

# St. Stephen's STITCHERS

**CHESTER COUNTY SOLDIERS' SOCKS,**  
FOR THE  
Great CENTRAL FAIR for the SANITARY COMMISSION to be held  
in Philadelphia in June.

**Every Woman to the Work.**  
Let our brave soldiers know and feel that they are remembered, and cared for in every far-  
held in the land. Let us begin by knitting one  
or more pairs of socks. And to distinguish the  
CHESTER COUNTY socks from all others, let  
the stripes at the top be red, white and blue, one  
inch of each color.

In order that a full report may be made of the  
whole number completed, it is suggested, that  
they be worn with the names of the donors, in the  
most skillfully or in the General all done,  
Wool Choice. Ply and your needles.

**S. H. HENSTER,**  
Assistant Manager, C. A.  
Sanitary Commission.

**AMERICAN RED CROSS**

**Project Linus**  
Providing Security Through Blankets

**Touch A Life**  
Make a Difference

**OUR BOYS NEED  
SOX  
KNIT YOUR BIT**

**Help us blanket  
America  
with  
warmth!**

Join volunteers nationwide to  
create crocheted and knitted  
afghans for people in need.  
Make one section or an  
entire afghan. Learn the  
many ways you can help.

# Project Guide



**More knit Your Bit Patterns are Available Online:**

<http://www.nationalww2museum.org/education/2007scarfpatternkit.pdf>

<http://www.nationalww2museum.org/education/2007scarfpatterncrochet.pdf>

<http://www.nationalww2museum.org/education/scarfpattern2006.pdf>

<http://www.nationalww2museum.org/education/crochetpattern2006.pdf>



**2007 Knit your Bit Scarf Pattern**

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# National Charities That Accept Hand Stitched Items


## Warm-Up America

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

Warm Up America! (WUA!) is an organization made up of volunteers who create handmade afghan blankets, clothing and accessories to help those in need. These items provide warmth and comfort to people who have lost their homes, fled abusive relations, or are being cared for in hospices, shelters, hospitals, and nursing homes.

**How It Works:** Volunteers donate their time to crochet and knit a 7" X 9" rectangle (or more). Sections (49 squares) are either joined by individuals or groups in a community and donated locally or sent to Foundation headquarters for joining and distribution. **However**, if you have an interest in making

an entire afghan, you can knit or crochet your afghan to any size or pattern you wish. There is a need, for instance, for **baby afghans (approximately 32" by 38")** and **lap throws**, which are much smaller than the standard Warm Up America! afghan. If you want to make several sections, but not an entire afghan, consider **knitting or crocheting a 7" by 63" strip**. It makes assembling much easier and less time consuming.



*"The Foundation is committed to motivating, training and coordinating volunteers to knit and crochet afghans"*

**Collection of Completed Sections and Assembly of Afghan Blankets:** Volunteers are encouraged to work with friends, co-workers and family members to complete an afghan and

donate it in their community. However, when that is not possible, the Foundation's office serves as a collection point both for individual sections and for completed afghans.

## Lengthwise Striped Scarf Pattern 2008 - CROCHET

**Materials:** 2 Crochet hooks, size (G) and (H)

4 colors complimentary yarn

-1 Skein of at least 175 yds. or more for Main Color (A)

-½ Skein for Second Color (B) or at least 85 yds.

-1/4 Skein or approximately 35 yds. for Colors (C) and (D)

### PATTERN:

**Row 1:** Chain 165 with size (H) crochet hook.

**Row 2:** Switch to size (G) crochet hook. (SC)- Single Crochet in end chain from hook.

This counts as your first (SC). (SC) in each chain across. 165 (SC).

**Row 3:** At turn, continue (SC) and repeat for 6 more rows.

**Row 9:** Follow Color Guide for color changes and row numbers

### Color Guide by Rows:

Color (A) - SC (8) Rows: 1-8

Color (B) - SC (4) Rows: 9-12

Color (C) - SC (3) Rows: 13-15

Color (D) - SC (2) Rows: 16-17

Color (A) – SC (3) Rows: 18-20

Color (D) - SC (2) Rows: 21-22

Color (C) - SC (3) Rows: 23-25

Color (B) - SC (4) Rows: 26-29

Color (A) – SC (8) Rows: 30-37

Note: One SC row of ( ) gauge uses approx. 30 ft. of yarn.

