



2012 ROC DAY CELEBRATION at ALF

Jan 14, 2012



ACTUALLY, it was sunny, cool and beautiful! But, it COULD have been snowy, right?

We all had a lot of fun and a lot of good food. Thank you, to everyone that came to make our day so very special!

***Les and I wish everyone a truly wonderful, happy and productive New Year!
...Les & Leef***

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22.5 Degrees

by Martina Behm

I love the look of variegated sockyarn, especially Wollmeise, in simple garter stitch. And I love a little something around my neck when it's cold. So I invented this pretty and practical scarf-shawl-hybrid: It is shaped as a very wide triangle with 22.5-degree-angles at the tips (rather than the usual 45 degrees). It can be wrapped around several times and tightened with a knot – so it will not leave you, even if it's only 22.5 degrees (Fahrenheit, that is!) outside. A scalloped edge adds a little unexpected frill, but is optional. A very relaxing but interesting knit to enjoy every inch of your beloved Wollmeise.



FINISHED MEASUREMENTS

Width (measured along long edge): 165 cms

Depth (measured from center of long edge to bottom point of triangle): 35 cms



MATERIALS

One skein (150g) of Wollmeise Sockyarn in a dramatically variegated colorway (shown in Maria's deepest purple).

3mm circular needle, safety pin, tapestry needle.

Comments or questions: Maltina on Ravelry, E-mail: strickmich@frischetexte.de

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GAUGE

21 sts = 10 cms in garter stitch

DIRECTIONS

CO 3 stitches, using long-tail method.

Row 1: kfb*), K1, kfb. Mark center stitch with safety pin. 5 stitches.

Row 2: kfb, knit to center stitch, yo, K1, yo, knit to last stitch, kfb.

Rows 3 and 4: kfb, knit to last stich, kfb.

Repeat rows 2 to 4 48 times more.

389 stitches.

(If you are using a different weight yarn or have fewer yards, just make sure your total stitch count at this point is a number that has 9 as third digit, i. e. 189, 229 etc. This way, you will end up with fewer scallops, but you will be able to make a larger scallop at the center of the scarf as described below).

*) kfb: knit once into front of loop, leave on the needle, knit once into back of loop, slip off.



Scalloped Edge

(short video tutorial on youtube: <http://www.youtube.com/watch?v=b7fJqdc7Ykg>)

K1.

Make Scallop:

*Insert needle 2 ridges below the third stitch on your left needle (this is the Scallop Center) and knit one through it.

Knit the next stitch on left needle.

(Insert needle into Scallop Center, K1 through it, knit next stitch on the needle) four more times. *

Repeat ** 37 times (or until you reach the 3rd stitch from the center stitch of the scarf).

Make a larger Scallop at the tip of the shawl:

Insert needle 2 ridges below the **fourth** stitch on your left needle (this is the Center stitch of the shawl and Scallop Center) and knit one through it.

Knit the next stitch on left needle.

(Insert needle into Scallop Center, K1 through it, knit next stitch on the needle) **six** times.

Make another 38 small scallops as described above, K1.

Turn work, BO all stitches, weave in ends and enjoy!

Comments or questions: Maltina on Ravelry, E-mail: strickmich@frischetexte.de

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TWO J'S SOUTHWEST SOUP

13 ounces Turkey Sausage (sliced)

1 (14 ounce) can Beef Broth

1 (15 ounce) can Whole Kernel Corn, liquid reserved

2 (15 ounce) cans Pinto Beans, liquid reserved. (could also use Cannellini Beans instead of the Pintos).

2 (15 ounce) cans Mexican Stewed Tomatoes (diced)

1 (15 ounce) can Black Beans

Add:

2 tsp Slap Ya Mama Cajun Seasoning. This is a hot seasoning so I recommend a light start and then adjust to taste. If not a Cajun Seasoning fan substitute Lawry's Seasoning Salt.

2 tsp Garlic Powder

Cook in a slow cooker for about 6 hours.



ANY YARN HANDSPUN HAT

By Leef Bloomenstiel © 1999

YARN: four to five ounces of handspun yarn, ANY YARN!

Ruler

Needles: circular or dpn's

Circular markers

Large needle for sewing in the ends

Visit the farm website at:
<http://appleleefarm.com/>

This pattern works with just about ANY handspun yarn!

1. Do a rather large gauge swatch with the yarn and appropriately sized needles you want to use. Make it by casting on about 20 stitches and knitting 20 rows. Use a ruler to measure your gauge in several places. Use the average stitches per inch for your gauge.
2. Measure the head size and multiply the head size by your gauge to get the number of stitches to CAST ON. *For example. If my gauge swatch is 3.5 stitches per inch, and the head size is 20 inches:*

$$3.5 \times 20 = 70 \text{ stitches to } \mathbf{CAST\ ON^*}$$

(*NOTE: if your CAST ON number of stitches is not divisible by 2, decrease the number by 1 so that it is!)

3. I use a 16 inch circular needle, but you can also use double pointed needles. I like using a cable CAST ON as it is quick and stretchy.
4. Knit in the round, using K1 P1 ribbing until you have knit 1 1/2 inches.
5. Knit in stockinette stitch until the total piece measures 5 1/2 inches.

DECREASE evenly across the next row so that the total number of stitches you have on your needles is divisible by 6

For example, with a total of 70 stitches, decrease evenly across the row by 4 stitches for a total of 66 stitches.

Divide your hat into 6 sections and place markers.

ROW1—*Knit two together, knit to the next marker, slip marker*, repeat * to * across.

ROW2—knit

Repeat these two rows until there are 6 stitches left. Break off the yarn and pull through the remaining stitches. Faster off and sew in the ends.

This handspun hat looks great, especially when slightly full by washing in hot soapy water, then rinsing thoroughly in cool water.

APPLE LEEF FARM
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Banana Loaf

5 oz flour (I used about 3oz white and 2oz wholemeal)

1 teaspoon baking powder

cinnamon

3oz margarine or butter

3 oz brown sugar

2 eggs

1 banana

handful or so of chocolate chips

handful of walnuts

blend or whisk up the flour, margarine, sugar, eggs and banana with the flour, baking powder and cinnamon. Add chocolate chips and walnuts. Bake on 350 until done

Aquaphobia Socks

This pattern is provided free of charge from www.domesticatedhuman.com.
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I designed this pattern to help with hand-dyed yarns that tend to pool. The slipped stitches help to break-up the visual lines and swirls and create a firm fabric. Baby cables up each side of the foot help add elasticity to the slipped-stitch pattern while the bottom of the sock is worked plain to reduce bulk on the sole of the foot.

This pattern assumes familiarity with basic sock construction and knitting terminology.

Difficulty: Medium

Yarn: Hello Yarn Sock (114g, 395 yards)

Amount Needed: 1 hank

Needles: 2.25mm, 1US

Gauge: 10 sts per inch in slip-stitch pattern

Notions: Yarn needle, scissors, cable needle

Notes: All slipped stitches should be slipped purlwise, unless otherwise noted, so that the slipped stitches are *not* twisted when worked on the following round.

Directions:

Cast on 68 sts. Join, work in k1 p1 ribbing for 10 rounds.

Increase Round: (k8, m1) 8 times, k4. (76 sts on needles).

Stitch Pattern:

Round 1: p2, c1l, p2, (k1, sl1) x12, k1, p2, c1r, p2, (k1, sl1) x19, k1

Round 2: p all p sts, k all k sts and sl sts

Round 3: p2, k2, p2, (sl1, k1) x12, sl1, p2, k2, p2, (sl1, k1) x19, sl1

Round 4: same as row 2

Repeat these four rows 20 times or until sock is length desired to ankle bone, end with round 4.

Heel Shaping: Turn work. Heel flap will now be worked on the 39 sts which comprise the back of the foot. The 37 front sts should be on hold for the top of the foot.

Heel Flap Pattern:

Round 1: sl2, (p1, sl1) x18, p1

Round 2: sl1, k to end of flap

Round 3: sl1, (p1, sl1) x18, p2

Round 4: same as row 2

Repeat the heel flap pattern 9 times or until you have 18 slipped sts along each side of flap, end with round 3.

Short Rows:

Row 1: sl1, k21, ssk, sl1wyif, turn

Row 2: sl1, p6, p2tog, sl1wyif, turn

Row 3: sl1, k7, ssk, sl1 wyif, turn

Row 4: sl1, p8, p2tog, sl1wyif, turn

Continue in this manner until all sts on flap have been worked into the short rows, ending with a p row. Turn (23 sts across flap).

