

# Beginners

## NOTES

### KNITTING BASICS

One fast and simple method  
to learn to knit

Two needles...  
one ball of wool...  
zero hang-ups.



## | SUMMARY |

BEGINNERS NOTES	>	p. 3
KNITTING: STITCHES/TECHNIQUES/TIPS	>	p. 14
CROCHET: STITCHES/TECHNIQUES	>	p. 22
EMBROIDERY: STITCHES	>	p. 24
LEGENDS AND ABBREVIATIONS	>	p. 25
QUALITIES (YARN TYPE)	>	p. 27
YARN MATCHING	>	p. 29
CARING FOR YOUR CREATIONS	>	p. 30
MEASUREMENTS	>	p. 31



# | LEVELS OF DIFFICULTY |



**BBBBBB**  
E A S Y

## MY FIRST GARMENTS

From now on learn to make your first raglans and fitted sweaters.

Patterns: XX



**BBBBBB**  
I N T E R M E D I A T E

## MY MORE COMPLICATED "PATTERN" STITCHES

You will be able to make simple cables and lace stitches, but also your first intarsia and then discover the more complicated intarsia designs.

Patterns: XX



**BBBBBB**  
B E G I N N E R

## MY FIRST STEPS IN KNITTING

Make your first projects learning garter stitch and stocking stitch. Then, learn how to cast off the stitches.

Patterns: XX



**BBBBBB**  
E A S Y

## MY FIRST SIMPLE "PATTERN" STITCHES

At this point, you'll be able to combine knit and purl stitches to perform basic patterns: ribs, moss stitch, corn stitch ... Also learn how to change the yarn to make stripes, decrease and increase.

Patterns: XX



**BBBBBB**  
I N T E R M E D I A T E

## MY EXPERTISE IS CONFIRMED

Use lots of different stitches and have fun mixing them together.

Patterns: XX



**BBBBBB**  
E X P E R T

## MY EXPERTISE IS RECOGNIZED

So spoil yourself by meeting all the challenges and making the most daring designs, the most creative and most original. And please the ones you love!

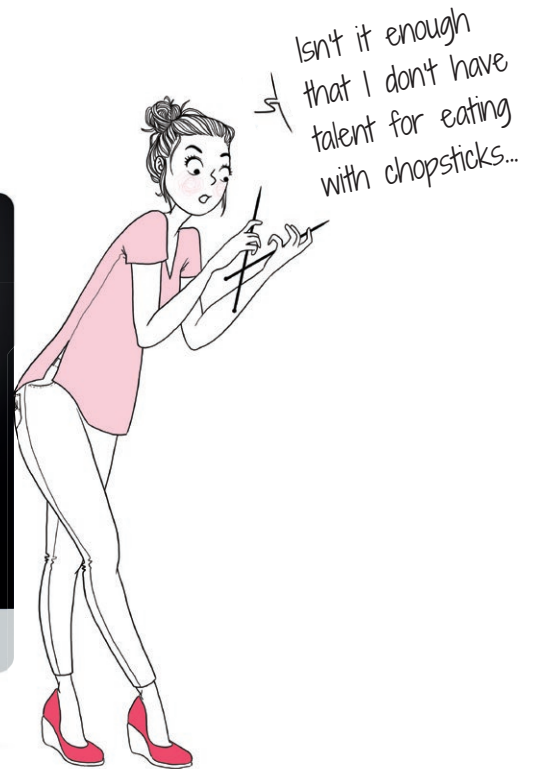
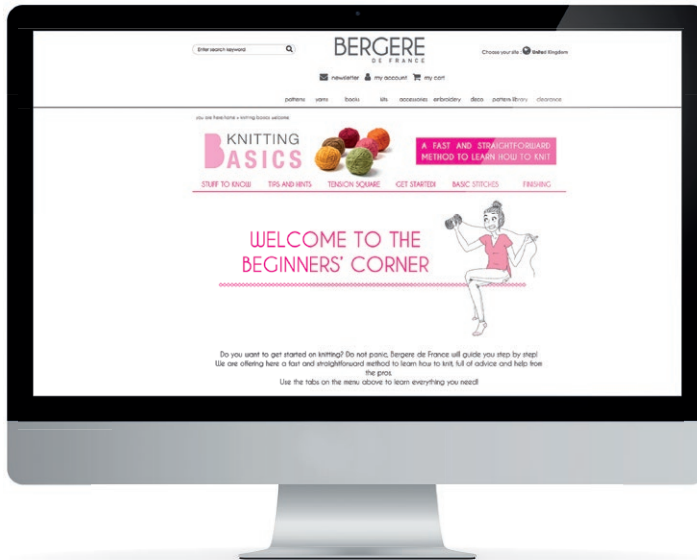
Patterns: XX

THE 'STUFF'  
TO KNOW



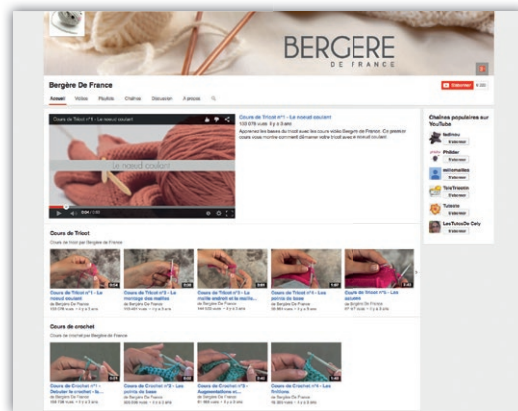
## OUR WEBSITE

[www.bergeredefrance.co.uk/im-a-beginner](http://www.bergeredefrance.co.uk/im-a-beginner)



## OUR YOUTUBE CHANNEL

All our video tutorials (in french) are available at :  
[www.youtube.com/bergerefr](http://www.youtube.com/bergerefr)



**DON'T PANIC!**  
**BERGÈRE DE FRANCE IS ACCOMPANYING ME**



## OUR DEDICATED EMAIL

Stuck in the middle of your work? Need a clarification concerning the instructions? Do not hesitate to contact us. An expert knitter will take the time to provide the answers and all the help you need.

[knittingquery@bergeredefrance.com](mailto:knittingquery@bergeredefrance.com)

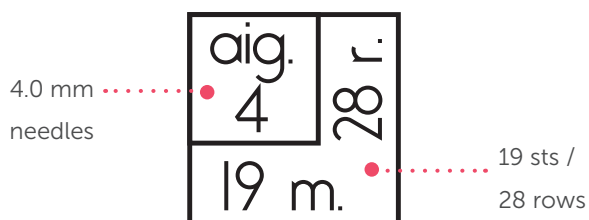
From Monday to Friday, during office hours

## THE NEEDLES



- ▶ The needles are **numbered**, yes like pairs of shoes!
  - The needle number is the diameter in mm.
  - The lower the number, the smaller the needle.
  - The higher the number, the larger the needle.

## THE WOOL



- ▶ The yarns, like needles, **have different sizes**. To find out which yarn is knitted with which needles refer to the number listed in the middle of the symbol above, shown on all balls of wool.

When starting out, it is better to avoid too fine a yarn, because the finer the yarn the longer it will take to complete the project.

## THINGS TO HAVE ON HAND



The amount of wool needed for your project



A pair of needles the correct size for your yarn



A wool needle



A pair of scissors



A tape measure



Dressmakers pins

THAT'S IT, I AM STARTED !

I PICK UP MY NEEDLES,  
1, 2, 3... I'M OFF !

TIPS AND  
HINTS FOR  
KNITTERS

It is important to read the explanations and follow the steps in the order given

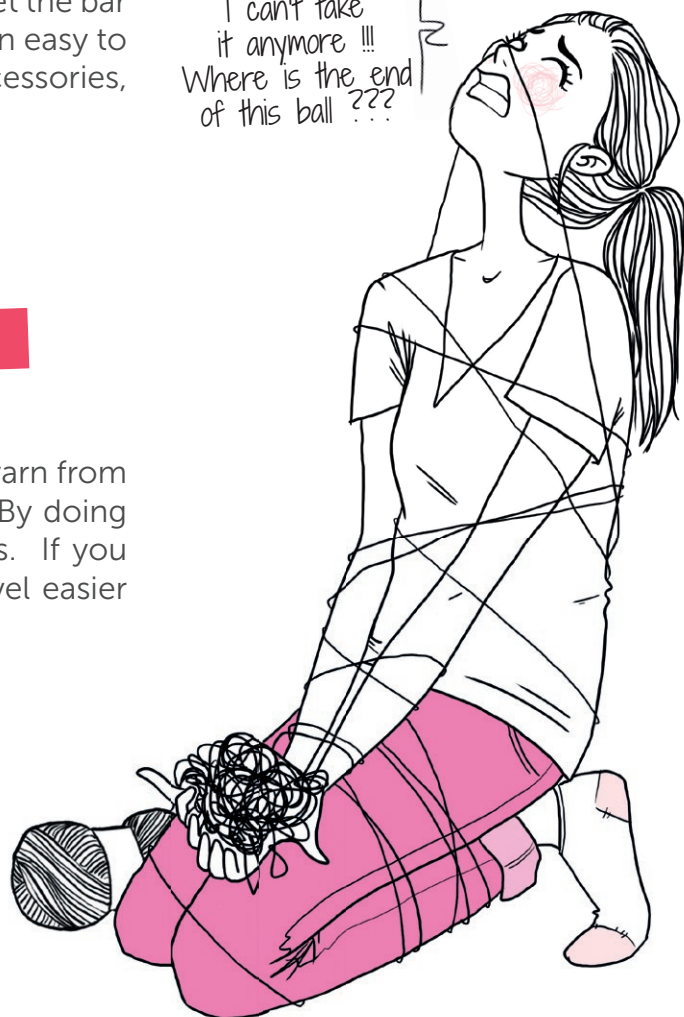
## I CHOOSE THE RIGHT PATTERN

- ▶ To ensure your first steps into the world of knitting are a complete success, it is critical not to set the bar too high! Get started on a "beginner" pattern easy to follow as well as quick to make (scarves, accessories, baby designs...).

