

# *The Care Wear Newsletter*

**A Quarterly Publication for Care Wear Volunteers, Inc.**

**September 2002**

Greetings and very best wishes to all. I hope that you enjoyed the summer and are looking forward to the fall/winter.

I will start this issue with information about *Make A Difference Day*—October 26, 2002. Care Wear is again registered to host a day of volunteer work on the Hood College campus. I have a very large meeting room reserved and will have supplies prepared so that we can make simple quilts, stuff bears, bunnies, neck pillows, and medical dolls, decorate green felt holiday stockings, and cut out & decorate finger puppets. Lunch will be provided for all who attend. The event will begin at 10am and end at 3pm in the Whitaker Campus Center (Commons Room on the first floor). Hood College is located in Frederick, Maryland, which is approximately 45 miles northwest of DC & 45 miles southwest of Baltimore. I will invite students, staff, and faculty of Hood College, all Care Wear Volunteers participants, and area residents to join the effort. If you can attend, your time and skills will be appreciated.

If you have any supplies to assist with the above-mentioned projects, I welcome donated supplies. If you wish to send any completed items to add to our count, everything will be donated to Johns Hopkins Children's Center (Baltimore), Children's National Medical Center (DC), and Frederick Memorial Hospital here in Frederick. (Note: this is not obligatory in

any way. Postage is expensive. If you are uncertain about where to send your items in early October and wish to send them to me, I will add them to our completed items table on the 26<sup>th</sup> of October and will see that they are delivered to one of the three hospitals.)

Please be sure that you include your name and address with anything that you send. I want the hospitals to be able to thank you directly.

If you wish to join the effort here at Hood on the 26<sup>th</sup> of October, here are some directions. Frederick, Maryland, is located off the ROSEMONT AVENUE exit from Route 15. From DC—take route 270 north to Frederick. Follow signs to route 15 (Frederick/Gettysburg) when route 270 ends. From Baltimore, take route 70 west and then exit onto route 15 north. From the west, come down route 70 to Frederick and take the Route 40 exit into Frederick. Route 40 crosses Route 15—take 15 north. From the north, take route 15 south.

The Rosemont Avenue Exit ramp is just five blocks west of the Hood College campus. Come east on Rosemont Avenue & take a left onto FERNDALE AVE—a small street just before the main entrance to campus. Ferndale Avenue is about one block long and leads you to the Whitaker Parking lot—on the right. The entrance to the Whitaker Campus Center is clearly visible from that parking lot. Whitaker Campus Center is handicapped accessible.

Regarding this newsletter. The June issue devoted many pages to the revised Hospital List. Of course, revisions continue to arrive. One hospital closed just a short time after the newsletter went to print! Other hospitals asked to be added! I will continue to include updates in each newsletter, but will try to put them all on one or two pages so that the information is clear and readily available when you wish to mail packages. I wish that I could say that at one particular time the list would be final. It will NEVER be final, so we must deal with constant changes of personnel, area codes, zip codes, moves of location, changes in needs. For this reason, it is advisable that you contact a hospital before mailing packages—to ask if they need specific items and if their address is still correct. It's a precaution that could prevent the return of a package. Also, remember to include "Care Wear Volunteers" with your return address on each package.

Another improvement that I plan for the newsletter is that I will seek assistance with proofreading before it goes to print. After composing the text, typing it, and reading it a few times, my skills in proofreading are deficient. I apologize for typos and grammatical errors in previous issues.

I attempted to include as many patterns in this issue as I could. Because there were not many patterns in the June issue, I thought that you would be anxious to have some variety for your work in the coming months. Enjoy all that I have included.

I am making every effort to learn more about scanning documents into our newsletter. I apologize when some of the articles, lists, or photos are too dark or too light. The process of printing darkens most of the photos, but amazingly does not darken text! So, looking at the masters, I have to

anticipate what effect the printing process will have. I am working to improve here.

Thanks to all who returned mailing labels in order to remain on the mailing list. I realize that this is a nuisance, but it is necessary from time to time in order to clean up our list. Bulk-rate mail is not returned to sender when undeliverable. Thus, I have no idea when someone has moved or no longer wishes to receive the newsletter. I enjoyed reading your notes and kind words with your returned labels. I will endeavor to make the newsletter a helpful and motivating document. I enjoy assembling the newsletter. Please continue to send me photos to include. Tell me what I should include or not include in the captions with those photos.

Thank you for all that you do to aid hospitalized children. You are wonderful people who really care about others. It is a pleasure to "know" all of you.

Several participants expressed interest in locating other participants in their geographic area. I will be happy to facilitate this effort, if you will contact me. Now that I have the mailing list in MSAccess, I can easily sort by zip code. Some of you are not able to drive or travel to a meeting place. Some prefer to work independently. Care Wear Volunteers does not mandate meetings and allows everyone to do what they can, when they can. If this is of interest, join in. If not, continue to do what you are doing.

Sincere thanks to volunteer Carol C. for her help with the mailing list database. She and I entered the corrections and proofread. If we made an error or missed a correction, please send me a postcard or e-mail message with that correction. In a few cases, we had difficulty with handwriting and were not sure about the numbers or letter changes written in.

If you learn that a friend or neighbor has not received this September newsletter, please tell that person to contact me. Usually, the mailing list decreases by about 25% when we ask readers to return the labels. In a few cases, letters are lost and I do not receive the label with the request to stay on the list. In some cases, the newsletter is put aside and the label is never put into the mail. As Carol and I review all of the returned back pages, we check a box that the label was returned and that this person wishes to continue to receive the newsletter. Even if there are no corrections, we check that box. Thus, the mailing list for this September issue was generated by that checked box. All of the people who returned labels/back pages will receive the September issue. The remainder will not.

I suspect that there are some faithful participants who did not return the label. Have them call me and I will send them one of the extra issues that I have set aside and I will check the box in the computer so that they will receive the December issue.

Sincere thanks to my husband for his help with MSAccess. He set up two Access databases: the Mailing List and the Hospital List. He tailors some nice reports, don't you agree! (The hospital list in the June 2002 issue and the list of revisions in this newsletter are his reports.)

I have used my two days per week to write grant proposals and letters of inquiry for grants. No exciting results to report—yet! Keep fingers crossed. I have written to a variety of manufacturers to request donated supplies—without great success. I have continued to update the hospital list as corrections trickle in and new requests arrive. The weeks and months since January have flown by! I have definitely enjoyed having some leisure time in the evenings

and weekends. Coming in on a Saturday or Sunday is not a problem when it is the exception rather than the rule!

Special thanks to Barbara Brewster for all of her work as Treasurer of Care Wear Volunteers. The paperwork is unbelievable—especially in the spring.

Another round of applause for all of Jane Arney's efforts to introduce Care Wear Volunteers to employees of Wal-Mart Store #1297 in Chiefland, Florida. Recently I received 36 checks from the Wal-Mart Foundation's *Volunteerism Always Pays Program*. That is a tremendous assistance with printing and postage expenses. Thank you to Jane and to: Paula Adams, Mariann Alexandrovich, Linda Bemis, Lorna Bishop, Phyllis Brady, Shannon Carnley, April Clarke, Dora Cofield, Diana Davis, Christine Ferree, Diane Hamilton, Gloria Hayes, Valerie Heitfield, Alice Jones, Robin Junkin, Ruth King, Thyra Ladewig, Anneliese Matlock, Mary McConaghy, Chris McCoy, Barbara McNally, Edna Moore, Carolyn Morrison, Mary Norris, Nancy Phillips, Mary Roberts, Irene Semande, Catherine Shook, Leola Snedeker, Jane Stauff, Jennifer Thompson, Donna Tooke, Sandra Vance, Faye Williams, Doris Wright.

The above-mentioned volunteers helped their community while also helping Care Wear Volunteers. MANY THANKS!

The next newsletter will be mailed in December 2002. Until then,  
Best wishes to all.

*Bonnie*

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**Website: <http://www.hood.edu/carewear>**



With a letter of appreciation from Women & Infants' Hospital of Rhode Island.



Two lovely burial gowns made by Connie B. She uses the basic pattern in our Pattern & Information Booket and the gown with yoke pattern that I have available for those who sew.

Lovely work, Connie

A letter that I received June 25, 2002:

What a wonderful organization! I am the mother of 3 living preemies--ages 10, 12 & 15. I sewed & knitted all of their baby clothes. However, one daughter, a twin of the 10 year old, did not survive. How wonderful it would have been to have a burial gown for my baby! She weighed 2 lbs and there was nothing tiny available and of course, I was in no condition to make something myself. I am certain that your organization gives many people peace of mind.  
Victoria T

### **Knitted Outfits for Dolls and Prem Babies, by Denny Kelly**

Thirteen knitted designs using 4 ply baby (Australian) yarn for jackets, hats, booties, and leggings all to suit 40 cm (16") high dolls or premature babies. Colour pictures of all designs included.

Soft Cover, 150 x 210 cm, 32 pages, B&W and colour illustrations

Product Code: BK26 ISBN 1-876373-54-7

Price: Australia \$7.95 (International \$7.25 AUD)

Source: <http://www.craftmoods.com.au/babywear.htm>

Congratulations to Denny! Her first published book of patterns.

\*\*\*\*\*

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#### **KUNIN FELT**

Foss Manufacturing Company, Inc.

FOSS®

#### **Rainbow Plush Felt™ Kushy Tushy Dog**

Designed by Beth Wheeler



#### **Materials**

- Rainbow Plus Felt™:\*
  - 2, 9" x 12" cuts of Cashmere Tan
  - 1, 9" x 12" cut of Cinnamon
- Black Pearl cotton or embroidery floss
- 4 tiny black half-round buttons
- Polyester pellets
- Small amount polyester fiber fill
- Lightweight paper (tracing paper)
- Sharp scissors, sewing machine, usual sewing supplies

*\*This project can be done with Rainbow Plush™ or Rainbow Classic Felt™, both by Kunin Felt. The sample was created using Cashmere Tan Rainbow Plush and Cinnamon Rainbow Classic felts from Kunin.*

Instructions follow on the next page.

## Instructions

**Step 1:** Place lightweight paper over the printed pattern. Trace with pencil; cut out with scissors.

**Step 2:** Cut two bodies from cashmere; cut one set of ears, one tummy and one spot from cinnamon.

**Step 3:** Work nose and mouth on one body piece with pearl cotton and hand-sewing needle.

**Step 4:** Stitch tummy on body front with running stitches. Work a running stitch along tummy with pearl cotton. Stitch patch on face with running stitches. Work running stitches around periphery of ears.

**Step 5:** Place body pieces together. Stitch around the periphery as close as possible to the edge, leaving an opening at the top of bear's head, as indicated on pattern.

**Step 6:** Fill legs with pellets so limbs are squishy, not firm. Stitch across legs with sewing machine, as indicated on pattern.

**Step 7:** Fill arms with pellets until just squishy; stitch across arms, as indicated on pattern.

**Step 8:** Fill tummy with pellets until squishy; stitch along neckline.

**Step 9:** Stuff head firmly with fiberfill. Stitch head closed.

**Step 10:** Stitch small buttons in place for eyes, mouth, and belly button.

**Step 11:** Tie ears in a knot. Stitch knot on top of dog's head.

**Step 12:** Cut a narrow strip of cinnamon felt 7" long. Tie a knot in each end. Stitch one knot on back of dog with hand-sewing needle and thread.

(Pattern pieces on next page)

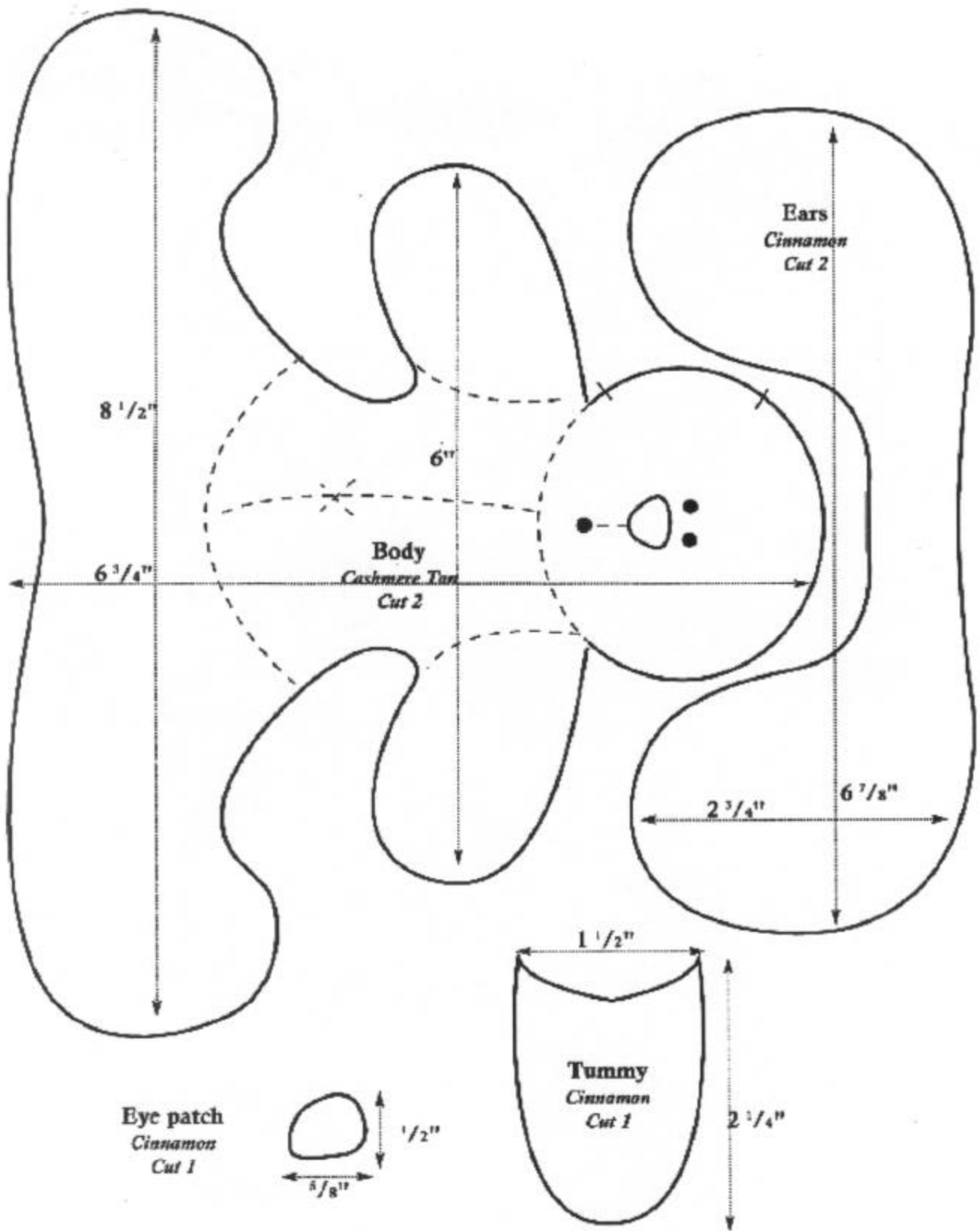
\*\*\*\*\*

Care Wear Volunteers received a thank you note from the NICU of New England Medical Center, Boston, MA. Mary McCourt, Assistant Nurse Manager wrote,