### Fringe Optional

Permissible for reprint for free distribution, but not for sale

rachel.vives@nationalww2museum.org. Inspired from the pattern suggestion of Priscilla Bouic, Knit Your Bitter Special Thanks to our LYS: The Garden District Needlework Shop - 504.558.0221

# Knit Your Bit Patterns

## Lengthwise Striped Scarf Pattern 2008 - KNIT

Materials: Size 9 circular needles (29" to hold stitches).  
One No. 10 needle for casting on and binding off.  
4 complimentary colors of yarn, worsted weight.

Suggested Color Chart:

Color (A) = blue or olive green (at least 175 yds)

Color (B) = Gold (1/2 skein)

Color (C) = Cream (1/4 skein)

Color (D) = Red (1/4 skein)

Gauge: 3.5 sts/inch.

Cast on 175 stitches for a 52" scarf. Use the No. 10 needle w/your circular to create a larger cast on loop, to eliminate curling of the sides.

Color A, knit 12 rows

Color B, knit 6 rows

Color C, knit 4 rows

Color D, knit 2 rows

Color A, knit 4 rows

Color D, knit 2 rows

Color C, knit 4 rows

Color B, knit 6 rows

Color A, knit 12 rows

52 rows total, 7" wide.

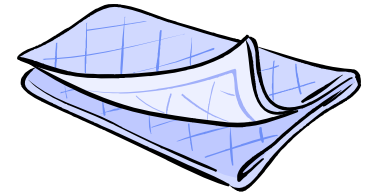
*Fringe Optional.*



## Project Linus

[www.projectlinus.org](http://www.projectlinus.org)

Project Linus volunteers, known as "blanketeers," provide new, handmade, washable blankets to be given as gifts to seriously ill and traumatized children, ages 0-18. It is Project Linus' policy to



accept blankets of all sizes, depending on local chapter needs. All styles of blankets are welcome, including quilts, tied comforters, fleece blankets, crocheted or knitted afghans, and receiving blankets in child-friendly colors. Always remember that blankets must be homemade, washable, free of pins, and come from smoke-free environments due to allergy reasons.

## Knit Your Bit – The National WWII Museum

<http://www.ddaymuseum.org/education/knitting.html>

The National WWII Museum is proud to launch its own Knit Your Bit campaign. You can help the Museum honor WWII veterans by Knitting Your Bit- in this case a simple, but cozy, scarf to be donated to a veteran in a Veterans Center somewhere in the United States. When we launched **Knit Your Bit** in the fall of 2006, we had no idea the response we we would receive from dedicated knitters around the country. And responded you have! As we head forward with this program, the Museum has received almost 5,000 scarves from amazing knitters nationwide. **While we encourage the use our patterns**, we will accept any appropriate scarf. VA Centers have expressed their appreciation and are waiting for you to make a difference in veterans' lives this winter

### **Mail Completed Scarves to:**

The National World War II Museum / Knit Your Bit Campaign  
945 Magazine Street  
New Orleans, LA 70130

## The Ships Project

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

The Ships Project was founded in October of 2001, when a female sailor on board the USS Bataan responded to an "Any Sailor" letter written by the project founder, Ellen Harpin. In that letter, Ellen mentioned her love for knitting, prompting the sailor to joke that maybe Ellen could send a pair of knit slippers to keep her feet warm as she slept, since her berthing was extremely cold. Since then, the project has grown far beyond that small beginning and has earned the respect and support of the military. The USS Bataan has long since returned home but we have continued to send packages to sailors and Marines on dozens of ships deployed since then, as well as Army, Marine, and Air Force units on the ground.

The Ships Project now sends handmade hats, slippers, cool-ties and cool-heads to Soldiers, Sailors, Airmen and Marines deployed across the world in the War on Terror. More than 1,000 individuals, as well as dozens of church and civic groups have adopted this project and are making hand-crafted items to be sent to our troops fighting against terrorism. With troops still being deployed to Iraq and Afghanistan, the need for what the troops have come to call our "Hugs from Home" is increasing daily. The military has asked us to continue this effort even with the Department of Defense restriction on mail to the war region.

### What We're Sending: *All Handmade*

**General Guidelines:** All items must be closely knitted or crocheted for warmth. "Lacy" styles are not appropriate for our project, because they are not warm enough. If you can stick a pencil or your finger between the stitches, it is too loose to be warm enough for the use of the troops. Of course, all the yarn ends need to be woven through and finished off, and the threads on sewn items need to be trimmed off.

