



Sifa Cotton & Real Silver
Pattern Book 1

FIGGI  YARNS
MADE IN TURKEY



Our first Sifa Silver Cotton book includes 5 fabulous designs;

The *Deco Tank* inspired by 1930's geometric patterns and elegant draping shape. With the *Backstage Legwarmers*, the silver keeps legs and muscles cool and odour at bay, perfect for dance practise, yoga and exercise.

The *Summer Fun Sunhat* is beautiful both in its femininity and its originality. The advantage of real silver yarn is maximised here as silver keeps you cooler than most cotton yarns. *The Turban* is deceptively simple to knit.

By guest designer, Catherine Salter-Bayar, the *Lace Wash Mitt* would make a lovely gift with the luxury and health benefits of silver. Make sure to knit plenty for yourself, though...

Figgi Yarns promotes fine Turkish cotton - the finest, most luxurious cotton in the world - and supports local producers, spinners and craftswomen. Read more about our amazing story at the end of this book.

I hope these patterns will bring many hours of joy.

Figgi Yarns



Sifa Silver Cotton is pure cotton with 10% real silver
in Natural, Moss & Bronze

50grams/1.76oz

75m/84yds

4mm-6US

Wash in warm water by hand or machine gentle warm cycle.
Do not bleach. Dry flat out of direct sunlight. Consult dry cleaner for suitable chemicals.

What do we Really Know About Silver?

- In Ancient Greece, Rome and the Middle Ages silver was used to disinfect water and treat burns and wounds,
- The custom of throwing silver coins into fountains and wells originates from the belief that silver disinfected and improved the water,
- American pioneers kept silver coins in their milk to prevent it going sour,
- Lack of silver in the human body leads to immune system disorder, resulting in cold, viral and infectious diseases,
- Silver compounds were used to prevent infection in World War I before antibiotics were developed,
- The first silver mines were discovered in Anatolia, Turkey,
- In psychic terms, it represents prosperity and money and it is believed that if worn while sleeping the wearer will have psychic dreams.

A few facts About Sifa Silver Yarn

Reflective: Silver is the highest reflective element so energy contacting silver is reflected back to the source thus minimising heat loss.

Emissive: It radiates thermal energy very slowly retaining warmth for a very long time.

Conductive: Silver is the most thermally and electrically conductive element on the planet. Gloves often may not be removed when using touch-screen technology (i.e. iPads, iPods). It's conductive quality also helps with circulation, swelling, fatigue and discomfort.

Antimicrobial: One of the most effective antimicrobial agents, it eliminates a record amount of bacteria.

Anti-odour: Bacteria is a major cause of body odour. Silver combats this bacteria. Silver fiber workout garments and especially socks are worn by athletes, hunters and sports enthusiasts. Garments remain fresh and odourless despite intense workouts.

Benefits of Silver Fiber

- Thermally regulating, it allows the body to stay warm in the winter and cool in the summer. It accelerates the movement of moisture through evaporation thus minimising moisture contact with the skin. This provides a lot of comfort in warm weather.
- Silver fiber inhibits the growth of odour-causing bacteria and fungi in garments. For example, feet harbour the most bacteria, fungi and odour. Eliminating these means that blisters and hotspots which lead to serious problems are also minimised.
- It will not wash or wear off! Silver fiber is permanent and will last a lifetime.
- Silver fiber does not "rust", as it is a very different composition than treated polished silver metal objects.

Disclaimer: This is not a medical product. We intended to create an eco-friendly knitting experience with beneficial, natural and interesting properties. It is NOT a substitute for medication.

How we Created Sifa

Silver fiber in varying grades have been used in the mass production of antibacterial work socks and surgical garments for some time. This is the first time a pure silver fiber has been used in hand knitting yarn, for pleasure in crafts and hobbies, instead of industrial and medical use.

