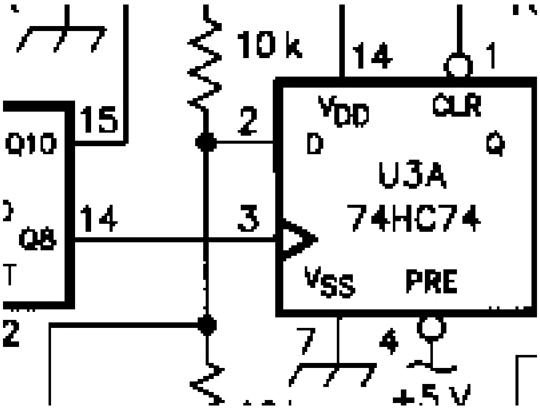
The Huff-Puff technique is a method of stabilising the frequency of ordinary L-C VFO's. Most VFO constructors will have experienced great difficulty obtaining a stable frequency, at least without careful attention to temperature compensated capacitors etc. The Huff-Puff approach was pioneered by the late Klaas Spaargaren PA0KSB, and results in a rock-stable VFO effectively locked to a crystal-derived reference frequency. Over the years several magasine articles have appeared describing both the original circuit and subsequent enhancements. Some of the articles are reproduced here, along with details of my own Huff-Puff projects, and an article sent to me by Olivier F5LVG about his Simple Frequency Stabiliser.



Huff & Puff Reference Library

A collection of articles for download in Adobe Acrobat (.pdf) document format, ... Radio Society of Great Britain (RSGB) ... permission to reprint ... American Radio Relay League (ARRL) QEX

Read more...

Magnetically-Coupled fast Huff & Puff stabiliser

I built this stabiliser mainly based on the circuit ... RadCom's Technical Topics, September 2000 ... G3DXZ, with a few changes. In particular, ... David

White WN5Y
Read more...

Minimalist 1, 2 and 3-chip VFO + Stabiliser designs

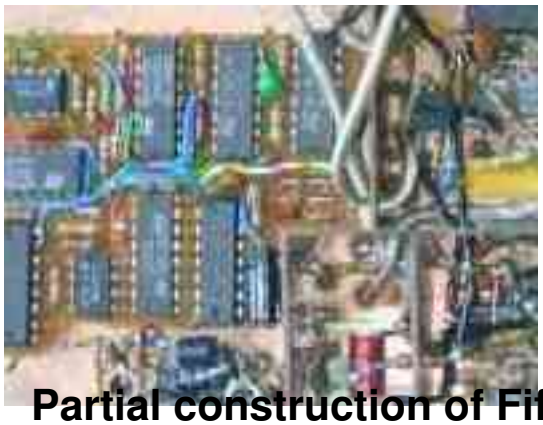
A selection of minimalist Huff & Puff projects: 2-chip combined VFO + Stabiliser; 3-chip combined VFO -

Read more...

All-valve Huff & Puff stabiliser (under construction)

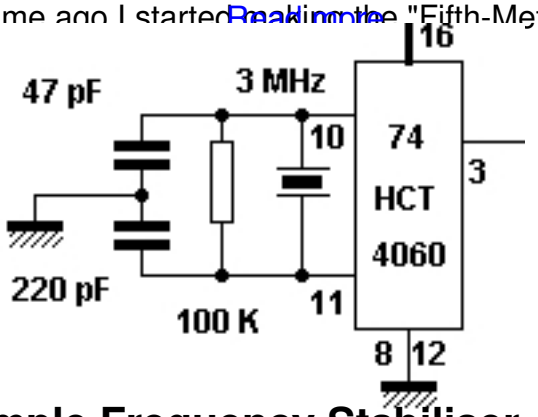
I am attempting to build an all-valve VFO, Huff & Puff Stabiliser and Frequency counter. The timebase w

Read more...