“Thank you very much for your donations to the babies and families in our NICU. We really appreciate all that you do. I have already FAXed our update request (hospital listing) to you, but will send this original in case you didn't receive it. I hope that you realize the impact that you and your group has on the families in the NICU who are so concerned about their babies. Thank you. Mary McCourt

\*\*\*\*\*

Sybil Silver donated two boxes of yarn and needles in memory of her mother Pearl Michelson, a constant and enthusiastic knitter for 80 of her 90 years. Sybil wrote, When the knitting got too heavy, she rolled and hemmed silk into scarves for us instead. Thank you to Sybil and Pearl.



This is a very cute toy! Sincere thanks to Kunin Felt for their permission to reprint.  
 See: <http://www.kuninfelt.com/projectsheets/kustusdog.htm> for additional projects.

Permission to reprint from Norma Vick (via Denny Kelly)

Note: This is an Australian Pattern (baby yarn & size 3 (US) needles)



**Catalogue of interest**

Lion Brand Yarn Co.

34 West 15<sup>th</sup> Street

New York NY 10011-6882

order: 1-800-258-9276 (24hrs/7days-wk)

Cust.Service: 1-800-661-7551

(M-F 9:30am to 4:00pm EST)

**Baby Jacket.**

On no 10 needles (3 1/4 mm ) cast on 130 stitches, knit 5 rows.  
Knit 5 stitches purl to the last stitches knit. Next row knit.  
Repeat these two rows until it measures 13 cm ending on a knit row.

!st row ,knit 5 ,purl2,\* (p2tog) twice p1 repfrom\* to last 10 stitches p2tog, p2 ,knit5. knit next 5 rows .

Divide for Armholes; Make 3 button holes between now and neck band (knit2 Woolround needle knit 2 together)

1st row knit 20, cast off 8 ,st,knit 27 st, cast off 8st, knit20st.

Left front knit 20 rows ,on the 20st.

Shape neck; put 5 st on a needle holder, cast off 4st, knit to the end.

Decrease 1st at neck edge and every other row 3 times. knit 1 row.

Shape shoulders; 1st row cast off 4 st knit to end. knit 1 row, castoff remaining stitches.

Back ; Join in yarn knit 28rows, Shape shoulders; Castoff 4st at begining of next 4 rows .leave remaining stitches on a holder.

Work right side to correspond with left side.

Sleeves; With 10 needles (3 1/4 mm) cast on 26st.knit 6 rows.

Next row knit increase 12st evenly across the row (38st).

Knit 23 rows .

Shape top; Keeping knit stitch cast off4st at begining of next 6 rows .Work one more row. Cast off.

Neck band; Pick up 5st on holder ,pick up stitches around the neck and 5 st on the holder. Knit 3 rows cast off.



## NEW FEATURE IN THE CARE WEAR VOLUNTEERS NEWSLETTER!!!

### *Knit Knacks from Cathy*

Knitting is fun! There is an excitement in making two stitches: a knit and a purl grow into such a variety of patterns available to us today. A good example is the hat featured here and umpteen others like it that will be offered in the future, time and tide and Bonnie Hagerman's patience permitting.

The Aran Isles are in the Atlantic Ocean, west of Galway Bay, Ireland, where the women knit sweaters for the fishermen in their family, each design so unique a man could be identified by his sweater if he were in a boating accident. Today we copy these stitch combinations for their beauty alone.

They offer other benefits, though: elasticity, extraordinary warmth and the fun of watching cables, braids, honeycombs, etc. grow and develop as you knit and the modest / boasting factor, ("Yes, I made it myself.") is no small thing to be ignored, either.

Seamless knitting makes it possible to complete the knitting of a hat, sweater, etc. and be ready for use almost immediately, no bits and parts stuffed in the bottom of a basket or drawer, a front here, a back there, here a sleeve, there a sleeve... Old MacDonald had a...but you get the idea. Round up all those unfinished whatever and left over yarn and turn them into "Care Wears": booties, toys, blankets, etc. You will feel virtuous (rightly so!), and gain storage space, too.

You will also rediscover the wide range of sizes which result from using what's on hand. Just keep in mind that these garments are for little ones, with tender, delicate skin. "Soft and cuddly"

is the motto. A baby won't care what yarn or needle size you used, only how it feels.

Some colors, red and black come to mind, are thicker than white or light colors. Fortunately there's usually a baby for anything you make. Just, please, make it soft. If you have to use much larger needles, that's OK.

When I began knitting these hats, I had many different colors and weights of yarn and selected the needle size that felt right. Oh, ye of good eyesight and nimble fingers can have fun making any pattern a "teenie preemie" by using baby fingering yarn and #1 and #3 or #2 and #4 needles in place of materials given. If you want the same size as the pattern you have, see the March 2001 newsletter, page 5. The "Gotcha Covered #1" pattern gives directions for six different weights of yarn and needle sizes with adjustments for each size.

In general:

2 strands of fingering yarn = 3 ply sport yarn  
2 " " 3 ply sport " = 4 ply worsted wt  
2 " " 4 ply wst wt " = bulky wt

However, yarn companies produce yarns that do not fit into a regular weight class and can not be found locally so, you have to adapt. Maybe 1 strand sport with 1 strand fingering or even a different color in sport weight will match the pattern gauge. Red Heart's "kids" is in between a sport wt. and a 4 ply worsted, but the label says 4 ply worsted wt. It has the very best color 2252 Orange for "pumpkin" hats. Use a basic hat pattern, but break up the plain knit with 2or3 purl sts for pumpkin ribs, add a bright green stem on the top, deliver before Hallowe'en to the nearest nursery and don't be surprised to hear of Charlie Brown sightings. Questions, comments to Cathy Gilroy,

PO Box 456, Port Jefferson, NY 11777-0456

Fax: 1(631) 473-7825

FYI: Cathy Gilroy volunteered to provide knitting information and patterns for the Care Wear Volunteers Newsletter. I think that you will find the information of interest and the patterns very lovely. She is now a "published" writer!! Join me in thanking Cathy for her efforts. Future issues will contain four pages from Cathy.

## *Knit Knacks from Cathy*

### HOW TO KNIT *MY* Way or LOOK, MA, NO SEAMS!

Seamless knitting is done on circular or double pointed needles. The smallest circular needles I have seen are too long to make premie or newborn hats, so I'll talk about double pointed needles. They come in sets of 4: three hold the item you're knitting and the fourth is the needle for knitting. When joined they form a triangle and you work one side at a time, going around and around.

First you have to cast on. Use the double cast on method but instead of starting with a knot as the first stitch, start with a single loop. Double cast on 24 sts on one needle. Slip the first 8 sts onto a second needle (needle #1). Slip the last 8 sts onto another needle (needle #3). \*Holding needle #1 in your left hand, and needle #3 in your right hand, bring the last st cast on up next to the first st cast on. They now form a triangle.\* Look at the wrong side or inside of the triangle. All the sts should be purl sts on the inside (the other side of the cast on knit sts.) If one of the needles has knit sts on the inside and purl sts on the outside, the needles are twisted. Let the needle in the right hand drop free and put the needles in a straight line, with all purl sts on the inside. Repeat between \*\*. When you are comfortable with casting on, you'll cast on each needle separately.

You are now ready to "join". There are two methods I use:

1) Lay the tail end of the yarn in front of the single loop and pull the loop over it, forming a knit st.

2) Knit the loop with the tail end of the yarn and return the st to the left hand needle. In either case, tug on the yarn end

to bring the needles together and you are ready to knit with the fourth needle just as you do with two needles. Take care to use the same tension between needles as you do between two sts. This prevents gaps at the end of one needle and the start of the next. A round (rnd) is completed when you have knitted the sts on needles #1, #2 and #3. The yarn end hanging down marks the start of the new round..

Knit around for about 10 or 12 rnds. Next rnd: (K2 tog) around - 12 sts. K 1 rnd even. Next rnd: (K2 tog) around. 6 sts left. Lay yarn over in front of first st, and pull sts over it one by one. Pull yarn end through this last loop and cut yarn, leaving a tail for weaving. Drop yarn into hole and pull up tightly. Roll up the first 3 or 4 rnds and see the darling little, bitty hat you made the very first time you tried seamless knitting!! Go back and weave in the two loose ends and the hat is all finished! Now try it with a (K1, P1) cuff pattern for about 5 rnds before you do straight knitting up to decrease rnds. Feel like a real veteran? Great! Now you can start making some Santa hats.

For larger items: sweaters, skirts, etc. you'll be using a circular needle. The best length is 24" and good luck to you trying to find one. You'll probably have to settle for a 29" one with metal ends. Nylon ends are much better, but even harder to come by in these days of limited yarn departments. Haunt thrift shops for plastic double pointed needles, (if you don't make your own wooden ones) and circular needles. Do NOT buy ancient wire ones. They break and rust.

Questions, comments to Cathy Gilroy, PO Box 456, Port Jefferson, NY 11777-0456. Fax: 631 473-7825

## *Knit Knacks from Cathy*

### HOW TO MAKE KNITTING NEEDLES FOR PENNIES A SET!

Double pointed needles have become scarce and if found very expensive. Why most yarn departments will carry circular needles (only horrid 29" ones), but not double pointed needles is strange. I suspect the persons ordering do not know anything about knitters' needs. Here is an easy and quick way to make - your own, especially if you want to try a pattern but don't want to spend \$\$\$ for large size needles for quickie afghans, etc.

Materials: knitting needle gauge  
wooden dowel  
ruler or tape measure  
small saw  
or heavy duty scissor  
pencil sharpener  
emery board  
sand paper  
spray polish or liquid wax

Wooden dowels, 36" long are sold at lumber yards, craft stores and hardware departments of Wal Mart, Scotty's, etc.

With needle gauge in hand, select a dowel closest to the size you want. They

are color coded, but accuracy varies, which is an opportunity to get #7 and #8 from the same color coded batch. One dowel will make a set of four 9" double pointed needles or a set of five 7", etc.

Measure and cut dowel into length you want. A sturdy scissors will cut smaller sizes. If you're getting a bunch for a class or you just go crazy at the idea of oodles of needles for about 30 cents a set, the handsome man at the lumber yard just might saw them for you. Husbands, etc. are also good for this.

Use pencil sharpener and emery board to shape needle points.

Sand needles, especially points as smooth as possible. Wipe needles thoroughly to remove dust from sanding. "Tacky cloth" is great for this if you're making several sets.

Now that you have the perfect point on the smoothest needles, make them even smoother by giving them a coating or two of spray furniture polish or liquid wax.

For single pointed needles, use the same method. Just glue on a wooden bead for a head. A rubber band wrapped around the end works well, too.

### HOW TO DOUBLE CAST ON IN (K1, P1) PATTERN

When you double cast on you are actually knitting the first row. Your thumb is acting as a knitting needle and you are knitting with the needle that is receiving the stitches. With this in mind think of how you do a purl stitch. Now, instead of double casting on, or knitting on, a knit stitch, double cast on a purl stitch. See the little bump at the bottom of the stitch? If you don't understand what I mean, double cast on five or six

stitches. Turn the needle over and you see purl stitches as in normal double casting on. Continue casting on but this time purl the stitches you cast on. When you look at the other side, they are knit stitches. Clever you! Practice until you are comfortable with it. Try a few (K2, P2) ribs for fun. Now start knitting that hat!!

Questions, comments to Cathy Gilroy,  
PO Box 456, Port Jefferson, NY 11777-0456  
Fax: 1 (613) 473-7825

## SEAMLESS NEWBORN ARAN STYLE HAT #1

Materials: 3 ply sport weight yarn,  
double pointed needles #4 and #6  
OR 4 ply worsted wt. yarn, d p #6 and #8

DIRECTIONS: small given, other ( ).

With LARGER needles, starting with a single loop, which counts as a knit st, double cast on 50 (68) sts in (K1, P1) pattern on 3 needles. Being careful not to twist sts, join by knitting the single loop with the tail end of yarn. Return K st to left hand needle (LHN). Tug on end to tighten st. This eliminates a bump at the joining. Change to SMALLER needles and work in Twist Rib pattern for 15 (23) rnds. Increase 1 (0) st in last rib rnd. Change to LARGER needles and work in hat pattern - multiple of 17 sts.

