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 Relative Boardeiny Ablobe and Brothain ((BBB) Colorrepetificits stating domain in the provide stating in the stating of the sta



Magnetically-Coupled fast Huff & Puff stabiliser

I built this stabiliser main Rabased son Theodincuit Secters Feetables GBDX Within few changes David articular,

White WN5Y Read more...



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

A selection of minimalist And and the projects: 2-chip combined VFO + Stabiliser; 3-chip combined VFO -



All-valve Huff & Puff stabiliser (under construction)

I am attempting to build Read-walve.VFO, Huff & Puff Stabiliser and Frequency counter. The timebase w



Partial construction of Fifth-Method stabiliser

A long time and L started Praking the "Fifth-Method Stabilised Oscillator" as described by the original Hur



A Simple Frequency Stabiliser, by Olivier F5LVG

Olivier Frost E5LVG semand therfollowing article about his simple frequency stabiliser, built according t



Huff & Puff Stabiliser Frequency Simulator

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



Huff & Puff Stabiliser Ripple Simulator

In June 2000 Lwrote a strend torcine Visual Basic to investigate the effects of the number of shift register of Reg. Decoder I



In June 2000 I wrote a signal dtorcine Visual Basic to investigate the effects of the number of shift register of Huff & Puff Stabilisers on the Web

<u>huffpuff/fast.html</u> Magnetically-Coupled fast Huff & Puff stabiliser by Hans Summers, G0UPL <u>http://oernst.f5lvg.free.fr/oscil/stab/stab.html</u> A Simple Frequency Stabiliser by Olivier Ernst, F5LVG

<u>http://www.pan-tex.net/usr/r/receivers/elrstbzr.htm</u> A unique magnetically-coupled stabiliser by David White, WN5Y

<u>http://homepage.tinet.ie/~ei9gq/stab.html</u> Eamon Skelton EI9GQ's PIC-controlled stabiliser <u>http://www.qsl.net/it9xxs/frmain.htm</u> Another stabiliser, by Giovanni Mazzola, IT9XXS <u>http://members.ziggo.nl/cmulder/ksbstabi.htm</u> Carel Mulder PA0CMU's stabiliser design, from PA0KSB's improved version, 1996

<u>http://www.qsl.net/om3cph/counter/lcd/contribs/pic_flck.htm</u> Osmo OH6CJ's PIC Frequency Counter with Frequency Lock function

<u>http://home.kpn.nl/brink120/huf2.htm</u> Ron PA2RF's "Fast" type minimalist Huff Puff stabiliser <u>http://www.cumbriadesigns.co.uk/x-lock.htm</u> X-lock stabiliser kit by Cumbria Designs <u>http://www.aholme.co.uk/Stab/Stab.htm</u> CPLD (programmable logic) "Fast" stabiliser design by Andrew Holme