Next Round: sl1, k11, start a new needle (this is now the beginning of your round), k 11 sts with new needle. You should now have 11 sts on needle 1, 37 sts on needle 2 and 12 sts on needle 3.

P/U 18 sts from side of flap onto needle 1. (29 sts on needle 1). Work across needle 2 in pattern as established starting with round 1. P/U 18 sts from side of heel flap onto needle 3 and knit next 12 sts onto same needle. (30 sts on needle 3).

Gusset Decreases:

Round 1: k26, ssk, k1, work needle 2 in pattern as established, k1, k2tog, k27

Round 2: k all sts on needle 1, work needle 2 in pattern as established, k all sts on needle 3

Continue working these two rounds until you have 16 sts on needle 1 and 17 sts on needle 3. Continue working needles 1 and 3 plain and keeping the pattern as established on needle 2 until foot is length desired to toe shaping (two inches to end of foot) ending with Round 2 of first stitch pattern.

Next round: k16, p2tog, k2, p2tog, k25, p2tog, k2, p2tog, k17. (66 sts left on needles).

Work one round plain.

Toe Shaping:

Round 1: Work to three sts from end of needle 1, k2tog, k1. k1, ssk at beginning of needle two, work to three stitches from end of needle 2, k2tog, k1. k1, ssk at beginning of needle 3

Round 2: Work plain

Continue working these two rounds (or only decrease rounds) until 14 sts remain. Cut yarn, graft toe closed and secure.

Well, what are you waiting for? Put them on!

Abbreviations and Techniques Used:

* – signals a repeat start or stop

C1L – cable one left (sl 1 st to cn hold in front, k next stitch, k stitch from cable needle)

C1R – cable one right (sl 1 st to cn hold in back, k next stitch, k stitch from cable needle)

cn – cable needle

k – knit, if followed by a number knit that many stitches

k2tog – knit two stitches together

m1 – make one

p – purl, if followed by a number purl that many stitches

P/U – pick up

p2tog – purl two stitches together

rep – repeat

rnds – rounds

sl – slip

sl1wyif – slip one with yarn in front

ssk – slip, slip, knit

sts - stitches

tbl – through back loop

yo – yarn over

APPLE LEEF FARM'S BEAN SOUP GIFT JARS

This is a gift idea that we have made and sold many times here at the farm, and it has always been a hit.

THE BEANS

Mix together ten (10) different kinds (1 pound each) of dried beans (a nice variety of different colored beans) in a large bowl. Fill 16 ounce jars with the beans, leaving enough room at the top for the seasoning packet. It should fill about 10 jars.

THE LABEL

Make a nice label for the jars. You can do this on the computer and it can be printed on regular paper and cut to fit. On half the label (the front of the jar), put the name of the soup (you can have fun naming your soup!) some nice graphics, and list the ingredients which will be needed to make the soup.

This is the list of ingredients needed to make the soup:

1 jar of beans (YOUR gift jar!)

ham bone with meat***

1 large onion, chopped

1 clove garlic, minced

1 - 15 ounce can tomatoes

1 tablespoon lemon juice

Seasoning packet (included with your gift jar – recipe further down)

***1 1/2 pounds smoked sausage may be used if you don't have a ham bone. Chop it and add with remaining ingredients. OR, if you don't want any meat, you can use some of the Morning Star (or any vegetarian brand) bacon strips (made with soybeans), cook about 5-6 strips in the microwave (according to package directions) and add to the soup.

On the other half of the label (the back of the bottle), put the directions for making the soup, and list the contents of the seasoning packet:

SOUP DIRECTIONS (put on your jar of beans label)

Soak the beans in a large pot of water overnight. Drain. Add ham bone and 8 cups of water. Bring to a boil, then reduce heat and cook for 1 hour. Remove ham bone and let

cool while adding remaining ingredients. Chop up and add all the ham meat. Cook for an hour or more until onion is tender and soup is of desired thickness.

Seasoning packet contains: Paprika, Salt, Black Pepper, Chili Powder, Garlic Powder, Cayenne Pepper, Parsley

THE SEASONING PACKET

Mix together the following:

4 tablespoons paprika

2 tablespoons salt

2 tablespoons black pepper

2 tablespoons chili powder

1 1/2 tablespoons garlic powder

1 tablespoon red pepper (cayenne)

2 heaping tablespoons dry parsley

Take 5 plastic sandwich bags and cut off the edges so you have 10 squares of plastic. Put 1 heaping tablespoon of the spice mix in the center of each square. Pull up the corners and the sides and secure with a twist-tie or tie with a ribbon. Place the seasoning packet on top of the jar of beans and then screw on the lids OR you can knit the cute caps and put the seasoning packet inside of the cap. Decorate the jars in any way you want!

Here is a photo of the finished jars:



Quirky Little KNITTED CAPS FOR BEAN SOUP JARS

The knitted caps are cute for the jars, and also they are useful, because the spice packets can be stored in the caps.

Pattern: any worsted weight yarn will do, U.S. size 7 double pointed needles, tapestry needle for darning ends. You can knit this flat if you wish and sew up the back seam.

With dpns, cast on 28 stitches. (using flat knitting or straight needles, cast on 29)

Work in K1, P1 ribbing for 6 rows

Change to stockinette and knit for 12 rows

Decrease as follows: (directions are for dpns ; then flat knitting)

Row1: Knit 2 together evenly across (14 stitches) ; *flat knitters will end with a knit one, and 15 stitches*

Row2: Knit across (*for flat knitting, this is a purl row*)

Row3: Knit 2 together evenly across (7 stitches) ; *flat knitters will end with a knit one and 8 stitches*

Row4: Knit across (*for flat knitting, this is a purl row*)

Row5: Knit 2 together 3 times, knit one (4 stitches) ; *flat knitters will knit 2 evenly across and end with 4 stitches*

Pull yarn through all 4 stitches and secure. Flat knitters will need to sew seam.

SOME VARIATIONS AND IDEAS

- If you can do i-cord, you can do a couple of rows of i-cord on the last 4 stitches to make a little pointed top to the hat
- Add a pompom, small tassel or bell to the top of the hat
- Use more than one color and add stripes in the 12 rows of stockinette by doing single or double rows in contrasting colors
- Use a cute fair isle pattern, or slip stitch pattern
- Make a cabled hat, by using a seed stitch pattern in place of the knit one purl one ribbing, and add a simple twisted rib cable stitch. Add at least two stitches after working the seed stitch band to account for the draw in of the cable
- Use duplicate stitch to add easy graph patterns

A Touch of Whimsy Scarf pattern



Designed by Rebecca Mercier

Stats

Yarn: 1 hank malabrigo merino or worsted yarn of choice (use more yarn for longer scarf)

Needle: size 8 knitting needles and 1 cable needle

Gauge: 4.5 sts = 1 in St st but gauge is not crucial

Size: 5 in. wide x 5 ft long

Cast on 30 sts using I Cord cast on.

Set up row: k1, sl 1 wyif, k1, p2, knit 20, p2, k1, sl 1 wyif, k1

A Touch of Whimsy pattern:

Row 1 and all odd rows: sl 1 wyif, k1, sl 1 wyif, k2, purl 20, k2, sl 1 wyif, k1, sl 1 wyif

Row 2: k1, sl 1 wyif, k1, p2, k5, k2tog, yo, k1, cb4, k1, yo, ssk, k5, p2, k1, sl 1 wyif, k1

Row 4: k1, sl 1 wyif, k1, p2, k3, k2tog x2, yo, k1, yo, k4, yo, k1, yo, ssk x2, k3, p2, k1, sl 1 wyif, k1

Row 6: k1, sl 1 wyif, k1, p2, k2, k2tog x2, yo, k1, yo, k6, yo, k1, yo, ssk x2, k2, p2, k1, sl 1 wyif, k1

Row 8: k1, sl 1 wyif, k1, p2, k1, k2tog x2, yo, k1, yo, k2, cf4, k2, yo, k1, yo, ssk x2, k1, p2, k1, sl 1 wyif, k1

Row 10: k1, sl 1 wyif, k1, p2, k2tog x2, yo, k1, yo, k10, yo, k1, yo, ssk x2, p2, k1, sl 1 wyif, k1

Row 12: k1, sl 1 wyif, k1, p2, k2tog, k2, yo, k12, yo, k2, ssk, p2, k1, sl 1 wyif, k1

WHIMSICAL KNITTING DESIGNS

Repeat pattern until you have reached desired length, finishing with row 12 of pattern.

