

## Unit 6: KNITTING

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### About the Cultural Skills Program

Sons of Norway's Cultural Skills Program provides a framework for learning about traditional and contemporary Norwegian culture. Each unit consists of three levels of skill-specific activities to guide you as you learn. You can complete the units on your own, through your lodge or through a special class or group. For each level, you'll complete a few activities, email (or mail) them in to Sons of Norway Headquarters, get feedback, and earn a pin in recognition of your accomplishments. As a benefit of membership, the Cultural Skills program is available only to members of Sons of Norway.

When you complete part 1 of your first unit you'll receive a Cultural Skills pin, a skill bar, and a level 1 bar. You'll receive additional level bars when you complete parts 2 and 3 of that skill, and new skill bars when you complete level 1 of a new skill.

### Going Further with Cultural Skills

Want to take your skills to a new level? Members who have completed multiple units or mentored others in the program can earn special recognition.

- A Master of Cultural Skills is someone who has completed multiple units. Finish all three parts of any three units for the bronze level, all parts of six units for the silver level and all parts of nine units for the gold level.
- A Cultural Skills Mentor instructs or guides others to learn about Norwegian cultural skills. If your instruction has helped other members earn Cultural Skills awards, you can earn a mentor pin.

For more information about the Sons of Norway Cultural Skills Program, call (800) 945-8851 or email [culturalskills@sofn.com](mailto:culturalskills@sofn.com).

### INTRODUCTION

Knitting the Norwegian way is a very old tradition. In days gone by knitting was a crucial household skill. Generations of Norwegians wore hats, scarves, mittens, sweaters and more that had been knit at home, perhaps even made with wool raised on their own farm. Using just their time and talent, Norwegians could create warm, dependable clothing for their family using locally available and cheap materials. Over time, native pragmatism merged with a sense for style, and knit garments began to take on a distinctive local, then national flair.

Today we don't knit from necessity, but instead can take the luxury of bringing out our creativity and connecting with our heritage. In a direct, tactile way, we can use the exact same techniques and materials used a hundred years ago or more to create classic designs. At the same time, we also have the benefit of learning from other cultures and new methods, and can create original and contemporary designs of our own.

In this unit, you'll begin in Part 1 by applying some basic knitting techniques on a pair of simple, single-color projects. In Part 2, you'll expand your skill set and knit a more complicated project with two or more colors. Finally, in Part 3, you'll put everything you've learned together and create your own Norwegian sweater.

(Continued on page 2)



## OVERVIEW:

- For Part 1, you will use basic knitting techniques to create two simple, single-color projects.
- For Part 2, you will continue to expand your knowledge and skills by creating a more complicated project with two or more colors
- For Part 3, you will integrate everything you've learned to knit your own Norwegian sweater.
- For each part, you will complete a pin application form and evaluation form
- If you have a question regarding any part of this unit, please send an email to [culturalskills@sofn.com](mailto:culturalskills@sofn.com) or call (800) 945-8851.

Sons of Norway would like to offer sincere thanks to LaDonn Jonsen, Betty Muckle and Liv Dahl for their helpful input and feedback on this unit. Special thanks are also due to Ingebretsen's Scandinavian Gifts ([www.ingebretsens.com](http://www.ingebretsens.com)) for their guidance and to Mary Knutson for the use of her mitten pattern. Tusen takk!

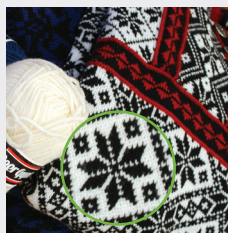
## WHAT MAKES IT NORWEGIAN?

The basic techniques used in Norwegian knitting are common across the world, but there are two design motifs in particular that are instantly recognizable as uniquely Norwegian. One is the pattern of regularly spaced single stitches on a contrasting color, a design known by its somewhat wry name lusekofte, meaning "lice jacket." Another typically Norwegian element is the selburose, the eight-pointed rose found on sweaters, mittens, and hats.

lusekofte



selburose



## PART 1: THE BASICS

To begin, you will learn some of the basic stitches and techniques, then use them to create two simple projects (take at least one picture of each item to include in your pin report). You will also choose an elective activity from the list on page 14. Finally, you'll fill out a pin report form (included below) and send it with the pictures and elective activity report to Sons of Norway Headquarters to be evaluated.

To help you get started a partial list of books and additional resources can be found in the Reference section on page 15. You can also find links to free online instructional videos in the members' section of [www.sonsofnorway.com](http://www.sonsofnorway.com) under "Programming: Cultural Skills: Knitting."