Cast on 59 additional stitches, place marker to mark beginning of round, join in round, knit even for 4". ("Knit even" means to knit every stitch).

Be sure to check your gauge. Even being off 1/2 stitch per inch will make the helmetliner useless, as it will not fit properly.

1. Decrease row: \*Knit 11, Knit 2 together,\* repeat to end of round.

Next row: Knit even.

2. Decrease row: \*K10, K2 together,\* repeat to end.

Next row: knit even, meaning to knit every stitch. Change to double point (DP) needles when necessary.

Continue decreases as established until knit 2, knit 2 together. After this, decrease every row until a total of 7 stitches remain on the double point needles. Cut yarn 8-9" long, feed through remaining stitches and weave in.

**Face Ribbing:** With size 6 circular needle that is still in neck portion, pick up the 59 stitches that you cast on when starting the cap portion. Join in circle and do Knit 2, Purl 2 ribbing for 1 inch. On last row of ribbing, decrease about 8 stitches by purl 2 together in 4 locations around the face. You may need to increase or decrease the number of times you decrease (purl 2 together) so that it isn't too tight or too loose in the face ribbing. This keeps the wind from whipping underneath it. **Cast off. Weave in ends.**

(The original pattern was designed by Bonnie Long, Knit Wits, 3419 Chatham Rd. Springfield, IL 62704. 217-698-6100. Revised 1-19-05. All rights reserved. Copies may be made only for the purpose of donating helmets to our active service personnel. In any case design attribution must remain. Operation Helmetliner, Inc. has made changes to the original pattern for clarity and to incorporate suggestions from our Armed Forces).

## **HELMETLINER KNITTING INSTRUCTIONS**

(Known as a "Wooly Pulleys" by our Armed Forces)

### **Materials:**

Any soft, worsted (100 grams/3.5 ounces) wool yarn that will knit to gauge, such as Cascade 220 or equivalent. The label should state that for size 7 needle, 5 stitches per 1 inch, and for size 8 needle, 4-1/2 stitches per 1 inch. Approx. 175 yds.

Only 100% soft wool yarn will be accepted, because our Armed Forces are not allowed to wear synthetic fibers outside the wire. Wool is inherently non-flammable and won't melt against the skin in the event of an accident and is warm even when wet.

### **Colors:**

ONLY black, charcoal, brown, tan, olive drab or combinations of these colors are allowed by our Armed Forces.

Size 8 – 16" circular needle, or size to get gauge

Size 8 - Double point needles

Size 6 - 16" circular needles for the ribbings

1 stitch marker.

**Gauge:** 4.5 stitches per inch in stockinette stitch

Be sure to check your gauge to ensure the helmetliner will fit properly when worn.

### **Neck Ribbing:**

With smaller circular needle, cast on 84 stitches loosely. Place marker. Join in round and knit in 2x2 (meaning knit 2, purl 2) ribbing for 6 inches.

### **Cap:**

With larger circular needle, knit 32 stitches off smaller needle onto the larger size 8 circular needle. Leave smaller circular needle in the rest of the stitches. The smaller circular needle will just act as a stitch holder while you complete the cap portion with the size 8 circular and double-point needles.

Even though there are many women in our military today, all items need to be made in styles and colors that will be suitable for men. The women in the military prefer these as well, rather than more traditionally feminine colors and styles. These ladies feel that they stand out enough already, without topping it off with a "girly" hat. Therefore, no pastels, pink, lavender, or neon colors, even as an accent. Also, the troops have requested that we **do not send items with the olive/brown/black jungle camouflage**, since it is no longer used in the military.

**Specifications:** All items need to be in sizes to fit an adult male. The average age of an American soldier is 19 years old, so all items need to be in colors and styles which a young man would be proud to wear. Acrylic, Wool Blends, & 100% wool accepted. Label 100% wool items: *"100% Wool. Hand wash in cold water only. Lay flat to dry."*

**Hats** need to be close-fitting, so they will fit under a helmet. Hats with a rolled brim need to be avoided, since they have the tendency to come off. Also, the military cannot use hats with pom-poms, tassels, bells, l-cords, or anything else on the top of the hat. Hats with frilly edges, or with an edging made from a yarn such as the Lion Brand Fun Fur are also not useful to the military.

