Knit a Lace Shawl with Gudrun Johnston

Chapter 1 - Introduction
Overview
(calming instrumental music) - I'm a knitwear designer that likes to incorporate ^a lot of lacework in my patterns. ^That could be in an entire project, like a lace shawl, or just a small element within a garment. We're going to be knitting this Shetland inspired shawl. This shawl uses a slightly unusual construction, in that we knit a long strip of edging first of all, with yarn overs worked along one side. Those yarn overs are then picked up, and that creates this lacy open effect. We then work short rows for the remainder of the shawl, and that forms the shallow crescent shape. This shawl is knit using a lace weight yarn, but you could also use a fingering weight, which is a bit heavier, if you wanted a little bit more drape and weight to your shawl. This is a great project for somebody who has knit a basic triangular shawl and is looking to advance their techniques. (upbeat tones)

Chapter 2 - Materials
Materials
- To make your shawl, you will need some lace weight yarn. I'm using Malabrigo lace and the yardage on this is 470 yards, which is enough to make the entire shawl. If you're substituting with a different lace weight yarn, you will just need to check your yardage and make sure you have at least 470 yards. You will also need needles, US 6, 4 mm. I am using a circular needle to work this, but I'm actually working back and forth, not in the round. You could use straight needles, for the edging section, but once you've picked up all your yarn overs and are working the crescent and garter stitch section of the shawl, it's more comfortable to work with a long circular needle. So I would recommend using either a 32 inch or 40 inch cable for that. Then we also have a row counter, which will be helpful to keep your place when working through the lace chart. Stitch markers, those are also going to be helpful when working the lace chart, so that you know where you are. Then we just have a tapestry needle, for weaving in any ends. And we have pins which we are going to use to block the shawl at the very end. At home I just use a foam mat, or you can even use your mattress to lay the shawl out and do the blocking.

Chapter 3 - Create The Lace Edge Of Your Shawl
Cast on and begin first row of lace chart A
- Before we begin knitting, I'm going to introduce you to the chart that we'll be using to work the edging. The first chart is worked twice, and we work each odd-numbered row from the right to the left, and all of the even-numbered rows are worked from the left to the right. You'll notice that there are two red lines on this chart. This is where we will be placing markers to separate out the stitches of the edging. This will help keep track of where you are in the chart. You can also use your row counter at this point as you work through each row. If you have worked any lace before, then you made be familiar with some of the symbols here. If not, you can always refer to the key. There is one row that you might notice that look unusual. That is row five, where we work a triple yarn over. This creates the large hole that you see in the lace edging. It's a little bit tricky to work, but I will show you how that's done and how to resolve it on the next row, row six. We're going to begin by casting on 30 stitches to work our edging. I like to use a long-tail cast on. The way I make sure I have enough yarn for my long-tail cast on is to wrap the yarn around the needle 10 times, and then I take

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that length, I repeat it for 20 stitches, then for 30 stitches, which is what we need for our cast on, and usually I'll just add another segment on just to be sure. Then you're just gonna form a simple slip knot and place that on the needle as your first stitch. And then you're just going to start casting on using the long-tail cast on until you have 30 stitches on the needle. 27. 28. 29, and 30. So for the first row, which is our set up row, we're going to place our two markers as we knit across this row. So we will knit 10 stitches. One. Two. Three. Four. Five. Six. Seven. Eight. Nine, and 10. We will place our first marker onto the needle here, and then we'll repeat that, so we're going to knit another 10. And we'll place the second marker. Now we have 10 stitches remaining to knit for our set up row. Now we're ready to start working from our chart. The lace edging begins all the way at the very edge here. So this is our cast on 30 stitches. We've placed our markers. We're going to be working back and forth in rows, following the chart. Every row begins with a yarn over followed by a decrease. You'll see this on all of the odd-numbered rows, and also at the beginning of all of the even-numbered rows. To work the yarn over at the beginning of the row, you simply take the right-hand needle under the working yarn before you go into the first stitch on the needle. We have a yarn over followed by a slip, slip, knit, so I need to come into the first stitch as if to knit, slip it off the second stitch, as if to knit, and slip it off. Come into the fronts of those stitches, wrapping the yarn around, and you'll see I have my yarn over here, and this is my slip, slip, knit. This is followed by a plain knit stitch, and then a yarn over, slip, slip, knit. One plain knit stitch, then two yarn overs and slip, slip, knits. This brings me to my first marker. I'm just going to slip that marker from the left-hand needle to the right-hand needle, and then I have 10 plain knit stitches. The stitches between the two markers in the center section are always going to be plain knit stitches. So I don't have to worry about referring to my chart or remembering how many stitches I have there, it will always be 10. Then I'm at my second marker. I also slip that over to the right-hand needle. And following the chart again, I have three plain knit stitches, a knit two together followed by a yarn over, three plain knit stitches, a yarn over, and ending with two plain knit stitches, and I've completed my first row of the chart.