End with Row 1

Bind off using ICord bind off.

Weave in ends.

Annie Modesitt's slip stitch edging:

RS: k1, sl 1 wyif, k1 on each edge

WS: sl 1 wyif, k1, sl 1 wyif on each edge

****Design Note**** *Used by permission from Annie Modesitt.*

Cb4-cable back 4: slip 2 sts onto a cable needle and hold the cable needle at the back of your work, knit the next 2 sts on the left needle; then knit the 2 sts from the cable needle.

Cf4-cable front 4: slip 2 sts onto a cable needle and hold the cable needle at the front of your work, knit the next 2 sts on the left needle; then knit the 2 sts from the cable needle.

ICord cast on: cast on 3 sts. Slip these sts back onto the left hand needle.

Row 1: kfb of the 1st st. creating another st, k2.

Slip the last 3 sts from the right hand needle to the left needle

Row 2: kfb of the 1st st creating another st., k2. Then slip the last 3 sts from the right needle to the left needle.

Repeat these steps until you have all of the sts needed for your cast PLUS 2 more sts. THEN slip the last 3 sts from the right hand needle to the left hand needle, k2tog, k1. Slip last 2 sts from right hand needle to the left hand needle, k2tog.

I Cord bind off: Cast on 3 sts at the beginning of the row using the cable cast on.

K2, k2tog

Slip 3 sts from the right hand needle back onto the left hand needle. The working yarn is going to come from the back of the 3rd st as with any ICord, pull the yarn snugly across the back.

K2, k2tog

Slip 3 sts from RH needle to LH needle and continue in this fashion until 3 ICord sts remain, slip these 3 sts onto your left hand needle.

K1, k2tog

Slip these 2 sts onto the LH needle

K2tog

You now have an ICord bind off.

Happy Knitting and God Bless

BEER AND CHEESE FONDUE

1 small clove garlic crushed
¾ cup beer
2 cups shredded Swiss cheese
1 cup shredded sharp cheddar cheese
1 tablespoon flour
dash of Tabasco

Rub the inside of the saucepan with the garlic, then discard. Pour in the beer and heat slowly. In a mixing bowl, mix cheeses with flour, tossing to coat. Gradually add cheeses to beer and stir constantly to melt. Do NOT boil, cook slowly. Stir in dash of Tabasco sauce to taste. Put in a heated pot for serving. If mix becomes too thick, add additional warm beer. Great with hot crusty French bread and boiled potato chunks.

Cable Newsboy Cap

By: Linda Cyr for Red Heart Yarn

Knit an adorable newsboy cap with crochet button strap and cable detailing. This cable hat knitting pattern is stylish and fun, and allows intermediate knitters to practice cabling.



Materials:

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

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

Gauge: 20 sts = 4”; 28 rows = 4” in Stockinette stitch.

Note: Cap is knit in rounds on circular needle. Band and brim are crocheted.

Instructions:

Cap

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

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

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

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

Repeat last 12 rounds once.

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

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

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

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

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

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

Bind off.

Cut yarn, leaving a long tail.

Band

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

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

Rounds 2-5: Sc in each sc around.

Brim

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

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

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

Strap

Holding 2 strands of yarn together, ch 36.

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

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

Fasten off.

FINISHING

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

CHOCOLATE GOAT MILK FUDGE

1/3 cup cocoa
3 tablespoons butter
¾ cup fresh goat milk
2 cups sugar
1 teaspoon light corn syrup
2 tablespoons butter
1 teaspoon vanilla

In a heavy sauce pan, heat milk, cocoa and butter. Add sugar and corn syrup. Cook slowly, stirring constantly until sugar dissolves. Cook gently to a softball stage (234 degrees) stirring frequently. Remove from heat, add butter and cool at room temperature until lukewarm (110 degrees) without stirring. Add vanilla, beat vigorously until fudge becomes very thick and loses its gloss. Quickly spread into buttered pan. When firm, cut into squares. Makes about 2 dozen pieces.

PATTERNS <click for more!



Calorimetry



by Kathryn Schoendorf

mellow

Calorimetry is a scientific term describing the measurement of heat lost or gained.

Knit hats are a wonderful way to block out the cold, but when you have long hair it usually requires wearing it down, not often the most comfortable option on a blustery day. This headscarf allows you to wear your hair up while keeping your ears warm and preventing heat from escaping from the top of your head.

My friend Meredith wears hers all around San Francisco and is modeling it here on

the Big Sur coast. This can be knit quickly for a last minute gift, and as it only requires one skein of yarn you can afford to knit one for all of your friends.

model: Meredith Dearborn, a law student and knitted garment connoisseur in Berkeley, CA

photos: Kathryn Schoendorf

SIZE

One

FINISHED MEASUREMENTS

Length: Stretches to 24 inches

MATERIALS

Yarn: Filatura di Crosa 127 Print [100% Merino Wool; 93yd/85m per 50g ball]; color: #21 Beige; 1 skein

Needles: 1 pair US #8/5mm straight needles

Markers: 2 stitch markers

Tools: Safety pin (optional)

Other: Tapestry needle

Buttons: 1 button (Buy the button after the project is completed, to determine the size needed.)

GAUGE

20 sts / 22 rows = 4 inches in 2x2 Rib, lightly stretched

PATTERN NOTES

[Knitty's list of standard abbreviations and techniques can be found [here](#)]

The project is worked using short rows. To work short rows, work to the point indicated in the pattern, then turn your work around and begin working back in the other direction. Holes will form in your work at the turning points of the short rows; don't worry! This is to be expected. One of these holes will be used as a buttonhole when the project is completed.

The pattern uses 2 stitch markers to help you keep track of your short rows.

The first half of the piece is worked in short rows which progressively decrease in length, the second half in short rows which progressively increase in length.

2x2 Rib (Worked back and forth over a multiple of 4 sts):

Row 1: [K2, p2] to end.

Repeat this row for 2x2 Rib.

IMPORTANT NOTE: It is very important to obtain the correct gauge for this piece. If worked to the gauge stated above, your Calorimetry will be 24 inches long. If you want a shorter piece, you can either cast on fewer stitches, or work at a smaller gauge. For example, using sport weight yarn (on smaller needles) worked at a gauge of 24 sts = 4 inches will yield a piece that is 20 inches long.

It is also very important to consider the characteristics of the yarn you are choosing. Best result will be obtained from a yarn that is springy and resilient, which will retain the elasticity of the ribbing. Do not use a yarn which will lose its shape, becoming drapery and flaccid with wear.

DIRECTIONS

CO 120 sts.

Row 1: Work all sts in 2x2 Rib.

Row 2: Work in 2x2 Rib as set to last 2 sts, turn work.

Row 3: Sl 1, work 3 sts, place marker, work to last 2 sts, turn work.

Row 4: Sl 1, work 3 sts, place second marker, work to next marker, turn work.

Row 5: Remove marker, sl 1, work 3 sts, replace marker, work to next marker, turn work.

Repeat *Row 5* fifteen times more.

Row 6: Do not remove marker. Sl 1, work to next marker, turn work. 44 sts between markers; 38 sts at each side of piece, outside of markers.

Row 7: Sl 1, work to marker, remove marker, work 4 sts, replace marker, turn work.

Repeat *Row 7* seventeen times more. 2 sts remain outside markers at each end of the piece.



Row 8: Sl 1, work to marker, remove marker, work last 2 sts.
Work 1 more row, removing final marker.

Loosely BO all sts.



FINISHING

Weave in ends, using one yarn end to sew a button to one end of the piece. No buttonhole is necessary; one of the holes which formed at a short-row turning point can serve as a buttonhole.

ABOUT THE DESIGNER



When not constructing knitted garments, Kathryn is learning how to construct furniture and other things in art school in San Francisco.

Pattern & images © 2006 Kathryn Schoendorf. Contact [Kathryn](#)

CHOCOLATE MUFFINS

1 box Ghiradelli Brownie Mix
1 – 15oz can pureed pumpkin
1 teaspoon orange extract
Dried coconut and nuts of your choice

Mix brownie mix and pumpkin together. Add orange extract – incorporate.
Incorporate coconut and chopped nuts.

