

The Care Wear Newsletter

A Quarterly Publication for Care Wear Volunteers, Inc.

June 2001

Greetings to all Care Wear Volunteers. I hope that you are enjoying spring and looking forward to summer. I am always amazed how quickly the calendar pages turn from one month to the next. (I am typing this newsletter on April 16, 2001.)

I am also amazed that some newsletters take more than six weeks to arrive at their destination. The March newsletter was mailed on March 2nd. Recent e-mail messages told me of the arrival of newsletters to Florida. Wow! I guess that we should be happy that the newsletters arrive safely! If you don't receive a quarterly newsletter, allow ample time for delivery and then contact me to send a replacement. I usually have about 50 extras to distribute to prospective volunteers or anyone whose newsletter was lost or shredded.

A volunteer wrote about a new pattern book called:
SIRDAK Book, Early Arrivals, #280
It features adorable baby knitted items in sizes 10 inch chest to one year. You may order this book from:
The Yarn Shoppe by Herrschner's
Order # HK711280
Cost \$7.95 plus shipping & handling
by calling 1-800-441-0838 or via the website
<http://www.yarnshoppe.com>

Bonnie Neuman (Board member) and I are working on a revised hospital list. Every time we print that list, it gets longer!!! And that is a good thing!!! The revision is not

ready yet. In the meantime, here are some additional revisions and additions:

Fairchild Medical Center

Attn: Ass't Dir of Nurses (Deborah Howell)
444 Bruce Street
Yreka CA 96097
530.842.4121

Needs: primarily full-term layette items—including blankets, gowns, and full-term clothing for families in need. They use a few preemie gowns. Very small preemies are sent to Rogue Valley Medical Center

Rogue Valley Medical Center

Attn: Family Birthing Center
2825 E. Barnett Road
Medford OR 97504
541-608-4218

Needs: preemie items and layette items for families in need.

Both of the above-mentioned hospitals were delighted to receive Care Wear donated items. Nurses thought that Gail F's recent delivery of completed items was "...just like Christmas!" Gail hopes that others will join her in supplying these two hospitals. She wrote that there is much need there.

I would like to thank Gail F for making those local contacts. She sent for the Pattern and Information Booklet and then contacted hospitals in her area. Those hospitals had not heard of Care Wear and had never received any of our donated items. In fact, they were a bit skeptical at first, but Gail's first delivery really

impressed them. Gail initiated local contact, learned of the need, shared the need with me, and hopes to locate others in the area who will help her. This is exactly what I hope will happen when I send out a yellow pattern booklet. THANK YOU, GAIL!

Helen Littrell of Klamath Falls, Oregon, is another example. Please see the newspaper article that she sent to me. THANKS TO HELEN.

THANKS TO ALL WHO JOIN THE CARE WEAR EFFORT! You are a great group of concerned citizens! Even if we don't get any awards, news articles, or checks from Paul Neuman (Make A Difference Day), we are making a difference in the lives of many children. We know that!

I received a note from Gail S. who wrote, "The endless joys and blessings it (Care Wear) brings are countless—what a wonderful way to involve young and old alike in selfless giving—a chain reaction of blessings!" The church group that Gail organized is now supplying a local hospital with lots of baby items. The hospital is quite pleased to receive those donations.

Hospital Correction

Huntsville Hospital
NICU-Attn: Traci Conley
101 Sivley Road, Huntsville, AL 35801
256-517-8346, FAX 256-517-2134
tracc@pcs.hhsys.org
Desperate need for burial gowns (pr & ft)

FYI: Sharon Hannaby, Director of Volunteers, Frederick Memorial Hospital, reported that the Activities Director of the Psychiatric Unit told her of amazing results when trying to calm an agitated adult patient with one of the fabric/fiberfill stuffed pony donated by Marva L, a Care Wear volunteer. The knitted pony really made a big difference in their efforts to calm the

patient. Sharon asked if it was ok to use donated items for other wards and age groups. I told her that Care Wear donations are to be used to help any patient who needs assistance.

New Hospital

Waldo County General Hospital
Women's & Infants' Health Care Unit
(Renn Nichols)
118 Northport Avenue
P.O. Box 287
Belfast ME 04915
207-338-9348 (M-F 7am-3pm)
Needs: full-term hats, booties, mitts, sacque/sweater sets, kimonos, diaper shirts, crib & receiving blankets, Preemie & full-term burial gowns (a few each) and finger puppets & stuffed animals for older children.

Thanks to Korner Knitters in Sebago, ME for sharing Care Wear information with customers. Thanks to Brenda, Darrin, and Sally for spreading the word about Care Wear.

FYI: The hospital mentioned in Debbie Schlieff's letter in the March 2001 newsletter (page 22) is The Birth Place at North Collier Hospital, 11190 Healthpark Blvd., Naples, FL 34100 (Attn: Diane Glover, RN)

By the way, we did not receive any prizes for "Make A Difference Day".

Best wishes to all.

Bonnie

Care Wear Volunteers, Inc.
c/o Hood College
401 Rosemont Avenue
Frederick, MD 21701-8575
301-696-3550
FAX 301-696-3952
e-mail: hagerman@hood.edu
website: <http://www.hood.edu/carewear>

When Baby Comes Early: The Challenges of Premature Birth.

Albert Einstein. Winston Churchill. Napoleon Bonaparte. All were famous, all were preemies. And all were lucky to have survived. Historically, premature infants, or "preemies," (babies born at 37 weeks or earlier than the average gestation of 40 weeks) had poor chances of survival. Even as recently as the early 1960's, a baby born at 34 weeks gestation had only a 3% chance of survival; today, infants born at 34 weeks have a 97% chance of survival.

Why are babies born too soon? In 1998, about 12% of the babies born in the United States, or almost a half a million babies, were premature. Of these, about 5000 can be classed as "micropreemies," or babies born at less than 1 pound 9 ounces. Although the cause of a premature birth is unknown in about 50% of the cases, a mother's poor lifestyle choices, such as smoking and using drugs, can increase the risk of a premature birth. Other risk factors may include inadequate prenatal care, structural abnormalities of the uterus, infection, or chronic illness. Premature infants also are more likely to be born to mothers over age 35 or under age 19, or to mothers carrying multiple fetuses. Likewise, the number of pregnancies with multiple fetuses has increased, as more older women turn to "assisted fertility. "

Complications of prematurity. Advances in medical technology, neonatal practices and knowledge have resulted in more premature babies being saved at younger gestation ages. Even micropreemies stand a reasonably good chance for survival. Although the statistics vary by study, up to 35% of infants born as early as 23 weeks of gestation now survive, with the odds increasing to about 84 percent for those babies born at 28 weeks. Being prematurely banished from the nurturing uterine environment of regulated temperature, filtered light and sound, and rhythmic movements, pre-term infants are confronted with an unwelcome barrage of sensory stimulation and physical demands. Premature infants can face many health problems, often due to the immaturity of their internal organs, including their lungs. Lung-related illnesses, such as respiratory distress syndrome, are a common serious problem. Premature infants frequently require breathing assistance, either through exogenous oxygen, ventilators or surfactant treatment. Surfactant, a material that aids in oxygen exchange, appears in the fetal lungs at about 24 weeks gestation, but is rarely present in sufficient quantities before 36 weeks gestation. One of the factors implicated in respiratory distress syndrome is the lack of surfactant. Prior to the days of modern intensive care, about 40,000 babies died from this syndrome each year but now over 85% of the afflicted babies survive. Treatment for respiratory distress syndrome has changed greatly since the early 1990' s with the development of an artificial form of surfactant. The more premature the infant, however, the more difficulties the infant faces, both immediately after birth and throughout life. Of surviving micropreemies, about 30% will be normal, but up to 30 percent can be faced with the lifelong challenges of significant physical disorders, such as blindness, cerebral palsy or mental retardation, and another 30% face moderate deficits. While the obvious physical disorders associated with extreme prematurity are well established, more recent research has suggested that children born as very premature infants may experience much more subtle complications, such as difficulties

with the ability to acquire and use language, poorer socio-emotional development and behavior problems.

What can parents do ? The emotional toll on parents of hospitalized premature infants can be significant. The busy atmosphere of the neonatal intensive care unit (NICU) and the medical needs of their fragile babies can be intimidating to many parents. Mothers especially may feel fear, guilt, anger, disappointment and inadequacy. For parents of premature infants, the gap between expectations of a full-term healthy baby and reality is especially large. Many mothers find breastfeeding, which provides a natural opportunity for close physical contact, to be a significant emotional boost. Mothers of premature infants too young to suck are encouraged to pump their breastmilk, which can be fed by tube. Infants too benefit from breastfeeding. Babies receiving fortified human milk have been shown to have a lower incidence of a serious bowel disease, necrotizing enterocolitis, and experience shorter hospital stays, than those receiving formula. Both parents can enjoy beneficial physical intimacy with their babies by practicing "Kangaroo Care." Developed in South America as a way to keep premature infants warm, kangaroo care is simply snuggling the baby against a parent's chest in skin-to-skin contact. Kangaroo care has significant benefits for the baby, including warmth, stabilizing effects on heartbeat and breathing rates, increased weight gain and increased incidence and duration of breastfeeding, even if kangaroo care occurs for only a few minutes per day. Infant massage has also been shown to benefit premature babies. Compared to preemies that have not been massaged, massaged pre-term infants gain more weight, are more active, and leave the hospital sooner.

Although parents of hospitalized preemies may feel helpless as they watch others care for their sick newborns, parents can play a significant role in calming and comforting their hospitalized premature babies. As their babies mature, parents of hospitalized preemies can play more active roles in feeding, diapering and dressing their babies. Finding other families who have experienced similar situations can be a great form of comfort. Many families find logging onto their home computer extremely useful. Information resources, commercial sites and even on-line chat rooms catering to preemies and their families are becoming rapidly available on the internet. And so, in the today's NICU, new parents become acquainted with their early babies, and dare to dream of great things to come.


Janet L. Norcross, Ph.D., is founder and president of Tiny Little Clothes, Inc. , an on-line storefront of clothing, accessories and gifts for preemies, newborns and infants. The url for Tiny Little Clothes, Inc., is <http://www.tinylittleclothes.com>

Question: Does anyone have a copy of Columbia-Minerva Book #778? Caron International gave me permission to reproduce any or all of the patterns in that book. I have photocopies of two of the patterns—reproduced on the following pages—but I do not have the others. If they are as lovely as these two, I would like to share them with all of the volunteers. Call, write, or e-mail me if you are willing to lend me that booklet for a short period. (I don't want twenty people to send it at the same time!!!) I will photocopy the remaining patterns for the next

newsletter and send the booklet back to you. I will insure the mailing to be certain that you receive it back. THANKS.

Craftopia.com make it real

Item A00130 [Back to Project Detail](#)



Caron Baby's ABC's

Baby's ABC's makes a wonderful gift or memento of your child's arrival. Simple and elegant, this crocheted afghan is a sweet addition to any nursery.

Courtesy of Caron

Skill Level: Dabbler
 Enthusiast
 Expert

Materials:

Qty.	Description	Total
(5)	Caron, Simply Soft Yarn White	\$10.95
(1)	Aluminum Crochet Hook, 6" Size D	\$1.85

Instructions:

Yarn usage may vary depending on your particular yarn techniques.

Finished Measurements: approx. 35" x 42"

Chart Stitches: Empty Box = sc, Box with dot in lower right hand corner = ps (puff stitch)
To make a puff stitch: yo, pull up loop 4 times, 9 loops on hook, yo, pull thru 8 loops, yo, pull thru 2 loops, push puff to front of work, work next st.

Ch 140, follow chart working first sc in 2nd ch from hook, 139 sc.

Finish: Ch 1, turn, (sc, ps, sc) in first sc (corner made), ps, sc across, working corner as before, working down side, ps in first row, sc in next row, repeat around, sl st in first sc, ch 1, sc in ea sc and ps around working 3 sc in ea corner ps, sl st in first sc, finish off.
Weave in all ends.

