

creating FOR A CAUSE

BY HELENA KIM

knitted  knockers™
soft, comfortable, knit prosthetics
for breast cancer survivors
www.knittedknockers.org



1 OUT OF 8
WOMEN WILL
EXPERIENCE
BREAST
CANCER
SOMETIME
IN THEIR
LIFETIME.

breast prostheses. Traditional breast prosthetics are expensive, heavy, sweaty and uncomfortable. They typically require special bras or camisoles with pockets and can't be worn for weeks after surgery. That's where Knitted Knockers come in.

A local yarn shop owner from Maine started Knitted Knockers with a group of her friends and passed the torch onto Barbara Demorest, who founded the Knitted Knockers Support Foundation. Barbara found out about Knitted Knockers when her friend, Phyllis, made one for her after going through a mastectomy. "It was so wonderful that I knew we needed to provide them to doctors' offices so women who didn't have a 'Phyllis' could still have access to them," Barbara said.

The Knitted Knockers Support Foundation aims to bring comfort and dignity to women who have had a mastectomy by connecting volunteer knitters (and crocheters) with breast cancer survivors. Knitted knockers are special handmade breast prostheses that are soft, comfortable and when placed in a regular bra, take the shape of a real breast. They can be adjusted to fill the gap for breasts that are uneven and easily adapted for those going through reconstruction by simply removing some of the stuffing. Barbara and

KNITTED KNOCKERS

There are roughly 50,000 mastectomies every year in the U.S. alone, and 90% of the patients wear

her team of volunteers meet weekly to stuff, process and fill the orders; they send out over 1,000 knitted knockers per month! Not only do they fill personal orders, but they also work with more than 100 medical centers across the country to provide knitted knockers directly to patients.

There are currently 197 knitting groups registered through Knittedknockers.org all over the world dedicated to helping breast cancer survivors in their local areas. We're calling all *Craft Ideas* readers to be a part of the knitted knockers movement. There are three ways you can help:

1. Make knitted knockers and send them unstuffed for distribution.
2. Share with your friends on social media to reach out to the 1.2 million women living in the U.S. right now that have not been reconstructed after mastectomy.
3. Donate! Knitted Knockers is run by volunteers and survive only through donations.

Send unstuffed knitted knockers or donations to:

Knitted Knockers Support Foundation
1780 Iowa St.
Bellingham, WA 98229

Keep in touch! Send your knitted knockers photos to crafteditorial@amosmedia.com. We'll post updated information on Facebook through the months. Please contact us if you know of an organization in need of our help. Happy crafting!





knitted knockers

size varies
www.knittedknockers.org

MATERIALS

Soft, washable non-wool sport, DK baby yarn, 50 yds.

TOOLS

Set of double pointed needles, 8", size 4

Stitch marker

Tapestry needle

BASIC SUPPLIES

Scissors

ABBREVIATIONS

St(s) = stitch(es)

CO = cast on

Kfb = knit into front and back of stitch

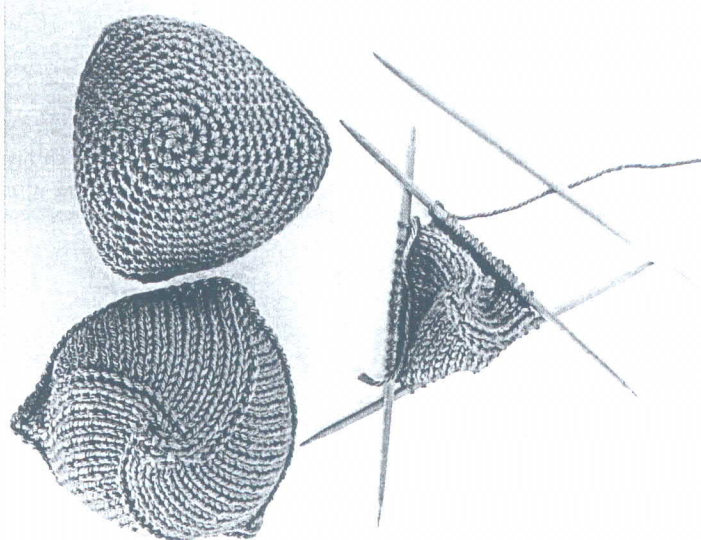
K = knit

P = purl

M1 = make one stitch

K2tog = knit two stitches together

Ssk = slip slip knit



**tip*

Gauge: 6 sts = 1"

Visit www.KnittedKnockers.com for video tutorials, crocheted instructions and more information!

outer piece

CO 3 sts.

Kfb every stitch so you have 6 sts.

Divide 6 sts onto three needles (2 sts on each needle). Start

knitting in the round.

Round 1: Kfb, k1 on each needle. You should have 9 sts with 3 sts on each needle.

Round 2: K to last stitch on each needle, m1, k1, place stitch marker. You should have 12 sts with 4 sts on each needle.

A cup: Repeat round two 24 times, or amount to equal 5" diameter. 84 sts in total with 28 sts on each needle.

B cup: Repeat round two 26

times, or amount to equal 5½" diameter. 90 sts in total with 30 sts on each needle.

C cup: Repeat round two 30 times, or amount to equal 6" diameter. 102 sts in total with 34 sts on each needle.

D cup: Repeat round two 32 times, or amount to equal 6½" diameter. 108 sts in total with 36 sts on each needle.

E cup: Repeat round two 34 times, or amount to equal 7" diameter. 114 sts in total with 38 sts on each needle.

Purl two rounds.

inner piece

Round 1: K to last 2 sts, k2tog on each needle.

Round 2: Ssk, K to last 2 sts, k2tog on each needle. Repeat rounds 1 and 2 until 12 sts remain. Four sts on each needle.

Cut yarn, leaving a long tail. Thread tail through remaining sts and leave loose and open to allow for stuffing. Fill with polyfil.

Optional: Work 4 rows of i-cord. Stretch and twist i-cord tightly and stitch down to create a small nipple.