Aaaaaaagh !!!  
I can't take  
it anymore !!!  
Where is the end  
of this ball ???

## I GET OUT THE BALL OF YARN

- ▶ When starting a ball, it is better to take the yarn from the inside of the ball and not the outside. By doing this the ball will not unwind or form knots. If you take your yarn from the inside it will unravel easier and your knitting will be quicker.



## IMPORTANT

Try knitting flexibly and smoothly, **don't pull the yarn** or your stitches will be very tight and difficult to knit.

- ▶ **To obtain an even tension,** Make small squares, dolls clothes, accessories. **Practice** until it becomes natural and easy to do, then move on to mittens, scarves and more.

Feel free to use novelty yarns so that small imperfections go unnoticed.

- ▶ **Always finish the row** before putting down your knitting, as your stitches can stretch and a gap can form if knitting is left in the middle of a row. Don't hesitate to count stitches as you work, you will know sooner if you have dropped a stitch or created a new stitch in error. You will then have less work to undo if you have to go back.

## I CHANGE TO A NEW BALL OF YARN

- ▶ Always change at the beginning of a row. At the end of the last row cut your yarn leaving a 10 cm strand. Start the next ball of yarn leaving a 10 cm strand at the beginning before your 1st stitch.

## CHECK YOUR TENSION

- ▶ Before you start working on a pattern, make sure that the end-result will be perfect by making a swatch.

You've got to make sure that your knitting tension is exactly the same as the tension in our pattern. If it isn't, your garment is likely to be too big or too small.

### ▶ HOW TO MAKE A SWATCH ?

Using the yarn, needles, and stitch specified for the pattern, work a square at least 6 in (15 cm) on a side.

Iron the square lightly on the wrong side under a damp cloth or using a steam iron. If the swatch is worked in ribbing, stretch it slightly. With a ruler, count the sts to equal 4 in (10 cm) widthways and 4 in (10 cm) lengthways.

Compare the result with the sample given in our instructions.

#### **Your tension square matches ours !**

You can start your knitting, you can be sure your project will have the same dimensions as the grid.

#### **Your sample has more stitches and rows ?**

Your knitting is too tight. Make another swatch with needles one size larger.

#### **Your sample has fewer stitches and rows ?**

Your knitting is too loose. Make another swatch with needles one size smaller. When your swatch matches ours, you're ready to follow the instructions. You can expect to end up with a garment that's just right.

**BEWARE:** It is important to achieve an exact number of stitches for the design to fit correctly.

However, the number of rows can be adapted depending on the height indicated in cm.





I CAST ON  
THE STITCHES

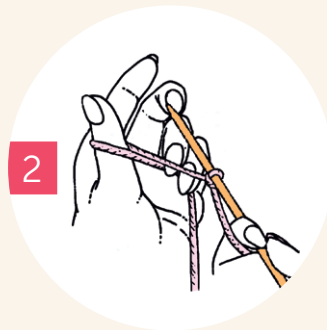
Casting on is the start of the knitting.



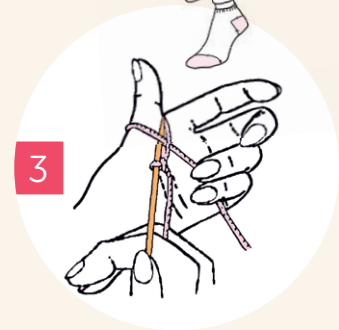
Seeing it live is even easier !  
Find our video tutorials on  
[www.youtube.com/bergerefr](http://www.youtube.com/bergerefr)



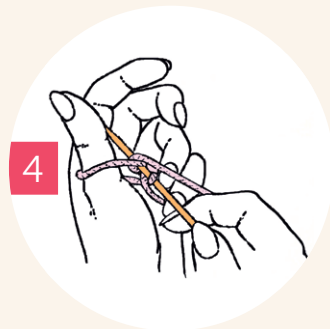
1 Form a knot around the needle about a yard (metre) from the end of the yarn and slip it under the needle. Gently pull the yarn end. Hold the needle in your right hand, with the yarn running from the ball over your index finger.



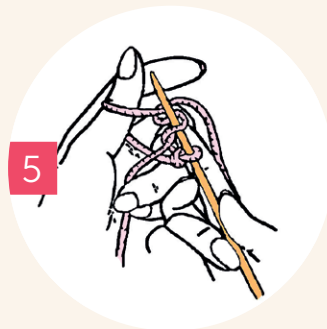
2 Wind the free end of the yarn around your left thumb, holding it in place with your ring finger and little finger. Hold the yarn coming from the ball with your right hand.



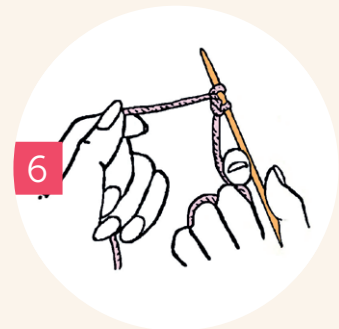
3 Tuck the needle under your arm to hold it steady. Insert the tip of the needle under the first strand of yarn over your thumb.



4 Using the right index finger, pass the yarn from the ball over the tip of the needle and hold it next to the needle with your right hand.



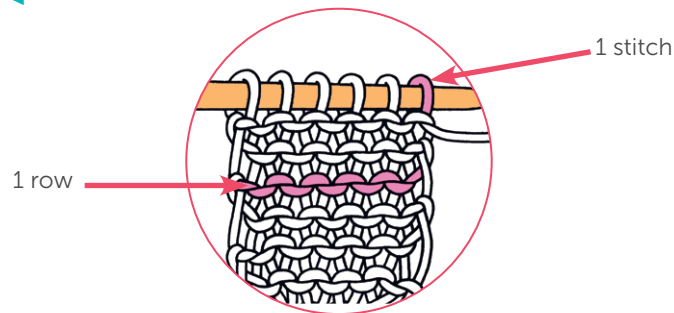
5 Pass the loop in front of the tip and, when the loop is under the needle, withdraw your thumb.



6 Gently pull on the yarn end with your left hand, using your right hand to steady the stitch thus formed.

Repeat from step 2 until you have formed the required number of stitches.

Knitting is composed of stitches, the stitches form rows. The sequence of stitches and rows create pattern names (garter stitch, stocking st...).



## KNIT

► Hold the needle with the cast-on stitches in your left hand with the yarn at the back of the work. Insert the right-hand needle from left to right in the first stitch, passing under the left-hand needle.



Wind the yarn around the right-hand needle passing under and over the tip and hold the yarn against the right-hand needle with your right hand..



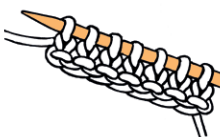
Insert the tip of the right-hand needle into the stitch on the left-hand needle and again over the left-hand needle. The loop thus formed on the right-hand needle is a knit stitch.



Let the loop drop off the left-hand needle and keep the new stitch on the right-hand needle.



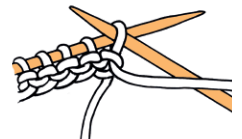
To knit a row, repeat steps 1 to 4 until all the stitches have passed from the left to the right-hand needle.



Turn the work, take the needle with the stitches in your left hand, and work the next row.

## PURL

► Hold the needle with the cast-on stitches in your left hand with the yarn in front of the work. Insert the right-hand needle from right to left in the first stitch on the left-hand needle.



Wind the yarn around the right-hand needle passing over and under the tip and hold the yarn against the right-hand needle with your right hand.



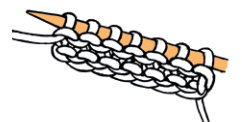
Insert the tip of the right-hand needle into the stitch on the left-hand needle and again under the left-hand needle. The loop thus formed on the right-hand needle is a purl stitch.



Let the loop drop off the left-hand needle and keep the new stitch on the right-hand needle.



To purl a row, repeat steps 1 to 4 until all the stitches have passed from the left to the right-hand needle.



Turn the work, take the needle with the stitches in your left hand, and work the next row.

I DISCOVER  
THE BASIC  
STITCHES

Sorry ?  
What was that darling ?  
A restaurant ? Tonight ?



Thanks, but  
I already  
have a date !

## GARTER STITCH



- ▶ When you knit every row, the resulting pattern is called garter stitch.

## STOCKING STITCH



- ▶ Row 1 (right side) : knit.  
Row 2 (wrong side) : purl.  
Repeat these 2 rows.

## REVERSE STOCKING STITCH

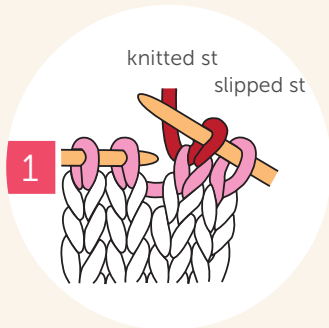


- ▶ Row 1 (right side) : purl.  
Row 2 (wrong side) : knit.  
Repeat these 2 rows.

