

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" (5.5= 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, m1, k1, place stitch marker	12 • 4/needle
A cup - Repeat round 2 24(18) times, or amount to equal 5" diameter (across)	84(66) • 28(22)/needle
B cup - Repeat round 2 26(20) times, or amount to equal 5.5" diameter (across)	90(72) • 30(24)/needle
C cup - Repeat round 2 30(24) times, or amount to equal 6" diameter (across)	102(84) • 34(28)/needle
D cup - Repeat round 2 32(26) times, or amount to equal 6.5" diameter (across)	108(90) • 36(30)/needle
DD (E) cup - Repeat round 2 34(28) times, or amount to equal 7" diameter (across)	114(96) • 38(32)/needle

For larger sizes repeat round 2- 2 more times for each size (2sts per needle or 6 per round). Each size goes up about ½" in diameter.

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 to save on postage.)

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 ¼ 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

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" (5.5st=1")

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!!!

APPROVED YARNS

(12-14-16)

The yarn used for Knitted Knockers is very important as they are to be worn against scarred, sensitive skin. We have compiled the following list of yarns that have been tested and approved as appropriate for Knitted Knockers. Most women prefer cotton as it is breathable so we have listed mostly cotton or cotton blends. The acrylic yarns listed are only for swimming as they are not worn daily. Crochet requires a finer weight yarn than knit as it can be a bit stiffer so we have identified the yarns appropriate for crochet.

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.

Bellatrista Yarn

Milk Protein- Knit and crochet

Cascade Yarns

Cherub DK (Acrylic for swimming only)

Sateen (Acrylic for swimming only)

Ultra Pima-(Knit and crochet)Available at Craftsyt.com*

Ultra Pima Fine (Great for crochet)

Cloudborn

100% Pima Cotton DK- (Knit and Crochet)-Available at Craftsyt.com*

Classic Elite Yarns

Provence- (Knit)

Ella Rae

Phoenix DX- (Knit and crochet)

Fiesta Yarns

Cottonista-(Knit)

Frog Tree

85% Pima/ 15% Silk Sport Weight- (Knit)

HiKoo

CoBaSi DK- (Knit)

Jaeger

Aqua Cotton- (Knit)

Katia

Mississippi 3- (Knit)

Kertzer Yarns

Fine Cotton- (Knit)

King Cole

Cottonsoft DK- (Knit)

Kraemer Yarns

Tatamy- (Knit)

Knit Picks

Comfy Sport-(Knit)

Comfy Fingering- (Knit and Crochet)

Paintbox

Cotton DK- (Knit and Crochet)

Patons

Grace- (Knit and crochet) Available at Craftsyt.com*

Plymouth Yarns

Anne- (Knit and Crochet)

Cleo- (Knit) Available at Craftsyt.com*

Premier Yarns

Afternoon Cotton- (Knit and Crochet) Available at Craftsyt.com*

Cotton Fair- (Knit and Crochet) (Acrylic for Swimming)

Reynolds

Top Seed Cotton- (Knit)

Rowan

Cotton Glace- Knit

Sostene Grene

Anna & Clara- (Knit and crochet)

Vinnis Colours South African Yarns

Serina- (knit and crochet)

Tahki

Cotton Classic DK- (Knit)

Cotton Classic Lite- (Knit and Crochet)

Thomas B Ramsden & Co (Bradford)

Wendy Supreme 100% luxury cotton dk- (Knit)

Trendsetter Yarns

Lana Grossa Elastico- (Knit)

Universal Yarn

Bamboo Pop- (Knit and Crochet)

Cotton Supreme DK- (Knit)

Valley Yarns

Southwick- (Knit)

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