Work row 2 of the lace chart A
- You will notice that in the outside section of the chart our stitch count is changing. So as we work rows one to six, we're increasing stitches and then as we work the remainder of the chart, we're decreasing stitches. This will form the point of the edging. Over on the right-hand side of the chart, you will notice that every row is worked the same way. As you have worked several rows of this then this will become automatic. We are now ready to begin row two. We are reading this from the left to the right. All of the even numbered rows are actually worked the same way. They begin with the yarn over, followed by a slip slip knit, just like we did before. Then we just knit to the first marker. Slip that marker. We just knit all of our center section of stitches. And on the last section, we just have a little bit of lace to add. We knit the first four stitches. Then we're going to work another yarn over, slip slip knit. And knit the last four stitches. So now we have completed two rows of the chart, and you will see this loop at the top of the needle here. That is the yarn over that we created on row one, and that's fine for it to look loose and open like that. We are going to continue working through the chart. Now, beginning on row three, and that starts exactly the same way as row one with a yarn over followed by the slip slip knit. Knit one, yarn over, slip slip knit. Knit one, yarn over, slip slip knit. Yarn over, slip slip knit. So that was worked exactly the same way over those first 10 stitches as we did on row one. Now we're at our center 10 stitches, which are always just being knit. And now we are at the outside portion of stitches, so we will be knitting these slightly

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differently than on row one. This time we do two plain knit stitches, and knit two together, yarn over, five plain knit stitches, a yarn over, followed by two more knit stitches. Continue working from the chart until you reach row five and then I will show you how to work the triple yarn over. We're now at the beginning of row five, and this is where we will work the triple yarn over, and I'm gonna show you how to do that. First of all, though, this row begins the same way as the previous rows: the yarn over and a slip slip knit. We knit across our center stitches again. Now the beginning of the outside section of stitches, we have one plain knit stitch then we have a knit two together, followed by a yarn over, then a slip slip knit. Another knit two together. Then we have our triple yarn over. Basically, we just want to bring the yarn over the right hand needle three times. So that's one, two, three. You might need to hold it in place with your index finger before you do the next stitch on the needle, which is going to be a slip slip knit. So there you can see the triple yarn over on my needles right now. Next we have a knit stitch, a yarn over, and knit two, and that takes us to the end of row five. Now as we knit back across row six, we have to be careful when we reach the triple yarn over and make sure that we get into each of the three loops there. So begin with a yarn over, a slip slip knit, and then we knit one, two, three, and we're back at that triple yarn over. So I have to knit into the first loop, take that part off the needle, then I need to bring my yarn forward and purl into the second part of the same loop, take that section off, take my yarn to the back of the work, and I will knit the third yarn over. So you can see that that's forming quite a big hole. It won't look quite as big as this once you've knit subsequent rows. But that is what it is supposed to look like. Continue working through rows one to 12 of chart A a total of two times and then we will move onto chart B and work the short row section of the lace.

Work lace chart B, or 'short row' section
- Now we're ready to work our short row section of the lace chart. We've completed two edging points, working through chart A twice. And now we're gonna work this short row section. You can see that there's a triangular wedge shape here, this is where we've worked short rows. That just adds a little bit of width into that portion of the shawl. Chart B looks a little bit different from chart A and that's because of the short row section. Basically when you work a short row, you're turning the work in the middle of the row. So where we see this little W in this box, that's where we make a wrap and turn for our short row. All of these blue boxes are stitches that are not being worked. And I'm gonna show you how to work a short row. I've completed row one of chart B, which has worked just the same way as chart A, and now I'm ready to begin row two which is the first short row. So I begin with a yarn over, slip slip knit. And I'm going to knit all the way to my first marker. This time, I'm only going to knit three stitches past that first marker. This is where I make my first short row. I slip the next stitch pearl wise. Which just means I'm coming into the stitches if I was going to pearl the stitch. But instead I'm just slipping it over to the right hand needle. I bring my yarn to the front of the work. I slip that same stitch back again, so now I have wrapped the base of that stitch. And then I'm gonna turn my work. So I haven't gone all the way to the end of the row, I've now turned my work. So technically, I'm in the middle of working row three. And I work back, to the outside edge of row three. Now I'm ready to work row four, which will be my second short row. So again, I'm working all the stitches as I would normally for row four, but I'm not going to go all the way to the end of the row. Because this shawl is garter stitch based, there technically isn't a right or a wrong side to the knitting. Sometimes when we work a wrap and turn short row, we pick up the wrap when we get to that stitch. But because we're working in garter stitch, we can actually leave it there. That's the wrap stitch from the previous short row. But it gets hidden in amongst the garter