Divide batter between 12 paper muffin cups.

Bake 20 minutes at 400° F

187 calories per muffin
3grms fat (especially if you use dark chocolate mix)

Changing of the Leaves Scarf

Designed by Lynné Diaz

In Colorado the arrival of fall means changing temperature and the changing of the leaves, something that must be experienced. People travel throughout the state to see the beautiful colors that come alive this time of year. This scarf was inspired by the beautiful changing Colorado leaves. The yarn, Zephyr by Neota Designs, captures every color you see in the mountains and in your own backyard during this amazing season.

Materials: 1 skein Neota Designs Zephyr in Golden Meadow,
[412 yards per 3 oz. skein, 100% merino wool, superwash]

Needles: Straight Signature Needles size 3.0 mm

Gauge: 28 stitches per 36 rows in stockinette,
22 stitches per 32 rows in pattern stitch

Finished size after blocking: Length is 92 inches, Width is 4.5 inches

CO 27 sts

Row 1 through 4: *K1, P1 across; rep from * across, end P1, K1

Row 5 (RS): K1, P1, *K1 across; rep from * across, end P1, K1

Row 6 (WS): K1, *P1; rep from * across, end P1, K1 (Repeat Row 6 for all wrong side rows)

Row 7: K1, P1, K6, [K2tog, yo] 2 times, K3, [yo, sl1k, K1, pssso] 2 times, K6, P1, K1

Row 9: K1, P1, K5, [K2tog, yo] 2 times, K5, [yo, sl1k, K1, pssso] 2 times, K5, P1, K1

Row 11: K1, P1, K4, [K2tog, yo] 2 times, K7, [yo, sl1k, K1, pssso] 2 times, K4, P1, K1

Row 13: K1, P1, K3, [K2tog, yo] 2 times, K1, K2tog, yo, K3, yo, sl1k, K1, pssso, K1, [yo, sl1k, K1, pssso] 2 times, K3, P1, K1

Row 15: K1, P1, K2, [K2tog, yo] 2 times, K1, [K2tog, yo] 2 times, K1, [yo, sl1k, K1, pssso] 2 times, K1, [yo, sl1k, K1, pssso] 2 times, K2, P1, K1

Row 17: K1, P1, K1, [K2tog, yo] 2 times, [K1, K2tog, yo] 2 times, K1, [yo, sl1k, K1, pssso, K1] 2 times, [yo, sl1k, K1, pssso] 2 times, K1, P1, K1

Row 19: K1, P1, [K2tog, yo] 2 times, K1, K2tog, yo, K2, K2tog, yo, K1, yo, sl1k, K1, pssso, K2, yo, sl1k, K1, pssso, K1, [yo, sl1k, K1, pssso] 2 times, P1, K1

Row 21: K1, P1, K1, [yo, sl1k, K1, pssso] 2 times, K1, yo, sl1k, K1, pssso, K7, K2tog, yo, K1, [K2tog, yo] 2 times, K1, P1, K1

Row 23: K1, P1, K2, [yo, sl1k, K1, pssso] 2 times, K1, yo, sl1k, K1, pssso, K5, K2tog, yo, K1, [K2tog, yo] 2 times, K2, P1, K1

Row 25: K1, P1, K3, [yo, sl1k, K1, pssso] 2 times, K1, yo, K2, K3tog tbl, K2, yo, K1, [K2tog, yo] 2 times, K3, P1, K1

Row 27: K1, P1, K4, [yo, sl1k, K1, pssso] 2 times, K1, yo, K1, K3tog tbl, K1, yo, K1, [K2tog, yo] 2 times, K4, P1, K1

Row 29: K1, P1, K2, K2tog, yo, K1, [yo, sl1k, K1, pssso] 2 times, K5, [K2tog, yo] 2 times, K1, yo, sl1k, K1, pssso, K2, P1, K1

Row 31: K1, P1, K1, K2tog, yo, K3, [yo, sl1k, K1, pssso] 2 times, K3, [K2tog, yo] 2 times, K3, yo, sl1k, K1, pssso, K1, P1, K1

Row 33: K1, P1, K2tog, yo, K5, [yo, sl1k, K1, pssso] 2 times, K1, [K2tog, yo] 2 times, K5, yo, sl1k, K1, pssso, P1, K1

Row 35: K1, P1, K1, yo, sl1k, K1, pssso, K3, [K2tog, yo] 2 times, K3, [yo, sl1k, K1, pssso] 2 times, K3, K2tog, yo, K1, P1, K1

Row 37: K1, P1, K2, yo, sl1k, K1, pssso, K1, [K2tog, yo] 2 times, K5, [yo, sl1k, K1, pssso] 2 times, K1, K2tog, yo, K2, P1, K1

Row 39: K1, P1, K3, yo, K3tog tbl, yo, K2tog, yo, K7, yo, sl1k, K1, pssso, yo, K3tog tbl, yo, K3, P1, K1

Rows 40 to 599: Repeat rows 12 through 39 20 more times (or to desired length)

Rows 600 to 616: Repeat rows 12 through 28 once more

Row 617: K1, P1, K5, [yo, sl1k, K1, pssso] 2 times, K5, [K2tog, yo] 2 times, K5, P1, K1

Row 619: K1, P1, K6, [yo, sl1k, K1, pssso] 2 times, K3, [K2tog, yo] 2 times, K6, P1, K1

Row 621: K1, P1, K7, [yo, sl1k, K1, pssso] 2 times, K1, [K2tog, yo] 2 times, K7, P1, K1

Row 622: K1, *P1; rep from * across, end P1, K1

Row 623: K1, P1, *K1 across; rep from * across, end P1, K1

Row 624 through 627: *K1, P1 across; rep from * across, end P1, K1



DOG BISCUITS

THESE ARE FOR YOUR DOG!!!!!!

¾ cup hot meat broth, bouillon, or meat juice leftover from cooking
1/3 cup margarine
½ cup powdered milk
½ teaspoon salt
2 teaspoons sugar
1 egg, beaten
3 cups whole wheat flour

In a large bowl, pour hot broth over butter. Stir in powdered milk, salt, sugar and egg. Add flour, a little at a time, stirring to mix. Turn onto a floured board and knead for three or four minutes. Knead in extra flour to make a stiff dough. Roll to a thickness of ½ inch and cut into shapes. Place on a greased baking sheet and bake at 325° for 50 minutes until golden. Cool completely and allow to sit out until hardened.

Variations: Before adding the flour, you can add 1 cup grated cheese, or 1 cup of smooth peanut butter. You might need to add more flour.

Knitted Christmas Star

These little stars are knit in the round, I chose to do them on magic loop, because I think it makes it easier to deal with few stitches in the round, but there is no reason they couldn't be knit on either double pointed needles or two circulars. So use whichever technique you prefer.



Yarn and needle choice:

The star can be knitted using any yarn weight you have, just make sure the needles you use give you a tight gauge, so the stuffing does not show through the stitches. The purple star pictured here was knit using an aran weight on 3.5mm needles. It makes a star which has a maximum width and height of 9cm.

I would advise choosing either a wool yarn or a fiber with a similar amount of give and stretch. At a tight gauge, cotton or silk would make the increases and decreases quite difficult to knit for instance.

Construction:

The stars are constructed by knitting first two identical centre parts in the round, which will provide the two faces of the star. The stitches from each centre piece are then divided into five sections which will constitute the five points of the star. Each centre provides half of the stitches for each point, which is then knitted in the round.

The tails of yarn will all be used in the construction to tighten up holes, you can do these as you go along as it helps to keep them out of the way.

Abbreviations:

Kfb: knit first through the front of the stitch, without removing the stitch from the left hand needle, knit through the back of the loop, then slide the stitch off the needle.

M1R: Right leaning raised increase as described with photos [here](#): lift the stitch below the next stitch on the left needle and knit it.

sspk: slip 1 stitch *as if to knit*, then slip a second stitch *as if to purl*, insert the left hand needle into the front of the two slipped stitches and knit these two stitches together. [As shown [here](#) as the amended version of ssk.]

sk2p: slip one stitch as if to knit, knit the next 2 stitches together, pass the slipped stitch over.

