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Sisters' book explores the hows and 'YNotes' of knitting

by **MARLO BARNHART**
marlob@herald-mail.com

FUNKSTOWN

Three years ago when she opened her shop, Y2Knit, at 100 E. Baltimore St. in Funkstown, Susan Wolcott felt she had achieved her dream. Now, she said, she finds she is still dreaming.

Susan and her sister, Jill Wolcott, have published a book titled "YNotKnit," which explores continental knitting, as well as traditional knitting, materials, new and old styles - all in a slick binder format with computer-generated illustrations by Jill Wolcott, who lives in California.

"We looked at every step and simplified it," Susan Wolcott said. "There are a lot of knitting books out there, but not on continental knitting."

Put simply, continental knitting - which sometimes is called German knitting - is considered by some to be more ergonomic, efficient and also is ideal for left-handers.

"I can knit longer and have no discomfort," Susan Wolcott said. "It is also easier for new knitters to pick up."

In the book's foreword, Jill Wolcott says she learned continental knitting in the early '90s in hopes of improving her speed and getting rid of the soreness in her right wrist.

The book also addresses concerns that new knitters might have - what type of needles to use, types of yarn and holding the yarn, and a variety of knitting styles.

In addition to the shop, Susan Wolcott has classes on-site and elsewhere. At Eastern Elementary School's family night, she showed those who attended that knitting is one of the things youngsters could do after school.

She and her sister continue to hold knitting retreats, at which knitters from across the country get together for several days of knitting and talking.

A retreat is planned Oct. 25 to 29 in Shelburne, Vt.

Online workshops allow participants to download knitting instructions for a fee.

"My sister and I also have a line of patterns which we retail and wholesale," Susan Wolcott said.

The patterns, as well as the book, are available on the Web at www.y2knit.net. The book costs \$16.95.