

### **KNITTING INSTRUCTIONS BABY CAPS**

1. Use any 3-ply baby yarn ("Sport weight" is my favorite - nice and easy to work with). Some yarn labels don't list the 'ply', so just take the end of the yarn, and separate the pieces. If there are 3, it's 3-ply yarn! You can use "fingering" yarn, but it is finer, and the hat will be thinner. **Please do not use 4-ply yarn.**
2. No **wool** content (allergies) or **all cotton** (stretches out) - 100% acrylic is best. "Feel" the yarn before you buy — definitely, some are softer
3. Pastels are preferred, but other colors are ok, too. Colors in the skein will be slightly darker in the finished project.
4. Stitch options are in parentheses ( ). Babies come in all sizes, and some knit tighter, or looser, so any combination will fit one little dear baby's head.

12" or smaller knitting needles, size 6 or 7 (you can use longer ones, but these are more manageable for the number of stitches you have)

OR

4 5"-6" double-pointed needles, size 6 or 7 (or circular, but 12" length only), (these will give you a hat with no seam)

Yarn (Tapestry) Needles (set of 2) (plastic) Sm. Pair of scissors (the folding ones are great for your knitting bag).

*Wash your hands each time before knitting. This keeps the yarn clean.*

Cast on 64 (68) (72 for fingering yarn) stitches

Row 1: Knit 2, Purl 2, (K2, P2) across row.

Row 2: Knit 2, Purl 2, (K2, P2) across row. This creates the ribbing in the hat, which hugs the head, and makes it fit well.

Continue rows 1 & 2 until you have about 6½" - 7", then decrease as follows-

Decrease rows:

Row 1: Knit 2 together, across row.

Row 2: Purl 2 together, across row.

Continue rows 1 & 2 until you have about 7 stitches left.

Cut yarn, leaving about 15". To complete hat, thread tapestry needle with cut end of yarn, thread each of the remaining stitches from the knitting needle onto the tapestry needle, and pull tightly. Tack with several stitches and knot on the wrong side (there should be no hole in the top of the hat). (If you are using double-pointed or circular needles, you're done, except to thread your starting yarn along the bottom edge of hat and knot! If not, continue...) Then, put the sides of the side seams of the hat together (you'll have to look at your decreasing rows to find the right and wrong side — right side will be smooth), and continue with an overcast stitch down the seam, to the bottom edge of the hat (keep checking as you sew to be sure the bottom edges will come together. Take several stitches to hold bottom together securely, and take needle back up through the seam about 1½" (This keeps the loose thread from hanging out the bottom of the hat), take several more stitches, knot tightly, and cut off (this conceals the end of the yarn beyond the border of the hat, which you do not want to show when the bottom edge is turned up). Turn hat to right side, and turn up brim about n inch.

You can be as creative as you like with these hats!! Once you have at least 1 ½" of ribbing (either K2, P2, or K1, P1) to start, you can do any pattern you wish. And, don't be afraid to vary slightly the number of stitches you begin with (increase or decrease 4 stitches — this is the ribbing pattern). The above pattern is for an average size baby, but remember, babies come in all sizes, from our tiny 4-pounders to our occasional 10-pounders!

**No buttons, bows, or gems on the hats, please! (choking hazard).**

**Please return completed hats to the Auxiliary Office along with your name and contact information.**

**Pinnacle Health Auxiliary, 409 South Second Street, Southgate Building, Suite 2A, Harrisburg, PA 17104 717-231-8080**  
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## **CROCHET INSTRUCTIONS BABY CAPS**

### **INSTRUCTIONS:**

1. Use any 3-ply baby yarn ("Sport weight" is my favorite — nice and easy to work with). Some yarn labels don't list the "ply", so just take the end of the yarn, and separate the pieces. If there are 3, it's 3-ply yarn! You can use "fingering" yarn, but it is finer, and the hat will be thinner. Please do not use 4-ply yarn
2. No wool content (allergies) or all cotton (stretches out) — 100% acrylic is best "FEEL" the yarn before you buy — definitely, some are softer!
3. Pastels are preferred, but other colors are ok, too. Colors in the skein will be slightly darker in the finished project.
4. Stitch options are in parentheses ( ). Babes come in all sizes, and some crochet tighter, or looser, so any combination will fit on little dear baby's head.

Size G or H (Size H, if you tend to crochet tighter) Crochet Hook. I like the metal ones (the yarn seems to "slide" a little better) but if you like the plastic ones, that's fine too.

Yarn (tapestry) Needles (set of 2) (plastic)

Small pair of scissors (the folding ones are great for your knitting bag)

Wash your hands each time before crocheting. This keeps the yarn clean

All work is done in the blo (back loop only). This creates the ribbing in the cap, which hugs the head, and makes it fit well.

Chain (ch) 29

**Row 1:** SC (single crochet) in back loop only (blo) beginning with second stitch from the needle, and continue to end of row (28 stitches), chain 1, turn

**Row 2:** Continue for 45 more rows, being careful to always pick up the last hidden stitch of each row. This stitch will have a "nubby" or horizontal stitch anchoring it at the bottom.

To count your stitches — after you chain 1 and turn, put your hook in the second stitch from the needle and begin counting (this is the first stitch). Count occasionally to be sure you have the same amount of stitches that you started with.

Cut yarn, leaving about 15". To complete the hat, thread tapestry needle with clean end of yarn. Pick up the top stitch of every second row on the needle (you'll be able to tell these by where the "hole" is). Pull tightly and tack with several stitches and knot on the wrong side (there should be no hole in the top of the hat). Then, put the right sides of the seams of the hat together and continue with an overcast stitch down the seam, to the bottom edge of the hat (keep checking as you sew to be sure the bottom edges will come together). You could instead crochet this seam together, matching each stitch along the edge. Take several stitches to hold the bottom together securely, and take needle back up through the seam about 1/4" (this keeps the loose thread from hanging out the bottom of the hat, which you do not want to show when the bottom edge is turned up). Turn the hat right side, and turn up brim about an inch.

You can be as creative as you like with these hats! If you use several colors in stripes, make sure the stripes are even... These hats do not look good with just one stripe in the hat. Don't be afraid to vary slightly (2 or 3) the number of stitches you begin with. The above pattern is for an average size babies but remember babies come in all sizes from our tiny 4-pounders to our occasional 10-pounders!

**No buttons, bows, or poms on the hats. PLEASE! (choking hazard).**

**Please return completed hats to the Auxiliary Office along with your name and contact information.**

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