Rnd 1: [(K1 - P1) 4 times - K8 - P1] around.

Rnd 2: (K1, P1 - K1 in bl, K1, K1 in bl - P1, K1, P1 - K8 - P1) around.

Rnd 3: [(K1, P1) 4 times - 2F twice - P1] around.

Rnd 4: as rnd 2

Repeat these 4 rnds for pattern. End after 15 (22) rnds [4<sup>th</sup> (6<sup>th</sup>) cable] have been completed.

DECREASE as follows:

Rnd 1: [(Slip the next st knit-wise onto RHN and return it to LHN, reversing direction of st on LHN, then K2 tog in bl = SR2B) - (K2 tog in bl) twice - SR2B - (K2 tog, SR2B) twice - P1] around - 27 (36) sts.

Rnd 2: (K8, P1) around.

Rnd 3: [SR2B - K2 tog in bl - (SR2B) twice - P1] around - 15 (20) sts.

Rnd 4: (K4, P1) around.

Rnd 5: (K 2 tog) around. End K1 (0) - 8 (10) sts.

Rnd 6: Lay yarn over LHN in front of first st and pull sts over it one by one. All sts are off needles and one loop remains. Allowing for a 6" tail, cut yarn and pull through this last loop.

FINISHING: Thread yarn, drop through hole, turn hat inside out, pull yarn up tightly to close hole and weave yarn through last sts twice, then through a few sts outside the circle. Weave in cuff yarn end on inside of turn up.



### TWIST RIB PATTERN

Rnd 1: [K1, P1 in back loop (bl)] around.

Rnd 2: [K1 in bl, P1] around.

Repeat these two rnds for pattern.

### 2x2 FRONT CABLE PATTERN = 2F

No extra "cable needle" needed!

- 1) Drop 2 sts from (LHN). (They will NOT run away.) With right hand needle (RHN) in back of these sts, slip the next 2 sts onto RHN:

RHN: 4321  
LHN=0000→ ←RHN

43  
LHN=→ ←00=RHN  
21  
00

- 2) With LHN pick up 2 dropped sts:

21 43  
LHN=00→ ←00=RHN

- 3) Return 2 sts held on RHN to LHN:

2143  
LHN=0000→ ←RHN

Sts are now in proper order to knit a front cable cross.

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## SEAMLESS PREEMIE ARAN STYLE HAT #1A

Materials: 3 ply sport weight yarn  
double pointed needles #4 and #6

**DIRECTIONS:** With LARGER needles, starting with a single loop, which counts as a knit st, double cast on 64 sts in K1, P1 pattern on 3 needles. Being careful not to twist sts, join by knitting the single loop with loose end of yarn. Return K st to left hand needle (LHN). Tug on end to tighten st. This eliminates a bump at the joining. Change to SMALLER needles and work Twist Rib pattern for 21 rnds.

Change to LARGER needles and work in hat pattern – multiple of 16 sts.

Rnd 1: (K9 - P2 - K3 - P2) around.

Rnd 2: (K9 - P2 - K1, P1, K1 - P2) around

Rnd 3: (2F, K1, 2B - P2 - K3 - P2) around.

Rnd 4: as rnd 2

Repeat these 4 rnds for pattern. End after 21 rnds (two rnds after 5<sup>th</sup> cable) have been completed.

DECREASE as follows:

Rnd 1: [(Slip the next st knit-wise onto RHN and return it to LHN, reversing direction of st on LHN, then K2 tog in bl = SR2B) twice, K1, K2 tog twice - P2 tog - K1, K2 tog - P2 tog] around - 36 sts.

Rnd 2: K all K, P all P around OR (1F, K1, 1B - P1 - K2 - P1)\* around, but only if you're a purist.

Rnd 3: (SR2B, K1, K2 tog twice - SR2B) around. 20 sts.

Rnd 4: K around.

Rnd 5: K2 tog around - 10 sts.

Rnd 6: Lay yarn over LHN in front of first st and pull sts over it one by one. Allowing for a 6" tail, cut yarn and pull through this last loop.

\*Work 1F and 1B using same method as 2F and 2B.

**FINISHING:** Thread yarn, drop through hole, turn hat inside out, pull yarn up tightly to close hole and weave yarn through last 10 sts twice, then through a few sts outside the circle. Weave in cuff yarn end on inside of turn up.



**TWIST RIB PATTERN:**

Rnd 1: [K1, P1 in back loop (bl)] around.

Rnd 2: (K1 in bl, P1) around.

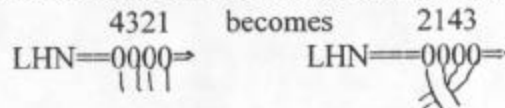
Repeat these two rnds for pattern.

2x2 FRONT CABLE PATTERN = 2F

No extra "cable needle" needed!

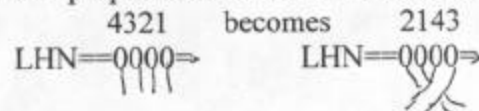
Drop 2 sts from left hand needle (LHN).

(They will NOT run away.) With right hand needle (RHN) in back of these 2 sts, slip the next 2 sts from LHN onto the RHN. With LHN in front, pick up the first 2 sts. Slip sts from RHN onto LHN. Sts are now in proper order to be knit for a front cable cross.



2x2 BACK CABLE PATTERN = 2B

Drop 4 sts from LHN. (They won't run away either.) With LHN in back, pick up first 2 sts. With RHN in front, pick up last 2 sts and slip them onto the LHN. Sts are now in proper order to knit a back cable.



**TWO COLORS:** This hat is very attractive when cuff is pink, blue, etc. and hat pattern is white, etc. Change to new color for the last rnd of cuff and K around.

## SEAMLESS PREMIE ARAN STYLE HAT #1 B

Materials: 3 ply sport weight yarn  
double pointed needles #4 and #6

**DIRECTIONS:** small given, other in ( ).  
With LARGER needles, starting with a single loop, which counts as a knit st, double cast on 44 (60) sts in (K1, P1) pattern on 3 needles. Being careful not to twist sts, join by knitting the single loop with the tail end of yarn. Return the K st to the left hand needle (LHN). Tug on end to tighten st. This eliminates a bump at the joining. Change to SMALLER needles and work Twist Rib pattern for 11 (19) rnds. Increase 1 (0) sts in last rib rnd. Change to LARGER needles and work in hat pattern – multiple of 15 sts.  
Rnd 1: (K3 – P2 – K8 – P2) around  
Rnd 2: (K1, P1, K1 – P2 – K8 – P2) around  
Rnd 3: (K3 – P2 – 2F, 2B – P2) around.  
Rnd 4: as rnd 2  
Repeat these 4 rnds for pattern. End after 11 (19) rnds [3<sup>rd</sup> (5<sup>th</sup>) cable] have been completed.

**DECREASE** as follows:

Rnd 1: [K1, K2 tog – P2 tog - (Slip the next st knit-wise onto RHN and return it to LHN, reversing the direction of st on LHN, then K2 tog in bl = SR2B) twice, K2 tog twice - P2 tog] around – 24 (32) sts.

Rnd 2: (K all K, P all P) around.

Rnd 3: (K2 tog – P1 – SR2B, K2 tog – P1) around. - 15 (20) sts.

Rnd 4: (K all K, P all P) around.

Rnd 5: K2 tog around. End K1 (0) - 8 (10) sts.

Rnd 6: Lay yarn over LHN in front of first st and pull sts over it one by one. All sts are off needles and one loop remains. Allowing for a 6" tail, cut yarn and pull through this last loop.

**FINISHING:** Thread yarn, drop through hole, turn hat inside out, pull yarn up tightly to close hole and weave yarn through last sts twice, then through a few sts outside the circle. Weave in cuff yarn end on inside of turn up.

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**TWIST RIB PATTERN:**

Rnd 1: [K1, P1 in back loop (bl)] around.

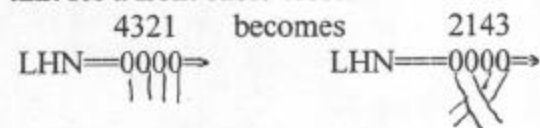
Rnd 2: (K1 in bl, P1) around

Repeat these two rnds for pattern..

**2x2 FRONT CABLE PATTERN = 2F:**

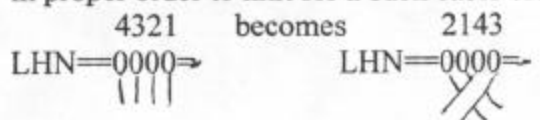
No extra "cable needle" needed!

Drop 2 sts from LHN. (They will NOT run away.) With right hand needle (RHN) in back of these 2 sts, slip the next 2 sts from the LHN onto the RHN. With LHN in front, pick up the first 2sts. Slip sts from RHN onto LHN. Sts are now in proper order to be knit for a front cable cross.



**2x2 BACK CABLE PATTERN = 2B:**

Drop 4 sts from LHN. (They won't run away, either.) With LHN in back, pick up first 2 sts. With RHN in front pick up last 2 sts and slip them onto LHN. Sts are now in proper order to knit for a back cable cross.



**TWO COLORS:** This hat is very attractive when cuff is pink, blue, etc. with white for the hat pattern. Change to new color for last rnd of rib pattern and K all sts..

## SEAMLESS NEWBORN ARAN STYLE HAT #2

Materials: 3 ply sport weight yarn  
 double pointed needles #4 and #6  
 OR 4 ply worsted weight yarn  
 double pointed needles #6 and #8

**DIRECTIONS:** With LARGER needles, starting with a single loop, which will count as a knit st, double cast on 66 sts in (K1, P1) pattern on 3 needles. Being careful not to twist sts, join by knitting the single loop with the loose end of yarn. Return K st to left hand needle (LHN). Tug on end to tighten st. This eliminates a bump at the joining. Change to SMALLER needles and work Twist Rib pattern for 21 rnds.

Change to LARGER needles and work in hat pattern - multiple of 22 sts.

Rnd 1; [K 8 - (P1, K1) twice - K6 - (P1, K1) twice] around. Set up rnd only. Do not repeat!  
 Rnd 2 and all even rnds: [K8 - (K1, P1) twice - K6 - (K1, P1) twice] around  
 Rnd 3: [2B, 2F - (P1, K1) twice - 2F, K2 - (P1, K1) twice] around.  
 Rnd 5: [K8 - (P1, K1) twice - K2, 2B - (P1, K1) twice] around.  
 Repeat Rnds 2 through 5 for pattern. End after 19 rnds (5<sup>th</sup> cable) have been completed.

**DECREASE** as follows:

Rnd 1: [K2 tog twice, (slip the next st knit-wise onto RHN and return it to LHN, reversing direction of st on LHN, then K2 tog in bl = SR2B) twice - P2 tog, SR2B - K2 tog, SR2B, K2 tog - P2 tog, SR2B] around - 33sts.  
 Rnd 2: (K5, P1 - K1, 1x1 back cable - K1, P1) around.  
 Rnd 3: (K2 tog, SR2B - P2 tog - SRB, K1, - P2 tog) around - 18 sts.  
 Rnd 4: K around.  
 Rnd 5: K2 tog around - 8sts.

Rnd 6: Lay yarn over LHN in front of first st and pull sts over it one by one. Allowing for a 6" tail, cut yarn and pull through remaining loop.

**FINISHING:** Thread yarn, drop through hole, turn hat inside out, pull yarn up tightly to close hole and weave yarn through last sts twice, then through a few sts out side the circle. Weave in cuff yarn end on inside of turn up.

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### TWIST RIB PATTERN:

Rnd 1: [K1, P1 in back loop (bl)] around.  
 Rnd 2: (K1 in bl, P1) around.  
 Repeat these two rnds for pattern

### 2x2 BACK CABLE PATTERN = 2B

No extra "cable needle" needed!  
 Drop 4 sts from (LHN). (They will NOT run away.) With LHN in back of these sts, pick up first 2 sts. With right hand needle (RHN) in front, pick up last 2 sts and slip them onto LHN. Sts are now in proper order to knit a back cable cross.

4321 becomes 2143  
 LHN=0000=> LHN=0000=>

### 2x2 FRONT CABLE PATTERN:

Drop 2 sts from LHN. With RHN in back of these 2 sts, slip the next 2 sts from LHN onto the RHN. With LHN in front, pick up the first 2 sts. Slip sts from RHN onto LHN. Sts are now in order to knit a front cable

4321 becomes 2143  
 LHN=0000=> LHN=0000=>

## SEAMLESS PREEMIE AND NEWBORN ARAN STYLE HAT #3

Materials: This pattern can be used for a broad size range, depending on yarn selected. Some colored yarns feel too stiff when worked in the usual suggested size needles so take your pick:

- 3 ply Baby Fingering yarn  
double pointed needles #1 & #3 OR #2 & #4
- OR 3 ply sport weight yarn  
double pointed needles #4 & #6 OR #5 & #7
- OR: Red Heart Kids – 4 ply worsted weight yarn  
double pointed needles #5 & #7 OR #6 & #8
- OR: 4 ply worsted weight yarn  
double pointed needles #6 & #8 OR #7 & #9

DIRECTIONS: small given, others in ( )  
With LARGER needles, starting with a single loop, which counts as a knit st, double cast on 44 (54 – 66) sts in (K1, P1) pattern on 3 needles. Being careful not to twist sts, join by knitting the single loop with the tail end of yarn. Return K st to left hand needle (LHN). Tug on end to tighten st. This eliminates a bump at the joining.

Change to SMALLER needles and work Twist Rib pattern for 11 (17 – 23) rnds. Increase 0 (1 – 0) st in last rnd.

Change to LARGER needles and work in hat pattern – multiple of 11 sts.

