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Amy R Singer, Editor
Knitty.com

Boobie Scarf by Jillian Moreno for acme knitting company

Tangy



Sometimes I need to be very literal. Life and death is a good reason to be blunt. Love your breasts, protect your breasts, check your breasts. If wearing a string of boobies around your neck doesn't remind you to do a self check, what will?

It's also a great ice breaker. "What's that on your scarf?" "Why, they're breasts. Have you done your self-check this month or gotten your mammogram?"

FINISHED MEASUREMENTS: 5.5" x 60"

MATERIALS

[MC] Debbie Bliss Aran Tweed
[100% Wool; 110 yd/100m per 50g skein];
color: Color #01 hot pink; 2 skeins
• 1 pair US #8/5mm straight needles
• tapestry needle

GAUGE: 16 sts/20 rows = 4" in St st

STITCH PATTERNS

Boobie Pattern

There are three different short-rowed Boobies, which you will be instructed to work in different orders. Boobies will be worked starting on both the right and the wrong sides of the fabric, then the resulting bulges are pushed toward the right side. Instructions for an optional nipple are included.

NOTE: When working short rows, wrapped sts are worked as follows: Slip next st

purlwise to right needle. If yarn is in front of work, bring it between needles to back of work; if yarn is at back of work, bring it forward between needles to front of work. Slip stitch back to left needle. Turn work as indicated and bring yarn between needles again, in preparation to resume work. *Those knitters familiar with short rows may be used to picking up their st wraps on subsequent rows to hide them: this is not necessary when working the Boobie Scarf.*

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Boobie Scarf

by Jillian Moreno for acme knitting company [page 2]

Small Boobie

Row 1: Work 5 sts, wrap next st, turn.
Row 2: Work 1 st, wrap next st, turn.
Row 3: Work 2 sts, wrap next st, turn.
Row 4: Work 3 sts, wrap next st, turn.
Rows 5-8: Repeat Row 4.
Row 9: Work 2 sts, wrap next st, turn.
Row 10: Work 1 st, wrap next st, turn.
Row 11: Work to end of row.

Medium Boobie

Row 1: Work 7 sts, wrap next st, turn.
Row 2: Work 3 sts, wrap next st, turn.
Row 3: Work 4 sts, wrap next st, turn.
Row 4: Work 5 sts, wrap next st, turn.
Rows 5-8: Repeat Row 4.
Row 9: Work 4 sts, wrap next st, turn.
Row 10: Work 3 st, wrap next st, turn.
Row 11 : Work to end of row.

Large Boobie

Row 1: Work 17 sts, wrap next st, turn.
Row 2: Work 3 sts, wrap next st, turn.
Row 3: Work 4 sts, wrap next st, turn.
Row 4: Work 5 sts, wrap next st, turn.
Rows 5-6: Repeat Row 4.
Row 7: Work 6 sts, wrap next st, turn.
Row 8: Work 7 sts, wrap next st, turn.
Rows 9-12: Repeat row 8.
Row 13 : Work 6 sts, wrap next st, turn.
Row 14 : Work 5 sts, wrap next st, turn.
Rows 15 and 16: Repeat Row 14.
Row 17 : Work 4 sts, wrap next st, turn.
Row 18 : Work 3 sts, wrap next st, turn.
Row 19 : Work to end of row.

Optional Nipple

NOTE: Nipples must be worked on RS. Work Nipple on center st of Row 5 or 6 of Small or Medium Boobies, or Row 9 or 10 of Large Boobies (whichever of these rows is a RS row).

Knit into front and back of center stitch. Turn. Work 2 sts. Turn. Work 2 sts. Turn. K2tog. Continue working Boobie as above.

Rib Pattern:

Row 1[RS]: K3, [p1, k1] to last 2 sts, k2.
Row 2[WS]: K2, [p1, k1] to last 3 sts, p1, k2.
These 2 rows form Rib Pattern.

PATTERN

CO 21 sts.
Row 1 [WS]: K all sts.
Row 2 [RS]: K all sts.
Row 3 [WS]: K2, p to last 2 sts, ks.
*Work 8 rows in stockinette st, maintaining 2 edge sts in garter st (these edge sts will be maintained throughout).
Work Medium Boobie. Work 3 rows stockinette st.
Work Large Boobie. Work 1 row stockinette st.
Work Small Boobie. Work 8 rows stockinette st.
Work Small Boobie. Work 1 row stockinette st.
Work Large Boobie. Work 3 rows stockinette st.
Work Medium Boobie.*
Repeat sequence between asterisks two times more.
Work in Rib Pattern for 20", ending with a WS row.
Work sequence between asterisks three times.
K 3 rows. BO all sts.