So how did Figgi Yarns (formerly known as KB Yarns) come up with this unique idea? Well, Turkish people have a lot of superstitious beliefs and there are generations worth of natural healing wisdom built into their cultural make-up. Silver is held in high regard in Turkey, as well as being mined locally. So, it wasn't any extraordinary event for Figen and her spinner to put two and two together when playing with a skein of silver fiber. Our certified silver fiber corroborates the advice given by wise women, who swear by the healing powers of silver on foot diseases, rheumatism, and general bodily aches and muscular pains. We also talked to an holistics expert and an astrologer as well as many wise old women....

Stitch Glossary

K	knit
P	purl
WS	wrong side
RS	right side
PSSO	pass slipped stitch over
st(s)	stitch(es)
sl	slip
tog	together
yo	yarn over needle
rnd	round
K2tog	knit two sts together
ssk	slip 2 stitches knitwise, put left needle through front of both and knit together
BO	bind off
PM	place marker
KFB	knit through front and back of stitch
sl M	slip marker
PU	pick up

Backstage Legwarmers



Size:

One size

Materials:

100g/3.52oz (2 x 50g/1.76oz balls) Sifa Silver Cotton in *Natural* 90% untreated natural cotton 10% silver (75m/84yd).

3.5mm (US4) DPNS.

This pattern allows for straight needles however you will need to seam.

Stitch marker

Gauge:

22 sts x 32 rows = 10cm over pattern.

Cast on 60 sts, dividing the sts equally on your dpns. Add the stitch marker and join to continue in the round.

Rows 1-14: K2, P1

This forms the rib pattern

For the cellular pattern begin on 15th row:

1st row. K

2nd row: K2, *K2tog, yon, K1, repeat from * to last st., K1

3rd row: K

4th row: K2, *yon, K1, K2tog, repeat from * ending K1.

Repeat the four rows of this pattern until it measures 18cm (or the length suited to your personal preference) excluding rib.

Work rib pattern again for 14 rows.

Cast off and repeat for second legwarmer.

Summer Fun Sunhat



Size: S (M, L)

Band circumference approx. 21(22, 23)"/53(56, 58)cm

Crown circumference approx. 16.5(18, 18)"/42(46, 46)cm

Materials:

100g/3.52oz (6 x 50g/1.76oz balls) Sifa Silver Cotton in *Naturel* 90% cotton 10% silver (75m/84yd).

US #5/3.75mm needles (16" circular, dbl. pts)

Darning needle

5 stitch markers (one of one colour (1), 4 of another colour)

Gauge: 6 st/8 rws = 1"/2.54cm in stockinette stitch

Hatband: CO 11 stitches using the Provisional Cast-on

Rows 1, 3, 5 (WS) – P2, k1, p5, k1, p2

Row 2 – K2, p1, k1, yo, sl1, k2tog, pss0, yo, k1, p1, k2.

Row 4 – K2, p1, k2, yo, ssk, k1, p1, k2.

Row 6 – K2, p1, k5, p1, k2.

Repeat the above six rows 20 (21, 22) times more. With RS together join both ends using the 3 needle BO.

Hat body: PU 126 (132, 138) st along one edge of band, PM, join. Knit 7 rounds.

Decrease rnd - *k2tog, k11 (12, 12), k2tog, k10 (11, 11). Repeat from * 3 (0, 1) time(s). *K2tog, k11 (11, 12). Repeat from * 1 (6, 5) time(s). End (med only) – K2tog, k12. 116 (122, 128) st on needle.

Knit 7 rounds.

Decrease rnd - *K2tog, k10 (11, 11), k2tog, k9 (10, 10). Repeat from * 3 (0, 1) time(s). *K2tog, k10 (10, 11). Repeat from * 1 (6, 5) time(s). End (med only) – K2tog, k11. 106 (112, 118) st on needle.

Knit 4 rounds.

Decrease rnd - *K2tog, k16 (54, 13), k2tog, k15, (54, 12). Repeat from * 1 (0, 1) time. *K2tog, k16 (0, 13). Repeat from * 1 (0, 3) time(s). 100 (110, 110) st on needle. BO

Crown: PU 100 (110, 110) st from BO edge of Hat body, PM(A), join. *K20 (22, 22), PM. Repeat from * 3 times. K18 (20, 20).