To start, you will need to learn some basic knitting stitches and techniques:

- Casting on
- Casting off
- Knit stitch
- Purl stitch
- Increase stitches
- Decrease stitches
- Weaving in the ends of your yarn
- Gauge

### Part 1 Activities

#### Activity 1: Knit a simple scarf

With 2-3 skeins of yarn knit, a scarf that will demonstrate your mastery of gauge (also called tension), casting on, knit, purl and casting off and weaving in ends. Take a picture of the item and include it with the pin application form.

#### Activity 2: Knit another simple item

With the remaining yarn, knit another item that requires basic stitches and techniques. Feel free to use any pattern you like, but you can also find links to free suitable patterns in the members' section of [www.sonsofnorway.com](http://www.sonsofnorway.com) under "Programming: Cultural Skills: Knitting." Take a picture of the item and include it with the pin application form.

**Activity 3: Complete one elective activity.** Choose from any of the elective activities listed on pages 14 and 15.

(Continued on page 3)

## Submitting your work

Complete the Knitting Pin Application Form included in this section, and submit all of the following items:

- ☐ Photo of item #1
- ☐ Photo of item #2
- ☐ Elective activity report
- ☐ Unit evaluation form

★ *Remember you must include photocopies, photographs or scans of your projects and elective activity requirements with your completed pin application form. Failure to include the required items will delay the awarding of your well-deserved pin or bar! To help make this unit even better, please take time to fill out the evaluation form provided at the end of this unit.*

**Send materials** by email to [culturalskills@sofn.com](mailto:culturalskills@sofn.com) (preferred) or by mail to:

Cultural Skills Program  
Sons of Norway  
1455 West Lake Street  
Minneapolis, MN 55408

If you use traditional mail channels, please make and retain copies of all materials (including photos) prior to sending. Original items will not be returned.



## TIPS FOR PART 1:

### Basic Knitting Supplies

Before beginning you'll need to obtain a few basic supplies.

Items to include in your bag:

- 4 – 5 skeins of 50 gram worsted weight yarn in a medium solid lighter color (not variegated)
- 1 pair of size 8 straight needles
- 1 pair of scissors
- 1 yarn needle, bent tipped if possible
- 1 row counter (optional)
- Tape measure

**TIP:** Allergic to wool? No problem! Feel free to substitute non-wool yarn for all your projects.

## STYLE NOTES

There are a few different methods or approaches to knitting. Most knitters follow either the English style (in which the yarn is held in the right hand) or the Continental style (in which the yarn is held in the left hand). A third method, called stranded knitting, combines elements from the English and Continental styles. Later on in this unit you'll be knitting with two or more colors, so you will probably want to learn the Continental or stranded methods, which are easier for knitting multi-colored projects.

## ABOUT PICTURES

Many activities and this other Cultural Skills units require you to submit a picture of something you have made. These pictures document that you completed the activity and also give us an opportunity to supply feedback about your work and progress. They don't need to be anything fancy – a simple snap with your household camera will do just fine. Digital pictures can be easily emailed, though hard copies work just fine as well.



- For expedited processing, send materials by email to [culturalskills@sofn.com](mailto:culturalskills@sofn.com). Reports and pictures can be sent as attachments.
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of [www.sonsofnorway.com](http://www.sonsofnorway.com) to find a digital copy of this form that you can fill out, save and email with the rest of your report.
- Materials sent by mail may take additional time to process. Mail all materials to:  
Sons of Norway  
Cultural Skills Program  
1455 West Lake St.  
Minneapolis, MN 55408
- ★ Please make copies of materials sent by mail. Original items cannot be returned.

## PIN APPLICATION FORM - KNITTING PART 1

### CONTACT INFORMATION:

Name: \_\_\_\_\_

Mailing address: \_\_\_\_\_

City: \_\_\_\_\_

State/Province: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_

E-mail address: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

### LODGE AFFILIATION INFORMATION:

(Required) Membership #: \_\_\_\_\_

District #: \_\_\_\_\_ Lodge #: \_\_\_\_\_

### I am attaching (all required):

- Activity 1:  
☐ Photo of simple scarf
- Activity 2:  
☐ Photo of second simple item
- Elective activity # \_\_\_\_\_  
☐ Elective activity requirements (photos, copies of patterns, articles, entry forms, report, etc.)
- Evaluation Form

Have you received Cultural Skills Program pin awards previously? ☐ Yes ☐ No

If yes, please list: \_\_\_\_\_

Signature (Cultural Skills Applicant)\*\* \_\_\_\_\_ Date \_\_\_\_\_

*\*\*By signing this form and accepting awards you are giving Sons of Norway Headquarters permission to use your photos in future promotional materials.*

### FOR LODGE CULTURAL SKILLS ADMINISTRATOR OR DESIGNATED LODGE OFFICER USE ONLY

(Name of Lodge Cultural Skills Admin/Officer) \_\_\_\_\_ Date \_\_\_\_\_

Lodge Cultural Skills Admin/Officer Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail address: \_\_\_\_\_ Daytime Tel: (\_\_\_\_) \_\_\_\_\_

### FOR SONS OF NORWAY HEADQUARTERS USE ONLY

(Signature of Fraternal Dept. Cultural Skills Program Coordinator) \_\_\_\_\_ Date \_\_\_\_\_



## UNIT EVALUATION FORM - KNITTING PART 1

I am providing this evaluation form after completing Knitting - Part 1

For each of the four questions below, please check the box that fits your opinion most accurately.

