

A Quarterly Publication for Care Wear Volunteers



March 2005

## Care Wear Volunteers, Inc.

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old website: <http://www.hood.edu/carewear>

## THE MARCH 2005 NEWSLETTER

I send best wishes for a healthy, happy, and safe new year. Thank you for all that you do to warm and comfort hospitalized children, families in need, and others who are facing challenges in their lives. Please know that you are very special because you share your time and talents with others. Your efforts make a difference!

The year 2004 flew by. All too quickly the days, months, and years fly by and opportunities are lost. My favorite quotation from Stephen Grellet says it best:

*I shall 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.*

Thank you for joining the Care Wear Volunteers effort and for all that you send to hospitals, shelters, social service agencies, VA Hospitals, Nursing Homes, etc. I hope that you will find inspiration in each of the quarterly newsletters. Although I enjoy assembling each newsletter, it is critical that you find the photos, patterns, and information helpful.

Exciting news! The Care Wear Volunteers website is being redesigned and moved to a new location. I thank Hood College for hosting the site for many years. Students in a computer class designed that website and Hood was very generous to help me keep it functioning and up to date. Like all colleges and companies that maintain databases and websites, Hood has had to impose very strict security measures. I always had to ask for assistance with updates, such as posting newsletters or adding a notice or fixing a defective pattern. Obviously, Care Wear Volunteers' updates were not a priority item for a busy Hood IT department and NO ONE else would be granted access. Happily, I was able to update the hospital list from my office computer, but I could update nothing else.

Another consideration is that it is difficult to locate the current Care Wear Volunteers website (<http://www.hood.edu/carewear>). Our new website (<http://www.carewear.org>) will be easier to remember and locate.

Sometime in March the new website should be operational. Logging into the old site will connect you to the new one. As you will see, all of the pages have been redesigned and are

colorful as well as easy to navigate. All of the patterns have been changed so that they are the same patterns that are printed in the 2004 revision of the *Care Wear Volunteers Pattern and Information Book*. The hospital list, the newsletters, etc. are still there for your reference. (And, the September 2004 and December 2004 newsletters will be available on the new website.)

I send kudos and thanks to Christine Brown, website development consultant. She was familiar with the old website and brought creativity and great computer expertise to the design of the new site. She understood my requests for ease of navigation, simplicity, and ease of updating (so that I can update all of the sections).

So, please note the new URL (<http://www.carewear.org>) and check it out! (Although we are aiming for sometime early in March, please bear with us—if we are behind that timetable.)

Another marvelous event was receiving the **Knitter of the Year Award**. I was thrilled to learn that I was nominated for this award and was selected by the sponsors (Lion Brand Yarn Company and *Knitter's Magazine*). Unfortunately I was not able to attend the award presentation ceremony in Atlantic City, New Jersey, but I was “connected” by speaker phone. Care Wear Volunteers was pleased to receive a check for \$500 and a certificate for \$500 worth of Lion Brand Yarn (to be redeemed for our October 2005 Make A Difference Day project). Sincere thanks to Jean Corazza for the nomination.

As a result of that award, Care Wear Volunteers received front page coverage in the Frederick City *Gazette* newspaper. There were articles in the *Frederick News-Post*, the Lion Brand Yarn internet newsletter, and *Knitter's Magazine*, and I appeared on Channel 12 Hagerstown NBC news. All of these brought new participants to our efforts. I welcomed the publicity for all of our projects and hospitals.

Thank you to everyone who sent donations to Care Wear Volunteers. I appreciate your support. Thank you as well to everyone who sent holiday greetings. I enjoyed hearing from you and I was pleased to read your letters and notes. My office door was adorned with a large collection of cards that were admired by everyone who visited my office.

Care Wear Volunteers received letters of thanks from many hospitals—thanking you for your donated items. I will summarize just a few of them:

Terry Orzechowski, Children's National Medical Center (DC) sent a letter of thanks for many donations, including hats, clothing, blankets, toys, etc. She wrote, “We are always so amazed by your talents. It was very kind of you to think of the children at Children's Hospital this holiday season.”

Erin Havrilla, Vanderbilt Children's Hospital sent a photo and a thank you note to thank everyone for items donations for their babies.

Liz Courain, University of Virginia Health System send thanks “...for all of the beautiful things you send us.” Care Wear Crafters received a certificate of appreciation for its work.

Suzanne Poisson, University Medical Center (NV) said, “Thank you for the beautiful calendar and all of the donations throughout the year.”

Liz Douglas, Women & Infants Hospital of Rhode Island, sent her thanks and information about their new address (120 Dudley St., Providence, RI 02905). Deliveries should be made to the new office between 9am and 4pm, Monday through Friday.

Mary Kay Leonardo, Emanuel Medical Center, Turlock, CA., wrote a long holiday letter with thanks and lots of information. She stated that she is no longer able to write a note to all of the volunteers when items are received. She said, "Please know that what you do does not go unnoticed." I recommend sending packages with a return receipt so that you know that the package survived the U.S. Postal Service!

Mary Kay also wrote, "Many of you ask which patterns are best to use for the hats and blankets. We have found that the knitted ones are the best. Either all garter stitch or K1,P1 or K2, P2 because they stretch so nicely. A good cast on number seems to be 64-68. As much as we love all of the beautiful crocheted hats, they just don't stretch enough. Crochet blankets are great though. We can't have anything with pom-poms or ties due to safety concerns. We have found that worsted weight is just too thick for hats, but is fine for blankets. Blankets don't have to be large; just big enough to cover the hospital crib is nice."

Jerriann Wilson, Johns Hopkins Children's Center, Baltimore, MD, sent thanks to Shirley Marsh (WI) for the IV covers and darling caps with braids that she sent. "I know that the children will enjoy them and that their parents will be grateful also."

The Labor of Love Maternity Home (Oshkosh, WI) sent thanks to Shirley Marsh for sweaters, hats, and booties. "Looking at these items shows me that a lot of love went into making them."

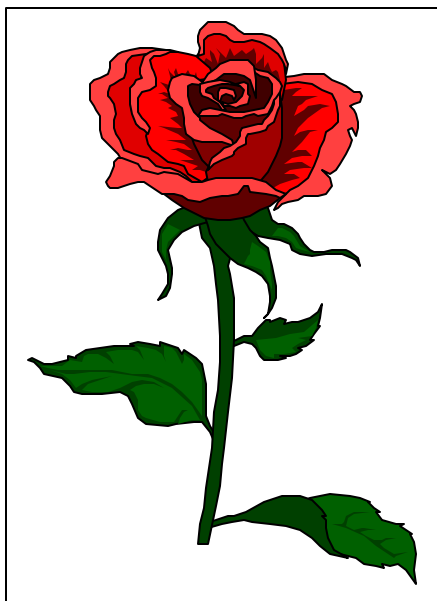
Paulette Brieze, Gillette Children's Specialty Healthcare (MN), wrote thanks to everyone at Thanksgiving. "Thank you for all that you do for Gillette, for our patients and staff and for me. You are wonderful and I give thanks for you."

Earlyne McCleary, Chambersburg Hospital (PA) wrote, "The knitting items that you sent to the Chambersburg Hospital were lovely and greatly appreciated. Thank you for the dedication and devotion you put into making these items for our patients. Our patients do appreciate the knitting items that you send to them."

Beth Israel Hospital (NJ) appreciates the lovely afghans, blankets, bootie/hats sets, hats, and toys donated by the Presbyterian Church Women (NJ). Thanks to all who participate and to Fiona Leahy for delivering the finished items.

The nurses at Memorial Herman Hospital Family Birthing Center (Houston, TX) sent thanks for bereavement gowns, hats, blankets, bears, etc.

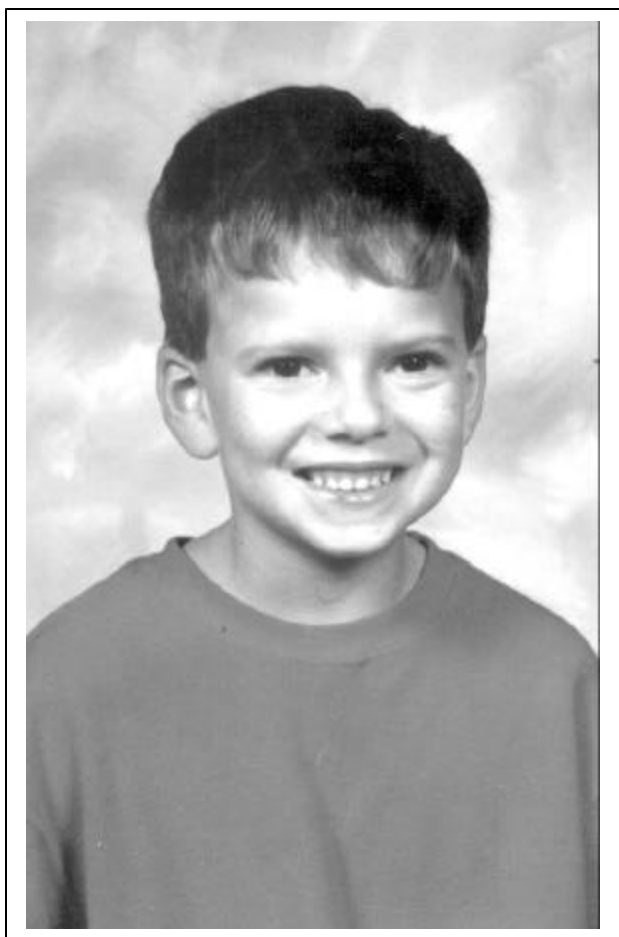
Two e-mails arrived from individuals. Here they are:  
"The Stancil family would like to thank Kathleen A. Hauke for the wonderful knitted hat that our son wore while hospitalized in the NICU. Words cannot express our gratitude. May God continue to bless you, Sincerely, The Stancils"  
"We really loved the little hat made by Kathleen Hauke for our son, Ian, who was born on February 11<sup>th</sup>. He looks so cute in it—like a little Catholic bishop. Thanks for your good deeds and caring. Mr. Balutis"



## A MEMORIAL TRIBUTE to Jori Ranhand

Care Wear Volunteers was shocked and saddened to learn of the death of Jori Ranhand (44 years of age). Sincere sympathy to her family and friends.

Jori enjoyed crocheting, loved to read, and was eager to help others. She was kind, gentle, and very generous. I will miss our e-mail conversations about books, movies, crochet projects, and recipes.



Recently two different Care Wear Volunteers participants asked me about my niece's son Eli. I am pleased to tell everyone that Eli is going to be 7 years old and is a bright, active, healthy, and happy young man.

Back in 1998—five weeks after his birth—Eli was rushed to the local hospital and then transferred to Johns Hopkins Hospital. His condition was serious, but thanks to excellent diagnostic work and the early response of his parents who detected a change in Eli's behavior, Eli was given medical treatments that saved his life.

While in Intensive Care at Johns Hopkins Children's Center, Eli was also given a Care Wear Volunteers quilt. When the nurse delivered the quilt and explained where it came from, my niece expressed her thanks and explained her relationship to the founder of Care Wear Volunteer—me.

Here is Eli's recent school photo.

What a delight it is to have a happy ending to this story! Although Eli's condition cannot be cured, he was diagnosed in time to prevent permanent damage. He and his parents know what adjustments are necessary to keep Eli healthy.



One of the calendars sent out to a volunteer had several blank pages. I hope that that calendar was the only defective calendar mailed out. I did not think to check each one as I inserted them into mailing envelopes. Before they are all gone, please check your calendar. If you have any defects, please let me know. I will send you a replacement. (FYI: those blank pages, like the blank pages that sometimes occur in newsletters, are the result of two sheets of paper sticking together. They separate at some point in the process of printing the calendar, so the inner sides are blank. It happens. That's why Balmar Printing gave me 25 extra copies, I guess!)

Please be sure to send me address corrections so that your newsletter does not go into the dead-letter box. Bulk-rate mail is not returned or forwarded. So, keep your address current. If you are able to download and print the newsletter from the new website, please let me know and I can remove your name from the mailing list. If you recruit others to join in Care Wear work, send the name and mailing address so that I can add that person.

I send best wishes to everyone for a healthy, happy, safe, and peaceful new year. Bonnie

#### My Grandmother's Slippers



DESIGNS by KN

Easy, well-written, original knitting and crochet patterns.

Reprinted with permission. Sincere thanks to Kathy North.

<http://www.DesignsbyKN@aol.com>

<http://designsbykn.com>

**Size:** Adjustable (children to adult)

**Materials:** About 150 yds. each of 2 colors of worsted wt. yarn (A and B)  
Size 8 needles  
Pompom maker  
Tapestry needle

**Gauge:** 7 sts = 2", 6 rows (3 ridges) = 1" in garter st on size 8 needles

With 1 strand Color A held together with 1 strand Color B, cast on 29.

**Foot portion:**

**Row 1:** Knit 9, purl 1, knit 9, purl 1, knit 9.

**Row 2:** Knit across.

**Repeat these 2 rows** until garter stitch portion measures approx. 4"-5" for children, 7"-8" for adults.

**Begin ribbed toe portion:**

**Row 1:** Knit 1, purl 1 across.

**Row 2:** Knit the knit stitches and purl the purl stitches as they face you to form knit 1, purl 1 ribbing.

together, and attach to top of slipper as shown.

*Designed by KN - copyright 2005*

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[DesignsbyKN@aol.com](mailto:DesignsbyKN@aol.com)

## Easy Fleece Hat

One seam is all it takes to make a cozy winter hat from fleece. Make a matching hat for your doll.

### You Need:

- 1/2 Yard of Fleece (will make 2 hats)
- Fabric Scissors
- Needle and Thread or Sewing Machine



### Instructions:

Cut fleece to 16" x 21" so it stretches the long way. Fold in half with right sides together. Stitch along the short ends to make a tube that will fit over your head. Leave the last 4" unstitched. This will become part of your fringe. Cut 4" slits every 3/4" along this end. Turn right-side out.

Cut a piece of scrap to 1" x 8". Gather fringes and tie tightly with scrap. Roll bottom up twice to make band.



In the December 2004 issue of our newsletter I reprinted this pattern, but the cutting lines were too light. My apologies. The lines were visible on the master, but in the printing process did not show up.

Here is the pattern again.

Reprinted with permission.  
[http://www.makingfriends.com/winter/fleece\\_hat.htm](http://www.makingfriends.com/winter/fleece_hat.htm)

### Websites of interest:

<http://knithats.tripod.com/hat/id3.html>

<http://www.southernstitches.com/preemie.html>

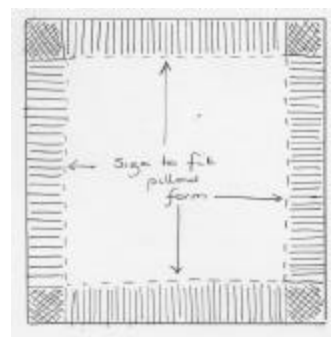
<http://www.geocities.com/gossgirl2/sbonnet.htm>

[http://www.makingfriends.com/winter/fleece\\_hat.htm](http://www.makingfriends.com/winter/fleece_hat.htm)

Johns Hopkins Children's Center (Jerriann Wilson, Director of Child Life, Blalock 174, 600 North Wolfe Street, Baltimore, MD 21287-4174) requests pillows (approx. 12-16 inch squares) with very bright colorful fleece or solid color fleece with applied decorations (rick rack, buttons, etc.). These pillows will be distributed to older patients at the Children's Center so there isn't the worry that decorations will be swallowed.

### **Directions for fleece pillow with no sewing:**

- Cut 2 pieces of fleece (size of pillow form plus 2 x length of the fringe that will be knotted together).
- Remove corners—as marked in the diagram at right.
- Clip fringe (3/4" wide and 3-4 inches deep). See cutting lines in diagram at right.
- Position fleece fabric over pillow form and tie top layer fringe to bottom layer fringe to secure the fabric around the pillow form. Decorate one side.



## Fleece Hat for your 18" Doll

Make an easy fleece hat for your doll and make one for yourself!

### You Need:

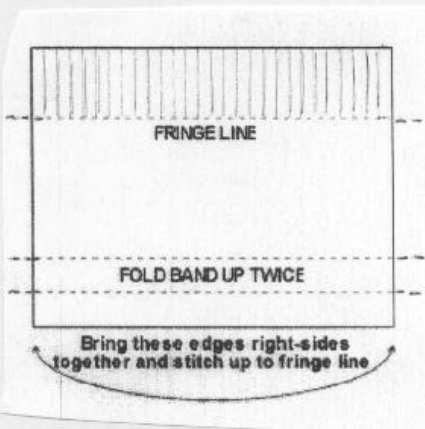
- 11" x 11" piece of Fleece
- Fabric Scissors
- Needle and Thread or Sewing Machine



### Instructions:

Cut fleece to 11" x 10" so it stretches the long way. Save the 1" scrap. Fold in half with right sides together. Stitch along the short ends to make a tube that will fit over your doll's head. Leave the last 2" unstitched. This will become part of your fringe. Cut 2" slits every 1/2" along this end. Turn right-side out.

Gather fringes and tie tightly with scrap piece. Roll bottom up twice to make band.