Centre pieces (make 2):

CO 5 st (and divide them as evenly as possible between your needles)

Row 1: kfb x5 = 10st

Row 2: k10

Row 3: (k1 M1R k1) x5 = 15st

Row 4: (k2 m1\R k1) x5 = 20st

Row 5: (k3 M1R k1) x5 = 25st
Row 6: (k4 M1R k1) x5 = 30st
Row 7: (k5 M1R k1) x5 = 35st
Row 8: (k6 M1R k1) x5 = 40st

Put all stitches on a length of scrap yarn and close up the original 5 stitches using the cast on tail. Before moving on to the next centre piece, leave a length of yarn long enough to knit one point (for aran yarn 120cm, or 47 inches of yarn should be more than enough, for other weight of yarn or if you're a bit nervous about the length, make the second centre piece with a different ball of yarn or with the other end of your ball).

Once the second centre is completed, keep the last 4 stitches knit and the following 4 on a needle. These stitches will constitute the front of one point. Store the remaining stitches from your second centre piece on a length of scrap yarn. The back of the first point will be made of 8 stitches from the 1st centre: stitches 5 to 12.

[By rotating the first centre 8 stitches in this way, either clockwise from the second one (or anticlockwise that really doesn't matter, it's just easier for the instructions to stick with one direction) you will then be able to use your live yarn from each centre to knit two of the five points. This helps minimising the number of ends of yarn.]

Points (make 5):

For each point 8 of the stitches from each centre will thus be used and knit in the round.

Row 1: k16 (For the first 2 points, the first 4 st of row 1 have already been knitted)

Row 2: (k3 sspk K3) x2 = 14 st

Row 3: (k3 sspk k2) x2 = 12 st

Row 4: (k2, k2tog, k2) x2 = 10 st

Row 5: (k1, k2tog, k2) x2 = 8 st

Row 6: (k2tog, k2) x2 = 6 st

Row 7: sk2p x2 = 2 st

Thread the yarn through the remaining 2 stitches and pull, leave a tail long enough to thread through the stitches at the base of the points to tighten up the small hole which will appear between 2 points.

For the next point: Pick up the next 8 stitches on the right of the point you've just knit (for the 2nd point it will include the live stitch from the 1st centre piece) and repeat the whole process to make your next point.

Tip: to minimise the yarn ends even further, when starting the 3rd point (the first one without live yarn), leave a tail long enough to knit the 4th point with later (1 meter / 40 inches in aran weight).

Once 4 of the points have been knitted, insert stuffing inside the star, knit 5th point to row 5 and stuff some more. The last tail of yarn can be used to make the hanging loop.

Sit back and admire!

HERBAL MOTH REPELLANT

2 ounces of dried French lavender

1 ounce dried Patchouli herb

1 ounce dried Southernwood or Artemisia herb

1 teaspoon orris root powder

linen squares or several layers of cheesecloth squares

string

Mix the lavender, Patchouli, Southernwood and orris root powder in a bowl. Put a couple of tablespoons in the center of a cloth square and tie with a string. Put in woolens. Putting woolens in paper bags or paper wrap will help also.

Glacier Lake Toe Up Sock Pattern



Glacier Lake Toe-Up Socks

I saw the stitch pattern on a baby blanket a woman was making in the Austin, Texas airport one day, and thought it would make a great sock pattern. This is the second pair I made using the pattern. It will look good with any yarn, and at any length. The socks' name comes from the colorway, which was named after a photograph of logs on a lake at the base of a glacier by Ray of Knitvity.com

The short-row gusset heel is a slight modification of the one I first encountered in the sock [Coupling](#) from Knitty, and it's become a favorite of mine. Try [Coupling](#) if you'd like to make another sock with a similar heel.

Materials: [Knitvity Down Home Sock yarn](#) (4 ounces/approx 113 grams, 480 yards), 1 skein, Glacier Lake colorway.

Needles: Whatever needle gets you 7 stitches per inch. Probably size 1-2.

Gauge: 7 stitches per inch (that's 28 stitches per 10 cm for you metric people)

Directions

Use magic loop, two circulars or DPNs, whatever circular knitting method you like.

Cast on 14 stitches in Judy's Magic cast-on, figure-8 cast on, Turkish cast-on the backward loop method, or any other method that creates a seamless toe.

Toe

Increase on each end of each side every other row until you have 64 stitches. I usually use M1 after the first stitch and before the last stitch on each end of a side.

Foot

Work in this pattern on the instep stitches:

Rows 1-4: P2, K3, ending with a P2

Row 5: Purl across

Repeat rows 1-5 for pattern.

Work in plain stockinette (K every stitch) on the sole stitches. When sock is three inches shorter than the desired length, start the gusset.

Gusset

Increase Round: Work an M1 increase one stitch after the first stitch and one stitch before the last stitch on the sole side of the sock.

Plain Round: Work 1 round in established pattern.

Repeat these two rounds until there are 58 stitches on the sole needle.

Turn Heel

The heel is worked back and forth on the needle with the sole stitches.

Row 1 [RS]: K 39, turn work.

Even-numbered Row 2-10 [WS]: Sl 1, P19, turn work.

Odd-numbered Rows 3-9 [RS]: Sl 1, K19, turn work.

Row 11 [RS]: Sl 1, K17, W&T (wrap and turn).

Row 12 [WS]: Sl 1, P15, W&T.

Row 13 [RS]: Sl 1, K13, W&T.

Row 14 [WS]: Sl 1, P11, W&T.

Row 15 [RS]: Sl 1, K9, W&T.

Row 16 [WS]: Sl 1, P7, W&T.

Row 17 [RS]: Sl 1, K7, [K next stitch together with its wrap, K1] 3 times, pick up and knit 5 stitches (1 stitch in each slipped stitch) along edge of flap. Turn work.

Row 18 [WS]: Sl 1, P18, [P next stitch together with its wrap, P1] 3 times, pick up and P 5 stitches (1 stitch in each slipped stitch) along edge of flap. Turn work.

You will now have 66 stitches on the sole needle 28 heel flap stitches, and 19 gusset stitches on each side of the flap stitches.

Row 19 [RS]: [Sl1, K1] 13 times, sl 1, SSK. Turn work.

Row 20 [WS]: S1 1, P26, P2tog. Turn work.
Repeat rows 19-20 until there are 32 stitches on the sole needle.

Repeat row 19 once more, but do not turn work.

Leg

When the heel is done, increase one stitch somewhere unobtrusive on the back of the sock (M1 works well) so that you will have 65 stitches (the stitch pattern in the round is a multiple of 5 stitches) in total, and proceed to do this pattern:

Rows 1-4: P2, K3

Row 5: P

Repeat Rows 1-5 in rounds until the sock is as long as you want it to be. Bind off loosely after completing a Row 2.

HOME MADE MARSHMALLOWS

.75-oz unflavored gelatin (3 envelopes of Knox gelatin)

½ cup cold water

2 cups granulated sugar

2/3 cups light corn syrup

¼ cup water

¼ teaspoon salt

1 tablespoon vanilla extract

Line 9 x 9-inch pan with plastic wrap and lightly oil it. Set aside.

In the bowl of an electric mixer, sprinkle gelatin over 1/2 cup cold water. Soak for about 10 minutes.

Meanwhile, combine sugar, corn syrup and 1/4 cup water in a small saucepan. Bring the mixture to a rapid boil and boil hard for 1 minute.

Pour the boiling syrup into soaked gelatin and turn on the mixer, using the whisk attachment, to high speed. Add the salt and beat for 12 minutes. After 12 minutes, add in the vanilla extract. Beat well

Scrape marshmallow into the prepared pan and spread evenly (Lightly greasing your hands and the spatula helps a lot here). Take another piece of lightly oiled plastic wrap and press lightly on top of the marshmallow, creating a seal. Let mixture sit for a few hours, or overnight, until cooled and firmly set.

In a shallow dish, combine equal parts cornstarch and confectioners' sugar. Remove marshmallow from pan and cut into equal pieces with scissors (the best tool for the job) or a chef's knife. Dredge each piece of marshmallow in confectioners' sugar mixture.

Store in an airtight container.

My batch pictured here made 36 big marshmallows. I often cut them down into smaller sizes. Enjoy!

Lavalette
Design By Kirsten Kapur
For Through the Loops



Sizes: One size

Finished Measurements: 64" across top edge, 28" from center back to bottom point, blocked.

Needles: US 7 (4.5mm) or size to obtain gauge.

Gauge: 14 stitches and 26 rows = 4" (10cm) in stockinette stitch, blocked.

