



# Alice's Embrace



Alice's Embrace is devoted to providing hand-knit and hand-crocheted prayer shawls and lap blankets to those suffering from Alzheimer's Disease. We seek volunteers to knit and crochet the patterns that we have created. Through the loving hands of many generous and talented people, this endeavor will help ease the anxiety that is often present in those suffering from the disease.

## Counted Cross Stitch Prayer Shawl



**Skill Level:** 

**Size:** Approximately 20" x 60"

**Materials:** 1400 yards worsted weight yarn  
or 700 yards chunky weight yarn

**Needles:** US #13-24" circular needle

**Notions:** Right side marker, tapestry needle

**Gauge:** 12 stitches = 4" in garter stitch (knit every row)  
10.75 stitches = 4" in pattern stitch

**Abbreviations:**

k = knit  
p = purl

**Note:**

If you are using worsted weight yarn you will be double stranding the yarn throughout the pattern. If using chunky yarn you will be using it single stranded throughout the pattern.

**The Pattern:**

Cast on 59 stitches

Starting Border: Knit 10 rows

Row 1: k5, p1, \*k7, p1; repeat from \* until 5 stitches left, k5 (placing marker on this row to denote right side of prayer shawl)

Row 2: k7, p5, \*k3, p5; repeat from \* until 7 stitches left, k7

Row 3: k6, \*p2, k3, p2, k1; repeat from \* until 5 stitches left, k5

Row 4: k5, p2, k2, p1, k2, \*p3, k2, p1, k2; repeat from \* until 7 stitches left, p2, k5

Row 5: k8, p3, \*k5, p3; repeat from \* until 8 stitches left, k8

Row 6: k5, p4, k1, \*p7, k1; repeat from \* until 9 stitches left, p4, k5

Row 7: k8, p3, \*k5, p3; repeat from \* until 8 stitches left, k8

Row 8: k5, p2, k2, p1, k2, \*p3, k2, p1, k2; repeat from \* until 7 stitches left, p2, k5

Row 9: k6, \*p2, k3, p2, k1; repeat from \* until 5 stitches left, k5

Row 10: k7, p5, \*k3, p5; repeat from \* until 7 stitches left, k7

Repeat Rows 1-10 until prayer shawl measures around 58 inches from the cast on edge, after having just finished Row 10

Ending Border: Knit 10 rows

**Finishing:**

Bind off loosely.

Weave in all ends.