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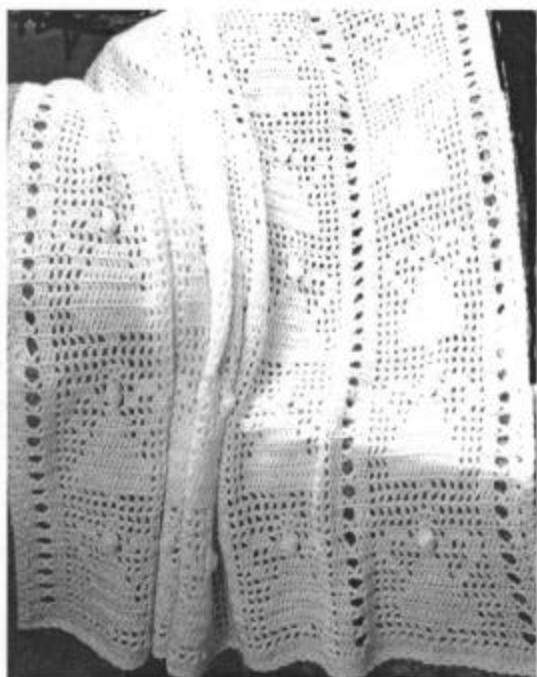
[http://www.makingfriends.com/winter/doll\\_fleece\\_hat.htm](http://www.makingfriends.com/winter/doll_fleece_hat.htm)

I hope that this diagram is easier to see. I apologize that the copy in the December newsletter did not show the cutting or folding lines.

Wm. Wright Company  
(bias binding, trims, etc.)

Factory Outlet Store  
Sturbridge, MA  
1-508-347-2839 or  
1-800-660-0415

## Angel Baby Afghan



## Hoodie to Knit (Hooded Sweater)



Pattern on Page 13

Directions for this lovely angel pattern afghan are on the next page. Permission to reprint from Kathy Wilson, <http://grandmashookery.com/afghans/angelafghan2.html>

## BABY ANGEL AFGHAN

### Materials Needed:

\*Knitting Worst Weight Yarn:

45 ounces of Red Heart --316 Soft White or  
yarn your choice of color-

\*Size G crochet hook or hook to obtain gauge

\*Tapestry Needle

15 dc and 8 rows=4"

Finished Size-47 3/4" x 61 "

Ch 181 Loosely

Row 1: (RS): Dc in fourth ch from hook (3 sk chs count as first Dc) and each ch across.  
179 Dc

Row 2: Ch 3 (counts as first Dc, now and throughout), turn; dc in next 2 dc, ch 2, skip next dc, sc in next dc, ch 2, skip next dc, dc in next 3 dc, \*ch 1, skip next dc, (dc in next dc, ch 1, skip next dc) 12 times, dc in next 3 dc, ch 2, skip next dc, sc in next dc, ch 2, skip next dc, dc in next 3 dc; repeat from \* across; 102 sts & 77 sps.

Row 3: Ch 3, turn; dc in next 2 dc, ch 3, skip next sc, dc in next 3 dc, \*(ch 1, dc in next dc) 6 times, dc in next ch-1 sp and in next dc, ch 1 (dc in next dc, ch 1) 5 times, dc in next 3 dc, ch 3, skip next sc, dc in next 3 dc, repeat from \* across: 101 dc and 66 sps

Row 4: Ch 3, turn, dc in next 2 dc, ch 2, skip next ch, sc in next ch, ch 2, dc in next 3 dc, \*ch 1, (dc in next dc, ch 1) twice, (dc in next dc and in next ch-1 sp)3 times, dc in next 3 dc, (dc in next ch-1 sp, and in next dc)3 times, ch 1, (dc in next dc, ch 1) twice, dc in next 3 dc, ch 2 skip next ch, sc in next ch, ch 2, dc in next 3 dc, repeat from \* across. 137 sts and 42 sps.

Row 5: Ch 3, turn, dc in next 2 dc, ch 3, skip next sc, dc in next 3 dc, \*ch1, (dc in next dc, ch 1) twice, dc in next 15 dc, ch 1, (dc in next dc, ch 1) twice, dc in next 3 dc, ch 3 skip next sc, dc in next 3 dc, repeat from \* across, 131 dc and 36 sps.

Row 6: Ch 3, turn, dc in next 2 dc, ch 2, skip next ch, sc in next ch, ch2, dc in next 3 dc, \*ch 1, (dc in next dc, ch 1)twice, dc in next 15 dc, ch 1 (dc in next dc, ch 1) twice, dc in next 3 dc, ch 2, skip next ch, sc in next ch, ch 2, dc in next 3 dc, repeat from \* across. 137 sts and 42 sps.

Row 7: Ch 3, turn, dc in next 2 dc, ch 3, skip next sc, dc in next 3 dc, \* ch1, (dc in next dc, ch 1)3 times, skip next dc, dc in next 11 dc, ch 1, skip next dc, (dc in next dc, ch 1) 3 times, dc in next 3 dc, ch 3, skip next sc, dc in next 3 dc, repeat from \* across. 121 dc and 46 sps.

Row 8: Ch 3, turn, dc in next 2 dc, ch 2, skip next ch, sc in next ch, ch 2, dc in next 3 dc, \*ch 1, (dc in next dc, ch 1) 3 times, dc in next 11 dc, ch 1, (dc in next dc, ch 1) 3 times, dc in next 3 dc, ch 2, skip next ch, sc in next ch, ch 2, dc in next 3 dc, repeat from \* across, 127 sts. and 52 sps.

See photo on page 7.

Thanks to Kathy Wilson for sharing her talents. This is a stunning afghan that will be treasured forever.

continued next page:

Row 9: Ch 3, turn, dc in next 2 dc, ch 3, skip next sc, dc in next 3 dc,\* (ch 1, dc in next dc) 3 times, dc in next ch-1 sp, and in next dc, ch 1, skip next dc, dc in next 7 dc, ch 1, skip next dc, dc in next dc, and in next ch-1 sp, (dc in next dc, ch 1) 3 times, dc in next 3 dc, ch 3, skip next sc, dc in next 3 dc, repeat from \* across. 121 dc and 46 sps.

Row 10: Ch3, turn, dc in next 2 dc, ch 2, skip next ch, sc in next ch, ch 2, dc in next 3 dc, \* (ch 1, dc in next dc) twice, dc in next ch-1 sp and in next dc, ch 1, skip next dc, dc in next dc, ch1, dc in next 7 dc, ch 1, dc in next dc, ch 1, skip next dc, dc in next dc and in next ch-1 sp, (dc in next dc, ch 1)twice, dc in next 3 dc, ch2, skip next ch, sc in next ch, ch 2, dc in next 3 dc; repeat from \* across. 127 sts and 52 sps.

Row 11: Ch 3, turn, dc in next 2 dc, ch 3, skip next sc, dc in next 3 dc, \* ch 1, dc in next dc, dc in next ch-1 sp, and in next dc, ch 1, skip next dc, (dc in next dc, ch 1) 3 times, skip next dc, dc in next 3 dc, ch 1, skip next dc, (dc in next dc, ch 1) 3 times, skip next dc, dc in next dc, dc in ch-1 sp and next dc, ch 1, dc in next 3 dc, ch 3, skip next sc, dc in next 3 dc, repeat from \* across. 111dc and 56 sps.

Row 12: Ch 3, turn, dc in next 2 dc, ch 2, skip next ch, sc in next ch, ch 2, dc in next 3 dc, \* ch 1, dc in next 3 dc, (ch 1, dc in next dc) twice, dc in next ch-1 sp and in next dc, ch 2, skip next dc, dc in next dc, ch 2, skip next dc, dc in next dc and in next ch-1 sp, ( dc in next dc, ch 1) twice, dc in next 3 dc, ch 1, dc in next 3 dc, ch 2, skip next ch, sc in next ch, ch 2, dc in next 3 dc, repeat from \* across. 117 sts and 52 sps

Row 13: Ch 3, turn, dc in next 2 dc, ch 3, skip next sc, dc in next 3 dc, \* ch 1, dc in next dc, ch 1, skip next dc, dc in next dc, (dc in next ch-1 sp and in next dc)twice, ch 1, skip next dc, dc in next dc, ch 2, work Cluster: in next st (as follows): {YO, insert hook in st or sp indicated, YO and pull up a loop, YO and draw through 2 loops on hook,} repeat from { } 2 times more, YO and draw through all 4 loops on hook.ch 2, dc in next dc, ch 1, skip next dc, dc in next dc, (dc in next ch-1 sp and in next dc) twice, ch 1, skip next dc, dc in next dc, ch 1, dc in next 3 dc, ch 3, skip next sc, dc in next 3 dc, repeat from \* across, 5 Clusters, 106 dc and 46 sps.

Row 14: Ch 3, turn, dc in next 2 dc, ch 2, skip next ch, sc in next ch, ch 2, dc in next 3 dc, \* ch 1, (dc in next dc, ch 1) twice, (skip next dc, dc in next dc, ch 1) twice, dc in next dc, [dc (ch 1, dc) twice], in next Cluster, (dc in next dc, ch 1) twice, (skip next dc, dc in next dc, ch 1) twice, dc in next dc, ch 1, dc in next 3 dc, ch 2, skip next ch, sc in next ch, ch 2, dc in next 3 dc, repeat from \* across, 107 sts and 72 sps.

Row 15: Ch 3, turn, dc in next 2 dc, ch 3, skip next sc, dc in next 3 dc, \* ch 1, (dc in next dc, ch 1) 5 times, (dc in next ch-1 sp, ch 1) twice, skip next dc, (dc in next dc, ch 1) 5 times, dc in next 3 dc, ch 3, skip next sc, dc in next 3 dc, repeat from \* across. 96 dc and 71 sps

Row 16: Ch 3, turn, dc in next 2 dc, ch 2, skip next ch, sc in next ch, ch 2, dc in next 3 dc, \* ch 1, (dc in next dc, ch 1) 12 times, dc in next 3 dc, ch 2, skip next ch, sc in next ch, ch 2, dc in next 3 dc, repeat from \* across. 102 sts and 77 sps

Rows 17-113: Repeat Rows 3-16, 6 times; then repeat Rows 3-15 once more.

Row 114: Ch 3, turn, dc in next dc and each dc and each ch across; do NOT finish off...179 dc.

continued next page:



## EDGING

**Rnd 1:** Ch 1, turn, 2 sc in first dc, sc in each dc across to last dc, 3 sc in last dc;  
\*\*working in end of rows, 2 sc in first row and in each row across to last row, sc in last row\*\* working in free loops of beginning ch, 3 sc in first ch, sc in each ch across, 3 sc in last ch, repeat from \*\* to \*\* once, sc in same st, as first sc, join with slip st to first sc; 820 sc

**Rnd 2:** Ch 1, sc (sc in same st, ch 2) twice, \* skip next sc, ( sc in next sc, ch 2, skip next sc) across to center sc of next corner 3-sc group, ( sc, ch 2) twice in center sc; repeat from \* 2 times more, skip next sc, (sc in next sc, ch 2, skip next sc) across; join with slip st to first sc..

**Finish Off and Weave in any yarn ends.**

\*\*\*\*\*

## Knot Hat

**SIZES: Hat:** Fits 2-3 yrs (4-6) yrs

**MATERIALS:** Bernat LuLu (50g)

**Sizes** 2-3 yrs 4-6 yrs

MC 1 1 ball

Contrast A 1 1 ball

Sizes 4½ mm (U.S. 7) and 5½ mm (U.S. 9) knitting needles **or size needed to obtain gauge.**

**GAUGE:** 14 sts and 19 rows = 4 ins [10 cm] with larger needles in stocking st.

### INSTRUCTIONS

*The instructions are written for smallest size. If changes are necessary for larger sizes the instructions will be written thus ().*

With A and larger needles, cast on 64 (67) sts **loosely.**

Change to smaller needles and work 7 rows in garter st (knit every row), noting first row is WS. Break A.

Join MC, change to larger needles and proceed in stocking st until work from beg measures 4½ ins [11.5 cm], dec 3 (6) sts evenly across last row. 61 sts.

**Top shaping: 1st row:** K1. \*K2tog. K8. Rep from \* to end of row. 55 sts.

**2nd and alt rows:** Knit.

**3rd row:** K1. \*K2tog. K7. Rep from \* to end of row. 49 sts.

**5th row:** K1. \*K2tog. K6. Rep from \* to end of row. 43 sts.

**7th row:** K1. \*K2tog. K5. Rep from \* to end of row. 37 sts.

**9th row:** K1. \*K2tog. K4. Rep from \* to end of row. 31 sts.

**10th row:** P1. \*P2tog. Rep from \* to end of row. 16 sts.

Place marker at end of last row. Work even in stocking st until work from marker measures 4½ ins [11.5 cm] ending with RS facing for next row.

Draw yarn through all sts. Fasten off.

Sew center back seam and tie top to form a knot.

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<http://www.bernat.com>

SEE PHOTO ON PAGE 11



**KNOT HAT** made with Bernat LuLu Yarn

**GIRL'S HAT** made with Bernat Lu Lu Yarn

\*\*\*\*\*

## Girls Hat

**SIZES:** Fits child 4-6 yrs.

Photo: above right

**MATERIALS:** Bernat LuLu (50 g)      1      ball

Sizes 4½ (U.S. 7) and 5½ mm (U.S. 9) knitting needles **or size needed to obtain gauge.** 1 st holder.  
Small quantity of stuffing.

**GAUGE:** 14 sts and 19 rows = 4 ins [10 cm] in stocking st with larger needles.

## INSTRUCTIONS

With larger needles, cast on 60 sts **loosely**.

Change to smaller needles and proceed in stocking st until work from beg measures 1½ ins [4 cm], inc 6 sts evenly across last row. 66 sts.

Change to larger needles and cont even until work from beg measures 6½ ins [16.5 cm], ending with RS facing for next row.

**Next row:** Cast off 23 sts. K10. Leave these 10 sts on a st holder. Cast off 23 sts. K10.

**Next row:** Purl.

Working on last 10 sts, proceed in stocking st for 2 ins [5 cm], ending with WS facing for next row. Cast off.

With RS facing, join yarn to rem 10 sts and work even for 2 ins [5 cm], ending with WS facing for next row. Cast off.

**Finishing:** Sew side seam (seam is not exactly at side), reversing 2 ins [5 cm] for turnback. Sew extensions and across top of hat. With a small ball of stuffing, stuff the extensions on top of the hat. Wind yarn under each ball several times to make a ball and secure tightly.

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<http://www.bernat.com>





## BERNAT BABY COORDINATES

### Sweet Baby Hoodie to crochet

#### SIZES/ TAILLES

##### Chest measurement

Finished chest					
6 mos	17 ins	43	cm	21 ins	53.5
12 "	18 "	45.5	"	23 "	58.5
18 "	19 "	48	"	25 "	63.5
24 "	20 "	50.5	"	27 "	68.5

#### MATERIALS/ FOURNITURES

Bernat Baby Coordinates (170 g/6 oz)

##### Boy's Version

Sizes	6	12	18	24	mos
Main Color (MC) (01009 Soft Blue)	2	2	2	3	balls
Contrast A (01000 White)	1	1	1	1	ball

##### Girl's Version

Sizes	6	12	18	24	mos
Main Color (MC) (01008 Baby Pink)	2	2	2	3	balls
Contrast A (01000 White)	1	1	1	1	ball

Size 4 mm (U.S. G or 6) crochet hook or size needed to obtain gauge. 5 buttons.

GAUGE: 15 hdc and 10 rows = 4 ins [10 cm].

#### INSTRUCTIONS

The instructions are written for smallest size. If changes are necessary for larger sizes the instructions will be written thus ( ).

Note: Turning ch 2 does not count as hdc.

##### BACK

With MC, ch 41 (45-49-53).

**Foundation row:** (RS). 1 hdc in 3rd ch from hook. 1 hdc in each ch across. Ch 2. Turn. 39 (43-47-51) hdc. **1st row:** 1 hdc in each st to end of row. Ch 2. Turn.

Rep last row until work from beg measures 61/2 (7-73/4-81/2) ins [16.5 (18-19-21.5) cm], ending with RS facing and omitting turning ch at end of last row.

**Shape armholes:** Next row: Sl st in each of first 4 sts. Ch 2. 1 hdc in each st to last 4 sts. Ch 2. Turn. Leave rem sts unworked. 31 (35-39-43) sts.

Cont even until armhole measures 41/2 (5-51/4-51/2) ins [11.5 (12.5-13-14) cm], ending with RS facing and omitting turning ch at end of last row. Fasten off.

##### LEFT FRONT

With MC, ch 21 (23-25-27).

**Foundation row:** (RS). 1 hdc in each st to end of row. 1 hdc in each ch across. Ch 2. Turn. 19 (21-23-25) hdc.

**1st row:** 1 hdc in each st to end of row. Ch 2. Turn. Rep last row until work from beg measures 61/2 (7-73/4-81/2) ins [16.5 (18-19-21.5) cm], ending with RS facing and omitting turning ch at end of last row.

**Shape armhole:** Next row: Sl st in each of first 4 sts. Ch 2. 1 hdc in each st to end of row. Turn. Leave rem sts unworked. 15 (17-19-21) sts.

Cont even until armhole measures 21/2 (3-31/4-31/2) ins [6 (7.5-8-9) cm], ending with RS facing for next row.

**Neck shaping:** 1st row: 1 hdc in each st to last 3 (3-4-4) sts. Ch 2. Turn. Leave rem sts unworked. 12 (14-15-17) hdc.

**2nd row:** Yoh and draw up a loop in each of first 2 sts. Yoh and draw through all loops on hook - hdc2tog made. 1 hdc in each st to end of row. Ch 2. Turn.

**3rd row:** 1 hdc in each st to last 2 sts. Hdc2tog over last 2 sts. Ch 2. Turn. Rep 2nd row once more. 9 (11-12-14) sts.

