

Crochet Red

CROCHETING FOR WOMEN'S HEART HEALTH



Includes tips, information, & resources for heart-healthy living.



abbreviations

[] or ()	work directions in brackets or parentheses the number of times indicated
* or **	repeat directions following * or ** as many times as indicated
approx	approximately
beg	begin(ning)
bet	between
bl	back loop
BP	back post
BPdc	back post double crochet
BPsc	back post single crochet
BPtr	back post treble crochet
CC	contrasting color
ch(s)	chain(s)
ch-	refers to chain or space previously made (i.e., ch-1 space)
ch-sp	chain space previously made
cl	cluster
cm	centimeters
dc	double crochet

dc2tog	double crochet 2 sts together
dec	decrease(ing)
dtr	double treble crochet
fl	front loop
FP	front post
FPdc	front post double crochet
FPsc	front post single crochet
FPtr	front post treble crochet
g	grams
grp(s)	group(s)
hdc	half double crochet
hdc2tog	half double crochet 2 sts together
inc	increase(d)/(ing)
lp(s)	loop(s)
m	meters
mm	millimeters
MC	main color
oz	ounces
pat(s)	pattern(s)
pm	place marker

rem	remain(ing)
rep	repeat
rev	reverse
rev sc	reverse single crochet
rnd(s)	round(s)
sc	single crochet
sc2tog	single crochet 2 sts together
sk	skip(ped)
sl	slip
sl st	slip stitch(es)
sp(s)	space(s)
st(s)	stitch(es)
t-ch	turning chain
tog	together
tr	treble crochet
trtr	triple treble
yo	yarn over

crochet hooks

U.S.	Metric
B/1	2.25mm
C/2	2.75mm
D/3	3.25mm
E/4	3.5mm
F/5	3.75mm
G/6	4mm
7	4.5mm
H/8	5mm
I/9	5.5mm
J/10	6mm
K/10½	6.5mm
L/11	8mm
M/13	9mm
N/15	10mm

skill level



standard yarn weight system

Categories of yarn, gauge ranges and recommended needle and hook sizes

Yarn Weight Symbol & Category Names	0 Lace	1 Super Fine	2 Fine	3 Light	4 Medium	5 Bulky	6 Super Bulky
Type of Yarns in Category	Fingering 10 count crochet thread	Sock, Fingering, Baby	Sport, Baby	DK, Light Worsted	Worsted, Afghan, Aran	Chunky, Crafter, Rug	Bulky, Roving
Knit Gauge Range* in Stockinette Stitch to 4 inches	33–40** sts	27–32 sts	23–26 sts	21–24 sts	16–20 sts	12–15 sts	6–11 sts
Recommended Needle in Metric Size Range	1.5–2.25 mm	2.25–3.25 mm	3.25–3.75 mm	3.75–4.5 mm	4.5–5.5 mm	5.5–8 mm	8 mm and larger
Recommended Needle U.S. Size Range	000 to 1	1 to 3	3 to 5	5 to 7	7 to 9	9 to 11	11 and larger
Crochet Gauge* Ranges in Single Crochet to 4 inch	32–42 double crochets**	21–32 sts	16–20 sts	12–17 sts	11–14 sts	8–11 sts	5–9 sts
Recommended Hook in Metric Size Range	Steel*** 1.6–1.4mm Regular hook 2.25 mm	2.25–3.5 mm	3.5–4.5 mm	4.5–5.5 mm	5.5–6.5 mm	6.5–9 mm	9 mm and larger
Recommended Hook U.S. Size Range	Steel*** 6, 7, 8 Regular hook B–1	B–1 to E–4	E–4 to 7	7 to I–9	I–9 to K–10½	K–10½ to M–13	M–13 and larger

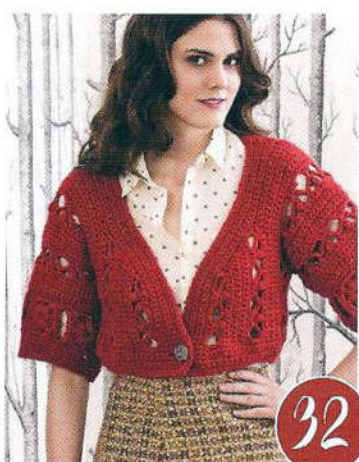
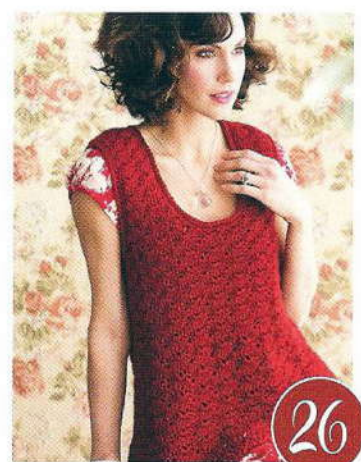
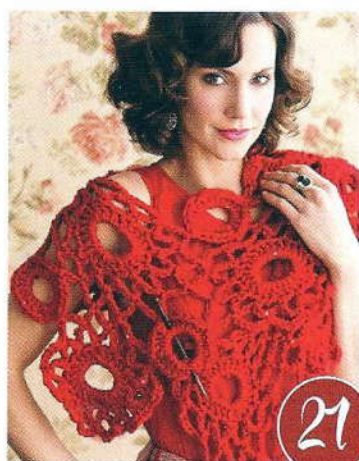
* GUIDELINES ONLY: The above reflect the most commonly used gauges and needle or hook sizes for specific yarn categories.

** Lace weight yarns are usually knitted or crocheted on larger needles and hooks to create lacy, openwork patterns. Accordingly, a gauge range is difficult to determine. Always follow the gauge stated in your pattern.

*** Steel crochet hooks are sized differently from regular hooks—the higher the number, the smaller the hook, which is the reverse of regular hook sizing.

This Standards & Guidelines booklet and downloadable symbol artwork are available at: YarnStandards.com

Contents



Lacy Tunic



MATERIALS

YARN

Premier Yarns Deborah Norville Collection
Serenity Garden, 2 1/8 oz/65g balls, each approx
185yd/170m (microfiber)

- 6 (7, 9) balls #003 Hibiscus

HOOK

- Size E/4 (3.5mm) crochet hook
or size to obtain gauge

NOTIONS

- Yarn needle

SIZES

Sized for Small/Medium (Large/X-Large, 2X/3X).
Shown in size Small/Medium.

FINISHED MEASUREMENTS

Bust 40 (46 1/2, 53 1/4)"/101.5 (118, 135)cm

Length 21 1/4 (22 1/4, 25 1/4)"/54 (56.5, 64)cm

GAUGE

1 motif = 3 1/4"/8cm square using size E/4
(3.5mm) crochet hook.

Take time to check gauge.

STITCH GLOSSARY

2-dc Cl (cluster) [Yo, insert hook in indicated st, yo and draw up a loop, yo draw through 2 loops on hook] 2 times, yo and draw through all 3 loops on hook.

3-dc Cl (cluster) [Yo, insert hook in indicated st, yo and draw up a loop, yo draw through 2 loops on hook] 3 times, yo and draw through all 4 loops on hook.

Picot Ch 3, sl st in first ch.

BODY

Follow instructions for motifs below. Begin with first motif, then work subsequent motifs joining side(s) for body and shoulders:

For size S/M Make 2 rectangles of 4 x 6 squares, and join 1 motif for each shoulder:

For size L/X Make 2 rectangles of 4 x 7 squares, and join 1 motif for each shoulder:

For size 2X/3X Make 2 rectangles of 5 x 8 squares, join 2 motifs for each shoulder, and join 1 motif at each side seam from lower edge.

FIRST MOTIF

Rnd 1 Ch 4, sl st in 1st ch to form a ring.

Rnd 2 Ch 5 (counts as dc, ch 2), [dc, ch 2] 7 times in ring, sl st in 3rd ch of beg ch to join—8 dc and ch-2 sps.

Rnd 3 Ch 3 (counts as dc), 2-dc Cl in next ch-2 sp, [ch 4, 3-dc Cl in next ch-2 sp] 7 times, ch 1, dc in top of 1st Cl to join—8 Cl and ch-sps.

Rnd 4 Ch 1, sc around dc, [ch 5, sc] 2 times in next ch-4 sp, *ch 5, sc in next ch-4 sp, [ch 5, sc] 2 times in next ch-4 sp; rep from * 2 times more, ch 2, dc in beg ch-1 to join.

Rnd 5 Ch 1, sc around dc, ch 5, sc in next ch-5 sp, *[ch 5, sc] 2 times in next ch-5 sp, [ch 5, sc in next ch-5 sp] 2 times; rep from * 2 times more, [ch 5, sc] 2 times in next ch-5 sp, ch 2, dc in beg ch-1 to join.

Rnd 6 Ch 1, sc around dc, [ch 5, sc in next ch-5 sp] 2 times, ch 3, (3-dc Cl, ch 5, 3-dc Cl) in next ch-5 sp, ch 3, *sc in next ch-5 sp, [ch 5, sc in next ch-5 sp] 2 times, ch 3, (3-dc Cl, ch 5, 3-dc Cl) in next ch-5 sp, ch 3; ** rep from * 2 times more, sl st in beg ch-1 to join. Fasten off.

JOINING MOTIF ON 1 SIDE

Work Rnds 1–5 of First Motif.

Rnd 6 Work Round 6 to ** once, sc in next

ch-5 sp, [ch 5, sc in next ch-5 sp] 2 times, ch 3, (3-dc Cl, ch 2, sl st in corresponding ch-5 sp corner of completed motif, ch 2, 3-dc Cl) in next ch-5 sp, ch 3, sc in next ch-5 sp, ch 2, sl st in corresponding ch-5 sp of completed motif, ch 2, sc in next ch-5 sp of motif in progress, ch 2, sl st in corresponding ch-5 sp of completed motif, ch 2, sc in next ch-5 sp of motif in progress, ch 3, (3-dc Cl, ch 2, sl st in corresponding ch-5 sp corner of completed motif, ch 2, 3-dc Cl) in next ch-5 sp of motif in progress, ch 3, sl st in beg ch-1 to join. Fasten off.

JOINING MOTIF ON 2 SIDES

Work Rnds 1–5 of First Motif.

Rnd 6 Ch 1, sc around dc, [ch 5, sc in next ch-5 sp] 2 times, ch 3, (3-dc Cl, ch 5, 3-dc Cl) in next ch-5 sp, ch 3, sc in next ch-5 sp, [ch 5, sc in next ch-5 sp] 2 times, *ch 3, (3-dc Cl, ch 2, sl st in corresponding ch-5 sp corner of completed motif, ch 2, 3-dc Cl) in next ch-5 sp, ch 3**, sc in next ch-5 sp, ch 2, sl st in corresponding ch-5 sp of completed motif, ch 2, sc in next ch-5 sp of motif in progress, ch 2, sl st in corresponding ch-5 sp of completed motif, ch 2, sc in next ch-5 sp of motif in progress; rep from * once more, then rep from * to ** once, sl st in beg ch-1 to join. Fasten off.

NECK EDGE

Attach yarn with sc through two corner ch-5 sps near center back.