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stitch, so we don't have to do anything to it except knit it. And this time I'm going a total of six stitches past my marker, and then I'm working the same wrap and turn, so I'm gonna slip that stitch over, bring my yarn to the front, slip the same stitch back, turn my work, and now I'm working row five. And row five is where we have the triple yarn over. Here's the triple yarn over, one two three. And that's the end of row five. You'll continue working through rows one to 12 of chart B until you've completed all of your short rows, and row 12 will be where you knit all the way to the end of the row. You'll continue repeating chart A twice and chart B once, for a total of 14 times and then you will work chart A twice once more, and you will end up with a long, vertical strip of edging with yarn overs down one side, which we are then going to pick up to finish our shawl.

Chapter 4 - Work Body of Shawl

Bind off lace edging and begin body of shawl

- Before we start working the main body of the shawl, we need to bind off our edging and then pick up the yarn over loops down the side. I have also slipped all of my stitches onto the long circular needle. I'm still going to be working back and forth, but because I'm going to end up with a lot of stitches on the needles, I need a longer cable. During this final bind off row of the edging, we're not going to start with our yarn over as we have been for the rest of the edging. We're just going to start with a regular bind off. You just want to make sure that your bind off isn't too tight. If you have a tendency to bind off tightly, then you may want to go up a needle size. And when you reach the markers, you can just go ahead and remove those for just now. And when you've done your last bind off and you have one stitch left on the needle, we're going to get rid of that last stitch by going into the first yarn over loop. These are the yarn over loops here, along the top edge, that we're going to pick up. So I'm going to go into my first yarn over loop, which is going to be right underneath my needle here, and then I'm just going to pull this last bind off stitch of the edging over that to get rid of it. And then, to begin with, we're not going to be knitting the yarn over loops. We're just going to be placing them on the needle. And you need to make sure you go into them all from the front to the back and just place them on the needle. We're now at the end of picking up the yarn overs. It's my last yarn over. You're going to pick up one extra stitch from the cast on of the edging. Really, you're just going to find a loop right at the top there to place on the needle. And you should have 195 stitches in total on the needles right now. I'm going to go back to where my working yarn is attached at the other end of the needle. Because of how we placed the yarn overs on the needle, we will be knitting into the backs of the stitches. And when we need to make an increase, we'll knit into the back first, and then into the front of the same stitch to increase one stitch. This increase row begins by slipping the first stitch and then here's my first yarn over loop on the needle. So I'm going to go and knit into the back of that stitch. Then I'm going to increase into the next stitch. So I knit into the back loop first, but I don't take that stitch off the needle. I go back in and knit into the front of that same stitch, and now I've increased one stitch there. Then I'm going to knit the next stitch through the back loop. So the repeat as you work across this row is going to be knit one stitch through the back, then knit one stitch in the back and the front to increase, then knit one stitch through the back. So you're working in groups of three stitches, and we're increasing one stitch. So, knit one back. And it can feel a little tight to get into the front sometimes. You just have to pull down on the knitting below the stitches. So knit one through the back loop. Increase, knit one back and front. Knit one through the back loop. When we get to the end of this increase row, we will have increased 64 stitches. And we just turn the work to begin the short row section. You're going to work this row for 134 stitches, and then we're going to begin our short row shaping.

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We're no longer knitting into the backs of the stitches. That was just for the increase row where we had the yarn over loops on the needle. Now we're just knitting normally. Before we start the short row shaping, I'm just going to show you where we are on the finished shawl. So we have knit 134 stitches and we are approximately just past the midway point of the shawl. We're going to start working our short rows, so we'll be wrapping and turning, just like we did on the edging, and then knitting back across and wrapping and turning. And we're going to keep doing that, adding 3 more stitches to each short row, and this is going to gradually fill in the garter stitch section until we get all the way to the end of our stitches. We begin the short row shaping by wrapping and turning the next stitch on the needle, just like we did on the edging. So I'm going to slip that purlwise, bring the yarn to the front of the work, and slip it back. Now I need to turn my work, to work in the other direction. And in order to keep place of where I'm working my wrap and turns, I'm going to place a marker on the right hand needle. So I put that marker there after I've turned the work. Then I knit back across 10 stitches. Eight, nine, ten. And I'm going to wrap and turn the next stitch the same way. There's the wrap. And now I'm going to turn the work. I'm going to place the marker on the right-hand needle again after I've turned. Then I am going to knit back across When you reach the marker, you'll just remove it. Knit three more stitches. Wrap and turn the next stitch. Replace the marker again on the right-hand needle, and then work back across to the other marker. So all you're doing is knitting, and we're not picking up the wraps or anything, we're just knitting across to the opposite marker after you've turned the work. You remove the marker. Knit three stitches. Wrap and turn the fourth stitch. And replace the marker. You're going to continue working three stitches past the marker each time and working your wrap and turn, and you'll do this until you have four stitches remaining at each outside edge of the shawl. And that's going to fill in the garter stitch section of the shawl. Then, we'll finish with an eyelet row and a bind off.

