

MY STORY

In 2011 I had a mastectomy and I was not an immediate candidate for re-constructive surgery. My first Knocker was knit by my friend, Phyllis. It is hard to describe how grateful I was to be able to look presentable within a short time after surgery. Since then I have organized a group of volunteers to supply our local doctors with Knitted Knockers. In 2014, I was recognized by the Susan G. Koman Foundation and US Bowling Congress and received national attention for www.knittedknockers.org. My vision has grown to connect volunteer knitters and crocheters with breast cancer survivors everywhere so that everyone has a "Phyllis" in their life.

Please visit our Facebook page and www.knittedknockers.org for personal stories and more information. Our group is easy to find, we have the pink ribbon in the logo and are located in Bellingham WA. We ship complimentary knockers throughout the United States and the world.

Barb Demorest

contact@knittedknockers.org



**Connecting volunteer
knitters and crocheters
with breast cancer
survivors to offer
FREE Knockers**

www.knittedknockers.org

Knitted Knockers Support Foundation
1405 Fraser St. #F103
Bellingham, WA 98229

contact@knittedknockers.org

knitted knockers

*soft, comfortable, knit prosthetics
for breast cancer survivors*



Materials: www.knittedknockers.org • contact@knittedknockers.org

1 set 7" double point needles, size 4(5). About 50 yds. soft sport or (DK) weight mercerized cotton yarn**, stitch marker to mark needle 1, tapestry needle. Counts in () are for DK/US 5 needles. Gauge: 6 st=1" (5.st = 1")

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, m1r, k1, place stitch marker | 12 • 4/needle |
| A cup - Repeat round 2 24(18) times, or amount to equal 4.5" diameter (across) | 84(66) • 28(22)/needle |
| B cup - Repeat round 2 26(20) times, or amount to equal 5" diameter (across) | 90(72) • 30(24)/needle |
| C cup - Repeat round 2 30(22) times, or amount to equal 5.5" diameter (across) | 102(78) • 34(26)/needle |
| D cup - Repeat round 2 32(26) times, or amount to equal 6" diameter (across) | 108(90) • 36(30)/needle |
| DD (E) cup - Repeat round 2 34(28) times, or amount to equal 6.5" diameter (across) | 114(96) • 38(32)/needle |

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 to allow for stuffing.

Fill with Poly Fiber Fil™ (optional, we can fill them for you. If you are mailing them to us, shipping them flat is often less expensive.)

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

* Optional nipple: work 4 rows of i-cord. Stretch and twist i-cord tightly and stitch down to create a small nipple.

terms used: CO - Cast On • kfb - knit into front and back of the stitch • m1r - lift the bar between the st just worked and the next from back to front onto the left needle, then knit into the front of this st. • k2tog - knit 2 sts together • ssk - slip 2 sts from the left to right as if to knit, slip them back onto the left needle and k2tog through the back loops.

WHY A KNITTED KNOCKER?

Over 50K mastectomies in the US each year. Prosthetics can be expensive, hot and heavy; Knitted Knockers are soft, light, huggable and can be worn in a regular bra. They are distributed free to those who need them .

What Yarn Is Best for Knitted Knockers?

**Knitted Knockers may be worn against sensitive, scarred skin; Yarn should be soft mercerized cotton of sport, DK or 3 weight that stays soft after washing. Acrylic is used only for swimming.

See knittedknockers.org for a list of **approved yarns**. Only knockers made from this list will be used to fill orders at knittedknockers.org

Finished Knockers or donations can be mailed to:

**Knitted Knockers
Support Foundation
1405 Fraser St. #F103
Bellingham, WA 98229**

please include yarn label