Rnd 1 *[Picot, ch 3, sc in next ch-sp] 4 times, Picot, ch 3, sc through next 2 corner ch-5 sps; rep from * around, working through 2 ch-5 sps at each shoulder seam to create a 4 1/4 (5 3/4, 7)"/11 (14.5, 18)cm wide seam, or the number of ch-5 sps as necessary for desired neck width, end with ch-3, sl st in 1st sc to join. Fasten off.



SLEEVE

Attach yarn with sc through two ch-5 sps 1 ($\frac{1}{2}$, 3)"/2.5 (1.5, 7.5) cm from lower edge at side seam.

Rnd 1 *Ch 3, sc in next ch-sp; rep from * around working through two ch-5 sps at corners of motifs, end with ch-3, sl st in 1st sc to join—39 (39, 42) ch-3 sps (multiple of 3 of sc + ch 3).

Rnd 2 Ch 1, sc in same sc as join, *ch 5, sc in next sc; rep from * around ending last rep with ch 5, sl st in 1st sc to join.

Rnd 3 Ch 3, dc same sc as join, sc in next ch-sp, [ch 5, sc in next ch-sp] 2 times, *(2 dc, ch 2, 2 dc) in next sc, sc in next ch-sp, [ch 5, sc in next ch-sp] 2 times; rep from * around, ending with 2 dc in beg dc, hdc in top of beg ch-3 to join.

Rnd 4 Ch 1, sc around hdc, *[ch 5, sc in next ch-5 sp] twice, ch 5, sc in ch-2 sp; rep from * around, ending last rep with ch 5, sl st in 1st sc to join.

Rnds 5–11 Rep last 2 rnds (or to desired length of sleeve) ending with rnd 3.

Last Rnd Ch 1, sc around hdc, *Picot, ch 5, sc in next ch-5 or ch-2 sp; rep from * around, ending last rep with a sl st in 1st sc. Fasten off.

Repeat for other sleeve.

SKIRT

Attach yarn with sc through two ch-5 corner sps at lower edge of side seam.

Rnd 1 *Ch 5, sc in next ch-sp; rep from * around working through two ch-5 sps at corners of motifs, end with ch-5, sl st in 1st sc to join—60 (70, 80) ch-sps.

Rnd 2 Rep rnd 2 of sleeve

Rnds 3–12 Rep rnds 3 and 4 of sleeve 5 times.

Rnd 13 Ch 3, dc same sc as join, sc in next ch-sp, [ch 6, sc in next ch-sp] 2 times, *(2 dc, ch 2, 2 dc) in next sc, sc in next ch-sp, [ch 6, sc in next ch-sp] 2 times; rep from * around, ending with 2 dc in beg dc, hdc in top of beg ch-3 to join.

Rnd 14 Ch 1, sc around hdc, *[ch 6, sc in next ch-5 sp] twice, ch 6, sc in ch-2 sp; rep from * around, ending last rep with ch 6, sl st in 1st sc to join.

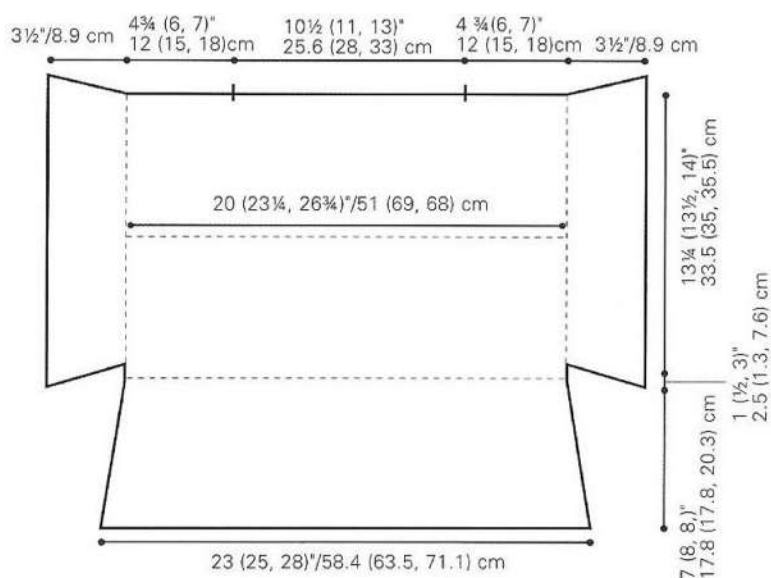
Rnds 15–21 (15–23, 15–23) Rep last 2 rnds (or to desired length of skirt), ending with rnd 13.

Last Rnd Rep last rnd of sleeve. Fasten off.

FINISHING

Block lightly to measurements.

Weave in ends. ■





Evening Pullover



MATERIALS

YARN

Lion Brand Vanna's Glamour, 1 3/4 oz/50g balls, each approx 202yd/185m (acrylic/metallic polyester)

- 4 (4, 5, 5, 6, 6) balls #114 Red Stone (A)
- 3 (4, 4, 5, 5, 6) balls #170 Topaz (B)

HOOK

- One size G/6 (4mm) crochet hook or size to obtain gauge

NOTIONS

- Tapestry needle
- Stitch markers

SIZES

Sized for Small (Medium, Large, X-Large, 1X, 2X). Shown in size Small.

FINISHED MEASUREMENTS

Bust 33 (38, 42 1/2, 47 1/2, 52, 57)"/84 (96.5, 108, 120.5, 132, 145)cm

Length 22 1/2 (22 1/2, 23 1/2, 23 1/2, 24 1/2, 25 1/2)"/57 (57, 59.5, 59.5, 62, 65)cm

Upper Arm 11 1/4 (12, 13 1/2, 15 1/4, 16 3/4, 17 1/2)"/28.5 (30.5, 34.5, 38.5, 42.5, 44.5)cm

GAUGE

5 reps and 14 rows = 4"/10cm over Crown and Shell Lace pat using size G/6 (4mm) hook. Take time to check gauge.

CROWN AND SHELL LACE PATTERN (MULTIPLE OF 4 STS + 5)

Row 1 (WS) With B, sc in first dc, *ch 5, sk first (dc, ch 2, dc), sc in next ch-1 sp; rep from *, ending last rep with sc in top of t-ch, ch 1, turn.

Row 2 (RS) With B, sc in first sc, *5 sc in ch-5

sp, sc in next sc; rep from * and change to A in last sc, ch 6, turn.

Row 3 With A, skip 6 sc, *dc in next st, ch 4, sk next 5 sc; rep from * to last st, dc in last st, ch 4, turn.

Row 4 With A, dc in first dc, *ch 1, (dc, ch 2, dc) in next dc; rep from *, ending last rep dc in 4th ch of t-ch and change to B in last st, ch 4, turn.

Row 5 With B, sk first (dc, ch 2, dc), sc in next ch-1 sp, *ch 5, skip next (dc, ch 2, dc), sc in next ch-1 sp; rep from * to t-ch, ch 2, sc in top of t-ch, ch 1, turn.

Row 6 With B, sc in first sc, 2 sc in ch-2 sp, *sc in next st, 5 sc in ch-5 sp; rep from * to t-ch, 3 sc in t-ch and change to A in last sc, ch 4, turn.

Row 7 With A, sk 3 sc, *dc in next st, ch 4, sk next 5 sc; rep from * to last 4 sc, dc in next st, ch 2, dc in last st, ch 3, turn.

Row 8 With A, sk first dc, (dc, ch 2, dc) in next dc, *ch 1, (dc, ch 2, dc) in next dc; rep from * to t-ch, ch 1, dc in 2nd ch of t-ch and change to B in last st, ch 1, turn.

Rep rows 1–8 for Crown and Shell Lace pat.

NOTE

All shaping and color changes take place at the end of right side rows. To change colors at end of a row ending with a single crochet, draw through the first loop with the old color; then draw through the second loop with the new color. To change colors on a row ending with a double crochet, work the double crochet as normal until two loops remain on the hook, using the new color; yarn over and draw the loop through the remaining loops to end the stitch.

BACK

With A, ch 85 (93, 105, 113, 125, 133).

Foundation row (RS) With A, (1 dc, ch 2, 1 dc) in 7th ch from hook, *ch 1, sk 3 ch, (1 dc, ch 2, 1 dc) in next ch; rep from * to last 2 ch, ch 1, sk next ch, dc in last ch and change to B, ch 1,

turn—20 (23, 26, 29, 32, 35) reps.

Work in Crown and Shell Lace pat until piece measures 14 1/2"/37cm from beg or desired length, ending with row 2 of pat. Do not change color at end of row, ch 1, turn.

SHAPE ARMHOLES

Next (dec) row Sl st in first 4 sc, change to A, ch 3, sk next 2 sc, dc in next st, ch 4, work in pat to last 7 sc, yo, insert hook in next st, yo and draw through a loop (3 loops on hook), yo and draw through 2 loops (2 loops rem on hook), sk next 2 sc, yo, insert hook in next st, yo and draw through a loop (4 loops on hook), yo and draw through 2 loops on hook, yo and draw through rem 3 loops on hook, ch 3, turn.

Next (dec) row Dc in first st, work in pat to last rep, ch 1, dc in top of dec st and change to B, ch 1, turn—17 (20, 23, 26, 29, 32) reps.

Sizes L (XL, 2XL, 3XL) only

Work 2 rows even.

Rep last 4 rows 1 (1, 2, 3) more time(s)—20 (23, 23, 23) reps.

All Sizes

Cont even in pat until armhole measures 8 (8, 9, 9, 10, 11)"/20.5 (20.5, 23, 23, 25.5, 28)cm, ending with 2 rows in B. Fasten off.

FRONT

Work as for back until armhole measures approx 5 3/4 (5 3/4, 6 3/4, 6 3/4, 7 3/4, 8 3/4)"/14.5 (14.5, 17, 17, 19.5, 22)cm, ending with 2 rows in B. Fasten off.

SLEEVES

With A, ch 61 (65, 73, 81, 89, 93).

Foundation row (RS) With A, (1 dc, ch 2, 1 dc) in 7th ch from hook, *ch 1, sk 3 ch, (1 dc, ch 2, 1 dc) in next ch; rep from * to last 2 ch, ch 1, sk next ch, dc in last ch and change to B, ch 1, turn—14 (15, 17, 19, 21, 22) reps.

Work in crown and shell lace pat until piece measures 16"/40.5cm from beg, end with row 6



of pat but do not change color at end of row, ch 1, turn—I 3 (14, 16, 18, 20, 21) full arches worked on last 2 rows.

SHAPE CAP

Next (dec) row Sl st in first 5 sc, change to A, ch 1, sc in next st, ch 3, sk next 2 sc, dc in next st, ch 4, work in pat to last 7 sc, ch 2, dc in next st, ch 3, turn—I arch decreased.

Work 3 rows even but do not change color at end of row, ch 1, turn.

Next (dec) row Sl st in first 3 sc, change to A, ch 3, sk next 2 sc, dc in next st, work in pat to last 7 sc, ch 2, sk next 2 sc, dc in next sc, ch 3, turn—I arch decreased.

