

## **PATTERNS: Cool-ties, Scarves, Hats**

Thank you very much for your thoughtfulness and consideration of Operation Gratitude's patriotic cause. You will be putting smiles on the faces of tens of thousands of service members during a very difficult time away from home and loved ones. They and we will be forever grateful.

### **INSTRUCTIONS:**

Instructions for COOL TIES (**great to do with a friend or a “team!”**):

You will find your own rhythm and best methods, but this system works for some people:

Cut strips of fabric about 6 1/2 inches wide, with the length measurement being the width from selvage to selvage. Sew a small width end, then turn 90 degrees and sew along the whole length side (1/4 inch margin), leaving the last short width end open. Then, turn it inside out and iron the creases. Then, sew (about 13 inches) up from the closed end, across the thin width. Add in the crystals, **IMPORTANT** to make sure they all slide all the way down to the seam. Sew across the thin width again to make a pocket for the crystals. Last, close the final open thin width end, by tucking in the edges and sewing across.

For more information and to order the polymer beads:

[http://www.watersorb.com/polymer\\_cool\\_neck\\_bands.htm](http://www.watersorb.com/polymer_cool_neck_bands.htm).

### **KNITTING GAUGES AND OTHER THOUGHTS**

1.0 Super Bulky Yarn, e.g. Lions Brand Wool Ease (uses one whole skein/ball of Wool Ease Yarn)

<b>Needle Size</b>	<b>Stitches for 5 Inch Scarf</b>
11	13
13	12

2.0 Worsted Weight

<b>Needle Size</b>	<b>Stitches for 5 ½ Inch Scarf</b>
9	22
10	21
10 ½	20
11	19
13	18

#### **Notes:**

This gauge is average for the typical knitter. If you are a loose knitter, you will want to decrease the number of stitches by one or two.

Two strands of fingering or sports weight yarn (e.g., knitting from both ends of the ball at the same time) is the same gauge as knitting with worsted weight yarn.

Two stands of DK weight yarn is about the same weight as Chunky weight yarn.

## **INSTRUCTIONS FOR CROCHETED SCARF:**

To start crocheting, you need to make a chain stitch. Tie a loop in the yarn end, and place the crochet needle in the loop. With the needle, loop the yarn around the needle once and pull through the starting loop. That's chain 1. Loop the yarn around the needle again, pulling it through the loop that is on the needle, that's chain 2. Continue until you have the amount of chains you need.

Single crochet (SC) is the same motion, only now you have a chain to connect to. So the first SC will occur by putting the needle through the back loop of the last chain that you just completed, loop the yarn around the needle, pull through the back loop. Now you have 2 loops on the needle. Then, loop the yarn around the needle and pull through both loops on the needle, leaving 1 loop on the needle. Insert the needle in the next chain back loop). Loop the yarn around the needle and pull through, leaving 2 loops on the needle. Loop yarn around needle, pull through both loops, leaving 1 loop on the needle. Continue. Chain 1 at the end of each row to allow for the next row up.

The easy stitch that I use is single crochet. If I want to crochet lengthwise, I will chain 120 stitches. (that gives me about 42" long. I crochet loosely, so if you are just starting, you may crochet a little more tighter and may want to measure for length) Then, turn and SC in first chain, but only in the back loop. Continue across to the last chain. Chain 1 (allows for the next row up), turn, and single crochet in first stitch,( back loop only) continuing to last stitch. Chain 1, turn. Continue for several rows until it measures 5-7" wide.

Crocheting in the back loop gives a ridged pattern

To crochet for width, I do the same thing, starting with 15-16 chains to give me 5-7" (measure, depending on the size of your stitch). Turn, crochet in the first chain,( back loop only), across to the end. Chain 1 (allows for the next row up) turn, and crochet in first stitch,( back loop only), across to the end. Chain 1, turn. Continue until the length becomes 50" long.

