

Mothers' UNION
Christian care for families
Diocese of Bath & Wells



Knitting Patterns

Abbreviations

K	knit
P	purl
Garter Stitch	All rows are knit
Stocking Stitch	Alternate rows of purl and knit
Rib Stitch	K1 P1 - one stitch knit, one stitch purl on an even number of stitches
Moss Stitch	K1 P1 - one stitch knit, one stitch purl on an odd number of stitches
St	stitch
Sts	stitches
K2tog	knit 2 stitches together
K3tog	knit 3 stitches together
Inc	increase
Dec	decrease
Sl	slip 1 stitch
Pssso	pass the slipped stitch over



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Ribbed Hat for Premature Babies

You will need

4ply baby yarn in white, lemon, green or variegated
pair of size 3.25 or No 10 knitting needles

Pattern

Cast on 68 sts
Work in K2 P2 rib for 48 rows

Shape Crown

(K2tog, K2) to end of row
Next and alternate rows, purl
(K2tog, K1) to end of row
(K2tog) to end of row

Break yarn, thread through remaining stitches on needle and sew up seam of hat.



Baby Booties

You will need

3ply or 4ply yarn
Size 12 needles

Pattern

Three sizes

Cast on 40, 50, 60 sts

Knit 10, 16, 20 rows garter stitch, turn

1st row: knit 24, 29, 35 stitches turn.

2nd row: knit 8, 8, 10sts turn

3rd row: knit 7 sts 2 tog, knit 7 sts 2tog, knit 9 sts 2 tog. turn

4th row: as 3rd row.

Repeat last 2 rows until there are 30, 36, 46 sts left together. Knit to end

Knit 1 row, knit 2 rows, knit 2 rows.

Next row: Knit 1, wool forward knit 2 tog, to end of row K1.

Knit 1 row.

Change to k2, p2 rib for 16 rows, cast off loosely. Sew up and thread narrow ribbon through the holes.

Baby Blankets

These are made with 4" squares.

You will need

Double knitting baby yarn, pastel colours only
A pair of knitting needles size 8 or 4mm



Pattern

Cast on 1st

Increase 1st at the beg. and end of every other row until there are 27sts.

Work 1 row.

Decrease 1st at the beg. and end of every other row until 1st remains.

Fasten off.

Premature baby cot size

5 squares by 4 squares (20" x 16" approx)

Baby cot size

5 squares by 7 squares (20" x 28" approx)

Knee Blankets for Care Homes

You will need

Double knitting baby yarn, any colours

A pair of knitting needles size 8 or 4mm

Pattern

Cast on 1st

Increase 1st at the beg. and end of every other row until there are 43sts.

Work 1 row.

Decrease 1st at the beg. and end of every other row until 1st remains.

Fasten off.

You will need to make it 6 squares by 8 squares (36" x 48" approx)

You can crochet around the edge if you wish!

Angel Pockets for Premature and Stillborn Babies

The angel pockets are knitted in four sizes. The two smaller sizes are for very premature tiny babies and the larger sizes are suitable for a still born baby to be placed in and given to the Mother to hold for a little cuddle.

You will need

4ply baby yarn in white or pastel shades—good quality yarn

A pair of size 10 (3.25mm) knitting needles and circular needle

Size 17cm (22cm, 28cm, 33cm)

Pattern

The square

Cast on 75 (101, 125, 151)sts

Row 1: (wrong side) knit to centre 3 sts, sl1, k2tog, pssso, k to end

Row 2: knit

Repeat these two rows until 3sts remain

Next row: sl1, k2tog, pssso and fasten off.

The triangle this forms the pocket

At the cast on edge of the square (2 sides) pick up 75 (101, 125, 151)sts

Row 1: (wrong side) k1, sl1, k1, pssso, k to centre 3sts, sl1, k2tog, pssso, k to last 3sts, k2tog, k1

Row 2: knit

Repeat these 2 rows until 7sts remain.

Next row: k1, k2tog, k1, k2tog, k1

Cast off remaining 5sts

Border

Using the size 10 circular needle, starting at right hand seam, evenly pick up stitches and knit across front of pocket, up left hand side and down right hand side. Turn.

Row 1: knit

Row 2: k2, yarn fwd, k2tog to end of row

Row 3-6: knit

Cast off loosely

Thread a narrow ribbon from the right hand seam across the front of the pocket and out through the left hand seam. Gather up the pocket and tie a bow.



Baptism Tiny Teddy

You will need

White Double Knit wool and a pair of size 10, 3.25 needles

Legs and body

Cast on 8sts and work 14 rows in st st. (1 row knit, 1 row purl)

Break wool and knit another leg the same.

