



ANDROSCOGGIN

Home Healthcare + Hospice

Comfort Shawl* Knitting and Crochet Instructions

Before You Begin:

Before you begin the knitting/crocheting process, a thought, prayer or wish can be said, dedicating the work of your hands and the intentions of the receiver. You may want to light a candle and play soft music to enhance your knitting time, remembering that this is a thoughtful time. When working in a group, you may want to pass the work-in-progress around the circle, asking each person to add some stitches to the shawl, or to just hold it for a while to add their thought, energy and good wishes.

Materials:

Suggested Yarns:

- **Lion Brand Homespun** – Stores: Wal-Mart, Michael's, Jo-Anne's, and A. C. Moore.
 - **Warning:** Be aware that the Lion Brand Homespun yarn tends to unravel when cut. Fringe will need to be knotted at its ends for a more presentable look. (Make sure all the skeins have the same dye lot numbers.)
- **Caron's Fascination** (no dye lot) – Stores: Michael's A.C. Moore
- Other Yarns:
 - **Caron's Fascination** *Lion Brand Jiffy (5-6 skeins)*
 - **Red Heart: Light-n-Lofly** and **Baby Clouds** (size 15 needles)

Note: Calm, relaxing colors are preferred for Hospice patients.

Note: If the yard you have chosen has a multicolored stripe, be careful when tying on a new skein. Make sure the color sequence is correct. Also, tie on the new skein in the body of the shawl, instead of an edge, as the ends tend to show.

Comfort Shawl – Knitting Pattern

Knitting: Knitting **Needle** size 11, 13, 15 or 17
3 Skeins: 6-oz., 185 yards for 54 or 57 stitches
4 Skeins: 6-oz., 185 yards for 60 stitches
Suggested Width: 24-28"

Note: If you use size 11 needles and cast on 54 stitches, 3 skeins of yarn is enough. Some yarns vary in pliability, which will affect your outcome, as will your knitting tension.

- **Cast on** stitches in multiples of three – 54, 57, or 60.
- **First Row:** K3, P3, to end.
- **Second Row:** Always start the next row with the opposite stitch of what you see. For instance, if the first stitch on the needle is a knit, then start with a purl.
- Knit until the piece measures from wrist to wrist, or approximately 57-58" long.
- Bind off with a knit row. Finish with fringe, if desired.

KNIT THE PURLS AND PURL THE KNITS!!! It should **NOT** look like ribbing.

Note: If you cast on 57 or 63 stitches you will always start with K3.

Comfort Shawl – Crochet Pattern

Developed by Rita Glod

Crochet: Crochet **Hook** size “M,” “N,” or “P”

Note: Crocheting typically uses more yarn than knitting, so you might have to adjust the width of the shawl and size of the hook or use another ½ skein. It has been suggested that 7 skeins of the same dye lot be purchased and crochet two shawls each using 3 ½ skeins. Another suggestion: If you are trying to use only 3 skeins, is to integrate other yarn colors into the shawl to create a color pattern.

- Chain 54 stitches or desired width of shawl.
- Row 1: Chain 2, turn. Single crochet in each of the stitches to end
- Row 2: Chain 3 and turn. Double crochet in top of each crochet stitch.
Repeat this row 2 more times.
- Row 5: Chain 1, turn and single crochet in top of each double crochet.
- Rows 6, 7 and 8: Chain 3 and turn. Double crochet in top of each crochet stitch.
- Repeat pattern to end (1 row single, 3 rows double – Rows 5-8.)
- Crochet until the piece measures from wrist to wrist, or approximately 57-58” long.
- End with 1 row of single (Row 5). Finish with fringe, if desired.

Fringe:

- Use what you have left to cut fringe. (You can also do this before tying on the third skein, and then continue knitting/crocheting to the end.)
- Divide the pile in half and slipknot them to the ends, evenly spaced.
- If the yarn is manufactured loosely wound, you might have to knot the ends of the fringe to keep it from unraveling.

***Comfort Shawls** are based on a project developed in Hartford, Connecticut in 1998 by Victoria Galo and Janet Briston. For more information, visit www.shawlministry.com.