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One of the small indignities faced by those with breast cancer is hair loss. Maybe you've experienced yourself, or maybe someone you're close to has. Even if your life hasn't been touched, it's easy to do something to help—something that calls on your special skills as a knitter.

Knitting chemo caps is nothing new—knitters create and donate caps by the thousands every year. Many web sites provide patterns, donation channels, and community. Here are a few—please take a little yarn, and join this good cause. Interweave Knits will pitch in by donating a percent of all new subscriptions between now and October 31, 2001 to the Breast Cancer Research Foundation.

<http://www.chemocaps.com/>

Provides patterns and collects caps for distribution to hospices and hospitals.

www.knitting.about.com/hobbies/knitting/library/blchemocap.html This popular site includes an popular pattern by Joan Fernbach.

www.wanderings.com/brimhat.html.

Pattern for a simple, snug, roll-brim cap.

<http://www.patternworks.com/>

This mail-order yarn purveyor will make a donation to the American Cancer Society for every ball of Chinchilla yarn you order to make a chemo cap. They also provide free patterns.

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Knitting



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One Ball Really Easy Instant Chemo Cap

Joan Fernbach

When the going gets tough, the tough buy yarn. Berocco Chinchilla appears to be a perfect yarn for chemo caps, incredibly soft, knits up really quickly, and looks pretty sophisticated when done. So here is the pattern for the instant hat I knit this morning while keeping Andrea company in the hospital while she colored in coloring books - funny how being sick (and hanging around a lot with their mothers) reverts adults to childhood. I was very pleased with how it came out (and how quickly). It actually looked surprisingly nice on, and she said it was very comfortable.

Materials:

One ball Berocco Chinchilla

16 inch round and 1 set dpns size 9 or size to meet gauge

Gauge

About 3 stitches to the inch

With round needle, cast on 60 stitches and join, being careful not to twist.

Knit in rib pattern (knit 3, purl 2) for about 2 inches, then continue in stockinette until piece measures about 5 to 6 inches from the beginning.

Decrease rows:

1. Knit 8, knit 2 tog, repeat around
2. and all even rows: knit
3. Knit 7, knit 2 tog, repeat around
5. Knit 6, knit 2 tog, repeat around
7. Knit 5, knit 2 tog, repeat around
9. Knit 4, knit 2 tog, repeat around
11. Knit 3, knit 2 tog, repeat around
13. Knit 2, knit 2 tog, repeat around
15. Knit 1, knit 2 tog, repeat around
17. Knit 2 tog around

Cut yarn and draw through remaining 6 stitches, pull tight and fasten off on inside.

Fold cuff up on bottom to fit.

Joan Fernbach, fernbaej@tardis.union.edu. I hereby give my permission for this pattern to be used for personal use, sharing with friends, posting on the Web, printing in a knittist pattern book, and any other, except selling it or claiming it as your own.