



About Knit for Kids

What began as a Guideposts editor's heartfelt reminiscence about her childhood has grown into a global movement that has donated more than 200,000 sweaters to needy children all over the world. It all began when Brigette Weeks, then editor-in-chief of Guideposts Books, saw a picture in the *New York Times* of a young boy in a refugee camp wearing a handknit sweater given to him by the British charity, OXFAM. Recalling sweaters she had knit for OXFAM as a girl, she felt such a connection that she felt compelled to write about her experience.

It was March of 1996 when the story she wrote about knitting sweaters for refugee children appeared in our annual *Daily Guideposts*. It prompted a slew of letters from readers wanting to know how they could help. Hundreds requested patterns—and those who couldn't knit donated yarn or sent contributions to help fund the project. Before long, sweaters started pouring in, boxes stacking up in our Manhattan editorial headquarters.

Years later, we are still receiving a steady stream of sweaters—nearly 4,000 per month! Each is handknit or crocheted by a volunteer who generously donates her time, skill, and the cost of materials and postage. While most are sent by sweater-makers in the U.S. and Canada, some come from as far away as Australia and New Guinea.

Once they arrive at Guideposts, the sweaters are counted and packed into boxes and sent to children's relief agencies—wherever the need is greatest. *Guideposts Knit for Kids* sweaters have gone to Mongolia, Haiti, Ecuador and Africa; to Romania, Turkey, Kosovo and Uzbekistan; to Native American reservations; to babies with AIDS; and to homeless children, who lack even the clothes necessary to attend school. These gifts of the heart are more than just a source of warmth. The patient work of friends like you carry a message of God's love and caring to His littlest ones.

Join the Knit for Kids Circle of Friends

Here are instructions for making a quick and easy *Guideposts Knit for Kids* sweater. Sweaters can be knit or crocheted in any color and size you like. When you've finished, please mail your sweater to: **Guideposts Knit for Kids, 39 Seminary Hill Road, Carmel, N.Y. 10512.**

Knit for Kids T-Top Sweater

Knitting Instructions

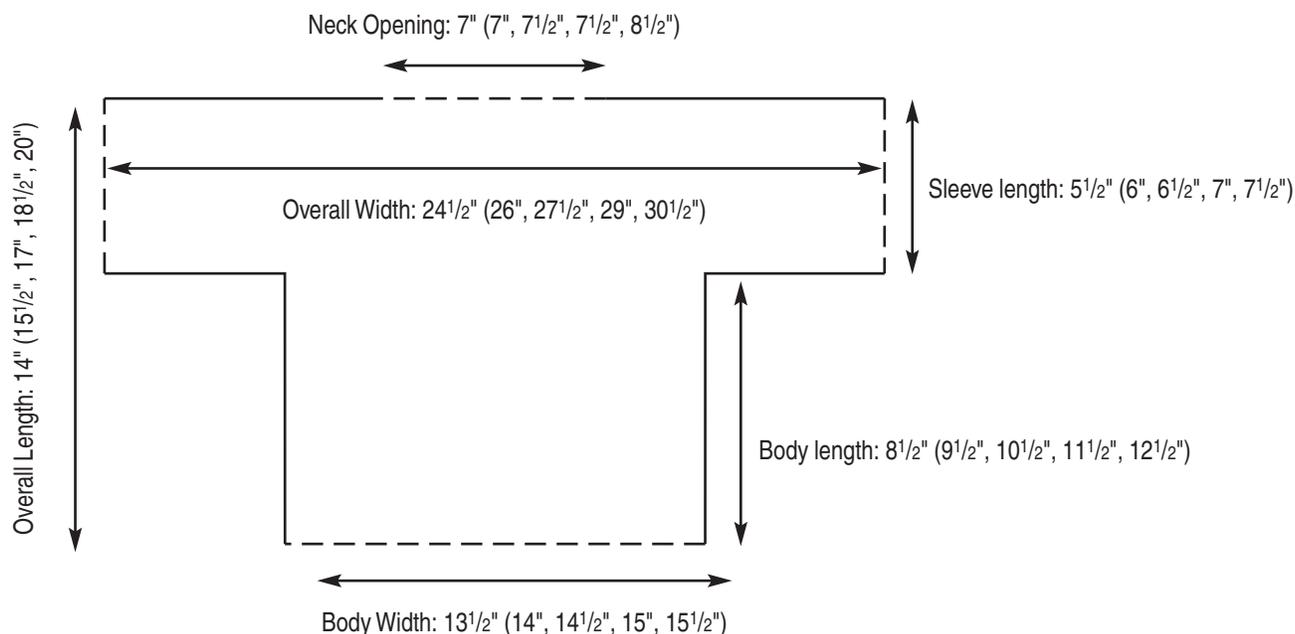
Sizes: Child's sizes 2 (4, 6, 8, 10)
Yarn: 4-medium worsted-weight wool or acrylic
Amount: 9 (10, 12, 14, 16) ounces
Total Yardage: 525 (580, 700, 715, 935) yards
Gauge: 5 stitches = 1 inch; 20 stitches = 4 inches
Needle Size: US Size 7 (4.5 mm) for body & US Size 5 (3.75 mm) for bottom border.