Cont even until work from beg measures same length as Back to shoulders, ending with RS facing and omitting turning ch at end of last row. Fasten off.

#### RIGHT FRONT

Work as given for Left Front, reversing all shapings.

#### SLEEVES

With MC, ch 29 (31-31-33).

**Foundation row:** (RS). 1 hdc in 3rd ch from hook. 1 hdc in each ch across. Ch 2. Turn. 27 (29-29-31) hdc.

**Next 2 rows:** 1 hdc in each st to end of row. Ch 2. Turn.

**Next row:** 2 hdc in first st. 1 hdc in each st to last st. 2 hdc in last st. Ch 2. Turn.

Work a further 3 rows even in hdc. Rep last 4 rows 2 (3-4-4) times more. 33 (37-39-41) sts.

Cont even until work from beg measures 71/2 (9-91/2-101/2) ins [19 (23-24-26.5) cm]. Place a marker at each end of last row. Work a further 2 rows even omitting turning ch at end of last row. Fasten off.

**Bottom Edging:** With WS facing, join A with sl st to bottom left corner. Ch 1. 1 sc in same sp as sl st. 1 sc in each st across bottom of sleeve. 27 (29-29-31) sc. Turn.

**Boy's Version only:** Next row: Ch 1. Working from left to right instead of right to left as usual, work 1 reverse sc in each sc across. Fasten off.

**Girl's Version only:** Next row: Ch 1. 1 sc in first 1 (2-2-0) sc. \*1 sc in next sc. Miss next 2 sc. 5 dc in next sc. Miss next 2 sc. Rep from \* to last 2 (3-3-1) sc. 1 sc in last 2 (3-3-1) sc. Fasten off.

#### HOOD

With MC, ch 77 (79-81-83).

**Foundation row:** (RS). 1 hdc in 3rd ch from hook. 1 hdc in each ch across. Ch 2. Turn. 75 (77-79-81) sts.

**Next 3 rows:** 1 hdc in each st to end of row. Ch 2. Turn.

**Next row:** Hdc2tog over first 2 sts. 1 hdc in each st to last 2 sts. Hdc2tog over last 2 sts. Ch 2. Turn. Rep last row to 59 (61-63-65) sts.

Cont even until work from beg measures 61/4 (63/4-7-71/4) ins [16 (17-18-18.5) cm], ending with RS facing and omitting turning ch at end of last row.

**Shape back seam:** Next 6 rows: Sl st in each of first 3 sts. 1 hdc in each st to last 3 sts. Turn. Leave rem sts unworked. 23 (25-27-29) sts. Fasten off.

**FINISHING:** Pin garment pieces to measurements and cover with a damp cloth and allow cloth to dry.

**Buttonhole Band:** 1st row: With RS of Right Front facing for Her or Left Front facing for Him, work 34 (38-42-46) sc evenly along between neck edge and lower edge. Ch 1. Turn.

**2nd row:** 1 sc in each sc across. Ch 1. Turn.

**3rd row:** 1 sc in each of first 2 sc. \*Ch 1. Miss next sc. 1 sc in each of next 6 (7-8-9) sc. Rep from \* 3 times more. Ch 1. Miss next sc. 1 sc in each of last 3 sc. Ch 1. Turn.

**4th row:** 1 sc in each of first 3 sc. \*1 sc in next ch-1 sp. 1 sc in each of 6 (7-8-9) sc. Rep from \* 3 times more. 1 sc in next ch-1 sp. 1 sc in each of last 2 sc. Ch 1. Turn.

**5th row:** 1 sc in each sc across. Fasten off.

**Button Band:** Work as given for Buttonhole Band on Left Front for Her or Right Front for Him, omitting all reference to buttonholes.

Sew shoulder seams. Fold Hood in half along back seam edge and sew center back seam. Pin shaped edge of Hood to neck opening, beg at center of button or buttonhole bands and matching back seam of Hood to center back neck edge. Sew Hood in position.

**Edging:** With RS of work facing, join A with sl st to left side seam. Ch 1. 1 sc in same sp as sl st. Work 1 rnd of sc around entire outer edge of Jacket, working 3 sc in corners.

**Boy's Version only:** Next rnd: Ch 1. Working from left to right instead of right to left as usual, work 1 reverse sc in each sc around. Join with sl st to first sc. Fasten off.

**Girl's Version only:** Next rnd: Ch 1. 1 sc in same sp as sl st. Miss next 2 sc. 5 dc in next sc. Miss next 2 sc. Rep from \* around. Join with sl st to first sc. Fasten off.

Sew in Sleeves placing rows above markers along armhole edges of Fronts and Back to form square armholes. Sew side and sleeve seams, reversing 2 ins [5 cm] of sleeve seam at bottom for turn-back. Sew buttons to correspond to buttonholes.

**BERNAT**

P.O. Box 40 Listowel ON N4W 3H3

home style... life style... your style.

## Baby's Hoodie to Knit

### SIZES

#### Chest measurement

6 mos	12 mos	18 mos	2 yrs
17 ins [43 cm]	19 " [48 "]	21 " [53.5 "]	21½ " [54.5 "]

#### Finished chest

6 mos	12 mos	18 mos	2 yrs
21 ins [53.5 cm]	23 " [58.5 "]	25 " [63.5 "]	27 " [68.5 "]

**MATERIALS:** Bernat Candyland (50 g/1.75 oz)

Sizes	6 mos	12 mos	18 mos	2 yrs	
	4	4	5	6	balls

Sizes 3.75 mm (U.S. 5) and 4 mm (U.S. 6) knitting needles or size needed to obtain gauge. 5 buttons.

**GAUGE:** 22 sts and 30 rows = 4 ins [10 cm] with larger needles in stocking st.

### INSTRUCTIONS

The instructions are written for smallest size. If changes are necessary for larger sizes the instructions will be written thus ( ).

**BACK:** With smaller needles, cast on 52 (58-64-70) sts. Knit 5 rows, noting first row is WS and inc 5 sts evenly across last row. 57 (63-69-75) sts.

Change to larger needles and proceed in pat as follows:

**1st row:** (RS). \*K3, yo, S11, K2tog, pssso, yo. Rep from \* to last 3 sts. K3.

**2nd row:** \*P3, K3. Rep from \* to last 3 sts. P3.

**3rd row:** \*K3, P3. Rep from \* to last 3 sts. K3.

**4th row:** As 2nd row.

**5th row:** P3. \*K3, yo, S11, K2tog, pssso, yo. Rep from \* to last 6 sts. K3, P3.

**6th row:** \*K3, P3. Rep from \* to last 3 sts. K3.

**7th row:** \*P3, K3. Rep from \* to last 3 sts. P3.

**8th row:** As 6th row.

These 8 rows form Check Pat.

Cont in Check Pat until work from beg measures 6½ (7-7¼-8½) ins [16.5 (18-19-21.5) cm], ending with RS facing for next row.

**Shape armholes:** Cast off 5 (7-8-10) sts beg next 2 rows. 47 (49-53-55) sts.

Cont even in pat until armhole measures 4½ (5-5¼-5½) ins [11.5 (12.5-13-14) cm], ending with RS facing for next row. Cast off.

**LEFT FRONT:** \*\*With smaller needles, cast on 25 (28-31-34) sts. Knit 5 rows, noting first row is WS and inc 2 sts evenly across last row. 27 (30-33-36) sts.

Change to larger needles and proceed in pat as follows:

**1st row:** (RS). \*K3, yo, S11, K2tog, pssso, yo. Rep from \* to last 3 (6-3-6) sts. K3, P0 (3-0-3).

**2nd row:** K0 (3-0-3). \*P3, K3. Rep from \* to last 3 sts. P3.

**3rd row:** \*K3, P3. Rep from \* to last 3 (0-3-0) sts. K3 (0-3-0).

**4th row:** As 2nd row.

**5th row:** P3. \*K3, yo, S11, K2tog, pssso, yo. Rep from \* to last 6 (3-6-3) sts. K3, P3 (0-3-0).

**6th row:** K3 (0-3-0). \*P3, K3. Rep from \* to end of row.

**7th row:** \*P3, K3. Rep from \* to last 3 (0-3-0) sts. P3 (0-3-0).

**8th row:** As 6th row.

These 8 rows form Check Pat.\*\*

Cont in Check Pat until work from beg measures 6½ (7-7¼-8½) ins [16.5 (18-19-21.5) cm], ending with RS facing for next row.

**Shape armhole: Next row:** Cast off 5 (7-8-10) sts. Pat to end of row. 22 (23-25-26) sts.

Cont even until armhole measures 2½ (3-3¼-3½) ins [6 (7.5-8-9) cm], ending with WS facing for next row.

**Neck shaping: Next row:** Cast off 6 (6-7-7) sts. Pat to end of row. 16 (17-18-19) sts.

Dec 1 st at neck edge on next and following alt rows until there are 11 (12-12-13) sts.

Cont even until work from beg measures same length as Back to shoulders, ending with RS facing for next row. Cast off.

**RIGHT FRONT:** Work from \*\* to \*\* as given for Left Front.

Cont in Check Pat and work to correspond to Left Front, reversing all shapings.

**SLEEVES:** With smaller needles, cast on 35 sts. Knit 5 rows, noting first row is WS and inc 4 sts evenly across last row. 39 sts.

Change to larger needles and proceed in Check Pat as given for Back, inc 1 st each end of needle on 5th and following 4th rows until there are 51 (55-59-61) sts, taking inc sts into pat.

Cont even in pat until work from beg measures 6 (7¼-8-9) ins [15 (19-20.5-23) cm] ending with RS facing for next row. Place a marker at each end of last row. Work a further 4 (8-8-10) rows even. Cast off.

### HOOD

With smaller needles, cast on 93 (93-99-99) sts. Knit 5 rows, noting first row is WS and inc 6 sts evenly across last row. 99 (99-105-105) sts.

Proceed in Check Pat as given for Back, dec 1 st each end of needle on 3rd and following alt rows until there are 75 (75-81-81) sts.

Cont even until work from beg measures 7 (7¼-7½-8) ins [18 (18.5-19-20.5) cm], ending with RS facing for next row.

**Shape back seam:** Cast off 7 sts beg next 8 rows. Cast off rem 19 (19-25-25) sts.

**FINISHING:** Pin garment pieces to measurements and cover with a damp cloth and allow cloth to dry.

**Buttonhole Band:** With RS of Right Front facing for Her or Left Front facing for Him and smaller needles, pick up and knit 50 (58-62-66) sts evenly between neck edge and lower edge.

Knit 3 rows.

**4th row:** (RS). K2. \*K2tog, yfwd, K9 (11-12-13). Rep from \* 3 times more. K2tog, yfwd. Knit to end of row.

Knit 2 rows. Cast off knitways (WS).

**Button Band:** Work as given for Buttonhole Band on Left Front for Her or Right Front for Him, omitting all reference to buttonholes. Sew shoulder seams. Fold Hood in half at back and sew back seam. Pin shaped edge of Hood to neck opening, beg at center of button or buttonhole bands and matching back seam of Hood to center back neck edge. Sew in Sleeves placing rows above markers along armhole edges of Fronts and Back to form square armholes. Sew side and sleeve seams. Sew buttons to correspond to buttonholes.

Pour les instructions françaises de patron, veuillez écrire à Bernat® Candyland®, Attention: Patterns A, Box 40, Listowel, Ontario N4W 3H3 et il nous fera plaisir de vous envoyer une copie.

Care Wear Volunteers sends thanks to all of the Wal-Mart associates who participated in the *Volunteerism Always Pays Program*. I send thanks to Jane Arney for her support and encouragement. Here is the list of participants for the second half of 2004 from Store #1297 in Chiefland, Florida.

Paula Adams, Mariann Alexandrovich, Jane Arney, Carmen Barber-Rogers, Stephanie Bass, Tammie Bloom, Anita Bryant, Glenda Braxton, Edward Callahan, Beverly Chism, Sharon Clark, April Clarke, Janett Cofield, Donna Coody, Heather Daniels, Dianna Davis, Linda Dickerson, Linda Dumas, Brooke Evans, Dorothea Evans, Christine Ferree, Susan Formissac, Judy Frederick, Nancy Gilman, Ellen Gloff, Elizabeth Hall, Karrie Hamilton, Jean Hand, Donna Harvey, Gloria Hayes, Patty Hilliard, Magda Hopwood, Regina Horne, Kaylie Irwin, Viola Jerrells, Mary Kegerreis, Sharon Knowles, Cindy Lane, Julia Loubet, Anneliese Matlack, Ruth Maxgay, Diane Mealer, Mary McConaghy, Cynthia McElroy, Jessica Miller, Carolyn Moore, Euedia Moore, Christina Morgan, Carolyn Morrison, Mary Morton, Miranda Mullins, Roberta Murray, Bonnie Myers, Shirley Newman, Mary Norris, Deborah Ormes, Martha Osteen, Lolah Pease, Amban Peralta, Nancy Phillips, Ellen Piechock, Sherry Ragsdale, Cindy Reyes, Barbara Richardson, Holley Riley, Mary Riker, Debi Semancik, Darlene Schuler, Teresa Sharpe, Lisa Sherman, Catherine Shook, Audrea Smith, Heather Smith, Dawn Souza, Jane Stauff, Janet Stone, Carol Sullivan, Martha Theis, Jennifer Thompson, Shanna Wilkerson, Lynelle Wright.

(PLEASE pardon any typos or omissions in this list of names. I typed from a list of handwritten forms and may not have read the writing correctly.)

Sincere thanks to all who contributed items for the children at Shands Hospital in Gainesville, Florida. You are making a difference in the lives of children who need love and encouragement.

Here is a letter from Jane Arney:

“Hello from the Sunshine State,

I once again want to thank everyone who sent animals, holiday stockings, yarn, etc. to me to keep our Wal-Mart group busy. Today I received a large box of yarn. Everything sent is a big help!

I do want to share a Santa Claus story with all of you. Just a couple of days before Christmas when I arrived home from work, there was a very large bag on my porch. I did think that this was strange because my husband had been home all day. I picked it up and brought it in only to find it full of handmade baby items. There were hats, sweaters, booties, etc. all in plastic bags. I was very pleased and it so happened that the gal from Shands

Hospital in Gainesville was coming the next day. So whoever you are in the Bell, Florida area who left all the beautiful items, "THANK YOU!" There really is a Santa and he can knit!

Thank you to all of the volunteers at Wal-Mart store #1297. Each of you amazes me with all of the effort and love that each one of you shows. The people at the hospitals are very pleased to receive all the finished item that each and every one of you takes the time to do. We have a very caring store. We care about others and I am pleased to be a part of such a group that will do so much for our community. Thank you Wal-Mart store #1297 for the friends I have met there.

Once again, thank you from the bottom of my heart." **Jane**

\*\*\*\*\*



I received a letter with several photos of the Cameron Grove Needle Craft Club at the Cameron Grove Active Adult Community (Upper Marlboro, MD). Using Care Wear patterns, these talented and caring club members produced a huge assortment of preemie items—as you can see in the photo. They make blankets, kimonos, hats, booties, comfy sacks and gowns. On September 9<sup>th</sup>, they donated their gifts to the preemie ward at Prince George's Hospital Center in Cheverly, MD. They were greeted by Mr. Andrew Magalee, the department head and were given a tour of the ward. They met parents and the nursing staff and were able to see several of the babies. The staff and parents were very appreciative of their gifts. They were assured that everything would be put to good use.

Best wishes for a healthy, happy, and productive new year to everyone who participates in the Cameron Grove Needle Craft Club! Blessings to each and everyone.

## The Perfect Knit Preemie Cap

Materials: Soft baby or sport weight yarn, any pastel color or pastel ombre's.  
Never use wool as some infants may be allergic.

Needles: size 4 and 6

This is a rib pattern which will be visible after 3-4 rows.

Sizes: Extra small: 29 st x 3 1/2 in long before decrease  
Small: 33 st X 4 in long before decrease  
Med: 37 st x 4 1/2 in long before decrease  
Large: 41 st x 5 in long before decrease

Row 1: with size 6 needles, loosely cast on 29 (33, 37, 41) stitches.

Row 2: knit 2, pearl 2 across row, ending K 1.

Row 3: change to size 4 needles, K 2, P2 across, ending K1.

Continue in this manner until piece measures 3 1/2 (4, 4 1/2, 5) in.

First decrease row: k 1, k 2 tog across row. Pearl one row.

Next row: k 3, k2 tog across. Pearl one row.

Next row: k 2, k2 tog across. Pearl one row.

Cut yarn leaving about 12 in. and thread onto yarn needle. Thread through remaining stitches and pull up tightly.

Sew seam from bottom and knot off well with piece of yarn used to gather top.

Cut ends to 3/4 in.

Add pompom if desired.

Because there preemie hats keep their shape so well, they can be turned up and be used on tiny babies. They then stretch as the little head grows and the cuff can be adjusted.

This rib pattern can be used for any size hat, for children or adults, using larger needles and worsted weight yarn, increasing number of stitches and length of piece as needed. Always be sure to cast on a multiple of 4 stitches plus one and work all rows in k 2, p 2 until decrease rows, so the unique ribbing will appear. These hats, though very stretchy, hold their shape well.

Original pattern by Jane Bonning using measurements found in Carewear publications.

You may duplicate and share this pattern with anyone.



(Jane said that she has made hundreds of these hats in the various sizes for the NICU at St. Joseph's Hospital in Tampa and the nurse manager there is the one who named them "The Perfect Preemie Hat.") Thanks to Jane.