Rnd 1: (K1, P1, K1 – P2 – K4 – P2) around

Rnd 2: [K1 in back loop (bl), K1, K1 in bl – P2 – K4 – P2] around.

Rnd 3: (K1, P1, K1 – P2 – 2B – P2) around.

Rnd 4: as rnd 2.

Repeat these four rnds for pattern. End after 11 (17 – 22) rnds [3<sup>rd</sup> – (2 rnds after 4<sup>th</sup> – 6<sup>th</sup> cable)] have been completed

DECREASE as follows:

Rnd 1: [K2 tog in bl, K1 in bl – P2 tog – (K2 tog) twice – P2 tog] around – 24 (30 – 36) sts.

Rnd 2: (K2, - P1) around.

Rnd 3: (K2 tog in bl - P1 – K 2 tog – P1) around - 16 (20 – 24) sts.

Rnd 4: (K1, P1) around.

Rnd 5: K2 tog around – 8 (10 – 12) sts.



Rnd 6: Lay yarn over LHN in front of first st and pull sts over it one by one. Leave a 5" tail, cut yarn and pull through remaining loop.

FINISHING: Thread yarn, drop through hole, pull up yarn tightly to close hole. Weave yarn through last 8 (10 – 12) sts twice, then through a few sts outside circle. Weave in cuff yarn end inside turn up.

TWIST RIB PATTERN:

Rnd 1: (K1, P1 in bl) around.

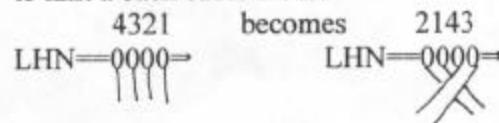
Rnd 2: (K1 in bl, P1) around.

Repeat these two rounds for pattern.

2x 2 BACK CABLE PATTERN = 2B:

No extra "cable needle" needed!

Drop 4 sts from LHN. (They will NOT run away.) With LHN in back of these 4 sts, pick up the first 2 sts. With right hand needle in front, pick up the last 2 sts and slip them onto LHN. Sts are now in proper order to knit a back cable cross.



If using a different color for cuff, change to new color for last round of cuff and K all sts around before starting hat pattern.

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### SEAMLESS NEWBORN ARAN STYLE HAT #3

Materials: 3 ply sport weight yarn  
double pointed needles #4 and #6

**DIRECTIONS:** With LARGER needles, starting with a single loop, which will count as a knit st, double cast on 64 sts in K1, P1 pattern on 3 needles. Being careful not to twist sts, join by knitting the single loop with the loose yarn end. Return knit st to left hand needle (LHN). Tug on end to tighten st. This eliminates a bump at the joining. Change to SMALLER needles and work Twist Rib pattern for 21 rnds.

Change to LARGER needles and work in hat pattern – multiple of 8 sts.

Rnd 1: P2 (K4, P4) around to last 2 sts. P2.

Rnd 2: P all P, K all K around.

Rnd 3: (2B, 2F) around.]

Rnd 4, 5 and 6: K all K, P all P around.

Rnd 7: (2F, 2B) around.

Rnd 8: K all K, P all P around.

Repeat these 8 rnds for pattern. End after 22 rnds (6<sup>th</sup> cable round) have been completed.

**DECREASE** as follows:

Rnd 1: P2 tog, (K2 tog twice, P2 tog twice) around, end P2 tog – 32 sts.

Rnd 2: P all P, K all K around.

Rnd 3: P1 – (K2 tog, P2 tog) around to last P st. Slip last P st onto first needle and P2 tog – 16 sts.

Rnd 4: P all P, K all K around.

Rnd 5: K2 tog around – 8 sts.

Rnd 6: Lay yarn over LHN in front of first st and pull sts over it one by one. Allowing for a 6" tail, cut yarn and pull through remaining loop.

**FINISHING:** Thread yarn, drop through hole, turn hat inside out. Surprise! It's almost the same as the outside. Pull yarn up tightly to close hole and weave yarn through last 8 sts twice, then through a few sts outside the circle. Weave in cuff yarn end on inside of turn up.

**TWO COLORS:** This hat is very attractive when cuff is pink, blue, etc. with white for hat pattern. Change to new color for last round of cuff and K all sts around.

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#### TWIST RIB PATTERN:

Rnd 1: [K1, P1 in back loop (bl)] around.

Rnd 2: (K1 in bl, P1) around.

Repeat these two rounds (rnds) for pattern.

#### 2x2 BACK CABLE PATTERN = 2B:

No extra "cable needle" needed!

Drop 4 sts from left hand needle LHN).

(They will NOT run away.) With LHN in back of these sts, pick up first 2 sts. With right hand needle (RHN) in front, pick up last 2 sts and slip them onto LHN. Sts are now in proper order to work a back cable.

4 3 2 1	becomes	2 1 4 3
KKPP		PPKK
LHN=0 0 0 0=		LHN=0 0 0 0=

#### 2x2 FRONT CABLE PATTERN = 2F:

Drop 2 sts from LHN. With RHN in back of these sts, slip the next 2 sts from LHN onto RHN. With LHN in front, pick up the first two sts. Slip sts from RHN onto LHN. Sts are now in proper order to work a front cable.

4 3 2 1	becomes	2 1 4 3
PPKK		KKPP
LHN=0 0 0 0=		LHN=0 0 0 0=

## SEAMLESS PREMIE AND NEWBORN ARAN STYLE HAT #4

Materials: 4 ply worsted weight yarn  
double pointed needles #7 and #9

DIRECTIONS: given for preemie, newborn ( ).  
With LARGER needles, starting with a single loop, which will count as a knit st, double cast on 44 (60) sts in K1, P1 pattern on 3 needles. Being careful not to twist sts, join by knitting the single st with the loose end of yarn. Return K st to left hand needle (LHN). Tug on end to tighten st. This eliminates a bump at the joining. Change to SMALLER needles and work in Twist Rib pattern for 11 (19) rnds. Increase 1 (0) st in last round (rnd). Change to LARGER needles and work in hat pattern - multiple of 15 sts.

Rnd 1: [K1 in back loop (bl), K1, K1 in bl - P2 - K8 - P2] around.

Rnds 2 & 4: (K1, P1, K1 - P2 - K8 - P2) around.  
Rnd 3: (K1 in bl, K1, K1 in bl - P2 - 2B, 2F - P2) around.

Repeat these 4 rnds for pattern. End after 11 (19) rnds [3<sup>rd</sup> (5<sup>th</sup>) cable] have been completed.

DECREASE as follows:

Rnd 1: [K1, K2 tog - P2 tog - (K2 tog) twice, (slip the next st knit-wise onto RHN and return it to LHN, reversing direction of st on LHN then K2 tog in bl = SR2B) twice - P2 tog] around - 24 (32) sts.

Rnd 2: [(K1 in bl) twice - P1 - K4 - P1] around.

Rnd 3: (K2 tog - P1 - K2 tog, SR2B - P1) around - 15 (20) sts.

Rnd 4: (K1 in bl - P1 - K2 - P1) around.

Rnd 5: K2 tog around, end K1 (0) - 8 (10) sts.

Rnd 6: Lay yarn over LHN in front of first st and pull sts over it one by one. Allow a 5" tail for weaving, cut yarn and pull through this last loop.

FINISHING: Thread yarn, drop through hole, turn hat inside out, pull yarn up tightly to close hole and weave yarn through last 8 (10) sts twice, then through a few sts outside the circle. Weave in cuff yarn end on inside of turn up.



### TWIST RIB PATTERN:

Rnd 1: [K1, P1 in back loop (bl) around

Rnd 2: (K1 in bl, P1) around

Repeat these two rnds for pattern.

### 2x2 BACK CABLE PATTERN = 2B

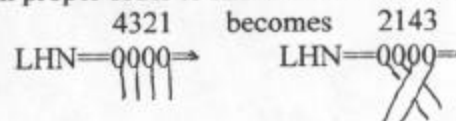
No extra "cable needle" needed!!

Drop 4 sts from LHN. (They will NOT run away.)

With LHN in back of these sts, pick up first 2 sts.

With right hand needle (RHN) in front, pick up last 2 sts and slip them onto the LHN. Sts are

now in proper order to knit a front cable cross.



### 2x2 FRONT CABLE PATTERN = 2F:

Drop 2 sts from LHN. (They won't run away

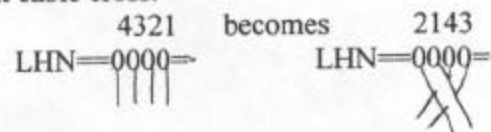
either.) With RHN in back of these 2 sts, slip the

next 2 sts from LHN onto the RHN. With LHN in

front, pick up the first 2 sts. Slip sts from RHN

onto LHN. Sts are now in proper order to knit a

front cable cross.



## SEAMLESS PREEMIE AND NEWBORN ARAN STYLE HAT #5

Materials: This pattern, like most, will vary in size depending on yarn and needle size.

3 ply fingering yarn  
double pointed needles #1 & #3 OR #2 & #4  
OR 3 ply sport weight yarn  
double pointed needles #4 & #6

DIRECTIONS: small given, medium and large in ( ). With LARGER needles, starting with a single loop, which counts as a knit st, double cast on 42 (56-70) sts in (K1, P1) pattern on 3 needles. Being careful not to twist sts, join by knitting the single loop with tail end of yarn. Return K st to left hand needle (LHN). Tug on end to tighten st. This eliminates a bump at joining. Change to SMALLER needles and work in Twist Rib pattern for 10 (17 - 24) rnds.

Change to LARGER needles and work in hat pattern - multiple of 14 sts.

Rnd 1: (K1, P1, K2 - P2 - K6 - P2) around.

Rnd 2: (K2, P1, K1 - P2 - 2F, K2 - P2) around.

Rnd 3: as rnd 1.

Rnd 4: (K2, P1, K1 - P2 - K2, 2B - P2) around.

Repeat these 4 rnds for pattern. End after 10 (16 - 24) rnds [3<sup>rd</sup> 2F cable (4<sup>th</sup> - 6<sup>th</sup>) 2B cable] have been completed.

DECREASE as follows:

Rnd 1: [(Slip next st onto RHN knit-wise and return it to LHN, reversing direction of st on LHN, then K2 tog in bl = SR2B), K2 tog - P2 tog - SR2B, (K2 tog) twice - P2 tog] around - 21 (28 - 35) sts.

Rnds 2 and 4: (K all K, P all P) around.

Rnd 3: [(K2 tog) 3 times - P1] around - 12 (16 - 20) sts.

Rnd 5: K2 tog around - 6 (8 - 10) sts

Rnd 6: Lay yarn in front of first st and pull sts over it one by one. Allowing for a 6" tail, cut yarn and pull through remaining loop.

FINISHING: Thread yarn, drop through hole, turn hat inside out, pull yarn up tightly to close hole and weave yarn through last 6 (8 - 10) sts twice than through a few sts outside circle. Weave in cuff yarn end on inside of turn up.

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### TWIST RIB PATTERN

Rnd 1: (K1, P1 in back loop = bl) around.

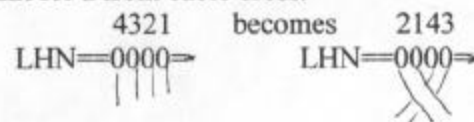
Rnd 2: (K1 in bl, P1) around.

Repeat these two rnds for pattern

### 2x2 FRONT CABLE PATTERN = 2F

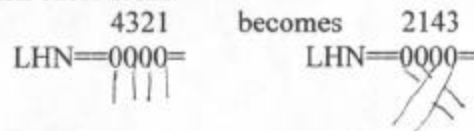
No extra "cable needle" needed!

Drop 2 sts from LHN. (They will NOT run away.) With right hand needle (RHN) in back of these sts, slip the next 2 sts from LHN onto the RHN. With LHN in front, pick up the first 2 sts. Slip sts from RHN onto LHN. Sts are now in proper order to knit for a front cable cross.



### 2x2 BACK CABLE PATTERN = 2B

Drop 4 sts from LHN. With LHN in back of these sts pick up first 2 sts. With RHN in front, pick up last 2 sts and slip them onto LHN. Sts are now in proper order to knit a back cable cross.



What a marvelous collection of knitting patterns. Knitters send photos of your completed hats! Please see page 24 for Cathy's Seamless "Santa" Hat.



**COUNTY EXHIBIT DAY**--The annual competition featured displays of different handicrafts made by local women. Several winners will go to the state fair competition hoping for more awards. Shown above is Bobbye Tubbs of Sylvarena who specializes in making blankets, sleepers, bonnets and Teddy Bears for critically ill babies and burial gowns and other items for premature babies as part of a program at the neonatal care unit of University of Mississippi Medical Center. Each burial gown is tagged as "God's Littlest Angel" and Tubbs encourages others in the community to join in this volunteer work. Anyone interested in participating should call 789-5383.

