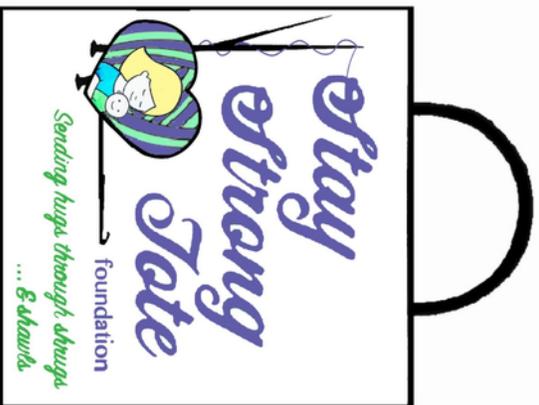




**YOU can send a hug  
through a shrug  
to a mom entering a  
Ronald McDonald House**

**Thank you for sending a little extra love to a very worried mom and helping us support the wonderful work being done in RMD Houses.**

Sign up for our blog for ideas and updates: [StayStrongToteFoundation.org](http://StayStrongToteFoundation.org).  
Donations can be made through our website: [Weaving-wellness.org](http://Weaving-wellness.org).  
Follow us on Facebook: [Stay Strong Tote foundation](https://www.facebook.com/StayStrongToteFoundation)



**YOU can send a hug  
through a shrug  
to a mom entering a  
Ronald McDonald House**

**Thank you for sending a little extra love to a very worried mom and helping us support the wonderful work being done in RMD Houses.**

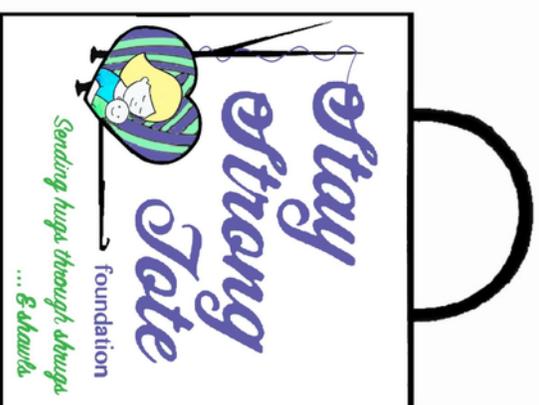
Sign up for our blog for ideas and updates: [StayStrongToteFoundation.org](http://StayStrongToteFoundation.org).  
Donations can be made through our website: [Weaving-wellness.org](http://Weaving-wellness.org).  
Follow us on Facebook: [Stay Strong Tote foundation](https://www.facebook.com/StayStrongToteFoundation)



**YOU can send a hug  
through a shrug  
to a mom entering a  
Ronald McDonald House**

**Thank you for sending a little extra love to a very worried mom and helping us support the wonderful work being done in RMD Houses.**

Sign up for our blog for ideas and updates: [StayStrongToteFoundation.org](http://StayStrongToteFoundation.org).  
Donations can be made through our website: [Weaving-wellness.org](http://Weaving-wellness.org).  
Follow us on Facebook: [Stay Strong Tote foundation](https://www.facebook.com/StayStrongToteFoundation)



**YOU can send a hug  
through a shrug  
to a mom entering a  
Ronald McDonald House**

**Thank you for sending a little extra love to a very worried mom and helping us support the wonderful work being done in RMD Houses.**

Sign up for our blog for ideas and updates: [StayStrongToteFoundation.org](http://StayStrongToteFoundation.org).  
Donations can be made through our website: [Weaving-wellness.org](http://Weaving-wellness.org).  
Follow us on Facebook: [Stay Strong Tote foundation](https://www.facebook.com/StayStrongToteFoundation)

2 skeins Lion Brand Homespun  
 1 skein Lion Brand Shawl in a Ball  
 US19 29" circular needle