Create an eyelet row and bind off shawl
- We're gonna finish our shawl with an eyelet row, but before we do that, we just have one last wrap and turn that we need to work. The wrap and turn for this isn't any different from the other ones, but after we do the wrap and turn, we're gonna move straight into the eyelet section. And in fact, we are wrapping and turning the very last stitch of the row here. The eyelet is formed by simply doing a knit-two together followed by a yarn over. And we're gonna do that all the way across the row until we get to the last few stitches which just have to be treated slightly differently. When we get to the end of the eyelet row, we have one more stitch left before the second marker here. I'm just gonna slip that stitch so that I can remove the marker and get it out of the way. Slip that stitch back over, and then I have a yarn over, knit two together, yarn over, knit two together. I have one stitch left. I'm actually gonna wrap and turn this final stitch. Then, we will be knitting one row all the way across before we do our bind off row. You'll see your eyelet row forming below the stitches that are on the needle there. You can either bind off normally, just making sure that you don't bind off too tightly. You could go up a needle size, or you could work some other kind of stretchy bind off. I'm just binding off normally. Bind off all of your stitches and weave in any loose ends to finish the shawl.

Chapter 5 - Blocking
Block your shawl
- It's really important to block your shawl when you're finished. This will really help to open up the lace pattern so it can be seen more clearly. The process for doing that is simply to soak the shawl in

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lukewarm water for about 20 minutes. You can include a gentle, wool wash with that, or it can just be plain water. You'll leave it in there, and then you'll let the water drain away and you'll scoop out the wet shawl and place it in a towel. And then, you can roll the towel up and remove excess water that way. Then, you'll have a damp shawl, ready for blocking. You can block on a foam core, which is what I'm using here. Or, you can have a foam mat, a mattress, anything that you can get a pin into whilst blocking the shawl. To make sure I have enough room on my blocking boards, it's very stretchy when it's wet like this, so you want to be careful not to pick it up in one spot and overly stretch it. I'm gonna start at this top edge of the shawl here, and I just want to make sure that it's nice and straight all the way across. Some blocking mats actually have a grid set out on them, so that can be a good visual to help you when you're pinning. Then I'm going to go ahead and start to pin some of that top edge before I start to pin out the points of the edging. So you can go ahead and just stick the pin straight into the knitting. And I'm just gonna work my way across and I just want to kind of stretch out that eyelet row a little bit so that that will show up when the shawl is dry. Because this is garter-stitch based as well, it's kind of extra stretchy. So you can place your pins approximately two to four inches apart along the top edge of the shawl. So once I have my top edge all pinned out, I'm going to focus on the edging. And I really want to make sure that these points of the edging become a bit more defined, and that the lace section down here is nicely opened up. I'm going to place a pin right at the point of the edging here, because I want this slightly scalloped shape to open up. You can either find a hole to go into, it doesn't really matter if you're actually going through the knitting itself here. And you want to create enough tension that you can see that that lace is opening up. And remember, too, that the shawl will shrink back a little bit, so overstretching it at this point is okay. And I'm just gonna work my way down the edging one point at a time. And it's good to just kind of check along all of the shawl and just make sure that nothing's too distorted, that one point's not much longer than another. You can also use blocking wires to do the same thing, and essentially, they are just a long, thin piece of metal that you would run through the points of the edging here, and then you'd be pulling the entire thing at once to stretch it as one piece. You're going to leave this pinned in place essentially until it's dry, and then you'll just remove all the pins, and you'll see that the lacework has all opened up, and we have that nice scalloped edge, nicely defined. This makes a really nice, lightweight shawl, and you can see that there's a slight variegation in this yarn which works well for this project, because we have so much garter stitch in the top portion, and the lace is really a small part along the bottom edge there, so a variegated yarn will work fine. You could also substitute and use a fingering weight if you wanted something a little bit heavier. I think you'll have a lot of fun knitting this shawl, and you'll get to learn lots of new techniques along the way.

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