**Raleigh news**—



*God's  
Littlest  
Angel*



## *Family Circle Changed My Life!*

*In 1975, I lost a grandson born too early! It was so devastating for my daughter, Sherry and her husband, Roland. There was always a need in me that I could not meet...I wanted to make a difference in the lives of parents of preemie babies, but I didn't know what to do.*

*In 1993, my other daughter, Marsha brought me a clipping from Family Circle Magazine, dated November 2, 1993. It was titled Sew Sweet and it told about women making hats, blankets, and other items of clothing for preemies and the critically ill babies. It provided the address of Bonnie Hagerman of the Care Wear Volunteers in Frederick, MD. I sat down and wrote her for information and patterns, quickly joining The Care Wear Volunteers. She was very helpful, and we have been corresponding ever since. I designed a burial gown with the image of an Angel behind the skirt and a bonnet from my very own bonnet my Mom had kept. Marsha had some little tags made up for me, saying, "God's Littlest Angels" to be attached to each burial gown.*

*I have donated clothing to the University Medical Center in Jackson, MS. families locally, families in Scotland, and India. Three big boxes were mailed to Zimbabwe, Africa to a little mission hospital supported by Rev. Doug Pepper in Northern Mississippi and his ministry.*

*I am sending you a copy of the original article and a copy of the newspaper clipping telling about my work with baby clothes. On WJTV Channel 12, Jackson, MS. I was interviewed as a Hometown Hero, showing my baby clothes.*

*I hope you can use the article in the event that it may touch other hearts as it did mine in 1993!*

*Thank you for showing us how to give of ourselves to others.*

*Sincerely,  
Mrs. Bobbye Tubbs  
921 CR 84A  
Bay Springs, MS. 39422-9404*

## Sew Sweet!

When Johns Hopkins' Children's Center wanted finger puppets to cheer up children who were scheduled for needle-stick blood tests, Care Wear Volunteers came to the rescue. When a hospital needed kimonos for tiny preemie patients that could be placed on the babies without disturbing the tubes connecting to life-sustaining machines, Care Wear director Bonnie Hagerman designed a kimono with touch-fastener openings at the shoulders. Bonnie, an assistant professor at Hood College in Frederick, Maryland, started Care Wear Volunteers in March 1991. Since then, her band (which now numbers 567) has lovingly sewn, knitted and crocheted more than 12,000 preemie hats, hundreds of receiving blankets, finger puppets, booties, mittens and other items of clothing for hospitalized children. To add

your nimble fingers to the cause, write to: Care Wear, Bonnie Hagerman, c/o Hood College, Frederick, MD 21701 (include a business-size SASE). . . . Three years ago, yarn-shop owner Evie Rosen of Wausau, Wisconsin, decided to put her talents to work for the homeless and the needy. Enlisting fellow knitters and crocheters, Evie formed Warm Up America. Contributors from across the country knit or crochet squares, strips and even complete afghans. It takes 49 squares to complete a blanket.

Send your nominations to: FAMILY CIRCLE/LOOWS "Good Neighbor" Award, 110 Fifth Ave., New York, NY 10011. Entries must be postmarked by December 25, 1993.

Evie (pictured on the left, with fellow knitters) and the Warm Up America elves have distributed 10,000 afghans. For information and patterns, write to: Warm Up America!, 2112 Grand Ave., Wausau, WI 54403 (include business-size SASE).



11/2/93 **Family Circle** 13

Bobbye is a talented writer and apparel designer/seamstress. I share her letter because she is an inspiration to all of us. She is using her talents to help others. Community service benefits the community and also the donor!

\*\*\*\*\*



Here are some of the Wal-Mart employees who participated in Wal-Mart's *Volunteerism Always Pays Program*.

These employees are helping the community's children and also helping Care Wear.

## Baby Coordinates Knit Afghan

**Measurement:** Approx 36 x 48 ins [91.5 x 122 cm]

**Bernat Baby Coordinates** (6 oz/170 g) **5 balls**

Size 4.50 mm (U.S. 7) circular knitting needle 75 cm long **or size needed to obtain gauge.**

**Gauge:** 24 sts and 28 rows = 4 ins [10 cm] in pat.

### Instructions

Cast on 217 sts. Work 6 rows in garter st (knit every row).

Proceed in pat as follows:

**1st row:** (RS). K4. \*yfw. K3. Sl1K. K2tog. pss. K3. yfw. K1.  
Rep from \* to last 3 sts. K3.

**2nd row:** K3. Purl to last 3 sts. K3.

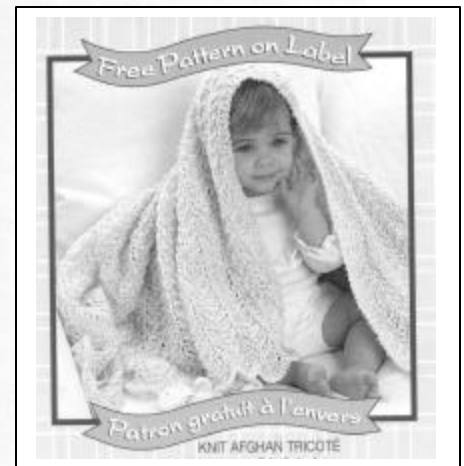
**3rd row:** As 1st row.

**4th row:** Knit.

These 4 rows form pat.

Cont in pat until work from beg measures approx 47 ins [119.5 cm] ending with row 2 of pat.

Work 6 rows in garter st. Cast off knitways.



## CRIB COVER - CROCHET #61

**SIZE:** Approx. 36 in. [91.5 cm] x 48 in. [122 cm]

### MATERIALS REQUIRED:

#### SPORTS WEIGHT / DOUBLE KNITTING

3 x 6 oz/170 g balls

1 crochet hook size 5.50 mm (Canadian size 5, American size I)

*or whatever size hook you required to achieve correct tension.*

### TENSION:

15 dc to 4 in., [10 cm]

TO SAVE TIME, TAKE TIME TO CHECK TENSION.

### TO MAKE AFGHAN:

Chain 196 sts

**Row 1:** 1 dc in 3rd ch from hook, 2 dc in next ch. \* skip 3 ch, 1 sc in next ch, ch 3, 1 dc in each of next 3 ch, rep from \* to last 4 ch, skip 3 ch, 1 sc in last ch. TURN.

**Row 2:** Ch 3 (counts as 1 dc), 2 dc in first sc, \* skip 3 dc, 1 sc in first ch of ch-3, ch 3, 1 dc in each of next 2 ch, 1 dc in next sc, rep from \* ending skip 2 dc, 1 sc in top of turning chain. TURN.

Rep row 2 until afghan measures 48 in., [122 cm].  
Fasten off.



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Written Permission:

**BERNAT**

P.O. Box 40, Listowel, Ont. N4W 3H3

[www.bernat.com](http://www.bernat.com)

(Bernat Baby Coordinates Yarn for knitting pattern & Bernat Coordinates sports weight yarn for crochet pattern.)

## SEAMLESS "SANTA" HAT

**Materials:** Red Heart Baby Sport Pompadour – red  
OR 3 ply sport yarn - red  
3 ply sport yarn – white and  
double pointed needles #5 and #9.  
crochet hook size G

**NOTE:** Red yarn is stiffer and works up heavier than white, so larger size needles are needed.

**DIRECTIONS:** Preemie given, newborns in ( ). With white and LARGER needles, starting with a single loop, which counts as a knit st, double cast on 54 (60-68) sts in K1, P1 rib pattern on 3 needles. Being careful not to twist sts, join by knitting the single loop with the loose yarn end. Return knit st to left hand needle (LHN). Tug on end to tighten st. This eliminates a bump at the joining. Change to SMALLER needles. Work in (K1, P1) rib for 2" (2 ½"- 3"). Break off white. Change to LARGER needles. With red, knit even around until total length is 4" (5"-6"). K 27 (30 - 34), place marker, K to end.

**DECREASE** as follows:

Rnd 1: \*K2 tog - K to 3 sts before marker, (slip the next st knit-wise onto right hand needle and return it to left hand needle, reversing direction of st) – K2 tog through back loop, K1\* – slip marker then repeat between \* \* once.

Rnds 2 and 3: K even around.

Repeat these 3 rnds until 6 sts remain in dec. rnd. Lay yarn over needle in front of first st and pull sts over it one by one. Allowing

**DIRECTIONS** for toddler (child - woman - man), using 4 ply worsted weight yarn, dp needles #6 & #10: With LARGER needles, double cast on 60 (68 – 76 – 80) in (K1, P1) pattern. Change to SMALLER needles and work in rib pattern for 4" (5" – 6" – 6"). Change to LARGER needles and work in plain knit until total length is 8" (10" – 12" - 12"). Next rnd: K 30 (34 – 38 – 40), place marker and work decrease as above.

FOR SPORT WT and #5 & #9 dp needles: dbl cast on 80 (88 – 100 – 108) and work as above. For decrease: K 40 (44 – 50 -54), place marker and work decrease as above.

ABBREVIATIONS: ch = chain

dec = decrease

rnd = round

dc = double crochet

K = knit

sl st = slip stitch

tr cr = triple crochet

P = purl

st(s) = stitch(es)

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yarn for finishing, cut red and pull through last loop. Thread yarn in tapestry needle and drop through hole. Turn hat inside out, pull up yarn tightly to close hole and weave yarn through last rnd twice, then through a few sts outside circle.

**BELL:** With crochet hook and white, leaving a 4" tail, wrap yarn around finger twice, making a ring. Sl st into ring, ch 2 (3) – 6 half dc (dc) into ring - sl st into top of ch 2(3) – ch 2(3). Cut yarn, leaving a tail for finishing. Pull yarn through hole and pull up tightly on starting yarn to close hole, forming a bell shape. Thread both yarn ends together in tapestry needle and weave them through last rnd of hat, (cleverly, so white doesn't show) twice, attaching bell securely. Poke needle through center, turn hat inside out and weave in ends. Did I say it would be easy? It's cute, though, isn't it? For larger bells, tr cr or 2 rnds of half dc or dc and more sts in ring. A pom-pom can be used instead of a bell.

**AFTER** you have made two hats for Care Wear, make a set for your family, then use remaining yarn for more Care Wears.





Reprinted with written permission from Lyn.

<http://www.angelfire.com/tx5/angelcrafts/tinybooties.html>

Please visit her website for additional patterns.

## *Tiny Booties*

{Lyn's Designs}

1 oz. Red Heart Baby Sport Pompadour in "Shaded pinks" size "F" Hook

Matching Satin ribbon, small amount.

Bootie sole measures 3 inches long.

Foundation Row: ch 8, 2 hdc in 2nd ch from hook. then 1 hdc in each of next 4 ch, 6 hdc in last ch. (working around the other side now...) put 1 hdc in each of next 4 ch, ending with 3 hdc in last ch where you had the starting ch ... join with sl st to starting ch.

Row 2: ch 2, put 1 hdc in same sp, then 2 hdc in each of next 2 sts. then 1 hdc in each of next 4 sts, 2 hdc in each of next 6 ch, working around...put 1 hdc in each of next 4 sts, ending with 2 hdc in each of next 2 sts. join.

Row 3: ch 2, 1 hdc in each st around, working in back loops this row only...then join.

Rows 4-5: ch 2, 1 hdc in each st around. join. do not fasten off, but pull up a loop and leave it for now.

Attention Quilters:

Nancy Painter, LPN of Rogue Valley Medical Center, NICU, is seeking assistance with a project to frame quilts to decorate the NICU.

Contact Nancy  
541-608-4218

Congratulations to the Care Wear Ladies of Pocono Medical Center (PA). They are sending completed items to Gravette Hospital, Children's Hospital (Phila/PA), the Pregnancy Clinic in Stroudsburg, and the Even-Start Program in Newton, NJ. GREAT WORK!

continued on the next page:

TOE: fold the bootie in half lengthwise, to determine center front. then count back from center , 7 sts, and attach yarn there (working with other end of skein of yarn at this time..just temporarily). Work partial dc in the next 13 sts. your ch 3 will count as your 1st dc , for a total of 14 sts.

\*\*\* for making this toe area:

do 13 partial dc's by: \*\* yo. insert in next st,yo, draw loop thru st and then yo and draw thru 2 loops on hook, leaving last loop on the hook while working next stitch. do this for all 13 sts, so that you end up with 14 loops on the hook. then yo, and pull loop thru all 14 loops on hook, pull tight and yo once more and thru last loop on hook. tie off, weave in ends.\*\*\*

CUFF: pick up loop at back of bootie, pull back to correct size, and ch 2, then 1 hdc in each st around the opening. join.

Rows 2-5: ch 2, make 1 hdc front post stitch, then 1 hdc back post stitch...around. join.

(repeat same pattern always putting a front post in a front post st, etc. around.) end off after row 5. weave in ends.

run a satin ribbon thru the 1st cuff row and tie in bow on front (optional).

\*\*Post Stitches :

front post : working a hdc around the front side of the st.

back post: working a hdc around the backside of the st. \*\*\*

Lyn~2002



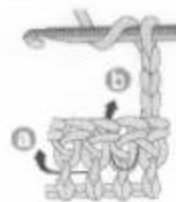
Jane Arney (left) and Diane Mealer (right) in Wal-Mart Store #1297 in Chiefland, Florida.

The *Volunteerism Always Pays Program* deserves lots of praise. THANKS to Jane, Diane & Wal-Mart!

## Front post and Back post

Appearance in pattern - **fp(st)** or **bp(st)**

The (st) denotes whatever stitch you are supposed to make around the post such as fpdc would mean double crochet around the front of the post.



Front Post (a)  
Back Post (b)



### Instructions and illustrations

(a) Yo, insert hook from front to back and to front again around the vertical part of next st, yo and draw yarn through, yo and complete c

(b) Yo, reaching over top of piece and working on opposite side (right side) of work, hook from right to left around vertical post of next st, yo and draw yarn through, yo a complete dc.

## SIZE 3 (3.25 mm) Knitting Needle hats for Babies

### Bev's Baby Seed Cap in small newborn and preemie sizes



1 oz Caron Simply Soft yarn  
CO 63 sts (53 sts)  
Rows 1-8 Knit 1, purl 1 across the row, ending each row on knit 1.  
This forms the seed st brim.  
Rows 9-26: Stockinette st (knit 1 row, purl 1 row)  
Row 27 Decrease Rows: \*K1, k2 tog into back of st.  
Repeat from \* across.  
Row 28: purl  
Row 29: Decrease row k1, k2 tog across.  
Repeat until there are about 12 sts left. Purl across. Cut yarn leaving a 14" tail.  
Run needle and yarn through remaining sts on needle. Pull to

draw shut.

Sew side seam,

Add pompom to top.