FINISHING

Weave in ends. Stuff medium and large boobies with cotton balls. Pin out scarf on towel and spray block. Remove cotton balls.

About the designer: Jillian Moreno is getting her first mammogram this year in Ann Arbor, Michigan.

Contact her at jillian_moreno@yahoo.com



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Shedir by Jenna Wilson

Extraspicry

Chemo caps are worn to provide warmth and cover up hair loss due to chemotherapy. Ideally, they should be soft to the touch. The recommended yarn, Rowan Calmer, is smooth and soothing, and makes a snug-fitting cap that can stretch comfortably without binding. This one-size pattern will fit an average woman's head, and will extend to cover the hairline. If desired, it can be shortened or lengthened by altering the depth of the ribbing, or changing the number of repeats of rows 13-20. The cap shown required exactly one ball of Rowan Calmer with nothing left over for swatching. Your own mileage may vary. To be safe, purchase an extra ball of Calmer—especially if you intend to make alterations to the pattern. *Editor's note: this hat should fit those with or without hair. It's very stretchy.*

SIZE: One

FINISHED MEASUREMENTS:

Circumference [unstretched]: 17" Depth (crown to brim): 9"

MATERIALS

Rowan Calmer [75% cotton, 25% acrylic; 173yd/160m per 50g ball]; color: #470 Flamingo; 1 ball.

1 set US #3/3.25mm double-point needles

1 16 inch US #3/3.25mm circular needle

1 cable needle

Tapestry Needle

GAUGE:

Over two reps of chart patt (36 sts) from round 13 through 44 (32 rounds),
36 sts = 4.125" and 32 rounds = 3"

Allow fabric to relax when measuring for gauge.

NOTES: This cap is knit in the round from brim to crown. The entire cap pattern is represented by the chart, so the number of sts in the chart decreases as you work the decreases to shape the crown. The chart rows are numbered to correspond to the numbers of the knitted rounds. For example, the first row of the chart is worked 9 times, so it is labeled "1-9" (corresponding to rounds 1 through 9). Rows 13 through 20 are repeated 5 times in total, and are numbered to reflect this.

With the exception of rounds 82 and 83, the chart row is repeated 8 times in each round. It is repeated 4 times in round 82, and only twice in round 83.

The first stitch of the chart row will migrate on rounds 54, 56, 57, 59, 61, 63, 65, and 71. Directions for how to adjust marker placement to accommodate this are included in the pattern. This is done to maintain continuity of the cable pattern (similar to working a "jogless jog" in stranded colorwork in the round). Use of a single marker to indicate the beginning of a round is strongly recommended.

As checkpoints, you should have 128 sts once round 54 is completed; 72 sts once round 68 is completed; 40 sts once round 74 is completed; and 16 sts once round 80 is completed.



model: Kate Watson



PATTERN

Using circular needle, CO 128 sts. Join to begin working in the round, being careful not to twist. Place marker to indicate beg of round. Follow chart, work rounds 1-52. *On next round (53), work to last st, sl next st to right needle, remove marker, sl st back to left needle, replace marker. This now represents the beginning of the next round. Proceed to work next round according to chart.*

Continue to work full chart, following instructions between *s for rounds 55, 56, 58, 60, and 70. On round 64, work as follows: work to last 2 sts, sl next 2 sts to right needle, remove marker, sl 2 sts back to left needle, replace marker. This now represents the beginning of the next round. Proceed to work next round according to chart.