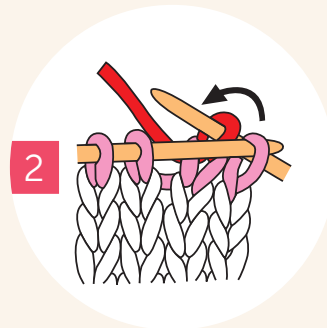


Seeing it live is even easier !  
Find our video tutorials on  
[www.youtube.com/bergerefr](http://www.youtube.com/bergerefr)

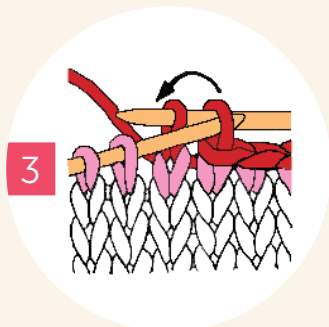
## CASTING OFF THE STITCHES



On the right side of work, slip 1 stitch onto the right needle as if to purl.



Using the left needle pass the slipped stitch over the top of the 2nd stitch on the right hand needle. You have cast off 1 stitch.



Knit the next stitch and with the left needle, pass the 1st stitch on needle over the top of the current stitch. One stitch remains on right needle.



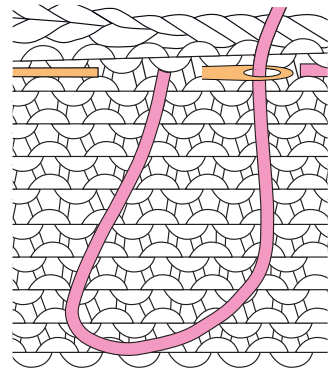
Repeat this sequence until all stitches from the left needle have been worked and only one stitch remains on right needle. Cut thread 10 cm from work and pull through remaining stitch using needle.



Seeing it live is even easier !  
Find our video tutorials on  
[www.youtube.com/bergerefr](http://www.youtube.com/bergerefr)

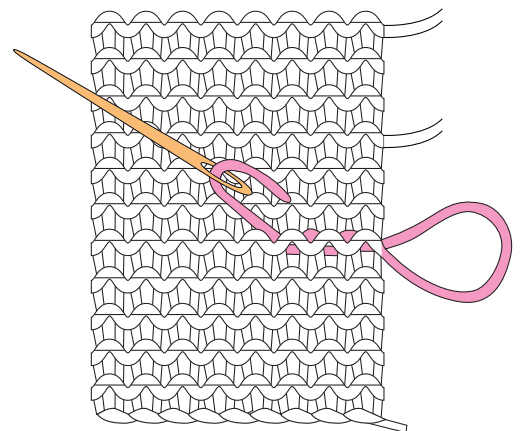
## BACKSTITCHED SEAM

- ▶ Place the 2 pieces right sides together. Thread a tapestry needle with the matching yarn, insert the needle through both thicknesses, matching stitch for stitch, and bring the needle out 2 rows further along.



## WEAVING IN THE YARN

- ▶ After sewing together the pieces you must weave in the loose ends. On the wrong side of the knitting using the yarn needle, slip the yarn end through a few stitches and then cut the yarn.



There are  
even more  
stitches and tips  
at the end of the  
catalogue.

# | BASIC KNITTING STITCHES |

## Garter stitch

When you knit every row, the resulting pattern is called garter stitch.



## Seed or moss stitch

Cast on an uneven number of stitches.

Row 1 : knit 1, purl 1, repeat these 2 stitches.

Row 2 and subsequent rows : purl over knit stitches, knit over purl stitches.



## Stocking stitch

Row 1 (right side) : knit.  
Row 2 (wrong side) : purl.  
Repeat these 2 rows.



## Corn stitch

Cast on an uneven number of stitches.

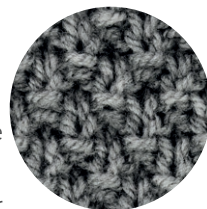
Row 1 : knit 1, purl 1, repeat these 2 stitches, ending with knit 1.

Row 2 : purl over purl stitches, knit over knit stitches.

Row 3 : purl over knit stitches, knit over purl stitches.

Row 4 : purl over purl stitches, knit over knit stitches.

Repeat these 4 rows.



## Reverse stocking stitch

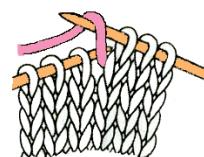
Row 1 (right side) : purl.  
Row 2 (wrong side) : knit.  
Repeat these 2 rows.



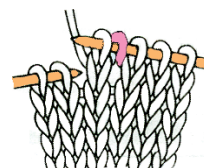
## Yarn forward

By bringing the yarn forward you add a stitch and make an eyelet.

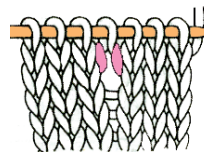
Bring the yarn in front of the work then over the right-hand needle.



Work the next stitch on the left-hand needle. The yarn forward loop forms an extra stitch with a hold at its base on the right-hand needle.



Next row : When you come to the yarn forward loop, purl it as you would any other stitch; you now have 1 extra stitch.



## 1/1 rib

Cast on an uneven number of stitches.

Row 1 : knit 1, purl 1, and repeat these 2 stitches to the last stitch, knit 1.

Row 2 and subsequent rows : purl over the purl stitches, knit over the knit stitches.

Repeat these 2 rows.



## 2/2 rib

Cast on a multiple of 4 stitches + 2 (e.g., 22 stitches).

Row 1 : knit 2, purl 2, and repeat to the last stitches, knit 2.

Row 2 and subsequent rows : purl over the purl stitches, knit over the knit stitches.

Repeat these 2 rows.



# Technical

## NOTES

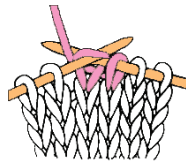
STICHES  
TIPS  
HINTS

Two needles...  
one ball of wool...  
zero hang-ups.

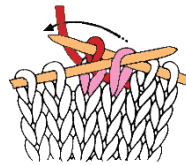


## Single decrease

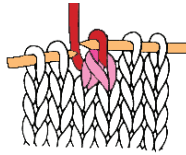
Slip a stitch on to the right-hand needle as if to knit.  
Knit the next stitch.



Using the left-hand needle, pass the slipped stitch over the stitch you just worked.

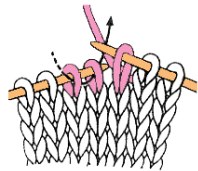


After working a single decrease, you have 1 less stitch on the needle.

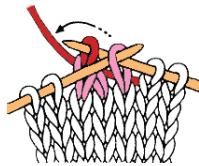


## Double decrease

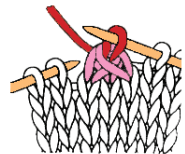
Slip a stitch on to the right-hand needle as if to knit.  
Knit the next 2 stitches together.



Using the left-hand needle, pass the slipped stitch over the 2 stitches you just worked.

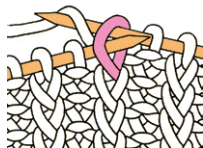


After working a double decrease, you have 2 fewer stitches on the needle.



## Twisted knit stitch

Knit the stitch, inserting the needle through the back loop to twist the new stitch.



## Twisted purl stitch

Purl the stitch, inserting the needle under the back loops to twist the new stitch.

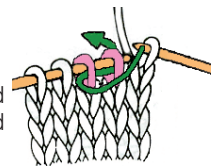


## Nonstitch or suppressed stitch

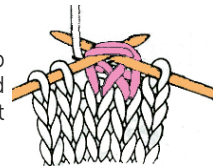
Sometimes, the number of stitches varies from row to row in a pattern; the nonstitches or suppressed stitches are represented by black squares on the chart. When you follow the chart, do not try to work the black squares but go directly to the next square.

## Knit 2 together

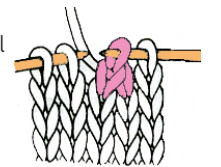
Put the right needle through the 2nd then the 1st stitch on the left hand needle.



Knit the 2 stitches together (wrap yarn around right hand needle and pull through the 2 stitches on the left needle).



By knitting 2 stitches together you will have 1 less stitch on the needle..

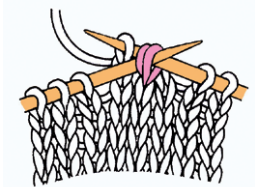


## Working in reverse

When instructed on the front of a garment, for example a jacket, to work the other front in reverse. If you increased or decreased at the beginning of a right side row on the first front you must increase or decrease at the end of the right side row on the second front at the same measurement. The positions of the stitches used will also be reversed, if you ended with a ribbed section for a border on the first front you will start with the ribbed section on the second front. However the pattern should remain the same (do not reverse a cable twist for example).

## Double decrease slip slip knit

Slip 2 stitches as if to knit. Knit 1.  
Pass the 2 slipped stitches over the stitch just worked..

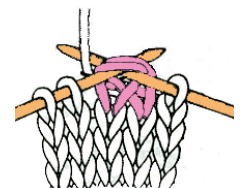


## Raglan decreases

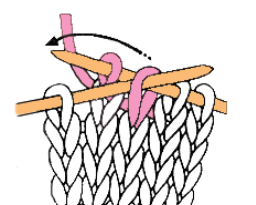
This method of decreasing is always used for Raglan sleeves. It forms a line of slanting stitches parallel with the seam. The decrease is worked with the right side facing, one or more stitches from the edge.

The example shows decreases 1 stitch from the edge :

At beginning of row, with right side facing, knit 1, slip 1, knit 1, pass slipped stitch over (See above).



Continue the row as indicated. When 3 sts are left on the left-hand needle, knit the next 2 sts together (see knit 2 together, page 7), knit the last stitch.