Yarn: Jade Sapphire Cashmere-Silk; 45% Mongolian Cashmere, 55% Silk; 400 yards per 55g. Skein; Colorway #19 Robin's Egg, 1 skein.

Additional Materials:
Crochet Hook Size 4mm
Tapestry needle
Scrap yarn
Place Markers

Abbreviations

K – Knit
P – Purl
YO – Yarn over
SSK – Slip, slip, knit

Notes

This shawl is knit from the top center with four increases on each right side row. The increases create the triangular shape.

Markers are placed to indicate the increase points at the sides and center.

Stitch Patterns

Stockinette Section

Row 1 (RS): K2, slip marker, yo, knit to second marker, yo, slip second marker, k1, slip third marker, yo, knit to fourth marker, yo, slip fourth marker, k2.

Row 2 (WS): K2, purl to last two stitches slipping all markers, k2.

Openwork Section

Row 1 (RS): K2, slip marker, yo, (k2tog, yo) to 1 stitch before second marker, k1, yo, slip second marker, k1, slip third marker, yo, k1, (yo, ssk) to fourth marker, yo, slip fourth marker, k2.

Row 2 (WS): K2, purl to last two stitches slipping all markers, k2.

Instructions

With the crochet hook and scrap yarn, chain 4 stitches. Using the knitting needles pick up 2 stitches in the “bumps” on the back of the crochet chain.

Knit 7 rows.

There will be three garter ridges. Turn the work 90 degrees and with the working yarn pick up 1 stitch in each of these three garter ridges. Turn the work 90 degrees again. Carefully unzip the crochet chain and pick up and knit the two live stitches. (7 stitches total).

Row 1 (RS): K2, place a marker, yo, k1, yo, place a marker, k1, place a marker, yo, k1, yo, place a marker, k2. *The markers indicate the edge and center stitches.*

Work rows 1 & 2 of the “stockinette section” (see “notes” above) a total of 10 times (20 rows). Count “row 1” that you have just worked as the first row of that section. (47 stitches total after this 1st stockinette section)

Work rows 1 & 2 of the “openwork section” (see “notes” above) a total of 7 times (14 rows). (75 stitches total after this 1st openwork section)

Repeat this sequence working rows 1 & 2 of the “stockinette section” 10 times and rows 1 & 2 of the “openwork section” 7 times two more times.
(115 stitches total after 2nd stockinette section)
(143 stitches total after 2nd openwork section)
(183 stitches total after 3rd stockinette section)
(211 stitches total after 3rd openwork section)

Work rows 1 & 2 of the “stockinette section” ten times each, one more time. (251 stitches total after 4th stockinette section)

Next row (RS): Work as “row 1” of the “openwork section”.

Next row (WS): Knit.

Next row (RS): K2, slip marker, yo, knit to next marker, yo, slip marker, k1, slip marker, yo, knit to next marker, yo, slip marker, k2.

Next row (WS): Knit.

(259 stitches total)

Bind off very loosely.

Finishing

Weave in all ends.

Soak the shawl in cool water with a bit of wool wash. Rinse. Wrap the shawl in a towel to squeeze out the excess water. Pin in place and block to shape.



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LEEF'S FAVORITE LIP BALM I

3 teaspoons grated unbleached beeswax (you can also use cosmetic grade quality beeswax beads)

5 teaspoons of a carrier oil such as sunflower, castor or jojoba

6 drops of an essential oil – OPTIONAL

1 teaspoon honey (warmed)

Melt the beeswax and carrier oil together in the top of a double boiler, stirring continually. Remove from heat and add honey and essential oil. Mix thoroughly so the honey does not clump.

If you want to add a little color, add a dab of lipstick with a toothpick. Stir well and pour into containers. Let sit at least 20 minutes.

If you want a glossier lip balm, use 2 teaspoons of wax and 8 teaspoons of carrier oil.

LEEF'S FAVORITE LIP BALM II

This recipe requires a good scale that can measure in grams!

It will make about 4 ounces (in weight) or 113 grams of lip balm. Double for larger batches

23 grams cosmetic grade beeswax

28 grams coconut oil OR shea butter

17 grams cocoa butter

45 grams sweet almond oil OR olive oil OR avocado oil

Melt all ingredients into the top of a double boiler. Stir continually. Transfer quickly into small pots and allow to cool.

Le Shawl

Choose your yarn

Choose 2 different size needles, circulars 29in, i.e. size 7 & 10.5 (or size of your choice)

With larger needles, cast on 242 sts.

Knit the first 16 rows as follows:

ROW 1: Knit across with larger needles

ROWS 2 – 8: With larger needles: K1, K2tog, Knit to last 3 sts, SSK, K1

ROWS 9 – 16: With smaller needles: K1, K2tog, Knit to last 3 sts, SSK, K1

Now begin the Garter Stitch Pattern (EACH row will decrease by 2 sts)

ROWS 1 – 8: With larger needles: K1, K2tog, Knit to last 3 sts, SSK, K1

ROWS 9 – 16: With smaller needles: K1, K2tog, Knit to last 3 sts, SSK, K1

Continue repeating the Garter Stitch Pattern ROWs 1 – 16 until there are 4 stitches left

SSK, K2tog

Last Row: K2tog (1 stitch left on needles)

Run tail through this stitch to gently finish off, and needle weave the end.

The Dip Every Party Needs

Prepared by Amy Semifero (RAVELRY ID: SOUPERGRRL)

Ingredients:

- 1 diced medium-sized onion
- 1 diced medium-sized tomato
- ¼ - ½ bushel of Cilantro (dependent upon taste)
- 1 8oz. bag of shredded lettuce (or ½ head of lettuce shredded)
- 1 bag of Mexican Shredded Cheese
- 1 large can (or 2 small cans) of Rosarita's Traditional Refried Beans
- 1 16oz. tub of Sour Cream
- 2 packages of McCormick's Taco Seasoning
- 3 tbsp. of cumin (optional)
- 2 bags of tortilla chips (I prefer Tostito's Scoops Regular or Multigrain)

- 1 9" x 13" casserole dish
- 1 spatula or spoon to spread ingredients

Preparation Directions:

Mix 3 tbsp. of cumin and refried beans directly in casserole dish. Spread refried beans evenly across the bottom of the dish. Mix the two packets of taco seasoning directly in the 16oz. tub of sour cream. Spread the sour cream/taco seasoning mixture evenly across the layer of refried beans. Add layer of diced tomatoes, layer of diced onions, layer of cilantro, and layer of Mexican Shredded Cheese. Top with shredded lettuce. Chill until needed.

Serve with tortilla chips.

Winter Headband
Hanane ElMoumi

Worsted Weight
Size 6 needles

CO 16 stitches

Section 1

Row 1 k1 [p2, k1] 4x's p2 k1
Row 2 p1 [k2, p1] 4x's k2 p1
Repeat for 1 ½ inches ending row 2

Section 2

Row 1 k1[p2, kfb] 4x's p2 k1 (20 stitches)
Row 2 p1 [k2, p2] 4x's k2 p1
Row 3 k1 [p2, k2] 4x's p2 k1
Row 4 p1 [k2, p2] 4x's k2 p1
Repeat rows 3 and 4 until piece measures 3 inches total end row 4

Section 3

Row 1 k1[p2, k1, kfb] 4x's p2 k1 (24 stitches)
Row 2 p1[k2, p3]4x.s k2 p1
Row 3 k1[p2, k3] 4x's p2 k1
Row 4 p1 [k2, p3] 4x's k2 p1
Repeat rows 3 and 4 until piece measures 4 ½ inches total end row 4

Section 4

Row 1 k1[p2, k2, kfb] 4x's p2 k1 (28 stitches)
Row 2 p1 [k2, p4] 4x's k2 p1
Row 3 k1[p2, k4] 4x's p2 k1
Row 4 p1[k2, p4] 4x's k2, p1
Repeat rows 3 and 4 until piece measures 6 inches total end row 4

Section 5 Cable Section

Rows 1 3 5 7 k2 p4 k1 p2 k1 p8 k1 p2 k1 p4 k2
Rows 2 4 6 knit
Row 8 k2 C4B k4 C8B k4 C4F k2

Repeat these 8 rows 5 more times = approx 12 inches total end row 1

Section 6

Row 1 p1[k2, p4] 4x's k2 p1
Row 2 k1[p2, k4] 4x's p2 k1
Repeat these 2 rows until piece measures 13 ½ inches end row 1