**Soft Hats and Slippers for the wounded** - in all Approved Colors.\*

Please use a single strand of worsted weight yarn (or equivalent - i.e. two strands of sport weight) only. \*No black, brown, gray, camo, or tan at this time. Soft yarn, no Red Heart, Simply Soft is Preferred. Avoid pastel or feminine shades.

**Hats and Slippers for troops** - in all Approved Colors.\* Please use a single strand of worsted weight yarn (or equivalent - i.e. two strands of sport weight) only. \*No black, brown, gray, camo, or tan at this time. Any worsted weight in approved colors. For safety reasons, **Slippers must have a cuff**, or come up over the ankle so they will not accidentally come off. Thus, many popular slipper patterns will not work for the use of the troops.

## APPROVED COLORS & MATERIALS:

Any 'guy' colors are appropriate for the troops, especially:

Blue  
Green  
Red  
Brown  
Gray  
Tan  
Black  
Red/White/Blue combinations  
Digital Camouflage - Blue/Gray  
Desert Camouflage - Tans/Brown

**Either solid colors or variegated yarns are appropriate. Stripes and other color patterns are also welcome! The darker colors and shades are needed for the troops on the ground, but brighter colors are suitable for the ships.**

**White** is perfectly acceptable as an accent color, such as for patriotic themes, but not as the main color for items, for the simple reason that they do not stay white.

### Colors to avoid include:

Pink  
Lavender  
Pastels  
White\*  
Neon colors  
Jungle Camouflage - the Olive Green/Black/Brown Camo.

## Project Helmet Liner Patterns

**Ship to:** Operation Helmetliner, P.O. Box 104, Dahlgren, IL 62828.

**Website:** [www.geocities.com/helmetliner](http://www.geocities.com/helmetliner)



**Only 100% wool is allowed, because it is inherently non-flammable, which is important in the event of an accident.** Note: Any stitch EXCEPT stockinette stitch if knitting as it curls, so please do not use it.

### KNITTED NECK GATORS

**Supplies:** Soft 100% worsted weight wool yarn in tan, brown, gray, or black. These are the only colors allowed by the military.

Size 6, 7, or 8 – 6” circular needle

**Directions:**

Cast on 112 stitches very loosely. Join (you know the bit about not twisting and such) and rib (knit 1, purl 1 OR knit 2, purl 2) for about 9”. Cast off very loosely. Weave in the ends.

### SCARVES FOR TROOPS

*KNITTING AND CROCHETING INSTRUCTIONS*

**Materials:**

Any soft, worsted or bulky weight (100 grams/3.5 ounces) wool yarn (lamb’s wool, alpaca, cashmere or combinations of these are acceptable). Only 100% soft wool yarn will be accepted, because our Armed Forces are not allowed to wear synthetic fibers outside the wire.

**Colors:** ONLY black, charcoal, brown, tan, or combinations of these colors.

**Finished dimensions:** approx. 12 in. x 42 in. No fringe, scallops, or holes big enough to put your little finger through, just plain, as these need to be “unisex”. Cast off. Weave in ends.

## CONTINUE WITH THE REST OF THE FOOT

**RND 1** - With wrong side facing, space 15 sc evenly along edge of heel rows, 1 sc in next 20 sc, place 15 sc evenly along edge of heel rows, ss to join, ch 1, turn. (50 sc)

**RND 2** - 1 sc in next 13 sc, 2 sc tog (twice) 1 sc in next 16 sc, 2 sc tog (twice), 1 sc in next 13 sc, ss to join, ch 1, turn. (46 sc)

**RND 3** - 1 sc in next 12 sc, 2 sc tog (twice), 1 sc in next 14 sc, 2 sc tog (twice), 1 sc in next 12 sc, ss to join, ch 1, turn. (42 sc)

**RND 4** - 1 sc in next 11 sc, 2 sc tog (twice), 1 sc in next 12 sc, 2 sc tog (twice), 1 sc in next 11 sc, ss to join, ch 1, turn. (38) sc

**RND 5** - 1 sc in next 10 sc, 2 sc tog, 1 sc in next 14 sc, 2 sc tog, 1 sc in next 10 sc, ss to join, ch 1, turn. (36 sc)

