



knitted knockers

*soft, comfortable, knit prosthetics
for breast cancer survivors*

THERE IS POWER in a PAIR OF KNITTING NEEDLES and a SKEIN OF YARN

No one knows this more than bestselling author Debbie Macomber.

She began knitting at age 10, and as she has said many times, learning to knit saved her life. As a child she struggled with dyslexia and knitting helped her learn to read, do math and so much more.

Today, Debbie owns a yarn shop, aptly called A Good Yarn, which is housed in a charming Victorian style building in her hometown of Port Orchard, WA. Their mission is simple: "Friendships formed and traditions taught."

I have found that mission to be true in all of the yarn shops I've visited in Northwest lower Michigan. There always seems to be a place to sit -- a well-worn rocking chair, a round table and chairs or comfy couch -- the place to get help reading a pattern or finding a dropped stitch or just catch up on the latest news.

The staff at Debbie Macomber's shop sponsors some 16 to 20 social gathering opportunities each and every month. On Tuesday afternoons knitters gather to work on a variety of philanthropic projects like caps for premature babies, chemo caps, sweaters for children and breast prostheses called Knitted Knockers.

Knitted Knockers are special, handmade breast prosthesis for women who have undergone mastectomies or other procedures to the breast. They are soft, comfortable knit prosthetics for breast cancer survivors. Traditional breast prosthetics are usually expensive, heavy, sweaty and uncomfortable.

The women at A Good Yarn learned about them after one staffer had a breast cancer scare and another was diagnosed with it, recalled Macomber during a recent phone conversation.

"We were getting calls from all over the country with women wanting them because they are so much more comfortable," said Macomber.

"And they've had a lot of fun with them," she said. "We've seen them with pierced nipples. Someone might add a little jewel," she laughed. They'll make the nipples different sizes or different colors."

Although many women prefer flesh-colored Knockers, you can get creative and fashion them in fun colors as well, from hot pink to bright blue, and in a variety of cup sizes.

There is a huge demand for Knockers and they are distributed for free to any woman who would like them.

In anticipation of Macomber's upcoming NWS visit to Traverse City, we'd love knitters to bring their finished Knockers to the May 7 event or to a participating local yarn shop by May 14 so we can get them in the hands of women who need them and put a smile on the face of someone who is in a low point in life.

You can find the pattern on A Good Yarn's website (<http://www.debbiemacomber.com/knitters-club/free-patterns/knitted-knockers>), or at Knitted Knocker.org (<http://www.knittedknockers.org/make-a-knocker/>) or pick one up at the following local yarn shops:

Wool and Honey, Cedar www.woolandhoney.com, 231-228-2300

Yarn Quest, Traverse City www.yarnquestknitting.com, 231-929-4277

Thistledown, Suttons Bay www.thistledownshoppe.com, 231-271-9276

The Yarn Shop, 5873 S Lake St., Glen Arbor 231-334-3805

*Connecting volunteer
knitters with breast cancer
survivors to offer FREE
knitted knockers.*



www.knittedknockers.org



Knitted Cotton Breast Prosthesis with Customizing Flap

Based on the *Tit Bits* pattern by Beryl Tsang, free from knitty.com

Materials

Butterfly Super 10 Cotton (100% mercerized cotton; 250yds/230m per 100g skein) or any soft washable yarn. Wool is too scratchy.
1 set US #6/4mm double-point needles
Small split ring marker or safety pin
Sharp tapestry needle
Stuffing (cotton fleece or polyester fiberfill)
Small weight, like a smooth stone

Sizes

A[B, C, D, DD] Cup

Notes: To make I-Cord

CO required number of sts onto a double point needle. K all sts.

Next Row: Instead of turning the work around to work back on the WS, slide all stitches to the other end of the needle, switch the needle back to your left hand, bring the yarn around the back of the work, and start knitting the stitches again. After the first 2 stitches, give the yarn a sharp tug. Repeat this row to form I-cord.

Directions

Outer Side

CO 3 sts. Work 2 rows of I-Cord.

Variation: If you don't want to use a bead or button nipple, knit 1.5 - 2 inches of I-Cord. This cord can be knotted when the boob is finished. It will look like a nipple through the bra.

Work one more row of I-Cord, increasing as follows: kfb in each st. 6 sts.

Divide sts between 3 double-point needles, in preparation to begin working in the round. Place marker in first stitch.

Next Round: [K to last st on needle, m1] around. 3 sts increased.

Repeat this round 19[21, 25, 27, 29] times more. 66[72, 84, 90, 96] sts (22[24, 28, 30, 32] sts on each needle).

Edging

Purl next 2 rows.

Inner side

Knit one complete round.

Creating opening for flap

On the first needle, knit 7[8,9,10,12] stitches. Place next 7[8,9,10,12] stitches onto a stitch holder. Cast on the same corresponding number of stitches placed onto the holder onto the right needle and continue knitting to last 2 stitches, K2tog. Knit, decreasing (K2tog) at the end of the needles for the rest of the round.

Continue knitting and decreasing (k2tog) before the end of each needle, essentially reversing the front shaping. Stop when you have 12 sts left (4 on each needle). Cut the yarn, leaving a long tail. Thread the tail through the remaining stitches. You can then draw the stitches closed.

Knitting the flap

Place stitches from holder onto needle, picking up one stitch before the holder and one after, increasing the stitch number by 2. Knit in stockinette (k on right side, p on wrong side), increasing in the first 2 knit rows with a m1 in the first and last stitches. These increases will hold the flap inside better. Knit in pattern until 1.5 to 2 inches long. Bind off.

Weave in all loose strings. Stuff with filling of choice and add weight if desired. Feedback from wearers is the weight helps to keep the prosthesis in place.

k - knit
p - purl
sts - stitches
CO - cast on

WS - wrong side
m1 - make one
kfb - knit front back
K2tog - knit 2 stitches together