\*\*\*\*\*

website of interest:

<http://www.thesmartyarns.com/crochetbabylayette.html>



## Angel Gown & Hat Set 2004

### Materials:

Fingering or baby weight yarn

Size 4 US (3.5 mm) and size 5 US (3.75 mm) needles

1/4" (0.6 cm) Ribbon

Crochet hook, appropriate for yarn size

Needle and matching thread for tacking ribbon trim

Stitch markers (4)

4-6 small snaps

Size: 3-5 lb. Premature Baby

Gauge: Not critical



Notes: 1) This pattern can be used as a burial set and donated to your local NICU. It can also be made as a special occasion dress instead of a gown. 2) You may want to use the same skirt pattern and make a matching blanket. 3) Any yarn/needles you have on hand can be used, since babies come in all sizes. 4) I prefer white for burial sets, but pastels can also be used. 5) The pattern used enabled me to thread ribbon vertically down the front of the gown, but any pattern can be substituted. If you select a stitch pattern with an open lace design, please add a cotton or silk underskirt.

### STITCH PATTERNS

#### Sleeve Pattern Stitch for Yoke:

Row 1: K across, increasing one stitch before and after each marker

Row 2: K3, p across, ending with k3

#### Skirt Pattern Stitch: Multiple of 9 sets + 6 selvedge sts (3 knit sts for each Back edge)

Row 1: K across

Row 2: K3, p across, ending with k3

Row 3: K3, \*yarn over (yo), p1, p3tog, p1, yo, k4\*, repeat from \* to \* across, ending with k3.

Row 4: Repeat Row 2.

### YOKE

Using size 4 US (3.5 mm) ndls, cast on 52 sts.

Row 1:(RS) K.

Row 2:K across.

Row 3:K2, \*yarn over (yo) k2 tog, repeat from \* across ending with yo, k2 sts (eyelet row).

Row 4:K across.

Row 5:K9, inc in next st, (k10, inc in next st) 3 times, k9 (56 sts total).

Row 6:K3, p across, ending with K3.

Row 7:K10, inc in next st, place marker on needle, inc in next st, k6, inc in next st, place marker on needle, inc in next st, k16, inc in next stitch, place marker on needle, inc in

Angel Gown & Hat Set (3<sup>rd</sup> place winner) Inkknitter's 2004 Charity Contest  
Congratulations to Care Wear participant Barbara Wampler  
Reprinted with permission (bwcharitycreations@yahoo.com)

next st, k6, inc in next st, place marker on needle, inc in next st, k10. (You should have 12 sts for each back edge, 10 sts for each sleeve, and 20 sts for front).

Row 8: Repeat Row 6.

Moving markers on each row, work Sleeve Pattern Stitch for Yoke, Rows 1-2 until you have 21 sts for back edges, 28 sts for sleeves and 38 sts for front. End with Row 2. (136 sts)

#### FRONT & BACK

Row 1: K across 21 sts, cast on 4 sts, slip next 28 sts to holder (Sleeve), knit across 38 sts for Front, cast on 4 sts, slip next 28 st to holder (Sleeve), knit last 21 sts. (88 sts total).

Row 2: K3, p across, k3.

Row 3: K1, \*inc in next st, k2, repeat from \* across ending with inc in next st, k1 (116 sts total).

Row 4: K3, p across increasing 2 sts, k last 3 (118 sts total).

Row 5: K2, \*yo, k2 tog, repeat from \* across ending with yo, k2 sts (eyelet row).

Row 6: K3, p across to last 2 sts, inc in next st, k1. (119 sts total).

#### SKIRT

Change to size 5 US (3.75 mm ndls and work Skirt Pattern Stitch Rows 1-4. Pattern is multiple of 9 + 6 sts (3 knit sts for each back edge). You will have 12 complete pattern repeats and a 1/2 repeat across to make Back edges symmetrical. Repeat Rows 1-4 until desired length, ending with Row 4. Knit 2 rows and bind off (BO) all stitches.

Ribbon Notes: If you're adding ribbon vertically down the front of gown, you need to have an even number of pattern rows in order for the ribbon to end in the proper place. Gown should be approximately 13-17"/33-43.2 cm long, or keep it shorter as a dress.

#### GOWN FINISHING

Thread ribbon through neck and bodice eyelet rows. For vertical ribbon, start by threading ribbon from the wrong side through your first Row 3 of pattern and ending ribbon on the wrong side of bottom of gown. Tack ribbon in place at each end. I threaded ribbon through the front of gown only. Sew snaps to close back of gown.

#### SLEEVES

Place sleeve sts on size 4 US (3.5 mm ndls, join yarn and work the following 4 rows one time.

Row 1: \*K2, inc in next st, repeat from \* across, knitting last st (37 sts total).

Row 2: P across.

Row 3: K2, \*yo, p1, p3 tog, p1, yo, k2, repeat from \* across.

Row 4: P across.

Work following four rows 3 times (12 rows total).

Row 1: K across.



Row 2: P across.  
Row 3: K2, \*yo, p1, p3 tog, p1, yo, k2, repeat from \* across.  
Row 4: P across.

Twelve rows have now been knitted.

Row 13: K3, \*k2 tog, k3, repeat from \* across, knitting last 2 sts (30 sts total).  
Rows 14-18: K across.  
BO off all sts.

NOTE: If you want ribbon through sleeve edges work Rows 14-18 making an eyelet row

Rows 14 and 15: K across.  
Row 16: K2, \*yo, k2 tog. Repeat from \* across.  
Row 17 & 18: K across.  
Thread ribbon through eyelet row.  
Thread ribbon through eyelet row

## HAT

Using size 5 US (3.75 mm) ndls, cast on 56 sts.  
Row 1: (RS) \*K1, inc in nx st, repeat from \* across, ending with k1 in last st (83 sts total).  
Row 2: P across.  
Row 3: \*K2, inc in nx st, repeat from \* across, ending with k1 in last st (102 sts total).  
Row 4: P across.  
Row 5: K across.  
Row 6: P across.  
Row 7: K5, \*k2 tog, repeat from \* across, ending with k5.  
Row 8: P across.  
Row 9: K3, \*yo, p1, p3 tog, p1, yo, knit 4, repeat from \* across, ending with k3.  
Row 10: P across.

Work Skirt Pattern Stitch until piece measures approximately 4"/10.2 cm.

Now BO 17 sts, knit next 22 sts, and BO remaining 17 sts (22 sts total).

Join yarn and purl across. Work in stockinette st (k1 row, p1 row) until back measures the same as side pieces, ending with a purl row. BO.

## HAT FINISHING

Join yarn on bottom of hat where pattern row starts, and knit or crochet every other st around sides and bottom of hat, ending at beginning of pattern row on other side of hat. Sew side edges of hat together. Thread ribbon through Row 3 of first pattern row. If desired, you could thread and tack ribbon through all pattern rows #3 on hat.

**\*\*For safety reasons do not use ties for bonnet or gown unless baby is supervised for special occasions such as pictures or this gown is used as a burial outfit.**

## Preemie to Children's Size Hats – By Barbara White

**Materials:** Light worsted, DK, sport, or fingering. **Yarn needed:** about 1 oz. in sport weight  
Double pointed needles in size appropriate for your yarn see gauge below. **Some knitters use the 11"-12" circular needles, see page 2 for sources. Knit a swatch to find your gauge. Then fill in the blanks in the pattern**

**Hat Measurements:** diameter.

- A. Children's hat 18-19" Body 4 ½"- 5" from bottom  
B. Baby hat 15-17" Body 4 – 4 ½" from bottom  
C. Preemie hat 10-14" Body 2 ¾ -3 ½ " from bottom  
**10-12" is the most needed size in our area hospitals**

See photo on page 22

### Gauge

Do a swatch with yarn and needles you want to use. Find the number of stitches you knit in 1" then go across the table to the hat size you want to make and fill in the cast-on with number of stitches. (Remember to cast-on one more stitch if you are using the bind off join.)

Yarn Weight	Stitches per 1"	Average needle size	10" Hat	12" Hat
Worsted Weight	4	6-9	40	48
Worsted Weight	4.5	6-9	44	54
Worsted Weight or Sport Weight	5	4-6	50	60
DK or Sport Weight	5.5	4-6	54	66
Sport Weight	6	4-6	60	72
Sport Weight or Sock yarn	6.5	0-3	64	78
Fingering, Baby or Sock yarn	7	0-3	70	84

**Swatch gauge:** \_\_\_\_\_ st per inch in stockinette stitch on # \_\_\_\_\_ needles, Cast-on \_\_\_\_\_ sts.

### Hat Overview

The basic hat uses a k1, p1 rib stitch on double point needles for 1" and then you knit in the round with one or more colors or patterns. You start from the bottom and knit up the number of inches for your size hat. The top is shaped with decreases.

**Cast-on,** on 3 double pointed needles (\_\_\_\_ st) (\_\_\_\_ st) (\_\_\_\_ st) or 11-12" circular.

**(Beginners** Cast-on, on 1 straight needle, k1, p1 for one row, then transfer to 3 double pointed needles)



Join being careful not to twist ( Instructions can be seen in The Complete Idiot's Guide to Knitting and Crocheting). Knit the first stitch (take the second stitch on the right needle and pass it over the first stitch and off the needle, this is a bind-off join. Place marker to show beginning of row.

**Edge Rib** \*K1, p1 repeat from \*

**Body** ( Make stripes, patterns, stranding or knit all one color, see Body Patterns for more ideas). Knit every row, until you have \_\_\_\_\_" from bottom of hat. (Hat Measurements above)

### Shape top

Dec \_\_\_\_\_ sts evenly on next knit row so you have a number of stitches divisible by 8.

Knit 1 row placing markers every 8 stitches.

- 1) Knit until 2 stitches before marker, k2tog, slip marker

- 2) Knit row
- 3) Repeat rows 1 & 2 until 2 sts left between markers.
- 4) Removing markers, \*K2tog repeat from \*

Cut yarn leaving a 6 inch tail. Weave tail through remaining sts and draw up tight to close top then weave in the tail on under side. Weave in color change tails. Using yarn tail at beginning tighten join and weave in.

#### Body Patterns:

**Ribs** After you have done your 1" of ribbing around the face use any rib pattern that will divide evenly into the number of cast on stitches. For example k5, p5 = 10 and will divide evenly into 40, 50... k6, p5 = 11 and will divide into 66 .. k6, p6 = 12 and will divide into 48, 60 .. You may have to decrease a few stitches to make your rib divide evenly.

#### Spiral Rib *pictured*

Decrease 1 stitch on last row of the k1, p1 rib (odd number). A k3, p3 rib makes a beautiful pattern.

#### Seed Stitch

Decrease 1 stitch on last row of the k1, p1 rib. Continue k1, p1 on odd number of stitches.

#### Stripes in Rib-- avoid a broken color transition in the purl stitches *pictured*

Rib in main color, knit the first row of the contrast color. then go back to ribbing in contrast color.

#### Stripes without a jog in Stockinette stitch (do not knot when changing color) *pictured*

At the end of the first round of the new color, (with the first stitch of new color on the left needle), lift the right-hand side of the stitch of the row below (a contrasting color) and without twisting it, put it on the left-hand needle. Knit these two stitches together. This becomes the last stitch of the round. Place the beginning of the round marker on the right needle and continue in the new color.

#### School or sports team caps (do not knot when changing color) *pictured Ohio State*

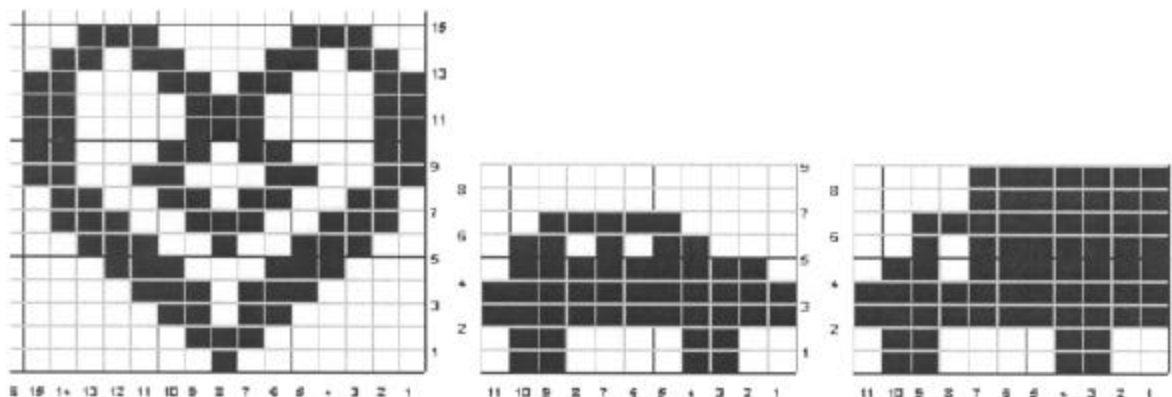
Knit caps in school or team colors. Use bold color stripes. Use many colors or width stripes. Everyone does pastels, do something different so the parents have choices.

#### Favorite pattern

If you have a favorite lace or cable pattern with a repeat of fewer than 10 stitches you can probably use it. Remember the multiple of stitches must divide evenly into the number of cast-on stitches or you need to adjust upwards or downwards before starting the body.

#### Duplicate stitch technique *pictured heart*

([www.dnt-inc.com](http://www.dnt-inc.com) pick knitting techniques, then Duplicate stitches for an animated example)



Use these charts for duplicate stitch or stranding.

#### Abbreviations:

CO Cast-on  
BO Bind-off

K Knit  
K2tog Knit 2 together

P purl



Thank you to Barbara White (VP of Charity Knitting for Knit-Too Together regional knitting guild) for permission to reprint these two pages from her U R Loved newsletter.

She looks forward to having your feedback on her patterns.

Patterns for baby items & chemo caps:

<http://www.lionbrand.com>

Preemie patterns and infant patterns:

<http://www.knittingpatterncentral.com>

Premature babies  
need hope, love  
*and you.*

 March of Dimes **WalkAmerica**  
*walk for someone you love*

Premature birth is a common, serious and costly problem that affects us all. That's why we need you to join WalkAmerica. Walk and raise money to fund research to find out why 1 in 8 babies is born prematurely — and what can be done to prevent it.

Walk in the name of one special baby — so all babies will have the chance to be born healthy and full-term.

For more information, call your local March of Dimes chapter.

**Sign up today!** [walkamerica.org](http://walkamerica.org) • 1.800.525.WALK

Care Wear Volunteers is partnered with the March of Dimes. If you are not sure where to send your preemie items, contact your area March of Dimes chapter. Or, check their websites:

<http://www.marchofdimes.org>

<http://clicktosavebabies.org>

FYI: Non-woven stabilizing fabrics for interfacings and embroidery stabilizers can be marked with “Micron” or other permanent felt tip pens and stitched to your finished blankets, quilts, kimonos, etc. You can write Care Wear Volunteers and your own name on the label as well as the size or washing instructions.

Thanks to Gail Finch for this suggestion.



Shirley Brunner sent photos of her pumpkin hats (upper left photo), her 50 colorful Little Charmer Snakes (upper right photo), and an assortment of preemie hats (photo left) that were donated to William Beaumont Hospital in Royal Oak, MI.

Shirley learned that the snakes are given to children after drawing blood to keep the children preoccupied. Made from variegated color yarn, they are VERY cute!

## Tiniest newborn doing well

CHICAGO (AP) — A baby who weighed less than a can of soda when she was born by Caesarean section three months ago is nearly ready to be released from the hospital. She is believed to be the smallest baby in the world ever to survive.

The little girl, named Rumaisa, weighed 8.6 ounces when she was delivered Sept. 19. That is 1.3 ounces smaller than the previous record holder, also born at Loyola University Medical Center in 1989.

The newborn is doing so well that she is expected to be released from the hospital as early as the first week of January. She was 9 3/4 inches long at birth, or about half as long as a full-term baby.

Doctors delivered Rumaisa and her twin sister when their mother was about 26 weeks pregnant. Normal gestation is 40 weeks. But the mother had developed high blood pressure that was affecting her health and Rumaisa's.

If you ever wondered why preemie items are needed and how small the items need to be, this may help answer your questions!! If anyone in the Chicago area has made a contact with the staff at Loyola Hospital, please let me know if Loyola would like to be added to our hospital list. Send details (mailing address, contact person, needs, etc.).

## Crochet Chemo Hat

Worsted weight yarn (something soft)

Size J or K crochet hook

Beginning at top, ch 5, sl st in first ch to form ring.

Round 1: Ch 3, 12 dc in ring. Join with a sl st in top of ch 3.

Round 2: Ch 3, 2 dc in each dc around - 24 dc. Join

Round 3: Ch 3 (dc in next dc, 2 dc in next dc) 12 times - 36 dc.

Round 4: Ch 3 (dc in next 2 dc, 2 dc in next dc) 12 times - 48 dc.

Rounds 5-12: Ch 3, dc in each dc around.

Round 13 - 16: Ch 2, sc in each st around.

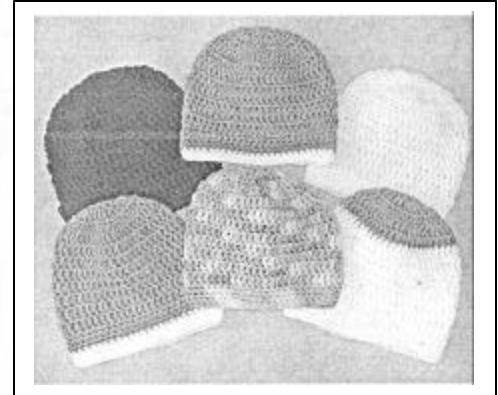
Make additional rounds of sc if needed for length. Another option could be add a row or two of dc after row 12.