Knit across all 16 sts, working 24 rows altogether in st st.



Shape neck and head

Increase 1 st at the beg and end of the next row and following alternate row. (20 sts)

Work 30 rows in st st.

Decrease 1 st at the beg and end of the next row and following alternate row.(16 sts)

Body and legs

Work 24 rows in st st.

Knit across 8 sts for 14 rows in st st. Cast off.

St st on remaining 8 sts for 14 rows. Cast off.

Sew up side seams of head to neck. Turn to right side out.

Arms

Pick up 6 sts on either side of the neck (12 sts)

Work 16 rows in st st.

Repeat for the second arm.

To make up

Back stitch teddy leaving an opening in crotch for stuffing. Sew diagonal top corners for ears before stuffing. Please stuff teddy with only polyester or other healthy padding. (Foam rubber is not recommended as babies chew it)

Then run a thread through the knitting around the neck to draw it in slightly.

Sew a happy face on teddy. For mouth please use either stem stitch or back stitch in brown embroidery thread. Work a gold chain in chain stitch around neck, making a small cross in the centre front. Back stitch in blue, the MU symbol to the right of the cross.

A Tiny Teddy would make a lovely gift for a baby baptised in your parish.

Or make one for a new member of your own family

Trauma Teddies

*This pattern is only a guide – adapt it to make your own Super Ted!
Please ensure that all materials used are washable and flameproof.*

You will need

Oddments of double knitting yarn and a pair of 4mm (size 8) knitting needles and stuffing

Trouser leg

Cast on 10sts and knit 30 rows. Leave stitches on a spare needle.

Work another leg in the same way

Knit across both sets of stitches

Knit 15 rows

Change colour for jumper

Knit 20 rows

Change colour for head

Knit 50 rows

Change colour for jumper

Knit 20 rows

Change colour for trousers

Knit 16 rows

Knit 10 sts, leaving remainder on a safety pin

Knit 30 rows. Cast off

Rejoin yarn to remaining 10 sts

Knit 30 rows. Cast off



Fold knitting over on wrong side and join side seams, leaving a small opening.

Join around the legs.

Turn to right side, stuff lightly and sew up the opening.

Arms

Using yarn the same colour as the jumper, cast on 10sts and knit 20 rows.

K2tog all along row.

Break off yarn, leaving a long length. Thread the yarn through the sts, pull up tightly and secure and use remaining yarn to sew up the arm seam.

Stuff lightly and attach to the body.

Run a thread around the top of the jumper and pull to form the neck.

Sew across each corner of head to form ears.

Embroider eyes, nose and mouth

Garter Stitch Tiny Teddy

You will need

Double knitting yarn
A pair of 4mm or size 8 knitting needles

Garter stitch used throughout (knit every row)

Pattern

Cast on 8 stitches and work 16 rows.

Break off yarn and cast on 8 stitches and work 16 rows to form other leg.

Knit across both legs (16 sts) and complete 8 rows.

Cast on 8 stitches at beginning of next 2 rows.

Work 8 rows.

Cast off 8 stitches at beginning of next 2 rows.

Now work 38 rows on these 16 sts.

Cast on 8 stitches at beginning of next 2 rows.

Work 8 rows.

Cast off 8 stitches at beginning of next 2 rows.

Work 8 rows.

Using only first 8 stitches, work 16 rows and then cast off.

Return to remaining 8 stitches and work 16 rows and then cast off.

Making up.

Fold knitted piece in half lengthways. The fold becomes the top of the head.

Join seam around teddy, leaving a small gap between the legs.

Turn right side out.

Backstitch a diagonal line across corner of head to form ears.

Stuff (with flame resistant stuffing) and slip stitch closed area left for stuffing.

Embroider a face on teddy.

Take a double thickness of yarn and thread around neck, going in every few stitches, (making sure there are no loops that little fingers can get into).

Draw up yarn tightly to form neck and secure ends.

Optional scarf

With same needles and thickness of yarn, cast on 60 stitches.

Knit 6 rows and then cast off.

Sew in ends

Tie round teddy's neck and secure in place if being given to a small child.



Knitted Clown Hand Puppets



You will need

Oddments of double knitting wool, including white and colour suitable for hair
1 pair size 8 (4mm) needles.

Pattern

Cast on 44 stitches work 6 rows in rib.

Change colour and work 24 rows in stocking stitch in various striped wool.

Next row: Change colour wool and cast on 10 stitches. Knit back 32 altogether, turn leaving remaining 22 stitches on a spare needle, cast on 10 sts. K.4 P34 K4

Continue for a further 6 rows remembering to knit the first and last 4 stitches on purl rows.