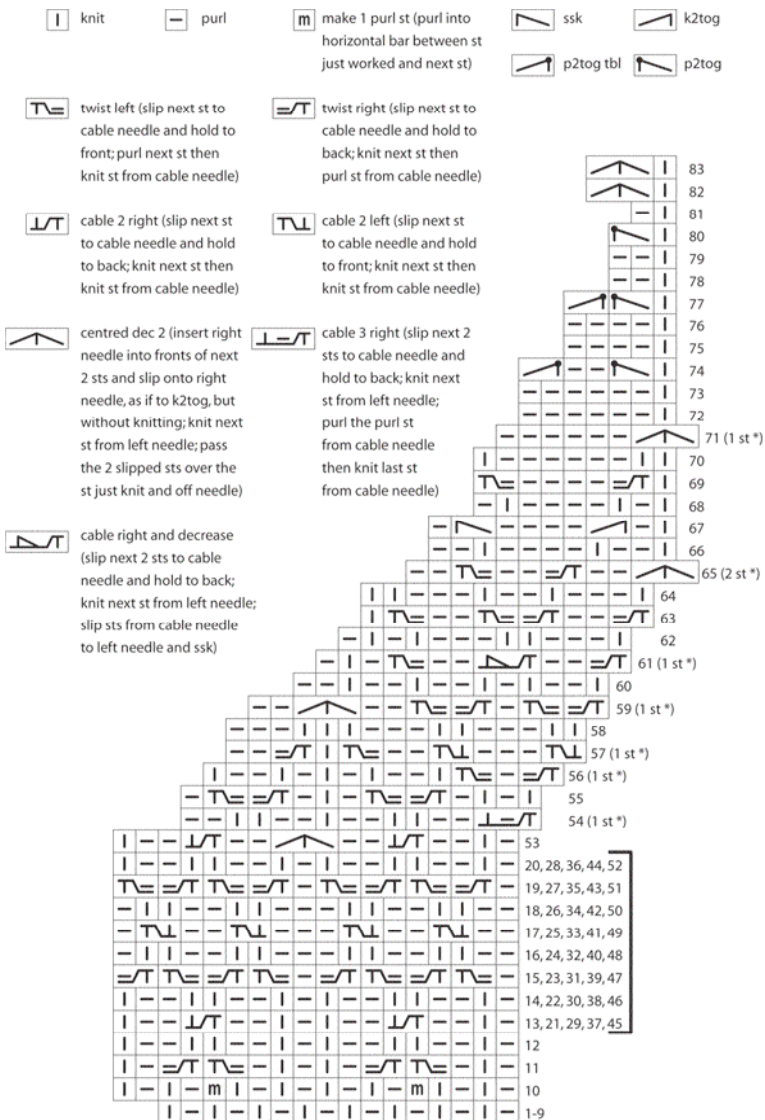
Continue, full chart, through chart row 83. 4 sts rem.

FINISHING

Break yarn, leaving 6" tail. Thread tail through needle, pass through rem 4 sts and pull tight. Secure yarn on inside of cap. Weave in and trim all yarn tails.

ABOUT THE DESIGNER

Jenna examines herself regularly. Contact her at www.girlfromauntie.com or info@girlfromauntie.com



LouLou comfort socks by Amy Swenson

Tangy

These socks are named for my favorite neighbor and good friend Louise, who survived breast cancer last year. Like angora socks, she's a bit crazy in the best possible way.

These toe-up socks are edged in a delicate picot trim, and kept ankle-height for economy. Knit with worsted-weight Angora/Merino yarn, they can be finished in two or three evenings and make a special gift for any woman in your life. Due to the delicate nature of the yarn, they're best for lounging around the house, not for stuffing into your favorite tennies for a day at the mall. The pattern is knit to match a standard women's sock size 9-11. To customize, take the measurements of the foot in question and adjust the sole length as necessary. The pattern as shown here uses approximately 125 yards of Angel. Knitting it larger might require a fourth ball of yarn.

SIZE: Fits women's size 9-11 foot

MATERIALS

Lorna's Laces Angel [70% Angora, 30% Lambswool; 50 yd/ 45 m per 14.2g skein]; color: Iris Garden; 3 skeins

1 set of 5 US #5/3.75mm double pointed needles

1 set of 5 US #3/3.25mm double pointed needles

US size G/ 4.0mm crochet hook

15 yards waste yarn

Tapestry needle

GAUGE: 20sts/24rows = 4" in st st on larger needles

NOTE: Where pattern says "wrap next st and turn", work short row wraps as follows:

Bring yarn to front of work, slip next st to right

needle, bring yarn to back of work, slip st back to left needle, turn work to begin working back in opposite direction. (If you are working a purl row, the yarn will already be at the front of the work - leave it at the front and proceed as above.)

PATTERN

With crochet hook and waste yarn, chain 22. Break yarn and pull through loop on hook to fasten off chain.

With MC and larger needles, pick up and k 18 sts in back loops of chain. Keep all sts on one needle.

Work short-row toe as follows:

Row 1 [RS]: K17, wrap next st and turn.

Row 2 [WS]: P16, wrap next st and turn.

Row 3 [RS]: K15, wrap next st and turn.

Row 4 [WS]: P14, wrap next st and turn.

Row 5 [RS]: K13, wrap next st and turn.