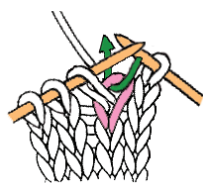




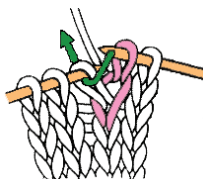
## Increases within a row

When you need to increase a stitch in a row you will need to work twice into one stitch.

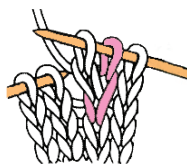
Put your right needle through the loop of the stitch below the current stitch on your left needle, knit into this stitch.



Work the stitch on your left needle as normal.

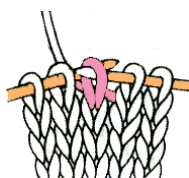


You will have one more stitch.



## Slipped stitch

With the yarn at the back of the work, insert the right-hand needle into the next stitch from right to left, as if to purl. Slip the stitch on to the right-hand needle and continue working as given.



**Next row :** Purl the slipped stitch.

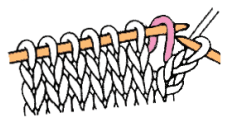
## Increases 1 stitch in from edge of row

These increases are always done on the right side of work, 1 stitch in from the edge.

At the beginning of the row, on the right side of work, knit 1 stitch, put the right needle under the horizontal thread before the first stitch on left needle.



Put this strand onto the left needle.

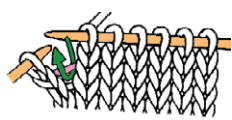


Knit into the back of this loop to twist it.



This prevents a gap forming at the bottom of the increased stitch. Continue along the row.

At the end of the row, on the right side of work, work until 1 stitch remains on left needle, pass right needle through the back of the horizontal thread between stitches and place on left needle.

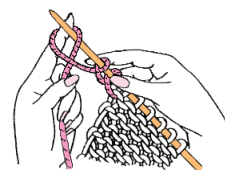


Knit this stitch as normal then knit last stitch.

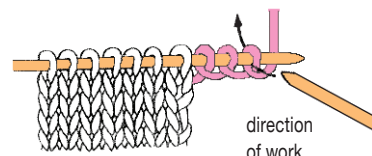


## Increases of one stitch or more at end of work

Wrap yarn around the needle at the beginning of the row as many times as you need stitches. If you are increasing at each end you will also need to do at the end of the row.



Work these stitches as knit or purl in the pattern required.



## Stretch cast-on

Short Row Shaping Short rows are rows which are not worked in their entirety, this gives a curve to the work as more rows are completed on one side than the other. They can be used on just one side of work or both sides, creating a gentle slope instead of the stepped edge created by casting off a series of stitches.

When told to turn the work during the progress of a row you will not work the remaining stitches on the left hand needle.

To avoid creating a hole when you turn the work, after turning, with the yarn at the front of work (as if about to purl), slip the 1st stitch on the left hand needle onto the right hand needle as if to purl, then take yarn back to back of work (called a wrap) & work the remaining stitches as normal. When you have finished the short row shaping and need to knit across the whole row you need to knit together the wrap & the next stitch. Take the wrapped stitch back over the top of next stitch then knit both together.

## Stretch cast-on

Take a ball of yarn in a contrasting colour and cast on half the required number of stitches plus 1 extra.

For example : If the pattern tells you to cast on 45 stitches, using the contrasting yarn cast on  $\frac{45 + 1}{2} = 23$  stitches.

Now, using the yarn you intend to work the pattern with, work as follows :

**Row 1 :** \* knit 1, bring yarn forward under the needle, yarn over \*. Repeat from \* to \*. End with knit 1.

**Row 2 :** Slip the first stitch as if to purl on to the right-hand needle, \*pass yarn to back, knit 1 (= yarn forward loop from previous row), bring yarn forward, slip next stitch as if to purl \*. Repeat from \* to \*.

**Row 3 :** \* knit 1, yarn forward, slip 1 stitch as if to purl, pass yarn to back \*. Repeat from \* to \*. End with knit 1. Continue working in 1/1 rib, beginning Row 1 with purl 1. After completing the ribbing, pull out the contrasting yarn.

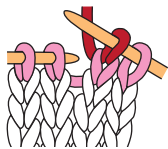
## Casting off stitches

### 1) To form armholes or collar

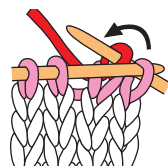
You must cast off stitches at the beginning of rows:

knitted stitch

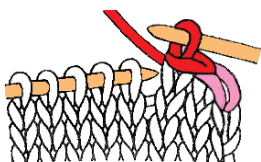
On the right side of work, slip 1 stitch onto the right needle as if to purl. Knit the following stitch.



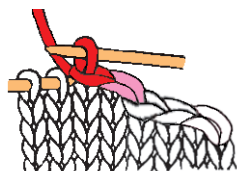
Using the left needle pass the slipped stitch over the top of the 2nd stitch on the right hand needle. You have cast off 1 stitch.



Knit the next stitch and pass stitch on right needle over the top, you have cast off a 2nd stitch. Repeat this step for the required number of stitches. On the following row, on the wrong side of work, cast off in the same way but work the stitches as purl stitches.



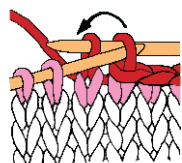
On the following row, cast off the next number of stitches indicated in the pattern to obtain a sloped edge.



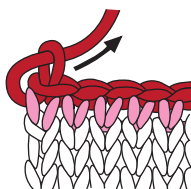
### 2) When work is complete, to cast off all stitches.

Start to cast off as for casting off at the beginning of row: Slip the 1st stitch, knit the following stitch. With the left needle, pass the slipped stitch over the top of the knitted stitch.

Knit the next stitch and with the left needle, pass the 1st stitch on needle over the top of the current stitch. One stitch remains on right needle.

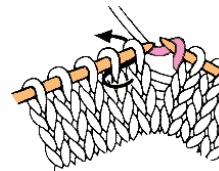


Repeat this sequence until all stitches from the left needle have been worked and only one stitch remains on right needle. Cut thread 10 cm from work and pull through remaining stitch using needle.

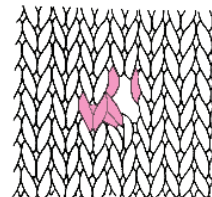


## Small buttonholes

For a small buttonhole, one stitch is sufficient to make a buttonhole:



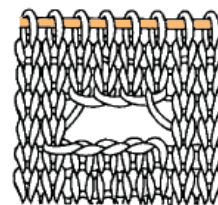
Yarn over needle, then knit 2 together. On the next row work the yarn over needle as normal.



## Buttonholes

**1st row :** Work to where the buttonhole should be, cast off the number of sts indicated in the pattern and work to end of row.

**2nd row :** Work to cast off sts, cast on the same number of sts as 1st row and work to end of row.



## No-cut buttonholes

Using a sewing needle, pick up the horizontal strand of the stitch where you want to place the buttonhole, pull it up and attach it

2 rows higher with a few little stitches on the wrong side of the work. Repeat with the horizontal strand below the first strand, and attach it in the same way 2 rows down.

## Pattern stitches

Instructions for pattern stitches are always given row by row, as well as in chart form, with each square on the chart representing 1 stitch and 1 row.

The accompanying legend explains the terms and matches the symbols to the stitches. The chart shows the right side of the work, it is not always possible, however, to include all the subtleties of a pattern stitch in a chart. For that reason, we advise you to always read the row-by-row instructions, even if you prefer to use a chart.

Knit over knit and purl over purl is an instruction often used for ribbing and pattern stitches.

## Cables

It is easy to work narrow cables over 2 stitches :

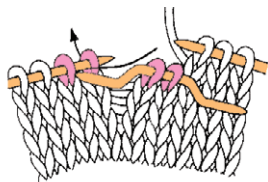
**Right cross 2 (2CR) :** Passing in front of the work, knit the 2nd st on the left-hand needle then knit the first stitch; slip both stitches on to the right-hand needle at once.

**Left cross 2 (2CL) :** Passing behind the work, knit the 2nd st on the left-hand needle then knit the first stitch as usual; slip both stitches on to the right-hand needle at once.

A cable made up of 3 or more stitches requires the use of a cable needle.

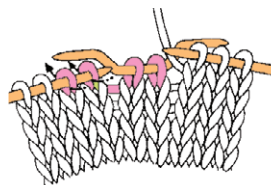
### Cable 4 left (front) :

Slip 2 stitches on to a cable needle in front of work, knit 2, then slip the 2 stitches from the cable needle on to the left-hand needle and knit 2.



### Cable 4 right (back) :

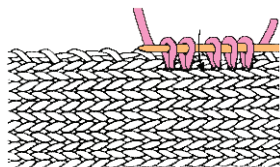
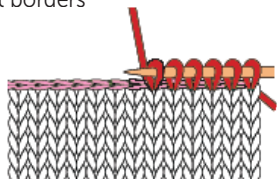
Slip 2 stitches on to a cable needle at back of work, knit 2, then slip the 2 stitches from the cable needle on to the left-hand needle and knit 2.



## Picking up stitches

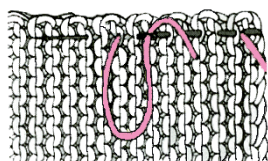
When the different sections of the garment are completed, you may need to pick up stitches at the edge of your work, for example on the collar or front borders

To pick up the stitches knit wise, put needle through the middle of each stitch on the last row and pick up the loop. When you are picking up stitches on rows where there are more rows than stitches required work through 2 or 3 rows then skip 1 row to obtain the number of stitches required in the pattern.



## Backstitched seam

Place the 2 pieces right sides together. Thread a tapestry needle with the matching yarn, insert the needle through both thicknesses, matching stitch for stitch, and bring the needle out 2 rows further along.



