

Knitted Breast Prosthesis - 3 Needle Start

(Feb.2015 TC)

Always free to recipients

(If you have trouble starting with 4 needles, then starting with only 3 dp needles makes it twist-proof)

Materials: a 4 oz skein of any very soft acrylic yarn (Caron Simply Soft is recommended)
4 dp needles size 6, 7 or 8 1 blunt tapestry needle 1 marker
100% polyester fiberfill (one bag fills a lot)

Cast on 3 stitches and leave a 9" yarn end.

Row 1: Incr in all 3 sts,(knit in front and back of each stitch), then you have 6 sts.

Row 2: Knit 2 sts, push them to the middle of the needle. With 2nd needle

Knit 2 sts, place a marker, and Knit the remaining 2 sts

Row 3: Knit 1, incr. in the 2nd st With the empty needle go to the next needle with the 4 sts

Knit 1, incr. in the 2nd st, move marker, Knit 1, incr. in the last st

Row 4 and all following rows:

On the needle with the fewer stitches Knit all and incr. in the last st

On the needle with the marker, Knit and incr. in the stitch before the marker

move the marker and Knit the remaining stitches incr. in the last stitch.

Continue until you have 9 stitches on each needle.

At this point you can switch to 4 needles, which is easier, but you won't twist the work by starting in this manner.

When switching to the 4 needles:

Knit 8 stitches incr in the last stitch, switch to the next needle (with the marker) and Knit 8 stitches, incr. in the stitch before the marker. Remove the marker

With the 4th needle, knit the remaining 9 stitches increasing in the last stitch.

Now you can bring the cast on yarn end to the outside after the last needle. This will indicate the end of the round and you don't have to keep on counting until you have approx. the number of stitches you need on each needle depending on the desired size prosthesis.

At this point Purl 2 rounds without increases or decreases. Then on the next row Knit 2 together at beginning and end of each needle. This will make the prosthesis less pointed in the 3 corners, but is optional (some knitters don't do this).

On the next row and all following rows, Knit all stitches decreasing (knit 2 together) at the end of each needle, essentially reversing the procedure.

When you have 15 stitches left, 5 on each needle, cut the yarn approx. 10 " from the needle and thread it through the remaining stitches. Leave this hole open for stuffing and adjusting. If you have any holes or loose stitches at the "nipple" (beginning) you can now tighten them with the cast on end and bring it inside to be part of the stuffing.