## **SIMPLE KNIT GARTER STITCH SCARF:**

Using a "bulky" yarn, often indicated by the number "5" on the label, cast on 14 stitches using size 13 needles. Be sure to cast on loosely so the stitches don't pull. Work in garter stitch (knit all stitches) for the entire length of the scarf until the yarn is almost gone; bind off loosely.

Weave in ends to finish. Finished scarf will be approx 5-1/2" wide and approximately 46" in length.

## **Simple Knit Ribbed Scarf -- Let the yarn do the work.**

**Size:** Approximately 48"-50"" Long and 5" Wide

### **Materials**

Approximately 300 yards of worsted medium weight yarn (16-20 stitches over 4 inches).

Size US 9 needles (or size recommended by yarn).

Scissors and tapestry needle to trim sew in ends.

**Gauge:** 4-5 stitches/inch

**Instructions:**

Cast on 32 stitches.

Every Row: K2 P2

Continue until scarf is 48"-50" long.

Bind off loosely.

Remember -- no fringe!

**INSTRUCTIONS FOR "KNIT-IN-THE-ROUND WATCH CAP PATTERN"**

About 4 oz worsted weight yarn.

2, 16 inch long size 6 circular needles (a longer circular needle is too long)

1 large tapestry needle.

**Body of the Cap:**

With one of the circular needles, cast on 96 stitches leaving about 10 inches of yarn at the beginning. Be sure that the stitches are straight on the needle and not twisted around the needle. K2, P2 in the round until cap measures 10 inches long.

**Crown:**

**Round 1:** K2, P2tog, across the first half of the round (48 stitches). Then with the second 16 inch long circular needle, K2, P2tog, across the remaining 48 stitches in the round. There will be 36 stitches on each needle for a total of 72 stitches remaining.

**Round 2:** Using both ends of the first circular needle, K2, P1 across the stitches on the first circular needle. Using both ends of the second circular needle, K2, P1 across the stitches on the second circular needle. There will still be 36 stitches on each circular needle for a total of 72 stitches.

**Round 3:** Using both ends of the first circular needle, K2tog, P1 across the stitches on the first circular needle. Using both ends of the second circular needle, K2tog, P1 across the stitches on the second circular needle. There will still be 24 stitches on each circular needle for a total of 48 stitches.

**Round 4:** Using both ends of the first circular needle, K1, P1 across the stitches on the first circular needle. Using both ends of the second circular needle, K1, P1 across the stitches on the second circular needle. There will still be 24 stitches on each circular needle for a total of 48 stitches.

**Round 5:** Using both ends of the first circular needle, K2 tog across the stitches on the first circular needle. Using both ends of the second circular needle, K2 tog across the stitches on the second circular needle. There will still be 12 stitches on each circular needle for a total of 24 stitches.

**Round 6:** Using both ends of the first circular needle, K across the stitches on the first circular needle. Using both ends of the second circular needle, K across the stitches on the second circular needle. There will still be 12 stitches on each circular needle for a total of 24 stitches.

**Round 7:** Using both ends of the first circular needle, K2 tog across the stitches on the first circular needle. Using both ends of the second circular needle, K2 tog across the stitches on the second circular needle. There will be 6 stitches on each circular needle for a total of 12 stitches.

**Round 8:** Using both ends of the first circular needle, K across the stitches on the first circular needle. Using both ends of the second circular needle, K across the stitches on the second circular needle. There will still be 3 stitches on each circular needle for a total of 6 stitches.

**Finishing the top of the Cap:**

Leaving about 10 inches of yarn attached to the watch cap, cut the yarn. Thread the tail of the yarn through a large tapestry needle. Using the tapestry needle, run the tail of the yarn through the 6 remaining stitches at the top of the cap and pull the tail of the yarn snugly. Run the tail of the yarn through the remaining stitches, and pull the tail of the yarn snugly, again. (This makes the closure more secure.) Then tie off the tail of the yarn and weave a fair amount of the tail through the back side of the watch cap. I usually weave in about 3 inches and then reverse and weave in another 3 inches to ensure that the yarn does not unravel. Cut the yarn.

