



Midlands Crafters for Breast Cancer

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

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Chemo / Sleep hats.

Set of 4mm double pointed needles

Tapestry needle, scissors

Approx. 50g soft 100% cotton yarn

Cast on 84 thumb or other loose method. Divide between three needles.

Rib 8 rows, can be 2x2 rib.

Stocking stitch until work measures between 5.5 and 6.5 inches from start.

Begin decreases:

1st dec: *K 12, k2tog*, knit next row.

2nd dec: *K 11, k2tog*, knit next row.

3rd dec: *K 10, k2tog*, knit next row.

4th dec: *K 9, k2tog*, knit next row.

5th dec: *K 8, k2tog*, knit next row.

Divide stitches evenly between two circular needles or three DPNs. 6th

dec: *K 7, k2tog*

Continue in this pattern, decreasing every row, until 12 sts remain. k2tog around so that 6 sts remain, then pull yarn through remaining stitches with a tapestry needle.

Pull end through to inside of hat, weave in, and trim.