Hat should measure about 8 inches in length.

If the hat is too tight using a J hook switch to a K.

To make a slightly different look you can start with Round 5 through 12 and do half double crochet. (if using hdc you may need to stop a few rounds short or the hat could be too long depending on how tightly you crochet)

On rounds 13 to 16 do single crochet.



Jean Corazza wrote that this hat works up quite nicely. She has made it in practically all colors for her neighbor, who says that wigs are just too hot. This was the pattern that she wanted. Thanks to Jean for sharing her pattern.

\*\*\*\*\*

### **KNIT CAP PATTERN**

From: Cedar Rapids (IA) Hospital  
Sent by: M. Chapman, Grapevine, TX

Sport Yarn—use size 6 needles

Worsted Yarn—use size 8 needles

Cast on 30-36 stitches

Row 1: Knit

Row 2: Purl

Row 3: Knit

Repeat this sequence until you have 33 ridges.

Bind off.

Sew seam

Weave yarn through loops of cast off row & draw tightly.

Optional pom pom or ribbon bow. OR, wrap yarn around top edge of hat allowing finished edge to fan out above yarn.



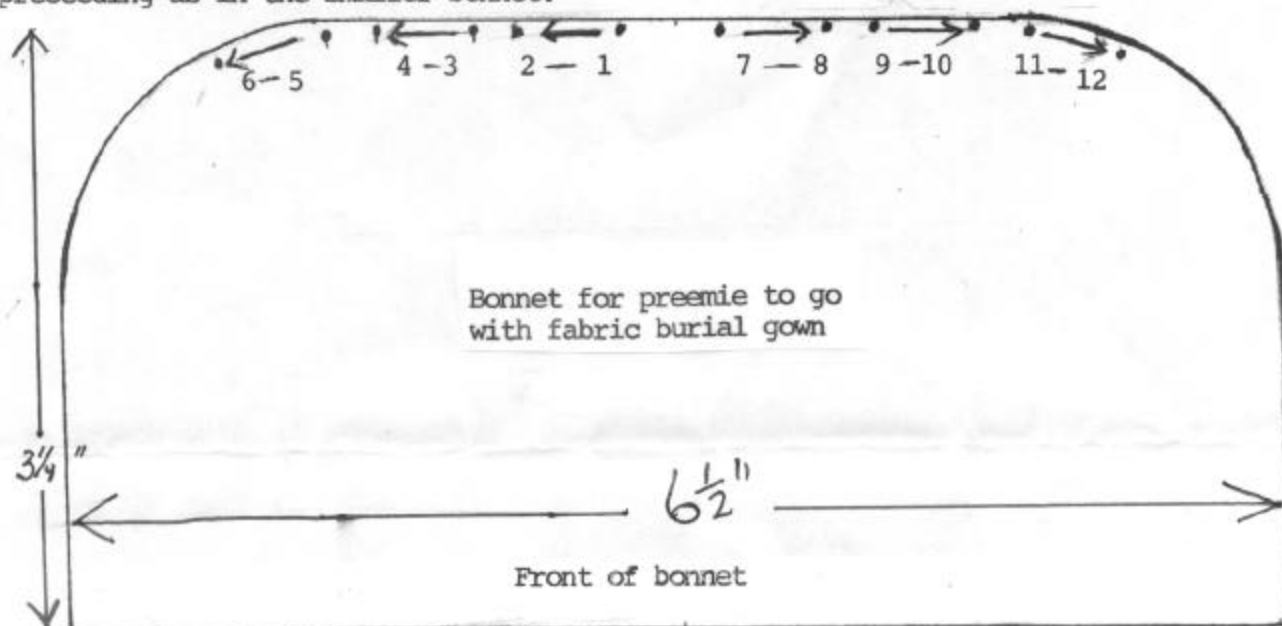
option: Begin with 1" K1P1 ribbing.



Using pattern as a guide cut from fabric to match gown. Mark dots along the back edge to show placement of tucks.

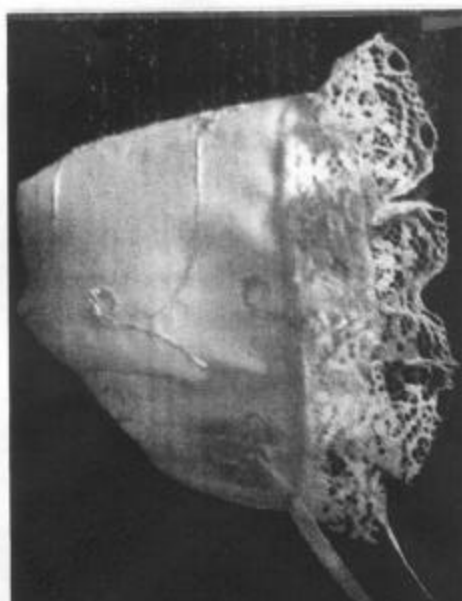
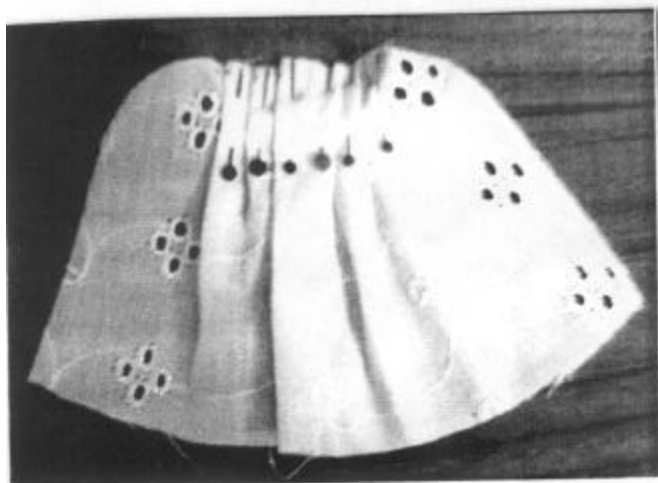
- Step 1 To fold tucks pin 1-2 together, 3-4 together and 5-6 together from right to left. Then pin tucks 7-8 together, 9-10 together and 11-12 together from left to right. Run basting stitch through to secure.
- Step 2 Turn under hems at the sides of the bonnet.
- Step 3 Attach lace to the front of the bonnet neatly finishing the ends.
- Step 4 Fold bonnet in half with the right sides together and beginning about 2-2½ inches in from the front of the bonnet stitch back together curving it slightly so as to conform to the shape of the head.
- Step 5 Sew matching ribbons to the lower edges of the front to make the ties.

For larger sized bonnet increase the pattern size making similar tucks and preceeding as in the smaller bonnet.



Step 4

STEP 1



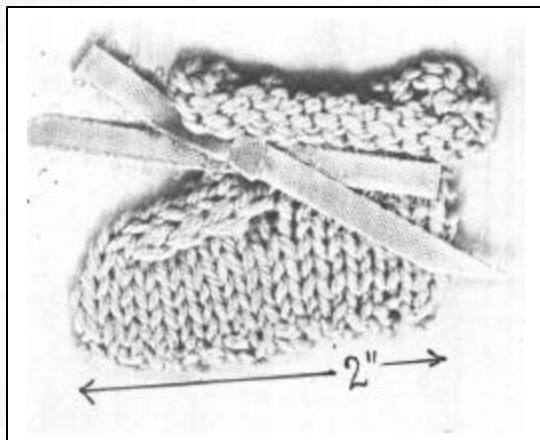
Thanks to Ann Rebois for her pattern.



## Preemie Booties

Using size 2 needles and baby or fingering yarn cast on 31 stitches.

- Row 1 Purl
  - Row 2 Knit
  - Row 3 Purl
  - Row 4 Knit
  - Row 5 Purl
  - Row 6 K 17, Sl 1, K 2 tog. pssso, turn
  - Row 7 Sl 1, p 3, p3 tog. turn
  - Row 8 Sl 1, k 3, sl 1 k 2 tog., pssso, turn
  - Row 9 Sl 1, p3, p 3 tog., turn
  - Row 10 Sl 1, k3, sl 1, k 2 tog., pssso, turn
  - Row 11 Sl 1, p 3, p 3tog., turn
  - Row 12 Sl 1, knit 11
  - Row 13 purl across
  - Row 14 knit across
  - Row 15 purl across
  - Row 16 knit first stitch and then \* YO, k 2 tog. YO ending with single knit the last two stitches ( 19 stitches on needle )
  - Row 17 Purl row
  - Row 18 Knit the first two stitches then knit the front and back of EVERY OTHER STITCH across the row and ending single knit on last two stitches. This will form a ruffled edge on the bootie.
  - Row 19 Purl across row
  - Row 20 Cast off loosely leaving enough yarn to sew the back and bottom of bootie.
- Thread a matching ribbon or crocheted yarn ribbon through the eyelets left by row 16.



### Very Small Bootie

You may use the above pattern using size # 1 needles and baby yarn or by using the following pattern with # 2 needles and baby yarn.

Cast on 27 stitches

- Row 1 Purl across .Also purl row 3 and 5
- Row 2 Knit across rows 2 and 4
- Row 6 knit 14, sl 1. k 2 tog., pssso, turn ( 25 stitches )
- Row 7 Sl 1, P 3, P 3 tog., turn
- Row 8 Sl 1, k 3, sl 1, k 2 tog., pssso, turn
- Row 9 Sl 1, P 3, P 3 tog., and purl to the end of the row.
- Row 10 Knit across the row
- Row 11 Purl across the row
- Row 12 K 1, YO, k 2 tog. YO, repeat across row ending with a single knit on the last 2 stitches
- Row 13 Purl across row
- Row 14 Knit first 2 stitches, then knit front and back of EVERY OTHER STITCH across the row and end with single knit on the last two stitches.
- Row 15 Purl across the row
- Row 16 Cast off loosely leaving enough yarn to sew up back and bottom of bootie. Thread a matching ribbon or crocheted yarn ribbon through the eyelets left by row 12.

Thank you to Ann Rebois for sending her patterns for preemie booties (2 pound size)

Dear Bonnie,

Hello! My name is Melody and I'd like to share with a touching, sweet story about how goodness gets around and you never know who it will effect. It can be someone very near to you, unexpectedly, or someone far, far away...

Before Christmas, my Mom and I made several blankets, hats, purchased socks, baby shoes, etc. (there are some really good sales you know...) and they were just too adorable to pass up...) Mom and I really pushed to get several blankets done.

We shipped our boxes to my uncle who is in remission with CA in Minnesota.

He has a sweet nurse friend who asks for donated items for a few of the hospitals in their area. Well, some hand made things went to the city hospitals, some other things went to her hospital, and the Red Cross contacted her for any extra things that she could send for the local area and for the Tsunami children in need. Without this nurse's knowledge, her own sister was in need. Her sister and brother-in-law's home had just burnt down, his parents passed away in a traffic accident, he had just lost his job, and she just gave birth! (It's just almost too much to believe or shoulder!) The nurse (Cathy) didn't know how much her sister and her family was in need-the sister that needed help wouldn't ask for any help from her family members, but she did go to the Red Cross and ask for help! Any way, Cathy, the nurse had been contacted by the Red Cross and, without her knowledge, her sister had received some things that she had given them. Cathy said to my uncle (they all attend the same church along with her sister's family), "check out my sister's new baby at church!" My uncle said, "why?", and she said, "look at her blanket!":)

Needless to say they are receiving more help now.

Now- at my church one Sunday morning before Christmas I sat down in a pew in the back feeling kinda' down. A mother and her young son came and sat down beside me-actually her son did. He was carrying an infant in a car seat carrier covered with one of my knitted blankets I had given to my town hospital. I can't describe what I felt that morning! I was so glad I went to church. I got a bigger gift than the one I gave many times over. Please give whatever you can give...

With Warmest Wishes and Care Wear Love,  
Melody

\*\*\*\*\*

Other efforts that are looking for participants include:

**Warm Up America** (<http://www.warmupamerica.com>)

Volunteers work with the Craft Yarn Council to make throws out of donated 7" x 9" rectangles

**ABC Quilts** (<http://www.abcquilts.org>)

Eleanor Davis, South Jersey Coordinator (Mantua, NJ) 856-468-5091 wrote and enclosed a brochure describing their project to give quilts to babies & young children affected by alcohol, drugs, AIDS, or family abandonment.

## KNITTING FOR THOSE IN NEED

10/23/04



Special to The News Journal/CHUCK MCGOWEN

Volunteers Cindy O'Neil (left) and Anna Matthes sort knitted items Friday at B'nai B'rith House in Claymont for shipment to recipients of the Carewear Project. Forty senior volunteers spent nearly 20,000 hours over the past year turning donated yarn into thousands of hats, scarves, mittens, baby outfits and other knitted clothing for those in need. The goods will be distributed to 20 day care centers, homeless shelters, nursing homes and other nonprofit organizations.

*Wilmington News Journal*

## Marva Legel's Pattern for Striped Hat

#10 needles

Extra 4 ply yarn in various colors  
(Using up leftovers!)

Cast on 39 stitches

Knit 59 ridges (stockinette stitch)

Cast off.

Leave 10" yarn when casting on and  
16" after casting off. Gather top  
tightly, leave extra yarn.

Sew seam from bottom to top  
forming the hat

Tie two yarn tails together

## Hospital Updates:

We have added a new project for our patients - it is called "blanket of hope." These are given to cancer patients who are hospitalized. They can be quilted, knitted or crocheted - but they need to be bigger - they have to fit a twin size bed (hospital bed). As you probably know, cancer patients are cold and they don't bring anything from home. If they are discharged, they get take the blanket home or if they go to hospice, they take the blanket with them.

There are 20 or more births a day at UMCSN (that's alot!) - Many are indigent or needy (but not all). Thanks to the "Care Wear" volunteers, indigent and needy will go home in beautiful hand made blankets! It's a cherished gift. Gowns, onesies, and other baby clothing help too. I love your Santa Clause picture watching over the isolettes. Wow! The handmade stuffed animals and toys are awesome.

Best wishes for a Happy, Healthy and Prosperous New Year!

Suzanne Fain  
Volunteer Director  
UMCSN (Las Vegas)

Attn: Volunteer Services  
University Medical Center  
1800 W. Charleston Blvd  
Las Vegas, NV 89102

\*\*\*\*\*

New Volunteer Coordinator (Kim Garafalo)  
Children's Medical Center  
UVA Health System  
Box 800668  
Charlottesville, VA 22908

\*\*\*\*\*

NEW HOSPITAL: Bon Secours St. Francis Hospital, Attn: Director, Volunteer Services  
1 St. Francis Drive, Greenville, SC 29601. (864-255-1050) Contact person: Lori Center  
Needs: hats, burial outfits, and layette items in all sizes. Call Lori to discuss needs.

# Hat trick

Old soldier's knitting  
warms heads, hearts

By Janie Magruder  
janie.magruder@arizonarepublic.com

**J**ohn Garman was driving the nurses crazy. The 14-year-old football player was sidelined at St. Luke's Hospital in Kansas City, Mo., while a bone infection in his left leg healed. Medicine being what it was in 1937, Garman was trapped for four months in a body cast that started at his midsection and continued down his leg.

He was plenty bored. "I hopped all over the hospital, up and down the stairs with one leg, and I'd go downstairs for crackers and doughnuts with the nurses," he said. "The nurses didn't know what to do with me. They said I had too much energy."