	Agree	Disagree
1 Instructions for this part were easy to follow.	<input type="checkbox"/>	<input type="checkbox"/>
2 Requirements for this part were reasonable.	<input type="checkbox"/>	<input type="checkbox"/>
3 Elective activities provided a lot of choices.	<input type="checkbox"/>	<input type="checkbox"/>
4 Required activities were interesting.	<input type="checkbox"/>	<input type="checkbox"/>

This part has (check all that apply):

- ☐ Helped me gain a better appreciation of Norwegian heritage & culture.
- ☐ Increased my involvement with other lodge members (such as participation in formal & informal discussions, presentations, formal group activities, etc.).
- ☐ Increased the interest of my lodge in the Cultural Skills Program because of my participation through special interest groups, presentations, or cultural fairs.
- ☐ Offered me an opportunity to involve or pass on this skill/interest to family members or other interested individuals.
- ☐ Helped prepare me to participate in the district and/or International Folk Art Exhibition & Competition.

**FEEDBACK:** To improve the unit, please add comments and suggestions. Your comments are confidential and in no way affect the awarding of your earned pin or bar.

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Scan and email this form to [culturalskills@sofn.com](mailto:culturalskills@sofn.com) (preferred) or send it by mail to:

Cultural Skills Program  
Sons of Norway  
1455 West Lake Street  
Minneapolis, MN 55408



## PART 2: KNITTING IN THE ROUND WITH TWO COLORS

In Part 2, you will build on what you have learned so far by adding a few new skills. You will knit a two color project in the round and also learn to make steeks which allow you to continue knitting in the round while planning and making openings for sleeves.

For these skills, you will need a few extra knitting tools. Add these items to your bag:

- Point protectors sized to your needles
- Crochet hook: Size F or G (to rescue stitches)
- Circular needle: size 7 or 8 (4.5 or 5 mm) – the length will depend on the # of stitches you will need to cast on for your project(s).
- Markers: removable type
- Wool yarn, preferably a Norwegian brand - 2 contrasting colors – number of skeins will depend on your projects
- Extra sharp scissors for cutting steeks

### Knitting in the Round

Norwegian sweaters and two-color projects are easiest if knitted in the round – that is, in a circular shape with the front or “public side” always the working side. The benefits of knitting in the round are that you can always see your pattern as you knit each row and you are always using the knit stitch so your tension is likely to be even.

To knit in the round you’ll need circular needles. Circular needle tips, like straight needles, come in all different kinds of materials and sizes. Every knitter discovers his or her own personal favorites. Wood and some synthetic tips are perfect for the new knitter as they provide enough “drag” on the yarn so the knitter maintains control of the newly formed stitches and tension remains more even. If you prefer speed and have mastered the basic knit stitches, try stainless steel needles. These needles are very smooth, allowing stitches to slide easily from one needle to the other. Regardless of which type you choose, make sure the place where they join is smooth and even.

In Part 1, you may have used the Continental style of knitting. In Part 2 you’re going to use the stranded or Fair Isles method of knitting. If you need help in learning how to knit in the round and stranding with two colors, check “Cultural Skills: Knitting” under “Programming” in the members’ section of [www.sonsofnorway.com](http://www.sonsofnorway.com). You can also find a list of helpful books and other materials on page 15 of this unit.

### Steeks

Norwegian sweaters use steeks as a way to continue knitting the entire body of the sweater in a tube shape. Appropriately located steeks create a specific place that can be cut open to pick up stitches for sleeves or binding for a front opening. Because steeks are a mainstay in Norwegian knitting, you will first create a sample with a steek. You will need 2 contrasting colors of non-superwash wool yarn and a simple Norwegian or Nordic pattern.