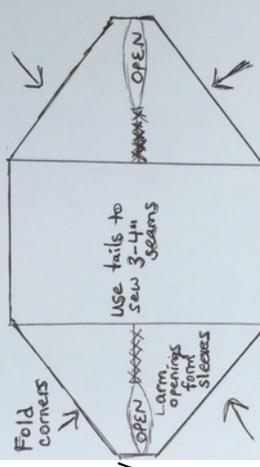
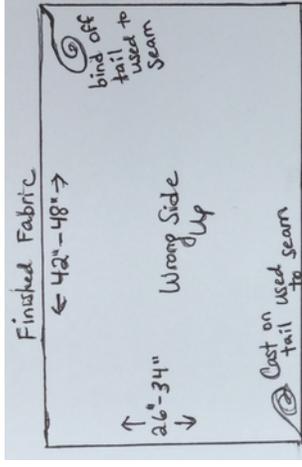
Cast on 65 stitches leaving approximately 8" of extra tail for seaming. Knit until you have enough yarn to loosely bind off AND have an additional 8" tail left for seaming. Start bind off when cast on tail is directly below so when bind off is complete your tail will be on the opposite corner. (piece will be about 28" from top to bottom).

Lay fabric with wrong side up. Fold corners toward center and use left over tails to sew 3-4" leaving openings for arms and creating sleeves. You can apply this concept to any yarn, any stitch pattern, any size needle or hook, knit or crochet. As long as your finished fabric is somewhere between 42"-48" (wrist to wrist) by 26"-32" (top to bottom) it can be seamed into a shrug!

2 skeins Lion Brand Homespun  
 1 skein Lion Brand Shawl in a Ball  
 US19 29" circular needle

Cast on 65 stitches leaving approximately 8" of extra tail for seaming. Knit until you have enough yarn to loosely bind off AND have an additional 8" tail left for seaming. Start bind off when cast on tail is directly below so when bind off is complete your tail will be on the opposite corner. (piece will be about 28" from top to bottom).

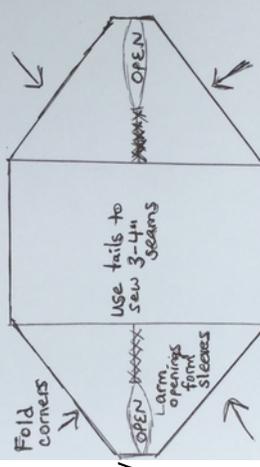
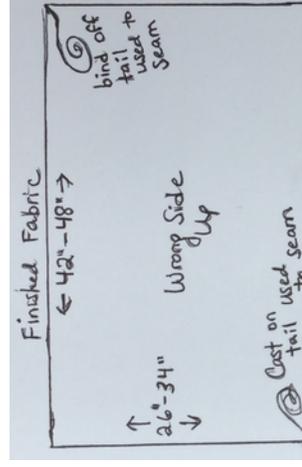
Lay fabric with wrong side up. Fold corners toward center and use left over tails to sew 3-4" leaving openings for arms and creating sleeves. You can apply this concept to any yarn, any stitch pattern, any size needle or hook, knit or crochet. As long as your finished fabric is somewhere between 42"-48" (wrist to wrist) by 26"-32" (top to bottom) it can be seamed into a shrug!



2 skeins Lion Brand Homespun  
 1 skein Lion Brand Shawl in a Ball  
 US19 29" circular needle

Cast on 65 stitches leaving approximately 8" of extra tail for seaming. Knit until you have enough yarn to loosely bind off AND have an additional 8" tail left for seaming. Start bind off when cast on tail is directly below so when bind off is complete your tail will be on the opposite corner. (piece will be about 28" from top to bottom).

Lay fabric with wrong side up. Fold corners toward center and use left over tails to sew 3-4" leaving openings for arms and creating sleeves. You can apply this concept to any yarn, any stitch pattern, any size needle or hook, knit or crochet. As long as your finished fabric is somewhere between 42"-48" (wrist to wrist) by 26"-32" (top to bottom) it can be seamed into a shrug!



2 skeins Lion Brand Homespun  
 1 skein Lion Brand Shawl in a Ball  
 US19 29" circular needle

Cast on 65 stitches leaving approximately 8" of extra tail for seaming. Knit until you have enough yarn to loosely bind off AND have an additional 8" tail left for seaming. Start bind off when cast on tail is directly below so when bind off is complete your tail will be on the opposite corner. (piece will be about 28" from top to bottom).

Lay fabric with wrong side up. Fold corners toward center and use left over tails to sew 3-4" leaving openings for arms and creating sleeves. You can apply this concept to any yarn, any stitch pattern, any size needle or hook, knit or crochet. As long as your finished fabric is somewhere between 42"-48" (wrist to wrist) by 26"-32" (top to bottom) it can be seamed into a shrug!