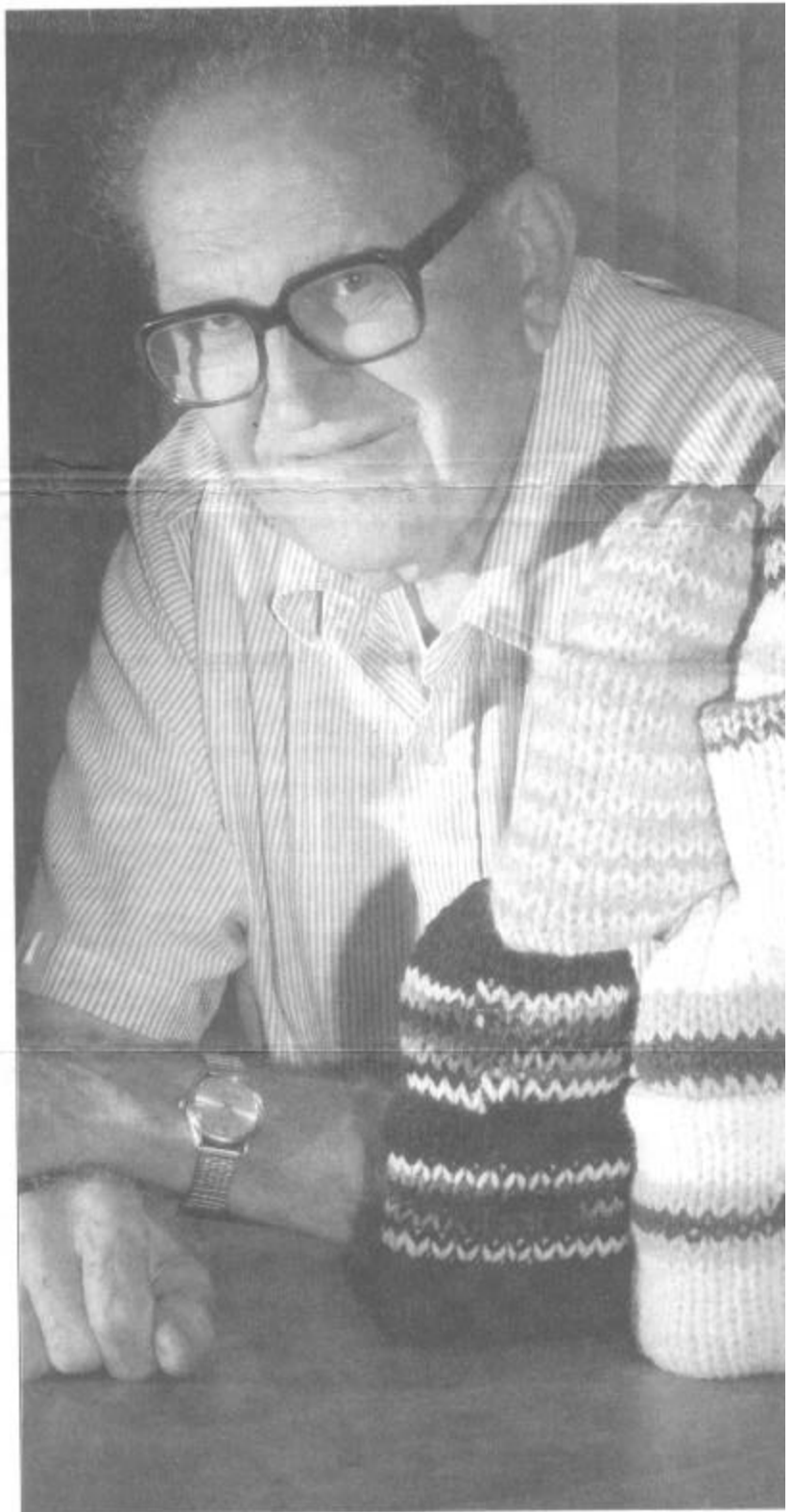
So, they put the teen in a class with six other patients, all girls, to learn a skill that would enrich his life and eventually benefit thousands of homeless men, women and children.

He learned to knit. Stocking caps are his specialty.

"I kind of enjoyed it," Garman said, recalling that first knit-one, purl-two lesson. "The nurses used to bring in white yarn, and I would make them hats and scarves. With topknots on each hat. Damn near took as much time to make a top knot as a hat."

Soon, he chucked knitting needles for a round wooden loom. It eliminated the tedium of counting stitches and enabled him to maneuver, using a nut pick, strands of yarn around the frame in quick fashion. He produced a hat a day, sometimes two.

The leg healed, and knitting soon took a back seat. High school graduation, building pipelines outside Pampa in the dusty, windswept Texas panhandle, and serving in the Army Corps of Engi-



John Garman knits up to three hats each day in his Mesa home for St. Vincent's. The hats are then distributed to the homeless and to society clients.

See HATS Page E6

continued on next page:

# Retiree's hats warm the heads of the homeless

**HATS** from E1

neers during World War II took precedence. At 22, Garman met and married Betty Lou Piper, and by the time Sondra, the first of three daughters, was born in 1947, the 6-foot-2, 245-pound Garman was reunited with his loom. Sharon was born 20 months later, in 1949, and Cecilia, 20 months after that. With all those little heads, the young father had to devise a way to tell his girls' hats apart.

"Number 1 daughter got one top knot, Number 2 got two top knots and Number 3 got three top knots," Garman said.

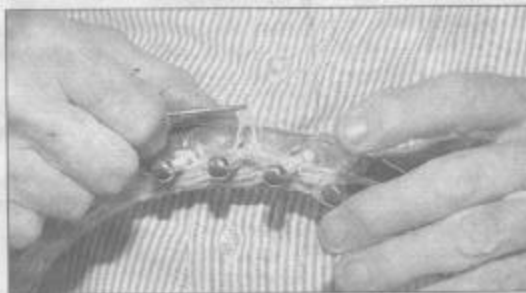
"The youngest gets everything," joked Sondra, during a recent interview at her parents' Mesa home.

At the same time, he developed a trademark to distinguish his hats from those produced by others: the John Garman ring. Inside each hat, he wove a different colored stripe about halfway between the top and bottom.

The family moved to Phoenix in 1955, and Garman found work driving a beer truck and later supervising the shipping docks at a Valley store. Weekends he worked his loom, creating caps for relatives, church friends, railroad engineers and just about anyone who wanted one.

When he retired in 1982, Garman wanted something to supplement his hat hobby and settled on the serving line at a dining room of St. Vincent de Paul of Phoenix. He volunteered five days a week.

"Sure, I liked it," said Garman, who won the agency's Dan O'Meara Extraordinary Service Award in June. "I enjoyed working with the peo-



**John Garman has been knitting caps since he was sidelined by an injury in 1937.**

Jack Kurtz/The Arizona Republic

ple. ... And I enjoyed the street people. Everyone's afraid of them, but I'd walk down Ninth Avenue (site of the Henry Unger Memorial Dining Room) and never was scared.

"I got far more out of it than I put into it."

Blase Bova, the non-profit's director of special works ministries, disagrees.

"He was a real bright spot — people loved him," said Bova, referring to Garman's warm, non-judgmental manner. "He wouldn't bring every case to me, but he often did if he thought there was any chance of bending the rules. Way more often than I knew about, he would help people on his own."

Bova never counted the

number of hats Garman brought in, but the agency helps 2,000 people a month, and all those needing hats got them.

"Some stayed in Phoenix with people who had a support system, but some go with clients on their way to New York or anywhere else," he said.

Over the past 22 years, Garman has knit an estimated 10,000 hats for the homeless through St. Vincent de Paul and at his church, Holy Cross in Mesa.

Nearly 200 hats, each with the signature stripe inside, are nestled in Dole banana boxes in his garage, ready to be carted downtown next month for winter distribution.

Now 81, Garman no longer volunteers in the dining room, because downtown Phoenix is too far from Mesa, where he moved last year with Betty Lou, who has emphysema.

But the hats keep coming.

His days — especially hot, summer ones — are spent with classical music on the radio or Western movies or Fox News on the TV in his living room. One corner is piled with boxes of yarn skeins — purple, brown, red, white, blue, cream, pink and lime green, his least favorite.

Some of the yarn, provided by St. Vincent de Paul, is softer, and Garman saves that for caps for babies.

Most afternoons and evenings Garman sits in his brown La-Z-Boy, a cold one on the end table to the right and a box of yarn to the left.

"I might drink a beer and knit, and take a nap and start knitting again. It's kind of routine. But it's the most relaxing thing there is. I like it — I love it, as a matter of fact."

Reach the reporter at  
(602) 444-8998.

Lt. Valerie Eckwood wrote from Naples, Italy to ask that her hospital be added to our hospital list. See updates on pages 30/31. Valerie wrote that they can use blankets (9 ½" x 9 ½" and 13" x 14" for preemies and full-term sizes), burial sets (gowns, hats, booties for 20 week size), and small bears. Valerie is the bereavement officer in this naval hospital. She will appreciate receiving donated items to help grieving parents.

Thanks for supporting our troops!

Nancy Schaub sent information about the needs of children on an Indian Reservation in South Dakota. See the hospital update for South Dakota/St. Mary's Catholic Church. In addition to apparel, they need kitchen utensils, dry food goods, cards, puzzles, games, bedding, towels, toiletry items, shoes, handkerchiefs, etc. Clothing for infants through teen.



## Hospital List Revisions Since the December Newsletter

State	Hospital Name	Address	Phone	Needs
CA	University Children's Hospital at UC Irvine Medical Ctr Attn: Child Life Director	101 The City Drive Pediatrics Route 68 Orange, CA 92868	714-456-8391	White blankets & quilts- preemie to 5 years ( bereavement). Preemie hats & hats for oncology patients--to 18 years. Colorful blankets/quilts--all sizes--children to 18. Starter knitting kits. Eileen Andrade, eandrade@uci.edu FAX 714-456-8407
CA	Hoag Memorial Hospital Presbyterian	Attn: Sherry Sumner, Administrator 1 Hoag Drive Newport Beach, CA 92663	949-764-4624	Hats for newborns, cancer therapy caps and knitted toys.
CO	The Medical Center of Aurora, Labor & Delivery	1501 S Potomac Aurora CO 80012	303-695-2690	Burial layettes (caps, suits, gowns, hats & blankets) for 7-9 pound sizes.
FL	Arnold Palmer Hospital for Women & Children, Volunteer Services Office	Attn: Mgr of Volunteers 92 West Miller Street Orlando, FL 32806	321-841-1809	Full-term Hats needed most. Blankets, kimonos, diaper shirts, booties, bears, quilts/lap blankets for teens. Contact Tina Hunter (321-841-1483). E-mail: tinah@orhs.org
IL	John H. Stroger Jr. Hospital of Cook County Attn: The Auxiliary--GL 3	1900 W. Polk St. Chicago, IL 60612	312-864-9558	P & FT booties & white burial gown sets. Bedsocks, blankets, sweaters, sacque; bibs, hug-a-bears, diaper shirts, toys. Contact Cathy Starman, E-mail: cstarman@aol.com FAX 312-633-7592
IN	Memorial Hospital of South Bend	Attn: Director-NICU 615 North Michigan Ave. South Bend, IN 44601	574-284-3513	FT baby items: preemie caps, booties. BLANKETS, bereavement sets--gowns in all sizes. Also layette items for families in need. Contact Connie Guerra. Fax 574-284-3672 E-mail: cguerra@memorialsb.org
IT	Navy Hospital Naples Italy Attn: Bereavement Officer	PSC 827 Box 134 FPO AE 09617	011-39-081-8116471	Blankets (9.5 inch square, 13x14, and larger for full-term). Preemie burial gowns, hats, booties, fabric bears (20 week size). Contact: Lt. Valerie Eckwood. Cell 011-39-347-684-1017. E-mail: veckwood@naples.med.navy.mil or sakina3732@hotmail.com
MA	South Shore Hospital NICU	Attn: Nurse Manager 55 Fogg Road South. Weymouth, MA 02190-2455	781-340-8155	Ft & Preemie hats, booties, kimono, diaper shirts. Finger puppets, blankets, toys, neonatal snakes. Call Lisa Tibbetts, Nurse Mgr. Fax 781-340-8471, e-mail: @sshosp.org
NC	Randolph Hospital Director, Volunteer Services	364 White Oak St Ashboro, NC 27103	336-629-8886	Newborn hats--mostly full-term, 25% preemie. Receiving blankets (36 inch square). Lap blankets (all sizes--28 inches to 36 inches & up). Adult size prayer shawls (50-60 inches length). Burp cloths, pediatric IV covers & pediatric hospital gowns.
NJ	Virtua Memorial Hospital Volunteer Office	175 Madison Ave Mt. Holly, NJ 08060	609-261-7073	Needs donations for the Mother/Baby Unit & Special Care Nursery--all size hats. Knit, crochet, or fabric blankets (36 inch square and larger). Contact: Amy Cline in the Volunteer Office. E-mail: acline@virtua.org
NV	University Medical Center, Volunteer Services	Attn: Director 1800 W. Charleston Blvd. Las Vegas, NV 89102	702-383-2388	P/FT hats, booties, burial gowns (mostly preemie), blankets/quilts, bears/toys, finger puppets, flannel receiving blankets, onesies, diaper shirts, & blankets (twin size) for cancer patients. Call Suzanne Fain-fax 702-383-2071 (catfanci@aol.com)
PA	Children's Hospital of Pittsburgh, Child Life Dept.	Attn: Frank Mercurio 3705 Fifth Ave at DeSoto St. Pittsburgh PA 15213-2583	412-692-5798	Knitting/crochet blankets (30x30), finger puppets, lap blankets, bibs, bears, fabric toys, flannel receiving blankets, Full-term to 6 month hats & booties. No store bought toys. Contact Frank Mercurio or Mary Dising. FAX: 412-696-6597
PA	Conemaugh Memorial Hospital, Newborn Nursery	1086 Franklin St. Johnstown, PA 15901	814-534-9231	Newborn full-term hats & P-FT burial gowns. Contact April Behory or Barbara Verbiar. .
PA	Crozer Chester Hospital Volunteer Office	1 Medical Center Blvd Upland, PA 19013	610-447-6318	Hats of all sizes. Blankets up to 36 inch square. Call to discuss other needs.
PA	The Regional Cancer Ctr Patient Svs Coordinator	2500 West 12th St Erie, PA 16505	814-838-9000	Adult chemo hats (knit, crochet, or sewn) in neutral & solid colors. Alternate telephone: 800-477-6647. Contact: Sister Moira Sullivan. E-mail: www.infor@trcc.org or msullivan@trcc.org Also: Meadville & Ashtabula, PA.
RI	Women & Infants Hospital Director, Volunteer Svs	South Side Medical Ctr. 120 Dudley St. Providence RI 02905	401-276-7802	Preemie hats & booties, kimonos, blankets, small cloth animals, p & ft burial gowns, quilts. FAX: 401-453-7666. e-mail: droncara@swihri.org
SD	St. Mary's Catholic Church Attn: Karr Gourneau-Rank	Box 185 Gall St Lower Brule, SD 57548	605 473 5335	Infant to teen sizes for Indian Reservation: clothing of all kinds, bedding, towels, curtains, toiletry items, handkerchiefs, kitchen utensils, dry food goods, hobby kits, coloring books & crayons, activity books, etc..
TN	Vanderbilt University Hospital, NICU	Family Liaison 2200 Children's Way Nashville, TN 37232	615-936-2241	P & FT hats & booties, kimonos, blankets, BURIAL GOWNS, P & FT diaper shirts. Contact Erin Havrilla. E-Mail: erin.m.havrilla@vanderbilt.edu. Fax: 615-936-4698 NEED BURIAL GOWNS.

continued on next page

State	Hospital Name	Address	Phone	Needs
TX	Wesleyan Nursing Home Activities Director	2001 Scenic Drive Georgetown, TX 78626	512 863 9511	Need stuffed animals, baby dolls, shawls, lap blankets, wheelchair arm covers. Contact Kim Bishop, Activities Director. Www.wesleyanhomes.org Also request personal items such as perfume, nail polish, large print books, audio books, etc.
VA	Inova Alexandria Hospital Volunteer Coordinator	4320 Seminary Rd Alexandria, VA 22310	703-504-3314	Sweaters, blankets/quilts/flannel sheets, hats (all sizes), burial gowns. Call Kitty Johnston, Volunteer Coordinator (Kitty.Johnston@Inova.com) or Orpha Weinhold, RNC Bereavement Coordinator (orphaw@hotmail.com)
VA	University of VA Health System Pediatric Programs	Volunteer Coordinator Box 800668 Charlottesville VA 22908	434-924-5251	Newborn caps, blankets, sweaters/gowns, booties. White layettes (blanket, booties, cap) for remembrance photo. Adult lap blankets & hats. Contact Kim Garafalo, 434-982-4140. E-mail: ICW8N@hscmail.mcc.virginia.edu
VA	Stonewall Jackson Hospital, Attn: Community Development Director	1 Health Circle Lexington VA 24450	540-458-3564	Layette items for families in need, items for children, and toys. Contact: Karen Jackson for more details E-mail: volunteers@sjhospital.com
WA	MultiCare Health System, Tacoma General Hospital & Mary Bridge Children's Hospital	Attn: Volunteer Services 315 Martin Luther King Jr Way P.O. Box 5299, Tacoma, WA 98415-0299	253-403-1005	Hats (newborn to 1 yr), flannel & other blankets, burial gowns, finger puppets, P & FT kimonos, positioning snakes. Contact Chris Haywood or Mechelle Hallstein. Fax 253-403-1143 E-mail: chaywood@multicare.org
WV	Cabell Huntington Hospital, NICU	Attn: Nurse Manager 1340 Hal Greer Blvd Huntington, WV 25701	304-526-2004	NICU needs: preemie & FT hats & booties, take-me-home sets, blankets, burial gowns for FT & P. Contact Amy Smith or Sara Billups, RN, FAX 304-526-2008. E-mail: sbillups@chhi.org or asmith@chhi.org Don't send or deliver to the nursery.

FYI: Care Wear Board of Directors--2005

(Thank you to board members for their time, assistance, and guidance.)

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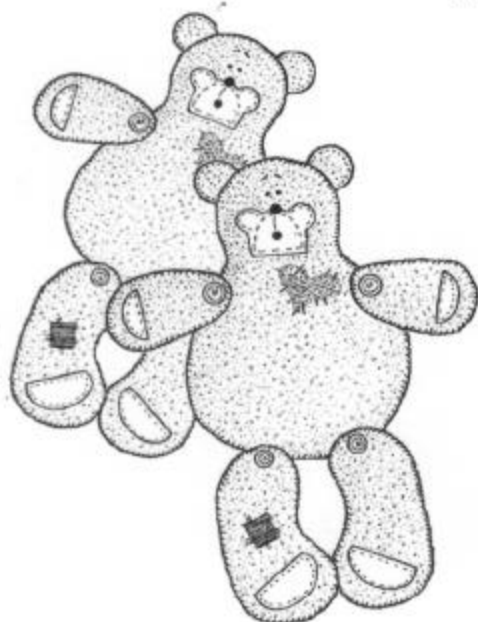


# Rainbow Shaggy Plush Felt™

## Huggy Buddy

March 2000

Designed by Beth Wheeler

**Materials:**

- 18" x 21 1/2" craft cut Shaggy Felt: Brown Sugar and Creamy White
- Scrap fabrics
- Sewing machine
- Thread: brown sewing and black carpet, quilting or buttonhole twist
- Brown pearl cotton DMC #801
- Usual sewing supplies
- 3/8" black shank button (nose)
- 2, 1/8" black buttons (eyes)
- 1/4" black button (mouth)
- 8 large, flat 4-hole buttons (joints)
- Tracing paper
- Pencil
- Polyester fiberfill
- Embroidery needle
- Seam sealant

**Project Notes:**

One craft cut of each color will make two bears: one white on brown and the other brown on white. Cut felt one layer at a time.