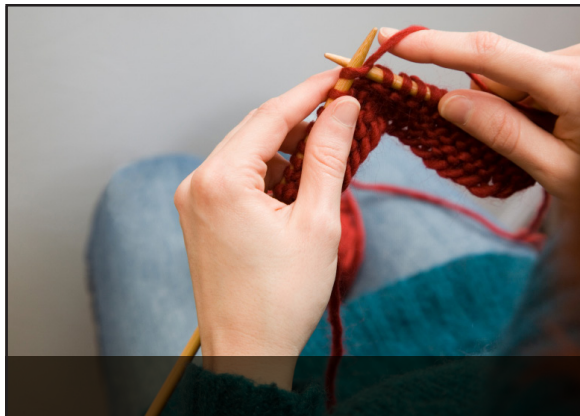
You will be creating a simple tube in this sample. Cast on 60 stitches plus 8 additional stitches with your main color on a circular needle, size 8 US or 5 mm. Knit in stocking stitch (all knit) for 3 rounds. At the beginning of the 4th round add your contrast color of yarn. Decide where your steek will be (usually between a set of completed designs or if it is an all-over design just choose a starting point). In that spot you’ll use the next 8 stitches as your steek, alternating colors for every stitch. The stranded colors in this area will later help keep the steek from unraveling. Continue knitting the design and steek section, finishing with an additional 3 rows of the main color to finish, then bind off.

(Continued on page 7)

	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	
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### READING KNITTING CHARTS

In order to knit a sweater, you’re going to need to learn how to read a knitting chart. To knit from a chart, view it as the right side of the garment you’re knitting and read it from right to left and from bottom to top. In other words you will be starting your chart reading from the bottom row on the right side. Each rectangle or square represents one stitch and each horizontal row of squares represents one row or round of knitting. The filled in squares indicate the pattern color; the empty squares indicate the background color. The charts may only show the design through a complete “repeat” and the row will be continued by repeating that horizontal set of rectangles/squares until you’ve reached the end of the round (where you have a marker to indicate you’ve made it all the way around). Because you are only using the knit stitch, the only thing you need to know is what color should be used in which place in the design. In most cases you will never use more than two colors on one row.



### KNITTING NEEDLE SIZE CONVERSION CHART:

European Metric	U.S.
2mm	0
2.25 mm	1
2.5 mm	-
2.75 mm	2
3 mm	-
3.25 mm	3
3.5 mm	4
3.75 mm	5
4 mm	6
4.5 mm	7
5 mm	8
5.5 mm	9
6 mm	10
6.5	10.5
7 mm	-
7.5 mm	-
8 mm	11
9 mm	13

After you have completed knitting your sample (try to make the sample at least 20 rows or use your design as a guide), you will either use a sewing machine to stitch 2 rows of thread on each side of the center of the steek area or you may want to crochet a chain stitch up the same columns you would sew. You can find links to online instructional videos in the members' section of [www.sonsofnorway.com](http://www.sonsofnorway.com) under "Cultural Skills: Knitting." Once you have secured your steek stitches, take a very sharp pair of scissors and cut down the middle of the center column of stitches.

## Part 2 Activities

### Activity 1: Knit a two-color item

With two skeins of wool worsted weight yarn (one light and one dark) choose a two-color Norwegian motif or pattern and use your circular needles to create a useful item. Consider making a simple hat or a headband. Choose a pattern, or buy a kit that will provide the pattern and yarn you need. For your convenience, we have included a pattern on page 16 that satisfies this requirement. These mittens were designed by Mary Knutson of Minneapolis, Minnesota, who graciously gave us permission to print her pattern and directions. Take a picture of the item and include it with the pin application form.

### Activity 2: Knit a steek sample or a pair of pulsvärmer (wristers)

For your second activity, you can choose either to knit a steek sample or a pair of "wristers" (called pulsvärmer in Norwegian) which are functional items that also use steeks.

To create the steek sample, cast on 60 stitches plus 8 additional stitches with your main color on a circular needle, size 8 US or 5 mm. Knit in stocking stitch (all knit) for 3 rounds. At the beginning of the 4th round add your contrast color of yarn. Decide where your steek will be (usually between a set of completed designs or if it is an all-over design just choose a starting point). In that place, you'll use the next 8 stitches as your steek, alternating colors for every stitch. The stranded colors in this area will later help keep the steek from unraveling. Continue knitting the design and steek section, finishing with an additional 3 rows of the main color to finish, then bind off. After you have completed knitting your sample (strive to make the sample at least 20 rows or use your design as a guide), you will either use a sewing machine to stitch 2 rows of thread on each side of the center of the steek area or you may want to crochet a chain stitch up the same columns you would sew. Once you have secured your steek stitches, take a very sharp pair of scissors and cut down the middle of the center column of stitches.

If you prefer, you can instead knit a pair of pulsvärmer. For links to pulsvärmer patterns, check out "Cultural Skills: Knitting" under "Programming" in the members' section of [www.sonsofnorway.com](http://www.sonsofnorway.com).

Regardless of which item you choose, for your report, take a picture of your work to include with your report.

