

KNIT CAPS FOR ST. MARY'S

St. Mary's Hospital is looking for knitters to help our cancer patients look good and ultimately, feel better. One of the grimmest experiences about undergoing chemotherapy treatments, especially for women, is losing your hair. You can help us make a very real difference in each individual journey. We would like to offer our patients a beautiful hat that would fit properly and feel comfortable... knitted in a light fingering-weight, soft, breathable yarn. Your generosity is fundamental in helping to provide the best health care possible and will go a long way in creating patient comfort. – Thank you!

Beanie Cap Pattern (or a similar cap pattern)

You will need:

A light fingering, soft, breathable yarn (cotton, merino etc.)
(2) x 50g balls or 180 metres
A circular needle or 4 double-pointed needles 2.75mm

Tension: 30 stitches of 42 rows to equal 10cm or 4 inch square

Instructions: Cast on 144 stitches

1st Round: k1,p1 –repeat to end

Keep repeating this round until your work measures 6cm

Body of Cap: knit rounds until work measures 21 cm (including ribbing)

You can adjust the length as desired.

Next: inc 1 stitch on last round (145 stitches)

Gathering the Crown: * k26, k3tog, repeat from * to end of round (135 sts)

Next Round: knit

Next Round: *k24, k3tog, repeat from * to end of round (125 sts)

Next Round: knit

Next Round: *k22, k3tog, repeat from * to end of round (115 sts)

Next Round: knit

Keep decreasing in this manner until 15 stitches are left

Next Round: k3tog to the end of the round

Cut off the yarn and thread the end through the remaining stitches and pull tight, then fasten off.



Heartfelt thanks

PLEASE DROP OFF OR MAIL CAPS TO:

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