LouLou comfort socks by Amy Swenson [page 2]

Row 6 [WS]: P12, wrap next st and turn.
Row 7 [RS]: K11, wrap next st and turn.
Row 8 [WS]: P10, wrap next st and turn.
Row 9 [RS]: K9, wrap next st and turn.
Row 10 [WS]: P8, wrap next st and turn.

At this point you should have just worked across the 8 central sts on the needle and you'll have 5 wrapped sts waiting on either side of these sts.

Turn toe as follows:

Row 11: K8, place wrap 'loop' and wrapped st onto left needle, K2tog, wrap next st and turn.
Row 12: P9, place wrap 'loop' and wrapped st onto left needle, P2tog, wrap next st and turn.

Continue short rows in this way, working each short row longer than the last and picking up wrap loops until all slipped sts have been worked. 18 sts on needle.

Distribute sts to begin working in the round:

Next row [RS]: K9, k9 onto second dpn, unravel crochet chain and place resulting live sts onto 2 dpns (9 sts on each). 36 sts on needles.

Place marker to mark beginning of round. Work even in st st until work measures 7.5 inches from tip of toe.

Work short-row heel as follows:

Row 1 [RS]: K17, wrap next st and turn.
Row 2 [WS]: P16, wrap next st and turn.
Row 3 [RS]: K15, wrap next st and turn.
Row 4 [WS]: P14, wrap next st and turn.
Row 5 [RS]: K13, wrap next st and turn.
Row 6 [WS]: P12, wrap next st and turn.
Row 7 [RS]: K11, wrap next st and turn.
Row 8 [WS]: P10, wrap next st and turn.
Row 9 [RS]: K9, wrap next st and turn.
Row 10 [WS]: P8, wrap next st and turn.

Turn heel as follows:

Row 11: K8, place wrap loop and wrapped st onto left needle, K2tog, wrap next st and turn.
Row 12: P9, place wrap loop and wrapped st onto left needle, P2tog, wrap next st and turn.

Continue short rows in this way, working each short row longer than the last and picking up wrap loops, until all slipped sts have been worked.

Resume working in the round over all sts. Work 12 rounds even in st st.

Work 5 rounds in K2, P1 rib.

Work Picot BO as follows:

*Using cable CO and smaller needles, CO 2 sts. BO 4 sts.

Repeat from * until all sts have been bound off.

FINISHING

Sew in ends.

ABOUT THE DESIGNER

Amy Swenson believes in pink. Contact Amy at amy@indiknits.com

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Heart *by Stephanie Roy*

Piquant

An easy lace pattern creates an attractive row of hearts in a super soft and luscious bulky alpaca blend yarn.

I designed this scarf in two pieces to maintain the orientation of the hearts on both sides of the neck (I have symmetry issues). If you don't share my issues, or don't like grafting, just keep knitting until 20 pattern repeats are completed.

SIZE: One

FINISHED MEASUREMENTS: Width: 7" Length: 62"

MATERIALS

[MC] Reynolds Blizzard [65% alpaca, 35% acrylic; 66yd/59m per 100g skein]; color: #641 Pink; 3 skeins
1 pair US #15/10mm needles
Stitch holder
Tapestry needle

GAUGE: 10 sts/13 rows = 4" in stockinette stitch

HEART PATTERN

From: *The Ultimate Knitting Book* by the editors of *Vogue Knitting*.

Worked over 17 sts

NOTE: On Row 1, the number of sts is increased to 19.

On Row 3, it is reduced back to 17.

Row 1 [RS]: K3, yo, k2tog, k3, yo, k1, yo, k3, sl1, k1, pssso, yo, k3.

Row 2 and all WS rows: K2, p to last two sts, k2.

Row 3 [RS]: K4, yo, k4tog, yo, k3, yo, k4tog, yo, k4.

Row 5 [RS]: K4, k2tog, yo, k5, yo, sl1, k1, pssso, k4.

Row 7 [RS]: K3, k2tog, yo, k7, yo, sl1, k1, pssso, k3.

Row 9 [RS]: K2, k2tog, yo, k9, yo, sl1, k1, pssso, k2.

Rep rows 1-10.

PATTERN

CO 17 stitches. Work 10 rows of Heart Pattern 10 times, then work rows 1-4 once more. Place all sts on st holder. Make a second piece to match.

FINISHING

Graft pieces together using kitchener stitch or 3-needle BO. Block lightly if desired.