Note: All rounds begin 2 st before marker 1.

Decrease rnd - *K2tog, sl m, ssk, knit to 2 stitches before next marker. Repeat from * 4 times.

Knit 2 rounds.

Next rnd – Repeat Decrease rnd

Next rnd - Knit

Repeat the above two rnds 7 (8, 8) times.

Next rnd – Repeat Decrease rnd. 10 stitches remain on needle. Break yarn leaving a long tail. Thread a tapestry needle and thread through open loops. Pull tight to close hole.

Hat Brim: PU 126 (132, 138) st from bottom edge of Hatband, PM, join.

Rnd 1 - *K20 (21, 22) st, KFB. Repeat from * 5 times.

Rnd 2 - *K21 (22, 23) st, KFB. Repeat from * 5 times.

Rnds 3-10 Continue in this manner, knitting one more stitch between increases. BO.

Finishing: Weave in loose ends and block, if desired.

Yasemin Wash Mitt



Size:

Finished mitt measures 5" wide by 7" long (13 x 18cm)

Yarn:

1 x 50g/1.76oz Sifa Silver Cotton in *Naturel* 90% cotton 10% silver (75m/84yd).

Note: This mitt is worked flat then stitched together at the bottom and right side. To avoid a side seam, this mitt may also be worked in the round, using 5 double-point 4mm needles evenly spaced.

Using 4mm straight needles, cast on 52 stitches, including 2 selvage stitches to be worked up the sides.

Work in front pattern chart, continuing in K1, P1 seed stitch for the back.

After completing right side row 47, cast off knitwise from wrong side.

Stitch bottom and side together.

Drawstring: With a pair of 3mm double-pointed needles, cast on 4 stitches.

Knit an I-cord 15" (38cm) long; cast off and work in loose yarns.

Starting on right side, work through eyelet holes created in row 43.

Tightly knot I-cord ends.

Deco Tank Top



Sizes:

86/91; 97/102; 107/112 cm (34/36;38/40;42/44in) *fit is intentionally loose and drapey.*

Materials:

6 [7:8] x 50g/1.76oz balls Sifa Silver Cotton in *Bronze*, 90% cotton, 10% real silver
75m/84yds.

4mm/US 6 needles

Gauge:

Over rib pattern using 4mm needles 10cm/4" = 22sts x 30 rows

The lace pattern itself is worked with a number of sts which are divisible by 12, plus 1. Numbers in brackets are for larger sizes.

Back:

Cast on 97 [109:121] sts

1st row: Beginning with a K st, begin the rib pattern K1, P1.

2nd row: Continue rib pattern for 17 more rows.

3rd-19th row: Continue with rib pattern. On the 19th row m1 12 times at regular intervals. At the end of this row there should be 109 [121:133].

On the 20th row, begin fan lace pattern.

1st row: *K10, SSK, yon, repeat from * to last st., K1.

2nd and every alternate row P

3rd row: K9, * SSK, yon, K10, repeat from * ending last rep. K2.

5th row: * K8, (SSK, yon) twice, repeat from * to last st., K1.

7th row: K7, * (SSK, yon) twice, K8, repeat from * ending last rep. K2.

9th row: * K6, (SSK, yon) 3 times, repeat from * to last st., K1.

11th row: K5, (SSK, yon) 3 times, K6, repeat from * ending last rep. K2.

13th row: * K4, (SSK, yon) 4 times, repeat from * to last st., K1.

15th row: K1, * yon, K2tog, K10, repeat from * to end.

17th row: K2, * yon, K2tog, K10, repeat from * ending last rep. K9.

19th row: K1, * (yon, K2tog) twice, K8, repeat from * to end.

21st row: K2, * (yon, K2tog) twice, K8, repeat from * ending last rep. K7.

23rd row: K1, * (yon, K2tog) 3 times, K6, repeat from * to end.

25th row: K2, * (yon, K2tog) 3 times, K6, repeat from * ending last rep., K5.

