

Materials: 1 set 7-8" double point needles, size 4(5). Sport or (DK) weight soft, washable non wool yarn.**
See below for approved yarns for distribution by knittedknockers.org groups, stitch marker to mark needle 1,
tapestry needle. Gauge- 6st= 1" (5st= 1"). Counts in () are for DK/US 5 needles. (Revised for sizing 3/21/17)

Outer Piece

	Stitch Counts
CO 3 sts *	3 sts
Next row- kfb every stitch	6 sts
Divide onto 3 needles to start knitting in the round.....	6 • 2/needle
Round 1 - kfb, k1 each needle.....	9 • 3/needle
Round 2 - K to last stitch on each needle, m1, k1, place stitch marker.....	12 • 4/needle
A cup - Repeat round 2 20(18) times, stuffed diameter equals 4.5" (across).....	72(66) • 24(22)/needle
B cup - Repeat round 2 22(20) times, stuffed diameter equals 5" (across).....	78(72) • 26(24)/needle
C cup - Repeat round 2 26(24) times, stuffed diameter equals 5.5" (across).....	90(84) • 30(28)/needle
D cup - Repeat round 2 30(26) times, stuffed diameter equals 6" (across).....	102(90) • 34(30)/needle
DD (E) cup - Repeat round 2 32(28) times, stuffed diameter equals 6.5" (across).....	... 108(96) • 36(32)/needle

For larger sizes repeat round 2- 2 more times for each size (2 sts per needle or 6 per round). Each size goes up about ½" in diameter. Sizing is a bit of an art. Looser knit will stretch more when stuffed. Stuffed knocker should measure about the diameters listed above.

Purl 2 rounds, these two rounds help define the edge as you begin to create the back of your knocker.

Inner Piece

Round 1 - K to last 2 sts, k2tog (each needle)
Round 2 - SSK, K to last 2 sts, k2tog (each needle)
Repeat rounds 1 and 2 until 12 sts remain. (4 on each needle)
Cut yarn, leaving a long tail, thread tail through remaining stitches and leave loose and open to allow for stuffing.
Fill with Poly Fiber Fil™ (optional, we can fill them for you to save on postage.)

Legend
CO - Cast On
kfb - Knit into front & back of stitch
K - knit
P - purl
m1 - make one, increase
k2tog - knit 2 stitches together
ssk - slip two stitches from left to right as if to knit, then knit them together through the back loops.
Gauge- 6st=1" (5 st=1")

Visit www.knittedknockers.org for tips and videos on how to make great Knitted Knockers

* *Optional nipple: work 4 rows of i-cord after casting on. Stretch and twist i-cord tightly and stitch down to create a small nipple. The completed nipple should be no more than 3/8 inch in diameter.*

Knitted Knockers Support Foundation has created a list of tested and approved yarns appropriate for knitted knockers. Please note that **only knockers made from this list will be used to fill orders from knittedknockers.org so if knitting or crocheting for us please only use these yarns. While Knitted Knockers are a great "stash buster" taking only about 50 yards of yarn, the knockers may be worn against sensitive skin and must be durable, breathable and stay soft after washing. Also note the acrylic yarns are **only** used for swimming knockers. Here is a link to the approved yarn list [Approved Yarns for Knitted Knockers](#).

The most requests are for pairs of neutral colors. If you don't have enough of one color to finish a knocker feel free to finish the inner piece with a complimentary color using the same type of yarn. If you get bored with the flesh tones by all means make a creative, bright pair if you want. We do get requests for those too :-). Don't stress too much about the sizing. The most important thing is to make sure that all pairs are the same size (same number of stitches). About 75% of the requests are for sizes B and C with the rest size A, D and DD.

We realize that this is not the easiest pattern being knit on double pointed needles but they are beautifully contoured and hold up really well. Getting past the first few rounds is the most challenging but once mastered it becomes an easy, fun and portable project taking most people between 3-4 hours to make one. There is a 3 part

series of videos on how to make great Knitted Knockers at knittedknockers.org.