**RND 6** - 1 sc in each sc, ss to join, ch 1, turn. (36 sc)

**RNDS 7 to 26** - Same as Row 6.

**RND 27** - Change to white yarn. 1 sc in each sc, ss to join, ch 1 turn. (36 sc)

**RND 28** - \*1 sc in next 4 sc, 2 sc tog\*, repeat from \* to \* 5 more times, ss to join, ch 1, turn. (30 sc)

**RND 29** - 1 sc in each sc, ss to join, ch 1, turn. (30 sc)

**RND 30** - \*1 sc in next 3 sc, 2 sc tog\*, repeat from \* to \* 5 more times, ss to join, ch 1, join. (24 sc)

**RND 31** - 1 sc in each sc, ss to join, ch 1, turn. (24 sc)

**RND 32** - \*1 sc in next 4 sc, 2 sc tog\*, repeat from \* to \* 3 more times, ss to join, ch 1, join. (20 sc)

**RND 33** - 1 sc in each sc, ss to join, ch 1, turn. (20 sc)

**RND 34** - \*1 sc in next 3 sc, 2 sc tog\*, repeat from \* to \* 3 more times, ss to join, ch 1, turn. (16 sc)

**RND 35** - 2 sc tog 8 times.

Cut yarn leaving an 8 to 10 inch tail, pull tail through loop of last ch 1. With darning needle, sew up toe end and fasten off.

## Operation Helmet Liner

<http://www.geocities.com/helmetliner>



We currently have more than 200,000 troops in overseas theaters where they are subjected to sub-zero windchills during the winter and extreme heat in the summer. Please help us have a warm helmetliner for each one of these troops before next winter and neck coolers in the summer. While this is a formidable goal, if everyone knows about the need, we can meet it. People are glad to help our troops if they know what they can do.

If you can knit or crochet, please consider making **helmetliners or scarves for our troops**. Please use 100% soft wool (it's warmer than acrylic) and check gauge. If they do not fit properly, they will not be sent to our troops, because they could obstruct their vision.

Contact your local newspapers, churches, farm and civic organizations, electric and telephone cooperatives, etc. to publish the press release and helmetliner photo.

Contact your local fabric stores, VFW and AMVETS auxiliaries, 4-H Clubs, etc. to get the word out about the need for neck coolers.

Shipping: Donations to help cover shipping helmetliners/neck coolers to our troops may be sent to Helmetliner, P.O. Box 104, Dahlgren, IL 62828.

Please make checks payable to "Operation Helmetliner". 100% of ALL donations go directly for our Armed Forces who are deployed, mostly for the postage to pay shipping to get the "stitches from home" to them (note that donations are not tax deductible).

**Featured in September 2008 *Family Circle*.**

Questions: [helmetliner@hotmail.com](mailto:helmetliner@hotmail.com)

## 7 x 9 Crochet Patterns

<http://www.warmupamerica.com/patterns.html>

Materials: Worsted-weight acrylic yarns

Gauge: 9 stitches = 2 inches

Finished size: 7" by 9"

Hook: Size G crochet hook or size necessary to obtain gauge

### BASIC SINGLE CROCHET

Chain 30 for the foundation chain.

**Row 1:** Single crochet in 2nd chain from hook, and in every chain in the foundation row. Chain 1 and turn your work.

**Row 2:** Working under the 2 top loops of each stitch in the previous row, single crochet across the row. Chain 1 and turn.

Repeat Row 2 until piece measures 9". Fasten off.

### BASIC DOUBLE CROCHET

Chain 27 for the foundation chain.

**Row 1:** Double crochet in 3rd chain from hook and in each chain of the foundation row. Chain 2 and turn your work.

**Row 2:** Double crochet in each stitch across the row. Chain 2 and turn.

Repeat Row 2 until piece measures 9". Fasten off.

## Crocheted Slipper Socks:

**Materials** - 50g balls of 4 ply knitting worsted - for main color.  
1 - 50g ball of 4 ply knitting worsted - for toe and heel.  
If you prefer, you can make these socks in one solid color.

**Hook** - 5.00

### SOCK TOP

Ch 30 to begin.

**ROW 1** - 1 sc in 2nd ch from hook, 1 sc in each ch to end. (29 sc)

**ROW 2** - 1 sc (through the back loop of st only) in each 29 sc, ch 1, turn. (Note: do not count the ch 1 in your stitch count on all rows throughout the pattern.)