**Activity 3: Complete one elective activity.** Choose from any of the elective activities listed on pages 14 and 15.

(Continued on page 8)

### Submitting your work

Complete the Knitting Pin Application Form included in this section, and submit all of the following items:

- ☐ Photo of scarf or other item
- ☐ Photo of pulsvärmer or steek sample
- ☐ Elective activity report
- ☐ Unit evaluation form

★ *Remember you must include photocopies, photographs or scans of your projects and elective activity requirements with your completed pin application form. Failure to include the required items will delay the awarding of your well-deserved pin or bar! To help make this unit even better, please take time to fill out the evaluation form provided at the end of this unit.*

**Send materials** by email to [culturalskills@sofn.com](mailto:culturalskills@sofn.com) (preferred) or by mail to:

Cultural Skills Program  
Sons of Norway  
1455 West Lake Street  
Minneapolis, MN 55408

If you use traditional mail channels, please make and retain copies of all materials (including photos) prior to sending. Original items will not be returned.





- For expedited processing, send materials by email to [culturalskills@sofn.com](mailto:culturalskills@sofn.com). Reports and pictures can be sent as attachments.
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of [www.sonsofnorway.com](http://www.sonsofnorway.com) to find a digital copy of this form that you can fill out, save and email with the rest of your report.
- Materials sent by mail may take additional time to process. Mail all materials to:  
Sons of Norway  
Cultural Skills Program  
1455 West Lake St.  
Minneapolis, MN 55408
- ★ Please make copies of materials sent by mail. Original items cannot be returned.

## PIN APPLICATION FORM - KNITTING PART 2

### CONTACT INFORMATION:

Name: \_\_\_\_\_

Mailing address: \_\_\_\_\_

City: \_\_\_\_\_

State/Province: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_

E-mail address: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

### LODGE AFFILIATION INFORMATION:

(Required) Membership #: \_\_\_\_\_

District #: \_\_\_\_\_ Lodge #: \_\_\_\_\_

### I am attaching (all required):

- Activity 1:  
☐ Photo of two color item
- Activity 2:  
☐ Photo of steak or pulsvärmer
- Elective activity # \_\_\_\_\_  
☐ Elective activity requirements (photos, copies of patterns, articles, entry forms, report, etc.)
- Evaluation Form

Have you received Cultural Skills Program pin awards previously? ☐ Yes ☐ No

If yes, please list: \_\_\_\_\_

Signature (Cultural Skills Applicant)\*\* \_\_\_\_\_ Date \_\_\_\_\_

*\*\*By signing this form and accepting awards you are giving Sons of Norway Headquarters permission to use your photos in future promotional materials.*

### FOR LODGE CULTURAL SKILLS ADMINISTRATOR OR DESIGNATED LODGE OFFICER USE ONLY

(Name of Lodge Cultural Skills Admin/Officer) \_\_\_\_\_ Date \_\_\_\_\_

Lodge Cultural Skills Admin/Officer Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail address: \_\_\_\_\_ Daytime Tel: (\_\_\_\_) \_\_\_\_\_

### FOR SONS OF NORWAY HEADQUARTERS USE ONLY

(Signature of Fraternal Dept. Cultural Skills Program Coordinator) \_\_\_\_\_ Date \_\_\_\_\_



## UNIT EVALUATION FORM - KNITTING PART 2

I am providing this evaluation form after completing Knitting - Part 2

For each of the four questions below, please check the box that fits your opinion most accurately.

	Agree	Disagree
1 Instructions for this part were easy to follow.	<input type="checkbox"/>	<input type="checkbox"/>
2 Requirements for this part were reasonable.	<input type="checkbox"/>	<input type="checkbox"/>
3 Elective activities provided a lot of choices.	<input type="checkbox"/>	<input type="checkbox"/>
4 Required activities were interesting.	<input type="checkbox"/>	<input type="checkbox"/>

This part has (check all that apply):

- ☐ Helped me gain a better appreciation of Norwegian heritage & culture.
- ☐ Increased my involvement with other lodge members (such as participation in formal & informal discussions, presentations, formal group activities, etc.).
- ☐ Increased the interest of my lodge in the Cultural Skills Program because of my participation through special interest groups, presentations, or cultural fairs.
- ☐ Offered me an opportunity to involve or pass on this skill/interest to family members or other interested individuals.
- ☐ Helped prepare me to participate in the district and/or International Folk Art Exhibition & Competition.

**FEEDBACK:** To improve the unit, please add comments and suggestions. Your comments are confidential and in no way affect the awarding of your earned pin or bar.

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Cultural Skills Program  
Sons of Norway  
1455 West Lake Street  
Minneapolis, MN 55408





## PART 3: KNITTING IN THE NORWEGIAN WAY

In Part 3 you will knit a traditional Norwegian sweater by hand. However you will need a couple additional tools:

- Smaller length circular or double pointed needles (for sleeves and necklines)
- Sewing machine (optional)

### Part 3 Activities

**Activity 1: Knit a Norwegian sweater that has 2 or more colors, uses pattern charts with written directions and features a Norwegian motif.**

Take a minimum of two photos of your sweater – one photo of the sweater in-progress and the second one of the completed sweater. Make a copy of the charts you used. Include your pictures and a copy of the charts you used when you submit your pin application form.

