

Big-girl knits

A book proposal by

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Background:

Most women's knitting patterns, like all other aspects of the fashion industry, are geared for those size 0-12. But the average North American woman is a size 14, which means most knitters are left guessing how to adapt too-small patterns to fit their frame.

What makes it worse is that patterns designed to be gorgeous on a size 2 will often accentuate exactly what the size 20 gal doesn't want to show off. Sizing patterns up isn't the answer...it's all about creating designs that look best on larger frames. A big butt presents a different challenge than a large tummy or a generous bosom. All combinations and permutations of bigness will be addressed, creating a library of designs that the big girl will love to wear.

This book will make knitwear fun and wearable for big girls. There will be no mincing of words – fat adjectives will be used as appropriate in lighthearted, positive text. The authors, big girls themselves, are realistic; the designs won't make a size 18 girl look like a size 8, but they will take advantage of a big girl's assets and help de-emphasize the things she wants hidden. This knitwear will make her look fabulous.

Reader's Snapshot:

- Do you knit sweaters that you never wear because they are not suited to the shape of your body?
- Do most pattern sizes stop before even coming close to your measurements?
- Do you laugh out loud when you see a size XL pattern with a chest measurement of 40"?
- Do you want to knit things that will not only fit you but make you look gorgeous?
- Do you want to see knitwear modeled by women your own size?
- Do you long to knit sweaters that reflect both fashion and full figures?



Folly

designed by Jillian Moreno
[offered in sizes 14-22 at knitty.com]



Blurb:

This book is for women size 14 and larger, and filled with patterns that suit big girls perfectly. No butt-cuppers or boob-pucker cardigans. No frump. A book full of patterns for sweaters, coats and accessories, from classics to trend-inspired designs for real women. We've photographed the knitwear in lush surroundings on beautiful curvy women, welcoming big girls to the knitting lifestyle party. Knit something to look and feel gorgeous in.

This book goes beyond knitting patterns. It educates knitters on how to create knitwear that fits them well and looks great. Knitters will learn to correctly measure their bodies for perfect fit, alter existing patterns, recognize sweater designs that work *with* their shape – not *against* it – and embrace the short row technique [a big girl's best friend].



Topics covered include:

- 25-30 patterns designed specifically for intermediate-to-advanced knitters, size 14 and up, including sweaters, socks, gloves, shawls and bags shaped and sized for ample figures.
- What to knit for for your figure: A top ten list of basic rules for all fluffy knitters.
- The holy triumvirate of big girl knitting:
 1. Measuring your shape correctly
 2. Recognizing what works for your unique shape
 3. Adapting any pattern to fit your shape
- Yarn yardage chart – how much yarn to buy for a typical project, based on your size and yarn gauge [not currently available for larger knitters]



Production requirements:

- approximately 25-30 patterns [garments and accessories]
- beauty shot of garment and accompanying pattern to run concurrently [rather than grouping pattern instructions at the end]
- 4/c throughout
- knitwear modeled by big, attractive women utilizing 'knitting lifestyle' trend
- minimal instructional component will require photography or illustration
- page count TBD, depending on size and format of book [if 10x9", estimate 176 pages – see *Weekend Knitting* by Melanie Falick for comparison]
- spot illustrations throughout text for flavor
- services of an experienced Technical Editor

About the authors:

Big girls Jillian Moreno and Amy R Singer are living the knitting lifestyle and fancy themselves the Nigella Lawsons of knitting. [A girl's gotta have a dream.]

Jillian is a knitwear designer and mom of two. In her former life, she was Director of Marketing and New Product Development for Interweave Press.

Amy is the founder, publisher and editor of Knitty magazine [<http://knitty.com>], author of *Knit Wit* [to be published fall 2004 by HarperCollins], and mom of a small rabbit named Newton.

Table of Contents

Intro: Big Girls Do Knit

Someone famous – hopefully a knitter herself – gives a big shout out [introduction and pep talk] to all the big girl knitters. We're thinking Camryn Manheim.

Chapter 1

Boobs ☺, **belly** ☹, **butt** ⊖ :

the best sweater shapes for *your* body

In this book, we're focusing on the big, bad three – boobs, belly and butt. We visit each of the BB3 and discuss ways to to show them off or divert attention elsewhere.

