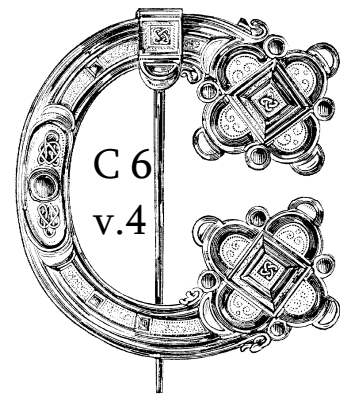


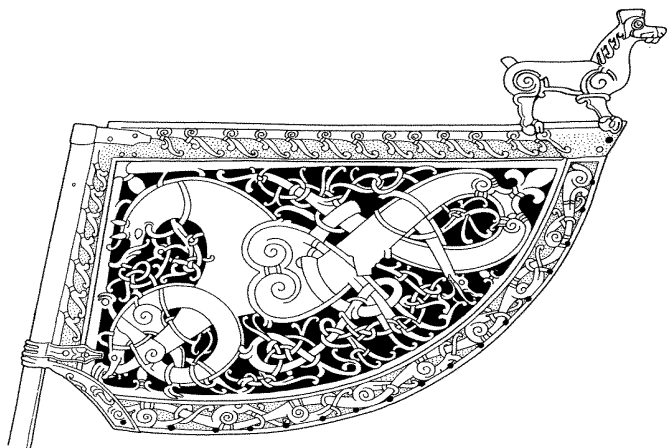
# Cap for Learning Stranded Knitting

## Norsk Needlework

Original Pattern by Cynthia Atley Peterson



Women's Size Medium  
Rauma Finullgarn/ PT2 or  
heavier fingering weight  
(7.5 sts/in)  
Ear laps optional



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2013

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## Mountain and Stars Learning Cap

**Size:** Woman's medium

21" (53 cm) width

**Materials:** Rauma Finullgarn

50gm/175m

or fingering weight wool to give *gauge*

1 ball background/ white 400

1 ball pattern color blue 438

optional: scrap of merino yarn or

1 ball soft fingering weight for

lining/ may use main yarn

**Needles:** Circular 20" 2 US/ 2.5mm

Circular 20" 3 US/ 3.0mm for fair isle pattern

Dp 3 US/ 3mm for crown of cap

\*\*\*\*\**Or needles to get gauge*\*\*\*\*\*

Gauge in fair isle pattern

30 sts/ 34 rows = 4" (10cm)

\*\*\**Please read lesson notes before starting.*\*\*\*

Cast on with softer yarn and larger circular needle, 150 sts. Join, being careful not to twist row, and work 10 rounds in stockinet st. Change to smaller needle, work 4 more rounds, change to background color. (Blue) K 2 rnds. Work Picot turning row in

white. \*K2tog, yo\* repeat across row.

Resume knitting with blue. Work

3 rounds after turning row. Change to larger size needles for fair isle.

Work chart A. Begin at center back of cap, right bottom of chart.

First pattern round. Holding blue yarn in right hand, (Blue is background for the lower part of the hat and is the predominate color) white in left hand, work chart from right to left as such: knit 1st white, 4 blue, 1 white, 4 blue, continue same around. Work repeat 15 times.

Always push worked sts to right so pattern yarn float will stretch across back loosely and not pucker knitting.

Continue working, reading chart from right to left.

When chart A pattern is finished, work 1 round plain blue.

Fold lining up and see if it exactly meets height of knitting.

If not work one more round.

At this point you can knit up the lining and save sewing at the end, or wait until cap is finished and hem it up. Work 1 st with blue putting right needle through first st on round and 1st st cast on. Knit them together as if it were 1 stitch.

Repeat with 2nd st of cap and 2nd st of cast on. Continue around being really careful not to miss any sts on lining or hem will be skewed.

Work 1 more row blue, 3 rounds total in blue, and then start Chart B. Again reading from right to left at bottom right of chart.

Complete Chart B. (5 total repeats = 150 sts)

Where floats are 6 or more sts trap float on back.... see notes.

## Mountain and Stars Learning Cap

Work 1 round white and then work around decreasing evenly 6 sts. (K 2 tog every 24th and 25th st.) Work 1 more round white. 144 stitches

Begin top decreasing.