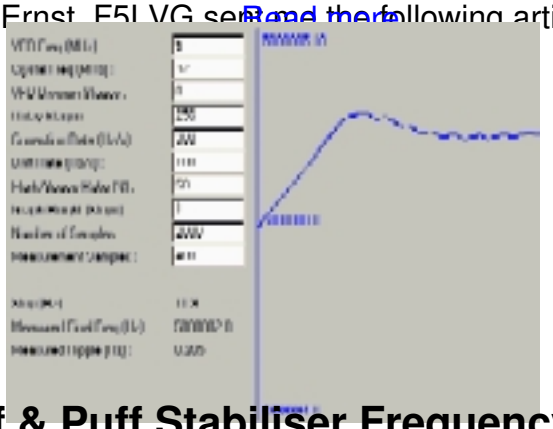
Partial construction of Fifth-Method stabiliser

A long time ago I started Read more the "Fifth-Method Stabilised Oscillator" as described by the original Huf



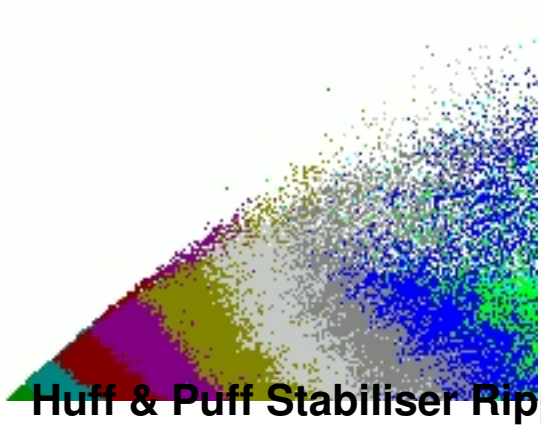
A Simple Frequency Stabiliser, by Olivier F5LVG

Olivier Ernst, F5LVG sent Read more the following article about his simple frequency stabiliser, built according t



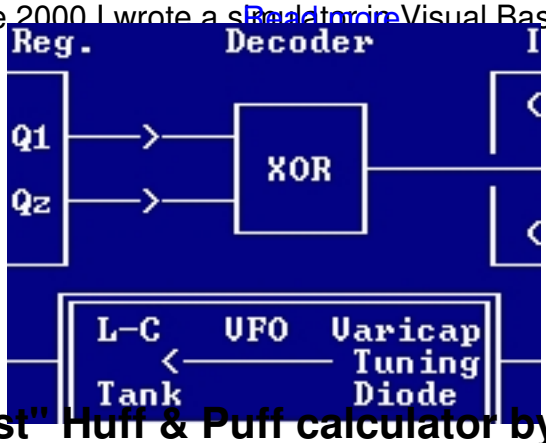
Huff & Puff Stabiliser Frequency Simulator

I wrote a rather basic Java simulator Read more... for Huff & Puff Stabilisers in January 2001. The simulator is very fa



Huff & Puff Stabiliser Ripple Simulator

In June 2000 I wrote a s[Read more...]r in Visual Basic to investigate the effects of the number of shift register



"Fast" Huff & Puff calculator by John VK6JY

In June 2000 I wrote a s[Read more...]r in Visual Basic to investigate the effects of the number of shift register

Huff & Puff Stabilisers on the Web

huffpuff/fast.html Magnetically-Coupled fast Huff & Puff stabiliser by Hans Summers, G0UPL
http://oernst.f5lvg.free.fr/oscil/stab/stab.html A Simple Frequency Stabiliser by Olivier Ernst, F5LVG
http://www.pan-tex.net/usr/r/receivers/elrstbzr.htm A unique magnetically-coupled stabiliser by David White, WN5Y
http://homepage.tinet.ie/~ei9gq/stab.html Eamon Skelton EI9GQ's PIC-controlled stabiliser
http://www.qsl.net/it9xxs/frmain.htm Another stabiliser, by Giovanni Mazzola, IT9XXS
http://members.ziggo.nl/cmulder/ksbstabi.htm Carel Mulder PA0CMU's stabiliser design, from PA0KSB's improved version, 1996
http://www.qsl.net/om3cph/counter/lcd/contribs/pic_flck.htm Osmo OH6CJ's PIC Frequency Counter with Frequency Lock function
http://home.kpn.nl/brink120/huf2.htm Ron PA2RF's "Fast" type minimalist Huff Puff stabiliser
http://www.cumbriadesigns.co.uk/x-lock.htm X-lock stabiliser kit by Cumbria Designs
http://www.aholme.co.uk/Stab/Stab.htm CPLD (programmable logic) "Fast" stabiliser design by Andrew Holme