



Knitted Cap Pattern

Knitting needles: Size 6

Yarn: 4 ply knitting worsted, acrylic, orlon, nylon, etc. Not wool.

Abbreviations: K.....Knit

P.....Purl

STS.....Stitches

Cast on 60 sts.:

- Rib in, K 1 st and P 1 st in the next 5 rows.
- K 1 row and P 1 row 6 times (*change yarn for colored rows*).
- Colored rows, K 1 row and P 1 row 10 times (*change yarn to main color*).
- K 1 row and P 1 row 6 times.
- Knit 2 sts together across next row (*30 sts left on needle*).
- Purl next row.
- Knit 2 sts together across next row (*15 sts left on needle*).
- Purl next row.
- Cast off.

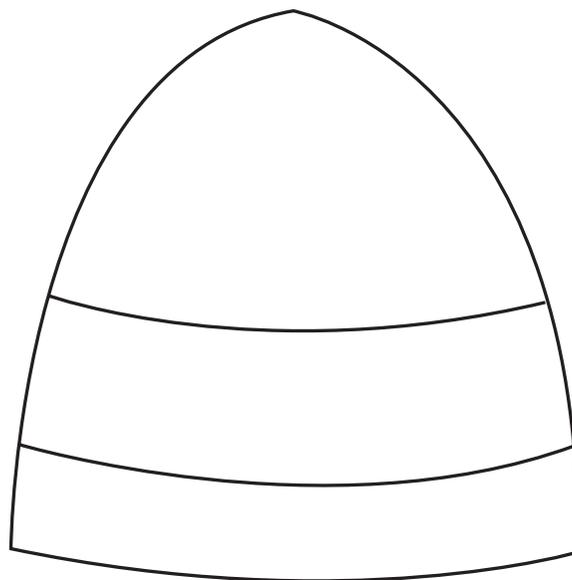
Boys cap: Main color (*Blue*); Colored strip (*White*); Pom Pom (*Blue*)

Girls cap: Reverse colors on boys cap with pink.

Approximate length: 5 inches

Color stripe

CHM=Work on 8 rows with contrasting color.



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Chemo Cap

Materials:

Worsted weight yarn
Fun Fur
#15, 16" circular needle
Set of four #15 double point needles
Marker
Yarn needle

Directions:

- Cast on 42 stitches using two strands of worsted weight yarn and fun fur held together.
- Join in the round and place marker.
- Knit with all three strands for two inches. Drop fun fur.
- Continue knitting with two strands of worsted weight yarn held together for a total of six inches from cast on edge.

Decrease rows: Change to double point needles when needed.

Knit 5, Knit 2 together. Repeat to marker. (36 stitches)

Knit 4, Knit 2 together. Repeat to marker. (30 stitches)

Knit 3, Knit 2 together. Repeat to marker. (24 stitches)

Knit 2, Knit 2 together. Repeat to marker. (18 stitches)

Knit 1, Knit 2 together. Repeat to marker. (12 stitches)

Knit 2 together. Repeat to marker. (6 stitches)

Cut yarn, weave through last six stitches and pull tight.

Weave ends.



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Shawl

Knitting Materials:

Knitting: Knitting needle size 11 or 15

Amount of yarn needed: 555 yards in the yarn of your choice.

The cost of yarn is rising, be creative and use yarns that appeal to you and your price range.

Example: 3 skeins of Homespun.

With #15 needle, cast on 63 stitches. Use 2 ½ skeins of yarn, then bind off and use the rest for fringe. Knot the ends of the yarn to keep from frizzing.

Before you begin:

Because this is a spiritual practice, before one begins the knitting process, remember to pray, dedicating the work of your hands and the intentions of the receiver. You may want to light a candle and play soft music to enhance your knitting time, remembering that this is a prayerful time. When working in a group, you may want to pass the work-in-progress around the circle, asking each person to add some stitches to the shawl, or to just hold it for a while to add their prayers.

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Cast on stitches in multiples of three—54, 57, or 60. For example, if you use size 11 needles and cast on 54 stitches, 3 skeins of yarn is



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enough. Some yarns vary in elasticity, which will affect your outcome, as will your knitting tension. If the yarn you have chosen has a multi-colored strip, be careful when tying on a new skein. Make sure the color sequence is correct. Also, tie on the new skein in the body of the shawl, instead of an edge, as the ends tend to show.

- First Row: k3, p3, to end
- Second Row: Always start the next row with the opposite stitch of what you see. For instance, if the first stitch on the needle is a knit, then start with a purl. **KNIT THE PURLS AND PURL THE KNITS!!!** It should not look like ribbing.

Note: If you cast on 57 stitches you will always start with K3.

To complete the shawl:

Knit until the piece measures from wrist to wrist, or approximately 57-58" long. (Knitting: bind off with a knit row). Use what you have left to cut *fringe. Suggestion for fringe: you can also do this before tying on the third skein, then continue knitting to the end. Divide the pile in half and slip knot them to the ends, evenly spaced. If the yarn is manufactured loosely wound, you might have to knot the ends of the fringe to keep it from unraveling.



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