### Crown decreasing:

Using background color (white)

\*K10 sts, K2 tog \*Repeat from \* around making 12 decreases. Work 1 rnd plain. 2nd decrease: \*K9 sts, K2 tog \*around.

Continue to decrease every other round as established having 1 less st between decreases. Decrease rounds 9-12 decrease every round.

When 12 sts remain, \* K2 tog\* around and pull up these sts with yarn tail in needle. Fasten off end. Hem up

lining loosely if not knit up before.

**Earlap:** Fold cap in half with beginning of row in back center. Mark side centers. Pick up 23 sts from this mark toward the back using background color. Pick up sts in center of white

picot and one in between picots. See picture. Using larger size double pointed needles, keep outer 4 sts each side always in garter stitch. You will have to knit this back and forth. First row: wrong side: K4 sts, purl across center sts, K4 sts. Work 3 rows plain blue keeping garter edges. Start pattern on right side. Begin reading 1st pattern row, right side of earlap, from right to left, lower bottom right of chart as before. 2nd row is read left to right and center sts are purled.

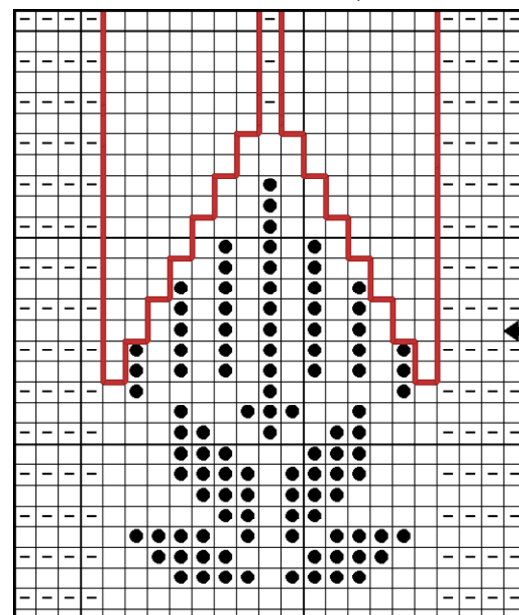
Decrease inside the garter sts by SSK on right and K2 tog on the left as shown in chart, every other row. Continue until pattern is worked and there are 9 sts

remaining. When there are 3

garter ridges after the pattern *Do not bind off*. Take 3 lengths of yarn about 30" long. Pull through the open stitches, center.

Twist yarn fairly tightly and fold in center with cap in middle. Let it twist back on itself. One way to not sew on the ties!

### Chart for Earlap only



<- Right side

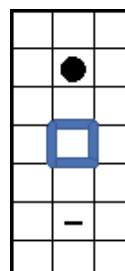
No stitches in red areas

(decreased sts)

white/ opposite to cap!