(from start of decrease to end, is only about 1 1/2")

Source: <http://www.bevscountrycottage.com/seed-cap.html>



Size 3 needles  
1 oz sport or baby yarn  
Cast on 60 sts for 3-4 lb preemie (70 sts for newborn)  
K2, p2 to end of row  
Do this for 40 rows (44 rows)  
Decrease: k2, k2 tog through back loops.  
Purl next row  
\*k1, k2 tog through back lps across  
Repeat dec \* row until 11 sts remain  
End - Cut yarn leaving a 14" tail.  
Run needle and yarn through remaining sts on needle. Pull to draw shut.  
Sew side seam,  
Add pompom to top if desired.

Reprinted with kind permission of Bev Qualheim. Visit her new website for many lovely patterns. Thanks to Bev for her kindness to Care Wear Volunteers.

=====  
CROCHET INSTRUCTIONS FOR BABY CAPS  
=====

MATERIALS: ~~Sport~~ (or Baby) Weight yarn  
Crochet hook-- Size **F** or G

CHAIN 4, join w sl st in 1st ch.

Row 1-- Ch 3, 14 dc in loop, join w sl st in top of ch 3,  
( now and through) 15 st.

Row 2-- Ch 3, 1 dc in base of ch, 2 dc in ea st, join w sl st.  
30 st.

Row 3-- Ch3, (remembering that this ch counts as 1st st) 2 dc  
in every 5th st across row, join as before. 36 st.

Row 4-- Ch 3, increase in every 6th st, join. 42 st.

Row 5-- Ch 3, increase in every 7th st, join. 48 st.

Row 6-- Ch3, increase in every 12th st, join. 52 st.

Row 7-14--Ch 3, 1 dc in ea st, join.

( If color change is desired for brim, do it at  
row 14 and continue.)

Row 15-- Ch 1, sc in base of st, sc every st around, join  
to 1st sc.

Row 16-- Ch 3, 2dc in same st,\*ch 1, skip 1 st, sl st in nx st,  
ch 1, skip 1 st, 3 dc in nx st, repeat from\* around,  
end w ch 1,skip, sl st, skip, ch 1, join w sl st in  
beg ch.

Make pompom for top of cap.

( SIZING may be further controlled, if necessary, by eliminating  
Row 6, and/or number of rows between 7 & 14. ... about 1/2"  
either way...)

Patterns sent by Winter Haven Hospital, Regency Medical Center (Judy Hagler)

KNITTING INSTRUCTIONS FOR BABY CAP

MATERIALS: <sup>fingering yarn</sup> one 2-oz-skein Sport Yarn, 3-Ply OR BABY YARD please.  
Knitting needles size 4

Cast <sup>on</sup> ~~pin~~ 72 stitches. Do cap in Knit 2, Purl 2 until cap measures

6 1/2 inches

Knit 2 together until only 4 stitches remain. Break yarn and thread yarn  
through stitches on needle. Pull tight.

Add pompom to top.

The pattern below is a smaller version of the "Easy Booties" pattern on page 11 of "The Care Wear Pattern and Information Book" (January 1999).

**SMALLER VERSION EASY BOOTIES**

Knit a pair of booties that will stay on baby's feet. Use baby yarn or fingering yarn and size 3 of 4 standard knitting needles and size 2.75mm crochet hook.

Starting at sole seam cast on 32 sts.

Row 1: K1, inc. 1, K12, inc. 1, K2, inc. 1, K12, inc. 1, k1. (36 sts.)

Rows 2, 4, 6, 8: K.

Row 3: K1, inc. 1, K13, inc. 1, K4, inc. 1, K13, inc. 1, K1. (40 sts.)

Row 5: K1, inc. 1, K14, inc. 1, K6, inc. 1, K14, inc.1, K1. (44 sts.)

Row 7: K17, inc. 1, K8, inc. 1, K17. (46 sts.)

Row 9: K17, inc. 1, K10, inc. 1, K17. (48 sts.)

Rows 10-13: K.

Instep:

Row 14: K29, K2tog. turn.

Rows 15-31: K11, K2tog. turn. (repeat this until 30 sts. remain (9 sts. will remain on each side of instep) then K to end.

Row 32: K.

Eyelet Row

Row 33: (K2, K2tog., yo) 3 times, K2, yo, K2tog., yo, (K2, K2tog., yo) 3 times, K2.

Row 34: P

Row 35: K2, inc. in next st., and in every 5th st. ending with K last 3 sts. (37 sts)

Cuff Pattern

Row 36-55: \*K3, P1, repeat from \*, ending with K1. Bind off and sew seam.

Chain Tie: Ch 75 to 80. Sl. st, fasten off. Weave through eyelet row, tie knot at ends of ch. Fold top over like an anklet.

Submitted by Roberta Mattax, Fort Wayne, IN

Thank you to Roberta for her work to improve this pattern.

\*\*\*\*\*



Opal Kennedy sent this photo of a Care Wear delivery day. She is (on the right) with a nurse from Emanuel Hospital in Turlock, CA. She delivered blankets and hats.

That's quite a large delivery!!! I know that Emanuel Hospital is happy to have Opal and the Hickman Knitters working for their very young patients.

Blessings to Opal and to all of you who deliver completed items.



Care Wear Volunteers received a certificate of appreciation from the NICU of The Floating Hospital for Children, New England Medical Center, Boston, MA. Thanks to all of you who send completed items to this hospital.

### **FABRICS FOR BURIAL OUTFITS**

Several of you mentioned that wedding gowns, prom, and bridesmaids' dresses provide lots of useful white, ivory, and pastel fabrics for burial garments. Check your attics or ask young ladies to donate!

#### Little Charmer Snake

Worsted wt yarn: bits of green (or any snake color), red for tongue, black for eyes.

2 size 6 or 7 (US) double point needles. Tapestry needle for sewing on eyes & tongue.

C.O. 4 sts.

\*Do not turn needle. With yarn coming from left end of work, slip sts back to rt end of needle.\*\*

K4. Repeat \* to \*\*.

K1, inc 1, k2, inc 1, k1 = 6. Repeat \* to \*\*.

K6 Repeat \* to \*\*

K1, inc 1, k4, inc 1, k1 = 8. Repeat \* to \*\*.

K8. Repeat \* to \*\*

K1, ssk, k2, k2tog, k1 = 6. Repeat \* to \*\*.

K6. Repeat \* to \*\*.

K1, ssk, k2tog, k1 = 4. Repeat \* to \*\*. Head is finished.

Continuing on 4 sts, work in the round as established until snake is about 6 1/2" long.

K2tog twice.

K2tog. cut yarn and pull end through.

Embroider eyes and add tongue. Weave in yarn end at nose.

Tie a bow around the snake's neck.

#### Kathleen Day

Kathleen's little snake hat (March 2002 newsletter photo) and matching vest won the charity design contest sponsored by Inknitters ([www.inknitters.com](http://www.inknitters.com)). The patterns are available on the website.

Kathleen wrote that a friend gives these snakes to the kids after their surgeries. The response has been good, both from the nurses and the patients (measured by how tightly they hold onto their new friends--a tight "I'm not letting go of this no matter what" grip indicates a big hit).

See: <http://PictureTrail.com/knit2pur2>

See: <http://www.needlebeetle.com/fionasfriends/welcome.html>

Care Wear has received thank you letters from Parkland Health & Hospital System (Dallas), Winchester Medical Center (VA), Rainbow Babies & Children's Hospital (Cleveland), Advocate Hope Children's Hospital, Children's National Medical Center (DC), and Holy Cross Health (MD) to say thanks for all that you have donated.

# Life finds a way

*When Halea was born weighing only 12 ounces, few expected her to live. But the tiny test of modern medicine not only survived to go home; she's expected to live a normal life.*

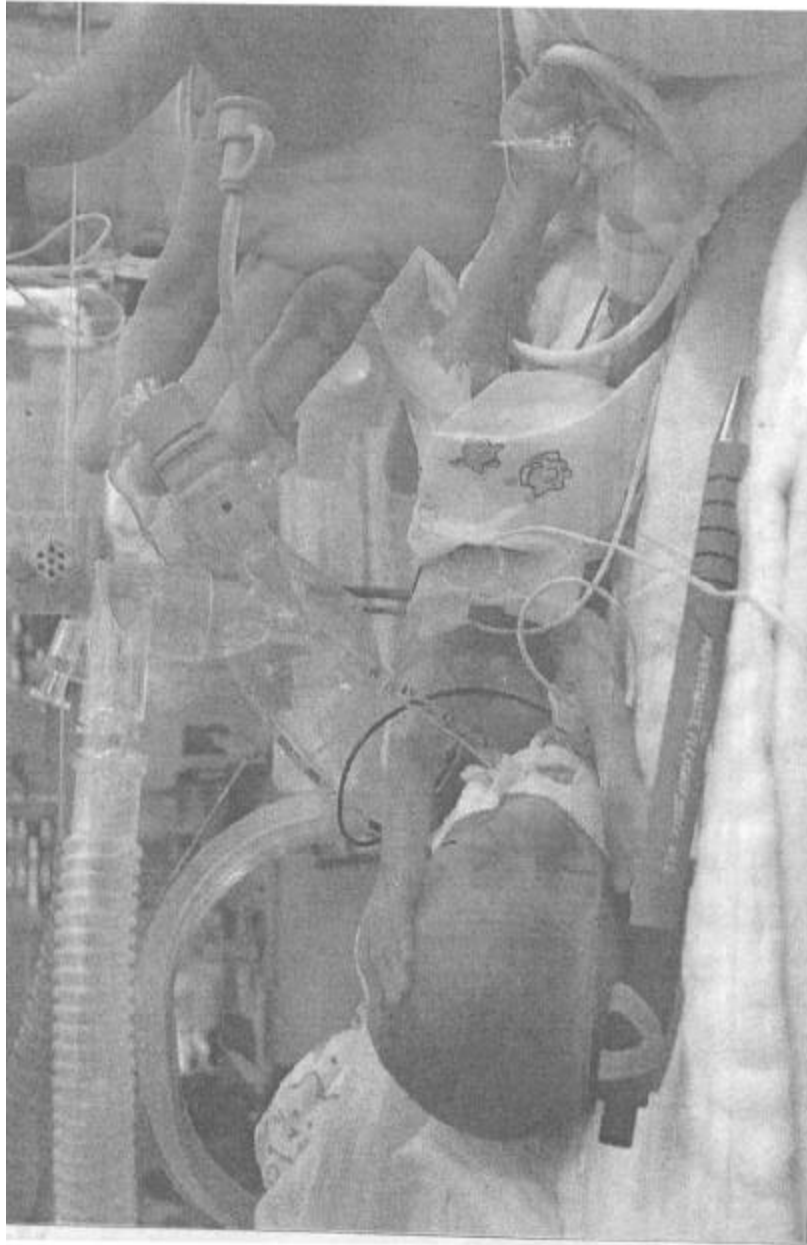
BY DIANA WALLACE  
Daily Herald Staff Writer

Two weeks before their first child was born, Anne and Ken Maurer were told the baby probably wouldn't make it.

The fetus wasn't getting enough nutrients and oxygen from her mother. But with Anne only 25 weeks into her pregnancy, the baby's chances of surviving outside the womb were slim.

It was with that in mind that the Maurers, who live in Elmhurst, decided to name their unborn baby Halea—a Hawaiian name meaning, "remembrance of a loved one."

As doctors prepared to deliver Halea by Caesarian section June 25,



Halea Maurer weighed 12 ounces and was 10.5 inches long when she was a week old. Doctors say the chance she has a healthy childhood is excellent. PHOTO COURTESY OF ADVOCATE GOOD SAMARITAN HOSPITAL

they knew she would be tiny, maybe 1 to 1½ pounds, which, even then, would be in the outer reaches of viability. Even the doctors were surprised at just how small she was—12 ounces, or three-quarters of a pound. "When she was handed over to me at 25 seconds of age, I was surprised," said Dr. Vibha Thaker, a neonatologist at Advocate Good Samaritan Hospital in Downers Grove, where

Halea was born. "She was small. She was very small."

Ken Maurer said he didn't realize just how small that was until Halea was placed in the neo-natal intensive care unit next to babies weighing 2 and 3 pounds.

Halea was so small that at birth she weighed the same as a can of pop. She was so small that Ken Maurer's wedding band fit all the way up Halea's arm and onto her shoulder.

She was so small, in fact, that she remains the smallest baby ever born in DuPage County to survive. Just five babies anywhere in the world have been born smaller and lived to get out of the hospital.

On Friday, Halea, weighing 4 pounds, 9 ounces, left the hospital after a tearfully joyous press conference. Her first-time parents thanked and said goodbye to the dozens of health care workers who tended to

her during her four months at Advocate Good Samaritan.

"We're losing a family member," said Dr. Michael Fitzgerald, the hospital's neonatology director. "She's going home."

Advancements in medicine have given premature babies the best prospect ever for survival and healthy lives. Doctors are now able to

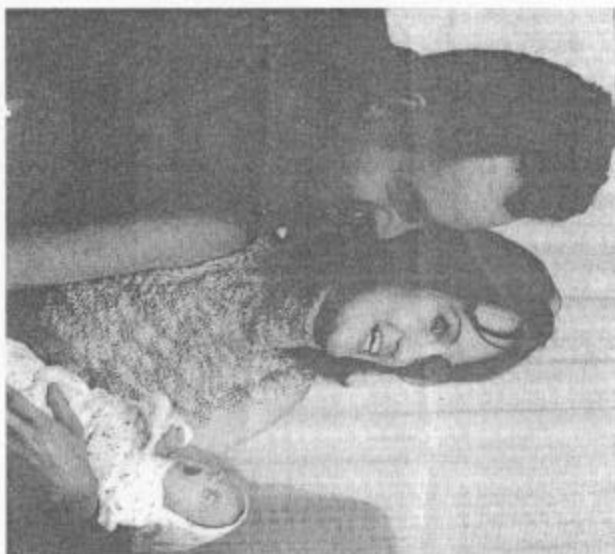
determine how well a baby's most critical functions, like lungs and organs, are developing, and can intervene with surgery and chemical treatments to make up for deficiencies, in some cases even before the baby is born.