**Activity 2: Complete one elective activity.** Choose from any of the elective activities listed on pages 14 and 15.

### Submitting your work

**Complete the Knitting Pin Application Form included in this section, and submit all of the following items:**

- ☐ Two photos of your sweater, 1 in process, 1 completed
- ☐ Copy of chart used
- ☐ Elective activity requirements
- ☐ Unit evaluation form

★ *Remember you must include photocopies, photographs or scans of your projects and elective activity requirements with your completed pin application form. Failure to include the required items will delay the awarding of your well-deserved pin or bar! To help make this unit even better, please take time to fill out the evaluation form provided at the end of this unit.*

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Minneapolis, MN 55408

If you use traditional mail channels, please make and retain copies of all materials (including photos) prior to sending. Original items will not be returned.

**TIP:** Norwegian sweaters do not always need to be knitted in wool. Once you've mastered the stranded knitting technique (easiest to learn by using wool fibers), you can transfer those techniques to other fibers, adjusting your needles, tension and tools to help make it happen.

- For expedited processing, send materials by email to [culturalskills@sofn.com](mailto:culturalskills@sofn.com). Reports and pictures can be sent as attachments.
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of [www.sonsofnorway.com](http://www.sonsofnorway.com) to find a digital copy of this form that you can fill out, save and email with the rest of your report.
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Cultural Skills Program  
1455 West Lake St.  
Minneapolis, MN 55408
- ★ Please make copies of materials sent by mail. Original items cannot be returned.

## PIN APPLICATION FORM - KNITTING PART 3

### CONTACT INFORMATION:

Name: \_\_\_\_\_

Mailing address: \_\_\_\_\_

City: \_\_\_\_\_

State/Province: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_

E-mail address: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

### LODGE AFFILIATION INFORMATION:

(Required) Membership #: \_\_\_\_\_

District #: \_\_\_\_\_ Lodge #: \_\_\_\_\_

### I am attaching (all required):

1. Activity 1:

- ☐ Two project photos, 1 in-process, 1 completed  
☐ Copy of chart

2. Elective activity # \_\_\_\_\_

- ☐ Elective activity requirements (photos, copies of patterns, articles, entry forms, report, etc.)

3. Evaluation Form

Have you received Cultural Skills Program pin awards previously? ☐ Yes ☐ No

If yes, please list: \_\_\_\_\_

Signature (Cultural Skills Applicant)\*\*

Date

*\*\*By signing this form and accepting awards you are giving Sons of Norway Headquarters permission to use your photos in future promotional materials.*

### FOR LODGE CULTURAL SKILLS ADMINISTRATOR OR DESIGNATED LODGE OFFICER USE ONLY

(Name of Lodge Cultural Skills Admin/Officer)

Date

Lodge Cultural Skills Admin/Officer Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E- Mail address: \_\_\_\_\_ Daytime Tel: (\_\_\_\_) \_\_\_\_\_

### FOR SONS OF NORWAY HEADQUARTERS USE ONLY

(Signature of Fraternal Dept. Cultural Skills Program Coordinator)

Date





## UNIT EVALUATION FORM - KNITTING PART 3

I am providing this evaluation form after completing Knitting - Part 3

For each of the four questions below, please check the box that fits your opinion most accurately.

	Agree	Disagree
1 Instructions for this part were easy to follow.	<input type="checkbox"/>	<input type="checkbox"/>
2 Requirements for this part were reasonable.	<input type="checkbox"/>	<input type="checkbox"/>
3 Elective activities provided a lot of choices.	<input type="checkbox"/>	<input type="checkbox"/>
4 Required activities were interesting.	<input type="checkbox"/>	<input type="checkbox"/>

This part has (check all that apply):

- ☐ Helped me gain a better appreciation of Norwegian heritage & culture.
- ☐ Increased my involvement with other lodge members (such as participation in formal & informal discussions, presentations, formal group activities, etc.).
- ☐ Increased the interest of my lodge in the Cultural Skills Program because of my participation through special interest groups, presentations, or cultural fairs.
- ☐ Offered me an opportunity to involve or pass on this skill/interest to family members or other interested individuals.
- ☐ Helped prepare me to participate in the district and/or International Folk Art Exhibition & Competition.

**FEEDBACK:** To improve the unit, please add comments and suggestions. Your comments are confidential and in no way affect the awarding of your earned pin or bar.