Cont dec every 4th row 2 (2, 2, 2, 3) more times—9 (10, 12, 14, 16, 16) arches rem. Work 3 rows even. Dec one half rep each side on next 3 (3, 7, 7, 7, 7) rows, ending with a row 2 or 6 of pat—6 (7, 6, 7, 9, 9) arches rem. Fasten off.

FINISHING

SHOULDER EDGING

With A and RS of back facing, join yarn to right shoulder at armhole, ch 2, sk next sc, *sc in each of next 3 sc, ch 1, skip next 3 sc; rep from * to left shoulder at armhole, ending ch 2, hdc in last st, ch 1, turn.

Work 3 rows of sc. Fasten off. Rep along shoulder edge of front.

SIDE EDGING

With A and RS of back facing, join yarn to bottom of right side edge, ch 1, work sc to armhole, working 2 sc in each row end of A rows, and 1 sc in each row end of B rows, ch 1, turn.

Work 1 more row of sc. Fasten off. Rep along left side, beg at armhole. Rep along side edges of front. Sew front and back tog at shoulders, leaving approx $9\frac{1}{2}$ (10½, 10½, 11½, 11½, 11½)"/24 (25.5, 25.5, 29, 29, 29)cm open at center for neck.

ARMHOLE EDGING

With A and RS facing, join yarn to row end at bottom of armhole, ch 1, work sc along armhole edge same as for side edge, working 6 sc across row ends of shoulder edging, ch 1 turn.

Work 1 more row of sc. Fasten off. Rep edging



along rem armhole edge. Make a note of the number of sc worked.

SLEEVE CAP EDGING

With A and RS facing, join yarn to sleeve cap, work sc along sleeve cap, working same number of sts as armhole, ch 1, turn.

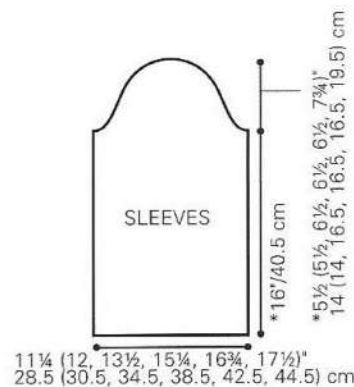
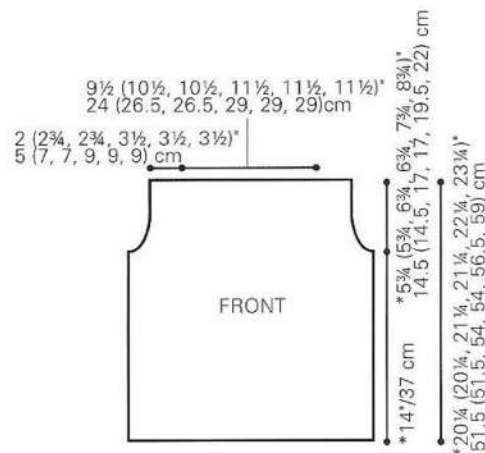
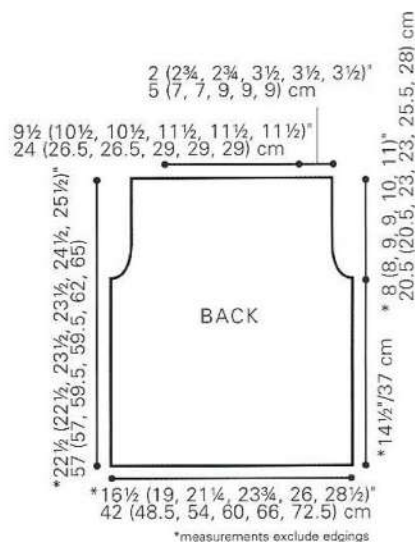
Work 1 more row of sc. Fasten off. Rep along rem sleeve cap.

Place front and back with WS together, and bottom edges of armholes lined up. Mark fold for shoulder line with removable stitch marker; back extends past the fold to front. Mark center of sleeve cap. Sew in sleeves, matching center of cap to shoulder marker. Sew side and sleeve seams.

BOTTOM EDGING

With A and RS facing, join yarn to bottom edge of body, ch 1, work sc along beg-ch, working 4 sc for each 4 ch around, join with sl st in beg-ch, turn. Work 3 more rounds of sc, turning after joining at end of each round. Fasten off. Work edging along lower edges of each sleeve.

Weave in ends. ■



Pentagon Capelet



MATERIALS

YARN

Premier Yarns Deborah Norville Collection
Serenity Sock Solid, 1¼ oz/50g balls, each approx
230yd/210m (rayon from bamboo/superwash
merino/nylon)

- 2 balls #5003 Red

HOOK

- Size H/8 (5mm) crochet hook
or size to obtain gauge

NOTIONS

- Tapestry needle
- Removable stitch markers

SIZE

One size.

FINISHED MEASUREMENTS

Top circumference 28"/71cm

Bottom circumference 65"/165cm

Length 9½"/24cm

GAUGES

- One motif = 6½"/16.5cm in diameter.
- 17 dc and 10 rows = 4"/10cm.

Take time to check gauges.

STITCH GLOSSARY

Beg dc-cl (Beginning double crochet cluster)

Ch 2, [yo, pull up a loop in indicated st or sp, yo and draw through 2 loops on hook] twice, yo and draw through all 3 loops on hook.

Dc-cl (Double crochet cluster) [Yo, pull up a loop in indicated st or sp, yo and draw through 2 loops on hook] 3 times, yo and draw through all 4 loops on hook.

MOTIF 1

CENTER

Ch 8, join with sl st in 1st ch to form ring.

Rnd 1 Beg dc-cl in ring, (ch 2, dc-cl) 9 times in ring, ch 2, join with sl st in beg dc-cl—10 dc-cl.

Rnd 2 Ch 6 (counts as dc, ch 3), dc in same st, (dc, ch 3, dc) in each dc-cl around, join with sl st in 3rd of beg ch-6—10 ch-3 sps.



Rnd 3 Sl st in 1st ch-3 sp, (sc, ch 7, sc) in same ch-3 sp, ch 1, (sc, ch 5, sc) in next ch-3 sp, ch 1, *(sc, ch 7, sc) in next ch-3 sp, ch 1, (sc, ch 5, sc) in next ch-3 sp, ch 1; rep from * around, join with sl st in in 1st sc—5 ch-5 sps, and 5 ch-7 sps. Fasten off.

BORDER

Ch 9.

Row 1 (RS) Dc in 6th ch from hook (1 side loop made), dc in each of next 3 ch—4 dc, plus side loop.

Row 2 Ch 2, sl st in any ch-7 sp of motif center; ch 2, turn, dc in each of next 4 dc.

Rows 3 and 5 Ch 5, turn, dc in each of next 4 dc.

Rows 4 and 6 Ch 2, sl st in same ch-7 sp, ch 2, turn, dc in each of next 4 dc.

Rows 7, 9, 11, and 13 Rep row 3.

Mark side loops of rows 3–11.

Row 8 Ch 2, sl st in next ch-5 loop of motif center; ch 2, turn, dc in each of next 4 dc.

Row 10 Ch 2, sl st in next ch-7 loop of motif center; ch 2, turn, dc in each of next 4 dc.

Rows 12 and 14 Rep row 4.

Rows 15–40 Rep rows 7–14 three more times, then rep rows 7 and 8 once more. Fasten off, leaving an 8"/20.5cm long tail. Sew top edge of last row to foundation ch.

Mark side loops of rows 19–27.

MOTIFS 2–5

CENTER

Work same as Motif 1.

BORDER

Ch 9.

Row 1 (RS) Dc in 6th ch from hook (1 side loop made), dc in each of next 3 ch—4 dc, plus side loop.

Row 2 Ch 2, sl st in any ch-7 sp of motif center; ch 2, turn, dc in each of next 4 dc.

Row 3 Ch 2, sl st in side loop of row 27 of previous motif, ch 2, turn, dc in each of next 4 dc.

Rows 4 and 6 Ch 2, sl st in same ch-7 sp, ch 2, turn, dc in each of next 4 dc.

Row 5 Ch 2, sl st in side loop of row 25 of previous motif, ch 2, turn, dc in each of next 4 dc.

Row 6 Rep row 4.

Row 7 Ch 2, sl st in side loop of row 23 of previous motif, ch 2, turn, dc in each of next 4 dc.

Row 8 Ch 2, sl st in next ch-5 loop of motif center; ch 2, turn, dc in each of next 4 dc.

Row 9 Ch 2, sl st in side loop of row 21 of previous motif, ch 2, turn, dc in each of next 4 dc.

Row 10 Ch 2, sl st in next ch-7 loop of motif center; ch 2, turn, dc in each of next 4 dc.

Row 11 Ch 2, sl st in side loop of row 19 of previous motif, ch 2, turn, dc in each of next 4 dc.

Rows 12–40 Work same as Motif 1.

Fasten off, leaving an 8"/20.5cm long tail. Sew top edge of last row to foundation ch.

Mark side loops of rows 19–27.

MOTIF 6 CENTER

Work same as Motif 1.

BORDER

Ch 9.

Rows 1–18 Work same as Motifs 2–5.

Row 19 Ch 2, sl st in side loop of row 11 of Motif 1, ch 2, turn, dc in each of next 4 dc.

Row 20 Ch 2, sl st in same ch-7 sp, ch 2, turn, dc in each of next 4 dc.

Row 21 Ch 2, sl st in side loop of row 9 of Motif 1, ch 2, turn, dc in each of next 4 dc.

Row 22 Rep row 20.

Row 23 Ch 2, sl st in side loop of row 7 of Motif 1, ch 2, turn, dc in each of next 4 dc.

Row 24 Ch 2, sl st in next ch-5 loop of motif center; ch 2, turn, dc in each of next 4 dc.

Row 25 Ch 2, sl st in side loop of row 5 of Motif 1, ch 2, turn, dc in each of next 4 dc.

Row 26 Ch 2, sl st in next ch-7 loop of motif center; ch 2, turn, dc in each of next 4 dc.

Row 27 Ch 2, sl st in side loop of row 3 of Motif 1, ch 2, turn, dc in each of next 4 dc.

Rows 28–40 Work same as Motifs 2–5.

Fasten off, leaving an 8"/20.5cm long tail. Sew top edge of last row to foundation ch.

Remove all markers.

TOP EDGING

Note There are 3 unjoined side loops and 2 joined side loops along the top edge of each motif.

Ch 9.

Row 1 Dc in 6th ch from hook (1 side loop made), dc in each of next 3 ch. 4 dc, plus side loop.

Row 2 Ch 2, sl st in rightmost unjoined side loop of any motif, ch 2, dc in each of next 4 dc.

Row 3 Ch 5, turn, dc in each of next 4 dc.

Rows 4 and 5 Rep rows 2 and 3, working sl st in next side loop.

Rows 6 and 7 Rep rows 2 and 3, working sl st in leftmost unjoined side loop.

Rows 8 and 9 Rep rows 2 and 3, working sl st in 1st joining loop.

Rows 10 and 11 Rep rows 2 and 3, working sl st in 2nd joining loop.

Row 12 Ch 2, sl st in rightmost unjoined side loop of next motif, ch 2, dc in each of next 4 dc.