blue or background

Knit st on wrong side

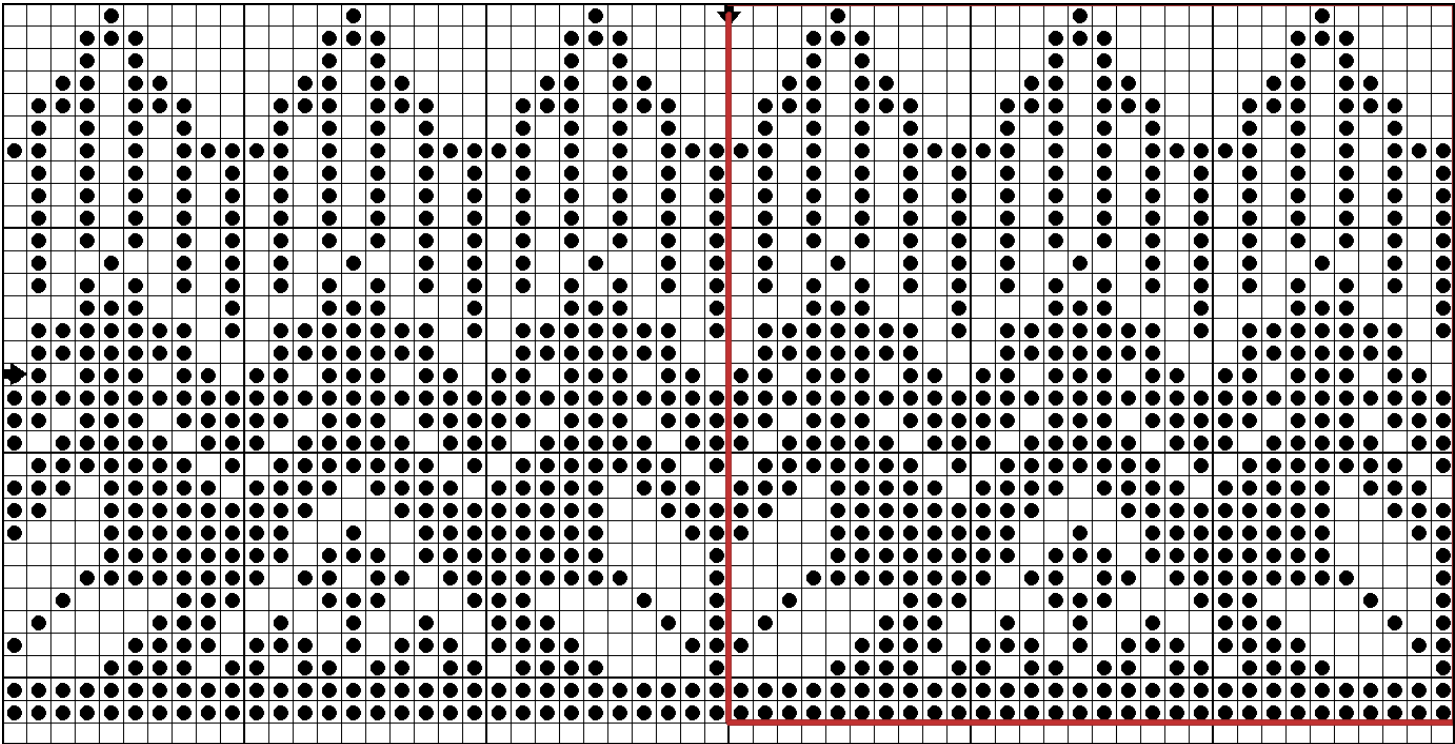




Mountain and Stars Learning Cap



Chart B 2 repeats



	●	

Blue


White

Color Key  
for body of  
cap

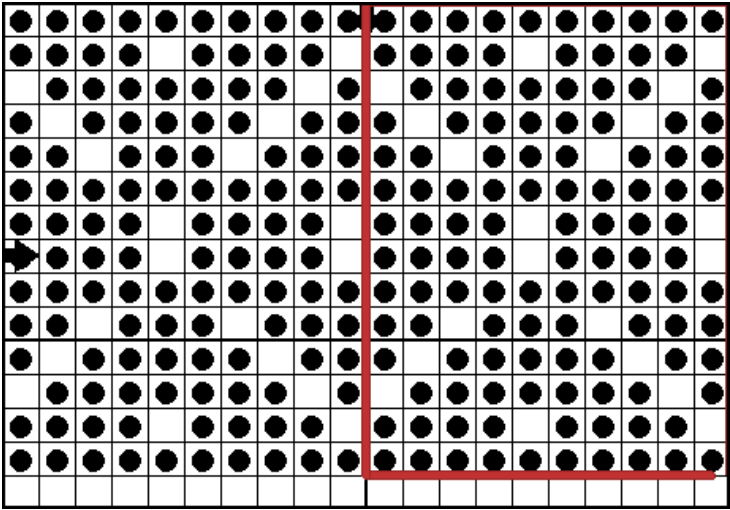


Chart A 2 repeats

<- 1st pattern  
Round  
Always read  
Rows right to  
left

## Mountain and Stars Learning Cap

### Which yarn goes in which hand and Why???

First, there are 3 ways to hold the 2 colors, 2 in left hand, 2 in right and one in each.

I extremely like the 3rd way most. I highly recommend to hold the main background color in the right hand (English style) and the pattern color in the left (Continental) and to ALWAYS do the same!

- 1/ This will make your knitting much more even and smooth.
- 2/ The left hand yarn will actually lie lower than the right and is more prominent. Your pattern will therefore be more defined.
- 3/ It is easier to trap the left hand yarn floats than the right. Most pattern designs have longer floats in the pattern color.
- 4/ **Best reason of all!!!** The yarn will not ever get twisted !!!!  
You can place one yarn on the left and one on the right and they *stay* that way!

