



## Midlands Crafters for Breast Cancer

Creating drain bags, comfort pillows, chemo / sleep hats and soft lightweight breast prostheses and gifting them handmade with love.

[www.mc4bc.com](http://www.mc4bc.com)

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## Knitted Wash Cloth

### You will need:

4mm Knitting needles - either straight needles or circulars (any length over 16" will be fine), 100% soft cotton DK yarn - (King Cole Cotton Soft is ideal)

A large-eyed tapestry/yarn needle for sewing in ends

Scissors for cutting yarn

### Key:

- CO: Cast on
- K: Knit
- K1: Knit 1 stitch
- K2: Knit 2 stitches
- K2tog: Knit 2 together (knit two of your stitches together, as though they were one stitch)
- YO: yarn over (you literally just wind the yarn around your needle, creating a loop)
- sts: stitches

Using the long tail cast on, CO 4 sts.

Row 1: Knit.

Row 2: K2, yo, k to end.

Repeat Row 2 until you have 60-65 for DK weight yarn. You get to decide when to stop. This pattern doesn't rely on accurate stitch counts. Remember to take into account that a wash cloth, when wet, tends to stretch and spread, so often, less is more. A wash cloth that's about the size of your hand or slightly larger is great.

When you decide your wash cloth is large enough, begin to decrease:

Decrease row 1: K1, K2tog, yo, K2tog, K to end.

Repeat decrease row 1 until you have just 4 sts left on your needle.

Row 4: Knit.

Now, cast off all sts.

Weave in the ends and you're done!

All wash cloths are gifted to ladies and gentlemen via hospitals, centres and support groups.