In Halea's case, despite her tiny size, doctors had hope for her because she was lively and kicking inside the womb and, at birth, looked strong, cried and had no malformation. In the critical first weeks, she reached vital milestones most babies pass before they're born. Like coordinating their sucking, swallowing and breathing.

Fitzgerald said a premature baby's gestation — or how long it can remain in the womb — is generally more important than its birth weight in determining its long-term prospects.

In her case, Halea needed surgery to fix two hernias, she suffered two infections and was on and off a ventilator for nearly a month. But, in what her doctors say is miraculous, she goes home without needing any special medical attention — no oxygen, no monitors, no medications — just vitamins.

She avoided many of the problems that befall preemies, like eye troubles and underdeveloped brains. In fact,



"We thank God, of course, for allowing us to enjoy this true miracle. We thank our blessings every day."

Ken Maurer, father

doctors expect Halea to develop normally and catch up with other babies her age in a year or two.

"We thank God, of course, for allowing us to enjoy this true miracle," Ken Maurer said. "We thank our blessings every day."

After visiting their baby in the hospital every day for four months, Ken, 31, and Anne, 32, said they were just anxious to get Halea home and see if she'll sleep through the night.

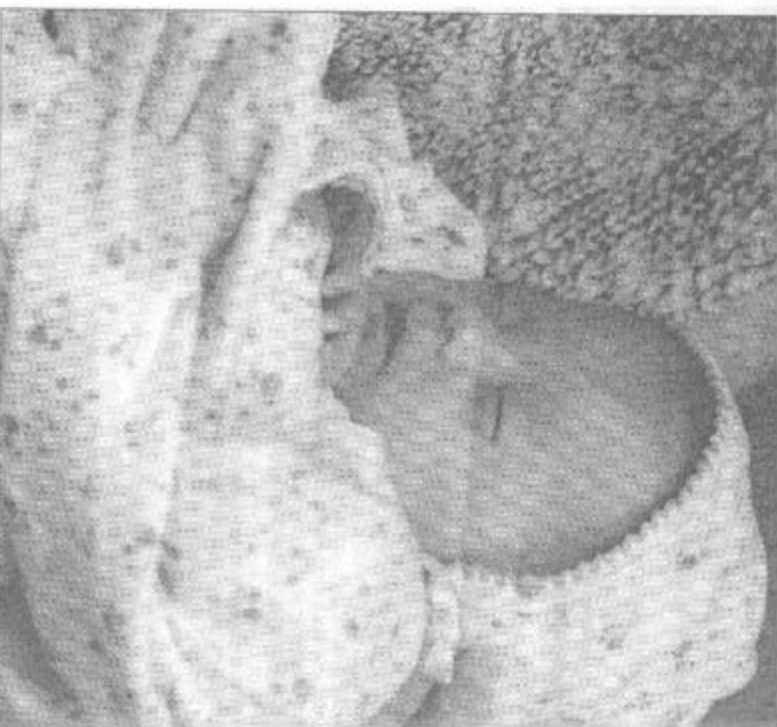
And after that? It's getting on with life.

"Sunday," said Ken, "she'll sit with me and watch the Bears game."

### World's smallest surviving babies

Weight	Year of birth	City of birth	Gestation
9.9 oz.	1989	Maywood, Ill.	26 weeks
10 oz.	1938	South Shields, UK	34 weeks
10.2 oz.	2000	Portland, Ore.	25 weeks
10.6 oz.	2000	Holon, Israel	25 weeks
10.9 oz.	2000	Evansville, Ind.	26 weeks
12 oz.	2001	Downers Grove, Ill.	27 weeks
12 oz.	1998	Topeka, Kan.	N/A
12 oz.	1998	Exeter, UK	28 weeks
12 oz.	2000	San Diego, Ca.	23 weeks

Source: University of Iowa Department of Pediatrics Infant Babies Registry, based on reports in lay medical journals and by hospitals and physicians.

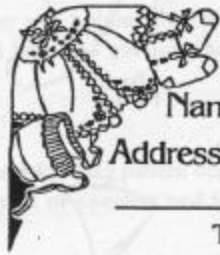


Halea Maurer, now weighing 4 pounds, 9 ounces, was released from the hospital Friday, four months after she checked in as one of the smallest babies in the world. Her parents are Ken and Anne Maurer of Elmhurst.

PHOTOS BY BEN ROSENBLATT/HEARST



Please enclose a Care Wear tag with the completed items that you send directly to a hospital. The label printed below may be photocopied and used.



Hand Made  
by Care Wear Volunteer

Name: \_\_\_\_\_

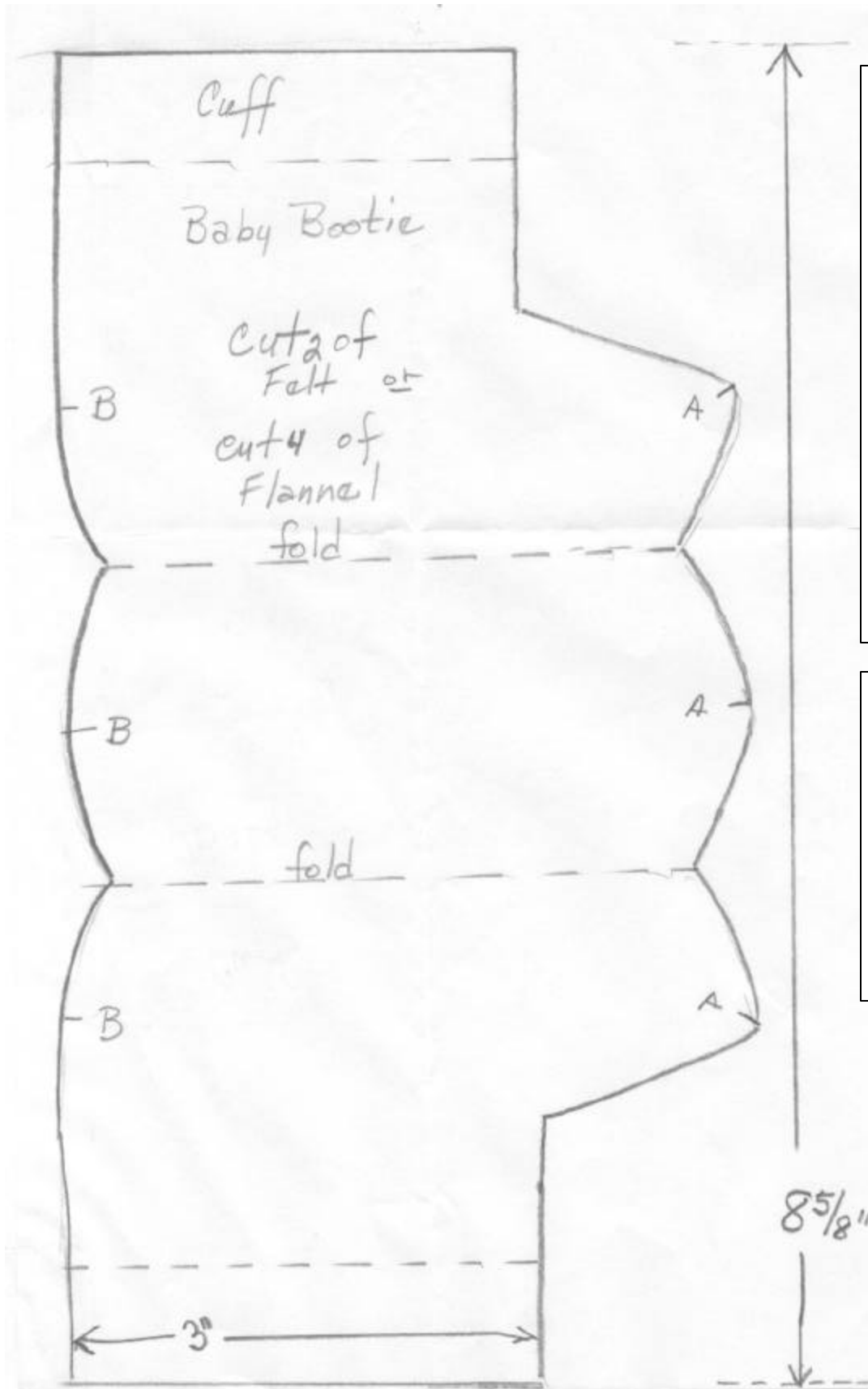
Address: \_\_\_\_\_

Telephone: (\_\_\_\_) \_\_\_\_-\_\_\_\_

For more information about the Care Wear Volunteer Program,  
Care Wear Volunteers or phone (301) 696-3550  
Bonnie Hagerman fax (301) 696-3952  
c/o Hood College email: hagerman@hood.edu  
401 Rosemont Avenue or visit us on the web  
Frederick, MD 21701 <http://www.hood.edu/carewear>



Marva L. makes these adorable ponies using dark & “unpopular” colors of 4-ply yarn. They are 12.5” x 9.5” in size and are stuffed with fiberfill. Bright contrasting colors for tail, mane, and saddle blanket (with fringe) make them festive & cheery! Use textile paint for the eyes or embroider them (nothing to be swallowed!). I cannot reprint this copyright pattern, but will photocopy for any who wish to have a copy. Send a s.a.s.e. I think that some of you could duplicate this pony without a pattern by drawing a template—12½ inches from nose to tail and 9 ½ inches from top of head to bottom of feet. The stitch is all knit (garter stitch).



**ATTENTION  
Machine Knitters**

Judy F wrote that she is able to make large quantities of baby items with her knitting machine. If anyone has patterns to share, I will be happy to include some in future newsletters.

Thanks very much.

HAPPY KNITTING!

**CATALOGUE :**

Nancy's Notions  
1-800-833-0690  
Call for a catalogue.

A large variety of sewing supplies.

OOPS!!! I've run out of space in this newsletter—even with the addition of four pages! Website listings in the Dec. issue. I promise!!

Thanks to Jori for her help with URLs.

Booties for flannel or felt sent by Janet Schulte. She also recommends making bibs using wash cloths. Excellent idea! Maybe outlets have washcloths at reduced prices.

State	Hospital Name	Address	Phone	Needs
AL	Citizens Baptist Medical Center, Attn: Newborn Nursery	604 Stone Avenue, South Talladega, AL 35160	256-761-4582	Full term hats/booties, burial gowns, blankets, few preemie hats. Contact Gloria Jemison. Fax 256-761-4233
AZ	Phoenix Children's Hospital, Child Life Dept.	1919 E Thomas Rd Phoenix, AZ 85016	602-546-2130	Can use everything -P & FT. Contact Sandy Salisbury, Admin Ass't-Child Life. E-mail: ssalisbury@phoenixchildrens.com
CA	Huntington Memorial Hosp Attn: Parent Coordinator	100 W. California Blvd. Pasadena, CA 91109-7013	626-397-8509	Blankets/quilts, bibs, P-FT burial gowns, bedsocks. Call Mary Holzer. Fax 626-397-2954 e-mail: maryholzer@schs.com
DC	Columbia Hospital	Washington, DC		Columbia Hospital closed.
DC	Providence Hospital Center for Life OB/GYN	1150 Varnum St NE Washington, DC 20017	202-269-7439	10 preemie booties/month; 2 P & FT burial gowns/month; 5 quilts/month. Contact Kathy Byrnes in Volunteer Services or Craig Carter in Business Operations.
DC	Georgetown University Hospital, CCNI 3rd floor,	Attn: Nurse Manager 3800 Reservoir Rd. NW Washington, DC 20007	202-784-8469	P & Ft hats, booties & burial gowns. A few blankets. Contact Nadine Shuniak. FAX: 202-784-4924; E-mail: nadine4513@hotmail.com
DC	Howard University Hospital, Pediatrics Dept-Rm 3N15	2041 Georgia Ave., NW Washington, DC 20060	202-865-4564	P, FT, & older baby clothes, blankets, small cloth bears/animals, medical dolls, bibs. Contact Davene White or Orissa Brown. Fax 202-865-4580. E-mail: dmwhite@howard.edu
FL	Health Park Medical Center, NICU	Attn: Cuddler Chairperson 9981 Health Park Circle Fort Myers, FL 33908	941-432-5437	Long preemie gowns, short preemie shirts, 30x30 blankets, knit/crochet blankets & mattress covers. Incubator covers (32x22). Call Linda Osborne in NICU. E-mail: Ozofheim@aol.com or Sharon Riccio, Cuddler Co-chair 941-454-6284.
IL	Hope Children's Hospital, Child Life Services	Attn: Manager 4440 W. 95th St, Oak Lawn, IL 60453	708-346-4188	(P) hats (Christmas), booties, kimonos, burial gowns. Blankets, quilts, shawls, sweaters, bibs. Claire Winer. Fax 708-346-5863. e-mail: clare.winer@advocatehealth.com
IL	Cook County Hospital Attn: The Auxiliary--GL 3	1900 W. Polk St. Chicago, IL 60612	312-633-6366	P & FT booties & burial gowns. Bedsocks, blankets, sweaters, sacque; bibs, hug-a-bears, diaper shirts, toys. Contact Catherine Starman, President FAX 312-633-7592
IL	Univ of Chicago Children's Hospital (Wyer), Child Life	Attn: Director, -RM C-10 MC0123; 5841 S. Maryland Chicago, IL 60637-1470	773-702-6481	Hats, booties, blankets/quilts, burial gowns, incubator covers, lap blankets. Contact Pat Manning or Rebecca Paulson. Fax 773-702-3812; e-mail: pmanning@uchicago.edu
IL	Ronald McDonald Children's Hospital of Loyola University Medical Ctr	NICU, Russo, 5th floor 2160 First Avenue Maywood, IL 60153	773-779-0929	Hats, booties, kimonos, blankets/afghans/quilts 20-30inch square, mittens, burp cloths for 1.5 to 7 lb infants. Contact Joan Townsend, RN rockyrn53@hotmail.com
IL	Resurrection Medical Center Special Care Nursery	7435 W. Talcott Chicago, IL 60631	773-792-5167	P & FT hats, booties, sleepers, Blankets/quilts. Contact Rose Molepske
KY	University of Kentucky Birthing Center	Attn Julie Harney RN 800 Rose Street Lexington, Ky 40536		Burial gowns for infants 1 lb, aprox 12" long. Blankets (12x12 & 15x15) E-mail SJAC01@peoplepc.com
LA	Byrd Regional Women's Ctr Attn: Kathy Beebe	1020 Fertita Blvd Leesville LA 71446	337-239-5565	P & FT burial outfits, blankets, caps, & booties. Layette items for families in need. E-mail: sidallee@aol.com
LA	Bayne-Jones Army Community Hospital Attn: Therese Pendley, MEDDAC Dept of Surgery	1869 15th Street Fort Polk LA 71459	337-531-3448	P & FT caps, booties, burial outfits, blankets, etc. Anything donated will be used. Fax 337-531-3921
MA	New England Medical Center Attn: Ass't Nurse Mgr. NICU	NEMC #300 750 Washington Street Boston, MA 02111	617-636-9665	P hats/ booties/ mittens/burial gowns/kimonos/diaper shirts. blankets (30x30 or 20x20), bibs, burp cloths, mattress covers, positioning snakes, incubator covers, crib/warmer covers. Mary McCourt, fax 617-636-9653. mmccourt1@lifespan.org
MA	Brigham & Women's Hosp C'WN 6 NICU Attn: Julie Mazzawi ANM	75 Francis Street Boston MA 02115	617-732-7553	Blanket, dark back quilts, incubator covers, Bears, 36 inch cloth snakes. FAX 617-232-3675
MD	Shady Grove Adventist Hospital, Director of Volunteers	9901 Medical Center Dr. Rockville, MD 20850	301-279-6111	FT hats, booties. Flannel blankets/quilts, incubator covers (dark color one side), black & white toys, cough pillows. Call Jewel Thompson. Fax 301-217-5250; e-mail: jthompson@adventisthealthcare.com
MD	St. Agnes Hospital NICU Team Leader	900 Caton Ave 3rd Fl Baltimore, Md 21229	410-368-2630	Flannel receiving blankets, flannel mattress covers, quilts, positioning snakes, Preemie burial gowns. Call Wanda Bagent. Fax 410-368-3560.

