

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.

Letters To Mom Prayer Shawl



Skill Level: 

Size: Approximately 20" x 60"

Materials: 1500 yards worsted weight yarn
or 800 yards chunky weight yarn

Needles: US #13-24" circular needle

Notions: Right side marker, cable needle, tapestry needle

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

Abbreviations:

k = knit

p = purl

sts = stitches

c4f = cable 4 front – slip 2 stitches to a cable needle and hold at the front of the work, knit 2, then knit the 2 stitches from the cable needle.

c4b = cable 4 back – slip 2 stitches to a cable needle and hold at the back of the work, knit 2, then knit the 2 stitches from the cable needle.

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 74 stitches

Starting Border: Knit 10 rows

Row 1: k5; * c4b, c4f; rep from * to last 5 sts, k5 (placing marker on this row to denote right side of prayer shawl)

Row 2: k5, p64, k5

Row 3: knit across row

Row 4: k5, p64, k5

Row 5: k5; * c4f, c4b; rep from * to last 2 sts, k5

Row 6: k5, p64, k5

Row 7: knit across row

Row 8: k5, p64, k5

Repeat Row 1-8 until prayer shawl measures 58 inches from the cast on edge, after having just finished Row 2 or 6.

Ending Border: Knit 10 rows

Finishing:

Bind off loosely.

Weave in all ends.