Rep rows 3–12 four more times, then rep rows 3–10 only once more.

Fasten off, leaving an 8"/20.5cm long tail. Sew top edge of last row to foundation ch.

BOTTOM EDGING

Note There are 7 unjoined side loops and 2 joined side loops along the bottom edge of each motif.

Hold piece with lower edge up.

Ch 9.

Row 1 Dc in 6th ch from hook (1 side loop made), dc in each of next 3 ch—4 dc, plus side loop.

Row 2 Ch 2, sl st in rightmost unjoined side loop of any motif, ch 2, dc in each of next 4 dc.

Rows 3–7 Ch 5, turn, dc in each of next 4 dc.

Row 8 Ch 2, insert hook through side loops of rows 4 and 6 of bottom edging, yo and pull up a loop, joining together rows 4, 6, and 8, tr in next side loop of motif, ch 2, turn, dc in each of next 4 dc.

Row 9 Rep row 3.

Row 10 Rep row 2, working in next side loop.

Rows 11–26 Rep rows 3–10 twice.

Rows 27 and 28 Rep rows 9 and 10, working sl st in 1st joining loop.

Rows 29 and 30 Rep rows 9 and 10, working sl st in 2nd joining loop.

Row 31 Rep row 3.

Rep rows 2–31 four more times, then rep rows 2–30 once more.

Fasten off, leaving an 8"/20.5cm long tail. Sew top edge of last row to foundation ch.

Weave in ends. ■



Long Vest



MATERIALS

YARN

BERNAT Sheep(ish) by Vickie Howell, 3oz/85g balls, each approx 167yd/153m (acrylic/wool)

- 6 (7, 7, 8, 9, 10, 10) balls #0015 Red

HOOK

- Size 7/4.5mm crochet hook or size to obtain gauge

NOTIONS

- Removable stitch markers
- Yarn needle
- 5 buttons approx 1/2" / 13mm in diameter

SIZES

Sized for X-Small (Small, Medium, Large, X-Large, 2X, 3X). Shown in size X-Small.

FINISHED MEASUREMENTS

Bust 36 (40, 44, 48, 52, 56, 60)" / 91.5 (101.5, 111.5, 122, 132, 142, 152)cm

Length from back neck 27 1/2 (28, 28 1/2, 28 1/2, 29, 29 1/2, 29 1/2)" / 70 (71, 72.5, 72.5, 73.5, 75, 75)cm

GAUGES

- 16 sts = 4" / 10cm and 4 rows = 3" / 7.5cm over X-stitch Pattern using size 7/4.5mm hook.
- 20 sts and 8 rows to 4" / 10 cm over Eyelet Pattern using size 7/4.5mm hook.
- 1 Wheel Motif to 4" / 10 cm in diameter.

Take time to check gauges.

STITCH GLOSSARY

X-stitch (X-st) Worked across 3 sts. Yo twice, pull up a loop in indicated st, yo, draw through 2 loops, yo, sk 1 st, pull up a loop in next st (5 loops on hook), [yo, draw through 2 loops] twice (juncture made), [yo, draw through 2 loops] twice, ch 1, yo, pull up a loop in top of juncture, [yo, draw through 2 loops] twice.

Y-stitch (y-st) Yo twice, insert in 1st indicated st or sp, yo, pull up loop, yo, draw through 2 loops, yo, pull up a loop in 2nd indicated st or sp, [yo, draw through 2 loops] 4 times.



Jack Deutsch

Dc2tog (double crochet 2 together) [Yo, pull up a loop in indicated st, yo and draw through 2 loops] twice, yo and draw through all 3 loops on hook.

X-STITCH PATTERN (WORKED OVER A MULTIPLE OF 3 STS + 2)

Row 1 Ch 4 (counts as 1 tr), X-st across, tr in last st.

Row 2 Ch 2 (counts as 1 dc), dc in each st and ch-sp across.

Rep rows 1 and 2 for X-Stitch pat.

EYELET PATTERN (WORKED OVER A MULTIPLE OF 4 STS)

Row 1 Ch 4 (counts as 1 dc + 2 ch here and throughout), sk 2 sts, dc in each of the next 2 sts *ch 2, sk 2 sts, dc in each of the next 2 sts; rep from * to end.

Row 2 Ch 4, 2 dc in next ch-sp, *ch 2, 2 dc in next ch-sp; rep from * to end.

Rep Row 2 only for Eyelet pat.

WAVE SHELL BORDER PATTERN

Row 1 Join yarn with sl st in indicated st, *sc in next st, sk 2 sts (or equivalent distance), (4 dc, ch 1, 4 dc) in next st, sk 2 sts (or equivalent distance); rep from * to end, sl st in 1st sc to join.

VEST

WHEEL MOTIF

Make 35 (39, 43, 47, 51, 55, 59) as foll:

Ch 4, sl st in 1st ch to form a ring.

Rnd 1 Ch 3 (counts as 1 dc), 11 dc in ring, sl st in top of beg ch-3 to join—12 dc.

Rnd 2 Ch 2 (counts as 1 sc), *sc in each of the next 2 sts, 2 sc in next st; rep from * around, sl st in top of beg ch-2 to join—16 sc.

Rnd 3 Ch 5 (counts as 1 tr + ch 2), *tr in next st, ch 2; rep from * around, sl st in 4th of beg ch-5 to join—16 tr.

Rnd 4 Ch 3 (counts as 1 dc), *2 dc in next ch-sp, dc in next tr; rep from * around, sl st in top of beg ch-3 to join—48 dc.

Fasten off.

COLLAR

With RS facing, join 8 (9, 10, 11, 12, 13, 14) motifs as foll:

Sew together any 4 consecutive sts on 1st motif to 2nd motif. Sk 20 sts on 2nd motif, and join next 4 sts to next motif. Continue in this manner until all collar motifs are joined.

COLLAR BORDER

With RS facing, sk 32 sts from seam on final collar motif, join yarn with a sl st in next st, ch 1, sc in same st and each of next 3 sts, *ch 2, sk 2 sts, dc in next st, ch 2, tr in next st, sk 2 sts, y-st with 1st leg in next st of current motif, and 2nd leg in corresponding st on next motif (2 unsewn sts skipped), sk 2 sts, tr in next st, ch 2, dc in next st, ch 2, sk 2 sts, sc in each of next 4 sts*; rep from * to * 6 (7, 8, 9, 10, 11, 12) times, [ch 2, sk 2 sts, dc in next st, ch 2, tr in next st, ch 3, tr in next st, ch 2, dc in next st, ch 2, sk 2 sts, sc in each of the next 4 sts] twice; rep from * to * 7 (8, 9, 10, 11, 12, 13) times, work between [] once more eliminating last 4 sc, sl st in beg sc to join. Fasten off.

TOP BODICE STRIPE

Work same as collar with 9 (10, 11, 12, 13, 14, 15) motifs.

HIP STRIPES

Sew together 2 stripes of 9 (10, 11, 12, 13, 14, 15) motifs each same as before, but do not work border.

JOIN HIP STRIPES

Lay out hip stripes one above the other with RS facing. Sk 32 sts on rightmost lower motif, sl st next 4 sts together with corresponding sts on upper motif, *ch 2, [sk 2 sts, dc in next st] once on upper motif then once on lower motif, ch 2, tr in next st on upper motif, tr in next st on lower motif, [sk 2 sts, y-st with 1st leg in next st of current motif, and 2nd leg in corresponding st on next motif] once on upper stripe then once on lower stripe, [sk 2 sts, tr in next st] once on

upper motif then once on lower motif, ch 2, dc in next st on upper motif, dc in next st on lower motif, ch 2, sk 2 sts on each upper and lower motifs, sl st next 4 sts of both motifs together; rep from * 7 (8, 9, 10, 11, 12, 13) more times. Fasten off.

HIP STRIPES BORDER

With RS facing, sk 20 sts from sl st join on top rightmost motif, join yarn with a sl st in next st, ch 1, sc in same st and each of the next 3 sts, *ch 2, sk 2 sts, dc in next st, ch 2, tr in next st, sk 2 sts, y-st with 1st leg in next st of current motif, and 2nd leg in corresponding st on next motif, sk 2 sts, tr in next st, ch 2, dc in next st, ch 2, sk 2 sts, sc in each of the next 4 sts*; rep from * to * 7 (8, 9, 10, 11, 12, 13) times, [ch 2, sk 2 sts, dc in next st, ch 2, tr in next st, ch 3, tr in next st, ch 2, dc in next st, ch 2, sk 2 sts, sc in each of the next 4 sts] once, rep from * to * once, work between [] once, rep from * to * 8 (9, 10, 11, 12, 13, 14) times, work between [] once, rep from * to * once, work between [] once eliminating last 4 sc, sl st in beg sc to join. Fasten off.

WAIST

Note Worked from the Bodice Stripe down.

Row 1 (WS) With Bodice Stripe WS facing, join with sl st in upper rightmost corner ch-3 sp, ch 3 (counts as 1 dc), dc in same ch-sp, dc in next tr; 2 dc in next ch-sp, dc in next dc, dc in ch-sp, dc in each of the next 4 sc, *dc in next ch-sp, dc in next dc, 2 dc in next ch-sp, dc in next tr; dc in next y-st, dc in next tr; 2 dc in next ch-sp, dc in next dc, dc in next ch-sp, dc in each of the next 4 sc; rep from * 7 (8, 9, 10, 11, 12, 13) more times, dc in next ch-2 sp, dc in next dc, dc in next ch-2 sp, dc in next tr; dc in next ch-3 sp—137 (152, 167, 182, 197, 212, 227) dc.

Rows 2–4 Work in X-Stitch pat.

Row 5 Ch 3 (counts as 1 dc), dc in each st and ch-sp across, working 1 (0, 3, 2, 1, 0, 3) dc2tog evenly across row—136 (152, 164, 180, 196, 212, 224) sts.

Rows 6–10 (10, 10, 9, 9, 9, 8) Work in Eyelet pat. Work next 4 rows as foll:

Row 1 Ch 3 (counts as 1 dc), work 1 dc in each dc and 2 dc in each sp across and at the same time, inc 1 (0, 3, 2, 1, 0, 3) sts evenly across by working 2 dc into same dc—137 (152, 167, 182, 197, 212, 227) dc.

Rows 2–4 Work in X-Stitch pat. Fasten off.

UPPER BACK

Mark center of collar on one long edge, measure $7\frac{1}{4}$ ($7\frac{3}{4}$, $8\frac{1}{2}$, 9 , $9\frac{1}{4}$, $9\frac{3}{4}$)"/18.5 (19.5, 21.5, 23, 23.5, 23.5)cm in both directions along long edge and pm, remove center marker.

Row 1 With RS facing, sl st to join at rightmost marker; ch 4 (counts as dc + 2 ch), sk 2 sts, dc in each of the next 2 sts, [ch 2, 2 dc] 17, (19, 20, 21, 21, 22, 22) times evenly across to other marker—37 (39, 43, 45, 45, 47, 47) dc and 18 (19, 21, 22, 22, 23, 23) ch-sps.

