

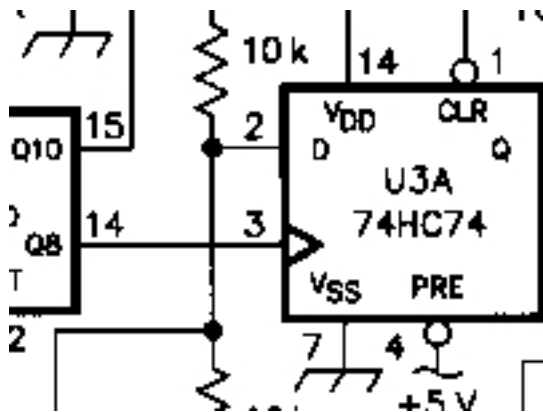
## Huff & Puff Oscillator Stabilisers

Written by Hans Summers

Friday, 04 September 2009 22:51 - Last Updated Sunday, 04 February 2018 13:14

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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 magazine 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 [Radio Society of Great Britain \(RSGB\)](#), [International Amateur Radio Union \(IARU\)](#), [American](#)

[an Radio Relay League \(ARRL\)](#)

[QEX](#)

[Read more...](#)



## Magnetically-Coupled fast Huff & Puff stabiliser

I built this stabiliser mainly based on [The circuit Section File 200](#) GBDXZ, with a few changes [David](#) particular,

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[White WN5Y](#)

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### 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 +



### All-valve Huff & Puff stabiliser (under construction)

I am attempting to build [All-valve](#) VFO, Huff & Puff Stabiliser and Frequency counter. The timebase w

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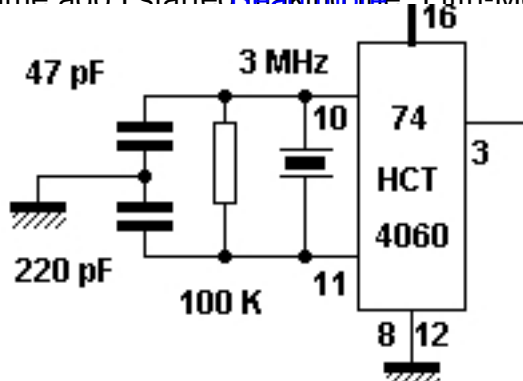
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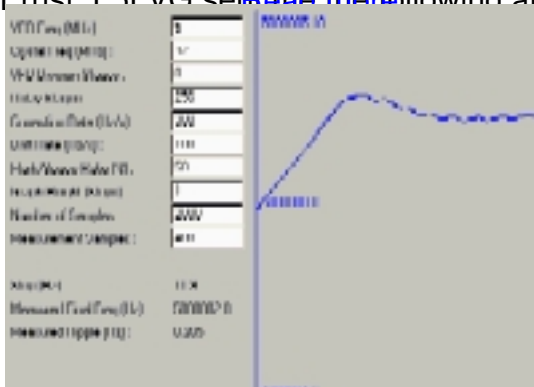
### Partial construction of Fifth-Method stabiliser

A long time ago I started [Reading the](#) "Fifth-Method Stabilised Oscillator" as described by the original Huff



### A Simple Frequency Stabiliser, by Olivier F5LVG

Olivier Ernst, F5LVG see [Read the](#) following article about his simple frequency stabiliser, built according to



### Huff & Puff Stabiliser Frequency Simulator

I wrote a rather basic Java [Resimulator](#) for Huff & Puff Stabilisers in January 2001. The simulator is very fa

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### Huff & Puff Stabiliser Ripple Simulator

In June 2000 I wrote a [Read more](#) Visual Basic to investigate the effects of the number of shift register c



### "Fast" Huff & Puff calculator by John VK6JY

In June 2000 I wrote a [Read more](#) Visual Basic to investigate the effects of the number of shift register c

### Huff & Puff Stabilisers on the Web

[huffpuff/fast.html](http://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\\_flick.htm](http://www.qsl.net/om3cph/counter/lcd/contribs/pic_flick.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