Cast off 12 sts. Knit to end of row.

Cast off 12sts. Purl to end of row.

Slip these stitches onto spare needle, and break off wool.

Rejoin wool to 22 sts on first spare needle, and work to match.

On last row purl across the stitches left on the second needle giving total of 36

Join on white wool for the face and K 18 sts. Join on colour for hair and K further 18 sts.
(Taking care to twist two yarns together at join.)

Work 10 more rows in stocking stitch twisting yarns each time to avoid a hole.

Join on first colour for hat

Work 2rows garter stitch

Next Row S.1.K.1. p.s.s.o, K14 K2 tog. S.1.K.1.p.s.s.o. K14 K2 tog. Knit to end

Next Row Purl.

Repeat these last two rows until 2 sts remain. (The middle number of K's will decrease each time.)

Cast off.

Embroider facial details on white piece of knitting.

Sew up.

(Your imagination could come up with many variations – e.g. Father Christmas)

Elephant

You will need

Oddments of double knitting wool
1 size 8 (4mm) circular needle or 1 pair size 8 (4mm) needles



Pattern

Cast on 44 stitches work 6 rows in rib.

Change colour and work 24 rows in stocking stitch in various striped wool.

*Next row: Change colour wool and cast on 10 stitches. Knit back 32 altogether, turn leaving remaining 22 stitches on a spare needle (or slip them onto a length of wool and knot it loosely into a loop), cast on 10 sts. K4 P34 K4
Continue for a further 6 rows remembering to knit the first and last 4 stitches on purl rows.
Cast off 12sts. Knit to end of row.

Cast off 12sts. Purl to end of row.*

Change colour and work 4 rows in stocking stitch (18 stitches)

Next row: K7, turn leaving remaining 11 stitches on a wool loop.

Work 4 more rows in stocking stitch ending with a knit row. Slip stitches onto a wool loop.

Trunk

Cast on 10 stitches. Work 4 rows in garter stitch. Work 2 rows in stocking stitch.

7th row: Increase 1 stitch at each end of row. Work 3 further rows in stocking stitch.

11th row: Increase 1 stitch at each end of row. Work 5 further rows in stocking stitch.

17th row: Increase 1 stitch at each end of row. Work 3 further rows in stocking stitch.

Cast off 5sts. Knit to end of row.

Cast off 5sts. Purl to end of row.

Slip remaining 6 stitches onto a wool loop.

Sew up sides to form the trunk.

Rejoin wool to the 11 stitches. Cast off 4sts. Knit to end of row. Work 5 more rows in stocking stitch. (last row purl)

Turn trunk right way out. Sew into gap with the seam in the middle of the cast-off stitches and the 6 stitches at the top. Purl across the 6 trunk stitches and the 7 saved stitches of the face.

Continued on next page

Elephant (continued)

Next row: K7, slip 1, K1, pass slip stitch over, K2, K2tog, K7

Next row: P18

**Next row: Slip 1, K1, pass slip stitch over, K14, K2tog

Next row: P16

Next row: Slip 1, K1, pass slip stitch over, K12, K2tog

Next row: P14

Next row: Slip 1, K1, pass slip stitch over, K10, K2tog

Next row: P12

Next row: Slip 1, K1, pass slip stitch over, K8, K2tog

Next row: Slip 1, P1, pass slip stitch over, P6, P2tog

Next row: Slip 1, K1, pass slip stitch over, K4, K2tog

Cast off remaining 6sts**

Rejoin wool to 22 stitches of body, work from * to *

Change colour wool, work 12 rows in stocking stitch, work from ** to **

Ears - work in garter stitch throughout

Both Ears

Cast on 15sts. Knit 1 row. (Next row: Cast on 1st at each end of row. Knit 1 row)

Repeat 2 rows in brackets twice more (21 sts)

Right Ear

K1, K2tog, knit to end, increase 1stitch (21 sts).

Increase 1stitch, knit to end (22 sts).

K1, k2tog, knit to end, increase 1stitch (22 sts)

K1, k2tog, knit to last 3 sts, k2tog, K1 (20 sts)

Repeat last row, 4 times (12 sts)

Knit 1 row, cast off

Left Ear

Start with instructions for Both Ears

Increase 1st, knit to last 3sts, K2tog, K1

Knit to last stitch, increase 1st (22 sts)

Increase 1st, knit to last 3sts, K2tog, K1

K2tog, knit to last 2 stitches, K2tog

Repeat last row, 4 times

Knit 1 row, cast off

Beanie Hat

You will need

Double knitting yarn
No 8's or 4mm needles and No 6 needles

Pattern

Cast on 80 stitches using No 8 needles

Work in K1, P1 rib for two and a half inches or knit same in garter stitch if preferred.

