



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.

Caden 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)
11 stitches = 4" in pattern stitch

Abbreviations:

k = knit
p = purl

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 57 stitches

Starting Border: Knit 10 rows

Rows 1, 3 & 5: k5, *k7, p1; repeat from * until 12 stitches left, k12 (placing marker on first row to denote right side of prayer shawl)

Rows 2, 4 & 6: k5, p47, k5

Rows 7 & 9: k5, p8, *k7, p9; repeat from * until 12 stitches left, k12

Rows 8 & 10: k5, p47, k5

Rows 11, 13 & 15: k5, *k7, p1; repeat from * until 12 stitches left, k12

Rows 12, 14 & 16: k5, p47, k5

Rows 17 & 19: k5, *k7, p9; repeat from * until 20 stitches left, k7, p8, k5

Rows 18 & 20: k5, p47, k5

Repeat Rows 1-20 until prayer shawl measures 58 inches from the cast on edge, after having just finished Row 5.

Ending Border: Knit 10 rows

Finishing:

Bind off loosely.

Weave in all ends.