**ROWS 3 to 40** - Same as Row 2.

**ROW 41** - (Joining row - Be sure to do all stitches on this row through the back loops only, too.) ss to join Row 41 to Row 1. Turn inside out.

You now have a tube shape of ribbing. To start the foot of the sock, with right side facing you, ch 1, 1 sc at base of ch 1, 1 sc along each end of ribbing rows, ss to join to first sc at beg, ch 1, turn. (40 sc)

### HEEL - All Stitches are through both loops.

Change to white yarn if you wish.

**ROW 1** - 1 sc in first sc at the base of ch 1, (remember, ch 1 doesn't count in the stitch count) 1 sc in next 19 sc, ch 1, turn. (20 sc)

**ROWS 2 to 12** - Same as Row 1.

**ROW 13** - 1 sc in next 8, 2 sc tog twice, 1 sc in next 8 sc, ch 1, turn. (18 sc)

**ROW 14** - 1 sc in next 18 sc, ch 1, turn.

**ROW 15** - 1 sc in next 7 sc, 2 sc tog twice, fold heel in half with wrong side of heel facing you, (See picture on left.) ss the next sc to the 7th sc on this Row, ss the next sc to the 6th sc of this Row, ss the next sc to the 5th sc of this Row, ss the next sc to the 4th sc of this Row, ss the next sc to the 3rd sc of this Row, ss the next sc to the 2nd sc of this Row, ss the last sc to the 1st sc of this Row, change to blue yarn, ch 1, turn heel to the right side.



# The Ships Project

<http://www.theshipsproject.com/>

Image courtesy Jeanette Graham



## Desert Boots:

Materials: Worsted yarn 2 oz. If made double use 4 oz.

2 buttons

To change sizes, change needles

Ladies = US size 10 needles

Children = Size 8 needles

Infants = size 2 needles and 1 oz of baby yarn

Pattern:

Cast on 60 sts. Work in garter st, for 16 rows or 8 ridges.

**Row 1:** K27, K2 tog, K2, K2tog, K27.

**Row 2:** P26, P2 tog, P2, P2 tog, P26.

**Row 3:** K25, K2 tog, K2, K2 tog, K25.

Continue to dec. in this manner until 30 sts remain.

K1 row casting on 5 sts. at the end of the row.

Next row K2, bind off 2 sts. for button hole, k remaining sts.

Next row K to bound off sts. and cast on 2 sts.

K2, continue in garter sts. for 5 ridges, bind off.

Finish, sew up the bottom of the slipper and halfway up the back.  
Sew on a button.

Make 2 of them!!!

## SHELL STITCH

Chain 31 for the foundation chain. (This stitch requires multiples of 6 chains plus 1.)

**Row 1:** Work 3 double crochets in the 4th chain from the hook. \*Skip 2 chains. Single crochet in the next chain. Skip 2 chains, then work 5 double crochets in the next chain.\* (You've created your first shell.) Repeat the sequence of stitches between the asterisks (\*) across the row, ending with skipping 2 chains and 1 single crochet in the last chain. Chain 3 and turn your work.

**Row 2:** Work 3 double crochets in the 1st single crochet. \*Work 1 single crochet in the center double crochet of the next shell, work 1 shell of 5 double crochets in the next single crochet.\* Repeat the sequence of stitches between the asterisks (\*). End with 1 single crochet on top of the turning chain. Chain 3 and turn your work.

Repeat Row 2 until piece measures 9". Fasten off.

## FLYING "V's"

Chain 33 for the foundation chain.

**Row 1:** Double crochet, chain 2 and single crochet in the 4th chain from the hook. \*Skip 2 chains, then work 2 double crochets, chain 2 and single crochet in the next chain.\* Repeat the sequence between the asterisks across the row, ending with 1 double crochet in the last chain. Chain 2 and turn.

**Row 2:** Work 2 double crochets, chain 2 and then work 1 single crochet stitch in the first chain 2 space of the previous row and in each chain 2 space across the row, ending with 1 double crochet in the last chain. Chain 2 and turn.

Repeat Row 2 until piece measures 9". Fasten off.

## LITTLE SCALLOPS

Chain 33 for the foundation chain.