Change to No 6 needles and work in stocking stitch (1st row knit and 2nd row is purl) until work measures 5 inches from commencement.

Shape Top. Right side facing:

1st row: * K8, K2 together. Repeat from* to end of row.

2nd row: Purl

3rd row: *K7, K2 together. Repeat from * to end of row.

4th row: Purl

5th row: *K6, K2 together. Repeat from * to end of row.

Continue decreasing thus until 16 stitches remain.

Break off wool, thread through remaining stitches, draw up and fasten off securely.

To make up

Pin out and press on wrong side under a damp cloth.

Join seam. Press seam.



Fingerless Gloves

You will need

Double Knitting wool
Four Size 4 mm (size 6) double pointed needles
Stitch holder



Pattern

The Mitt

Cast on 36 sts (loosely). Divide these evenly as possible on three of the double pointed needles.

Round 1 – 15: K1, P1 (Creates knit 1, purl 1 ribbing).

Round 16 – 18: Knit

Round 19: K1, M1, K1, M1, K34.

Round 20 – 21: Knit

Round 22: K1, M1, K3, M1, K34.

Round 23 – 24: Knit

Round 25: K1, M1, K5, M1, K34.

Round 26 – 27: Knit

Round 28: K1, M1, K7, M1, K34.

Round 29 – 30: Knit

Round 31: K1, M1, K9, M1, K34.

Round 32 – 33: Knit

Round 34: K1, M1, K11, M1, K34.

Round 35 – 36: Knit

Round 37: K1, M1, K13, M1, K34.

Round 38 – 39: Knit

Round 40: K1, place next 15 sts onto the stitch holder. K34.

Round 41 – 49: K around.

Round 50 – 54: K2 tog. P1, *K1, P1* Repeat from * to * around.

Bind off loosely.

The Thumb

Worked over the 15 sts on the stitch holder.

Pick up and divided the 15 sts on the stitch holder between the 3 double pointed needles. One of the needles will have more sts than the others.

Round 1 – 3: Knit

Bind off loosely.

Knitted Prayer Squares



In Oxford, Mothers Union members have made small knitted squares with a cross on them called 'mini prayer shawls' for the chaplains at the local hospitals to use.

These are now being made and sent to members and others who are isolated at home.

Do you know someone in your branch, or in your church who would welcome this gift both to help them pray – and to know that someone is praying for them?

The squares are simple to knit using this pattern.

Pattern

Using 4mm needles and Double Knit yarn (each square takes approx 6g of yarn)

Cast on 23 sts.

Row 1 – Row 4: Knit

Row 5: K2, p19, k2

Row 6 (and every other even row): Knit

Rows 7, 9, 11, 13 and 15: K2, p8, k3, p8, k2

Row 17, 19 and 21: K2, p4, k11, p4, k2

Row 23 and 25: K2, p8, k3, p8, k2

Row 27: K2, p19, k2

Row 28 – Row 31: Knit

Cast off and sew in ends

To create a neat selvedge: work to the last st on every row, bring yarn to front and slip last stitch

Prayer

If you can, include this prayer with the Prayer Square

*May this square, knitted and given in love,
be a reminder of our prayers for you at this time,
and bring comfort and assurance of the love of Christ
and his constant presence with you.*

Turtleneck Dickey



Free Knitting Pattern
by KarensVariety.com

Wear this turtleneck dickey inside any item of clothing; pullover or cardigan sweater, blouse, shirt or jacket.

You will need

Materials:

4 oz double knitting yarn

4 No. 9 knitting needles with points at both ends

Tension:

5 1/2 stitches 1 = inch

Pattern

Starting at top of collar, cast on 80 sts (28, 28, 24).

Work 5 1/2 inches in rounds of K2, P2 ribbing.

Divide Sts for Front and Back Bibs as follows:

Taking the spare needle, slip first 20 Sts off first needle onto Slip the remaining 8 Sts from the end of the first needle onto the beginning of the second needle.

Slip 16 Sts from the end of the second needle onto the beginning of the third needle.

There are now 20 Sts on the first and 20 Sts on the second needles and 40 Sts on the third needle.

Leave the first and second needles for Front Bib and work on the third needle as follows:

Back Bib.

Row 1: Purl across the 40 Sts.

Cast on 10 Sts (50 Sts on needle).

