

KNITTING FIBERS		
FIBER TYPE	GENERAL CHARACTERISTICS	USES
PLANT/VEGETABLE: Cotton, linen, ramie, rayon, bamboo, Tencel.	Fibers from plants, smooth fibers, absorb moisture & heat; evaporates quickly-keeps you cool, lack elasticity-garments lose shape, heavier than protein fibers – garments may sag, choose light weight yarns, open designs, susceptible to mildew and insects.	Cottons and lines are perfect choices for warm-weather garments of all types. Cotton fibers are heavy and tend to stretch over time. Simple shapes and cropped tops are great choices. Consider using smaller needles when knitting with cottons yarns.
ANIMAL/PROTEIN: Sheep wool, goat mohair, goat cashmere, camel, alpaca, rabbit angora, American bison-buffalo, qiviut-musk ox, silk-worm.	<p>All animal fibers are lightweight, naturally soil resistant, highly insulating, durable, and they maintain their shape well. Protein fibers are a flame-resistant, renewable resource.</p> <p>Fibers have scales (except silk), traps moisture & heat-keeps you warm & dry, repels water, soft, lofty, elastic-garments retain shape, lightweight compared to plant/vegetable fibers, dyes well, does not pill, felts, resists mildew, susceptible to moths (except silk).</p>	<p>Wool is an excellent fiber, well suited for any knitting project. It makes excellent sweaters, mittens, gloves, scarves, vests and hats because it is warm and durable .</p> <p>Mohair should be knit loosely to allow the fluff to fill the spaces between stitches. Simple garment shapes are recommended for knitting in mohair. Garments are light and warm.</p> <p>Cashmere is expensive and best used for garments that are worn with care. It makes wonderful lace shawls and scarves. Cashmere sweaters should have a simple silhouette with little or no ribbing. Cashmere has to be washed very carefully to prevent shrinking.</p> <p>Alpaca is ideal for lightweight, lacy garments made with large stitches such as shawls, scarves, and stoles. Alpaca is nice against skin. Sweaters should be knit flat and reinforced in the seaming to reduce any droop.</p>

FIBER TYPE	KNITTING FIBERS CONTINUED GENERAL CHARACTERISTICS	USES
		<p>Angora is typically used for accents on garment as it's a high price fiber. Angora should not be used in baby clothes, because it sheds fibers that can cause sneezing.</p> <p>Silk yarns creates smooth surfaces and should be used for simple shapes. It is hard to hid uneven knitting in a silk garment. Ribbings in silk should be avoided because of the non-elastic nature of the fiber.</p>
<p>SYNTHETIC/MAN-MADE: Nylon, polyester, metallic, acrylic, spandex, rayon</p>	<p>Petroleum-based, water resistant, does not absorb moisture nor wick it away from body, durable, strong, pills, dries quickly, builds static electricity, resists water-based dyes, absorbs oil-based dyes, absorbs odors, resists mildew & moths, heat sensitive-melts.</p> <p>Man-made fibers are perfect for children's wear and other garments that requires durability as well as easy care. A synthetic/wool blend gives the knitter a less expensive and more durable yarn alternative.</p>	<p>Nylon has incredible strength and is often used as a reinforcement yarn for sock heels and toes.</p> <p>Rayon is usually blended with other yarns, especially cotton, to give both luster and sheen. These blends create wonderful and classic summer garments.</p> <p>Acrylic is easy to care for, machine washable makes them a perfect match for items that need to be washed often. Acrylic yarns come in a wide range of weights, colors, textures, and finishes. These fibers can be used for almost anything.</p>