State	Hospital Name	Address	Phone	Needs
MI	Butterworth Hospital, Community Resource Connection	214 Ball Park Blvd NW Grand Rapids, MI 44504	616-791-0997	FT sweaters, bibs, receiving blankets, booties, Small bears, P-5yr hats, mittens 0-5yr. Contact Dorothy Munson. Fax: 616-791-0997 Pager 616-230-5300. E-mail: commresconn@earthlink.net
NJ	Virtua-WJ Health System Emergency SVS-Labor/Delivery Attn: Brenda Braun RN	101 Carnie Blvd Voorhees, NJ 08043	856-325-3060	Bears & other small toys. Contact person: Brenda Braun, staff RN, Emergency Services and Labor and Delivery.
NY	Children's Hospital at Strong, Child Life Dept.	Box 619-11 601 Elmwood Ave. Rochester, NY 14642	716-275-3028	Preemie caps & booties, infant & lap blankets, bibs; P & FT burial gowns (20-30), quilts, flannel receiving blankets. Call Wendy Lane. Fax 716-461-2438 E-mail: wendy_lane@urmc.rochester.edu
NY	Maimonides Hospital Nurse Mgr Neonatal Unit	4802 Tenth Ave. Brooklyn, NY 11219	718-283-7526	P & FT hats, booties, kimonos. Blankets. Call Paula Zweig-Cohn. Fax 718-635-7173. Pzweigcohn@maimonidesmed.org.
NY	Bronx Lebanon Hospital Center, Volunteer Services	Attn: Director 1650 Grand Concourse Ave Bronx, NY 10457	718-466-8560	Hats, booties (all sizes), P mittens, small bears, bibs, finger puppets, blankets, quilts, incubator covers (36x36), clothing for boarder babies to 3 years, books for 1-5 yrs. Contact Betty Cole.
TX	Brackenridge Hospital	Volunteer Director 601 E 15th St. Austin TX 78701	512-324-7584	10 P & 10 FT hats, 10 pr. P & FT booties, 5 P & FT sweaters, 12 P & FT diaper shirts, 5 P & FT burial gowns, 10 burp cloths, 12 bibs, 15 blankets (30x30), 15 receiving blankets (30x30), 8 medical dolls, 20 bears/toys. Sally Lawler. Fax 512-324-7146
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 Ida Cummings, 434-982-4140. E-mail: ICW8N@hscmail.mcc.virginia.edu
WV	Jefferson Memorial Hospital Pediatric Dept Cynthia Fraley, RN	300 South Preston Street Ransom, WV 25438	304-728-1703	This hospital has an auxiliary making items for the nursery. Request blankets & other infant items for the Pediatric Dept. Cynthia Fraley, RN, Nurse Clinical Coordinator.

Another addition: Jerriann Wilson, Director of Child Life Services, Johns Hopkins Children's Center, Blalock 174, 600 North Wolf Street, Baltimore, MD 21287-4174 requests cloth blanket & quilts for use in Pediatrics. After surgery, children appreciate the warmth and comfort of a quilt or soft blanket. I did not ask for specific sizes, but suspect that 36"x36" to 36"x 48" would be appropriate.

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This summer I participated in a Summer Serve Program of community service for young people (ages 10-16) and senior citizens. I provided the projects and the volunteers did all of the work! We met every Tuesday morning (9am-noon) for six weeks and we completed 131 fabric/fiberfill bunnies, 96 Medical Dolls, 24 quilts, lots of green felt holiday stockings, finger puppets, etc... The bunnies, medical dolls, and quilts were sent to Johns Hopkins.

I would like to thank Prue Hoppin for her help preparing materials for these sessions. She sewed, clipped, and turned 227 bunnies. She cut out and sewed 163 large green felt stockings and 28 small ones. Sincere thanks for her help. Thanks as well to the Volunteer Frederick office for their organization of this event. Thanks as well to my sister Gail for her help with the decoration of green felt stockings (textile stamps). Her work with the group was a great success!

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### Websites of interest:

I have a large collection of websites of interest to those who participate in Care Wear. Unfortunately, I always run out of space in the newsletter!!! I will include all that I can in this issue.

<http://www.vidavision.com/hobbies/light/patterns.htm>

<http://tlcforangels.tripod.com/patterns.html>

<http://tlcforangels.tripod.com/tlcpatterns.html>

**Gillette Children's**  
Specialty Healthcare

April 23, 2002

To our wonderful sewers, knitters, crocheters, stuffers and donors,

This is National Volunteer Week and the time of the year to intentionally thank you and let you know how important you are to our patients, families and staff. Some years I've included notes and quotes from our family members or patients who have received a gift at Gillette. This year I thought you might be interested in hearing from our staff—the nurses, therapists, housekeepers and doctors—who see and hear the reaction of the patients and their families when the child receives a quilt, pillow, little stuffed animal, puppet or cast sock. So, sit back and read the comments and know that even from afar, you do make a difference in the lives of the kids who come to Gillette Children's Specialty Healthcare for care and treatment.

- Many times our clients come from far away and travel several hours to get to our New Brighton, Minnesota, location. Their appointments here may be lengthy as well. By the time they are finished, it is often late in the day and they and their caregivers and/or parents still have a long, long drive home. I would like to tell you how many times I have given those clients a cozy quilt for that long drive home and have been given a BIG tired smile in return. Those smiles are really for you! Thank you for your many quilts, pillows and stuffed animals you so thoughtfully create and donate to Gillette. I wish you could see those smiles. *From April at the Gillette Technology Center*

- One of my favorite experiences with the quilts was when we had a family who immigrated from Bosnia here. There were 3 children—two very active youngsters under the age of 5. They were into everything! I brought out the basket of quilts and pillows and I bet they spent an hour laying them out and selecting just the right one for themselves and one for their brother who was unable to select for himself. When told they could select a quilt, they said, "For me? To keep?" It was a joy to watch their very serious deliberations about color and size and texture. Back and forth with considerable consultation with Mom! *From Ronna at our Lifetime Care Clinic*

continued on the next page:

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Now that Columbia Hospital for Women (Washington, DC) has closed, area volunteers suggest that we contact Sibley Hospital to learn what is needed. If anyone makes that contact, let me know if Sibley wishes to be added to our Hospital List. Send address, title of contact person, telephone, FAX, e-mail, and list of needs.

Thanks.

- Thanks to all of you who have recently started making cast socks for our patients. It has been wonderful to let each child who gets a leg cast choose the perfect cast sock to keep the toes warm and cozy—they and their families appreciate it!  
*From Tom in the Cast Room*

- National Volunteer Week is the perfect time to let you know how much your efforts are appreciated. I have the pleasure of seeing the excitement and joy that children experience upon receiving one of the pillows, blankets or toys you've made for them. As I put a blanket over a child or a pillow under an arm (the arm is the most likely place for an IV), I explain that there are people all over the U.S. who care about the children who come to Gillette. I let them know that the blankets might have come from teenagers in a 4-H group or a church group or retired people who want to keep their hands busy.

Pillows and blankets and handmade toys make our patients feel...calm, special, love, cared about, warm, quiet, secure, wanted, appreciated, comforted, cuddly, dear, unique, treasured, cozy, friendly, affection, protected, safe and sound, sheltered, valued, reassured, at ease, less worried, less anxious, peaceful, settled, relaxed, cherished....

Pillows and blankets and handmade toys make employees feel...thankful for volunteers!! Thank you and keep up the good work. *From Mary in Surgery & Recovery*

- To all dedicated volunteers who make and donate quilts, pillows, little animals and cast socks—I can't thank you enough. What an impact they make on the patients and families' stays here at Gillette Children's. There is nothing quite so comforting to a child as a soft pillow, a cozy quilt or a snugly stuffed animal. Especially here on 4 North, our patients sometimes spend as much as 4 months here at the hospital. Your quilts, pillows and animals add touches of brightness to an unfamiliar setting. The pillows are sometimes used to prop up knees and legs (as well as just to cuddle), and the warm quilts go a long way to encouraging a child to take a healing nap. We invite our families to bring these gifts home as lasting reminders of the gentle care we provide at Gillette Children's.

We constantly hear such wonderful comments from the families and staff about how talented our volunteers are. Parents say they are deeply touched that people who don't even know them have taken the time to brighten up their child's stay in this way. So, please keep up the good work! All your effort, time and talent does not go unnoticed. It is appreciated every day by our patients, their families and our staff. Thank you. *From Sally on 4 North, one of Gillette's inpatient units*

continued:

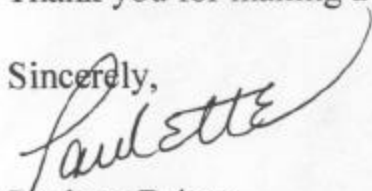
- I want to let you know how very comforting the blankets, pillows and hand-made critters have been for kids having injection procedures in the clinic. It seems like in this day and age many kids already have an abundance of “junk toys”, and the handmade things are truly special. The variety of color and texture in the fabrics and yarn has given a choice of SOMETHING FOR EVERYONE. Just last Friday we had a boy with autism who is very limited in what entertains him, and it was fun to watch him attach to one of the textured knit animals with a curly tail. I only wish that the kind people who have labored making the gifts could see the expressions of the kids. We nurses are fortunate to see that reward!  
*From Joy in the Outpatient Clinic*

- Please thank the volunteers on behalf of all the surgeons whose patients have received blankets, Pillow Pals, cast socks or little animals over the years. It is a wonderful gesture of love and support for the patients and their families.  
*From one of Gillette's Doctors*

- I wanted to take a few minutes to let you know how much I, as a nurse in the outpatient clinic, appreciate the wonderful volunteers who make the quilts, pillows, dolls, doll blankets, stuffed animals and puppets. I have really enjoyed being able to reward the special children that come to Gillette for holding still, or giving one of the kids who may be scared a pillow to snuggle up to, or seeing the expression on a child's face when they see a big, beautiful homemade quilt they are receiving after a painful procedure. It really makes my day to have such caring, generous people donating their time, energy and love into the wonderful gifts they are giving to such sweet, special kids.  
Thank you again!  
*From Lisa in the Outpatient Clinic*

And finally, “thank you” from me. Thank you for making Gillette a “softer”, less sterile place. Thank you for helping us let the patients and families know that we care about the patients as children, too. Thank you for your generosity and your on-going support. Thank you for making a difference in the lives of our children.

Sincerely,



Paulette Briese  
Manager, Volunteer Services

Gillette Children's Hospital  
Volunteer Services  
200 East University Avenue  
St. Paul, MN 55101  
651-229-3937

Thank you from me, too! When I began Care Wear I hoped that others would join me in this effort. Your concern for hospitalized children—especially preemies—is wonderful.

The next newsletter will be mailed in December 2002. Best wishes to all!



## CARE WEAR VOLUNTEERS

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

FROM:  
Care Wear Volunteers, Inc.  
Bonnie Hagerman  
c/o Hood College  
Frederick, MD 21701-8575

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