Row 2: Knit. Cast on 10 Sts (60 Sts on needle).

Row 3: K5, P50, K5.

Row 4: Knit.

Repeat Rows 3 and 4 for 3 1/2 inches ending with Row 4.

Knit 8 rows Garter stitch. Cast off.

Continued on next page

Turtleneck Dickey (continued)

Front Bib.

Join the yarn to the beginning of the first needle.

Row 1: Knit across the 20 Sts and knit the 20 Sts from the second needle onto one needle.

Cast on 10 Sts.

Row 2: K5. Purl to end of row.

Cast on 10 Sts (60 Sts on needle).

Row 3: Knit.

Row 4: K5, P50, K5. Repeat Rows 3 and 4 for 7 1/2 inches ending with Row 3.

Knit 8 rows Garter stitch. Cast off.

To Make Up

Sew together the 10 cast-on Sts of the Front to the 10 cast-on Sts of the Back at each side of the collar

Fiddle Blanket



You will see from the photo that the top side of the blanket has a number of items stitched to it - a zip - a ribbon bow - a wool pompom - Velcro a plait - a roll etc. The person using the blanket can zip and unzip, tie and untie the bow and the wool pompom is tactile. The material used should be bright and colourful and it is important that the underside of the blanket should be made from non-slip material as this is the side which will sit on the user's lap. The material in a fleece throw is ideal as it is soft and non-slippery and not too expensive.

Now for the practical details.

A suggested size for the finished Blanket is 18 ins x 12 ins (46 cm x 30.5 cm).

The attachments are made separately and then sewn on to the topside of the blanket.

Machine stitching is best. If an attachment requires hand stitching then please ensure you test it when it's in place by pulling really hard on it to ensure it will not break loose.

Twiddle Muff

These Muffs are given to nursing home residents suffering from dementia or Alzheimer's.



You will need

This muff pattern is perfect for using up left over and odd balls of wool.
One pair of size 4 or 5 needles (6mm or 5.5 mm).

Pattern

Cuff - Cast on 40 Sts using 2 strands of double knitting wool, (you can also use 1 strand of Chunky Wool).

Work 11 ins (28 cm) in st-st.

Muff Body - Continue with st-st and using oddments of various textures of wool i.e. chunky, mohair, ribbon. Cuff and muff body should measure 23 ins (58.5 cm) in total. Cast off.

Decoration and Finishing

Now is the time if you want to decorate the muff body with beads, flowers, zips, loops etc. Sew on with button thread or double strand sewing thread.

Reinforce any beads and buttons with a backing of firm fabric to prevent the knitting Sts being pulled out.

Neatly join the sides together with purl side facing you.

Turn inside out. Push cuff inside muff body.

Neatly sew together the two ends.

Twiddle Glove

Also useful is to decorate a fingerless glove in the same way as the Twiddle Muff.
(See pattern on page 14)

These are useful for patients with Dementia or Alzheimers who have Cannulas. The gloves help to avoid them disturbing the Cannula.

It is important from a health and safety aspect that all the attachment should be securely attached.

Prayer Shawl with Cross

You will need

One pair of size I needles (7.5mm).
200grms of double knitting wool

Pattern

Cast on 81 Sts.

Work pattern k3p3 for 36 rows.

Begin cross block.

Row 1 pattern for 27 Sts. P27sts. Pattern for 27 Sts.

Row 2 pattern for 27 Sts. K27sts. Pattern for 27 Sts.

Rep row 1 & 2 for 6 rows.

Row 7 pattern 27 Sts. P 10, k7, p10. Pattern 27 Sts (this begins base of cross).

Row 8 pattern 27 Sts. K 10, p7, k 10. Pattern 27 Sts.

Rep row 7 & 8 for 24 rows

Next row pattern 27 Sts. P 3, k21, p3. Pattern 27 Sts.

Next row pattern 27 Sts. K3, p21, k3. Pattern 27 Sts.

Rep these 2 rows 10 times.

Next row pattern 27 Sts. P 10, k 7, p10. Pattern 27 Sts.

Next row pattern 27 Sts. K 10, p7, k10. Pattern 27 Sts.

Rep these 2 rows 1 1 times.

Rep row 1 & 2 for 8 rows.

This completes the cross block and a single cross will show on one end of the shawl.

Continue k3p3 pattern. The shawl without fringe should be about 45 ins (114 cm), however if you would like it longer use another ball of wool.

Before joining the last ball of wool, cut 108 threads about 14 ins (35.5 cm) long for fringe. Cast off.

Darn in threads. Attach cut threads singly or in bunches at both ends.



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