If you don't have someone to give your beautiful knocker to please send them to us for distribution (always free to the recipient) and we will reimburse you for postage upon request. We need lots of them! Send to Knitted Knockers, 1780 Iowa Street, Bellingham, WA 98229. Be sure and include your contact info so we can thank you! Visit <http://www.knittedknockers.org/> (the one with the pink ribbon logo on it) to learn more and to link yourself as a provider, or to locate a group in your area. We have print materials we can help support you with including care instructions, cards and brochures. Thank you so much!!!

KNITTED KNOCKERS APPROVED YARNS - revised 10/2/2017

Please note that only knockers made from the following list will be used to fill orders from knittedknockers.org so if knitting or crocheting for us please only use these yarns. All are good for knitting, some are also good for crochet where indicated "C". Acrylic yarns are good only for swimming and indicated with "A".

Bellatrista Yarn, Milk Protein - C	Jaeger, Aqua Cotton	Rowan, Cotton Glace
Berroco, Modern Cotton DK - C	Katia, Mississippi 3	Sostrene Grene, Anna & Clara - C
Cascade Yarns, Cherub DK - C, A	Kertzer Yarns, Fine Cotton	Vinnis (South Africa), Serina - C
Cascade Yarns, Sateen - C, A	King Cole, Cottonsoft DK	Tahki, Cotton Classic DK
Cascade Yarns, Ultra Pima - C	Kraemer Yarns, Tatamy - A	Tahki, Cotton Classic Lite - C
Cascade Yarns, Ultra Pima Fine - C	Knit Picks, Comfy Sport - A	TB Ramsden, Wendy Supreme 100%
Cloudborn, 100% Pima Cotton DK* - C	Knit Picks, Comfy Fingering - C, A	luxury cotton DK
Classic Elite Yarn, Provence	Paintbox, Cotton DK	Trendsetter Yarns, Lana Grossa
Ella Rae, Phoenix DK - C	Patons, Grace* - C	Elastico
Euro Baby, Kid Cotton	Plymouth Yarns, Anne - C	Universal Yarn, Bamboo Pop - C
Fair Isle, Harbor - C	Plymouth Yarns, Cleo*	Universal Yarn, Cotton Supreme DK
Fiesta Yarns, Cottonista	Premier Yarns, Cotton Fair - C, A	Universal Yarn, Garden 3 - C
HiKoo, CoBaSi DK	Reynolds, Top Seed Cotton	Valley Yarns, Southwick

Due to recipient feedback, we have moved away from distributing acrylic knockers except for swimming use, since they will be worn for a short period of time. There is usually a low demand for acrylic knockers.

We have carefully compiled this list of approved yarns for our knitters & crocheters. All approved yarns have been tested and proven to be washable, stay soft after air drying, breathable, durable, the correct weight & make beautiful knockers. Our challenge has always been to identify yarns that are preferred by our recipients, available & affordable. The list has over 30 choices that can be purchased at local yarn stores, online or at "Big Box" stores at a variety of price points. The cost per average sized knocker using these yarns can vary from about \$1.20 to \$2.00 per knocker. Very affordable when you think about the difference it makes to the woman who wears them!

For the wearer, it is crucial that the knocker fiber not exacerbate a highly sensitive part of a woman's body that may have already suffered from surgical scarring, nerve damage, and possible radiation burns. To minimize the chances of this happening we ask that knitters & crocheters choose a yarn that we've already tested & know that every knocker created will be gratefully received & loved by the wearer. We receive constant affirmation that these ladies truly appreciate the time & talent that a caring volunteer took to make these for them. Check out some testimonials from grateful recipients if you ever want to remind yourself that what you are doing is making a difference! <http://www.knittedknockers.org/testimonials/>.

Please note that "I Love this Cotton" from Hobby Lobby is too heavy & washes up stiff when air dried so is not appropriate for knitted knockers.

You can mail completed, unstuffed knockers to us at Knitted Knockers Support Foundation, 1780 Iowa St., Bellingham, WA 98229.

Please include your contact information & the yarn label.

If stuffing, use a high quality poly fiber fill. Slightly overstuff & leave back open for adjustment. We use Premium Poly Fiber Fill made by Fairfield & found at Joann's & Walmart.

* [Craftsy.com](http://www.craftsy.com) will give Knitted Knockers Support Foundation a portion of your purchase at no extra cost to you! Click here to shop at www.craftsy.com