THANK YOU
THANK YOU
THANK YOU

Special Thanks to:

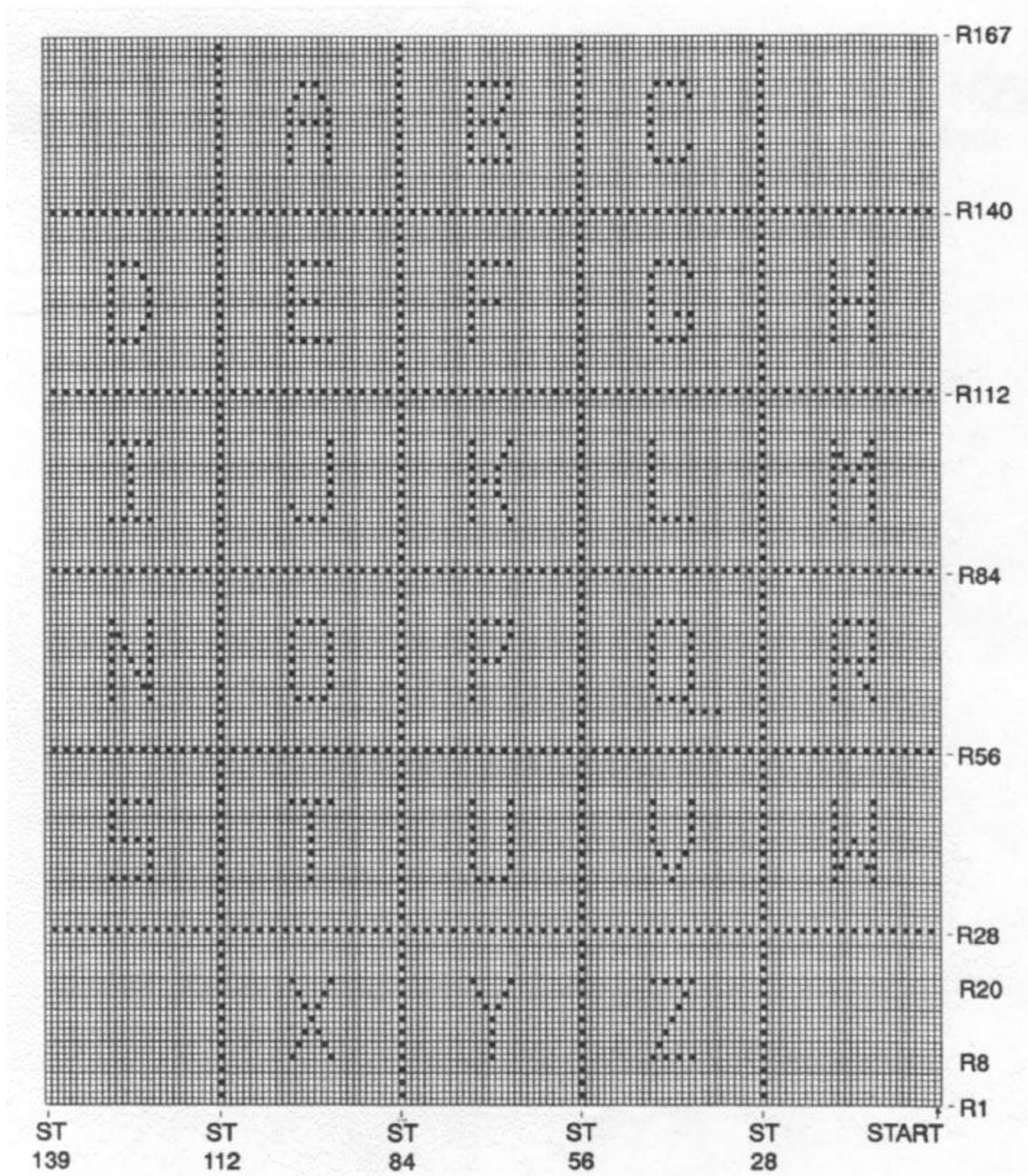
Barbara Brewster and her helpers (Calvin Brewster and Tiffany Myers) for the work that they do to prepare the newsletter for mailing.

Barbara maintains the mailing list on her computer at her workplace and prints all of the labels for the newsletters. She then attaches the labels and sorts the bundles for bulk mailing. Finally, she delivers 1500 newsletters to the local post office.

For change of address:
Barbara Brewster
bbrewster@lintonshafer.com
or
P.O. Box 3736
Frederick, MD 21705

Maine Coast Memorial Hospital (Terri Swanson, Director of Volunteers) wrote to thank me for the donated items that I shipped there in March. I hope that she also thanked the individual donors (names & addresses enclosed).

See the next page for chart of stitches



Printed with permission of Caron International

I received a letter from St. Mary's Hospital (Leonardtwn, MD) thanking Ms. Bolton for

the sweaters, dress set, dresses, hats, receiving blanket, and two shirts that she sent. The volunteer coordinator was very pleased to receive these items.



Caron Baby Blocks Afghan

Item A00131

Cradle baby in comfort! Crochet this adorable afghan using Caron Cuddlesoft yarn in pastel shades of blue and pink, plus white and a rainbow ombre. A wonderful gift for a baby shower, this crocheted blanket is sure to be treasured.

Materials:

Qty.	Description	Total
(2)	Caron, Cuddlesoft Yarn Baby Blue	\$1.98
(2)	Caron, Cuddlesoft Yarn White	\$1.98
(3)	Caron, Cuddlesoft Yarn Rainbow Print	\$2.97
(2)	Caron, Cuddlesoft Yarn Baby Pink	\$1.98
(1)	Aluminum Crochet Hook, 6" Size G	\$1.85

Quick Tip

Yarn usage may vary depending on your particular yarn techniques. **TO SAVE TIME, CHECK GAUGE.**

Courtesy of Caron

Skill Level: Dabbler
 Enthusiast
 Expert

Instructions:

Gauge: Individual square measures 3" x 3". Use a size G crochet hook or size to reach gauge. Rainbow print is Color A, baby blue is Color B, baby pink is color C and white is color D.

Finished Measurements: approximately 27" x 33"

Allow a 1-1/2" end of yarn when beginning and ending a color. Work 50 squares color A, 24 color B, and 25 color C.

Square:

With lp of yarn on hk, ch 4, joining with sl st to form a ring.

Rnd 1: Ch 3, work 2 dc in ring; * ch 3, work 3 dc in ring, rep from * twice, ch 3, join with sl st at top of beg ch 3 and turn.

Rnd 2: Ch 3, work 2 dc in ch 3 sp, ch 3, 3 dc in same sp, * ch 2, (3 dc, ch 3, 3 dc all in sp for corner), rep from * twice, ch 2, join with sl st at top of beg ch 3 and turn.

Rnd 3: Ch 3, work 2 dc in sp * ch 2, work a corner, ch 2, 3 dc in sp, rep from * twice, end ch 2, work a corner, ch 2, join with sl st to top of beg ch 3; fasten off.

Joining: Keep joining loose and same tension as squares. Loosely sew thru back loops of both sqs matching stitches and clusters. Follow placement chart when joining.

Squares are joined into strips of 9 squares each. Place 2 squares together, overcast with A. Work 11 strips. Place two strips together matching stitches, clusters and seams. Overcast with A.

Edging:

Always work on RS. Always work with color D.

Rnd 1: With lp of yarn on hk, join in any corner * (ch 5, 1 sc in sp bet 3 dc cluster) 3 times until seam; ch 1, 1 sc in first sp of next sq. Rep to corner (1 sc, ch 4, 1 sc all in corner). Rep from * around all sides. Join with sl st, do not fasten off.

Rnd 2: Shell Rnd: * Work 1 sc, 2 dc, ch 2, 2 dc, 1 sc (shell) over ch-5 lp. Repeat over each ch-5 lp; disregard 1 sc, ch 1, 1 sc at ea seam (3 shells per sq.); work to corner (1 sc, 1 hdc, 5 dc, 1 hdc, 1 sc all in corner). Rep from * around all sides. Join with sl st, do not fasten off.

Rnd 3: Sl st into first ch-2 sp of first shell * ch 5, 1 sc in ch-2 sp of next shell, rep across to corner; work 3 sc in 3rd st of 5 dc shell in corner; rep from * around. Join with sl st, do not fasten off.

Rnd 4: Shell Rnd: Rep rnd 2 until corner; work 1 sc, 1 hdc 1 dc, ch 1 in first sc, 3 dc, ch 1 in next sc, 1 dc, 1 hdc, 1 sc in last sc. Work all 4 sides and corners. Join with sl st, do not fasten off.

Rnd 5: Rep rnd 3 until corner, work 1 sc in ch-1 sp, ch 5, 1 sc on top of middle st of 3 dc in rnd 4, ch 5, 1 sc in ch-1 sp, ch 5, 1 sc in ch-2 sp of next shell. Work all 4 sides and corners. Join with sl st, do not fasten off.

Rnd 6: Work 1 sc, 1 hdc, 3 dc, 1 hdc, 1 sc all over ch-5 lp. Work until corner. Work 1 sc, 3 dc, 1 sc all in each corner lp. Work all 4 sides and corners. Join with sl st. Fasten off.

“There is no limit to the amount of good that people can accomplish, if they don’t care who gets the credit.”
 Anonymous

A NEW BOOK
The Ultimate Book of Crochet for Baby

Includes instructions for a preemie layette (hat, booties, sweater, and gown). There are lots of other patterns, but in larger sizes.

The book is published by The American School of Needlework, but is distributed by Leisure Arts (\$15.95).
 1-800-526-5111

A	C	A	B	A	C	A	B	A	11
C	A	B	A	C	A	B	A	C	10
A	B	A	C	A	B	A	C	A	9
B	A	C	A	B	A	C	A	B	8
A	C	A	B	A	C	A	B	A	7
C	A	B	A	C	A	B	A	C	6
A	B	A	C	A	B	A	C	A	5
B	A	C	A	B	A	C	A	B	4
A	C	A	B	A	C	A	B	A	3
C	A	B	A	C	A	B	A	C	2
A	B	A	C	A	B	A	C	A	1

Reprinted with permission from Caron International.

I have an e-mail message from Dartmouth-Hitchcock Medical Center thanking Jeanne Armstrong for her beautiful gowns. Patti Hooker (RN) wrote, “The gowns were just perfection themselves. She even had snaps on the sleeves so that they could be put on easily over the wires and such. The idea was so creative. She also had beautiful lace on the collar and hem—that really set off each gown to perfection.”

Past pain leads to kindness



Photos by Jean Bilodeaux

Helen Littrell of Klamath Falls sews a hat that will likely be worn by a young cancer patient. TOP RIGHT: Littrell also makes very small outfits for prematurely born babies.

Little lives honored

By JEAN BILODEAUX
H&N Correspondent

Helen Littrell still remembers the experience.

"I went to the store and found a beautiful dress for my baby. I mentioned to the clerk that the 9-month size was a little large, hoping she had a smaller size," says Littrell.

"She told me, 'Well, she'll grow into it soon.' I looked at her and said, 'No she won't. She's dead. I'm burying her in it.' Then I burst into tears."

Although the conversation took place nearly 40 years ago, the pain of the experience still registers in Littrell's voice. The agony of having to buy a burial outfit for an infant is something no mother can ever forget.

If a baby dies after being born prematurely, doll clothes may be the only option.

Such preemies, who may only weigh a pound or two, are sometimes disposed of by wrapping them in a sterile pad, or sometimes they're just put in a paper sack.

"It seems a shame to treat a baby in

this manner. I just felt something should be done to honor that little life," says Littrell.

Several years ago while watching a Public Broadcasting System program, "Sewing with Nancy," Littrell had an idea — she could make doll-sized outfits and crochet little hats not only for bereavements but for preemies to wear.

And since then that's what she's done.

Littrell finishes and faces all the seams on the little outfits so they will look nice. She believes that even a dead baby needs something special.

It's now believed that simply holding preemies helps their growth. Wrapping a premature baby in a standard-sized blanket is impractical, so Littrell knits blankets measuring 12 inches square. Although her efforts began in Klamath Falls, she has expanded her kindness to most hospitals in Southern Oregon.

All of the outfits and blankets are donated to hospitals in hopes of sparing the grieving parents the agony she experienced.

Here is an article to inspire!

How easily we can hurt people in our casual conversation! Salespeople often try to sell larger sizes by suggesting that the baby will grow into it! Well, not always!

Dave "Crochetman" in Winnipeg, Manitoba told me that his website contains a pattern for a sweater that has no sewn seams. This is his design. His website address is:

<http://www.geocities.com/heartland/trail/2498>

Click on "The Premie Page" at the bottom of the home page. Click on sweater patterns.

Thanks to Dave!

Johns Hopkins Childrens Center
Attn: Jerriann Wilson
Child Life Services
600 North Wolfe St./Blalock 174
Baltimore MD 21287-4174

The Johns Hopkins NICU sincerely requests burial gowns for premie and full-term sizes. Please send to Jerriann Wilson who will forward them to the NICU.

Thanks.

As a retired medical transcriptionist and author of several medical reference books, Littrell supplements her Social Security by transcribing medical records in her home. She types about six hours an evening. This leaves her days open to search garage sales for bits of new fabric and yarn to buy.

While making the little outfits, she became aware of an even greater need. Cancer patients often lose their hair when undergoing chemotherapy treatments. Since much of the body's heat is lost through the head, being bald can cause problems. Combine this with cold weather and skin and made sensitive from the medication and the patient can have an even greater problem.

