

## Stay Strong Tote Knitted Shrug Pattern

US19 - 29" circular needles

650 yards of a lofty, bulky weight yarn. A good choice is 2 skeins of Major by Universal Yarn: bulky weight acrylic, 328 yards per skein, available at Love 2 Knit in East Greenwich, RI for those customers and fans of The Yarn Shop Girl Podcast.

Other comparable yarn choices are Barcelona or Madrid by Loops and Threads, or Lion Brand Homespun. I frequently add a skein of Lion Brand Shawl in a Ball to any of these other yarns and carry a strand throughout the project. (That means working with three strands throughout your project). It adds a touch of sparkle and there is always left over which when crocheted holding 2 strands together makes a great lace to weave your shrug's sleeve "seams".

You will be knitting with 2 strands held together throughout (3 if you want to add some sparkle with Shawl in a Ball). Loosely cast on 76 stitches. Knit 8 rows (garter stitch).

Row 1: Knit 8 stitches, place marker, knit to last 8 stitches, place marker, knit last 8 stitches.

Row 2: Knit 8 stitches, slip marker, purl to last 8 stitches, slip marker, knit last 8 stitches.

Continue Rows 1 and 2 until approximately 22". Knit last 8 rows, or until you have enough to bind off loosely. Piece will measure approximately 47" wide by 28" top to bottom.

Fold 4 corners toward center and lace closed with a crocheted chain, an I-cord, a strand of yarn or a ribbon. By lacing closed it gives the mom receiving your shrug the option to wear it or unlace it and use as a small throw.



For additional info contact Mary at the Stay Strong Tote foundation: [StayStrongTotes@optimum.net](mailto:StayStrongTotes@optimum.net).



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[www.StayStrongToteFoundation.org](http://www.StayStrongToteFoundation.org).

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Thank you for joining our community of support and helping us "Send Hugs through Shrugs" to some very worried moms.