**Finishing the bottom of the Cap:**

Using the yarn tail at the beginning of the cap, thread the yarn through a large tapestry needle. Run the needle through the stitch at the end of the first round and also through the stitch at the beginning of the first round and pull the yarn snugly. Repeat. Then tie off the yarn with about three knots and weave in about 3 inches of yarn and then reverse and weave in another 3 inches to ensure that the yarn does not unravel. Cut the yarn.

**INSTRUCTIONS FOR "STRAIGHT KNITTED WATCH CAP PATTERN"**

About 4 oz worsted weight yarn.

1 pair size 6 straight needles

1 large tapestry needle

**Body of the cap:**

Using the size 6 needles, cast on 97 stitches leaving about 14 inches of yarn at the beginning to sew the sides of the cap together.

Row 1: \*K2, P2\*, repeat from \* to \* until the last stitch, then K1.

Row 2: P1, \*K2, P2\*, repeat from \* to \* to the end of the row.

Repeat Rows 1 and 2 until cap measures 10 inches long.

**CROWN:**

Row 1: \*K2, P2tog\* repeat from \* to \* across the row to the last stitch, K1. There will be 73 stitches remaining.

Row 2: P1, \*K1, P2\* repeat from \* to \* across the remaining stitches. There will still be 73 stitches remaining.

Row 3: \*K2tog, P1\* repeat from \* to \* across the row to the last stitch, K1. There will be 49 stitches remaining.

Row 4: \*P1, K1\* repeat from \* to \* across the row to the last stitch, then a P1. There will still be 49 stitches remaining.

Row 5: K2tog across the row to the last stitch, then a K1. There will be 25 stitches remaining.

Row 6: Purl across the row. There will still be 25 stitches remaining.

**Row 7:** K2tog across the row to the last stitch, then a K1. There will be 13 stitches remaining.

**Row 8:** Purl across the row. There will still be 13 stitches remaining.

**Row 9:** K2tog across the row to the last stitch, then a K1. There will be 7 stitches remaining.

### **Finishing the top of the cap:**

Leaving about 14 inches of yarn attached to the watch cap, cut the yarn. Thread the tail of the yarn through a large tapestry needle. Using the tapestry needle, run the tail of the yarn through the 7 remaining stitches at the top of the cap and pull the tail of the yarn snugly. Run the tail of the yarn through the remaining stitches, and pull the tail of the yarn snugly, again. (This makes the closure more secure.) Then sew the two sides of the cap together about half way. You may want to tie off the tail of the yarn and weave a fair amount of the trail through the side seam of the watch cap. I usually weave in about 3 inches and then reverse and weave in another 3 inches to ensure that that the yarn does not unravel. Cut the yarn.

### **Finishing the bottom of the cap:**

Using the yarn at the beginning of the cap, thread the tail of the yarn through a large tapestry needle. Run the needle through the stitch at the end of the first row and also through the stitch at the beginning of the first row and pull the yarn snugly. Run the tail of the yarn through the remaining stitches, and pull the tail of the yarn snugly, again. (This makes the closure more secure.) Then continue sewing the sides of the cap together up to the top of the crown. I usually sew the sides.

## **INSTRUCTIONS FOR KNITTED HAT:**

-Size 7 or 8 double point needles (or size to obtain gauge) NOTE: If you knit with loose or medium tension, size 7 needles will make a snug, close-fitting hat, perfect for everyday wear and to fit well under a helmet. Use size 8 needles if your tension is tight.

-One stitch marker.

Gauge: 4.5 st/in. in St stitch.

With circular needle, cast on 90 stitches. Being careful not to twist the cast on stitches, place stitch marker and join row together.

Rows 1-3: K1, P1 ribbing.