ABOUT THE DESIGNER

Stephanie Roy wants a cure. Contact Stephanie at and-she-knits-too@sympatico.ca



A survivor's story *by Theresa Vinson Stenersen*

I was diagnosed with breast cancer in the summer of 1996. I was 25 years old.

The lump – a hard, painless marble in my right breast – I found myself. I called my doctor's office right away and made an appointment with the nurse practitioner I'd been seeing for several years. Together we agreed to watch the lump for a month while I took vitamin E capsules and avoided caffeine. After all, it was round and smooth...very un-cancerlike.

One month later nothing had changed. I found myself in a waiting room having my very first mammogram and ultrasound. About having your breast smashed flat in a mammography machine – it is uncomfortable but it's certainly less painful than waxing and only lasts a few more seconds. Ultrasounds aren't painful at all and are useful for looking at the dense breast tissue of younger women.

Another couple of weeks and a biopsy later, my breast and lymph nodes were removed. Breast cancer today is usually treated surgically in a way that spares as much of the breast as possible. Lumpectomy – removal of the tumor and some surrounding tissue – combined with radiation of the area, has become much more common in recent years. In my case, the location of the tumor, combined with its aggressive type, made a modified radical mastectomy the better option.

My lymph nodes were removed and tested to determine if the cancer had spread to other areas of the body. Fortunately no cancer cells were found in my lymph nodes. Still, my oncologist (who, by the way, is one of the finest people I've ever met) recommended 12 weeks of chemotherapy for me. It was about the same time as Demi Moore was filming *GI Jane* and sporting a shaved head. "A fashion statement" was how I decided to think of it. But Demi's head isn't shaped like an egg. Mine is.

Luckily, one of the ladies at work was a knitter. Soon after my hair fell out – all of it in a matter of a couple of days about a week after my first treatment – she presented me with the most wonderful striped cap. Wine red, turquoise, mustard, cornflower blue, white, brown and forest green, it went with everything. And since it was made of cotton, it didn't irritate my supersensitive scalp. Caps knitted for people undergoing chemotherapy really need to be made of super soft fibers – cotton, microfiber, silk and cashmere are good choices. After all, a little luxury is in order for anyone who feels as crappy as you feel during treatments.

My cap, which I kept using even after my hair grew in, fit perfectly... still don't know how she did it since she didn't even measure my head. It came to just above my ears and perched there on my head...neither too tight nor too loose (see page 9).

Naturally I appreciate these technical details more now that I've become a knitter myself, but even then I knew that it had been hand knitted for me out of genuine concern for my wellbeing. Love, caring and healing energy gets caught between



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A survivor's story by Theresa Vinson Stenersen [page 2]

every single stitch of a gift like that and can't help but do good things both for the recipient and the knitter.

It's been just over 8 years since my experience with breast cancer. I've undergone reconstructive surgery and let my hair grow long. The fear and horror I felt during diagnosis and treatment feel far away now. I manage, for the most part, to hold on to the things I learned during that time – appreciating my body for working properly, living in the present moment and feeling happy whenever the opportunity arises. I'm also careful to have mammograms yearly and check my remaining breast once a month.

Finding breast cancer early, as I did, is the most certain way of surviving it. Mammograms are currently being recommended once a year for women over 40...at an earlier age if you have a history of breast cancer in your family. (By the way, I don't.) And newer, more effective methods of detection are being developed.

But even annual screening doesn't mean you can let your guard down. The most important thing you can do to protect yourself is monthly breast self exams. It's scary, I know. I still don't feel like I know what I'm doing during the self exam, even though I found the tumor myself before.

There are guidelines available to help you be systematic about the exam, but the best thing you can do is to get to know your own breasts intimately. If something changes, you'll be able to recognize it right away. Detecting and reporting changes quickly can save your life. It saved mine.

For more information on breast cancer, visit these websites:

www.breastcancer.org • the Susan G. Komen Breast Cancer Foundation
www.breastselfexam.ca • pictures and videos to help you check yourself correctly
www.breasthealthnw.ca/files/checkhealth.pdf • self-examination pamphlet in PDF format
www.youngsurvival.org • The Young Survival Coalition

For chemo cap patterns, see page 3 of this issue, visit Knitty's archives or Head Huggers at www.headhuggers.org

ABOUT THE AUTHOR

Theresa lives just outside of Oslo, Norway, with her husband and two stepdaughters. She is a firm believer that awareness is the key to prevention and encourages everyone, especially survivors, to spread the word about the importance of breast self exams, especially to young women. Contact Theresa at spellingtuesday@hotmail.com



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