Rows 2–13 (14, 15, 16, 17, 18, 19) Rep Eyelet pat row 2.

Fasten off leaving a tail for sewing.

UPPER LEFT FRONT

With RS facing, mark center of Bodice Stripe, measure $10\frac{1}{2}$ (11, $11\frac{1}{2}$, $11\frac{3}{4}$, $12\frac{1}{4}$, $12\frac{1}{2}$, 13)"/26.5 (28, 29, 30, 31, 32, 33)cm in both directions and pm (underarm markers), remove center marker. Along same edge, pm in 1st y-st on Bodice Stripe border on both sides. Join yarn with sl st at left underarm marker.

Row 1 (RS) Ch 4 (counts as 1 dc and 2 ch), sk 2 sts, dc in next 2 sts, [ch 2, 2 dc] 3 (5, 7, 9, 11, 13, 15) times evenly across to next marker—9 (13, 17, 21, 25, 29, 33) dc, 4 (6, 8, 10, 12, 14, 16) ch-sps. Work 5 (2, 1, 0, 1, 0, 1) rows evenly in Eyelet pat. Work next 2 rows as foll:

Row 1 (RS) Ch 3, 2 dc in next ch-sp, *ch 2, 2 dc in next ch-sp; rep from * to end.

Row 2 (dec row) Ch 4, *2 dc in next ch-sp, ch 2; rep from * to last ch-sp, dc in last ch-sp, dc2tog over same ch-sp and last dc. Rep these 2 rows 2 (4, 4, 4, 2, 2, 0) more times—3 (3, 7, 11, 19, 23, 31) dc, 1 (1, 3, 5, 9, 11, 15) ch-sps.

For last 5 sizes only

Work next 2 rows as foll:

Row 1 (dec row, RS) Ch 3, 1 dc in next ch-sp, *ch 2, 2 dc in next ch-sp; rep from * to end.

Row 2 (dec row) Ch 4, *2 dc in next ch-sp, ch 2; rep from * to 2 ch-2 sps from end, dc in ch-2 sp, dc2tog pver same ch-2 sp and 2nd dc from hook. Rep these 2 rows 0 (0, 0, 1, 3, 4, 6) more times—3 dc, 1 ch-sp.

For all sizes

Next row Ch 3, 2 dc in ch-sp. Fasten off.

UPPER RIGHT FRONT

With WS facing, work same as Upper Left Front.

ASSEMBLY

With RS facing, sew short ends of Collar to top edge of end motifs on each side of Bodice Stripe. Sew lower edge of Upper Back to Bodice Stripe, aligning their centers. Sew angled edge of Upper Fronts to inner edge of Collar strip. Sew bottom edge of Waist section to Hip Stripe.

ARMHOLE EDGING

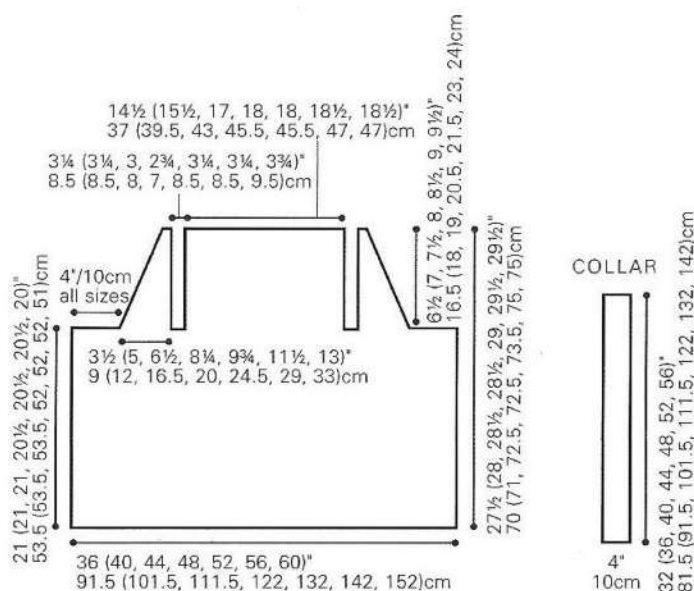
Join yarn with sl st in lower right corner of arm-hole, and work in Wave Shell Border pat around. Fasten off.

BODY EDGING

Sl st to join at center of Hem, and work in Wave Shell Border pat around, being sure to work a shell in each bottom corner and that the same number of shells are worked along Front edges. Fasten off.

FINISHING

Sew a button onto sc at Right Front edge nearest to top of Bodice Stripe. Sew 4 more buttons on, each spaced 2 shells apart. These button right into the fabric, with no need for buttonholes. Weave in ends and block to measurements. ■





Flower Twirl Shawl



MATERIALS

YARN

Caron Simply Soft Paints, 200yd/182m balls, each approx 4oz/113g (acrylic)

- 2 balls #0008 Sunset

HOOK

- Size H (5mm) crochet hook
or size to obtain gauge

NOTIONS

- Tapestry needle

SIZES

One size fits most.

FINISHED MEASUREMENTS

44 x 14"/112 x 35.5cm

GAUGES

- 16 sts and 17 rows to 4"/10cm in single crochet using size M (5mm) crochet hook.
- Medallion = 7"/18cm diameter after blocking.
Take time to check gauges.

MEDALLION

Ch 8. Join with sl st in first ch to form a ring.

SPOKE ONE

Ch 14.

Row 1 (RS) Sc into 2nd ch from hook, 1 sc into each ch—13 sc. 1 sc into ring, ch 1, turn.

Row 2 1 sc in back loop of 3rd ch from hook and continue to work in back loops, *2 sc in next sc, 1 sc in next 3 sc; rep from * to end—16 sc. Ch 1, turn.

Row 3 1 sc in back loop of 2nd ch from hook and continue to work in back loops, 1 sc in next 3 sc, ch 5, sl st in sc just made (1st picot), 1 sc into same sc, 1 sc in next 3 sc, ch 5, sl st in sc

just made (2nd picot), 2 sc in next sc, 1 sc in next 2 sc, ch 5, sl st in sc just made (3rd picot), 1 sc, 2 sc in next sc, 1 sc, ch 5, sl st in sc just made (final picot), 1 sc in next 2 sc, 2 sc in next sc—20 sc. 1 sc into ring.

This completes the first spoke. Do *not* break yarn but continue for second spoke.

SPOKES 2–5

Ch 14, insert hook into 2nd picot from ring and draw ch lp through.

Row 1 (RS) Sc into 2nd ch from hook, 1 sc into each ch (sc 12)—13 sc. 1 sc into ring, ch 1, turn. Repeat rows 2 and 3 of first spoke once more.

SPOKE 6

Repeat rows 1 and 2 of previous spoke.

Row 3 (RS) 1 sc in back loop of 2nd ch from hook and continue to work in back loops, 1 sc in next 3 sc, ch 5, sl st in sc just made (1st picot), 1 sc into same sc, 1 sc in next 3 sc, ch 5, sl st in sc just made (2nd picot), 2 sc in next sc, 1 sc in next 2 sc, ch 2, sl st into first sc of first row of spoke 1, ch 2, sl st in sc just made (3rd picot), 1 sc, 2 sc in next sc, 1 sc, ch 5, sl st in sc just made (final picot), 1 sc in next 2 sc, 2 sc in next sc—20 sc. 1 sc into ring.

Fasten off to complete the medallion

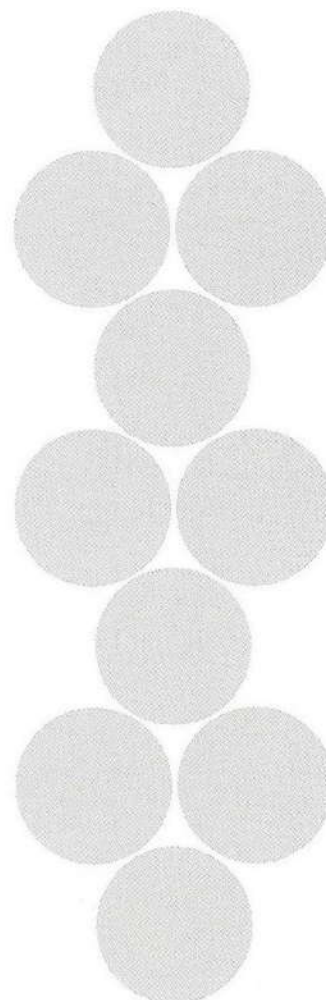
SHAWL

Make 10 medallions and arrange them according to the diagram.

FINISHING

Using an over hand stitch, sew medallions together at the picots and row ends. ■

ASSEMBLY DIAGRAM





Lace Tunic



MATERIALS

YARN

Premier Yarns Deborah Norville Collection
Everyday Soft Worsted, 4oz/113g balls, each
approx 203yd/186m (acrylic)

- 7 (7, 8, 9, 9, 10, 10) balls in #1007 Really Red

HOOK

- Sizes I/9 (5.5mm), K/10½ (6.5mm), L/11 (8mm)
crochet hooks or sizes to obtain gauges

NOTIONS

- Yarn needle

SIZES

Sized for X-Small (Small, Medium, Large, 1X, 2X,
3X). Shown in size Small.

FINISHED MEASUREMENTS

Hip Circumference 37 (39, 43, 47, 51, 56, 58)"/94
(99, 109, 119.5, 129.5, 142.5, 147)cm

Empire Waist 22 (24, 26, 30, 36, 38, 42)"/56 (61,
66, 76, 91.5, 96.5, 106.5)cm

Length 27¼ (27¼, 27¾, 27¾, 28¼, 28¼,
28¼)"/69 (69, 70.5, 70.5, 71.5, 71.5, 71.5)cm

Upper arm 12 (12¾, 14¼, 16, 16, 16¾,
17½)"/30.5 (32.5, 36, 40.5, 40.5, 42.5, 44.5)cm

NOTES

1 Because of the nature of the kimono style,
size is best determined by hip circumference
measurement.

2 Empire waist worn with negative ease.

GAUGES

- 16½ sts and 17¾ rows = 4"/10cm over Triple
Strand Lace using size I/9 (5.5mm) hook.
- 16 sts and 19½ rows = 4"/10cm over single
crochet using size I/9 (5.5mm) hook.
- 15½ sts and 12.35 rows = 4"/10cm over Triple
Strand Lace using size K/10½ (6.5mm) hook.
- 13¼ sts and 10 rows = 4"/10cm over Triple
Strand Lace using size L/11 (8mm) hook.

Take time to check gauges.

STITCH GLOSSARY

TRIPLE STRAND LACE (MULTIPLE OF 8
STS + 2)

Row 1 (WS) Sc in 2nd ch from hook and each
ch across, turn.

Row 2 Ch 1, sc in 1st 3 sc, ch 5, [sk 3 sc, sc in
next 5 sc, ch 5] across, sc in last 3 sc, turn.

Row 3 Ch 1, sc in 1st 2 sc, ch 3, sc in ch-5 sp, ch
3, [sk 1 sc, sc in next 3 sc, ch 3, sc in ch-5 sp, ch
3] across, sc in last 2 sc, turn.

