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Materials: 4 x double pointed needles (dpns), size 3.5 mm, Katia Capri mercerised cotton yarn (or other 100% mercerised cotton double knit yarn), stitch marker (if needed), Gauge 6 sts = 1"

Front piece

Cast on 3 stitches

Next row: Knit front and back in each stitch (6 stitches)

Divide onto 3 needles to start knitting in the round:

Knit 2 stitches. Introduce next needle, knit 2 stitches, introduce another needle, knit 2 stitches

The 4th needle is used to knit with.

You should now have 2 stitches on three needles

Increase stitches:

Knit to last stitch on each needle, make extra stitch by picking up a loop before the last stitch and knitting it. Knit last stitch.

In this way, an extra stitch is added to each needle in every round.

Tip: Make sure to pull the yarn tight on the first couple of stitches on each needle. This avoids 'ladders' appearing in your work and ensures a soft, contoured look.

Continue in this way until the number of stitches on each needle matches the cup size you are making:

A cup = 28 stitches per needle (finished measurement: 4.5"/ 11 cm diameter)

B cup = 31 stitches per needle (finished measurement: 5"/ 12.5 cm diameter)

C cup = 34 stitches per needle (finished measurement: 5.5"/ 14 cm diameter)

D cup = 37 stitches per needle (finished measurement: 6"/ 15 cm diameter)

After a few rows of knitting, you will notice that your work forms a triangle shape as the number of stitches increases.

Purl next row. This makes a defining line between the front and the back of the knitted knocker.



Back piece (rear of knitted knocker):

Round 1: Knit to last 2 stitches, knit 2 together (each needle)

Round 2: Knit 2 together through the back of stitches, knit to final 2 stitches, knit 2 together (each needle)

Repeat these 2 rounds until 4 stitches remain on each needle (12 stitches in total)

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

Whilst this can seem an awkward way to knit, using four needles, it does become easier with practice. Knitting in the round produces a softly contoured knitted knocker, without seams, which is more comfortable for the wearer and avoids any risk of skin irritation possibly caused by sewn seams. Keep going!