## Grafting

This technique is widely used in European patterns, but is not so popular among UK and US knitters. When you have completed the sections, do not cast off, but leave the stitches on a spare needle.

Thread a tapestry needle with the matching yarn. Work with right side facing. Place the 2 spare needles together.

Insert the tapestry needle through the centre of the first stitch on the front needle as if to purl (leave the stitch on the needle),

– and bring the tapestry needle out at the centre of the first stitch on the back needle as if to knit (leave the stitch on the needle),

\*bring the tapestry needle through the center of the first stitch on the front needle again as if to knit and slip off the stitch,

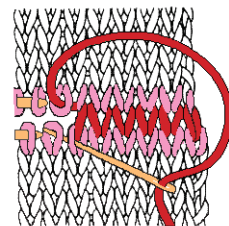
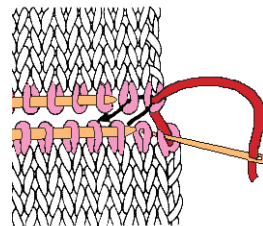
– Insert the tapestry needle through the centre of the next stitch on the front needle as if to purl (leave the stitch on the needle),

– bring the tapestry needle out at the center of the next (first) stitch on the back needle again as if to purl and slip off the stitch,

– Insert the tapestry needle through the centre of the next stitch on the back needle as if to knit (leave the stitch on the needle)\*, maintaining an even tension. Repeat the movement until the seam is complete.

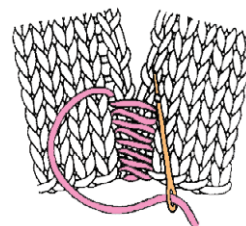
Work all the free stitches into the seam one by one and let the stitches drop off the spare needles as they are grafted together.

The finished seam will look identical to a row of knitting.



## Invisible seam

Following the sketch, working with the 2 pieces to be joined, pick up the horizontal thread between the first and second stitches and pull firmly to bring the edges together and make the join invisible. If the edge is very uneven, work the thread between the second and third stitches.



You may also use an invisible seam to join at the shoulder. In that case, pick up the 2 upright strands of a stitch 1 row in from the edge.

## Fair Isle

Fair Isle and contrasting colour patterns.

These patterns are worked in stocking stitch using several colours to make a design shown on a chart.]

Each square on the chart represents 1 stitch and 1 row. A legend accompanying the chart indicates the colours. Read the chart beginning at the bottom row, from right to left for the right side of the work, and from left to right for the wrong side rows.

### KNITTED PATTERNS

Various techniques are used according to the complexity of the pattern.

- When the motifs of the design are small and close together, you may let the yarn not in use run loosely at the back of the work. Make sure that you don't pull the yarn taut or it will pucker the pattern.
- When the motifs are far apart or very wide, pass the yarn not in use behind the work attaching it along with the one that is in use : hold the yarn not in use in your left hand, then work a stitch passing the right-hand needle under that yarn but taking care not to actually knit the yarn. Repeat this movement every other stitch.
- When the motifs are very large or use several colours, do not try to pass the yarn at the back of the work. Instead, use several balls of each colour, as needed, using the intarsia technique. Each time you change yarn colour, make sure that you twist the yarns loosely at the back of the work to avoid forming holes in the texture.

In all three cases, take care to work evenly, especially where the colours change and stitches tend to be loose.

### EMBROIDERED PATTERNS

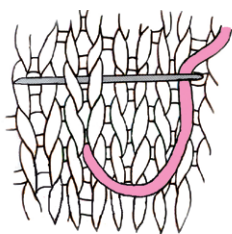
Embroidery can be used to advantage instead of knitted patterns when the motifs are made up of relatively few stitches.

This technique avoids the problems of disposing of extra yarns at the back of the work. For embroidery, form open chain stitch with a tapestry needle, working from right to left.

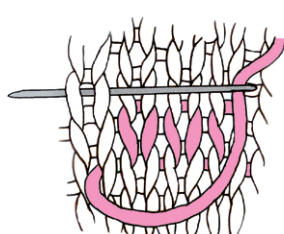
Bring the needle from wrong side to right side at the base of the first stitch, insert the needle from right to left under both strands of the stitch above the one being worked (see sketch no. 1), then insert the needle again at the base of the stitch being worked and bring it out at the base of the next stitch (see sketch no. 2).

Use this technique to embroider the number of stitches indicated. After the last stitch, bring the needle out at the base of the row above. Turn the work to start again from right to left.

Sketch no 1



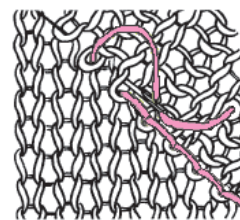
Sketch no 2



## Grafting a border

When the border is finished, work a few rows of stocking stitch using a contrasting yarn.

Take the work off the needle and press the stocking stitch section with a warm iron under a damp cloth to prevent it from unraveling. Pin the border to the finished garment, matching the stitches. Unravel all but the last row of stocking stitch. Now graft the stitches, waving the tapestry needle in and out, and unravel the last row of stocking stitch as you go. Bring the needle from back to front through the centre of the second stitch, work a back stitch into the first stitch and bring the needle out again at the centre of the third stitch; now work a backstitch again into the second stitch and continue thus with backstitching as far as the last stitch.



## Chainstitch shoulder seam

### CHAINSTITCH SHOULDER SEAMS

or 3 needles cast off or 3 needles bind off

Leave the remaining shoulder stitches on a spare needles. Place back and front with wrong sides together.

Using a third needle, knit together the first stitch from the front needle with the first from the back needle, and repeat with the second stitch from each needle. You now have 2 stitches on the right-hand needle.

Pass the first stitch over the second, as in casting off. Continue thus until you have cast off all the shoulder stitches. The result is a chain that shows on the right side and a shoulder seam that will not go out of shape. To obtain an invisible seam on the right side, place back and front with right sides together.



# | TIPS AND HINTS |

## READ THE INSTRUCTIONS

Before you start knitting we advise you to read through the instructions, trying to imagine all of the steps you will be taking. All patterns are well detailed.

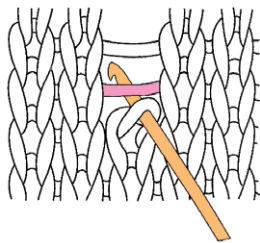
The instructions are given for several sizes. We suggest that you circle or underline the numbers that correspond to the size you intend to make. If there's only one number, it applies to all the sizes.

**TO OBTAIN A NEAT EDGE,** always pull the yarn a little tighter when working the 1st stitch, the stitches at the edge have a tendency to relax. On a sweater this stitch will be hidden in the seam.

**TO WORK 2 YARNS TOGETHER,** prepare a single ball in advance by winding together the yarns required. You will get a more even thread so a better tension and your balls will then not get tangled. If you are using different coloured yarns you will also get a more regular mottled appearance.

**TO MAKE A TASSEL,** cut a piece of cardboard  $\frac{3}{4}$  in (2 cm) longer than the intended tassel. Place a double strand of yarn widthways across the top of the cardboard. Now wind the yarn lengthways 20 to 40 times around the cardboard, depending on the size of the tassel you require. Tie the double strand of yarn firmly around the yarn loops, then insert scissors between the cardboard and the other end of the yarn loops, and cut through the loops. Wind a length of yarn about  $\frac{1}{2}$  in (1 cm) from the tied-off end of the tassel, tie firmly and hide the ends on the inside of the tassel. Finish off by trimming the ends even..

**TO PICK UP A LOST STITCH,** use a crochet hook. When using Stocking St find the position of the lost stitch. Pass the hook through the lost stitch and hook over the following horizontal band. Repeat this step until you can replace the stitch on the left needle to work as normal.



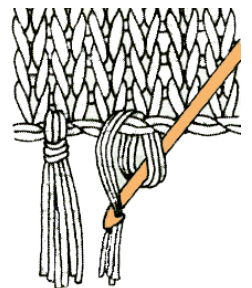
**TO AVOID DIFFERENCES IN SHADES,** never start a jumper without all of the wool. Each dye lot will produce slightly different shades. If you run out of yarn, you can order more by using the dye lot number on the label.

**TO REMOVE PILLING,** which can occur on acrylic yarn, do not pull, but cut off using a pair of small scissors or a pilling razor.

**TO MAKE A CORD,** cut a strand of yarn at least 5 times the length of the cord required. Fold in half and knot the 2 ends together. Hook the knotted end to a fixed point, a door handle for example. Slip a needle into the loop at the other end. Twist the needle so that the yarn twists. Then let the twisted yarn twist back onto itself at the half way point. Detach the end of the cord from the fixed point, tie ends tightly and leave to twist in on itself.

**TO MAKE A FRINGE,** cut a piece of cardboard  $\frac{3}{4}$  in (2 cm) longer than the intended fringe. Wind the yarn around the cardboard, then slip scissors between the yarn and the cardboard and cut through the base of the loops. This will ensure that the strands are all the same length.

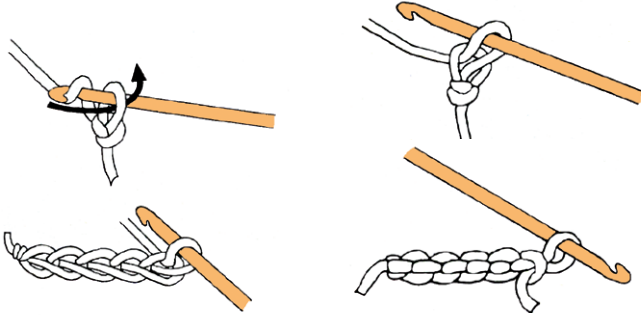
Insert the crochet hook from wrong side to right side through the first stitch of the knitted edge. Fold a hank of 2 or 3 strands in half and place them over the hook, then pull from the wrong side through the stitch to form a loop. Pass the remaining ends of the yarn through the loop and pull firmly. Form the rest of the fringe in the same way, spacing the knots 1 to 3 stitches apart, trim the ends even.