Row 4: Increasing 1 stitch in first stitch, knit around – 91 sts. Continue knitting every round for 4" above ribbing. (Do not include the edge ribbing in the measurement).

Begin decrease:

Round 1: (K11, k2tog) 7 times – 84 sts

Round 2: Knit

Round 3: (K10, k2tog) 7 times – 77 sts

Round 4: Knit

Round 5: (K9, k2tog) 7 times – 70 sts

Round 6: Knit

Round 7: (K8, k2tog) 7 times – 63 sts

Round 8: Knit

Round 9: (K7, k2tog) 7 times – 56 sts

Round 10: Knit

Round 11: (K6, k2tog) 7 times – 49 sts

Round 12: Knit

(Switch to double pointed needles when rows become tight.)

Round 13: (K5, k2tog) 7 times – 42 sts

Round 14: Knit

Round 15: (K4, k2tog) 7 times – 35 sts

Round 16: (K3, k2tog) 7 times – 28 sts

Round 17: (K2, k2tog) 7 times – 21 sts

Round 18: (K1, k2tog) 7 times – 14 sts

Round 19: (k2tog) 7 times – 7 sts

Cut yarn, leaving a 6” tail. Thread tail through remaining 7 sts. Pull tight and secure.

## **INSTRUCTIONS FOR CROCHET HAT:**

**Materials:** Any soft worsted weight 100% washable or superwash wool yarn that will knit to gauge, such as Cascade 220 Superwash or equivalent.

Size G or H crochet hook or any size to obtain gauge.

Sizes: Average Adult

Gauge: 7sts. = 2”.

Pattern Stitch: Half Double Crochet (hdc).

### **Instructions:**

Chain loosely 71 sts. Join with slip st., hdc in 2nd ch from hook and each ch around, (70 hdc), join with slip st in first hdc., ch.1.

Next Row: Work 1hdc in each hdc around, join with slip st in 1st st, ch1. Repeat last row until hat is 4 1/2” above starting ch.

Decrease Row: \* Work 1hdc in next 5hdc, pull up hdc loops in each of next 2 sts (6 loops on hook ), yo and draw thru all 6 loops, (1 st decreased). Repeat from \* around row. (10 sts., decreased).

Next Row: Work 1hdc in each hdc around

2nd Decrease Row: \* Work 1hdc in first 4 hdc, work 1 dec in next 2 sts. Repeat from \* around row.

Next Row: Work 1hdc in each hdc around.

Repeat last 2 rows, working 1 st less between decrease sts each decrease round, with last dec row worked on every 2 sts. Fasten off, pull tail of yarn thru to under side and tuck in, repeat for starting yarn tail.

## **INSTRUCTIONS FOR FLEECE SCARVES**

What you'll need:

- ½ yard fleece fabric
- Sewing machine
- Thread to match fabric color
- Scissors

### **How to make it:**

1. Cut two pieces of fleece equal in length and width. Length will determine how long your scarf will be.
2. Lay the two equal pieces with the right sides (the side that has the pattern on it) facing in each other.
3. Leaving approximately a ¼” seam, sew the full length of the scarf. Repeat on the other side.

You will end up with a long tube of fabric with open ends.

4. Using a pair of scissors, cut the fringe by cutting  $\frac{1}{2}$ " wide slits about 4" up from each end.
5. Turn scarf inside out so that the sewn seams are now on the inside, finished edges are on the outside.
6. Sew a running stitch along the top of the fringe to "close" the ends of the scarf.
7. Trim any loose threads and you are done!

**Tips:**

- Half a yard of fleece will make one scarf approximately four and a half feet long. If you want a longer scarf, simply get more fabric. Ask for assistance at your favorite fabric supply store.
- Use good scissors. Cheap or old scissors that have dull blades will make this project much more difficult than it needs to be and can cause problems with cutting straight lines.
- This is a fun and inexpensive project. Ask store staff where to find the fleece that is on sale. Our scarves cost \$3 to \$4 each to make.