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"Softies"

Hand knitted prostheses for breast cancer survivors

YARN: about 100 yards of cotton or cotton-blend DK weight or fingering weight yarn will make a pair of Softies

NEEDLES: four 8" double pointed needles (dpn): size US 4 (3.5mm) to US 6 (4mm)

FINISHED SIZES: The size of the Softies can be customized by adding or removing some of the fill through the opening in the back.

NOTIONS: locking stitch marker, tapestry needle, 100% Polyester Fiber Fill

GAUGE: 5 sts + 7 rows = 1" using appropriate needles for selected yarn

PATTERN NOTES:

- 1.) **I-Cord:** Using two dpn's, cast on but ***do not turn work**. Slide stitches to the other end of the dpn and knit, **pulling tightly*** rep from * for each round.
- 2.) **kbf:** insert the right hand needle into the *back* of the first stitch and knit it, then knit into the *front* of the same stitch and remove it from the left hand needle.
- 3.) **SKP:** slip 1 stitch knitwise, k1, pss0 (pass slip stitch over). This decrease is used because it is a looser left-slanting decrease.

DIRECTIONS for the Top of the Softies

Cast on 6 stitches using continental long tail cast on.

Set up Row 1: Slide and knit one row of I-cord. Slide to work Row 2.

Set up Row 2: *kbf, k1*; repeat from * to *; 9 sts. Distribute stitches to 3 needles, 3 stitches per needle. Close in a circle to work rounds. Attach locking stitch marker to the fabric below Needle 1 to indicate the beginning of a round.

Round 1: *kbf, knit to end of needle* rep from * to * for each needle; 3 stitches increased. Repeat Round 1 until there are 30 (33, 36) stitches on each needle. Weave in cast on tail before starting the bottom of the Softies. The length from the cast on is about 4.5".

DIRECTIONS for the Bottom of the Softies - each needle has 30 (33, 36) stitches

Round 1 and all odd-numbered rounds: *knit* rep from * to * for each needle

Round 2: *k 8 (9, 10) SKP* rep from * to * for each needle

Round 4: *k 7 (8, 9) SKP* rep from * to * for each needle

Round 6: *k 6 (7, 8) SKP* rep from * to * for each needle

Continue with the established pattern, working one less stitch before SKP until you reach 6 sts per needle; a total of 18 sts.

Next Round: *k2, SKP twice*; 4 stitches remain in each needle.

Last Round: knit all 12 stitches. Cut yarn leaving a 12" length. Thread a tapestry needle and run the threaded tapestry needle through the remaining stitches. Stuff your Softies with fiber fill. Cinch the opening closed and tuck in the extra length. Do not secure yarn. The size of the Softies can be customized by adding or removing some of the fill through the opening in the back.