

The following is a complete list of all articles I have managed to find relating to the Huff-Puff method of stabilising a VFO for use in amateur radio transmitters and receivers. These documents are in Adobe Acrobat (PDF) format. If you do not have Adobe Acrobat installed, you can [install it here](#) . If anyone has an article not in my collection, please email it to me!

**IMPORTANT NOTE:** I have tried to keep the file sizes as small as possible. You will need to experiment with the viewing scale in Adobe Acrobat to obtain the most readable image. Often using the "Actual Size" setting, equivalent to 100% zoom, is best. Printing the files is another alternative, which should always produce good-looking pages.



Thanks to the

[Radio Society of Great Britain \(RSGB\)](#) for permission to reproduce articles from



Thanks to the

[American Radio Relay League \(ARRL\)](#) for permission to reproduce [ARRL](#) articles from



Thanks to  
[\(VERON\)](#)

[Vereniging voor Experimenteel Radio Onderzoek Nederland](#)  
for permission to reproduce the original PA0KSB article from April 1

Permission to reproduce the articles from Elektor Electronics was unfortunately [NOT GRANTED](#) . If you require any further information on these articles, please email me direct. Fortunately you can also read about Eamon [Skelton's EI9GQ](#)'s VFO stabiliser project on his [website](#) , complete with downloadable PIC assembly code. Ham Radio magazine is no longer in print. I made some effort to try to track down the owner of the Ham Radio copyright, which I believe to be QST (ARRL), however to date I have not received a reply.

## Huff & Puff reference library

Written by Hans Summers

Friday, 04 September 2009 20:31 - Last Updated Wednesday, 07 December 2016 09:45

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Thanks to [David White W5NY](#) for sending me the following articles: Ham Radio, Nov '74 "Tuned VLF Converter"; Ham Radio, Jun '79 "AFC Circuit for VFO's"; Ham Radio '87 "Better frequency stability for the Drake TR7". The article titled "Tuned VLF Converter" does not relate to Huff & Puff stabilisers; it is included here because it uses a variable magnetic field to tune a VFO inductor, as David W5NY and I have done in our Huff & Puff stabilisers.

Thanks to Gert PA3CRC for sending me the original article by Klaas PA3KSB in Electron, the journal of the Dutch amateur radio society Veron.

Many of the articles come from Pat Hawker's excellent "Technical Topics" column from RadCom. Pat G3VA became a silent key in February 2013 aged 90. He wrote his Tech Topics column every month for 50 years starting in 1958. An amazing achievement and an inspiration to all homebrewers. The Tech Topics articles are marked with publication "RadCom TT" in the list below. All of these articles are written by Pat himself, but make frequent reference to diagrams and letters he has received. In these cases I have listed the original source as the author, not Pat. To keep the file sizes as small as possible, I have edited out surrounding articles (interesting though they often are).

Publication	Issue	Author	Size
Electron	Apr 1973	Klaas Spaargaren PA0KSB	33K
<a href="#">Original article that started it all! (in Dutch)</a>			
RadCom TT	Jul 1973	Klaas Spaargaren PA0KSB	15K
<a href="#">Crystal-stabilized VFO</a>			
RadCom TT	Oct 1973	Joe Cropper G3BY	126K
<a href="#">The Huff and Puff VFO</a>			
RadCom TT	Nov 1973	Harry Burton ZL2APC	48K
<a href="#">Origins of the Huff and Puff VFO</a>			
RadCom TT	Nov 1973	John Compton G4COM	162K
<a href="#">More views on huff &amp; puff VFO's</a>			

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RadCom TT	Dec 1973	Various	205K
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[Huff & Puff comments](#)

RadCom TT	Mar 1974	J H Tait BRS32041	76K
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[Huff and puff VFO stabilization](#)

RadCom TT	Mar 1974	A K Forrest BRS34402	117K
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[A versatile Huff & Puff system](#)

RadCom TT	May 1974	P A Howarth G3YAC	66K
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[Huff and Puff stabilizer correction](#)

RadCom TT	Jul 1974	Joe Cropper G3BY	209K
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[Huff and Puff postscript](#)

