

For Jane Beret and Mittens



For Jane



Last year some friends of mine lost their daughter as the result of a condition known as SUDEP – Sudden Unexpected Death in Epilepsy. Jane was a bright, bubbly, outgoing 24 year old who loved travelling and enjoyed life. She made friends wherever she went and is missed by all her friends and family.

Jane was a life-long sufferer of epilepsy but she was otherwise healthy and her epilepsy was controlled with medication. Neither Jane or her family were ever told that despite good health she could die. Since her death Jane's family have been working to raise awareness of SUDEP as many sufferers from epilepsy (like Jane herself) are not aware of this fatal condition. If you would like to find out more about their campaign go to www.forjane.co.uk

I have known the family for over 30 years and was asked by Jane's parents to design a beret pattern based on one of her favourite berets. As a tribute to Jane I have designed this beret and mittens pattern. I hope you enjoy knitting them and if so please donate to the For Jane fund at <http://uk.virginmoneygiving.com/team/ForJane>

Sizes

Adult medium Beret to fit head circumference approx 52cm, 21.5inches

Adult medium fingerless Mittens to fit hand circumference 18/20cm, 7/8inches

Materials

2 x 100gm skeins DK Alpaca from www.knitting4fun.co.uk, or approx 150gms of DK yarn

One 3mm circular needle (60cm/24inch length), and one 3.75mm circular needle

(60cm/24inch length) and a set of 4 x 3.75mm double pointed needles for the Beret.

4 x 4mm dpns for the Mittens

Stitch markers - one stitch marker is used to mark the beginning/end of the round. When knitting the Mittens you will also need 2 other stitch markers of a different colour to the beginning/end marker.

Stitch holder

A selection of buttons for decoration (approx 12 to 14)

Tension

23sts and 29.5rows to 10cm over stocking stitch using 3.75mm needles (before washing)

Knitting Notes

The Beret is knitted in the round. It will fit on a 60cm/24inch circular needle at the start of the Beret but as the decreases are worked towards the top of the crown the stitches will not stretch around a circular needle so you will need to change to dpns.

The Mittens are knitted on dpns.

Alternate cable cast on – for k1 p1 rib

Make a slip-loop and place this on the Left Needle (LN). Insert the Right Needle (RN) into this loop take the yarn around the needle and pull a new loop through. Place this new loop on to the LN.

*Insert the RN from the back to the front between the last 2 stitches, and then take the yarn round the needle as if to purl. Draw the yarn through and place the loop on the LN taking care not to twist it. Insert the RN from front to back between the last 2 stitches, and take the yarn round the needle as if to knit. Draw the yarn through and place the loop on the LN * Repeat from * to * for the required number of stitches. For an even number of stitches the first stitch to work will be a knit stitch; the slip loop is a purl stitch. On the first row only, work into the back loop of each knit stitch.

Knit pick up – with the right side of the knitting facing you, holding the knitting in your left hand, push the point of the right needle through the knitted fabric, wrap the yarn around the needle, as to knit, and pull a loop through the fabric to make a new knit stitch.

Abbreviations

k – knit, **p** – purl; **st(s)** – stitch(es); **k1tbl** – knit 1 through back loop; **k2tog** – knit 2 together; **p2tog** – purl 2 together; **skpo** – slip 1 knit 1 pass slip stitch over; **sk2po** – slip 1 knit 2 together pass slip stitch over; **pm** – place stitch marker; **sm** – slip stitch marker; **m1** – make 1 increase by picking up the ladder between 2 stitches (from front to back with the left needle) and knitting into the back of the loop to twist the stitch

Beret

Using 3mm circular needle and **Alternate cable cast on**, cast on 120sts, join in the round and place beginning/end marker.

Work 14 rows of k1tbl, p1 twisted rib.

Change to 3.75mm needle and work *Purl 8 rounds, Knit 8 rounds*

Repeat these 16 rounds 4 times in total but **NB** on the last round of knit work the first decrease round as follows;

Decrease Round 1: *k10, k2tog* repeat to end of round (10 decreases) – 110sts

Work 3 rounds Purl

Decrease Round 2: p4, *p2tog, p9* repeat to last 7sts, p2tog, p5 – 100sts

Work 3 rounds Purl

Decrease Round 3: *p8, p2tog* repeat to end of round – 90sts

Work 3 rounds Knit

Decrease Round 4: k3, *k2tog, k7* repeat to last 6sts, k2tog, k4 – 80sts

Work 3 rounds Knit

Decrease Round 5: *k6, k2tog* repeat to the end of round – 70sts

Work 3 rounds Knit

Decrease Round 6: k2, *k2tog, k5* repeat to last 5sts, k2tog, k3 – 60sts

Work 2 rounds Knit

Decrease Round 7: *k3, sk2po* repeat to end of round – 40sts

Work 1 round Knit

Decrease Round 8: *sk2po, k1* repeat to end of round – 20sts

Work 1 round Knit

Decrease Round 9: k2tog – 10sts

Cut yarn end and thread through the remaining 10sts to pull the centre top together and fasten off the end.

Sew in any ends and if desired add buttons to the Beret joining Purl ridges.

Mittens

Using 4mm needles cast on 40sts, rearrange the stitches over 3dpns so you have 13sts on needle 1, 14sts on needle 2 and 13sts on needle 3, join in the round and place beginning/end marker.

Purl 6 rounds, Knit 6 rounds

Repeat these 12 rounds 3 times in total.

Purl 6 rounds.

Knit 2 rounds

Change to k1tbl, p1 twisted rib and work 8 rounds of rib.

Knit 6 rounds.

Increase for Thumb

K1, m1, pm, knit to last stitch in round, pm, m1, k1

Knit 2 rounds (slipping the stitch markers)

Increase Round: knit to stitch marker, m1, sm, knit to next stitch marker, sm, m1, knit to end of round

Knit 2 rounds.

Repeat these 3 rounds 5 times in total (increased 6sts in total each side for thumb gusset).

Knit to 7sts before the end of the round, slip the next 14sts onto a stitch holder for the thumb, cast on 3sts and rejoin in the round.

Knit 7 rounds.

Next Round: k4, *k2tog, k8* repeat 4 times, knit to the end of the round.

Purl 4 rounds and then cast off purlwise.

Thumb

Using 4mm dpns knit pick up 3sts from the 3 cast on stitches onto one needle, with the next needle m1 between the cast on stitch and stitches on holder and knit this new stitch with the first stitch from holder (to close the gap), knit 6 more stitches from the holder, with a 3rd dpn knit the remaining 7sts from the stitch holder.

At the beginning of this next round m1 with the ladder between the 3rd dpn and the first dpn and knit this new stitch with the first stitch on the needle with 3sts (to close the gap) and knit to the end of the round.

Knit 2 more rounds.

Purl 2 rounds and cast off purlwise.

Sew in any ends and if desired add buttons to the Mittens joining Purl ridges.