Row 4 Ch 1, sc in 1st sc, ch 3, sc in ch-3 sp, sc in
next sc, sc in ch-3 sp, ch 3, [sk 1 sc, sc in next sc,
ch 3, sc in ch-3 sp, sc in next sc, sc in ch-3 sp, ch
3] across, sc in last sc, turn.

Row 5 Ch 5 (counts as dc, ch 2), sc in 1st ch-3
sp, sc in next 3 sc, sc in next ch-3 sp, [ch 5, sc in
next ch-3 sp, sc in next 3 sc, sc in next ch-3 sp]
across, ch 2, dc in last sc, turn.

Row 6 Ch 1, sc in dc, ch 3, sk 1 sc, sc in next 3 sc,
[ch 3, sc in ch-5 sp, ch 3, sk 1 sc, sc in next 3 sc]
across, ch 3, sc in 3rd ch of previous row, turn.

Row 7 Ch 1, sc in 1st sc, [sc in ch-3 sp, ch 3, sk
1 sc, sc in next sc, ch 3, sc in ch-3 sp, sc in next
sc] across, turn.

Row 8 Ch 1, sc in 1st 2 sc, sc in ch-3 sp, ch 5, sc
in next ch-3 sp, [sc in next 3 sc, sc in ch-3 sp, ch
5, sc in next ch-3 sp] across, sc in last 2 sc, turn.
Rep rows 3–8 for triple strand lace.

BACK (MAKE 2)

Using L/11 (8mm) hook, ch 66 (66, 74, 82, 90, 98,
98) sts.

Rows 1–8 Work rows 1–8 of Triple Strand Lace.

Continue repeating rows 3–8 of Triple Strand Lace.

Row 25 (21, 21, 19, 17, 15, 13) Change to size
K/10½ (6.5mm) hook.

Row 35 (31, 31, 31, 29, 27, 25) Change to size
I/9 (5.5mm) hook.

Row 45 (43, 43, 43, 41, 41, 39) With size I/9
(5.5mm) hook work 66 (66, 74, 82, 90, 98, 98) sc
evenly spaced across.

Next Row Sc in next 1 (0, 5, 0, 3, 6, 5) sts, sc2tog,
(**Sizes S & L only** sc2tog again), [sc in next 1 (2,
1, 2, 3, 2, 5) sts, sc2tog] across until 0 (2, 4, 2, 0,
6, 0) sts rem. **Sizes S & L only** sc2tog. **Sizes M &
2X only** sc across rem sts—44 (48, 52, 60, 72, 76,
84) sts.

Work in sc for 4 (4, 5, 6, 7, 8, 8) rows. Fasten off.



FRONT (MAKE 2)

Work Front as for Back.

SLEEVES (MAKE 4)

Using L/11 (8mm) hook, ch 66 (66, 66, 74, 74, 74, 74).

Rows 1–8 Work rows 1–8 of Triple Strand Lace.

Rows 9–30 (32, 34, 36, 36, 38, 44) Repeat rows 3–8 of Triple Strand Lace. Fasten off.

Work a second piece in same way.

With RS together; sew 2 sleeve pieces together along one long edge.

Row 1 (RS) With I/9 (5.5mm) hook, work 96 (102, 109, 115, 115, 122, 141) sc evenly across ends of rows, turn.

Rows 2–5 (5, 6, 7, 8, 9, 9) Ch 1, sc in each sc across, turn. Fasten off.

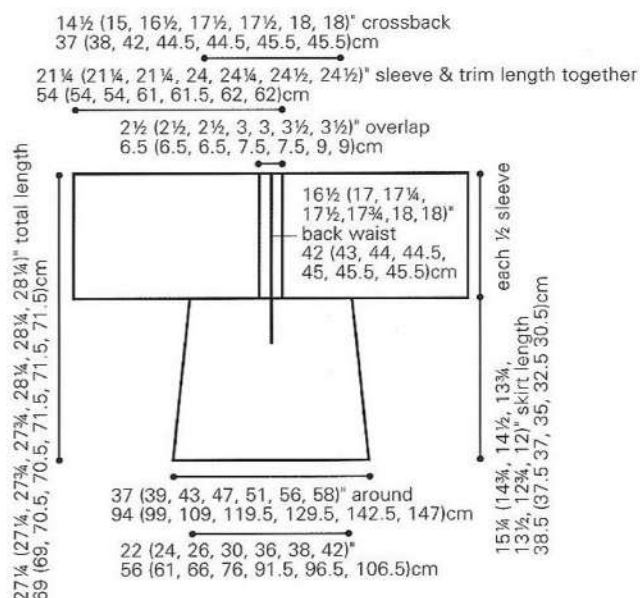
Rep with other 2 sleeve pieces.

ASSEMBLY

With RS facing, overlap trimmed edge of right sleeve over trimmed end of left sleeve by $2\frac{1}{2}$ ($2\frac{1}{2}$, $2\frac{1}{2}$, 3, $3\frac{1}{2}$, $3\frac{1}{2}$)"/6.5 (6.5, 6.5, 7.5, 7.5, 9, 9)cm. Baste along overlapped long edges and mark center of complete wingspan. Mark center of narrow end of front and place RS together with sleeves and sew across. Turn work over. Overlap trimmed edge of left sleeve over trimmed end of right sleeve by same amount. Baste along overlapped long edges and mark center as above. Mark center of narrow end of back and place RS together with sleeves and sew across. Sew sleeve and side seams.

FINISHING

Weave in ends. Neck opening can be tacked at desired height or basted together. ■



Ruby Circles Shawl



MATERIALS

YARN

Premier Yarns Deborah Norville Collection
Serenity Chunky Sequins, 3oz/85g balls, each
approx 93yd/84m (acrylic/payette)

- 4 balls #0006 Ruby Slippers

HOOK

- Size M (9mm) crochet hook
or size to obtain gauge

FINISHED MEASUREMENTS

96" x 12"/244cm x 30.5cm

GAUGES

- Small Motif = 3½"/9cm diameter using size M (9mm) crochet hook.
- Large Motif = 7"/18cm diameter using size M (9mm) crochet hook.

Take time to check gauges.

STITCH GLOSSARY

SMALL MOTIF

Ch 10, join with sl st to form a ring.

Round 1 Ch 3 (counts as dc), 23 dc in ring, join with sl st to top of ch-3—24 dc.

LARGE MOTIF

Ch 10, join with sl st to form a ring.

Round 1 Ch 3 (counts as dc), 23 dc in ring, join with sl st to top of ch-3—24 dc.

Round 2 Ch 1, sc in same st, *ch 5, skip 1 dc, sc in next dc; rep from * around, ending last rep ch 2, skip 1 dc, join with dc in first sc.

Round 3 Ch 1, sc in same space, ch 6, *sc in next space, ch 6; rep from * around, join with sl st in first sc—12 loops.

Fasten off.

NOTES

1 The shawl is worked using a join-as-you-go method. Refer to the assembly diagram for placement of motifs.



2 All Large Motifs are joined to previous Large Motifs on Round 3. Small Motifs are joined to existing Large Motifs

SHAWL

MOTIF 1

Make one Large Motif.

MOTIF 2

Make one Large Motif through Round 2. Join to Motif 1 as follows:

Round 3 (joining Round) Ch 1, sc in same space, ch 6, (sc in next space, ch 6) 8 times, sc in next space, ch 3, sl st in any adjacent loop of Motif 1, ch 3, sc in next space of current motif, ch 3, sl st in next adjacent loop of Motif 1, ch 3,

sc in next space of current motif, ch 6, join with sl st to first sc—12 loops.
Fasten off.

MOTIF 3

Make one Large Motif through Round 2. Join to Motif 1 as follows:

Round 3 (joining Round) Ch 1, sc in same space, ch 6, (sc in next space, ch 6) 8 times, sc in next space, ch 3, sl st in 8th loop of Motif 2, ch 3, sc in next space of current motif, ch 3, sl st in next loop of Motif 2, ch 3, sc in next space of current motif, ch 6, join with sl st to first sc—12 loops.

Fasten off.

MOTIF 4

Ch 10, join with sl st to form a ring. Join to Motifs 1, 2 and 3 as follows:

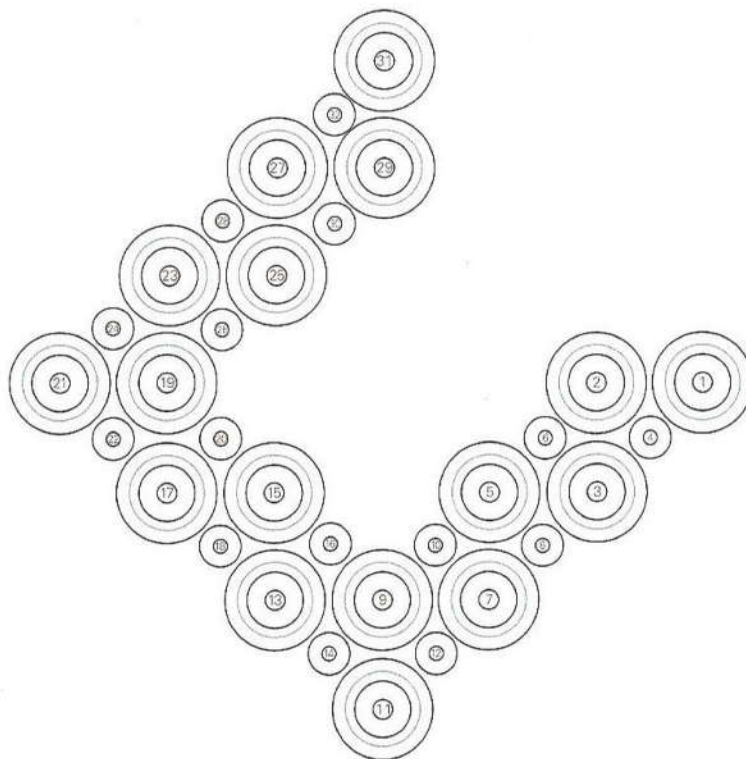
Round 1 Ch 3 (counts as dc), 3 dc in ring, sl st in 9th loop of Motif 3, 12 dc in ring, sl st in first loop of Motif 1, 6 dc in ring, sl st in next free loop of Motif 2 (9th loop), 2 dc in ring, join with sl st to top of ch-3—24 dc.

Continue in this manner to join Large and Small Motifs in the order shown below.

FINISHING

Weave in ends.

Wear shawl with points at center front and center back. ■





Rosettes Purse



MATERIALS

YARN

Premier Yarns Deborah Norville Collection
Serenity Garden, 2½oz/65g balls, each approx
185yd/170m (microfiber)

- 3 balls #0003 Hibiscus

HOOK

- Size E (3.5mm) crochet hook
or size to obtain gauge

NOTIONS

- 1yd/1m satin fabric in coordinating color
- Two 18"/45.5cm lengths of chain (for handles)
- Tapestry needle
- Straight pins
- Coordinating thread
- Sewing needle

FINISHED MEASUREMENTS

8 x 7"/20.5cm x 18cm, not including strap

GAUGES

- 1 small finished rosette = approx 1½"/4cm in diameter.
- 1 large finished rosette = approx 2"/5cm in diameter.