Again, while watching "Sewing With Nancy," Littrell had an inspiration.

An accomplished seamstress, she devised a stylish yet practical hat that can be worn by a man or a woman. The hat covers most of the head and is easily adjustable for size. She washes the material before sewing the hats to avoid any irritation from the new cloth. Each hat takes about a third of a yard of fabric. Leftover scraps from her projects are donated to local charities, such as PieceMakers.

Initially, Littrell made and donated the hats to the Merle West Cancer Center.

As word spread about her utilitarian and comfortable hats, requests started coming in from other hospitals. Now, more than 1,800 hats later, she donates them to the Rogue Valley Medical Center in Medford along with hospitals in Bend, Springfield, Salem and cancer centers all over Southern Oregon.

Littrell wrote a note of

appreciation to the "Sewing With Nancy" show. She thanked them for giving her the idea and explained her projects. That letter led to a correspondence and the inclusion of her work in the newly released book, "Creative Kindness," written by Nancy Zieman and Gail Brown. Information on the book can be found at www.nancysnotions.com.

"When I started out I just made a few hats then contacted the head nurse or supervisor of a pediatric or neonatal intensive care unit to learn the procedure on how to donate and deliver the hats," explains Littrell.

She says more hats are needed. To meet the need, Littrell is willing to share her pattern with anyone wishing to make and donate them.

On occasion she receives a thank you card from patients or nurses. Occasionally she gets a donation of material, thread, elastic or lining.

Although Littrell says the thank-you notes and donations are not necessary, she readily admits they are definitely appreciated. She's saved and treasures each thank-you note she's received.

Littrell has taken a personal tragedy from her past and has quietly gone about helping others in need.

Helen Littrell epitomizes what far reaching effect one person, armed with a little creative kindness, can do.



Anyone with any sewing notions or new yardage scraps measuring a third of a yard or more is invited to drop them off at the Herald and News this month. They will be forwarded to Littrell.

Helen Littrell
(helenlittrell@aol.com)
4421 Blackberry Court
Klamath Falls, OR 97603

Please send a stamped, self-addressed 6"x 9" envelope, if you wish to receive a copy of the hat pattern mentioned in this article. Helen will send a copy.

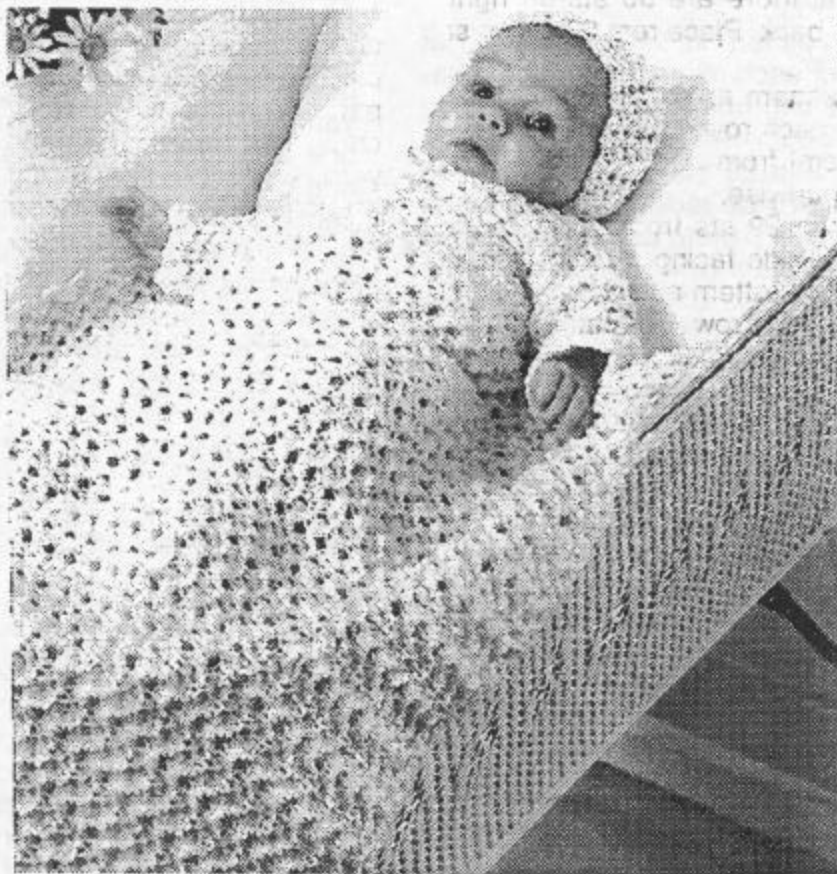
Margaret Baird, RN, Nurse Manager, Maternal Infant Health, Providence Hospital, Washington, D.C., wrote to thank Care Wear Volunteers, including Doris Lawrence, for the beautiful hand made items that were donated to the Special Care Nursery.

She apologized for the tardiness of writing this thank you letter. She said that everything was appreciated by the staff, patients, and their families. She wrote, "It makes such a difference to offer the baby to the mother to hold, wrapped in a beautiful blanket!"

I received a letter from Angie A., in which she described the premature arrival of her son, Jaydin, while on vacation in southern California. She wrote, "We were unbelievably unprepared. One of the first memories I have of my son, he was lying in an open-air incubator with a beautiful knitted blue beanie-hat. Since I had nothing for him, I asked where it came from. The nurse told me that some volunteers made the hats and donated them to the NICU. I thought that was a wonderful gesture. It made me feel like there were more people out there that were helping to make my son's early presence in the world not completely unusual. That precious-tiny hat is now in a frame hanging on the nursery wall of my house. I think it is wonderful what your organization does..." By the way, Jaydin is now five months old.

mary maxim[®] Inc. ... the idea place™
EXCLUSIVE NEEDLEWORK and CRAFTS

NO 726
Knitted Shell Baby Set
Size Newborn-3 months



Materials: Of Mary Maxim Baby Yarn allow: 7 skeins
Narrow Ribbon

American: One pair each American Gauge Knitting Needles size 8 and size 2.

Canadian: One pair each Canadian Gauge Knitting Needles size 12 and size 6.

Metric: One pair each Metric Gauge Knitting Needles size 2.75 and size 5.00.

TO SAVE TIME, TAKE TIME TO CHECK GAUGE!

Gauge or Tension: 11 sts and 13 rows to 2" [5 cm] measured over St st on suggested larger needles or any size needles which will give the correct stitch gauge or tension.

Abbreviations: K, knit; p, purl; tog, together; inc, increase st, stitch yo, yarn over; pssso, pass slipped stitch over knit stitch; rep, repeat beg, begin or beginning; rem, remain or remaining; ", inches; cm, centimeter.

Please follow washing instructions printed on yarn label. Turn garment inside out before washing.

Sweater: Using larger needles, beg at bottom edge of sweater, cast on 114 sts. Knit 1 row. Now beg pattern as follows: **Row 1:** K 1, *k 3 tog, inc 4 sts in next st as follows (K1, yo, k 1, yo, k 1) slip 1, k 2 tog, pss; rep from * to last st, k 1. **Rows 2 and 3:** Knit. **Row 4:** Purl. Rep 4 rows of pattern until piece measures 6" [15 cm] from beg, ending after a row 4. Work across in pattern until there are 29 sts on right hand needle. Place these sts on a st holder for right front. Work across row until there are 56 sts on right hand needle for back. Place rem 29 sts on st holder for left front.

Back: Work in pattern as set, omitting k 1 at beg and end of each row 1, until piece measures 8 1/4" [21 cm] from beg, ending after a row 3. Cast off purlwise.

Right Front: Slip 29 sts from st holder to needle with right side facing. Attach yarn in first st and work in pattern as set, being sure to k 1 at beg of each row 1 of pattern, work until piece measures 8" [20.5 cm], ending after a row 4 of pattern. Cast off 7 sts at beg of next row. Work one row even. Cast off 3 sts at beg of next row. Cast off purlwise.

Left Front: With wrong side facing, slip 29 sts from st holder to needle. Attach yarn in first st and work in pattern as set, beg with row 1 of pattern. Being sure to k 1 at end of each row 1 of pattern, work until piece measures 8" [20.5 cm], ending after a row 3 of pattern. At beg of next row, cast off 7 sts. Work one row even. At beg of next row, cast off 3 sts. K 1 row even. Cast off purlwise.

Sleeves: Cast on 44 sts and knit one row. Work in pattern as for back until piece measures 5 1/2" [14 cm] ending after a row 3 of pattern. Cast off purlwise.

To Complete: Sew underarm seams. Sew shoulder seams. Sew sleeves in armholes, placing sleeve seam at underarm.

Bonnet: Using larger needles cast on 65 sts and knit 1 row. Work in pattern until piece measures 4" [10 cm] ending after a row 2 of pattern. Cast off 22 sts at beg of next 2 rows. Work even on rem sts until piece measures same as cast off edges. Cast off. Sew side seams to back.

Edging: Pick up and k 15 sts along bottom side edge of bonnet. 12 sts across back section and 15 sts on rem side edge. **Row 1:** Knit. **Row 2:** K 1, *yo, k 2 tog; rep from * to last st, k 1. Cast off knitwise.

Booties: Using smaller needles, cast on 44 sts. Knit 1 row. Now work in pattern as for sweater until pattern has been repeated 3 times. Then rep rows 1 and 2 again. **Next Row:** K 1, *k 1, yo, k 2 tog; rep from * to last st, k 1. **Next Row:** Purl. Now beg with a row 1 of pattern, work across 15 sts and place on a st holder; work across 14 more sts and place rem sts on a st holder. Work even in pattern on the 14 sts for instep for 1 1/2" [4 cm] ending after a wrong side row. Break yarn. With right side facing, place sts from first st holder to other needle, attach yarn and pick up 9 sts along side of instep. With right hand needle, k across instep sts, pick up 9 sts along other side of instep and k across sts from last st holder. Work even in garter st-every row k-for 1" [2.5 cm].

To Shape Heel and Toe: **Row 1:** K 1, k 2 tog, k 25, [k2 tog] 3 times, k 25, k 2 tog, k 1. **Row 2:** Knit. **Row 3:** K 1, k 2 tog, k 23, k 2 tog, k 1, k 2 tog, k23, k 2 tog, k 1. **Row 4:** Knit. **Row 5:** K 1, k 2 tog, k 21, k 2 tog, k 1, k 2 tog, k 21, k 2 tog, k 1. Cast off. Break yarn and fasten off. Sew back and bottom seam.

Shawl: Using larger needles, cast on 233 sts and work in pattern as for sweater until piece measures 34" [86.5 cm]. Cast off.

To Trim: Cut two 12" [30.5 cm] piece of ribbon. Tack one piece to each front neck edge of sweater. Cut a 30" [76 cm] piece of ribbon and weave through edging of bonnet. Cut rem ribbon in half and weave through spaces at ankle of booties.

Special Thanks to Mary Maxim for sending permission to reprint these three patterns in this Care Wear Newsletter.

For a Mary Maxim catalogue of needlework and craft supplies call 1-800-962-9504. Or visit their website: <http://www.marymaxim.com> Or, write to Mary Maxim, 2001 Holland Avenue, P.O. Box 5019, Port Huron, MI 48061-5019.

mary maxim[®]

EXCLUSIVE NEEDLEWORK and CROCHET

100
2 sides

NO 42006

Sweater, Bonnet, Booties and Afghan

Size: Birth to 6 months

Materials: Of Mary Maxim Sport Weight Yarn allow:

Color 1 White

5 skeins

Color 2 Pink

2 oz [57 gm]

Color 3 Green

2 oz [57 gm]

Ribbon

American: One American Gauge Crochet Hook size 4-E.

Canadian: One Canadian Gauge Crochet Hook size 9.

Metric: One Metric Gauge Crochet Hook size 3.50.



Gauge or Tension: 18 sts and 10 rows to 4" [10 cm] measured over double crochet using suggested hook or any size hook which will give the correct stitch gauge or tension.

Abbreviations: Ch, chain; sc, single crochet; sts, stitches; inc, increase; dec, decrease; dc, double crochet; hdc, half double crochet; rep, repeat; rem, remain or remaining; beg, begin or beginning; sl st, slip stitch; yo, yarn over; cl, cluster; tog, together; ", inches; cm, centimeters.

Booties:

Using color 1, ch 27. Sc in 2nd ch from hook and in each ch to end. Continuing in sc, work 2 rows color 2, 2 rows color 1, 2 rows color 3 and 1 row color 1. Break yarn and fasten off.

Now working in color 1 only, skip 10 sc in last row, rejoin yarn in next sc and work 6 rows sc on center 6 sts only for instep. Break yarn and fasten off.