- Learn, love, live the sweater shaping, style and details that work for *your* shape.
- No more tents: Why adding any shaping works for all sizes.
- Full-page list: Top 10 What To Knit
- Drink recipe: Grenade pétillant

Grenade pétillant

4 oz champagne
2 oz pomegranate juice
1 sugar cube

Directions:

Place sugar cube at the bottom of a sparkly glass. Pour pomegranate juice over the sugar cube. Fill with chilled champagne; stir very gently. Toast the body that's gotten you this far in life!

Chapter 2

Areas of generosity:

understanding your body so you can knit for it!

Learn the hows and whys of measuring every part of your body that your knitted garments touch. Using accurate measurements gives you the power to never make a bad-fitting sweater again – shaazzam!

- Create a body map of your measurements
- Learn the amount of ease you like in a garment
- Learn how to measure a body [what are all of those little dashes on a measuring tape anyway?]
- Understand why you can't measure your own body
- Drink recipe: Chocolate Martini

Chocolate Martini

2 oz Vanilla Vodka
1 oz Chocolate Liqueur
(we recommend Godiva)
1 dash Frangelico

Directions:

Mix in blender with ice until very smooth. Serve in a martini glass or a milk glass with a straw.

Chapter 3

Short rows: a big girl's best friend

Learn the ultimate secret for curvy girls – short rows. Short rows are a magical technique that allows you to sculpt knits to fit your body, curve by curve.

- Learn how, where, when and why to use short rows
- Practice your new short-row chops on a plain-vanilla-super-shapeable sweater pattern.
- Learn not one, but **three** different short row techniques.
- Knitted darts vs. knitted 'cups'
- Drink recipe: Coffee Rocket

Coffee Rocket

1 shot espresso
2 oz sweetened condensed milk
1 oz Kahlua Coffee Liqueur (it takes the edge off)

Pour milk into a glass. Pour coffee and Kahlua on top slowly. Admire. Stir. Blast off. Drink iced or hot to get your synapses popping.

Chapter 4

Adaptation: other ways to adjust patterns to suit your generousities

What about when short rows won't work? Here's a bunch more math to help you figure out pattern repeats, color charts, and other sneaky stuff that won't work with short rows.

- Working with intarsia
- Adjusting pattern repeats
- Shaping knitted garments using panels
- Drink recipe: Daquiroothie

Daquiroothie

2 shots spiced rum
2 cups ice
1 cup vanilla frozen yogurt
or ice cream
1/2 cup watermelon
1/2 cup strawberries
1 dash fresh lime juice

Combine all ingredients in a blender. Blend until smooth. Add more ice if you want a thicker drink. Serve in a chilled glass with fresh chocolate-dipped strawberry on top.

Chapter 5

Knitting: a generous selection of patterns

Patterns are arranged by ambient temperature – hot, warm, and cold – and are coded with the BB3 icon system.

- 20-25 garments sized to 3x
- 5-10 accessories scaled to suit big girls
- Bonus: The magical, mythical bra strap holder

Areas of generosity:



boobs



belly



butt

So if you have generous boobs and a generous butt, patterns with these icons   are best suited to your shape.

Chapter 6

Resources

Shop 'til you drop – a yarn yardage guide for the rest of us

Bibliography

Books, magazine articles and websites we love about full-figure fashion and adapting patterns.
Places to shop when you're feeling too lazy to knit.



Big-girl knits sample designs

Key:



boobs



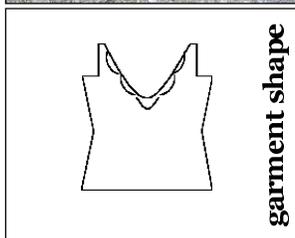
belly



butt



sample swatch



garment shape

Two-tone tank



Difficulty: beginner

Season: warm

Yarn(s): silk or silk blend. Main color and one contrast color.

Gauge: 4 -4.5sts/in

Stitch(es): stockinette, lace, ruffle

Description:

Fitted, long tank.

Low double-V neckline is accented with a contrasting wide lace frill in the front.

