

Knitted nurse

We'd love some knitted nurses to give to patients to sell for fundraising purposes. Please use different colours for the hair and different blues for the dresses. You can either knit the caps for the dolls or we have someone who could knit the caps for us.

MATERIALS

3mm [No 11, USA 2) knitting needles;
stuffing



BASIC TOY

Use black for shoes, blue for panties and upper body. Make arms using blue for sleeves with cuffs in white. Hair can be any hair colour.

Using black for the shoes, begin at lower edge of feet. Cast on 28 sts (stitches), marking centre of cast on edge.

1st row: P (Purl)

Next row: Including K (Knit) into every st – 56 sts. Begin with a P row, st-st (stocking stitch) 7 rows. Break off shoe colour and join on colour required for bare legs [to match head and hands].

Shape feet

Next row: K6, (K3tog - together) 6 times, K8, (K3tog) 6 times, K6 – 32 sts. Continue in st-st and work 13 rows, marking centre of last row. Break off leg colour and join on colour required for panties and upper body [light through to dark blue]. St-st 18 rows.

Shape shoulders

Next row: K7, (K2tog) twice, K10, (K2tog) twice, K7 – 28 sts. P 1 row. Break off body colour and join on colour required for head. St-st 2 rows.

Shape head

Next row: K8, including in next 12 sts, K8 – 40 sts. St-st 23 rows.

Next row: (K2tog) to end – 20sts. B&T loosely.

To make up doll:

Join row ends of the knitted legs, body and head piece, forming centre back seam on the doll. Turn right side out. Oversew across the cast on sts, matching the marked centre point to centre back seam. To form the legs, use matching yarn to sew back and forth through the doll at centre, starting at marked centre of the cast on edge and ending at the marked knitted row on the legs.

Stuff the toes, legs, body and head firmly. Pull up the length of yarn tightly at top of head and fasten off. To shape the neck, use a length of matching yarn and gather round the first knitted row of the head colour. Pull up the gathers very tightly and knot end of yarn. Sew yarn ends into neck.

Face

For each eye cut a 30cm [12in] length of black yarn. Make a knot at the centre of each length, widening yarn round six times before pulling knot tight.

Mark positions of eyes with pins, leaving four clear knitted sts between them and placing them ten knitted rows above head inc row. Thread one yarn end into a darning kneedle. Pass the needle through on marked point to come out at back of doll's head near to top. Pass the other yarn end through head in same way, taking it through face just below the first position. Draw the ends of yarn through until knot touches face, then knot the ends of yarn together tightly and securely. Sew yarn ends into head. Repeat this for other eye.

For mouth, use a length of black yarn and a darning kneedle, starting and fastening off at back of head near top. Work two small stitches to form a shallow V-shape, placing centre of V four knitted rows above head inc row. Colour cheeks with red pencil / blusher.

Arms

Make two alike. Begin at end of hand and using yarn to match head colour. Cast on 7 sts.

1st row: Inc K wise into every st – 14 sts.

Beginning with a P row, st-st 7 rows.

Break off hand colour and join on yarn for sleeve to match upper body colour. St-st 11 rows. Cast off loosely.

Join row ends of each arm, then oversew across cast on sts. Turn right side out and stuff lightly. Sew the open cast off edges of arms to sides of body, starting level with the K2tog decrease sts on shoulder shaping now.

Sleeve cuffs

Make two alike. Using white, cast on 18 sts and st-st 3 rows. Cast off.

Oversew row ends together. Turn right side out. Sew cuffs to lower edges of sleeves.

Hair

The hair is worked in g-st (garter stich), using one 5.5mm [No 5, USA 8] knitting needle and one 3mm [No.11, USA 2] knitting needle. Use this pair of odd-sized needles to knit alternate rows.

Using the larger size needle and a hair colour of your choice, cast on 12 sts.

1st row: K2tog, K to last 3 sts, turn.

2nd row: K to last st, inc in last st.

3rd row: K to last 2 sts, turn.

4th row: K to end.

5th and 6th rows: K.

Repeat these 6 pattern rows 11 more times. Cast off.

Oversew cast on and cast off edges together. Note that the wavy set of row ends is the face edge of hair. Gather up the opposite set of row ends tightly and fasten off. Turn right side out. Place hair on

head with oversewn seam at centre back. Sew face edge of hair in place, pulling hair down onto the head at back and sides, then sew wavy edge in place.

Collar

Using white, cast on 32sts, then cast off. Place cast off edge round doll's neck and oversew row ends together at centre back.

Skirt and apron

Using blue, begin at lower edge and cast on 66sts.

G-st 2 rows, then st-st 2 rows.

Break off blue and join on white for apron.

K the next 2 rows. St-st 12 rows.

Next row: (K1, K2tog) to end – 44 sts.

K1 row. St-st 3 rows. Cast off.

For the bib, use white and cast on 12 sts. St-st 9 rows, but K the first and last st on every P row. Cast off.

Join row ends of skirt, turn right side out and place on doll with cast off edge under the arms and seam at centre back. Tuck cast off edge of bib just inside cast off edge of skirt at centre front. Sew bib and cast off edge of skirt to doll.

Cap

(We have someone who is willing to make caps for the dolls but here is instructions if you would like to do your own)

Using white, begin at face edge and cast on 54 sts.

St-st 4 rows.

Continue in st-st and cast off 8 sts at beginning of next 2 rows – 38 sts.

Now decrease 1 st at each end of next and every following row until 24 sts remain.

St-st 28 rows, but K the first and last st on every P row.

G-st 2 rows, then cast off.

Oversew the short straight set of row ends together. Turn right side out. Place on doll's head with this seam at centre back. Sew cast on edge at centre back. Now oversew row ends of straight portion of cap to the shaped dec row ends at each side.

Please bring any knitted items to Voluntary Services in main reception level 2 Craven Road or contact us on Voluntary.services@royalberkshire.nhs.uk