

BOTTOMS UP KNOCKER KNIT FLAT WITH TWO NEEDLES

By Laureen Furnas (4/20/17) r6.0

Materials: 1 pair needles, size US 4(5). Sport or (DK) weight soft, washable non wool yarn.** See below for approved yarns for distribution by knittedknockers.org groups, 4 stitch markers, tapestry needle. Gauge- 6st=1" (5st=1"). Counts in () are for DK/US 5 needles

BOTTOM PIECE:

Starting with a 20" tail, cast on 17 stitches.

Foundation Row: Knit one, place marker, (knit five, place marker) 3 times. K1

Row 1 (rs)– K1, (sm, kfb, k to last st before m, kfb) 3 times, sm, k1. 6 sts inc total this round)

Row 2 (ws)–K1, (sm, P to last st before m, kfb) 3 times, sm, k1. (3sts inc total this round)

Repeat rows 1 and 2 until you have number of stitches for the cup size you desire. Certain sizes need to increase 1 per section (total of 3 per row) instead of 6 on the final row to reach desired number of stitches. Always K the knit rows and P the purl rows.

- A cup – stuffed diameter equals 4.5" (across)74(68)
- B cup – stuffed diameter equals 5" (across)80(74)
- C cup – stuffed diameter equals 5.5" (across)92(86)
- D cup – stuffed diameter equals 6" (across)104(92)
- DD/E cup – stuffed diameter equals 6.5" (across)110(98)

*See notes for 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 from the point to the mid of the opposite side

END ON WRONG SIDE. (May need to purl 1 more row even-no inc)

Turning Rows:

Row 1 (rs): k1, p to the last st, k1.

Row 2 (ws): k.

TOP PIECE

Row 1 (rs): K1, (sm, k to 2 sts before m, k2tog) 3 times, sm, k1.

Row 2 (ws): K1, (sm, p2tog, p to m) 3 times, sm, k1.

Repeat rows 1 and 2 until you have 5 sts on the needle.

Clip the yarn leaving a 14" tail, thread it through tapestry needle and run it through the stitches, removing markers as you go & cinch up. Tack

down the yarn tail at nipple area and use remaining tail to sew knocker closed. Use a mattress stitch and catch each knit stitch at edge for seaming. Continue seaming until you end at cast-on edges, then fasten off leaving a hole that is approximately the size of a quarter. If you don't want to seam them and are sending to us, feel free to leave that to our "expert" seamers 😊.

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

Fill with Premium Poly Fiber Fil™ (optional, we can fill them for you to save on postage.)

Visit www.knittedknockers.org for tips and videos on how to make the Bottoms Up Knitted Kocker Knit Flat with 2 Needles for help with making the knockers.

Legend

CO - Cast On
kfb - knit into front & back of stitch
st- stitch
K - knit
P - purl
k2tog - knit 2 stitches together
p2tog- purl 2together
rs- right side
ws- wrong side
inc-Increase
m- marker
sm- slip marker
Gauge- 6st=1" (5 st=1")

*For larger sizes:

- F (7")– repeat rows 1 & 2 – 1 more time.
 - Complete turning rows
 - After the turning rows and before starting top piece:
 - Row 1 (rs): Knit
 - Row 2 (ws): k1, p to the last st, k1
- G (7.5")-repeat rows 1 & 2 – 2 more times.
 - Complete turning rows
 - After the turning rows and before starting top piece add a total of 4 rows as follows:
 - Rows 1 & 3 (rs): Knit
 - Rows 2 & 4 (ws): K1, p to the last stitch, k1
- H (8") & Beyond- Repeat rows 1 & 2 an additional time per size
 - Complete turning rows
 - After the turning rows and before starting top piece add a total of 4 rows as follows:
 - Rows 1 & 3 (rs): Knit
 - Rows 2 & 4 (ws): K1, p to the last st, k1

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 make the bottom piece with a bright or fun color using the same type of yarn changing to a neutral color 2-3 rows prior to the purl rows. 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 that each knocker within the pair has the same number of stitches. About 75% of the requests are for sizes B and C with the rest size A, D and DD. Check out the video at [knittedknockers.org](#) on How to Size your Knockers for sizing tips.

We realize that knitting on double pointed needles is not the easiest, so we developed this beautifully contoured, one piece knocker knit flat on two needles and seamed up. It is an easy, fun, and portable project, taking most people between 3-4 hours to make one. There is a video designed specifically for the Bottoms Up Knocker Knit Flat with Two Needles at [knittedknockers.org](#). Watch Laureen, the Knocker Quality Queen teach Barb how to make knockers from the bottom up on 2 needles.

If you don't have someone to give your beautiful knocker to, please send them to us for distribution (always free to the recipient). We need lots of them! Send with the yarn label 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