# BASIC CROCHET STITCHES

## Chain stitch (ch or ch st)

The first stitch in crochet. Make a loop. Insert the hook in the loop. \* Pass the hook under the yarn for a yarn over (yo), and pull the yo through the loop = 1 ch st. Rep from \* to work as many ch sts as needed.

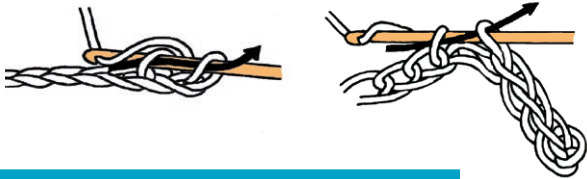


Front (right side [rs])

Back (wrong side [ws])

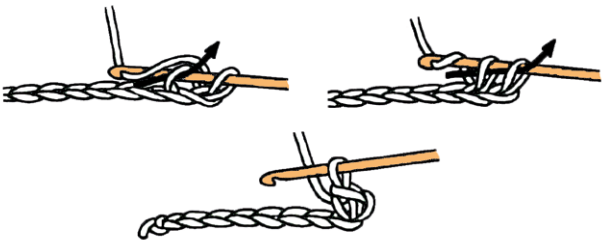
## Slit stitch (sl st)

Insert the hook into a stitch, yo and pull through the loop on the hook in a single movement.



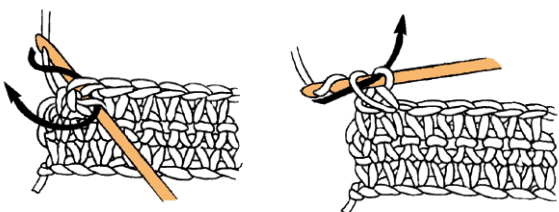
## Single Crochet (UK: Double Crochet) = sc (uk: dc)

Insert the hook into a stitch, yo and draw up loop, yo and through both loops on hook.



## Crab Stitch (sc (uk: dc) worked from left to right)

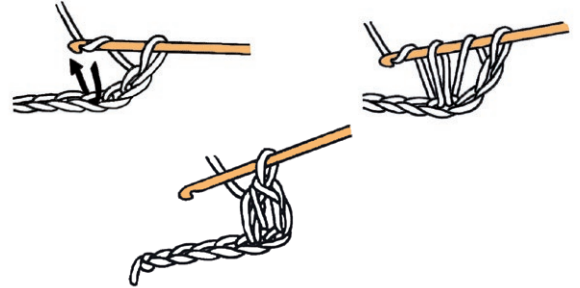
Beg at left edge: \* insert hook into a stitch, yo and draw up lp, yo and through both lps on hook \*, rep from \* to \*, inserting hook into preceding st..



## Half Double Crochet

(UK: Half Treble) = hdc (uk: half tr)

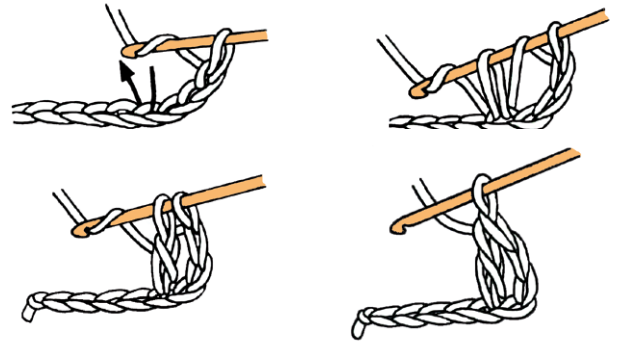
Yo, insert the hook into a stitch, yo and draw up loop, yo and through all 3 loops.



## Double Crochet (UK: Treble)

= dc (uk: tr)

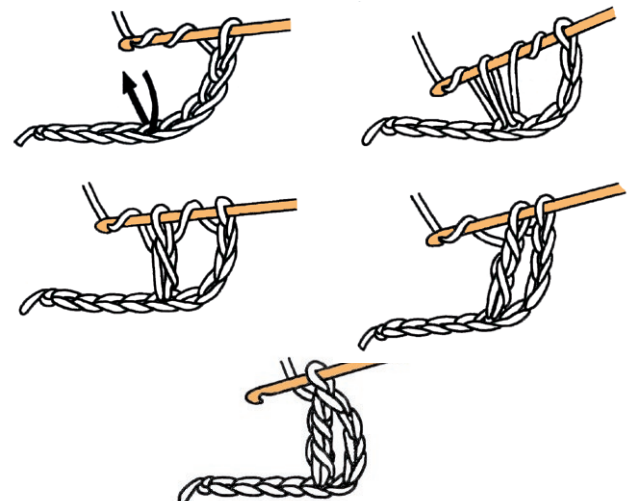
Yo, insert the hook into a st, yo and draw up loop, yo and through first 2 loops on hook, yo and through remaining 2 loops.



## Treble (UK: Double Treble)

= tr (uk: dbl tr)

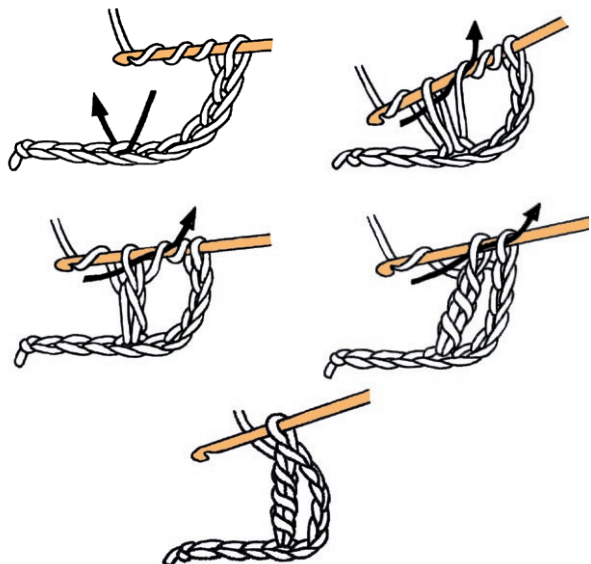
Yo twice, insert the hook into a stitch, yo and draw up loop, yo and through first 2 loops on hook, yo and through 2 loops on hook, yo and through remaining 2 loops.



## Double Treble

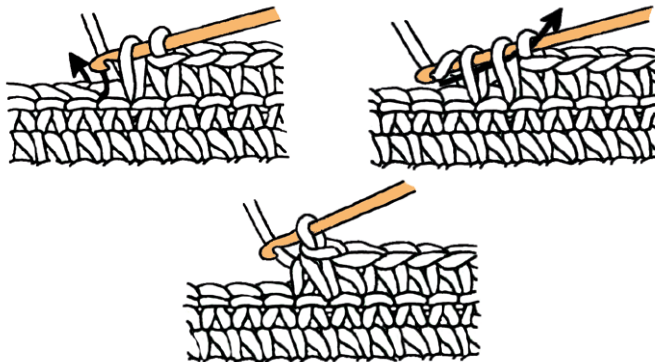
(UK: Triple Treble) = dbl tr (uk: tr tr)

Yo 3 times, insert the hook in a stitch, yo and draw up loop, yo and through first 2 loops on hook, yo and through 2 loops on hook, yo and through 2 loops on hook, yo and through remaining 2 loops.



## 2 Single Crochet Together (UK: 2 Double Crochet Together) = 2 sc tog (uk: 2 dc tog)

Leaving last loop of each st on the hook, work incomplete sc as follows: Insert hook into a st, yo and draw up loop, insert hook into next st, yo and draw up loop, yo and through all remaining 3 loops.

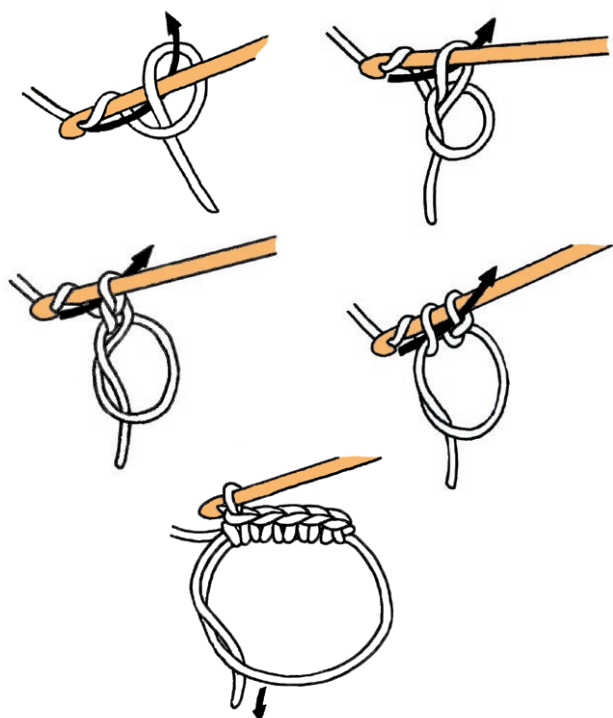


## 3 single crochets together (3 sc tog) [3 double crochets together : 3 dc tog (UK)]

Leaving last loop of each stitch on the hook, work incomplete sc as follows; insert hook in a stitch, yo and draw up loop, insert hook in next stitch, yo and draw up loop, insert hook in next stitch, yo and draw up loop, yo and through all remaining 4 loops at once.