Rejoin yarn in first st of 8th row, ch 1, sc in each of next 10 sts, work 6 sc along side of instep, sc in each st of last row, work 6 sc along other side of instep, sc to end of row 8-38 sc. Break yarn and fasten off.

Bottom: Skip 16 sts on row, rejoin yarn in next st. Sc in same st and in each of next 5 sts. Inc one st at each end of next row, then work in sc on these 8 sts for 14 rows. Dec one st at each end of next 2 rows. Break yarn and fasten off. Sew back seam. Sew bottom to sides. Make another bootie the same.

Tie: Measure off a length of color 2 yarn 2 times the length you want your tie to be. Put a loop in each end. Fasten one end securely to something solid and twist yarn until tightly twisted. Place finger in center of yarn and keeping yarn tight, place ends tog. Release center section and yarn will twist into a cord. Make a knot at end of loose yarn. Trim ends. Weave cord through col- or 2 row of booties and tie in front.

Sweater:

Small shell: (dc, ch 2, dc) in same place.

Large shell: (3 dc, ch 1, 3 dc) in same place.

Using color 1, ch 60, sc in 2nd ch from hook and in each ch to end, ch 1, turn. **Row 2:** Sc in each sc across, ch 1, turn. **Row 3:** Change to color 2, ch 2, hdc in 2nd sc, *ch 1, skip 1 sc, hdc in next sc; rep from * across, ch 1, turn. **Row 4:** Sc in first hdc, *2 sc in ch-1 space, sc in next hdc; rep from * to last st, sc in last st-88 sc. Change to color 1 and work 2 rows sc. Change to color 3 and work 2 rows sc. Change to color 1 and work 2 rows sc. Now continuing in color 1 only, work as follows:

Row 1: Ch 3, *[skip 1 sc, small shell in next sc, skip 1 sc, large shell in next sc] 3 times, skip next sc, small shell in next sc, skip 2 sc, large shell in next sc; rep from * 5 times in all, skip next sc, small shell in next sc, dc in top of turning ch-41 shells.

Row 2: (Wrong side) Ch 3, *large shell in ch-2 space of small shell, small shell in ch-1 space of large shell; rep from * across ending large shell in ch-2 space of last small shell, dc in top of turning ch.

Row 3: Ch 3, *small shell in center of large shell, large shell in center of small shell; rep from * across, ending with small shell in center of last large shell, dc in top of turning ch.

Rep rows 2 and 3 once more. Break yarn and fasten off.

Reproduction of this pattern in any form (including photostat) is protected by copyright. Any infringement will lead to prosecution.

Sleeves: With wrong side facing, skip 7 shells for right front, rejoin yarn in first dc of large shell, ch 3, small shell in center of large shell, work in pattern across next 6 shells, dc in last dc of large shell. Work in pattern as set across these 7 shells until sleeve measures 5" [12.5 cm] from division ending after a wrong side row. Break yarn and fasten off.

Skip 13 shells for back and with wrong side facing and using color 1, work 2nd sleeve across next 7 shells. Complete as for first sleeve.

Body: Using color 1, rejoin yarn to beg of row at right front and work in pattern across front ending with a large shell in center of small shell, work a large shell into center of small shell at beg of back, work in pattern across back, ending with a large shell in center of small shell, work a large shell in center of small shell of left front and work in pattern to end, dc in top of turning ch.

Next Row: Work 7 shells, work a large shell between the 2 large shells in last row, work across back, work a large shell between the 2 large shells in last row, work in pattern to end.

Continue even in pattern until sweater measures 8" [20.5 cm] ending after a wrong side row. Break yarn and fasten off.

Using color 1, working 2 sc in end of each dc row and 1 sc in end of each sc row, work one row sc along each front edge to top.

To Complete: Sew side and sleeve seams.

Sleeve Edging: Using color 3, sc in each dc around sleeve edge-do not work in ch spaces. Work one round sc in color 1, one round in color 2 and one round in color 1. Break yarn and fasten off.

Thread a 30" [76 cm] piece of ribbon through holes at neckline and tie in a bow at front.

Bonnet:

Using color 1, ch 3, sl st to first sc to form a ring. **Round 1:** Ch 3, (counts as 1 dc), work 7 more dc in ring, sl st to join. **Round 2:** Ch 3, dc in same place as join, *2 dc in next dc; rep from * around, sl st to join.-16 dc. **Round 3:** Ch 3, 2 dc in next dc, *1 dc in next dc, 2 dc in next dc; rep from * to end, sl st to join.-24 dc. Rep last round 2 times more-54 dc, turn. Now work back and forth in rows. **Row 1:** Ch 3, skip 2 dc, large shell in next dc, *skip 3 dc, small shell in next dc, skip 2 dc, large shell in next dc; rep from * 6 times more, skip 1 dc, dc in last dc-15 shells. Work 7 more rows of shell pattern. **Next Row:** Sc in each dc across row-do not work in ch spaces. Now work 1 row sc in color 3, 1 row in color 1, 1 row in color 2 and 1 row in color 1, then turn and work 24 sc evenly down one side edge of bonnet, work 1 sc at center and work 24 sc up other side edge-49 sc. **Next Row:** Ch 4, skip 2 sc, dc in next sc, * ch 1, skip 1 sc, dc in next sc; rep from * to end.-24 spaces. Break yarn and fasten off. Thread a 24" [61 cm] piece of ribbon through spaces and tie a bow under chin.

Afghan:

To Make a Square: (Make 24)

Using color 1, ch 6, join with a sl st to form a ring.

Round 1: Work a beg cl as follows: ch 3, [yo, insert hook in ring and pull up a loop, yo and draw through 2 loops on hook] twice, yo and draw through all 3 loops on hook-(beg cl made), ch 5, [yo, insert hook in ring and pull up a loop, yo and draw through 2 loops on hook]-3 times, yo and draw through all 4 loops on hook-(cl made), ch 2, *(cl, ch 5, cl) in ring, ch 2; rep from * 2 times more, join with a sl st to top of beg cl.-8 clusters.

Round 2: Sl st in first ch-5 space, (beg cl, ch 3, cl) in same space, ch 2, 3 dc in next ch-2 space, ch 2, *(cl, ch 3, cl) in next ch-5 space, ch 2, 3 dc in next ch-2 space, ch 2; rep from * around, join with a sl st to top of beg cl.

Round 3: Sl st in first ch-3 space, (beg cl, ch 3, cl) in same space, ch 2, 2 dc in next ch-2 space, dc in each of next 3 dc, 2 dc in next ch-2 space, ch 2, *(cl, ch 3, cl) in next ch-3 space, ch 2, 2 dc in next ch-2 space, dc in each of next 3 dc, 2 dc in next ch-2 space, ch 2; rep from * around, join with a sl st to top of beg cl.

Rounds 4 and 5: Sl st in first ch-3 space, (beg cl, ch 3, cl) in same space, ch 2, 2 dc in next ch-2 space, dc in each dc to next ch-2 space, 2 dc in ch-2 space, ch 2, *(cl, ch 3, cl) in ch-3 space, ch 2, 2 dc in ch-2 space, dc in each dc across to next ch-2 space, 2 dc in next ch-2 space, ch 2; rep from * around, join with a sl st to top of beg cl.

Round 6: Using color 2, * work (3 sc, ch 2, 3 sc) in corner space, 2 sc in ch-2 space, sc in each dc to next ch-2 space, 2 sc in ch-2 space; rep from * 3 times more, sl st in first sc, sl st in each of next 2 sc. Break yarn and fasten off.

Round 7: Using color 1, join yarn in corner space, *work 3 sc in ch-2 space of corner, sc in each sc to next ch-2 space; rep from * 3 times more, sl st in first st.

Round 8: Change to color 3, *3 sc in center sc, sc in each sc to sc in center of next corner; rep from * around, sl st to first sc. Break yarn and fasten off.

Square should measure 6" [15 cm].

When you have completed 24 squares, proceed as follows:

Using color 3, join 4 squares tog to form a 12" [30.5 cm] square by placing 2 squares with right sides tog and stitch the back loops only of the last row of sc. Join other 2 squares in same manner.

When all 4 squares are joined, work as follows:

Rejoin color 1 in center sc at one corner and work (beg cl, ch 3, cl) in same sc, *ch 2, skip 2 sc, dc in each sc to 2 sc before next corner (54 dc), ch 2, skip 2 sc, (cl, ch 3, cl) in corner sc; rep from * around ending last rep, ch 2, skip 2 sc, sl st in top of beg cl.

Next Round: Sl st in ch-3 space, (beg cl, ch 3, cl) in same space, *ch 2, 2 dc in ch-2 space, dc in each dc to next ch-2 space, 2 dc in ch-2 space, (cl, ch 3, cl) in ch-3 corner space; rep from * ending last rep, 2 dc in ch-2 space, sl st in beg cl.

Repeat last round 15 times more. Break yarn and fasten off.

Sew 4 squares together in one long strip and sew in place along one side of afghan. Sew 4 more squares together and sew along opposite side of afghan. Sew 6 squares together and sew along one end and sew remaining 6 squares together and sew along other end.



The Riviera Care Wear
Volunteers of Naples, Florida.

Vilma, MaryLou, Loretta, Ellie,
Jean, and Jackie are ready to go
to the BirthPlace (Naples) with
their completed items.

This is a group of dedicated and
talented ladies.

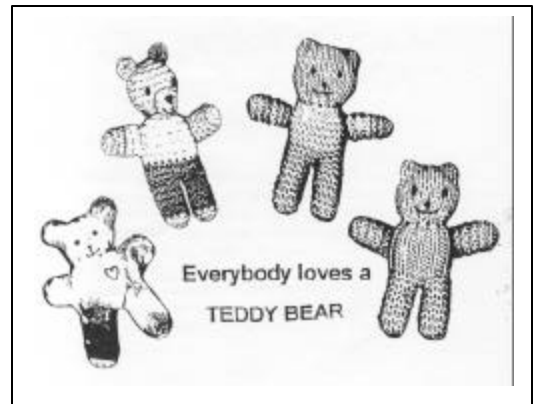
Did you notice that I have discovered “text boxes”????!!!!

mary maxim[®]
EXCLUSIVE NEEDLEWORK and CRAFTS Inc

... **the idea place**[™]

Baby Ensemble
No. 42048 Aran Baby Set Size 6-12-18 months
Aran Afghan Size 34" x 44"

3341 CROOKETT BL. COLUMBIAN BLVD. #1011 FORT WORTH, TX 76104-4400
7830 COTTAGE AVE. PARSIPpany, NJ 07654



What better use for your yarn and
fabric scraps? For free instruction
sheet, send a #10 SASE. Please
specify knit, crochet, or fabric bears.

Ms. Marioan C. MacDonald
648 Anchorage Drive

No. Palm Beach, FL 33408-3733

“Whether just for cuddling and loving
or as a therapy tool, teddy bears have
universal appeal. Police & Fire
Departments, hospitals, clinics and
guidance counselors report how helpful
they are when dealing with frightened,
hurting or traumatized

PHOTO AT LEFT:

BABY ENSEMBLE #42048
ARAN BABY SET
ARAN AFGHAN 34”x44”

No. 42048

KNITTING PATTERN

Baby Aran Set

Sizes: 6-12-18 Months

Afghan

Size: 34 x 44" [86.5 x 112 cm]

Materials: Of Mary Maxim Sport Weight Yarn allow: 8 skeins
Elastic

American: One pair each American Gauge Knitting Needles size 3 and size 6 and one 29" Circular Needle size 10.

Canadian: One pair each Canadian Gauge Knitting Needles size 10 and size 8 and one 30" Circular Needle size 4.

Metric: One pair each Metric Gauge Knitting Needles size 3.25 and size 4.00 and one 80 cm Circular Needle size 6.00.

Abbreviations: k, knit; p, purl; st, stitch; sts, stitches; beg, begin or beginning; St st, Stockinette stitch; dec, decrease; inc, increase; MC, Main Color; CC, Contrast Color; ", inches; yds, yards; cm, centimeters; m, meters; rem, remain or remaining; tog, together; sl, slip; pssso, pass slip stitch over; tog, together; Seed st, Seed stitch.

Please follow washing and drying instructions printed on the yarn label. NOTE: Be certain to turn garment inside out before washing.

EVERY EFFORT HAS BEEN MADE TO HAVE THE DIRECTIONS CONTAINED IN THIS PATTERN ACCURATE AND COMPLETE: HOWEVER, WE CANNOT BE RESPONSIBLE FOR MISINTERPRETATIONS, VARIANCE OR ERRORS IN WORKMANSHIP OF THE INDIVIDUAL.

"Reproduction of this pattern in any form (including photostat) is protected by copyright. Any infringement will lead to prosecution."