27th row: K1, * (yon, K2tog) 4 times, K4, repeat from * to end.

28th row: P

Knit until the piece measures 45cm (or for 8 repeats of the pattern.)

Begin the K1, P1 rib row for the neckline.

1st row: Starting with a K st, begin the rib whilst decreasing 12 sts at regular intervals. At the end of the first row you should have 97 [109:121] sts again.

Knit rib for 18 more rows. Cast off.

Front: Knit as for the back.

To finish: Block both pieces with a damp cloth.

Seam the sides for 28cm and join along the shoulders for 7cm each side. Tidy up seams. It is preferable to create a clean sleeve edge with a crochet blanket stitch.

Double Twist Turban



Size:

One size fits most

Materials:

150g (DK weight yarn, approx. 230 yds/210m)
US #5/3.75mm needles (16" circular, dbl. pts)
Darning needle
4 stitch markers

Gauge:

8.5 st/in in rib pattern

Note: When working the band, always slip the first stitch as if to purl. This creates a slipped stitch edge which makes it easier for picking up the stitches when creating the crown of the turban.

Band: Cast on 28 stitches.

Row 1 (RS) – Sl1, *k2, p2. Repeat from * across. End with k3.

Row 2 – Sl1, *p2, k2. Repeat from * across. End with p3.

Work the above two rows until the band measures 45". Bind off.

Crown: With wrong sides together, fold the band in half.

Place a marker in the slipped stitch at the fold. With the right side facing count 31 slipped edge stitches to the right of the center marker. Place a marker. Count 32

slipped edges stitches to the left of the center marker.

Place a marker.

Using the 16" circular needle, with the right facing and beginning with the right marker, pick up a stitch in each slipped edge stitch to the left marker (64 stitches on the needle).

Turn the work around so the needle with the yarn attached is in your left hand. Using the Cable Cast-on, cast on 11 stitches. Turn work, place marker and join (75 stitches on needle). Remove the other 3 markers.

Round 1 – K64, *p1, k1. Repeat from * four times, end p1.

Repeat round two more times.

Next round – knit. Continue knitting in rounds until the piece (including the band) measures 5".

Crown decreases:

Round 1 - *K15, place marker. Repeat from * three more times. K15.

Round 2 (decrease round) - *Knit to 2 stitches before marker, k2tog, slip marker.

Repeat from * four more times.

Round 3 – Knit around.

Repeat rounds 2 & 3 until 50 stitches remain. Switch to double pointed needles when necessary.

Remaining rounds – repeat round 2 (decrease round) until 5 stitches remain. Cut yarn, leaving a tail approximately 12” long. Thread onto blunt darning needle. Slip the 5 remaining

stitches onto the darning needle and pull tight, closing up the hole at the top of the crown. Push needle to inside and weave in loose end.

Finishing: Sew the ends of the band together making sure it is not twisted.

To wear: Place the turban on your head with band in the front. Twist the band two times. Place the loop created by the band over and around your head. The seam of the band should now be at the back of your head.

Care Instructions for Sifa Silver Cotton yarn

Wash by hand or gentle cold cycle. Do not spin or wring dry. Dry flat and out of sunlight. Check with your dry cleaner for suitable chemicals for cotton and antimicrobial fibers. A cool iron or gentle warm steam may be applied over a damp cloth.

About Figgi Yarns

Figgi Yarns was first established in 2006 by Figi Cakir, a British expat who grew up in London and moved to Turkey where she met her husband and continues to live, happily entrenched in fiber and traditional crafts, with their two children.

Besides Sifa Silver Cotton, our range also includes Chic, a pure Antep cotton in premium 130 gram sizes so that you can knit without pause.



Please contact your region's representative below for where to buy our yarns:

United Kingdom & Europe: xenaknits.com

United States: American Needleworks, New York
www.americanneedleworks.com

Canada: Artgus Studio
www.artgusstudio.com
Email: nathalie.ethier@artgusstudio.com

Company and Product Information: www.figgiyarns.com