## Beginning with a round

Wind the yarn around the tip of your index finger, slip the hook through the loop, yo and draw up lp, yo and through the loop as shown, then work as many dc as indicated. To end the first round, work a sl st over the first dc and pull gently but firmly on the end of yarn to close up the initial ring.



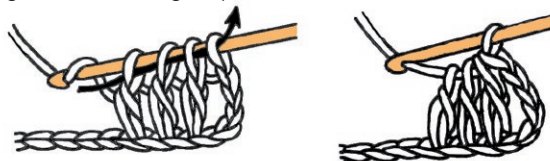
## 2 Double Crochets Together (UK: 2 Trebles Together) = 2 dc tog (uk: 2 tr tog)

Leaving last loop of each st on the hook, work incomplete dc as follows : yo, insert the hook into a st, yo and draw up loop, yo and through first 2 loops on hook, yo, insert hook into next st, yo and draw up loop, yo and through first 2 loops, yo \* and through all 3 remaining loops.



## 3 Double Crochets Together (UK: 3 Trebles Together) = 3 dc tog (uk: 3 tr tog)

As for 2 dc tog as far as \*, then insert hook into next st, yo and draw up loop, yo and through 2 loops on hook, yo and through all 4 remaining loops.

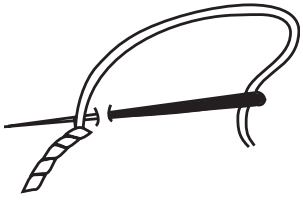


## 2 or 3 Double Crochets Together (UK: 2 or 3 Trebles Together) = 2 or 3 dc tog (uk: 2 or 3)

As for dc tog (tr tog), but beg by working yo twice.

# | EMBROIDERY STITCHES |

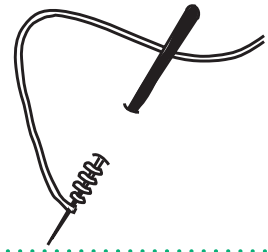
Stem stitch



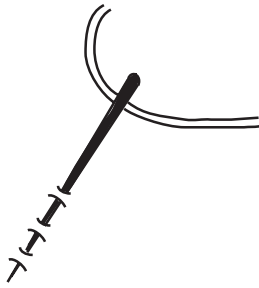
Backstitch



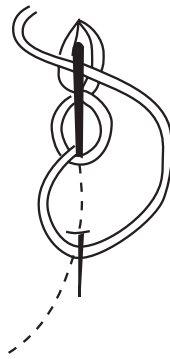
Bullion stitch



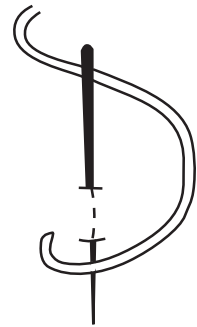
Running stitch



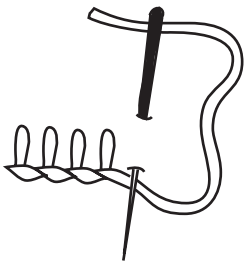
Chain stitch



Straight stitch



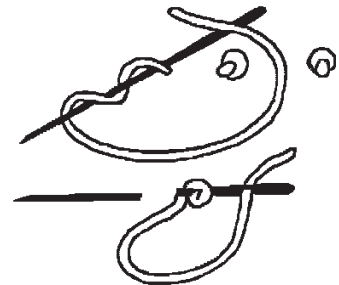
Blanket stitch



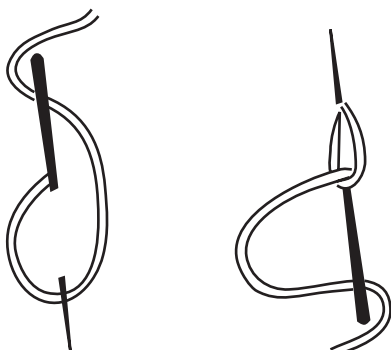
Feather stitch



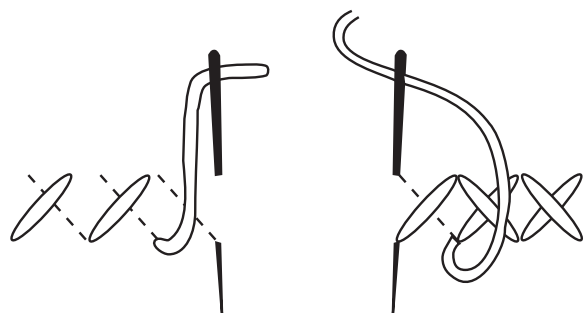
French knot



Lazy daisy stitch



Cross stitch





# | LEGENDS AND ABBREVIATIONS |

<b>Alt</b>	Alternate
<b>Beg</b>	beginning
<b>Cont</b>	continue
<b>Cm</b>	centimetres
<b>CN</b>	Cable needle
<b>Dec</b>	decrease
<b>Foll</b>	Following
<b>g. st</b>	garter stitch (knit every row)
<b>inc</b>	increase
<b>in(s)</b>	inch(es)
<b>k</b>	knit
<b>m1</b>	make 1 st by picking up the loop lying between st just worked and next st and working into the back of it
<b>patt</b>	pattern
<b>p</b>	purl
<b>pssso</b>	pass slip stitch over
<b>rem</b>	remaining
<b>rep</b>	repeat
<b>rev</b>	reverse
<b>sl1</b>	slip 1 st
<b>st(s)</b>	stitch(es)
<b>st st</b>	stocking stitch (1 knit row, 1 purl row)
<b>tbl</b>	through back loop
<b>tog</b>	together
<b>ws</b>	wrong side
<b>Yfwd, yo, yon</b>	yarn forward, yarn over , yarn over needle

## USA Glossary

Cast off	Bind off
Moss Stitch	Seed Stitch
Tension	Gauge
Stocking Stitch	Stockinette stitch

## Crochet hooks

mm	USA
2.25	B/1
2.75	C/2
3.25	D/3
3.50	E/4
3.75	F/5
4.0	G/6
4.50	7
5.0	H/8
5.50	I/9
6.0	J/10
6.50	K/10 1/2
8.0	L/11
9.0	M/13
10.0	N/15

## Needle Sizes

mm	USA
2.0	0
2.25	1
2.75	2
3.0	2 or 3
3.25	3
3.50	4
3.75	5
4.0	6
4.50	7
5	8
5.50	9
5.0	10
6.50	10.5
7.0	10.5
7.50	11
8	11
9	13
10	15

## ABBREVIATIONS FOR CROCHET

### US

ch (chain)	=
sc (single crochet)	=
hdc (half double crochet)	=
dc (double crochet)	=
tr (treble)	=
dtr (double treble)	=

### UK

ch st (chain stitch)
dc (double crochet)
half tr (half treble)
tr (treble)
dbl tr (double treble)
tr tr (triple treble)

# Partage ton tricot Bergère



*Share your creations*  
on Instagram with hashtag

 #partagetontricotbergère

# Yarn type Bergère de France 2018/2019

Yarns	Composition	Page	Weight/ Length	Stitches/Rows	Needles no.	Weight	Child 8 years	Woman M	Man L	Models
<b>Alaska</b>	50% WORSTED WOOL 50% ACRYLIC	34	50g/55m	13/19	<b>6</b>	Chunky	8	15	19	532 - 536 - 538 - 568 571 - 572 - 578
<b>Angel 50</b>	44% POLYAMIDE 32% ACRYLIC 24% MOHAIR	46	50g/550m	26/34	<b>4</b>	4 ply	2	3	4	508 - 552 - 560
<b>Angora</b>	70% ANGORA 30% MERINO WOOL	18	25g/110m	22/26	<b>4</b>	DK	7	12	15	558
<b>Arlequin</b>	50% WOOL 50% ACRYLIC	24	100g/100m	13/17	<b>6,5</b>	Chunky	4	8	9	509
<b>Baltic</b>	60% ACRYLIC 40% POLYAMIDE	40	50g/80m	15/22	<b>5</b>	Aran	7	13	16	543 - 544 - 573 - 574
<b>Barisienne</b>	100% ACRYLIC	42	50g/140m	19/28	<b>4</b>	DK	5	10	12	518 - 522 - 543 - 548 - 555 - 562 569 - 570 - 575 - 576 - 577
<b>Barisienne 7</b>	100% ACRYLIC	40	50g/80m	13/17	<b>6,5</b>	Chunky	6	11	14	517 - 563
<b>Barisienne 12</b>	100% ACRYLIC	28	150g/75m	7/10	<b>12</b>		2	4	5	511 - 512
<b>Bergereine</b>	50% MERINO WOOL 50% COTTON	52	50g/95m	21/28	<b>4</b>	DK	8	14	17	541
<b>Berlingo</b>	71% COTTON 24% POLYESTER 5% METALLIC POLYESTER	10	50g/165m	23/28	<b>4</b>	DK	5	8	10	500
<b>Boulette</b>	76% ACRYLIC 24% POLYAMIDE	22	25g/215m							508
<b>Cachemire +</b>	95% CASHMERE 5% WOOL	20	25g/70m	21/28	<b>4</b>	DK	11	20	25	506 - 507
<b>Calinou</b>	75% ACRYLIC 25% WOOL	50	50g/185m	27/33	<b>3</b>	4 ply	5	9	11	522 - 584 - 585 - 586 588 - 590 - 591
<b>Caprice</b>	75% ACRYLIC 15% WOOL 10% POLYESTER	54	50g/80m	14/16	<b>6,5</b>	Chunky	5	9	11	524 - 569 - 570
<b>Cocooning</b>	47% POLYESTER 27% WOOL 26% ACRYLIC	46	50g/125m	15/19	<b>6,5</b>	Chunky	4	7	9	520 - 564 - 567
<b>Coton à tricoter</b>	100% MERCERIZED COTTON	12	50g/200m	31/41	<b>2,5</b>	3 ply	6	10	12	
<b>Coton fifty</b>	50% COTTON 50% ACRYLIC	10	50g/140m	26/37	<b>3</b>	4 ply	7	12	14	500
<b>Coton mercerisé</b>	100% EGYPTIAN MERCERIZED COTTON	14	100g/565m	38/50	<b>2</b>		3	4	5	
<b>Coton nature plâtre</b>	100% ORGANIC COTTON	12	50g/190m	30/40	<b>2,5</b>		6	10	12	
<b>Coton nature roc</b>	100% ORGANIC COTTON	12	50g/90m	22/29	<b>3,5</b>		8	15	19	501
<b>Coton nature stuc</b>	100% ORGANIC COTTON	12	50g/115m	23/33	<b>3</b>		7	12	15	
<b>Coton satiné</b>	100% MERCERIZED COTTON	14	50g/115m	21/26	<b>4</b>	DK	7	12	15	502 - 503
<b>Doucelaine</b>	80% WOOL 20% POLYAMIDE	34	50g/90m	18/24	<b>4,5</b>	Aran	8	14	17	514
<b>Duveline</b>	73% ACRYLIC 19% POLYAMIDE 8% POLYESTER	58	50g/70m	12/17	<b>6,5</b>	Chunky	7	12	15	526 - 527 - 535
<b>Ecoton</b>	100% RECYCLED FIBRES	30	50g/130m	22/30	<b>3,5</b>	Ligh weight DK	6	11	14	542
<b>Filéco</b>	100% RECYCLED FIBRES	56	50g/85m	16/20	<b>5</b>	Aran	7	12	15	530 - 539 - 553 - 554