Special Abbreviations: T5R (Twist 5 Right) - slip next 3 sts onto cable needle and hold at back of work, knit next 2 sts from left hand needle, then [p1, k2] from cable needle.

T3B (Twist 3 Back) - slip next st onto cable needle and hold at back of work, knit next 2 sts from left hand needle, then purl st from cable needle.

T3F (Twist 3 Front) - slip next 2 sts onto cable needle and hold at front of work, purl next st from left hand needle, then knit sts from cable needle.

MB (Make Bobble) - knit into front, back and front of next st, turn and k3, turn and p3, turn and k3, turn and slip 1, k2tog, pssso (bobble completed).

Seed Stitch Pattern:

Row 1: K1, *p1, k1; rep from *.

Row 2: As row 1.

Cable Pattern I: - worked over 11 sts.

Row 1: (right side) P3, T5R, p3.

Row 2: K3, p2, k1, p2, k3.

Row 3: P2, T3B, p1, T3F, p2.

Row 4: K2, p2, k3, p2, k2.

Row 5: P1, T3B, p3, T3F, p1.

Row 6: K1, p2, k5, p2, k1.

Row 7: P1, k2, p2, MB, p2, k2, p1.

Row 8: As row 6.

Row 9: P1, T3F, p3, T3B, p1.

Row 10: As row 4.

Row 11: P2, T3F, p1, T3B, p2.

Row 12: As row 2. These 12 rows form pattern.

Popcorn Pattern:

Row 1: (right side) Purl.

Row 2: *[K1, p1, k1] all in next stitch, p3tog; rep from *.

Row 3: As row 1.

Row 4: *P3tog, [k1, p1, k1] all in next st; rep from *.
These 4 rows form pattern.

Cable Pattern II: - worked over 22 sts.

Row 1: (right side) *P3, T5R, p3; rep from * once.

Row 2: *K3, p2, k1, p2, k3; rep from * once.

Row 3: *P2, T3B, p1, T3F, p2; rep from * once.

Row 4: *K2, p2, k3, p2, k2; rep from * once.

Row 5: *P1, T3B, p3, T3F, p1; rep from * once.

Row 6: *K1, p2, k5, p2, k1; rep from * once.

Row 7: *P1, k2, p2, MB, p2, k2, p1; rep from * once.

Row 8: As row 6.

Row 9: *P1, T3F, p3, T3B, p1; rep from * once.

Row 10: As row 4.

Row 11: *P2, T3F, p1, T3B, p2; rep from * once.

Row 12: As row 2.

These 12 rows form pattern.

Baby Aran Set

Gauge or Tension: 12 sts to 2" [5 cm], measured over Seed stitch using suggested larger needles or any size needles which will give the correct stitch gauge or tension.

TO SAVE TIME, TAKE TIME TO CHECK GAUGE

Measurements:

Finished Chest Measurement: 20(22-24)" [51(56-61) cm]

Length from Back Neck: 11(12-13)" [28(30.5-33) cm]

Sleeve Seam: 6(7-8)" [15.5(18-20.5) cm]

Pullover

Back: **Using smaller needles, cast on 60(66-72) sts and work in k1, p1 ribbing for 1½" [4 cm], inc 12(14-16) sts evenly across last rib row - 72(80-88) sts. Change to larger needles and establish stitch patterns as follows. **Row 1:** (right side) Work first 15(17-19) sts in Seed st, place a marker, work row 1 of Cable Pattern I over next 11 sts, place a marker, work row 1 of Popcorn Pattern over next 20(24-28) sts, place a marker, work row 1 of Cable Pattern I over next 11 sts, place a marker, work in Seed st to end.** Work even in pattern as established until piece measures 11(12-13)" [28(30.5-33) cm] from beg, ending after a wrong side row. **To Shape Shoulder:** Cast off 26(28-30) sts in pattern, k next 19(23-27) sts, then slip these 20(24-28) sts on st holder for neckband, work in pattern to end, but inc 3 sts evenly across. These 29(31-33) sts are for shoulder buttonband. **Buttonband:** Change to smaller needles and work in ribbing as follows: *****Row 1:** P1, *k1, p1; rep from * to end. **Row 2:** K1, *p1, k1; rep from * to end. *** Repeat these two rows 3 times more - 4 times in all. Cast off ribwise.

Front: Work as for Back from ** to **. Work even in pattern as established until piece measures 8½(9½-10½)" [21.5(24-26.5) cm], ending after a right side row. **To Shape Neck:** **Next Row:** Work in pattern as established over first 30(32-34) sts, turn and complete this side first. **Next Row:** P2tog, p2, work in pattern to end. **Next Row:** Work in pattern over first 26(28-30) sts, p1, p2tog, turn. **Next Row:** P2tog, work in pattern to end. **Next Row:** Work in pattern over first 25(27-29) sts, k2tog. Now work even in pattern until front measures same as back to shoulder. Cast off. Now work other side. With wrong side facing, slip center 12(16-20) sts on st holder for front neck, rejoin yarn, work in pattern to end. **Next Row:** (right side) Work in pattern to last 2 sts, p2tog. **Next Row:** P2tog, p1, work in pattern to end. **Next Row:** Work in pattern to last 2 sts, p2tog. **Next Row:** K2tog, work in pattern to end. Now work even in pattern for 7 rows, inc 3 sts evenly across last row - 29(31-33) sts. **Buttonhole Band:** Change to smaller needles and work in ribbing as for back buttonband from *** to ***. Repeat row 1, once more. **Next Row:** (Buttonhole Row:) Rib 9 sts, work 2tog, yo, rib to last 11(12-13) sts, work 2 tog, yo, rib to end. Now rib as set for 4 rows more to correspond with buttonband. Cast off ribwise.

Sleeves: Using smaller needles, cast on 34(36-38) sts and work in ribbing as for back, but inc 18(20-22) sts evenly across last rib row - 52(56-60) sts. Change to larger needles and establish stitch patterns as follows. **Next Row:** Seed st first 5 sts, place a marker, work row 1 of Cable Pattern I over next 11 sts, place a marker, work row 1 of Popcorn Pattern over next 20(24-28) sts, place a marker, work row 1 of Cable Pattern I over next 11 sts, place a marker, Seed st to end. Work even in pattern as established and AT THE SAME TIME inc one st at each end of the 3rd and every 4th row following until there are 64(68-72) sts, working inc sts in Seed st as they become available. Work even in pattern until piece measures 6(7-8)" [15.5(18-20.5) cm] from beg. Cast off.

Sew right shoulder seam.

Neckband: Using smaller needles, with right side facing pick up and k 14(18-22) sts down left front neck ribbing and neck, k sts from front st holder, dec 2(4-6) sts evenly across, pick up and k 14(18-22) sts up right side of front neck, k sts from back st holder, dec 2(4-6) sts evenly across, pick up and k 7 sts along buttonband ribbing - 63(75-87) sts. Work in ribbing as for buttonband for 3 rows. **Next Row:** (Buttonhole Row:) Rib 4, work 2tog, yo, rib to end. **Next Row:** Rib as established for 4 more rows. Cast off ribwise.

To Complete: Fold back buttonband under front buttonhole band and sew together at side edge. Fold sleeves in half lengthwise and pin the fold of right sleeve to center of shoulder seam and the fold of left sleeve to beg of buttonband ribbing. Place markers 3½(4-4½)" [9(10-11) cm] down from shoulder seam, on front and back, for sleeve placement. Sew sleeves in place between markers. Sew side and sleeve seams. Sew on buttons to correspond with buttonholes.

Leggings

Legs: (Make two) Using smaller needles, cast on 42(48-56) sts and work in k1, p1 ribbing for 12 rows, inc 19 sts evenly spaced across last rib row - 61(67-75) sts. Change to larger needles and work in Seed st, inc one st at each end of the needle on the 5th, then every 10th row following until there are 71(77-85) sts. Work even in Seed st until piece measures 9(9½-10)" [23(24-25.5) cm] from beg, ending after a wrong side row. **To Shape Crotch:** Continue in Seed st casting off 2(2-3) sts at beg of next 4 rows, then cast off 1(2-2) sts at beg of next 2 rows. When working the first leg, place rem 61(65-69) sts on a st holder and break yarn. When working second leg, **do not break yarn. Now Work Both Legs:** **Next Row:** Seed st first 60(64-68) sts of second leg, work 2 sts tog (using last st of second leg and first st of first leg), continue in Seed st across rem sts of first leg - 121(129-137) sts. Work even in Seed st until piece measures 6(6½-7)" [15(16.5-18) cm] from where legs were joined. Change to smaller needles and work in k1, p1 ribbing for 1½" [4 cm]. Cast off ribwise.

To Complete: Sew leg seams to beg of crotch shaping, then matching left crotch seam to right crotch seam, weave seams tog from front to back. Sew back seam. Fold waist ribbing in half to inside and slip stitch in place leaving 1" [2.5 cm] open. Insert elastic, adjust to fit and join ends. Sew opening closed.

Hat

To Make: Using smaller needles cast on 120(124-128) sts and work in k1, p1 ribbing for 4" [10 cm]. Change to larger needles and work in Popcorn Pattern until piece measures 7(7½-7½)" [17(19-19) cm], ending after a wrong side row. **To Shape Crown:** **Row 1:** *K6, k2tog; rep from * to last 0(4-0) sts, k 0(4-0) - 105(109-112) sts. **Row 2 and all even rows:** Purl. **Row 3:** *K5, k2tog; rep from * to last 0(4-0), k 0(4-0) - 90(94-96) sts. **Row 5:** *K4, k2tog; rep from * to last 0(4-0), k 0(4-0) - 75(79-80) sts. **Row 7:** *K3, k2tog; rep from * to last 0(4-0) sts, k 0(4-0) - 60(64-64) sts. **Row 9:** *K3tog; rep from * to last 0(1-1) st, k 0(1-1) - 20(21-21) sts. Break yarn, thread through rem sts, draw up firmly and fasten off.

To Complete: Sew back seam, taking care to reverse seam on the lower half of ribbing for the turnback. Make pompon and sew securely to top of hat.

To Make Pompon:

Cut cardboard disc for desired size of pompon. Cut center hole as shown. (dia. 1)

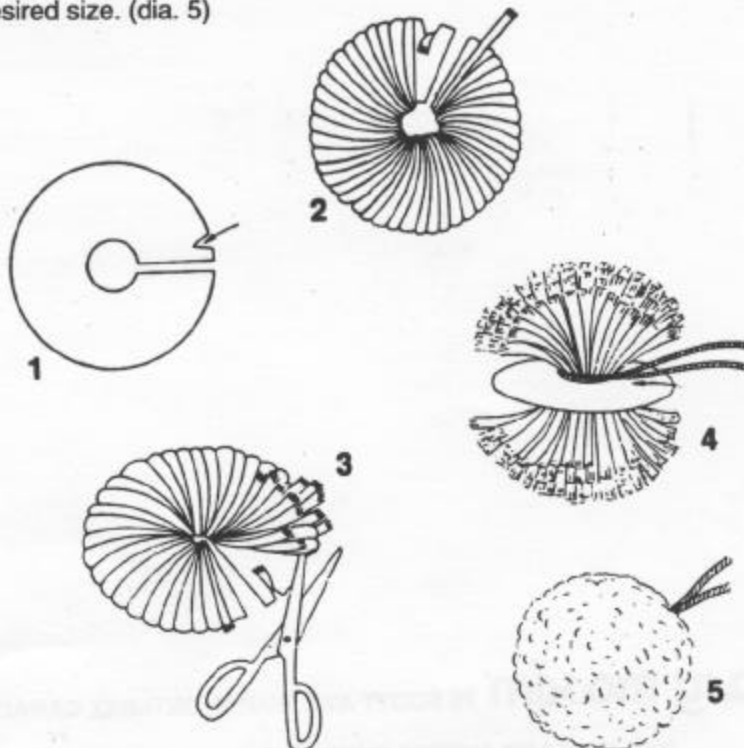
Wind yarn around disc as shown. (dia. 2)

Cut through all strands of wound yarn at outside edge. (dia. 3)

Wind long strand of yarn several times very tightly around middle of cut strands. Knot, leaving end for attaching pompon. (dia. 4)

Trim and fluff pompon to desired size. (dia. 5)