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Scan and email this form to [culturalskills@sofn.com](mailto:culturalskills@sofn.com) (preferred) or send it by mail to:

Cultural Skills Program  
Sons of Norway  
1455 West Lake Street  
Minneapolis, MN 55408





## Unit 6: ELECTIVE ACTIVITIES

### WHAT'S A SUMMARY OR A REPORT?

The writing required by an elective activity is used to explain what you've experienced or learned. Focus on what you learned and not on spelling or grammar; your report is not graded. And, if it makes writing easier, just imagine writing a letter to a friend! Please write a minimum of 2 or 3 paragraphs unless otherwise stated in the elective. However, if you wish to write more and would like to enclose additional photos, articles, etc. please feel free to do so.

Select one elective activity for each part of this unit. All the activities are appropriate for all three levels of this unit.

- 1 Participate in a knitting class in your lodge or community. Attend at least four meetings. Write a short report about your experience, discussing what new skills you learned, what you found difficult or not, etc. Include your report with your pin application form.
- 2 Research the history of Norwegian knitting. Write a one-page report and submit it with your pin application form. Also, consider submitting your report to your lodge newsletter.
- 3 Research the traditional Norwegian designs used in patterns. Find out what regions the designs came from and what they represent. Write a one page summary of your research efforts. Submit your summary with your pin application form. Also, consider giving your report to your lodge newsletter editor for publication.
- 4 Research contemporary Norwegian knitting. Look for articles about or images of today's designs and designers. Write a one page summary of your research efforts and include it with your pin application form. Also, consider giving your report to your lodge newsletter editor for publication.
- 5 Establish a Norwegian knitting class in your lodge or community. Work together with the group to fulfill the requirements for this unit. Conduct a minimum of four meetings. Enclose a one or two-paragraph summary of your activities with your report.
- 6 Share what you have learned about basic knitting with a family member, lodge member or friend. Focus on teaching someone from a younger generation. Write a summary of the experience covering who you shared the knitting experience with and what challenges you encountered while teaching. Submit the summary with your pin application form.
- 7 Set up a Cultural Skills Help Night in your lodge or community. Invite experts on Norwegian crafts — knitting, Hardanger, woodcarving, etc. — to assist members who need help in completing requirements for Cultural Skills units. Enclose a two-paragraph or a photo of you and the members working on their crafts along with your pin application form.
- 8 Visit a Scandinavian gift shop, crafts show, or county or state fair to find examples of Norwegian knitting designs. Interview a knitter or salesperson knowledgeable about Norwegian designs. If your interview subject is a knitter, be sure to ask how he or she became interested in knitting and what is satisfying or challenging about the activity. If he or she is a salesperson, ask about what draws individuals, of Scandinavian heritage and otherwise, to purchase Norwegian knitted items. Ask permission to take photos, or obtain pictures of several garments. Then, write a short summary including information you learned and interview quotes. Be sure to include garment photos with your report.
- 9 Enter a piece of your knitting in a folk art or craft competition in your community. The piece entered should be appropriate for the level (or above) of this unit that you're working on. Include a photo of your project, preferably one showing it on display or a copy of your registration form. Submit all materials with your pin application form.
- 10 Enter your work in a Sons of Norway convention folk art competition at the district or international level. Include a photo of your project, preferably one showing it on display at the convention or a copy of your registration form. Submit all materials with your pin application form.
- 11 Organize an exhibit of Norwegian knitting and/or other Norwegian folk arts in your lodge or community. Invite local knitters and other artists to show their creations and demonstrate their craft techniques. Strive to show a minimum 25 articles collectively — you may want to involve other lodges, lodge members or other organizations to cosponsor the exhibit. Enclose a short summary and a photo of your event with your pin application form.

- 12 Create your own Norwegian sweater design and knit it. Create a chart of your design with notations showing color changes (a photo, copy or scan of the colored chart will work). There are websites that give directions on how to go about creating your own designs, and some books give hints and tips. Special knitting graph paper can be purchased or downloaded to make sure your design will work out appropriately. Submit a photocopy of your 8.5" x 11" graphed design along with a picture of your finished piece. Submit all with your pin application form
- 13 Create your own elective activity. Don't see the elective activity that you wish to do? Make a suggestion by emailing [culturalskills@sofn.com](mailto:culturalskills@sofn.com), or call 1-800-945-8851 and ask for Cultural Skills.

## KNITTING REFERENCES

There are wonderful resources available online, in print and on CDs to help make your knitting experience more enjoyable. In addition, consider taking classes at your local yarn shop. For complete references, check out "Cultural Skills: Knitting" under "Programming" in the members' section of [www.sonsofnorway.com](http://www.sonsofnorway.com).