**Instructions:**

**Step 1.** Place tracing paper over patterns. Trace with pencil; cut out with scissors.

**Step 2.** Place patterns on wrong side of shaggy felt. Cut two bodies, one with pattern face up and one down; four arms, four legs (two with pattern face up and two face down), and four ears from main-color felt. Cut one muzzle, two arm paw pads and two legs paw pads from contrasting-color felt. Cut one heart and several patches from scrap fabric.

**Step 3.** Stitch paw pads on limbs with long straight stitches of pearl cotton. Place two ear pieces together, wrong sides facing; stitch through both layers with long straight stitches. Stitch muzzle on face with long straight stitches. Make mouth one long straight stitch.

**Step 4.** Work long straight stitches on tummy; add one stitch for each eyebrow. Stitch heart and patches on bear. Stitch buttons on face with quilting thread.

**Step 5.** Place limb pieces together, wrong sides facing. Stitch around periphery with a 1/4" seam allowance, leaving an opening in each limb for stuffing. Stuff pieces lightly with fiberfill. Close openings.

**Step 6.** Work a buttonhole stitch around each piece with embroidery needle and pearl cotton, as in Fig. 1 Apply a drop of seam sealant on each knot to secure.

**Step 7.** Place arms and legs on body in desired position. Fit a four-hole button on front and one on back. stitch down through one hole of one button, through all layers, through one hole of back button, up through all layers and through one hole of top button (Fig. 2). Pull tight; tie ends in double knot. Secure with dot of seam sealant. Repeat for remaining two holes of button. Secure all four limbs in this manner.

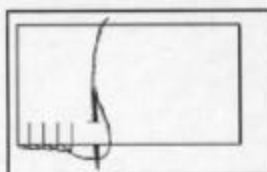


Figure 1

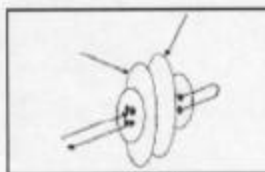
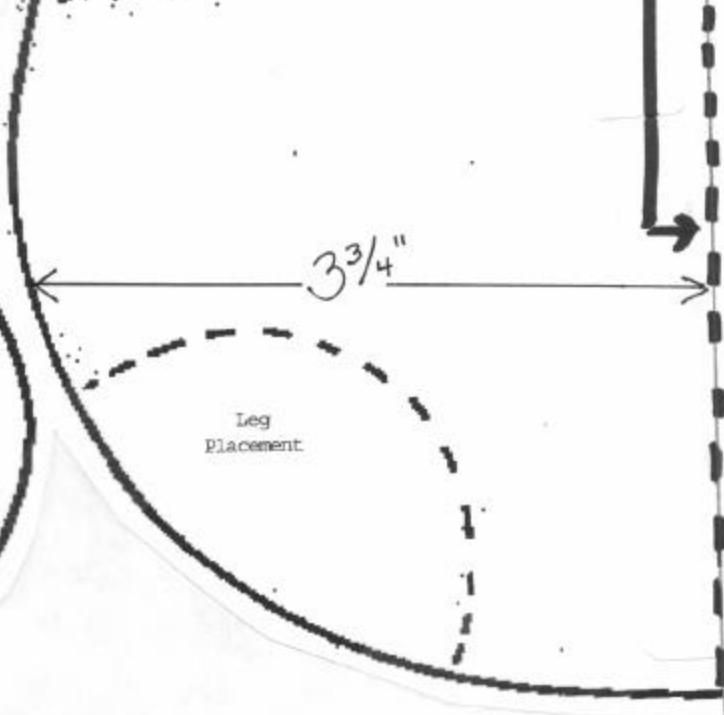
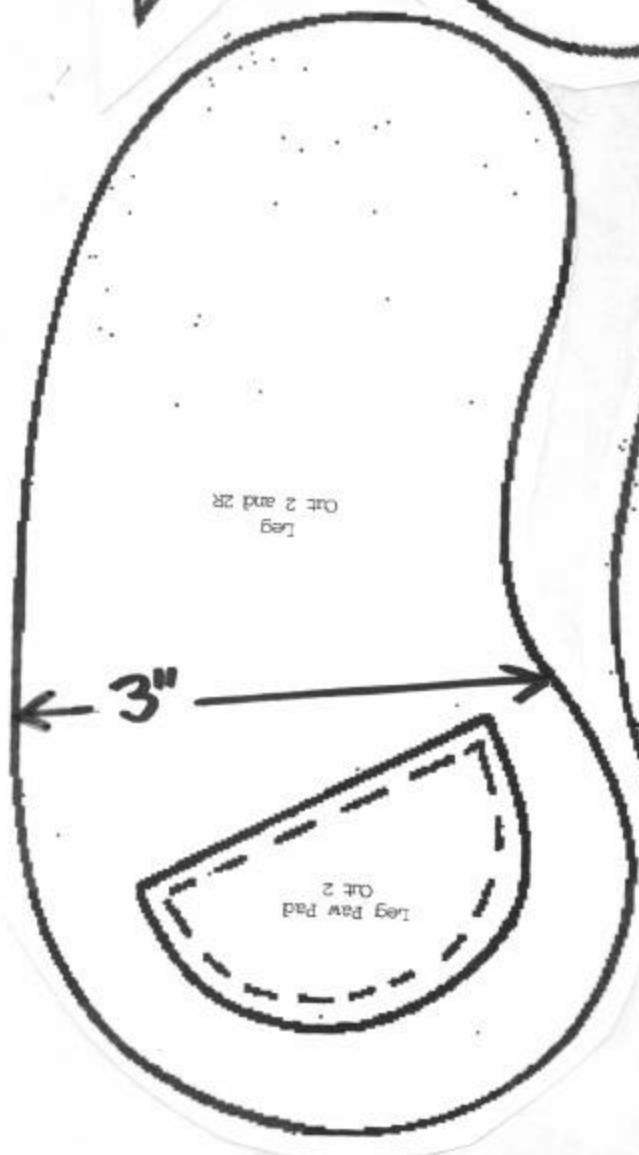
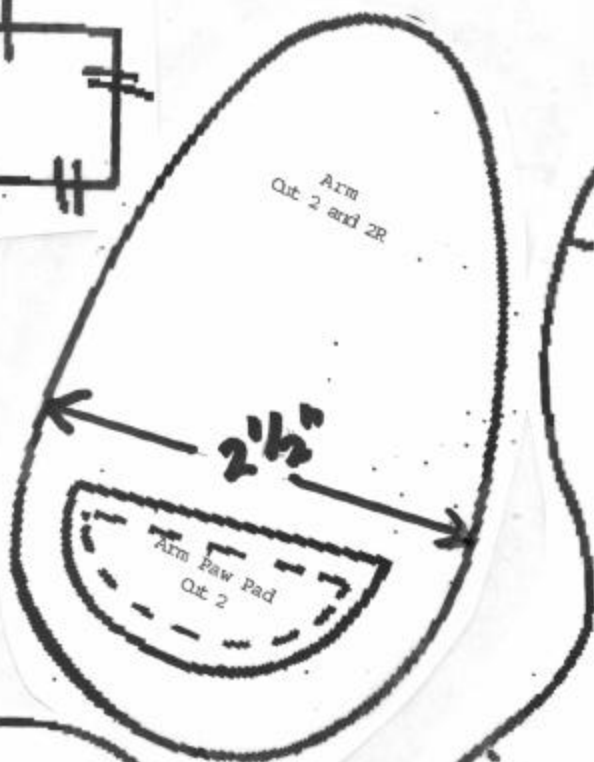
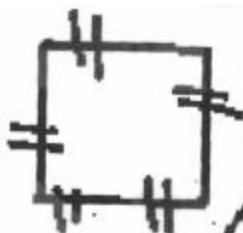


Figure 2

Pattern pieces on the next page



Body



**Bernat Lu Lu**  
**BABY BLANKET TO CROCHET (2 COLOR)**

**Measurements**

Approx 25 x 31 ins [63.5 x 78.5 cm].

**Materials**

**Bernat Lu Lu** (50 g/1.75 oz)

**Main Color (MC)** (Blue)      **3 balls**

**Contrast A** (White)      **3 balls**

Size 5 mm (U.S. H or 8) crochet hook **or size needed to obtain gauge.**

**GAUGE**

3 groups of 3 dc and 5 rows = 3 ins [7.5 cm] in pat.

**INSTRUCTIONS**

With MC, ch 101.

**1st row:** (RS). 1 dc in 4th ch from hook (counts as 2 dc). 1 dc in next dc. \*Ch 1. Miss next ch. 1 dc in each of next 3 ch. Rep from \* to end of ch. 25 groups of 3 dc.

**2nd row:** Ch 3 (counts as dc). 1 dc in each of next 2 dc. \*Ch 1. Miss next ch-1 sp. 1 dc in each of next 3 dc. Rep from \* to end of row. Join A. Turn.

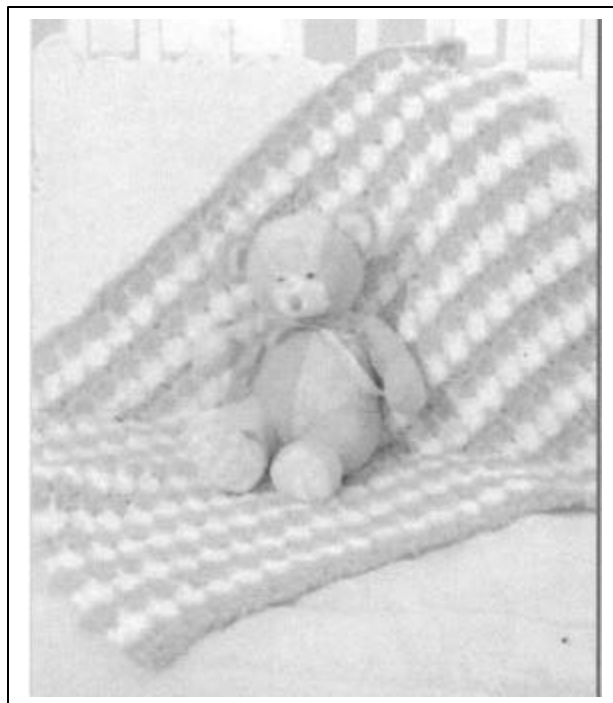
**3rd row:** With A, ch 4 (counts as dc and ch 1). \*Miss next dc. 1 dc in next dc. *Yoh and draw up a loop in next ch-1 sp 2 rows below. (Yoh and draw through 2 loops on hook) twice* – long dc made. 1 dc in next dc. Ch 1. Rep from \* to last dc. 1 dc in top of ch 3. Turn.

**4th row:** With A, ch 4 (counts as dc and ch 1). \*1 dc in each of next 3 dc. Ch 1. Miss next ch-1 sp. Rep from \* to last dc. 1 dc in 3rd ch of ch 4. Join MC. Turn.

**5th row:** With MC, ch 3 (counts as dc). 1 dc in next ch-1 sp. 1 dc in next dc. \*Ch 1. Miss next dc. 1 dc in next dc. 1 long dc in next ch-1 sp 2 rows below. 1 dc in next dc. Rep from \* to last 4 sts. Ch 1. Miss next dc. 1 dc in next dc. 1 dc in next ch-1 sp. 1 dc in 3rd ch of ch 4. Turn.

**6th row:** With MC, ch 3 (counts as dc). 1 dc in each of next 2 dc. \*Ch 1. Miss next ch-1 sp. 1 dc in each of next 3 dc. Rep from \* to end of row. Join A. Turn.

Rep 3rd to 6th rows 11 times more (50 rows in total). Fasten off.



**Baby's Little Blanket**

Crochet pattern for triangular-shaped blanket. Pattern directions on page 36.



# Baby's Little Blanket

## MEASUREMENTS

Approx 53 ins [134.5 cm]  
wide and 36 ins [91.5 cm]  
deep at center

## MATERIALS

### Bernat Baby Soft:

5 balls Solids: 1.75 oz/50 g

Size 3.25 mm (U.S. D or 3)  
crochet hook **or size**  
**needed to obtain gauge.**

## GAUGE

3 shells and 13 rows = 4 ins  
[10 cm] in pat

## INSTRUCTIONS

Ch 316.

**1st row:** 1 sc in 2nd ch from  
hook. 1 sc in each ch to end  
of chain. 315 sc. Ch 1. Turn.

**2nd row:** (RS). Miss first sc. 1  
sc in each of next 2 sc. \*Ch 3.  
Miss next 2 sc. (1 dc. Ch 3. 1  
dc) in next sc - V st made. Ch  
3. Miss next 2 sc. 1 sc in each  
of next 3 sc. Rep from \* to end  
of row. Ch 4. Turn.

**3rd row:** \*7 dc in ch 3 sp of  
next V st - shell made. Ch 3.  
Miss next sc. 1 sc in next sc.  
Ch 3. Miss next sc. Rep from \*  
ending last rep with 1 sc in last  
sc. Ch 6. Turn.

**4th row:** \*1 sc in each of  
next 7 dc. Ch 3. Rep from \*  
ending with 1 dc in first ch of  
turning ch. Ch 6. Turn.

**5th row:** \*Miss next 2 sc. 1  
sc in each of next 3 sc. Ch 3.  
Miss next 2 sc. Miss next ch.  
V st in next ch. Ch 3. Miss  
next ch. Rep from \* ending  
with miss next 2 sc. 1 sc in  
each of next 3 sc. Ch 3. Miss  
next 2 sc. 1 dc in 3rd ch of ch  
6. Turn.

**6th row:** Ss in first dc. Ss in  
each of next 3 ch. Ss in each  
of next 2 sc. Ch 4. \*7 dc in ch  
3 sp of next V st. Ch 3. Miss  
next sc. 1 sc in next sc. Ch 3.  
Miss next sc. Rep from \*  
ending with 7 dc in ch 3 sp of  
last V st. Ch 3. Miss next sc. 1  
sc in next sc. Ch 6. Turn.

**7th row:** \*1 sc in each of  
next 7 dc. Ch 3. Rep from \*  
ending with 1 dc in top of last  
dc. Ch 6. Turn.

**8th row:** As 5th row.  
Rep 6th to 8th rows 36 times  
more, then 6th row once  
omitting turning ch at end of  
last row. (One shell remains).  
Fasten off.

**Lower Edging: 1st row:**  
With **WS** of work facing, join  
yarn with ss in first ch of  
starting ch. Ch 1. 1 sc in same  
sp. 1 sc in each rem loop of  
starting ch. 315 sc. Ch 1.  
Turn.

**2nd and 3rd rows:** Work  
as given for main section of  
blanket omitting turning ch at  
end of 3rd row. Fasten off.

# Softee Baby Jacket

## Sizes

### To fit chest

6 mos	16 ins	[40.5 cm]
12 mos	18 "	[45.5 " ]
18 mos	20 "	[51 " ]

### Finished chest

6 mos	18 ins	[45.5 cm]
12 mos	20½ "	[52 " ]
18 mos	22½ "	[57 " ]

## Materials

**Bernat Softee Baby** (4<sup>1</sup>/<sub>4</sub> oz/120 g)

Size	6	12	18	mos.
Main Color (MC)	1	2	2	balls
Contrast A	1	1	1	ball

Size 4 mm (U.S. 6) knitting needles **or size needed to obtain gauge**. 3 (4-4) buttons.

## Gauge

22 sts and 30 rows = 4 ins [10 cm] in stocking st.

## Instructions

*The instructions are written for smallest size. If changes are necessary for larger sizes the instructions will be written thus ( ).*

**Note:** 1st row of pat is RS for Boy or WS for Girl.

**Back:** With MC cast on 53 (61-67) sts.

**1st row:** K1. \*P1. K1. Rep from \* to end of row.

**2nd row:** P1. \*K1. P1. Rep from \* to end of row.

**3rd row:** P1. \*K1. P1. Rep from \* to end of row.

**4th row:** K1. \*P1. K1. Rep from \* to end of row.

These 4 rows form moss st pat.

Cont in moss st pat until Back from beg measures 9½ (10½-12) ins [24 (26.5-30.5)

cm], ending with RS facing for next row.

**Shoulder shaping:** Keeping cont of pat, cast off 6 (7-7) sts beg next 4 rows, then 5 (6-8) sts beg following 2 rows. Cast off rem 19 (21-23) sts.

**Left Front for Boy or Right Front for Girl:** With MC cast on 25 (29-33) sts and proceed in moss st pat as given for Back until 11 (11-13) rows less than Back have been worked before beg of shoulder shaping, thus ending with **WS** facing for next row.

**Shape neck: Next row:** Cast off 3 (4-5) sts. Pat to end of row.

Keeping cont of pat, dec 1 st at neck edge on next 3 rows, then on following 2 (2-3) alt rows. 17 (20-22) sts.

Work 3 rows even, thus ending with RS facing for next row.