To Make Pompon



Afghan

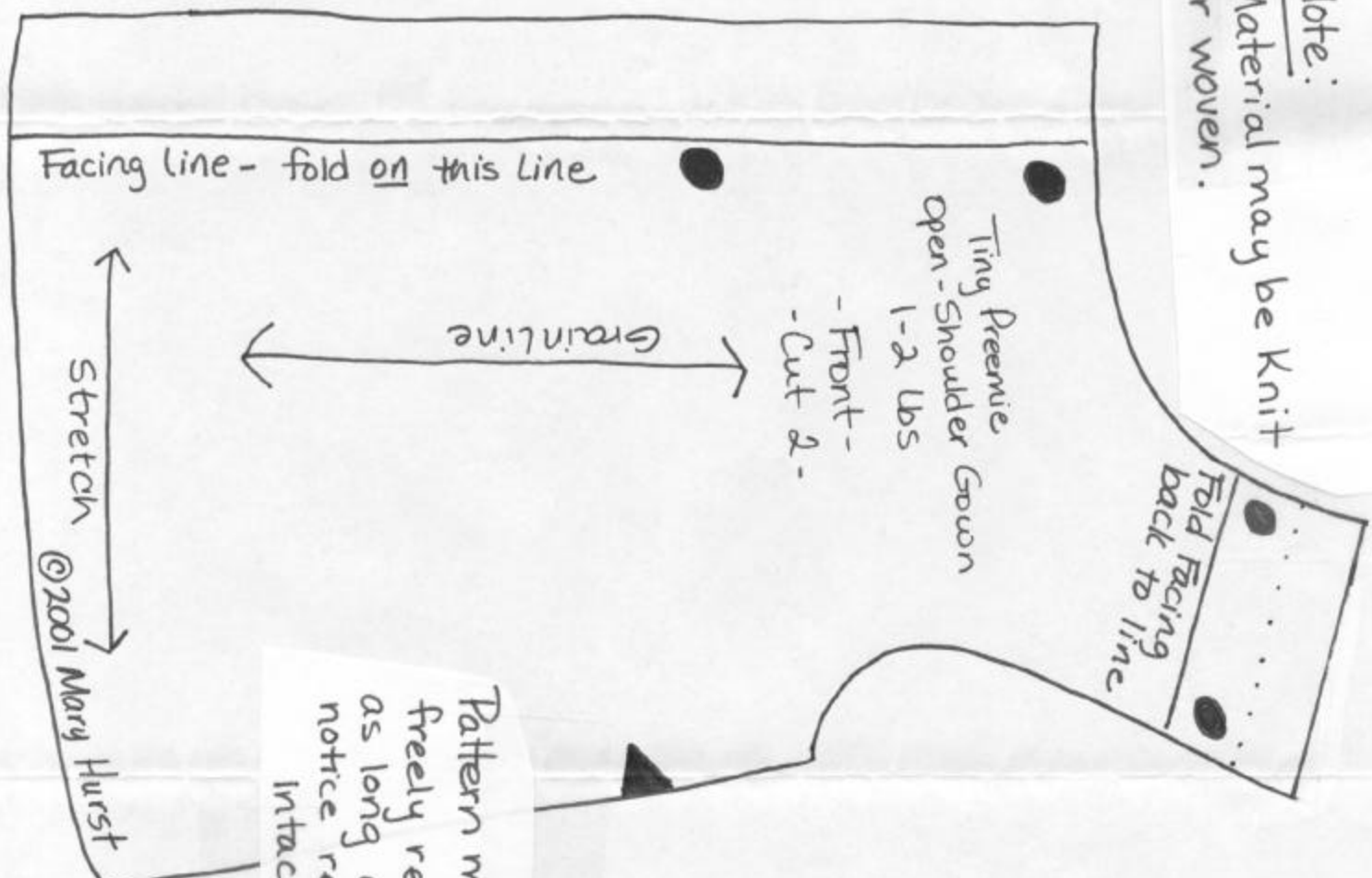
No. 42048

Gauge or Tension: 12 sts 2" [5 cm], measured over Popcorn stitch using suggested needle or any size needle which will give the correct stitch gauge or tension.

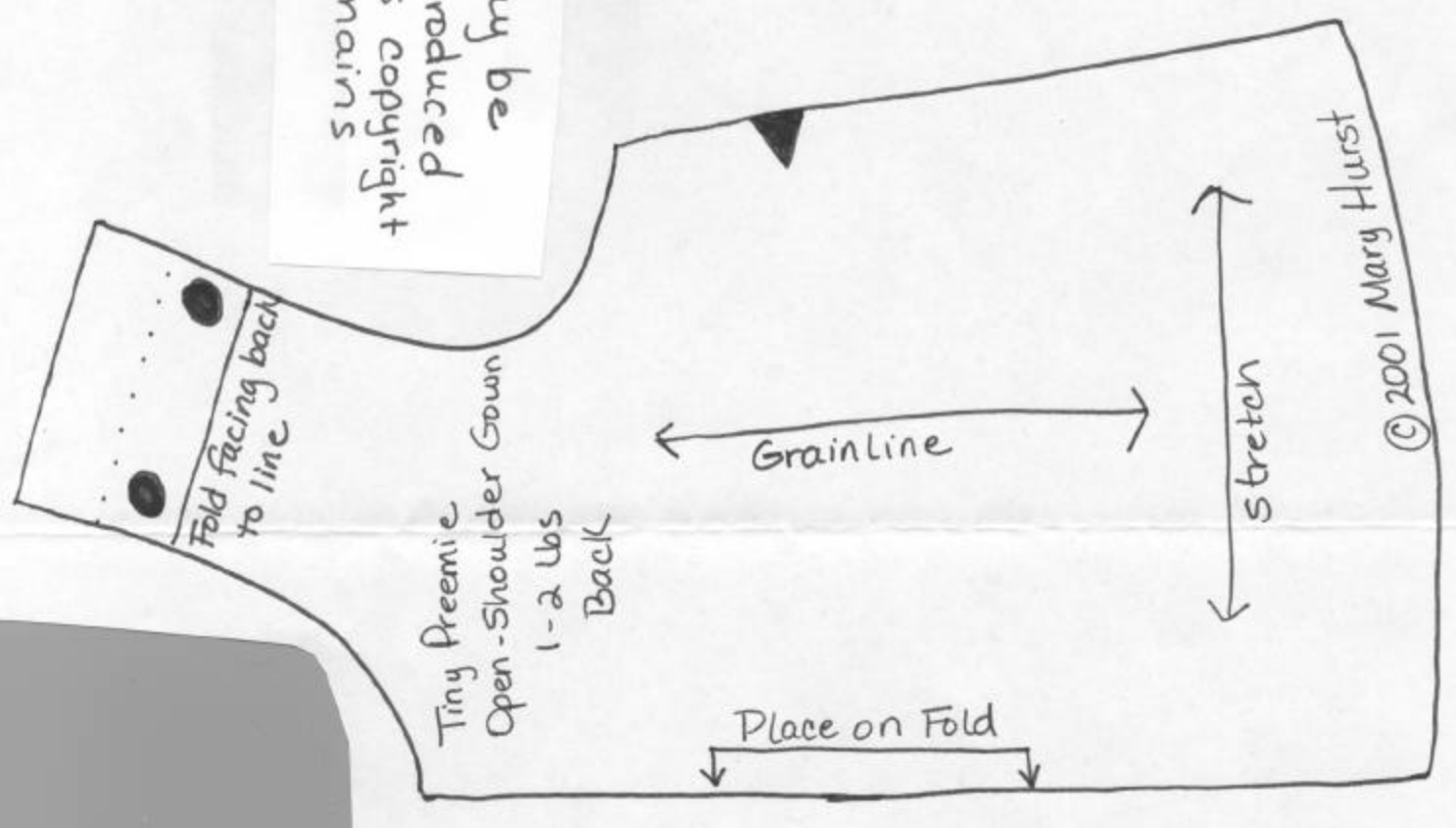
TO SAVE TIME, TAKE TIME TO CHECK GAUGE

To Make: Using circular needle, cast on 209 sts and working back and forth on needle, rib as follows: **Row 1:** K1, *p1, k1; rep from * to end. **Row 2:** P1, *k1, p1; rep from * to end. Rep these 2 rows twice more - 6 rows in all, inc one st in center of last rib row 210 sts. Now establish pattern as follows. **Row 1:** [k1, p1] 4 times, *work row 1 of Popcorn Pattern over next 32 sts, work row 1 of Cable Pattern II over next 22 sts*; rep from * to * twice more, work row 1 of Popcorn Pattern over next 32 sts, [p1, k1] 4 times. **Row 2:** [P1, k1] 4 times, *work row 2 of Popcorn Pattern over next 32 sts, work row 2 of Cable Pattern II over next 22 sts*; rep from * to * twice more, work row 2 of Popcorn Pattern over next 32 sts, [k1, p1] 4 times. Continue in this manner repeating the 4 rows of Popcorn Pattern and 12 rows of Cable Pattern until piece measures approx 43" [109 cm] and ending with a row 12 of Cable Pattern II. **Next Row:** As Row 1 of established pattern, but dec one st in center of row - 209 sts. Now work in ribbing as follows. **Row 1:** P1, *k1, p1; rep from * to end. **Row 2:** K1, *p1, k1; rep from * to end. Rep these 2 rows twice more - 6 rows in all. Cast off ribwise.

Note:
Material may be Knit
or woven.



Pattern may be
freely reproduced
as long as copyright
notice remains
intact.



Premature and Newborn Size Chart

Reprinted with written permission: <http://www.touchinglittlelives.org>

Gestational Age (weeks)	Weight (pounds)	Height (inches)	Head Circumference (inches)	Abdominal Circumference (inches)
24	1.5	13.5	9	8
26	2	14	9.5	8.5
28	2.5	15	10	9.5
30	3	16	10.5	10.5
32	3.5	17	11.5	11
34	4.5	18	12.5	12
36	5.5	19	13	12.5

Sharon Orth, of Albany, NY, wrote about a lady in Arkansas who is working to help others in her area. She lives in Thornton, AR, which is south of Little Rock on Route 79. The community is very poor and can use all the help that they can get.

Here is the address:
 Jo Ann Cayce Charities
 315 South 2nd Street
 Thornton, AR 71766
 1-870-352-3104

They can distribute clothing and blankets to ages 0-90+

Foot Sizes

	small preemie	large preemie	full term
weight	1 - 3 pounds	3 - 5 pounds	6 - 10 pounds
foot length	1" - 2"	2 1/2" - 3"	3" - 3 1/2"

Attention donors to Parkland Hospital, Dallas, TX:

A local group (Little Angels) organizes donated layette items into totes for mothers in need. Instead of asking the nurses to sort the hats, booties, blankets, etc., this group fills a tote with a selection of useful items. Your name and address will be delivered to the hospital with a list of the donated items and you will receive a thank you letter from the hospital. The Little Angels group will also deliver burial gowns or other items that are not distributed in the totes. If you would like to help streamline the process of sorting donated items for Parkland, please send your completed items to: Little Angels, 624 Trailhead Dr., Southlake, TX 76092

Telephone (817-482-0007)

Website: <http://www.littleangelsproject.org>

E-Mail address: littleangels@libertybay.com

FYI: I recently received a thank you letter from Parkland Hospital, thanking Care Wear volunteers for donated items. If you would like to discuss the best method for donating to Parkland, you might contact Lisa Little, Director of Volunteer Services, 5201 Harry Hines Blvd., Dallas, TX 75235, telephone--214-590-8827 or FAX--214-590-2724.



Introducing the Grace Church Angels Care Wear Volunteers!

Here is Gladys, Terry, Wyanetta, Ruth, Cynthia, Jo, Gwen, Betty, & Margaret.

Photo credit: George C.

I feel as if I know Wyanetta and Gwen. I enjoy my e-mail messages from Gwen and letters from Wyanetta.

This is an active group of caring volunteers. They are talented and productive!!!

Entrelac Hat

Yarn used — Sirdar Country Style (light DK) in 2 colours (A & B)
 Needles — dpns 3.75mm (optional - 16" or smaller circular needle same size)
 Size — infants small
 Note — instead of turning every few sts, I prefer to use the "knit backwards" procedure.

With colour A, cast on 56 sts, join into circle and work k2 p2 rib for 8 rounds.

Base triangles: k2, * turn, p2, turn, k3, turn, p3, turn, k4, turn, p4, turn, k5, turn, p5, turn, k6, turn, p6, turn, k7, turn, p7, turn, K10* repeat across, ending last repeat K8. (7 triangles, each of 8 sts, on needle.)

1st round rectangles (leaning right): Turn so wrong side is facing. Working from tip to base of last triangle, purl up 8 sts, *turn and k8, turn and p7, p2tog (8th st tog with 1 in waiting from prev row)* rep from * to * 6 times more.

2nd round rectangles (leaning left): Working from tip to base of last triangle, knit up 7 sts, *turn and p8, turn and k7, k2tog* rep from * to * 6 times more.