**Row 1:** Skip 2 chains, and double crochet into next chain. \*Skip 2 chains and work 1 single crochet and 2 double crochets into the next chain.\* Repeat the sequence of stitches between the asterisks until the last 3 chains. Skip 2 chains and single crochet into the last chain. Chain 1 and turn.

**Row 2:** Work 2 double crochets into the first stitch. \*Skip 2 double crochets, then work a single crochet and 2 double crochets into the next single crochet.\* Repeat the sequence between the asterisks until the last 3 stitches. Skip 2 double crochets and single crochet into the top of the turning chain. Chain 1 and turn.

Repeat Row 2 until piece measures 9". Fasten off.

## ALTERNATING HALF DOUBLE CROCHETS

Chain 31 for the foundation chain.

**Row 1:** Half double crochet into the 3rd chain from the hook, and into each chain across the row. Chain 2 and turn.

**Row 2:** Skip 1 stitch. \*Work 1 half double in the back loop of the next stitch and 1 half double in the front loop of the next stitch.\* Repeat the sequence between the asterisks, ending with 1 half double worked into the top of the turning chain. Chain 2 and turn.

Repeat Row 2 until piece measures 9". Fasten off.

## SQUARES

Cast on 35 stitches.

**Row 1:** Knit 5 stitches, purl 5, knit 5. Alternate knitting 5 and purling 5 stitches across the row.

**Row 2:** Purl 5 stitches, knit 5, purl 5 and repeat pattern across the row.

**Row 3:** Repeat Row 1.

**Row 4:** Repeat Row 2.

**Row 5:** Repeat Row 1.

**Row 6:** Repeat Row 2.

**Row 7:** Repeat Row 2.

**Row 8:** Repeat Row 1.

**Row 9:** Repeat Row 2.

**Row 10:** Repeat Row 1.

**Row 11:** Repeat Row 2.

**Row 12:** Repeat Row 1.

Repeat these 12 rows until piece measures 9". Bind off in pattern.

## SHADOW TRIANGLES

Work in multiples of 5 stitches.

Cast on 35 stitches.

**Row 1:** Knit all stitches.

**Row 2:** \*Knit 1, Purl 4, repeat from \* to across the row.

**Row 3:** \*Knit 3, Purl 2, repeat from \* to across the row.

**Row 4:** Work the same as Row 3.

**Row 5:** Work the same as Row 2.

**Row 6:** Knit all stitches.

Repeat until piece measures 9". Bind off in pattern.

## DOUBLE SEED STITCH

Cast on 35 stitches.

**Row 1:** Knit 1 stitch, purl the next stitch, knit the next. Continue alternating stitches across the row.

**Row 2:** Purl 1, knit 1, purl 1, alternating stitches across the row.

**Row 3:** Work the same as Row 2.

**Row 4:** Work the same as Row 1.

Repeat these 4 rows until piece measures 9". Bind off.

## CABLE

Cast on 36 stitches.

**Row 1:** Purl 13 stitches, knit next 2 stitches, purl next 6, knit 2, and purl remaining 13 stitches.

**Row 2:** Knit 13 stitches, purl 2, knit 6, purl 2, and knit 13.

**Row 3:** Repeat Row 1.

**Row 4:** Knit 13 stitches, purl 2. Slip next 3 stitches onto cable needle, hold in back of work. Knit next 3 stitches, then knit the 3 stitches from the cable needle. Purl 2 and knit the remaining 13.

**Row 5:** Repeat Row 1.

**Row 6:** Repeat Row 2.

**Row 7:** Repeat Row 1.

**Row 8:** Repeat Row 2.

Repeat these 8 rows for 9". Bind off in pattern.

## 7 x 9 Knitting Patterns

<http://www.warmupamerica.com/patterns.html>

Worsted-weight acrylic yarns

Gauge: 5 stitches = 1 inch

Finished size: 7" by 9" Needle size: 7 needles or size necessary to obtain gauge

## GARTER STITCH

Cast on 35 stitches.

Knit every row until piece measures 9".

Bind off.

## STOCKINETTE STITCH

Cast on 35 stitches.

**Row 1:** Knit all stitches.

**Row 2:** Purl all stitches.

Repeat these 2 rows until piece measures 9". Bind off.

## SEED STITCH

Cast on 35 stitches.

**Row 1:** Knit 1 stitch, purl the next stitch, knit the next. Continue alternating stitches across the row.

Repeat this row until piece measures 9". Bind off.