### Websites

The following websites may be particularly helpful when looking for yarns, books, and instructional help:

- [www.arnhild.com](http://www.arnhild.com)
- [www.bhg.com/crafts](http://www.bhg.com/crafts)
- [www.caron.com](http://www.caron.com)
- [www.clover-usa.com](http://www.clover-usa.com)
- [www.coatsandclark.com](http://www.coatsandclark.com)
- [www.creativepartnersllc.com](http://www.creativepartnersllc.com)
- [www.garnstudio.com](http://www.garnstudio.com)
- [http://groups.yahoo.com/group/norgeknit](http://http://groups.yahoo.com/group/norgeknit)
- [www.helloyarn.com](http://www.helloyarn.com)
- [www.ingebretsens.com](http://www.ingebretsens.com)
- [www.interweave.com](http://www.interweave.com)
- [www.kidsknits.com](http://www.kidsknits.com)
- [www.knit911.com](http://www.knit911.com)
- [www.knitpicks.com](http://www.knitpicks.com)
- [www.knittinguniverse.com](http://www.knittinguniverse.com)
- [www.knitting.about.com](http://www.knitting.about.com)
- [www.learntoknit.com](http://www.learntoknit.com)
- [www.leisurearts.com](http://www.leisurearts.com)
- [www.lionbrand.com](http://www.lionbrand.com)
- [www.msyg.com](http://www.msyg.com)
- [www.nordicfiberarts.com](http://www.nordicfiberarts.com)
- [www.ravelry.com](http://www.ravelry.com)
- [www.theknittingsite.com](http://www.theknittingsite.com)
- [www.vogueknitting.com](http://www.vogueknitting.com)
- [www.warmupamerica.org](http://www.warmupamerica.org)
- [http://weavingrainbow.com/cottagecreations.html](http://http://weavingrainbow.com/cottagecreations.html)
- [www.wrights.com](http://www.wrights.com)

### Books

Books are an invaluable resource for every knitter and there are many from which to choose. Here are just a very few:

- "Kids Knitting" by Melanie Falick
- "Easy Knitted Accessories" by Jeanette Trotman
- "Knitting Without Tears" by Elizabeth Zimmerman
- "Knitter's Companion" by Vicki Square
- "First Knits" by Luise Roberts
- "Vogue Knitting: The Ultimate Knitting Book" edited by Trisha Malcolm
- "Vogue Knitting on the Go! Beginner Basics" by Trisha Malcolm
- "Knit Scarves! 16 Patterns to Keep You Warm" by Candi Jensen
- "Knitting for Dummies" by Pam Allen
- "The Knitting Experience: Book 1 The Knit Stitch" by Sally Melville, Elaine Rowley and Alexis Xenakis
- "The Knitting Experience: Book 2 The Purl Stitch" by Sally Melville, Elaine Rowley and Alexis Xenakis
- "Ethnic Knitting Discovery: The Netherlands, Denmark, Norway, and The Andes" by Donna Druchunas
- "Setesdal Sweaters" by Annemor Sundbø
- "Selbuvotter: Biography of a Knitting Tradition" by Terri Shea
- "Knitting with a Smile" by Inger Fredholm
- "Alice Starmore's Book of Fair Isle Knitting" by Alice Starmore
- "Norwegian Patterns for Knitting: Classic Sweaters, Hats, Vests, and Mittens" by Mette N. Handberg
- "Traditional Scandinavian Knitting" by Sheila McGregor
- "Viking Patterns for Knitting" by Elsebeth Lavold

### CHILD'S NORWEGIAN MITTENS

**Skill level:** Intermediate

**Materials needed:**

- Yarn: 3 50-gram skeins of Peer Gynt, Heilo or other sport weight yarn. 2 skeins main color (MC) 1 skein contrasting color (CC).
- Needles: #4 US (3.5 mm) double-pointed set
- Gauge: 6 stitches = 1 inch

Follow pattern from right to left for first mitten.

1. Cast on 30 stitches evenly distributed on the needles.
2. Knit 2, purl 2, following the pattern for the ribbing.
3. Knit the next row and increase to 42 stitches.
4. Knit the first 5 rows of the pattern. At the end of row 5, knit 3 stitches in the next stitch (CC, MC, CC)
5. Continue with 3 stitches for the thumb pattern.
6. Continue with increasing stitches every third row for the thumb as indicated on diagram.
7. Transfer 7 thumb stitches on to a large safety pin.
8. Cast on 7 new stitches and continue with pattern. In the next row, increase a stitch on each side of the thumb so the pattern will come out right.
9. When mittens are long enough (see diagram), begin the tapering.
10. Knit two stitches together where indicated on pattern (at beginning and ending of each side of the mitten).
11. When there are 3 stitches left on each side, break the yarn. Using a darning needle, thread the yarn through the stitches on the needle and pull tight. Thread the needle through the closure. Turn the mitten inside out and anchor the yarn by weaving in the loose ends.

**Thumb**

1. Transfer the 7 stitches from the safety pin onto the needle.
2. Pick up 11 more stitches divided on two needles.
3. Knit the pattern on the thumb and finish it off as on the main part of the mitten.
4. Weave in all loose yarn with a darning needle or crochet hook.