3rd round: As 1st round, but pick up 6 sts instead of 8

4th round: As 2nd round but pick up 5 sts instead of 7

5th round: As 1st round but pick up 4 sts

6th round: Work in same direction as 2nd round but pick up 3 sts AND after the first square, join each subsequent one to its neighbour by working 2 tog at end of EACH row. At end of last square cast off last 3 sts and sew to its neighbour. (Alternatively, graft it using Kitchener st if you are comfortable with it.)

To adapt to other sizes:

1. Work with thicker wool and bigger needles, or
2. Work more base triangles, or
3. Work bigger base triangles.

As you can see, the width is decided by the measurement diagonally across each square. For this hat I have used 7 squares, each of 8 sts. To make it about half as big again I could use 7 squares of 12 sts.

The shaping is done by reducing the number of sts by 1 in each subsequent round.

Copyright 1997 Lorraine J Major
 REPRINTED WITH PERMISSION OF COPYRIGHT OWNER

Lorraine's personal home page is:
www.minidata.co.nz/major/index.htm

Her creative fibre website is:
www.creativefibre.org.nz

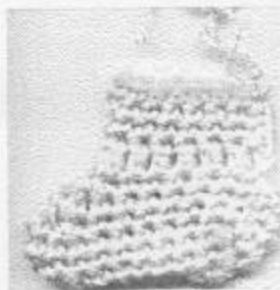
Thanks to Mary H. for her help locating this pattern and securing permission to reprint.

WEBSITE OF INTEREST:

www.thefamily.com/countrycottage/charity/charityp1.html

Hospital update: Tacoma General and Mary Bridge Children's Hospital
Volunteer Services, Attn: Dayna Brown
315 Martin Luther King Jr. Way
P.O. Box 5299
Tacoma, WA 98415-0299
Phone: 253-403-1005
Dayna said that they love receiving Care Wear packages!

Quick Crochet Baby Booties!



pattern by Kimberly
www.LittleAngelsProject.org

Yarn: Baby or sport weight yarn
Hook: G hook
Finished Size: about 3" sole (fits newborn)

Make 2

Starting at sole, ch 9; sc in 2nd ch from hook and next 6 chs; 3 sc in end ch; sc in next 6 chs on other side, ending with 3 sc in beginning ch, sl st in first st made to join. (19 sts)

Rnd 2: ch 1; sc in same st as joining; sc in next 7 sts; 3 sc in next st; sc in next 9 sts; 3 sc in last st; join with sl st. (23 sts)

Rnd 3: ch 1; sc in each st around; join in first st. (23 sts)

Rnd 4: ch 1; sc in next 6 sts; decrease 4 times; sc in next 9 sts; join with sl st. (19 sts)

Rnd 5: ch 1; sc in next 6 sts; decrease 3 times; sc in next 8 sts; join with sl st. (16 sts)

Rnd 6: ch 1; sc in next 5 sts; decrease 2 times; sc in next 7 sts; join with sl st. (14 sts)

Rnd 7: ch 3; dc in each st around; join with sl st. (14 sts)

Rnd 8-10: ch 1; sc in each st around; join with sl st. (14 sts) At end of row 10, fasten off.

Variations: Alternate colors for a striped bootie, add contrasting color on last 2 or 3 rows, run a ribbon through rnd 7 (dc rnd), etc.

Reprinted with permission from
Kimberly
www.littleangelsproject.org

Please visit her website for other patterns that you may enjoy using.

Thanks, Kimberly

Another website of interest:
<http://home.att.net/~susanBinKC/>

Susan granted permission to reprint one of her patterns, that h will appear in the September newsletter. She mentioned that the "easy ripple afghan" was very popular



Around the Crochet Table

♥ Patterns & Recipes Shared by Friends ♥

Baby/Preemie Hat

for Boy or Girl

(copyright 2000, designed by Terri Kroupa)

Materials

Baby sport weight yarn
Size "E" or "F" Crochet hook (preemie size)
or
Size "G" or "H" Crochet hook (newborn size)

Pattern Stitches

BLO = Back Loops Only



Ch. 5, slip st in 1st ch to form ring.

Rnd 1 (right side): Ch 3 (counts as first dc, here and throughout), 11 dc in ring. Join with sl st to 3rd ch of beg ch-3 -- 12 dc.

Rnd 2: Ch 3, dc in same st, 2 dc in each dc around -- 24 dc.

Rnd 3: Ch 3, (2 dc in next dc, dc in next dc) around, ending with 2 dc in last dc;

join with slip st to 3rd ch of beg ch 3 -- 36 dc.

Rnd 4: Ch 3, dc in next dc, (2 dc in next dc, dc in next 2 dc) around, ending with 2 dc in last dc; join with slip st to 3rd ch of beg ch-3 -- 48 dc.

Rnd 5: Ch 3, dc in next dc and each dc around; join with slip st to 3rd ch of beg ch-3.

Rnd 6-10: Rep Rnd 5.

Rnd 11: Ch 1, sc in sam st and each dc around; join with slip st to first sc.

Rnd 12: Ch 3, turn; in BLO, dc in next dc and each sc around; join with slip st in 3rd ch of beg ch-3. ** DO NOT TURN**

Rnd 13: Rep Rnd 5.

Rnd 14: Rep Rnd 11.

Note: For boy's hat, finish off here and weave in all ends.

Rnd 15: Ch 3, 4 dc in same st; in BLO, (sk next sc, sc in next sc, sk next sc, 5 dc in next dc) around, ending with sc in 2nd to last st; join with slip st in 3rd ch of beg ch-3. Finish off and weave in all ends.

Fold up last 3 or 4 rows at sc ridge to right side.

Variation: Change color to 'white' or lighter color on last round for girls hat.

MORE SEWING PATTERNS IN THE NEXT NEWSLETTER! I had lots of patterns to share and I ran out of space!

I received a letter from Wendy Ciabaszewski, Administrative Assistant, Cranston Consumer Products, 2 Worcester Road, Webster, MA 01570-1652. Her letter of 3/29 stated, "With this overwhelming number of requests, we have found it necessary to set corporate policy regarding donations of material—we limit our donations to non-profit organizations in the local geographic areas where our business units are based. Therefore, we are unable to fill your request."

Although I understand that companies are deluged with requests, I KNOW that there are many volunteers in MA and that there are many MA hospitals on the Hospital list. After the article in the Boston Globe, I received hundreds of requests for the Pattern Book and newsletter from MA.

I will revise my request letters to highlight the hospitals (in the location of the business) that Care Wear serves. It is getting more difficult to get donated

Reprinted with written permission of Terri. Note the scalloped edge on this hat. CUTE!

V-neck cardigan

Both these garments have been knitted to the same basic instructions (stitches and rows). The only seam is across the top of the sleeves, and even that can be eliminated by grafting or by casting off both pieces together.

The preemie version is knitted with Shepherd 3-ply baby wool, at 6 sts to 1" over garter st and measures 15" around.

The baby version is worked in 8-ply wool, at 5 sts to 1" over garter st and measures 18" around.

V-neck Cardigan for Preemie or Small Baby

Materials

Preemie: Less than 50g baby wool.

Needles: 3.75mm or size you require to give tension (gauge) of 6 sts per inch

Baby: Approx 100g DK weight (8 ply) wool.

Needles: 4.5mm or size you require to give tension (gauge) of 5 sts per inch.

Lower body: Cast on 93 sts, work in garter st for 55 rows, working buttonholes on rows 39 and 53 as follows:
k2tog, yo, k to end.

Right front and sleeve: Knit 25 sts, cast on 18; leave all other sts on a length of spare wool. Work 5 more rows on these 43 sts, then start v-neck shaping each 4th row inside 3 border sts - k3, k2tog, k to end. Continue until 36 rows have been completed on sleeve (35 sts) Cast off.

Left front and sleeve: Slip last 25 sts from spare wool onto a needle, cast on 18, k to end. Work same as right front with neck shaping as follows : K to last 5 sts, K2tog, k3.

Back and sleeves: Slip remaining 43 body sts on to needle. Pick up and knit 18 sts from cast on edge of right sleeve, knit across 43 back sts, pick up and knit 18 sts from cast on edge of left sleeve. Knit straight for 36 rows. Cast off 32 at beginning of next 2 rows. Knit 6 rows across remaining sts for back of neck. Cast off. To complete: Join seams along top of sleeves, noting that 3 border sts on fronts are joined to sides of rows worked across back neck.

Notes and Variations

When casting on for sleeves use a loose cast-on or an invisible cast-on.

Incorporate any simple pattern into the garment - work about 9 rows before starting any pattern, and keep 3 edge sts in garter st. A garter st lace pattern looks effective, or simple colour patts eg narrow stripes or slip st patts.

If doing multi-colour patts, omit the edge sts, i.e. cast on 87, and for fronts work 22 instead of 25. Omit rows at back of neck. Pick up sts around front edges and back of neck and work 5 rows, working buttonholes on right or left front as appropriate. Work cuffs in a similar way (before joining the top of sleeve seam).

Copyright 1993 Lorraine J Major

REPRINTED WITH PERMISSION OF COPYRIGHT OWNER

Reprinted with permission—2001
Many thanks to Lorraine

CHEMOTHERAPY CAP PATTERN

<http://www.knitting.about.com/hobbies/knitting/library/blchemocap.htm>

From Gravette Medical Center:

I received photocopies of thank you notes written by parents & patients. I will try to include a few in each newsletter. "Our 3 year old daughter had surgery at Gillette recently and received a blanket & teddy bear before the procedure. She was so excited to receive the "presents," it made what could have been a very scary experience into a pleasant one. The fact that she was able to relax & play...made it a much less stressful experience on us as parents as well."

Spiral Rib Hat

Hat measures about 14" around and will fit a small baby.
See below for how to adapt for other sizes.

I used DK wool - about 50g
4.5mm dpns (a 12" circular would be OK for the main part)
Gauge - 5 sts = 1"

Cast on 72 sts and join into circle.
Work 12 rounds in 2/2 rib.

Work in spiral rib patt as follows:

Rounds 1-3: (k3 p3) 12 times
Rounds 4-6: p1 (k3 p3) 11 times, k3 p2
Rounds 5-9: p2 (k3 p3) 11 times, k3 p1
Rounds 10-12: p3 (k3 p3) 11 times, k3
Rounds 13-15: k1 p3 (k3 p3) 11 times, k2
Rounds 16-18: k2 p3 (k3 p3) 11 times, k1
Repeat these 18 rounds once

Shape top:

R1 (k3 p1 p2 tog) 12 times
R2 (k3 p2) 12 times
R3 (k3 p2tog) 12 times
R4 knit
R5 (k2 k2tog) 12 times
R6 (k1 k2tog) 12 times
R7 (k2tog) 12 times **
R8 (k2tog) 6 times
R9 (k2tog) 3 times

Work I-cord on remaining sts - I did about 2" then finished it off and tied a knot in it.

** If you don't want the I-cord you can stop at this point, draw up the remaining sts and finish off.

To adapt for other sizes:

The patt is in a multiple of 6, so you can adapt this to bigger (or smaller) sizes easily.
Cast on as many as you need and work the body as long as you want.

Variation

2-colour version

Instead of k3 p3, work * k3 colour A, k3 colour B*.

©1997 Lorraine Major

REPRINTED WITH PERMISSION OF COPYRIGHT OWNER



PHOTO ABOVE:

This is the photo for the SCALLOPED DRESS with BONNET pattern that is reprinted on a later page. I am not sure how the magazine layout people manage to space photos with each pattern. They don't seem to fit for me. Sorry!!!

Sincere thanks to Lorraine for her willingness to share her patterns with Care Wear.

Ana Smith and Pat Manning (Chicago Children's Hospital, Wyler Hospital Pavilion, MC 0123, 5839 South Maryland Avenue, Chicago, IL 60637-1407) wrote to thank Care Wear donors, including Virginia Hock, for all of the lovely hats, booties, blankets, gowns, etc. that were donated for their patients. They were pleased to have gifts for the children who were hospitalized over the holidays. Thanks to all!

CAMOUFLAGE PULL-ON PANTS
reprinted with permission of Lois Walters
Heart of Gold
<http://www.ivillage.com/lwalters1/index.html>

Materials:

Size 5 knitting needles
One 2.5 skein Red Heart Multi Color - Camouflage

Right Leg:

Cast on 44 sts. Work 4 rows in k1, p1.
Continue to work in st st (k1 row, p1 row) until total length is 3-1/2 inches. Inc 1 st both sides alternate rows 3 times. Mark both sides of last inc row for end of leg seam. Work even in st st until length from markers measures 4 inches, ending in purl row. Dec 10 sts evenly spaced on next row (right side) as follows: K1, k2tog, *k3, k2tog, rep from * across, ending k2. (40 sts remain) Purl one row.