Section 7

Row 1 k1[p2, k2, k2tog] 4times p2 k1 (24 stitches)

Row 2 p1[k2, p3] 4 times k2 p1

Row 3 k1[p2, k3] 4times p2 k1

Row 4 p1[k2, p3] 4 times k2 p1

Repeat row 3 and 4 until piece measures 15 inches total end row 4

Section 8

Row 1 k1[p2 k1 k2tog] 4 times p2 k1 (20 stitches)

Row 2 p1 [k2 p2] 4 times k2 p1

Row 3 k1 [p2, k2] 4 times p2 k1

Row 4 p1 [k2, p2] 4 times k2 p1

Repeat row 3 and 4 until 16 ½ inches total end row 4

Section 9

Row 1 k1[p2, k2tog] 4 times p2 k1 (16 stitches)

Row 2 p1[k2 p1] 4 times k2 p1

Row 3 k1[p2 k1] 4 times p2 k1

Row 4 p1[k2, p1] 4 times k2 p1

Repeat rows 3 and 4 until 18 inches total end row 4 bind off in pattern

Sew ends together

RAISIN BRAN MUFFINS

5 cups flour
3 cups sugar
5 teaspoons baking soda
1 ½ teaspoon salt
7 ½ cups (15 ounce box) Raisin Bran cereal
1 quart buttermilk
1 cup vegetable oil
4 eggs, beaten


In a large bowl, blend flour, sugar, soda and salt. Stir in the cereal. Add buttermilk, oil, and eggs. Blend only until everything is moistened. May be covered and stored in refrigerator for 6 weeks. To bake, fill muffin pans 2/3 full, and bake at 400° for 15 – 20 minutes until golden brown.



Теплая снежинка

Нитки: Mirasol Miski, 100% пух ламы, 75м/50гр.
 Подойдет любая достаточно толстая мягкая нитка с содержанием альпаки, козьего пуха или мохера.
 Дополнительно – в резинку желательнее добавить тонкую латексную нитку.
Спицы: 3.5мм круговые на резинку, 4мм круговые на основную часть.
Плотность при вязании резинкой 2x1: 18пет = 10см.
Объем головы – 57см.
Расход – примерно 130м (почти 2 мотка).

Порядок работы.


Набрать  пет на спицы 3.5мм.
 Вязать по кругу.
 Вязать резинкой 2x1 (2 лиц, 1 изн), с добавлением латексной нитки.
 Связать резинкой 14р, затем перейти на спицы 4мм, оборвать латексную нить и начать вязать по схеме.
 Обратите внимание: на схеме обозначены только нечетные ряды. Все четные ряды вяжутся как смотрят петли – т.е. над изнаночную петлю провязывать изнаночной, все остальные – лицевыми.
 (Если вы хотите, чтобы шапка получилась менее свободной, пропустите ряды с 17 по 24. В шапке на образце связаны полностью все ряды схемы, без пропусков.)
 Провязав последний ряд схемы (ряд 51), обрезать нить на расстоянии 20см, протянуть нить через все петли, затянуть, закрепить узелком.
 Заправить хвостики.
 Шапку намочить в теплой воде, отжать в полотенце, натянуть на большую тарелку и дать высохнуть.

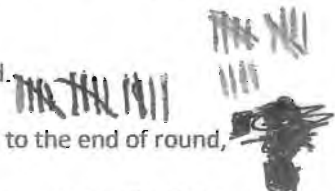


"Warm Snowflake" slouchy hat

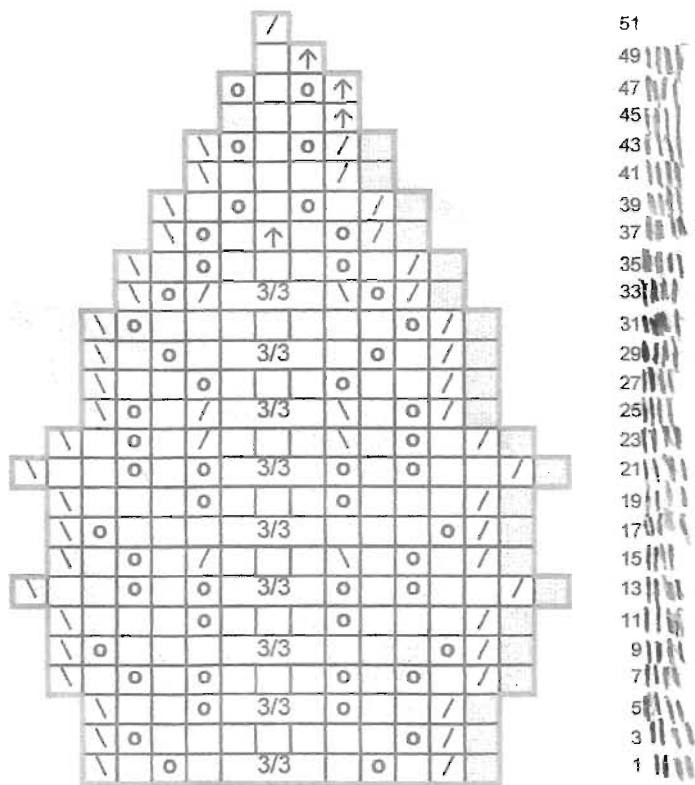
Yarn: Mirasol Miski, 100% baby llama, 75m/50gr, color Snowdrop.
 Any soft drapy yarn of similar gauge will do, with either alpaca or llama, or kid mohair.
 Add a thin latex thread into the rib.
Needles: 3.5mm (US 4) circulars for rib; 4mm (US 6) circulars for the main part.
Gauge in rib 2x1, slightly stretched: 18sts = 10cm (4").
Head circumference: 57cm (22.5").
You will need: 1.5-2 skeins (about 130m = 140yd)

Work order.

Cast on  sts. Join in the round.
 Add latex thread.
 Knit 14 rnds using 2x1 rib: k2, p1 to the end of round, every round.
 Then cut off the latex thread, take over needles 4mm (US6) and knit the lace pattern (there are 9 repeats of the pattern in the hat).
 Please note: only odd rnds are charted. All the even rnds have to be knit accordingly: purl where you purled in the last rnd, and knit the rest sts.
 (If you want your hat to be less slouchy, skip rnds 17-24. The hat on the picture was knitted using all the pattern, with no skips).
 After the rnd 51, cut off the yarn, leaving about 20cm (8") tail. Pull the tail through all remaining sts (now 9sts), pull tight, make a knot.
 Sew in the ends.
 Soak the hat in the warm water, squeeze gently in a towel, stretch on a large plate (at least 25cm=10" in diameter) and let it dry.



"Warm Snowflake" slouchy hat by Maria Petikhina



□	knit
■	purl
○	yo
/	k2tog
\	ssl
↑	k3tog

3/3 Make 3 sts out of 3 sts: k3tog, but do not slip the sts from the left needle; yo; k3tog on the same 3 sts; slip them from the left needle. You'll have 3 new sts on the right needle.

□	лицевая
■	изнаночная
○	накид
/	2 вместе лицевой
\	2 вместе лицевой с наклоном влево
↑	3 вместе лицевой

3/3 Вывязать 3 петли из 3: 3 вместе лицевой, не снимая их с правой спицы; накид; 3 вместе лицевой те же петли; снять их с правой спицы. На правой спице получатся 3 новые петли.

ROASTED RED PEPPER AND FETA

- 1 Whole roasted red pepper (from a jar)
 - 1 cup crumbled feta
 - 1 small clove garlic
 - 2 Tablespoons olive oil
-

Combine all ingredients in a food processor. With steel knife, pulse for 10 seconds. Scrape down sides and repeat until well combined. Makes $\frac{3}{4}$ cup

Great for as a dip for veggies, especially celery and green beans plus a really good sandwich spread.



Knit a fun, practical newsboy cap with this free intermediate pattern. This cap is appropriate for men and women.

Newsboy caps are very trendy. They are spirited, feisty, and fun, but practical, too! This free pattern is complete and will make an adult sized hat.

Skill Level: Intermediate

Size: Adult

Finished Size: Circumference of 21 inches

Gauge: 11 sts and 15 rnds = 4 inches/10cm

Materials

- Bulky weight yarn (50 yds/85g per ball): 3 balls
- Size 11 (8mm) 20-inch circular and a set of 5 double-pointed needles
- Stitch markers
- Size K/10 1/2 (6.5mm) crochet hook
- 1 sheet plastic canvas
- 1 (1-inch) button (optional)

Notes

Cap is worked in 6 sections, separated by 1 st which is slipped every other round.

