

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 normal 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. Komen 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

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**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



**BOTTOMS UP KNOCKER
FOR DOUBLE POINT NEEDLES**
(EASIER START FOR KNITTED KNOCKERS,
SAME GREAT RESULT!)

Materials:

1 set 7"-8" double point needles, size US 4(5); sport or (DK) weight, soft, washable, non-wool yarn**; See knittedknockers.org for a list of **approved yarns**; stitch marker to mark needle 1; tapestry needle.
Gauge: 6 st=1" (5 st = 1"). Counts in () are for DK/US 5 needles



BOTTOM PIECE:

Starting with a 20" tail, loosely cast on 15 sts and divide between 3 needles (5 each needle).

Round 1 – Knit to last stitch, kfb (each needle) 3 sts increased.
Round 2 – kfb, k to the last stitch, kfb. (each needle) 6 sts increased.
Repeat 1 & 2 until you have number of stitches for your desired cup size.*

- A cup – stuffed diameter equals 4.5" (across) 72(66) – 24(22)/needle
- B cup – stuffed diameter equals 5" (across) 78(72) – 26(24)/needle
- C cup – stuffed diameter equals 5.5" (across) 90(78) – 30(26)/needle
- D cup – stuffed diameter equals 6" (across) 102(90) – 34(30)/needle
- DD/E cup – stuffed diameter equals 6.5" (across) 108(96) – 36(32)/needle

* Certain sizes need to repeat round 1 to reach desired number of stitches.

*Visit www.knittedknockers.org for notes on larger sizes. Each size goes up about ½" in diameter. Sizing is a bit of an art. Looser knit will stretch more when stuffed. Stuffed knockers should measure the diameters listed above, measured straight across the back.

TURNING ROWS: Purl 2 rounds, these two rounds help define the edge as you begin to create the front of your knocker.

TOP PIECE (WITHOUT NIPPLE): (preferred)

Decrease round: K to last 2 sts on each needle, k2tog. Repeat this round until you have 6 sts left (2 on each needle). Cut yarn leaving an 8" tail.
Thread tail through remaining sts with tapestry needle and pull tight. Bring to inside of knocker and fasten off.

TOP PIECE (WITH NIPPLE):

Decrease round: K to last 2 st on each needle, k2tog. Repeat this round until you have 3 sts left (1 on each needle) Knit these 3 stitches on to one needle and proceed with an I-cord for 3 rounds. Cut yarn leaving an 8" tail. Using a tapestry needle, thread tail through remaining stitches. Stretch and twist I-cord tightly and stitch down all around it to create a small nipple. The completed nipple should be no more than 3/8 inch in diameter. Pull remaining tail to the inside of the knocker and fasten off.

Final Step To Finish Bottom Piece: Using a tapestry needle, weave beginning tail through every other cast-on stitch. This will make a draw-string like closure so the knocker stuffing level can later be adjusted by the wearer.

Fill with Poly Fiber Fil™ or ship them unstuffed to save on postage.

Terms Used: CO - Cast On; kfb - knit into front & back of stitch; K - Knit; P - Purl; k2tog - knit 2 sts together.

Visit <http://www.knittedknockers.org/make-a-knocker/> for tips and videos on how to make the Bottoms Up Knitted Knockers for DPNs

Why A Knitted Knocker?

Over 50K mastectomies in the US each year. Prosthetics can be hot, expensive, 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 and contact info

**www.knittedknockers.org
contact@knittedknockers.org**

by Claudia Barbo,
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