# Yarn type Bergère de France 2018/2019

Yarns	Composition	Page	Weight/Length	Stitches/Rows	Needles no.	Weight	Child 8 years	Woman M	Man L	Models
<b>Filomèche</b>	44% WOOL 34% ACRYLIC 22% POLYAMIDE	44	50g/60m	14/18	<b>6,5</b>	Chunky	8	14	17	519 - 534 - 537
<b>Galaxie 100</b>	80% ACRYLIC 18% WOOL 2% POLYESTER	48	100g/70m	11/13	<b>8</b>	Super chunky	6	10	12	521
<b>Goomy 50</b>	75% VIRGIN WOOL 25% POLYAMIDE	26	50g/215m	32/41	<b>2,5</b>	3ply	6	10	12	510
<b>Idéal</b>	40% WORSTED WOOL 30% ACRYLIC 30% POLYAMIDE	38	50g/125m	21/26	<b>4</b>	DK	6	11	13	516 - 540 - 549 - 550 560 - 581 - 582 - 583
<b>Jaspée</b>	80% ACRYLIC 20% WORSTED WOOL	58	50g/95m	19/26	<b>4</b>	DK	6	11	14	528 - 549
<b>Lumis</b>	100% POLYESTER	46	50g/95m	20/23	<b>5</b>		8	14	17	540
<b>Luxe</b>	100% POLYESTER	22	50g/310m							
<b>Magic +</b>	50% WORSTED WOOL 50% ACRYLIC	54	50g/80m	16/22	<b>5,5</b>	Aran	7	13	16	539 - 543 - 544 551 566 - 587
<b>Mérinos 2,5</b>	100% MERINO WOOL	52	50g/225m	28/36	<b>3</b>	4 ply	4	7	9	523 - 589 - 592 - 593
<b>Mérinos 4</b>	100% MERINO WOOL	56	50g/135m	22/28	<b>4</b>	DK	6	10	13	525 - 547
<b>Mérinos 7</b>	100% MERINO WOOL	48	50g/85m	14/19	<b>6,5</b>	Chunky	5	9	11	556
<b>Mérinos alpaga</b>	60% FRENCH MERINO WOOL 40% ALPACA	20	50g/65m	14/18	<b>6,5</b>	Chunky	7	13	16	561 - 565
<b>Métalika</b>	62% METALLIZED POLYESTER 38% POLYAMIDE	22	25g/650m							552
<b>Orilis</b>	77% ACRYLIC 18% TENCEL 5% POLYESTER	12	50g/145m	22/27	<b>4</b>	DK	6	11	13	
<b>Paradou</b>	41% ACRYLIC 37% COTTON - 11% LINEN 10% VISCOSE 1% POLYESTER	14	50g/135m	24/29	<b>3,5</b>	Ligh weight DK	6	11	12	
<b>Plume</b>	47% POLYAMIDE 42% ACRYLIC 11% WORSTED WOOL	28	50g/80m	15/20	<b>5,5</b>	Chunky	6	12	14	540 - 557
<b>Pure douceur</b>	58% MOHAIR SUPERKID 37% POLYAMIDE 5% WOOL	18	50g/250m	19/24	<b>4,5</b>	Aran	3	4	5	505
<b>Recyclaine</b>	100% RECYCLED FIBRES	30	100g/70m	9/13	<b>9</b>	Super chunky	5	9	11	512
<b>Sibérie</b>	40% WORSTED WOOL 40% ACRYLIC 20% POLYAMIDE	44	50g/140m	17/22	<b>5</b>	Aran	5	8	10	559
<b>Sport</b>	51% WORSTED WOOL 49% ACRYLIC	36	50g/90m	18/23	<b>4,5</b>	Aran	7	13	16	528 - 529 - 533 - 545 546 - 579 - 580
<b>Teddy</b>	100% POLYAMIDE	52	50g/80m	14/23	<b>5</b>	Aran	5	10	12	555
<b>Toison</b>	77% ACRYLIC 20% WORSTED WOOL 3% POLYAMIDE	32	50g/70m	11/18	<b>6,5</b>	Chunky	6	10	13	513
<b>Tweed</b>	53% ACRYLIC - 30% WOOL 12% POLYAMIDE 5% MOHAIR	36	50g/85m	17/23	<b>4,5</b>	Aran	8	15	18	515
<b>Twisté</b>	52% WOOL 48% ACRYLIC	48	50g/80m	17/23	<b>5</b>	Aran	7	12	15	531
<b>Waouh Wool</b>	100% MERINO WOOL	16	500g/62m		<b>25 30</b>					504

# Yarn matching

Knitting needles

Quality

Sample

4

*Cachemire +  
Bergereine  
Idéal  
Mérinos 4  
Orilis*

Approx.  
  
28r.  
21sts

4.5  
5

*Jweed  
Sport  
Berlaine  
Doucelaine  
Twisté  
Sibérie  
Baltic*

Approx.  
  
23r.  
17sts

5  
6.5

*Cocooning  
Filico*

Approx.  
  
20r.  
16sts

6.5

*Mérinos Alpaga  
Mérinos 7  
Filomèche  
Alaska*

Approx.  
  
18r.  
14sts

6.5

*Arlequin  
Barisienne 7  
Caprice  
Duretine*

Approx.  
  
17r.  
13sts

# | CARING FOR YOUR CREATIONS |



**Your wool is machine washable at up to 30°** on the special «wool» cycle. Preferably use a gentle detergent for woollen items, do not add softener and do not overload the drum to ensure that your woollen items retain their full bulk and softness.



**Your delicate woollens must only be washed by hand.** Use warm water. Wash gently without rubbing or pressing and rinse several times. Never soak, otherwise vivid colours may bleed onto the lighter colours. It is best to use the drum to spin your woollen items. This prevents the fibre from breaking or getting deformed. (up to 2 minutes at 500 revolutions/min).



**It is strongly recommended that you do not use bleach** or stain remover. They could damage the wool.



**We recommend drying your woollen items flat** and sheltered from the sun so they will retain their shape.



**Some wools have been specially treated so they can be dried in a clothes dryer.**

We recommend setting it to a moderate temperature.



**We recommend using an iron set to very low.** Hold it 1 or 2 cm above your woollen items without touching them and only use the steam. Leave to dry in this position so your woollen items retain their shape.



**We strongly advise you not to iron** or steam iron your woollen items.



**You can give your woollen items to a professional dry cleaner.**



**We strongly advise you not to have your woollen items dry-cleaned.**

# | THE MEASUREMENTS |

Take your measurements against those shown in the chart below. Follow the size that matches your measurement.  
If you fall between 2 sizes choose the larger size.

## BABIES' SIZES

Size	Pre-mature babies	New-born	1 month	3 months	6 months	12 months	18 months	24 months
Stature (in cm)	42	48	54	60	67	74	81	86

## CHILDREN'S SIZES

Size	age 3	age 4	age 6	age 8	age 10	age 12	age 14
Height (in cm)	87/94	95/104	105/116	117/128	129/140	141/152	153/158

## WOMEN'S SIZES

Size	XS	S	M	L	XL	XXL	XXXL
Corresponds to	34	36	38/40	42/44	46/48	50/52	54/56
Bust measurement (in cm)	74/81	82/89	90/97	98/105	106/115	116/125	126/135
Waist measurement (in cm)	51/58	59/66	67/74	75/82	83/94	95/108	109/122
Hip measurement (in cm)	80/87	88/95	96/103	104/111	112/121	122/131	132/141

## MEN'S SIZES

Size	S	M	L	XL	XXL	XXXL
Corresponds to	38/40	42/44	46/48	50/52	54/56	58/60
Chest measurement (in cm)	80/88	89/97	98/106	107/115	116/124	125/133