Back and Front (make 2):

With #5 needles, cast on 66 (70, 74, 78, 82) stitches. Knit rows 1-10 (garter stitch) for bottom border. Switch to #7 needles and work in stockinette stitch (knit one row, purl 1 row) until piece measures 8½" (9½", 10½", 11½", 12½") from cast-on edge. End by working a purl row.

Sleeves:

This pattern requires on edge stitch for the sleeves—this means you must always knit the first and last stitch of every row. *Row 1:* Add on 28 (30, 32, 34, 36) stitches loosely for the first sleeve and knit across 94 (100, 106, 112, 118). *Row 2:* Add on 28 (30, 32, 34, 36) stitches loosely for the second sleeve and purl across (*remember to knit first and last stitches of every row*). You should now have a total of 122 (130, 138, 146, 154) stitches. Continue in stockinette stitch until sleeve measures 5½" (6", 6½", 7", 7½"). End by working a purl row. Bind off loosely in knit.



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Finishing:

Sew shoulder seams leaving a 7" (7", 7¹/₂", 7¹/₂", 8¹/₂") neck opening. Sew sleeve and sides together in one continuous seam.

Finishing Tips:

Finishing a sweater is many knitter's least favorite part of the job, but it doesn't have to be. If you follow these techniques, the process is relatively painless, and produces a seam that is virtually invisible. Here's how:

- Unlike regular sewing, sweaters are *always* sewn with the **right sides facing out**.
- Don't use the same yarn you've used to knit the sweater with to sew it together. Using a different color yarn allows you to better see what you are doing. (*And, heaven forbid, should you need to start over, it enables you to rip out what you've done without damaging the sweater itself.*)
- Try using a light-weight yarn in a similar color. Once the garment is sewn together the yarn used for sewing completely disappears.
- Cut a piece of yarn approximately twice the length of the seam. Attach the yarn by inserting the needle through a single stitch, then with the **right sides facing you**, sew the pieces together by picking up one stitch under the needle on either side. It's easier if you keep the yarn relatively loose. Pull the sewing yarn tight after you have 6 or 7 stitches and just loosen the last stitch before you proceed. (*See illustration at right*).



Variations:

Once you've tried the basic pattern you may want to experiment with variations. Experienced *Knit for Kids* knitters have dressed up these simple sweaters by adding crocheted edges, or ribbed hems, collars and cuffs. Stripes, color-blocks and novelty yarns are also popular. Some folks have really outdone themselves—adding little ribbons to the yoke, sewing on pockets, or knitting colorful figures like ducks or stars into the fabric. So feel free to be creative and have fun with it! Your sweater will be a one-of-a-kind creation that will be worn and loved by a very special child.