Take time to check gauges.

STITCH GLOSSARY

Reverse Single Crochet (rsc) Working backward, insert hook in next st to the right. Draw up loop, yo, and draw through 2 loops on hook. If you are left handed, work in next st to the left.

ROSETTE [SMALL (LARGE)]

Make 12 small rosettes and 28 large rosettes.
Ch 51 (101), leaving a 7"/18cm or longer tail.

Row 1 Dc in 7th ch from hook, *ch 1, sk next ch, dc in next ch; rep from * to end, turn—25 (50) dc.

Row 2 Ch 1, sk first dc, *sc in next ch-1 sp, ch 1, skip next dc; rep from * to end, do not turn.

Row 3 Ch 1, *rsc in next ch-1 sp, ch 1, sk next dc; rep from * to end, rsc in last sc.
Fasten off.

ROSETTE FINISHING

Thread the tapestry needle with the long tail of yarn. With RS facing, fold down the end of the work (attached to tail) at a 45 degree angle.

This is the inside edge of the rosette. Tack down with threaded needle.

Run the needle through the base of dc sts, weaving front to back, through base of each dc, to the end.

Pull the thread to gather the rose. To shape the rosette, pull out or straighten the gathering at the folded end. Roll the work 2 or 3 times around the inside (folded) edge. Create the rose as you desire. Finally, tack the base of the rose in place. Weave in ends.

RIBBON FOR HANDLES (MAKE 2)

Ch 81.

Row 1 Sc in 2nd ch from hook and in each ch across.

Fasten off.

PURSE BODY

Using the heart pattern, mark and cut 4 pieces of satin. Cut notches as marked.

Place two right sides of the heart together and stitch ½"/1.5cm around heart, starting and ending at the 2 notches on either side of opening. Trim the heart seam allowance to ¼"/1cm, excluding the space between the 2 notches. Gently turn the hearts right side out, making sure the seams of the heart are completely even. Gently press hearts flat. Tuck in the heart opening and hand sew closed with a blind stitch. Repeat with remaining two heart pieces.

FINISHING

SEW ROSETTES TO BAG

Starting at the bottom of the heart, arrange the roses to cover the fabric, pinning them in place until you achieve your desired bed of roses. Allow the roses at the edge of the heart to fall over the edge. After they are all pinned, use a sewing needle and thread to securely sew the roses through the back of the fabric.

When both hearts are covered with roses, place the WS together and pin in place. Working from the bottom of the heart, hand sew the bag

together with small back stitches very close to the seam, stopping at the markings on the pattern for handle placement.

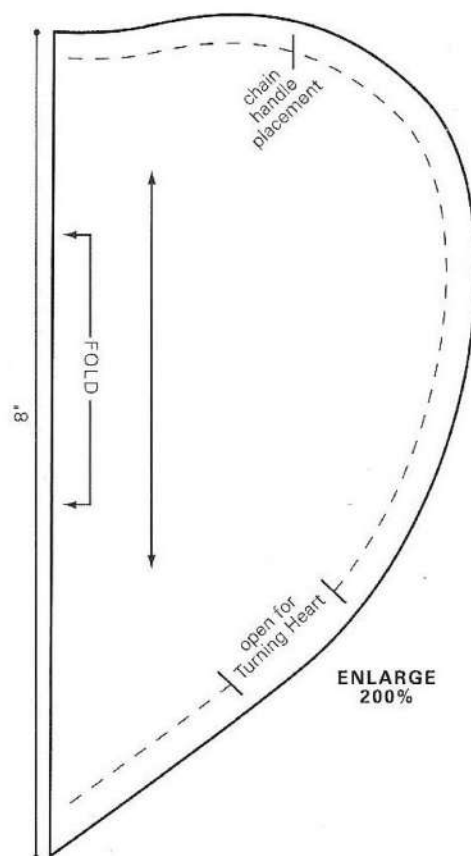
Repeat for other side of the bag.

To conceal the seams along the heart, stitch the rose petals together at points along the edge of the bag. You can also stitch roses together on the face of the bag to conceal any gaps.

CHAIN HANDLE

Thread tapestry needle with both tail ends of Crochet Ribbon. Run the ribbon through each chain link, being careful not to twist the ribbon in chain.

Sew ribbon chain in place at the pocket opening on both hearts. ■





Shell Tunic



MATERIALS

YARN

Caron Simply Soft Solid, 6oz/170g skeins, each approx 315yd/288m (acrylic)

- 3 (3, 4, 4, 5) skeins #9730 Autumn Red

HOOCS

- Size G/6 (4mm) crochet hook
or size to obtain gauge
- Sizes H/8 (5mm), I/9 (5.5mm), J/10 (6mm),
K/10½ (6.5mm) crochet hooks or sizes to
obtain gauges

NOTIONS

- Stitch markers
- Yarn needle

SIZES

Sized for X-Small (Small, Medium, Large,
X-Large, XX-Large). Shown in size X-Small.

FINISHED MEASUREMENTS

Bust 35 (38, 40½, 44, 47¾, 50½)"/89 (96.5, 103,
111.5, 121, 128)cm

Length 23½ (24½, 24½, 25½, 26½,
27½)"/59.5 (62, 62, 64.5, 67.5, 70)cm

GAUGES

- 16 sts and 16 rows = 4"/10cm over single
crochet using size G/6 (4.00mm) hook.
- 15 sts and 8 rows = 4"/10cm over shell pat
using size G/6 (4.00mm) hook.

Take time to check gauges.

SHELL STITCH PATTERN (MULTIPLE OF 6 STS + 1 + 1 FOR TURNING CHAIN)

Row 1 Sc in 2nd ch from hook, *skip 2 ch, 5 dc
in next ch (one shell made), skip 2 ch, sc in next
ch, rep from * to end of row, turn.

Row 2 Ch 3 (counts as 1st dc), 2 dc in same
st as ch-3 just made, *sk 2 dc, sc in next dc
(center st of 5-dc shell), sk 2 dc, 5 dc in next
sc; rep from *, ending last rep with 3 dc in last
sc, turn.

Row 3 Ch 1, sc in 1st st, *sk 2 dc, 5 dc in next

sc, sk 2 dc, sc in next dc; rep from * across, end-
ing with sc in top of ch-3.

Rep Rows 2 and 3 for shell st pat.

NOTE

Garment is worked from top down.

FRONT

LEFT SHOULDER

With size G/6 (4mm) hook, ch 14.

Row 1 (RS) Sc in 2nd ch from hook and each
ch across, turn—13 sc.

Row 2 Ch 1, sc in 1st sc, [sk 2 sc, 5 dc in next sc,
sk 2 sc, sc in next sc] twice, turn.

Row 3 Ch 3 (counts as dc here and through-
out), 2 dc in 1st sc, sk 2 dc, sc in next dc, sk 2 dc,
5 dc in sc, sk 2 dc, sc in next dc, sk 2 dc, 3 dc in
last sc, turn.

Rows 4–11 (4–13, 4–13, 4–13, 4–15, 4–15) Rep
Rows 2–3.

Row 12 (14, 14, 14, 16, 16) Rep Row 2.

NECK SHAPING

Row 1 (RS) Ch 3, 4 dc in 1st sc, sk 2 dc, sc in
next dc, sk 2 dc, 5 dc in sc, sk 2 dc, sc in next dc,
sk 2 dc, 3 dc in last sc, turn.

Change to size H/8 (5mm) hook.

Row 2 Ch 1, sc in 1st dc, [sk 2 dc, 5 dc in sc,
sk 2 dc, sc in dc] twice, sk 2 dc, 3 dc in last
dc, turn.

Row 3 Ch 1, sc in 1st dc, [sk 2 dc, 5 dc in sc, sk
2 dc, sc in next dc] twice, sk 2 dc, 3 dc in next
sc, turn.

Row 4 Ch 1, sc in 1st dc, [sk 2 dc, 5 dc in sc, sk
2 dc, sc in next dc] twice, sk 2 dc, 5 dc in sc, ch
13 (13, 19, 25, 25, 31), place marker in last ch.
Fasten off and set aside.

RIGHT SHOULDER

Rows 1–12 (1–14, 1–14, 1–14, 1–16, 1–16) Rep
as for 1st shoulder.

NECK SHAPING

Row 1 (RS) Ch 3, 2 dc in 1st sc, [sk 2 dc, sc in
next dc, sk 2 dc, 5 dc in sc] 2 times, turn.

Change to size H/8 (5mm) hook.

Row 2 Ch 3, 2 dc in 1st dc, sk 1 dc, sc in next

dc, [sk 2 dc, 5 dc in sc, sk 2 dc, sc in next dc]
twice, turn.

Row 3 Ch 3, 2 dc in 1st sc, [sk 2 dc, sc in next
dc, sk 2 dc, 5 dc in sc] twice, sk 2 dc, sc in last
dc, turn.

Row 4 Ch 3, 4 dc in 1st sc, [sk 2 dc, sc in next
dc, sk 2 dc, 5 dc in sc] twice, sk 2 dc, sc in last
dc, turn.

JOIN SHOULDERS (CREATE NECKLINE)

Row 5 (RS) Ch 3, 2 dc in 1st sc, [sk 2 dc, sc in
next dc, sk 2 dc, 5 dc in next sc] twice, sk 2 dc,
sc in next dc, sk 2 dc, 5 dc in marked ch of Left
shoulder; remove marker; [sk 2 ch, sc in next ch, sk
2 ch, 5 dc in next ch] 2 (2, 3, 4, 4, 5) times, [sk 2
dc, sc in next dc, sk 2 dc, 5 dc in next sc] 2 times,
sk 2 dc, sc in next dc, sk 2 dc, 3 dc in last sc, turn.

Row 6 Ch 1, sc in 1st dc, [sk 2 dc, 5 dc in sc, sk
2 dc, sc in next dc] across, turn.

ARMHOLE SHAPING

Row 7 (RS) Ch 3, 4 dc in 1st sc, [sk 2 dc, sc in
next dc, sk 2 dc, 5 dc in next sc] across, turn.

Row 8 Ch 3, 4 dc in 1st dc, sk 1 dc, sc in next
dc, [sk 2 dc, 5 dc in sc, sk 2 dc, sc in next dc]
across, end with 5 dc in last dc, turn.

Row 9 Ch 3, 4 dc in 1st dc, [sk 2 dc, sc in next
dc, sk 2 dc, 5 dc in sc] across, turn.
Change to size I/9 (5.5mm) hook.

Rep the last 2 Rows 0 (1, 1, 1, 1, 2) more times.

Row 10 (12, 12, 12, 12, 14) (WS) Ch 3, 2 dc
in 1st dc, sk 1 dc, sc in next dc [sk 2 dc, 5 dc in
sc, sk 2 dc, sc in dc] across, end with 3 dc in last
dc, turn.

Row 11 (13, 13, 13, 13, 15) Ch 1, sc in 1st
dc, [sk 2 dc, 5 dc in sc, sk 2 dc, sc in next dc]
across, turn.

Row 12 (14, 14, 14, 14, 16) Ch 3, 4 dc in 1st
sc, [sk 2 dc, sc in next dc, sk 2 dc, 5 dc in sc]
across, turn.