**Shoulder shaping:** Cast off 6 (7-7) sts beg next and following alt row. Work 1 row even. Cast off rem 5 (6-8) sts.

**Right Front for Boy or Left Front for Girl:** With MC cast on 31 (35-39) sts and proceed in moss st pat as given for Back until 12 (12-14) rows less than Back have been worked before beg of shoulder shaping, thus ending with RS facing for next row.

**Shape neck: Next row:** Cast off 9 (10-11) sts. Pat to end of row.

Work 1 row even in pat. Keeping cont of pat, dec 1 st at neck edge on next 3 rows, then on following 2 (2-3) alt rows. 17 (20-22) sts. Work 3 rows even, thus ending with **WS** facing for next row.

**Shoulder shaping:** Cast off 6 (7-7) sts beg next and following alt row. Work 1 row even. Cast off rem 5 (6-8) sts.

**Sleeves:** With MC cast on 31 (33-35) sts and proceed in moss st pat as given for Back, inc 1 st each end of needle on 5th and

Continued on next page. Photo on next page.



every following 2nd (**4th-4th**) row to 35 (**47-43**) sts, then every following 4th (**6th-6th**) row until there are 49 (**53-57**) sts, taking inc sts into moss st pat. Cont even in pat until sleeve from beg measures 5¼ (**6½-7½**) ins [13 (**16.5-19**) cm] ending with RS facing for next row. Cast off.

**Hood:** With MC cast on 95 (**103-111**) sts and work 8 rows in moss st pat as given for Back. Keeping cont of pat, dec 1 st at each end of needle on next 10 rows. 75 (**83-91**) sts. Cont even in pat until Hood from beg measures 5 (**5½-6**) ins [12.5 (**14-15**) cm] ending with RS facing for next row. Place marker at each end of last row. Cast off 4 sts beg every row until 3 sts rem. Cast off.

### FINISHING

Sew shoulder seams. Place markers on Front and Back side edges 4¼ (**4¾-5¼**) ins [11 (**12-13**) cm] down from shoulder seams. Sew in sleeves between markers. Sew side and sleeve seams. Fold hood in half and sew cast off edges from markers. Sew hood in position around neck edge beg at the edge of the Left Front for Boy or Right Front for Girl and ending 6 sts from Right Front edge for boy or Left Front edge for Girl. With A, work blanket st around sleeve, bottom, front and hood edges as illustrated.

**Buttonloops [Make 3 (4-4)]:** With A cast on 14 sts. Cast off knitways. Sew buttonloops to inside edge of Left Front for Boy or Right Front for Girl having bottom button 4 ins [10 cm] up from bottom edge and top button at beg of neck shaping and rem button(s) evenly spaced. Sew on buttons 9 sts in from opposite edge to correspond to buttonloops.

Softie Baby Jacket with Hood (KNIT)



### Hospital Update

Randolph Hospital (Ashboro, NC) is a new addition to our hospital list. Their January meeting of hospital volunteers indicated that Knitting Program Chairperson Sybil Brady said that they are making special baby caps for Valentine's Day. The hospital is seeking area volunteers to assist with their Teddy Bear Fair (April 11-15). Call Lisa Alley, x5319 to sign up.

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<http://www.bernat.com>

Thank you to Spinrite/Bernat Yarns for permission to reprint their excellent patterns.



**MATERIALS NEEDED:** Size 6 needles  
1 3-oz. skein Caron Simply Soft or other worsted yarn  
5/8-inch or 3/4-inch button for closing up  
Yarn needle for sewing seams

(Yarn type and needle size are optional, you can change them for larger or smaller sizes!)

**Option 1: Rolled neck edge (lavender) (RIGHT)**

**BACK:** Cast on 50 stitches

Row 1: Knit to end.

Row 2: K4, purl to last 4 stitches, K4.

Complete these 2 rows 8 times each.

Row 17: Bind off 8 stitches; knit to end.

Row 18: Bind off 8 stitches; purl to end.

Knit 32 more rows of stockinette stitch (K 1 row, P 1 row).

Next row: K2tog 3 times, knit to last 6 stitches, K2tog 3 times.

Next row: P2tog 3 times, purl to last 6 stitches, P2tog 3 times.

Repeat until 10 stitches remain on needle.\*\*\*

Continue stockinette stitch for 7 more rows and bind off.

**FRONT:** Repeat pattern for back until \*\*\*.

K3, K2tog, YO, K2tog, K3. (this is the buttonhole)

Purl 1 row, then bind off next row.

**FINISHING:** Sew sides together leaving leg and arm holes. Sew up shoulders leaving a 4-inch opening for head. Sew button on outer side of back flap and button in front.

**Option 2: Garter stitch shoulders & neck (green) (LEFT)**

Rows 1-5: Knit to end. (note: you may purl row 4 if edge is not curling)

Row 6: K4, purl to last 4 stitches, K4.

Rows 7-16: repeat rows 5-6 five times more.

Knit 32 more rows of stockinette stitch (K 1 row, P 1 row).

Next row: K2tog 3 times, knit to last 6 stitches, K2tog 3 times.

Next row: P2tog 3 times, purl to last 6 stitches, P2tog 3 times.

Repeat until 10 stitches remain on needle.\*\*\*

Continue stockinette stitch for 7 more rows and bind off.

**FRONT:** Repeat pattern for back until \*\*\*.

K3, K2tog, YO, K2tog, K3. (this is the buttonhole)

Purl 1 row, then bind off next row.

**Anna's Stockinette Stitch Onesie**

(based on a pattern designed by Mary Glynn)



[This was re-designed by a Volunteer of H.A.I.N. <http://HeavenlyAngelsinNeed.com> ]

Reprinted with permission from Mary Glynn and designer Anna,  
<http://www.heavenlyangelsinneed.com>

# *Lazy Knitting with Cathy*

## HOW TO PICK A PRETTY PATTERN

See a pretty pattern, pick it up,

And when you knit it, have good luck!

Picking a pattern is quick and easy, isn't it? Answer: NO! It takes more time than you might think necessary but the effort is worth it when you can beam with pride over your finished whatever.

While browsing through pattern books or magazines or at a yarn shop, a design will catch your eye and your first reaction is "Oh, I'd like that!"....look again. What did you like? Was it the color? The style? the stitch patterns? the yarn? the model? the background? all of the above? Yarn companies want you to buy and use their yarns. Designers want you to want their patterns. Together they make the result as attractive as they can, but that doesn't mean it is the best pattern for you to knit, either for yourself or someone else.

Check the directions for materials. If the yarn is available, will it wear well? How much will it cost? Does it require dry cleaning or hand washing and blocking and long drying times....and how does that fit into your life style? Can a less expensive yarn be substituted or one that can be machine washed and dried? Is the color you want available? Will the design look as nice in a different color? Can you see the stitches easily if the color is very dark? Gauge can vary by colors, possibly changing the overall look of a design altogether and the same can happen with a change of yarns.

Now read the directions *all the way through* and knit along mentally. Do the

directions make sense to you? Typographical errors occur, which clever knitters can correct by themselves but sometimes whole sections are scrambled beyond understanding. The internet carries pages of corrections at the websites of some of the best knitting magazines, which is commendable, but indicates final proof reading is not always goof proof.

As you read the directions, check them against the diagrams, if shown, or any part of the illustration(s) you can. Will the knitting directions produce the same shape? If they will, is that the shape you want? Many patterns give separate directions for the back, front and sleeves and *then* have them transferred to a circular needle for knitting the yoke in the round! Why they do not have the body knit on circular needles, eliminating seams to be sewn later is a mental quirk shared by some designers and editors. Cardigan sweater patterns are written this way, too, when knitting the right front, back and left front on the same needle at the same time guarantees the lengths will be even. By now you think I'm a tad picky myself (and I'm not nearly finished) but think a bit about why I am. How do you think I came up with these questions? Let's hear it for the lady in the third row who said I didn't ask them myself when I should have or to put it another way, before I knew enough to ask them, I made a looot of goofs.

Now that you think you do want to knit this pattern, there are more things to consider: Look again at the picture.

What can't you see? Necklines are often times hidden or shown with turtle neck tops and shirts worn underneath. Is this how you will wear it or do you want to wear it alone, in which case, the neckline might be too wide. If it's shown without anything under the collar, and you were thinking of it with a top underneath, it might be too tight. Sad to say, sometimes the collar or neckline is just plain ugly and might always have to be worn with a scarf, unless you can rewrite the pattern.

Then look at the sleeve. Is it awkward? too long? too short? too wide? too narrow? too bunched? Do you like the look at the shoulders? Can you adapt it to suit you?

All of the above apply to the body of the garment, also, and then there are cuffs and/or hems, edges and trims to check over.

After all that, what finishing is needed after the knitting? Is there a lot of seaming? Weaving in of loose ends, especially if there were many changes of colors? Blocking? Can it be done with a spritz of a steam iron or will you have to lay it all over the living room floor and wait ages for it to dry? And how long will it take you to knit it?

Then there is the question of where you saw the pattern. How old is the pattern? It *does* make a difference. Some designs are truly classics: pullovers, cardigans, V necks, turtle necks, vests and (the latest) ponchos! Etcetera, etcetera. In the 1930s and 40s, sweaters were more close fitting than now. In the 1980s they were very full and longer... almost tunic length and then worn scrunched up. This means you'll have to adapt it to the current mode, unless you prefer the oldie

look. Even if you want the '40s look, you may not be able to duplicate it because the yarns are no longer available. Many of those items, especially Fair Isles used sport weight yarn in shades and colors not readily found at Michael's or Wal-Mart.

The sizes given also have to be checked carefully. A large could be a medium in today's sizing so go by the actual finished measurements in inches or centimeters. A small could be a medium, depending on the fit you want. This also applies to the charts listing the directions for classic raglan sweaters in all sizes. The directions that will knit to the actual finished measurements you want are the ones to select, regardless of the column heading shown for a specific size

When considering measurements, consider the thickness of the yarn. Why? Think of down coats and jackets and how the wearers all look like cuddly teddy bears, even the slimmest of the slim. The outside is much larger than the inside. The same applies to the inside of a knitted garment. It might not seem like much but it will affect the fit, making it tighter than you want, even uncomfortable to wear, so you might want to knit a larger size and need more yarn.

Not least, either, is your knitting expertise. All knitting is one stitch: the knit stitch and the purl stitch worked backwards, the purl stitch. Variations in the placement of these stitches form stitch patterns: seed stitch, ribbing, cables, etc. and if you know how to make a knit stitch and a purl stitch you know all you need to know to knit any stitch pattern. Expertise involves your standard of quality, your willingness to achieve it and your ability to work on a project until it's finished...

not that you won't work on anything else until you complete it. (All crafts people have UFOs: unfinished objects.) I mean will you abandon it and never, ever finish it or even want to... and as a (horrible) result never want to knit another thing ever again. Will it be suitable for the intended person and his or her taste, lifestyle, etc. Will the pattern require a long time to knit? (Will the baby outgrow it?) Pick a pretty pattern that you can or know you'll finish.

*If the pattern you love is written for crochet*, either learn to crochet or keep looking until you find a knit pattern that will "fit the bill" for you. Many crochet patterns are adaptations of knit patterns and vice versa...but knit patterns usually use 1/3 less yarn!

Now that you've picked a pretty pattern, there's still more to consider (will this never end?) That's the cost of the materials. When knitting for hospitals where all items go through a sterilization process, 100% acrylic is the usual required (and inexpensive) yarn. Not so with patterns using other yarns or wools. The same holds true for knitting needles. In general, the larger the size of the needle, the higher the price will be and can be a deciding factor.\*

There is also your knitting "comfort zone." Do you like to knit on small needles? The larger the needles and the thicker the yarn, the sooner you're finished...but it may be so awkward for you to work with #13, and larger needles, it'll take more time to knit than selecting a smaller needle and thinner yarn even though there will be more stitches and rows/rounds to knit. If you do decide to substitute in this way, will it change the

look or purpose of the pattern? If it's an outdoor coat or sweater, will it be warm enough?

However, there is an upside to substituting needle size and yarn, especially when knitting items to donate for preemies and newborns. The same pattern will result in a range of sizes and in no time you'll have the pattern memorized and be turning out hats, booties and sweaters by the bushel full.

*If the print is too small to read easily*, have the pattern enlarged at a copy center; tape sections together if need be. A line by line magnifier with a red line in it to keep your place is available in craft stores / departments.

Any questions?

REMEMBER ST. PATRICK'S DAY, EASTER, SPRING, MOTHER'S DAY

It's time to plan for adding a bit o'green or green, white and gold (which looks orange) for the day when everyone becomes Irish. Directions for a hat and suggestions for trims at Knit Knacks of March 2003 and 2004 are available or just change the color scheme of your favorite pattern to highlight the day.

Trot out the pastel pinks, greens, lilacs and yellows to celebrate the return of Spring! To prevent emphasizing the yellow (jaundice) tinge of some newborn's skin, use white on the edges and after that, any color should be OK.

Make every day special for all mothers. Happy knitting!

\*Directions for making needles from wooden dowels are in the Sept. 2002 newsletter, which you can download from the Care Wear site or contact me for a (free, please) copy.

???comments to Cathy Gilroy, PO Box 456, Port Jefferson, NY 11777-0456 Tel.: (631) 473-7825



## BASIC BABY BLANKET

This is knitting for movie or TV watching, using just one skein of inexpensive yarn. It's completely reversible, too!  
Finished size: approximately 25" square

**Materials:** 1 8oz/225g skein Mainstays 4 ply worsted 100% acrylic yarn.  
#10 1/2 / 6 1/2 mm circular needle 24" length preferred, 29" or longer OK, too.

Note: You will be knitting back and forth on the circular needle for the body of the blanket until the start of the edging.

**DIRECTIONS:** Using the long tail method, starting with a slip knot, which counts as a knit (K) stitch (st), double cast on 2 more stitches (sts) - 3 sts total.

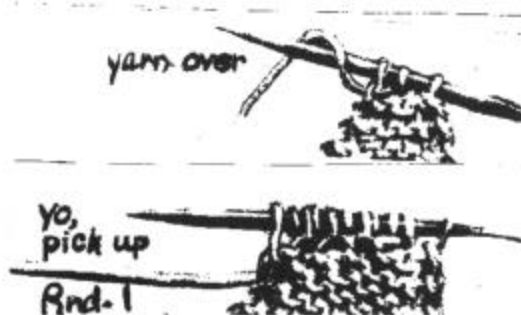
**Row 1:** K1, yarn over (yo), K to last st. With yarn forward, slip last st as if to purl. This will give a braided look to the sides when the first st of the next row is knitted.

**Row 2:** K the first st, yo, K across to the yo of the previous row, K it, yarn forward, slip the last st as if to purl. Repeat Row 2 until there are 102 sts or the side measures 22" when laid flat. If you make the side too long, you'll need more than 8 oz. of yarn.

K one row even. (Mark each side as a corner with a loop of yarn, etc. if you want.)

### START OF DECREASE:

K1, K2 together (tog), K across to last st, yarn forward, slip last st as if to purl. Repeat this row until 3 sts remain. K this last st instead of slipping as if to purl. Do not turn.



EDGING, slightly ruffled, but this allows for the stretchiness of garter st.:

**Round 1:** [(yo, pick up (pu) and K a st through (under) the edge st of the row to the left until you reach the corner st, yo. Increase (inc) in corner st: (K1, yo, K1.) Mark the yo as the center st. 3 sts in the corner are needed to turn the corner. Continue as above, following the special directions for each corner.

At the 2nd corner, work the inc in the middle of the 3 cast on sts. Work the 3rd corner the same as the 1st corner. At the 4th corner (the last 3 knit sts of the blanket), yo, K2 tog, yo, mark for center st, K1. Place marker for beginning of round.

**Round 2:** [K to corner st (K1, yo, K1) in corner st for inc,] around.

**Round 3:** [(yo, K2 tog) to corner st - (yo, K1, yo, K1) in corner st for inc] around.

**Round 4:** As round 2.

**Round 5:** As round 3.

Bind off (bo) loosely. Cut yarn, leaving about 5". Thread tapestry needle. Bring yarn end back up through last st of bo, then under the first st showing as a K st, snugging it up to the space of a bound off st and then down through the last bo st. Weave the end through other sts cleverly so it doesn't show..

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Sincere thanks to Kathy for her *Lazy Knitting with Cathy* column.

We hope that Terry Kimbrough will be able to resume her *Crochet Column* in the June issue. I know that you join me in thanking her for her previous columns and the inspiration that she provides. Check the new website (<http://www.carewear.org>) to review her columns in previous newsletters.

A final note from Bonnie:

Frequently I am asked why Care Wear Volunteers does not collect completed items. Unlike many organizations, Care Wear Volunteers does not have any rules, regulations, membership forms or fees, quotas, and does not require participants to send completed items to a sorting location. Care Wear Volunteers does not have sufficient staff to collect, sort, and mail out all of the items made by 2550+ participants. What a pity to waste money on long-distance postage when that money could purchase additional yarn or fabric! But, more important, is that central collection is not consistent with the mission and philosophy of this organization.

The mission of this organization is to alert prospective volunteers to the needs of hospitalized children and to provide the patterns to satisfy those needs. I hope that all of the volunteers donate to hospitals and social service agencies in their own town or state and I urge all of the volunteers to maintain direct contact with the hospitals. I hope that you will make connections within your own community or state and that you will help your friends and neighbors. You will find this very motivating and rewarding. Melody's letter on page 27 is a perfect example.

From: Care Wear Volunteers, Inc.  
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