

**Materials:** 1 set size 4(5), 7-8" double point needles Sport or (DK) weight soft, washable non wool yarn.\*\*  
See below for approved yarns for distribution by knittedknockers.org groups, stitch marker to mark needle  
1, tapestry needle. Gauge- 6st= 1" (5.5= 1")

### Outer Piece

	Stitch Counts
CO 3 sts *	3 sts
Next row - kfb every stitch	6 sts
Divide onto 3 needles to start knitting in the round	6 • 2/needle
Round 1 - kfb, k1 each needle	9 • 3/needle
Round 2 - K to last stitch on each needle, m1, k1, place stitch marker	12 • 4/needle
A cup - Repeat round 2 24(18) times, or amount to equal 4.5" diameter (across)	84(66) • 28(22)/needle
B cup - Repeat round 2 26(20) times, or amount to equal 5" diameter (across)	90(72) • 30(24)/needle
C cup - Repeat round 2 30(24) times, or amount to equal 5.5" diameter (across)	102(84) • 34(28)/needle
D cup - Repeat round 2 32(26) times, or amount to equal 6" diameter (across)	108(90) • 36(30)/needle
DD (E) cup - Repeat round 2 34(28) times, or amount to equal 6.5" diameter (across)	114(96) • 38(32)/needle

For larger sizes repeat round 2- 2 more times for each size (2sts per needle or 6 per round). Each size goes up about ½" in diameter.

**Purl 2 rounds**, these two rounds help define the edge as you begin to create the back of your knocker.

### Inner Piece

Round 1 - K to last 2 sts, k2tog (each needle)

Round 2 - SSK, K to last 2 sts, k2tog (each needle)

Repeat rounds 1 and 2 until 12 sts remain. (4 on each needle)

Cut yarn, leaving a long tail, thread tail through remaining stitches and leave loose to allow for stuffing.

Fill with Poly Fiber Fil™ (optional, we can fill them for you to save on postage.)

**Visit** [www.knittedknockers.org](http://www.knittedknockers.org) for tips and videos on how to make great Knitted Knockers

\* *Optional nipple: work 4 rows of i-cord after casting on. Stretch and twist I-cord tightly and stitch down to create a small nipple. The completed nipple should be no more than ¼ inch in diameter.*

\*\*Knitted Knockers Support Foundation has created a list of tested and approved yarns appropriate for knitted knockers. Please note that **only knockers made from this list** will be used to fill orders from knittedknockers.org so if knitting or crocheting for us please only use these yarns. While Knitted Knockers are a great "stash buster" taking only about 50 yards of yarn, the knockers may be worn against sensitive skin and must be durable, breathable and stay soft after washing. Also note the acrylic yarns are **only** used for swimming knockers. Here is a link to the approved yarn list [Approved Yarns for Knitted Knockers](#).

The most requests are for pairs of neutral colors. If you don't have enough of one color to finish a knocker feel free to finish the inner piece with a complimentary color using the same type of yarn. If you get bored with the flesh tones by all means make a creative, bright pair if you want. We do get requests for those too :-). Don't stress too much about the sizing. The most important thing is to make sure that all pairs are the same size (same number of stitches). About 75% of the requests are for neutral colored pairs of sizes B and C with the rest size A, D and DD.

We realize that this is not the easiest pattern being knit on double pointed needles but they are beautifully contoured and hold up really well. Getting past the first few rounds is the most challenging but once mastered it

#### Legend

CO - Cast On  
kfb - Knit into front & back of stitch  
K - knit  
P - purl  
m1 - make one, increase  
k2tog - knit 2 stitches together  
ssk - slip two stitches from left to right as if to knit, then knit them together through the back loops.  
Gauge- 6st=1" (5.5st=1")

becomes an easy, fun and portable project taking most people between 3-4 hours to make one. There is a 3 part series of videos on how to make great Knitted Knockers at [knittedknockers.org](http://knittedknockers.org).

If you don't have someone to give your beautiful knocker to please send them to us for distribution (always free to the recipient). We need lots of them! Send to Knitted Knockers, 1405 Fraser St. #F103 Bellingham, WA 98229. Be sure and include the yarn label and your contact info so we can thank you! Visit <http://www.knittedknockers.org/> (the one with the pink ribbon logo on it) to learn more and to link yourself as a provider, or to locate a group in your area. We have print materials we can help support you with including care instructions, cards and brochures. Thank you so much!!!

