 Row 15: K2, k2tog, yo, knit across to opposite edge, knitting wraps with wrapped st.  
 Work Rows 11–15.  
 Rep Rows 1–15 for pattern.

### Finishing

After weaving in the yarn ends, she gently washed and rinsed the scarf in warm water with a wool safe detergent. She squeezed out the excess water and laid the scarf to dry on a towel, blocking the edges with T-pins to open up the lace eyelets.

After it was dry, Valerie sewed a ½" button on the opposite side of the buttonhole.

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## Project Notes

**Fiber:** 4.125 oz wool/mohair blend from Brown Sheep Company.

**Preparation:** Roving.

**Drafting method:** Short backward draw.

**Wheel:** Ashford Traditional.

**Wheel system:** Scotch tension.

**Ratio (singles/plying):** 6:1 (both).

**Singles direction spun:** Z.

**Twist angle:** 25°.

**Number of plies:** 2.

**Plied direction spun:** S.

**Plied twists per inch:** 2.

**Plied wraps per inch:** 12.

**Total yardage:** 412½.

**Yards per pound:** 1,600.

**Yarn classification:** Sportweight.

**Yardage used:** 312½.

**Needles:** U.S. size 6.

**Gauge:** 4 stitches and 4 rows = 1".

**Finished size:** 6½" x 51".



## Wildflower Rhapsody

Sarah D. Moore of Challis, Idaho, has been spinning and knitting ever since she could hold the needles (she is now fifteen). To get her color combos, she took small amounts of roving (all dyed with Kool-Aid, except for the blue, which was dyed with Easter egg dyes) and split them into five

(rather equal) pieces. She spun them in this sequence: green, blue, purple, red, orange. She then plied from a ball, skeined, and washed the yarn in Kookaburra wool wash. After blotting it in a towel to get the excess water out, she flung it a couple of times to get any kinks out. Being a lace fanatic, she decided to incorporate lace into her scarf. She really enjoyed the experience

of watching the transformation from five colors of fuzzy fiber to a finished project.

### Sarah's version

Cast on 29 sts.

Knit 1 row.

Row 1: K1, (yo, ssk) 4 times, k1, W&T.

Row 2: K10.

Row 3: K1, (yo, ssk) 2 times, k1, W&T.

Row 4: K6.

Row 5: K1, (yo, ssk) 4 times, knit to end, working center 9 sts in pattern below. Make sure you keep track of which center pattern row is next as you work across after each wedge.

Work over the center 9 sts:

Row 1: K2, k2tog, yo, k1, yo, ssk, k2.

Row 2: Knit.

Row 3: K1, k2tog, yo, k3, yo, ssk, k1.

Row 4: Knit.

Row 5: K3, yo, sl 1-k2tog-ssso, yo, k3.

Work 3 garter-st rows between repeats.



# Tully Mountain Forest Scarf

Deanna Moore of Easthampton, Massachusetts, recently visited Tully Mountain Suris in Petersham, Massachusetts, and obtained a beautiful silky white suri alpaca fleece from farm owners Julie LaFreniere and Lu Collins. She wanted a project to highlight the luster and drape of the suri and decided the Helix Scarf was a perfect match. She selected a lustrous, soft Polwarth/Leicester cross fleece from Rovings from her stash to blend with the suri.

Deanna carded batts of 50 percent suri, 50 percent wool on a Strauch Petite drumcarder. After spinning a fingering-weight singles using a semiworsted forward draw, she skeined the yarn and dyed it with Cushings dyes. She put the yarn in the water first, then sprinkled several shades of green dye powder into the dyepot for a variegated yarn. The greens reminded her of the beautiful trees in the area of Massachusetts where the farm is located.



## Project Notes

**Fiber:** 6 oz 50% suri alpaca, 50% wool (Polwarth/Leicester cross).

**Preparation:** Drumcarded batts.

**Drafting method:** Semiworsted.

**Wheel:** Schacht Ladybug.

**Wheel system:** Scotch tension.

**Ratio:** 7:1

**Singles direction spun:** Z.

**Singles wraps per inch:** 25.

**Twist angle:** 40°.

**Total yardage:** 600.

**Yards per pound:** 1,600.

**Yarn classification:** Sportweight.

**Yardage used:** 287½.

**Needles:** U.S. size 5.

**Gauge:** 6 stitches and 6 rows = 1".

**Finished size:** 5" x 57".