Waistband – Work in k1, p1 ribbing for 2 rows. Next row, k1, *yo (yarn over) k2tog, to last st, k1. Next 2 rows, work in ribbing. Bind off.

Left Leg:

Work as right leg.

Finishing:

Sew center front and back seams to markers, remove markers. Sew leg seams.

Make a crochet chain for approx. 32 inches. Run this chain through the waistband in the eyelet stitches created by the yarn over. Tie in a bow.

TANK TOP

ST ST – knit one row; purl one row

Size 5 knitting needles
1 2 ounce skein sport yarn

FRONT

Cast on 34 sts. Work 4 rows in k1, p1 ribbing. Work in st st until length is 3 inches

ARMHOLE SHAPING

Continue in st st, bind off 3 sts beginning of next 2 rows. Decrease 1 st both sides of next 2 knit rows. (24 sts remain) Work even until length from first bound off sts measures 1-1/2 inches; ending in purl row.

NECK SHAPING

K9 st, bind off center 6 sts, K9 to end. Work each side separately by adding another ball of yarn to the other side. Decrease 1 st at neck edge alternate rows 3 times. When armhole measures 3 inches from bound off sts, bind off remaining sts.

BACK

Work same as front

Sew shoulder seams and side seams.

Sincere thanks to Lois for her permission to reprint these patterns.



PHOTO AT LEFT:

This is the photo of the HOODED SWEATER and PULL-ON PANTS pattern that is reprinted on the next page.

Sincere thanks to Lois Walters for her willingness to share her patterns with Care Wear.

HOODED SWEATER & PULL-ON PANTS

Created by Lois Walters January 2001

Materials: 1 skein of Any kind of Baby Sport Yarn
Size 6 needles
Stitch Holders (or large safety pins)
3 buttons

Abbreviations:

K	Knit	P	Purl
St	stitch	BO	bind off
K2tog	Knit 2 stitches together	YO	Yarn over

BACK

Cast on 40 sts. Work 3 rows in garter st. (K each row).

Work in stockinette st (K 1 row, P 1 row) until work is 4", ending on P side.

SLEEVES

Cast on 18 sts at beginning of next 2 rows.

Next row: K across.

Next row: K 2, P across to last 2 sts, K 2.

Repeat these 2 rows until sleeve measures 2 ½ inches, ending on P side.

BO 18 sts at the beginning of next 2 rows.

Next row: K 2tog across to end of row.

BO 4 sts at beginning of next 2 rows. Put remaining 12 sts on stitch holder.

LEFT FRONT

Cast on 20 sts. Work 3 rows in garter stitch.

Next row: K across.

Next row: P across to last 3 sts, K3

Continue last 2 rows until work measures 1".

Next row: K1, YO, K 2tog, (buttonhole), K across.

Continue in stockinette stitch until work is 4" ending on P side. **after you have 9 ridges from 1st buttonhole, make another buttonhole.

SLEEVE

Cast on 18 sts beginning of next row. (make sure this is not the side with the ridges)

Next row: K 2, P across to last 3 sts, K3. (continue front edge)

K until sleeve measures 2 ½ inches. Add another buttonhole when you have 9 ridges from last buttonhole. Make sure front measures equally to the back.

BO 18sts, P across.

Next row: K2tog across to end of row. (10 sts)

Next row: BO 4 sts, P 4, K2 (6 sts) Place on stitch holder.

RIGHT FRONT

Cast on 20 sts. Work 3 rows in garter stitch.

Next row: K across.

Next row: K 3 sts, P across.

Continue these 2 rows until work measures 4" ending P side.

SLEEVE

Cast on 18 sts beginning next row.

Next row: K across.

Next row: K 3, P across to last 2 sts, K2.

Continue these 2 rows until piece measures 2 ½ inches. (make sure to compare size to the left front)

BO 18sts, K across.

Next row: K3, P across.

Next row: K2tog across to end of row (10 sts)

Next row: K2, P across.

Next row: BO 4sts, work to end. (6 sts) Place these sts on stitch holder.

HOOD

With right sides facing you, place right front, back, left front (24 sts) on needle. Right side facing you, K across.

Next row: P across.

Next row: Increase 1 sts in each stitch. (48 sts)

Keeping 1st and last 3 sts in garter stitch, work in stockinette stitch until hood measures 4".

BO all 48 sts.

Fold hood in half at BO sts. Sew seam for hood.

Sew sleeves and side seams.

Add buttons for the buttonholes.

Crochet chain stitch for 10" (make 2 of these) for a cord to be attached at each side of the hood. Tie in a bow.

PULL-ON PANTS

RIGHT LEG

Cast on 40 sts. Rib 4 rows in k1, p1.

Continue to work in stockinette stitch until total length is 4". Increase 1 st both sides at knit row for 3 times. (46 sts) Work even in stockinette stitch until length from last increase stitch is 4", ending in P row.

Next row: K1, K2tog, *K3, K2tog, repeat from * across. Place on stitch holder.

LEFT LEG

Work as right leg.

When you reach the last row, place right leg stitches on the needle, making sure K sides are correct.

WAISTBAND

With all stitches for left leg, right leg, (knit side facing you) P across.

Next row: P across.

Next row: (knit side facing you) K1, *YO, K2tog, across to last st, K1. (eyelet stitch)

Next row: P across.

Next row: P across.

BO all stitches.

Finishing: Sew center front seam to match up the last increase stitch. Now do the back seam to match up to last increase stitch. (this will take you now to the crotch area) With the piece facing you, now sew the leg seams.

Make a crochet chain approximately 30". Weave chain through the eyelet stitches of the waistband. Make sure each side is even, tie a bow.

SCALLOPED DRESS WITH BONNET
reprinted with permission of Lois Walters
Heart of Gold

<http://pages.ivillage.com/lwalters1/index.html>

Materials: Red Heart 3ply Sport Weight White Yarn 6oz. (or any color you desire)
Size 6 needles
2 buttons
Applique (optional)

Abbreviations:

K	Knit	P	Purl
St	stitches	K2tog	Knit 2 stitches together
YO	Yarn Over	BO	Bind off stitches
St st	straight stitch – knit 1 row, purl 1 row		

****When I join another ball of yarn – I always begin using the yarn from the center pull-out yarn. When I need to add the 2nd yarn, I use the end piece yarn from under-neath the wrapper; therefore, using the same skein of yarn but from both ends.....**

FRONT:

Cast on 44 stitches.

- 1) K4, K2tog two times; *YO, K1 (4 times), K2tog (4 times), repeat from * until last 8 sts on needle; K2tog (2 times), K last 4 sts.
- 2) P across
- 3) K across
- 4) P across

Continue pattern until 5” or desired length of the skirt, ending in Purl row. This could be made longer for a baptismal gown.

Next Row: K across, decreasing 8 sts evenly (36 sts)

Next Row: P across

WAIST:

Rib for 4 rows by K1, P1 across.

St st next 4 rows.

(((**** For an eyelet variation, you could do the following:

Knit side facing, Purl 1 row; Purl one row. Next row: K1, YO, K1 across. P 1 row; P 1 row. Continue at the Armhole. If you use this variation, a colored ribbon or a crochet chain a 25-30” strand to be inserted into the eyelet when completed.)))))

ARMHOLE:

Continuing in St st, BO 3 sts beginning next 2 rows.

BO 1st st in the next 4 rows (26 sts)

Continue St st for 2” from 1st BO stitch, ending in purl row.

NECK:

****See Explanation by “abbreviations” to see how I join the 2nd ball of yarn.**

Continue in St st.

K10 sts, BO 6 sts, K10 sts. ****Join another ball** of yarn on the other side to work both sides evenly at the same time.

Decrease 1 st at Neck edge on Knit rows 2 times. (8 sts on each side of shoulders)

Work St st until 3" from 1st BO sts at armhole beginning.

BO 8 sts.

BACK:

Work back same as front completing the 4 rows of ribbing of the waist, ending with purl row. The back will be split and buttonholes will be included.

K18 sts, cast on 2 sts. ****Join another ball** of yarn to the needle on the left side and knit to end of other 18 stitches.

Next Row: P across.

Next Row: K to last 4 sts, P last 4 sts. Other side: K to end.

Next Row: P across. Other side: K 4 sts, P to the end.

ARMHOLE:

BO 3 sts, K across. Other side: K across.

Next Row: BO 3 sts, P across. Other side: K 4, P to end.

Next Row: BO 1st st, K to last 4 sts, K1, YO, K2tog, K1. (buttonhole) Other side: K 1, P2, K across. (the P2 sts indicate where the button will be placed)

Next Row: BO 1st st, P across. Other side: K4 sts, P across.

Next Row: BO 1st st, K across. Other side: K across.

Next Row: BO 1st st, P across. Other side: K 4 sts, P across.

Next Row: K across. Other side: K across.

Next Row: P across. Other side: K 4 sts, P across

Repeat last 2 rows. With correct side facing you, at the side where the buttonhole is, count 6 purl ridges from the 1st buttonhole, then do another buttonhole.

At K side, K to last 4 sts, K1, YO, K2tog, K1. Other side: K1, P2, K across.

Next Row: P across. Other side: K 4 sts, P across.

Next Row: K across. Other side: K across.

Next Row: P across. Other side: K 4 sts, P across.

NECK:

Next Row: K across. Other side: BO until 8 sts remain on needle.

Next Row: P across. Other side: BO until 8 sts remain on needle, P across.

Next Row: K across. Other side: K across.

BO remaining stitches on both sides.

Sew shoulder seams together.

SLEEVES:

After shoulder seams are sewn, with front facing you, pick up 30 sts from armhole to shoulder seam to back armhole.

Continue in St st.

Decrease 1 st beginning and end of row every 6th row until 24 sts remain. Sleeve length is 4" or desired length.

Sleeve cuff: Rib K1, P1 for 4 rows. BO loosely.

((Variation: if you used the eyelet design at the waist – you may use the eyelet design at the cuff also))) Leave approximately 16” of strand – this will sew the seam for the arm and down the dress seam. Make sure at the side seams that the waist abuts correctly as well as the holes in the pattern match up so it is evenly.

Complete the other sleeve this same way.

NECKBAND:

At the back of the garment facing you, pick up 40 sts around the neck edge.

Begin on the purl (wrong) side.

*P 3, Increase 1 st, * continue from * to the end. (50 sts)

Next Row: Rib across K1, P1.

Next Row: BO loosely

***sew buttons on, stitch down back flap where the purl rows are at the button holes.

Optional - Sew applique or small decorative buttons on the front bodice.

BONNET

Cast on 14 st. St st for 20 rows. Cast on 15 st next 2 rows. Work as follows:

- 1) K4, K2tog (two times); *YO, K1 (4 times), K2tog (4 times); repeat from * to last 8 sts; K2tog (two times), K4.
- 2) Purl across
- 3) Knit across
- 4) Purl across

Continue pattern above for 7 total scallops.

Brim:

Knit Row 1 of above.

Next Row: *P3; increase 1 st in next st. repeat from * to end.

Rib K1, P1 next 3 rows. BO loosely.

Neckband Edge:

Correct Side – Pattern facing you.

Pick up 20 sts bottom side; 9 st from back; 20 sts other bottom side.

Wrong side: Rib K1, P1 for 2 rows.

Correct side: *K2tog, YO. Repeat * across to the end.

Next Row: Rib K1, P1 for 2 rows. BO loosely.

((variation for neckband – if you used other eyelet design as mentioned at the waist, use that variation here to coordinate & match)))

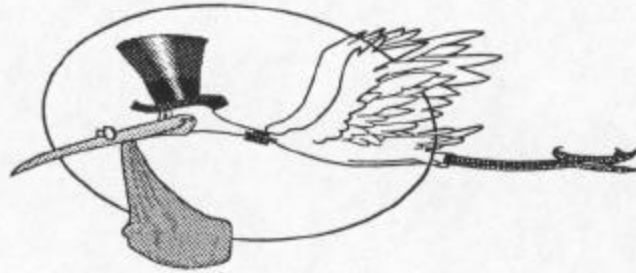
Weave a ribbon or crochet chain 25-27” through the eyelet.

Reprinted with permission from Lois Walters. Sincere thanks!

Wishing everyone a healthy and happy summer! Blessings to you for all the marvelous work that you do to help others.

CARE WEAR VOLUNTEERS INC

I expect to pass through this world but once; any good thing therefore that I can do, or any kindness that I can show to any fellow-creature, let me do it now; Let me not defer or neglect it, for I shall not pass this way again." (Stephen Grellet, 1773-1855)



TO:

From:
Care Wear Volunteers, Inc.
Bonnie Hagerman
c/o Hood College
401 Rosemont Avenue
Frederick, MD 21701-8575

Non-profit Org
U.S. Postage
PAID
Frederick, MD
Permit No. 775