Keep markers on each side of slipped stitch, working increase and decrease in sections.

Slip all stitches knit-wise.

M1 is Make 1. Increase by making a backward loop over the right-hand needle.

Cap

Using circular needle, cast on 54 sts. Join without twisting, place marker for beg of rnd.

Band

Rnd 1: *K1, p1; rep from * around.

Rnds 2 and on: Rep Rnd 1 for rib until band measures 1 1/4 inches from beg.

Shape Cap

Rnd 1: *K8, place marker, sl 1, place marker; rep from * around (last marker will be beg of rnd marker). (12 markers)

Rnd 2: *M1, k8, M1, k1; rep from * around. (66 sts)

Rnd 3: *Knit to marker, sl 1; rep from * around.

Rnds 4-9: Work as for Rnds 2 and 3, inc 2 sts between markers as established, and having 2 more sts between inc each time. (102 sts)

Work even until cap measures 3 inches above last in rnd, ending with Rnd 3.

Shape Crown

Rnd 1: *Ssk, k12, k2 tog, k1; rep from * around. (90 sts)

Rnd 2: *Knit to marker, sl 1; rep from * around.

Rnds 3-7: [Work as for Rnds 1 and 2] twice, then rep Rnd 1 (dec 2 sts between markers). (54 sts)

Rnd 8: *Ssk, k4, k2tog, sl 1; rep from * around. (42 sts)

Rnd 9: *Ssk, k2, k2tog, k1; rep from * around. (30 sts)

Rnd 10: *Ssk, k2tog, sl 1; rep from * around. (18 sts)

Rnd 11: *K2tog, k1; rep from * around. (12 sts)

Rnd 12: Knit even.

Rnd 13: K2tog around. (6 sts)

Cut yarn, leaving an 18-inch tail. Run tail through rem sts. Pull tight to close crown. Fasten off.

Brim (Make 2)

Cast on 11 sts.

Beg St st; knit 1 row.

Row 1 (WS): Cast on 2 sts, purl across. (13 sts)

Row 2: Cast on 2 sts, knit across. (15 sts)

Rows 3 and 4: Rep Rows 1 and 2. (19 sts)

Work 1 row even.

Beg on next row, inc 1 sts at each side [every other row] 3 times. (25 sts)

Work even until brim measures 3 inches from beg, ending with a WS row.

Shape Brim

K9; join a 2nd ball of yarn and bind off center 7 sts, knit to end. (9 sts each side)

Working both sides at once, dec 1 st at each side of center [every row] twice, then [every other row] 7 times. Fasten off.

Band

Please note: Sl first st of every row throughout.

Cast on 5 sts.

Row 1 (RS): Sl 1 knit-wise, [p1, k1] twice.

Row 2: Sl 1 purl-wise, [k1, p1] twice.

Rep Rows 1 and 2 until band measures 22 inches from beg.

Bind off all stitches.

Assembly

Using brim piece as a guide, cut plastic canvas to shape of brim.

With WS tog, join yarn (use crochet hook) with a sl st to 1 corner of brim pieces, working through both thicknesses, ch 1, sc evenly around outer edge of brim pieces. Join them together. Insert plastic canvas between pieces.

Place a marker at each side of cap, 10 sts from center back. Sew brim to cap at underside of rib band between markers.

Sew button to top of hat, if desired.

WARM WINTER PUNCH

64 ounces cranberry juice
64 ounces apple juice
4 apples
jar of whole cloves
4 cinnamon sticks

Peel apples and remove stem. Stud peeled apples with cloves, using about 8 – 12 each. Combine all of the ingredients in a large crock pot OR a large pot on the stove. Heat on low, very slowly until hot. Do not boil. Serve warm.

Wasie's Taco Soup

Ingredients:

- 1 lb ground beef
- 1 onion, chopped
- 1-16 oz can chili beans, with liquid
- 1-16 oz can kidney beans, with liquid
- 1-16 oz can whole kernel corn, with liquid
- 1-8 oz can tomato sauce
- 2-10 oz cans Rotel original
- 1 package taco seasoning
- 1 package hidden valley ranch mix
- 2 cups water

Directions: Brown ground beef with chopped onion. Place everything in a crockpot. Include all of the liquid with the canned items. Stir. Cook in the crockpot as long as possible. YUM.

LEEF'S BATH SALTS

3 ½ cups Epsom salts

½ cup Epsom salts OR you may use sea salt here

½ teaspoon fragrance oil or essential oil

few drops of liquid food coloring, optional

Place 3 ½ cups of salts into a food processor using the steel knife. Start processor and add the fragrance oil. While blades are still running, add a drop or two of food coloring. The food coloring is not necessary, and you can certainly choose not to use it. Add the last ½ cup of salts and continue to blend for a few seconds. Pour into a glass jar with a tablespoon measurer and place next to the bathtub. Put three heaping tablespoons into the tub water and enjoy!



SPIRAL KNIT TUBE SOCKS

By Leef Bloomenstiel © 1991

**YARN: 2 skeins
Wool Ease or
comparable
worsted weight
or handspun
yarn**

Ruler

**Needles: US#4
dpns**

**Large needle
for sewing in
the ends**

Visit the farm website at:
<http://appleleafarm.com/>

APPLE LEEF FARM
669 Massey Road
Gunter, TX 75058

TOTALLY NON-tailored and TOTALLY tubular!

GAUGE: 6sts to an inch measured in UNstretched spiral rib pattern

Cast on 48 sts, distribute evenly on 3 needles and join.

Pattern (knit top to toe)

Row1: *k3, p3, repeat from * for 4 inches

Row2: p1, *k3, p3 repeat from *, ending k3, p2 - for 4 rounds

Row3: p2, *k3, p3 repeat from *, ending k3, p1 - for 4 rounds

Row4: p3, *k3, p3 repeat from *, ending k3 - for 4 rounds

Row5: k1, p3, *k3, p3 repeat from *, ending k2 - for 4 rounds

Row6: k2, p3, *k3, p3 repeat from *, ending k1 - for 4 rounds

Repeat pattern rows 1—6 (knit Row1 for 4 rounds in this repeat to maintain pattern) until the sock measures about 16 inches from the cast on edge. However, you can make it as long as you like!

Spiral toe:

Rnd1: Knit one round even

Rnd2: *k1, k2tog repeat from

Repeat these 2 rows until 8 sts remain. Cut 6 inches of working yarn and run twice through. Weave in yarn.

PEANUT BUTTER BISCOTTI DOG TREATS

1 $\frac{3}{4}$ cup whole wheat flour
1 $\frac{1}{4}$ cups oatmeal
2 tablespoons vegetable oil
1 cup warm water
1/3 cup peanut butter

Mix the dry ingredients together. Mix oil, water and peanut butter together. Blend both dry and peanut butter mixtures together until you get a firm dough.

Knead until smooth then shape into an oblong roll. Wrap in plastic and chill for an hour.

Lightly grease cookie sheets. Slice roll into $\frac{1}{2}$ inch slices and place on baking sheet and bake at 300° for about 50 minutes until lightly browned. Cool COMPLETELY.

FEED THE BIRDS I

This recipe for homemade bird feed is one that has been passed around for many years. It attracts both insect-eating and seed-eating species of birds. It can be stored for quite a while in a covered container in the refrigerator. It makes about 2 pounds.

1 cup peanut butter, smooth OR chunky
1 cup shortening or lard
4 cups corn meal
1 cup white flour

Mix all of the ingredients into a dough, and knead a couple of times. Shape into a ball and store in a covered container in the refrigerator. If you want to add special treats, avoid small seeds that the birds have to shell to eat. The oil content makes it impossible for them to hold onto the seeds long enough to get them open. It is best to use sunflower hearts, chopped peanuts or pecans. You can also add chopped dried fruit or raisins.

This can be shaped into flat cakes and offered in a suet feeder or platform feeder. You can also press the mixture into large open pinecones and hang them in the trees. I have seen bluebirds, wrens, nuthatches, titmice, chickadees, woodpeckers, and yellow-bellied sapsuckers eat this.

IMPORTANT NOTICE: NEVER offer straight peanut butter. It will cause the birds to choke. It must be mixed with meal and/or flour first.