## KNITTED KNOCKERS APPROVED YARNS – rev. 4-7-23

Please note that only knockers made from the following list will be used to fill orders from [knittedknockers.org](http://knittedknockers.org) so if knitting or crocheting for us please only use yarns. All are good for knitting, some are also good for crochet where indicated with a “C”. Acrylic yarns are approved only for swimming and indicated with an “S”. Please make pairs of knockers in neutral or dark colors. We get very few requests for colored knockers. Neutral is defined as shades of white, cream, beige, and sand. Dark includes black, brown or dark beige, not dark blue or other colors. Fun colors may be used on the back where they won't show except to the woman. 😊.

Berroco, Modern Cotton DK (Note only DK weight is approved)- C  
Cascade Yarns, Cherub DK - C, S  
Cascade Yarns, Pandamonium-C  
Cascade Yarns, Ultra Pima - C  
Cascade Yarns, Ultra Pima Fine – C  
Cascade Yarns, Noble Cotton - C  
Circulo, Anne-C  
Circulo, Charme C  
Cloudborn, 100% Pima Cotton DK - C  
Ella Rae, Phoenix DK - C  
Euro Baby, Kid Cotton  
Fair Isle, Harbor - C  
Fiesta Yarns, Cottonista

HiKoo, Twisp- C  
HiKoo, CoBaSi DK  
Jaeger, Aqua Cotton  
Katia, Mississippi 3  
Kertzer Yarns, Butterfly Super 10  
Kraemer Yarns, Tatamy - S  
Knit Picks, Comfy Fingering – C, S  
Lion Brand COBOO - C  
Lion Brand NUBOO-C  
Paintbox, Cotton DK  
Patons, Grace - C  
Plymouth Yarns, Anne - C  
Plymouth Yarns, Cleo  
Premier Yarns, Bamboo Fair- C

Premier Yarns, Cotton Fair- C,S  
Rowan, Cotton Glace  
Schachenmayr, Catania- C  
Sostrene Grene, Anna & Clara - C  
Tahki, -Cotton Classic DK (Must be DK)  
Tahki, Cotton Classic Lite - C  
TB Ramsden, Wendy Supreme 100%  
Luxury cotton DK (Must be DK)  
Trendsetter Yarns, Lana Grossa Elastico  
Universal Yarns, Bamboo Pop - C  
Universal Yarns, Garden 3 – C  
Valley Yarns, Southwick

We have carefully compiled this list of approved yarns for our knitters & crocheters. All approved yarns have been tested and proven to be washable, stay soft after air drying, breathable, durable, the correct weight & make beautiful knockers. Our challenge has always been to identify yarns that are preferred by our recipients, available & affordable. The list has over 30 choices that can be purchased at local yarn stores, online or at "Big Box" stores at a variety of price points. The cost per average sized knocker using these yarns can vary from about \$1.20 to \$3.00 per knocker. Very affordable when you think about the difference it makes to the women who wear them!

For the wearer, it is crucial that the knocker fiber not exacerbate a highly sensitive part of a woman's body that may have already suffered from surgical scarring, nerve damage, and possible radiation burns. To minimize the chances of this happening we ask that knitters & crocheters choose a yarn that we've already tested & know that every knocker created will be gratefully received & loved by the wearer. We receive constant affirmation that these ladies truly appreciate the time & talent that a caring volunteer took to make these for them. Check out some testimonials from grateful recipients if you ever want to remind yourself that what you are doing is making a difference! <http://www.knittedknockers.org/testimonials/>.

*Please note that “I Love this Cotton” from Hobby Lobby is too heavy & washes up stiff when air dried so is not appropriate for knitted knockers.*

You can mail completed, unstuffed knockers to us at Knitted Knockers Support Foundation, 1405 Fraser St. #F103 Bellingham, WA 98229. **Include your contact information & the yarn label.** Please do not size, add tags, stitch or safety pin together. We size after stuffing.

If stuffing, use a high-quality poly fiber fill. Slightly overstuff and leave the back open for adjustment. We use Premium Poly Fiber Fill made by Fairfield and found at Joann's & Walmart.

Yarns no longer on the list may have been discontinued but still would be accepted if on the prior 5/2/22 Approved Yarn list.

Knitted Knockers Support Foundation is a non-profit run completely by volunteers, (no paid staff). Donations are very much appreciated to help offset costs. Postage in 2022 was over \$55,000 alone!

Thank you for making knockers!!!!