



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.

Pushpa 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)
13.5 stitches = 4" in pattern stitch

Abbreviations:

k = knit

p = purl

yo = between a knit and a purl the yarn must go through the needles, around the right needle and through the needles again, ending up in a purl position.

yo = between a purl and a knit, leave your yarn in the purl position and when you knit the next stitch the yarn over will form.

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 64 stitches

Starting Border: Knit 10 rows

Row 1: knit (placing marker on this row to denote right side of prayer shawl)

Row 2: k5, purl until 5 stitches left, k5

Row 3: k5, *yo, p1, p3tog, p1, yo, k2; repeat from * until 3 stitches left, k3

Row 4: k5, purl until 5 stitches left, k5

Repeat Rows 1-4 until prayer shawl measures 58 inches from the cast on edge, after having just finished Row 4

Ending Border: Knit 10 rows

Finishing:

Bind off loosely.

Weave in all ends.