

"Permission is solely granted to use this pattern instructions, design, ideas, and intent.  
It cannot be used for profit, private or commercial, sale, or resale.  
The design and intent of this pattern is solely intended to benefit survivors of breast cancer."

## Bust Buddies

Hand knitted prostheses for breast cancer survivors



### Materials:

Yarn: 100% cotton or blend yarn in sport weight to DK weight; 100 yards for one pair;

Yarn suggestion: Cascade Ultra Pima - <http://www.cascadeyarns.com/cascade-UltraPima.htm>

Needles: suggested: set of four US 4 (3.5mm) "7" double-pointed needles (dpn)"

Notions: tapestry needle, one stitch marker, and polyester fiberfill

Gauge: stockinette stitch in the round: 22 sts + 32 rows = 4" using needles to achieve gauge

Skill Level: Easy - projects using basic stitches and simple shaping and finishing.

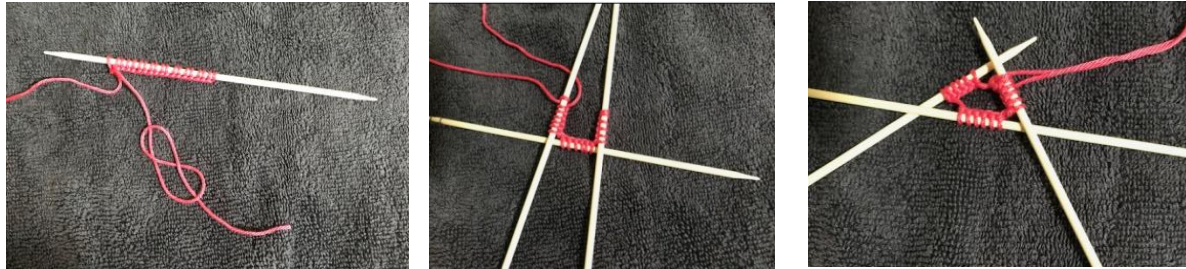
**Pattern Notes:** although these are recommended, other techniques can be substituted:

- Kfb increase: into next stitch, knit into the front and then knit into the back of the stitch
- SKP decrease: slip 1 stitch as if to knit, knit next stitch, pssso (pass slip stitch over); slants left

**Set-up for circular knitting:** Allow 10" for the cast on tail and cast on 19 stitches onto one dpn. Beginning with the slipknot stitch, slip 6 stitches to a 2<sup>nd</sup> dpn and the next 6 stitches to a 3<sup>rd</sup> dpn; the original dpn has 7 stitches. Arrange them without any twisting with the 7-stitch dpn in your left hand. To secure the loop, use the right-hand needle to slip the slipknot (first stitch) from the left-hand needle to the right-hand needle; then lift the 2<sup>nd</sup> stitch on the

right-hand needle over this stitch and off the needle, tugging on the tails to tighten up the stitch; each needle now has 6/18 stitches total and the circular knitting is connected.

**Knit one round before beginning the Bust Buddy directions, placing a stitch marker on the first dpn.**



**Directions:** Bust Buddies begin at the center back.

Round 1: \*kfb, k1\* repeat from \* all the way around - each needle has 9 sts/27 sts total

Round 2 and all even rounds: knit

Round 3: \*kfb, k2\* repeat from \* - each needle has 12 sts/36 sts total

Round 5: \*kfb, k3\* repeat from \* - each needle has 15 sts/45 sts total

Round 7: \*kfb, k4\* repeat from \* - each needle has 18 sts/54 sts total

Round 9: \*kfb, k5\* repeat from \* - each needle has 21 sts/63 sts total

Round 11: \*kfb, k6\* repeat from \* - each needle has 24 sts/72 sts total

Round 13: \*kfb, k7\* repeat from \* - each needle has 27 sts/81 sts total

Round 15: \*kfb, k8\* repeat from \* - each needle has 30 sts/90 sts total

Round 17: \*kfb, k9\* repeat from \* - each needle has 33 sts/99 sts total

Round 19: \*kfb, k10\* repeat from \* - each needle has 36 sts/108 sts total

Cup Sizes: A-Rounds 1 to 13; B-Rounds 1 to 15; C-Rounds 1 to 17, D-Rounds 1 to 19.

The last round is Round: A-14, B-16, C-18, or D-20 - knit.

Option: purl one or two rounds for a turning ridge

Remove stitch marker.

**Shaping the top of the Bust Buddy:**

Every following dpn needle: \*knit to the last 2 stitches, SKP\* repeat from \* for EACH dpn needle continuously until 3 stitches remain on each needle.

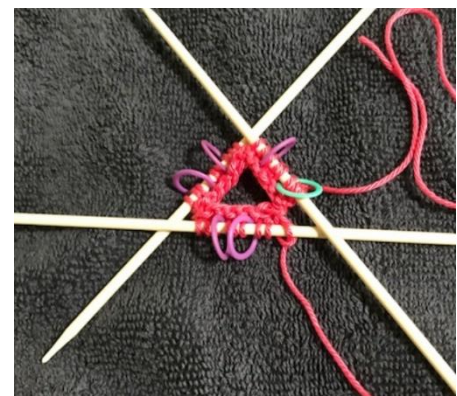
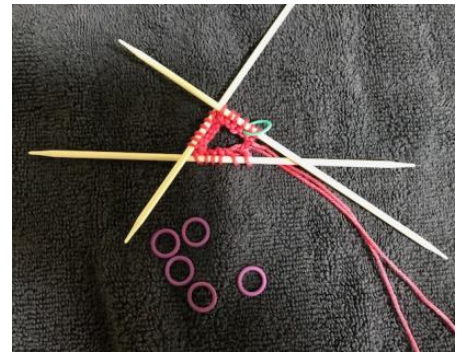


Finishing: Rosebud closure: Cut the yarn leaving a 10" length and thread this on a tapestry needle. Insert the threaded needle through the remaining 9 stitches, then insert needle through stitches once more, then cinch tight. Push the threaded needle down through the center of the Rosebud to the inside of the Bust Buddy; no need to weave in this end. Stuff the Bust Buddies with polyester fiberfill. Return to the cast on tail. Thread this onto a

tapestry needle and loosely sew around the opening catching 5 or 6 times to gently pull the opening closed or simply weave in the tail.

**STITCH MARKER MAGIC:** included in this circular knitting pattern is one stitch marker indicating the beginning of each round which is the usual approach in this style of knitting as shown in the top picture. Notice the color is green for "go." I then installed 5 more stitch markers in purple. Here's why: this is Round 1 but look what happens when the purple stitch markers are added? No more counting! \*Increase in next stitch, then knit to the next marker, slip the marker\* and repeat from \* all the way around. Work the alternate rounds without increasing but do slip the stitch markers. Notions: one green stitch marker and 5 other colored stitch markers

Round 1: \*kfb, k1, **place stitch marker**\* repeat from \* all the way around - each needle has 9 sts/27 sts total



The pink Bust Buddy has two purled rows before beginning the top shaping, while the beige-colored Bust Buddy doesn't.