

St. Vincent's Medical Center

Comfort Shawl Ministry

How to Make a Shawl

These shawls should be treated in a respectful and reverent manner. While you are making them, please do not subject them to odors or fragrances (smoke, perfume, etc.). Be sure your hands are clean when you work on them and that they are stored in a dry, clean place.

The two patterns below are simply examples of shawls you can make. Feel free to use other patterns you may have or even make up your own! Different weights and types of yarn and different size needles and crochet hooks can be substituted. Please use yarn that is not rough or scratchy and is machine washable and dryable. The shawls most in demand are rectangular ones. Generally, they are anywhere from 20" – 30" wide and 40" – 50" long. Triangular shawls and lapghans (small afghans) are also accepted.

Supplies

- Knitting: Needle size 13
- Crochet: Size M
- 3 skeins for knitting
- 4 skeins for crochet
- Lion Brand – Homespun

Knitting Pattern

Cast on 54 stitches. First row: k3, p3, to end. Second row: Always start the next row with the opposite stitch of what you see. For instance, if the first stitch on the needle is a knit, then start with a purl. **KNIT THE PURLS AND PURL THE KNITS!** It should not look like ribbing. Complete 2 skeins, If you want to make tassels

(optional) before you start the third skein, cut the yarn for the them. Continue with the third skein until you reach the desired length, leaving enough yarn to bind off.

You can make the shawl wider or narrower by changing the number of stiches to any multiple of three (i.e. 51, 60 etc.)

Crochet Pattern

Chain 54 stitches. Chain 1, turn, single crochet in each of the stitches to end. Chain 3 and turn. Double crochet in top of each single crochet. Repeat this row 2 more times. Chain 1 and do 1 row of single crochet to end. Chain 3 and turn. Do 3 rows of double crochet. Repeat pattern to end (1 row single, 3 rows double). Complete 3 skeins. If you want to put on tassels (optional) before you start the fourth skein, cut the yarn for them. End with 1 row of single crochet when you reach the desired length.

You can make the shawl wider or narrower by chaining stiches until you reach the desired width.

Finishing

Knit/crochet until piece measures at least from wrist to wrist (approximately 57-58" long).

Tassel Instructions (optional)

Cut 76 pieces of yarn each 54" in length or you can wrap it around a 27" piece of cardboard or the arms of chairs, etc. and cut one end (be sure to knot all ends). Place the shawl on a flat surface with the bound edge facing you. Place a crochet hook down into the bound row, on the outside edge. Take 2 strands of yarn and line up the 4 cut ends together. Fold these in half to find the middle. Hook these 8 pieces of yarn to the crochet hook and pull them up through the bound edge of the shawl to form a loop. It is through this loop that you will insert the ends through. Pull the tassels to tighten up the connection between the shawl and the tassels. Look at the tassel ends; now there are two loops in the yarn that you'll need to cut in half, you should have a total of 8 separate strands. Once you have cut and knotted these, take the group of tassels and knot it over on its self, up near the bound edge to secure the tassels from releasing themselves and falling off. Count over 3 stitches and add the next tassel and continue to the end. When you have completed both edges, you should have 19 tassels on each side.

Pocket Shawls *(to carry in patient family members' pockets)*

Crochet Pocket Shawl:

I use a G hook and finished size is about 2.5" x 3.5"

Chain 11

Row 1: One sc in the second chain from the hook and in each chain (10 stitches) chain 1; turn

Rows 2-10: (sc dc) 5 times; chain 1 turn

Row 11: sc across; fasten off

Knitted Pocket Shawl with Cross Design:

Best made in a solid color

I use size 5 needles and finished size is about 2.5" x 3.5"

Cast on 14 stitches

Row 1-4: K

Row 5: K2 P10 K2

Row 6 and all even rows: K

Rows 7, 9, 11, 13: K2 P4 K2 P4 K2

Rows 15, 17: K2 P2 K6 P2 K2

Rows 19, 21: K2 P10 K2

Rows 23: K2 P10 K2

Rows 25, 27: K

Row 28: Cast off

These are just two examples. You can experiment with other stitches and patterns.

Knitted Pocket Shawl with Butterfly Design

I USED SIZE 5 KNITTING NEEDLES. FINISHED SIZE ABOUT 4" X 3"

CAST ON 24 STITCHES

ROW 1 K

ROW 2 K

ROW 3 K2 P20 K2

ROW 4 K

ROW 5 K2 P5 K2 P6 K2 P5 K2

ROW 6 K

ROW 7 K2 P4 K5 P2 K5 P4 K2

ROW 8 K

ROW 9 K2 P5 K4 P2 K4 P5 K2

ROW 10 K

ROW 11 K2 P4 K12 P4 K2

ROW 12 K

ROW 13 K2 P3 K14 P3 K2

ROW 14 K

ROW 15 K2 P2 K16 P2 K2

ROW 16 K

ROW 17 K2 P2 K6 P1 K2 P1 K6 P2 K2

ROW 18 K

ROW 19 K2 P2 K5 P6 K5 P2 K2

ROW 20 K

ROW 21 K2 P3 K2 P10 K2 P3 K2

ROW 22 K

ROW 23 K2 P20 K2

ROW 24 K

ROW 25 K

BIND OFF

KNITTED COMFORT CAP

MATERIALS

Bulky weight yarn – must be soft and washable (hand washable OK).

Yarn suggestions: Bernat Boucle, Caron Bliss, Sensations Halo, Nobo – No Boundaries, Red Heart Light and Lofty, Lionbrand Homespun.

Size #13 16-inch circular needle, size #13 double pointed needles

Stitch marker

Blunt needle

Cast on 48 stitches, join without twisting and place marker.

Knit every round until measures 7 inches (8 inches if want to roll up brim) from beginning.

Begin crown shaping as follows:

Change to double pointed needles, placing 12 stitches on each of 4 needles.

Round 1 *Knit 10, knit 2 together; repeat from the * to end – 44 stitches.

Round 2 Knit.

Round 3 *Knit 9, knit 2 together, repeat from the * to end – 40 stitches.

Round 4 Knit.

Round 5 *Knit 8, knit 2 together, repeat from the * to end – 36

stitches. Round 6 *Knit 7, knit 2 together, repeat from the * to

end – 32 stitches. Round 7 *Knit 6, knit 2 together, repeat from

the * to end – 28 stitches. Round 8 *Knit 5, knit 2 together,

repeat from the * to end – 24 stitches. Round 9 *Knit 4, knit 2

together, repeat from the * to end – 20 stitches. Round 10 *Knit

3, knit 2 together, repeat from the * to end – 16 stitches. Round

11 * Knit 2, knit 2 together, repeat from the * to end – 12 stitches.

Round 12 *Knit 2 together, repeat from the * to end – 6 stitches.

Round 12 *Knit 2 together, repeat from the * to end – 3 stitches.

Knit 3 together. Fasten off. Cut yarn. Draw yarn tail through last remaining stitch using blunt needle and tighten. Weave in ends.