RadCom TT	Aug 1974	PA0AGE	151K
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[PA0AGE Huff and Puff](#)

Ham Radio	Nov 1974	Unknown	540K
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[Tuned VLF converter](#)

Ham Radio	Dec 1977	Klaas Spaargaren PA0KSD	293K
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[Drift-correction circuit for free-running oscillators](#)

RadCom TT	Apr 1978	Klaas Spaargaren PA0KSD	256K
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[Huff and Puff in CMOS](#)

RadCom	Aug 1978	T Winter G4AOK	566K
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[Huff and Puff stabilizer](#)

Ham Radio	Aug 1978	Crawford MacKeand WA3LWZ	374K
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[Frequency-lock loop pages 1-3](#)  
[pages 3-6](#)

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Ham Radio	Jun 1979	Read C Easton K6EHV	332K
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### [AFC Circuit for VFO's](#)

Elektor	May 1980	Eamon Skelton EI9GQ	
<a href="#">REMOVED</a> : Frequency Lock System.			
Ham Radio	Aug 1987	Urs Hadorn HB9ABO	871K

### [Better frequency stability for the Drake TR7](#)

SPRAT 63	Summer 1990	Stef Niewiadomski	197K
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### [The Huff & Puff revisited](#)

RadCom	Mar 1991	Klaas Spaargaren PA0KSB	653K
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### [The Fifth-Method Stabilised Oscillator](#)

QEX	Feb 1996	Klaas Spaargaren PA0KSB	999K
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### [Frequency Stabilization of L-C Oscillators](#)

RadCom TT	Jul 1996	Klaas Spaargaren PA0KSB	140K
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### [Improved 'Huff and Puff' Stabiliser](#)

RadCom TT	Sep 1996	Charles Fletcher G3DXZ	117K
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### [Huff & Puff in practice](#)

RadCom TT	Dec 1996	Klaas Spaargaren PA0KSB	933K
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### [Huff & Puff - PA0KSB comments](#)

RadCom TT	Feb 1997	Peter Lawton G7IXH	89K
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### [Huff & Puff Oscillator](#)

RadCom	Dec 1997	Chas Fletcher G3DXZ	477K
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### [Stay-Put: The Improved Huff & Puff VFO](#)

RadCom TT	Dec 1997	Peter Lawton G7IXH	139K
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### [The 'Fast' Huff & Puff Stabiliser](#)

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RadCom TT	Feb 1998	Klaas Spaargaren PA0KSB	396K
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### [PA0KSB endorses 'Fast' Huff & Puff](#)

Elektor	Feb 1998	Eamon Skelton EI9GQ	
<a href="#">REMOVED</a> : Frequency display and VFO Stabiliser			
QEX	Nov 1998	Peter Lawton G7IXH	628K

### [The 'Fast' Digital Oscillator Stabilizer Fig.5](#)

RadCom TT	Dec 1999	Pat Hawker G3VA	420K
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### [Farewell Pa0KSB, Silent Key](#)

RadCom TT	Jun 2000	Peter Lawton G7IXH	105K
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### [G7IXH's Fast Huff & Puff Stabiliser](#)

RadCom TT	Sep 2000	Chas Fletcher G3DXZ	108K
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### [Slow-tuning Fast Stabiliser](#)

SPRAT 122	Spring 2005	Hans Summers G0UPL	103K
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### [Simple Huff & Puff VFO Stabilisers](#)

SPRAT 122	Spring 2005	John Beech G8SEQ	165K
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### [Huff & Puff revisited again!](#)

SPRAT 123	Summer 2005	Hans Summers G0UPL	69K
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### [Simple "fast" Huff & Puff VFO Stabilisers](#)

RadCom TT	Sep 2005	Hans Summers G0UPL	59K
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### [Low-cost Huff & Puff stabilised VFO](#)

RadCom TT	Feb 2007	Ron Taylor G4GXO	345K
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### [Fast 'Huff & Puff' stabiliser in a PIC](#)

RadCom TT	Jun 2007	Chas Fletcher G3DXZ	154K
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### [An Alternative PIC stabiliser](#)