For a person who is a strong continental knitter you could put the pattern color in the right hand... you would just have to learn the right hand trap and after a bit of practice it is not hard. I know if you are a continental knitter it is much harder to learn to use the right hand to “throw”.

I realize many people will want to hold both colors in the left hand, or conversely both colors in the right hand. If you are just beginning to knit now is the time to learn to use both hands. You will be very happy you made this choice down the line. Otherwise, be prepared to untwist the colors.

All Knitters: Buy the book: *Knitting with Two Colors* by Meg Swanson and Amy Detjen. They have all this info and more. A truly excellent book!!!

I thought I was the only one catching the yarn in the right hand this way until I read their book! I can't remember how I taught myself to catch the right yarn, but it was many years ago. I know if you could catch me in a snapshot of time, at say 12 years old, you would laugh. I was knitting every piece back and forth and many times had up to 5 colors in a row... can you imagine the twisted mess at the end of the row. I spent more time untangling than knitting. I did not learn continental until I was about 21, and had the blessing of meeting a Norwegian girl. She taught me to knit in the round with steeks and use both hands. Changed my knitting forever.

**\*\*** One more trick. Don't untangle by moving the balls of yarn.... Just hold the needle and let the piece dangle and it will untwist by itself.

## Mountain and Stars Learning Cap

**How to trap the unused float color** with the background color in the right hand and the pattern color in the left hand.

**How often to trap?** I usually go by sts / “ Small diameter yarn about 5-7 sts, worsted weight, 4-5sts and so forth. Closer on mittens and sleeves where you would catch your fingers in the loop; and of course, on baby garments.

On the other hand in a cap brim where a hem would cover, no need to trap.

Don't trap the yarn too often unless really necessary. The knitting becomes too firm and loses its stretchiness, also the colors show through too much.

**To trap the pattern color in left hand:** Place the right needle through the next stitch as usual putting the point under the pattern yarn and complete the st. The first half of the trap will occur. Knit the next st as usual. (right point over the pattern color) The second half occurs completing the trap.

Practice this catch and look at the back afterwards and you will see the pattern yarn go under the st catching on each side. If you do the first half, one stitch, then knit the next st in the same way with the right needle still below the pattern yarn, the second half of the catch will not happen. Doing this half trap prevents a lot of the color showing through.

**Catching the yarn float from the right hand, (background):**

1. Put right needle in stitch as usual as if to knit
2. Wrap the pattern color around right needle as if you were going to use this color.
3. Wrap the right hand color as you would to knit
4. Unwrap the pattern color and finish the stitch with the right hand color.

This sounds terrible complicated I know, but after a few tries it is easy.

Again, after doing this process the back will show the first half of the catch.

If you repeat the whole 1-4 steps it will not complete the trap. I usually do it 2 or 3 times and then let it finish the catch by knitting normally.

Luckily, the background color is not the one usually making a long float.

That is one reason I hold the background color in my right hand.

## Mountain and Stars Learning Cap

Which ever color you are trapping, if you place the catch directly over a stitch of the same color, it will not show through!

Stagger your catches. You don't want to stack them over each other.

One **more way to trap floats** is to make a long loop letting it stretch out fully. Even 20 stitches! On the next row, over the loop, put your right needle through the next stitch and place the right tip under the long loop, finish the stitch catching the loop. Repeat as many times as necessary every 5 or so sts.

For great videos on how to hold the yarn amongst other things:

<http://knittinghelp.com>.

I did this method on the wide white parts of the dragon head and see, no spots showing through! and... it lies nice and flat. (the ridge is where the sleeve was folded.) This is the Olav Cardi, if you are interested.



# Mountain and Stars Learning Cap

Abbreviations: K knit stitch  
K tbl knit through back of loop  
P purl stitch  
co cast on  
cn cable needle  
Rnds rounds  
st/sts stitch/stitches  
SSK slip as to knit 2 times, K 2 together tbl  
K2tog knit 2 stitches together  
M1 increase picking up bar between sts and twisting it  
DP double pointed needles  
pat pattern

Source: Yarn:

Nordic Fiber Arts <http://nordicfiberarts.com/yarns.html>  
NFA will soon be having kits for my patterns and has the  
Rauma yarns and Tinn Per Norwegian buttons  
Note: Finullgarn is now called PT2

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