*You need a great big woman,
You need a queen size woman,
You need a big butt woman,
You need a well rounded woman,*

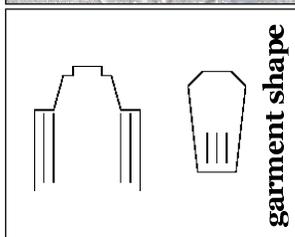
You need a great big woman to show you how to love....

*You need a great big woman,
You need a big haired woman,
No diet plate woman,
No slim fast woman,*

You need a great big woman to show you how to love....



sample swatch



garment shape

Colorblock Funnelneck



Difficulty: beginner

Season: cool

Good for: belly, butt

Yarn(s): wool, main color and one contrasting color

Gauge: 4sts/in

Stitch(es): stockinette, rib

Description:

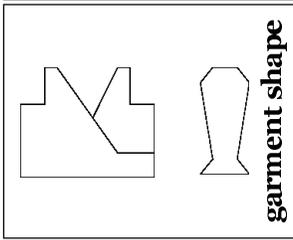
Straight sweater derives shaping from side ribbing that runs from hem to armhole shaping.

Raglan sleeve has ribbing from edge to just below elbow.

Side, sleeve and side neck ribbing are all done in contrasting color.



sample swatch



garment shape

Koigu Wrap



Difficulty: intermediate

Season: multi

Yarn(s): Koigu Premium Painter's Palette Merino

Gauge: 7sts/in

Stitch(es): Mesh brioche

Description:

A classic wrap top, top hip length, ruffles could be added to closure edge.

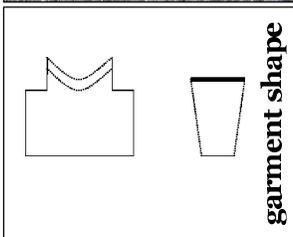
Set-in sleeves end in bell shape.

*You need a great big woman with a little meat,
 No flat bed woman gonna fall asleep,
 A sauce-cooking woman feed you right,
 A great big woman to keep you warm at night,
 You need a great big woman to show you how to love...*

*You need a great big woman,
 You need a wide load woman,
 You need a hip shakin' woman,
 You need a strong healthy woman,
 You need a big-boned woman show you how to love....*



sample swatch



garment shape

Mesh Long Sleeved T



Difficulty: beginner

Season: multi

Yarn(s): cotton or cotton blend, novelty

Gauge: 5/5.5sts/in

Stitch(es): stockinette

Description:

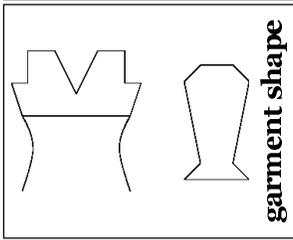
Straight drop-shouldered sweater.

Scoop neck is worked in a band of sheer novelty yarn.

Sleeves are worked in sheer contrasting yarn with a 2"-3" main yarn band at top.



sample swatch



garment shape

Long-Sleeved Corset



Difficulty: intermediate
 Season: multi
 Yarn(s): silk or silk blend, ribbon
 Gauge: 5-5.5/4-4.5sts/in
 Stitch(es): stockinette

Description:
 Fitted corset is knit in silk yarn from hem to rib cage.
 Ribbon yarn in a looser gauge is used for the remainder of this plunging V sweater.
 Set-in sleeves are knit in ribbon and end in a bell or flutter style.

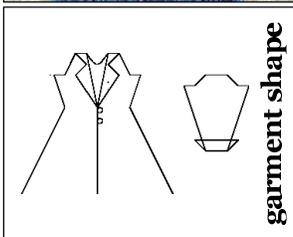
*You need a great big woman,
 You need a big rig woman,
 You need a soft, curvy woman,
 You need a hip hippy woman,
 You need a great big woman show you how to love...*

*You need a great big woman,
 You need a smooth riding woman,
 You need a big legged woman,
 You need a big fat woman,
 You need a great big woman to show you how to love...*

Candy Kane, "You Need a Great Big Woman"



sample swatch



garment shape

Fit & Flare Coat



Difficulty: intermediate
 Season: cool
 Yarn(s): wool tweed
 Gauge: 3.5sts/in
 Stitch(es): variety 2-stitch texture stitches

Description:
 A long fitted coat with narrow lapels.
 It flares dramatically from the waist and is knit with varied texture stitches.
 The set-in sleeves end in a dramatic cuff.