BEGIN BODY

Row 1 (RS) Ch 1, sc in 1st 3 dc, sk 2 dc, 5 dc in
sc, *sk 2 dc, sc in next dc, sk 2 dc, 5 dc in sc; rep
from * across to final 5 dc, sk 2 dc, sc in last 3
dc, turn.

Row 2 Ch 1, sc in 1st sc, sk 1 sc, 5 dc in next sc,





[sk 2 dc, sc in next dc, sk 2 dc, 5 dc in next sc] across, ending with sc in last sc, turn.

Row 3 Ch 3, 2 dc in 1st sc, [sk 2 dc, sc in next dc, sk 2 dc, 5 dc in sc] across, ending with sk 2 dc, sc in next dc, sk 2 dc, 3 dc in last sc, turn.

Row 4 Ch 1, sc in 1st dc, [sk 2 dc, 5 dc in sc, sk 2 dc, sc in next dc] across, turn.

Change to size J/10 (6mm) hook.

Rows 5–16 (16, 16, 18, 18, 18) Rep last 2 rows.

Row 17 (17, 17, 19, 19, 19) Rep Row 3.

Change to size K/10½ (6.5mm) hook.

Row 18 (18, 18, 20, 20, 20) Rep Row 4.

Rows 19–22 (19–22, 19–22, 21–24, 21–24, 21–24) Rep Rows 3 and 4.

Row 23 (23, 23, 25, 25, 25) Rep Row 3. Fasten off.

BACK

With size G/6 (4mm) hook, ch 44 (50, 50, 56, 56, 56).

Row 1 Sc in 2nd ch from hook and each ch across, turn—43 (49, 49, 55, 55, 55) sts.

Row 2 Ch 1, sc in 1st sc, [sk 2 sc, 5 dc in next sc, sk 2 sc, sc in next sc] across, turn.

Row 3 Ch 3, 2 dc in 1st sc, [sk 2 dc, sc in next dc, sk 2 dc, 5 dc in sc] across, ending with 3 dc in last sc, turn.

Rows 4–13 (4–15, 4–15, 4–15, 4–17, 4–17) Rep last 2 rows.

Change to size H/8 (5mm) hook.

Rows 14–18 (16–20, 16–20, 16–20, 18–22, 18–22) Rep last 2 rows.

Shape armholes and work body same as front.

FINISHING

With RS together, sew shoulder seams using mattress stitch, beginning at outer edge and sewing inward. With RS together, sew side seams using mattress stitch.

ARMHOLE EDGING

With RS facing and size H/8 (5mm) hook, join yarn at underarm seam.

Row 1 Ch 1, sc evenly around armhole, join to 1st sc with sl st, turn.

Row 2 Ch 1, sc in each sc around, join to 1st sc with sl st, turn.

Row 3 Rep Row 2. Fasten off.

Rep for opposite armhole edge.

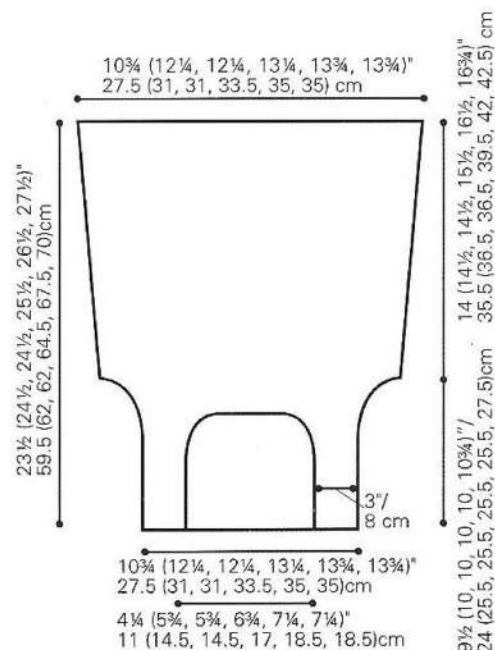
NECK EDGING

With RS facing and size H/8 (5mm) hook, join yarn at center back neck.

Row 1 Ch 1, sc evenly around neckline, join to 1st sc with sl st, turn.

Row 2–3 Rep Rows 2–3 of armhole edging.

Weave in ends. ■



Cordova Shawl



MATERIALS

YARN

RED HEART Soft, 5oz/141g skeins, each approx 256yd/234m (acrylic)

- 5 skeins #5142 Cherry Red

HOOK

- Size J/10 (6mm) crochet hook
or size to obtain gauge

NOTIONS

- Tapestry needle

SIZE

One size.

FINISHED MEASUREMENTS

Length 59"/150cm

Width 16½"/42cm

GAUGE

1 Ridge Motif = 5 x 5"/12.5 x 12.5cm.

Take time to check gauge.

STITCH GLOSSARY

ADJUSTABLE RING

1 Wrap the yarn loosely around 2 fingers, the loose tail near your fingertips and the working yarn to the inside.

2 Use hook to bring working strand under outside strand, then yo and draw a loop through.

3 Work the 1st row or round of the pattern, and when all the stitches called for have been worked in the ring, close the ring by pulling the loose tail.

Y-st Dtr in st indicated, (ch 3, dc) in middle of dtr just made.

FPsc Insert hook from front-to-back-to-front around post of indicated st and pull up a loop, yo and draw through 2 loops on hook.

Sc2tog (single crochet 2 together) Pull up a loop in each of the next 2 sts, yo and draw through all 3 loops on hook.

Tr2tog (treble crochet 2 together) *Yo twice, pull up a loop in next st, [yo and draw through 2 loops] twice; rep from * once more, yo and draw through all 3 loops on hook.

Tr3tog (treble crochet 3 together) *Yo twice, pull up a loop in next st, [yo and draw through 2 loops] twice; rep from * twice more, yo and draw through all 3 loops on hook.

LACY MOTIF (MAKE 6)

Make an adjustable ring.

Rnd 1 Ch 1, 12 sc in ring, pull ring closed, sl st in 1st sc to join.

Rnd 2 Ch 6, y-st in each sc around, dc in 3rd ch of beg ch-6, ch 1, hdc in dtr of 1st y-st to join.

Rnd 3 Ch 1, 3 sc in sp formed by hdc, 5 sc in next ch-3 sp, *ch 5, 5 sc in each of next 3 ch-3 sps; rep from * twice more, ch 5, 5 sc in next ch-3 sp, 2 sc in beg ch-1 sp, sl st in 1st sc to join—60 sc.

Rnd 4 Ch 2 (counts as 1 hdc), hdc in next sc, *sk 2 sc, hdc in next 3 sc, (2 dc, 3 tr, 2 dc) in ch-5 sp, sk 1 sc, hdc in next 3 sc, sk 2 sc**, hdc in next 3 sc; rep from * twice more, then from * to ** once more, hdc in last sc, sl st in 1st sc to join.

Rnd 5 Ch 1, *sc in each st to corner tr, 3 sc in corner tr; rep from * 3 times more, sc in each st to end of rnd, sl st in 1st sc to join. Fasten off.

RIDGE MOTIF (MAKE 17)

Make an adjustable ring.

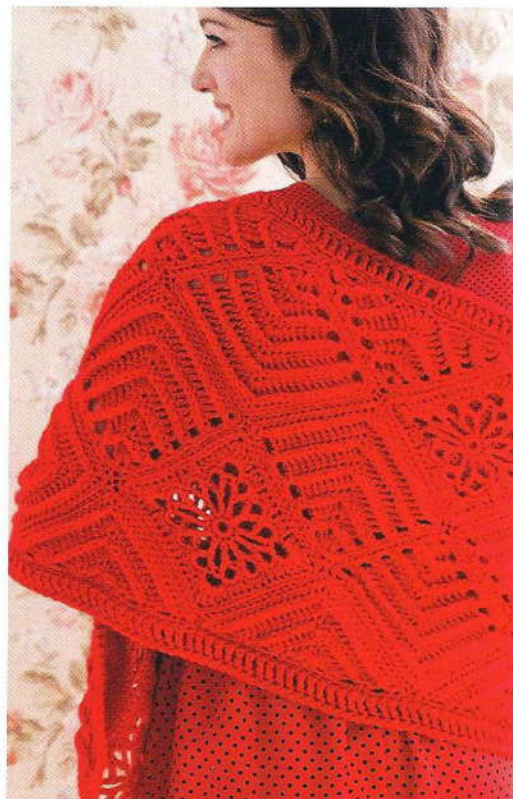
Row 1 Ch 4 (counts as 1 tr), 6 tr in ring, pull ring closed—7 tr.

Row 2 Ch 1, sc in 1st tr, FPsc in each of next 2 tr, (FPsc, sc, FPsc) in next tr, FPsc in each of next 2 tr; sc in top of t-ch—9 sc.

Row 3 Ch 4 (counts as 1 tr), tr in each sc to corner sc, 5 tr in corner sc, tr in each sc to end—13 tr.

Row 4 Ch 1, sc in 1st tr, FPsc in each tr to corner tr, (FPsc, sc, FPsc) in corner tr, FPsc in each tr to t-ch, sc in top of t-ch—15 sc.

Rows 5–10 Rep rows 3–4 three more times—33 sc.



Rnd 11 Ch 1, sc in each of next 16 sc, 3 sc in next sc, sc in each of next 15 sc, 3 sc in next sc, sc 15 times along side edge, 3 sc in ring, sc 15 times along rem side edge, 2 sc in 1st sc of last row, sl st in 1st sc to join. Fasten off.

BOTTOM HALF RIDGE MOTIF (MAKE 7)

Make an adjustable ring.

Rows 1–5 Work as for Ridge Motif.

Row 6a Ch 1, sc in 1st tr, FPsc in each of the next 5 tr, sc2tog, turn, leaving rem sts unworked—7 sc.

Row 7a Ch 3, sk 1st sc2tog, tr2tog, tr in each sc to end—5 tr.

Row 8a Ch 1, sc in 1st tr, FPsc in each of next 2 tr, sc2tog—4 sc.

Row 9a Ch 3, sk 1st sc2tog, tr2tog, tr in last sc—2 tr.

Row 10a Ch 1, sc2tog. Fasten off.

Join yarn with sl st to 4th st from end of Row 6a.

Row 6b Ch 1, sc2tog, FPsc in each of next 5 tr; sc in top of t-ch—7 sc.



Row 7b Ch 4 (counts as 1 tr), tr in each of next 3 sc, tr3tog—5 tr.

Row 8b Ch 1, sc2tog, FPsc in each of next 2 tr, sc in top of t-ch—4 sc.

Row 9b Ch 4 (counts as 1 tr), tr3tog—2 tr.

Row 10b Ch 1, sc2tog.

Rnd 11 Ch 1, sc in 1st sc, sc 22 times along top edge, 3 sc in next sc, sc 16 times along side edge to ring, 3 sc in ring, sc 16 times along side edge, 2 sc in 1st sc of last row, sl st in 1st sc to join. Fasten off.

TOP HALF RIDGE MOTIF (MAKE 7)

Make an adjustable ring.

Row 1 Ch 3 (counts as 1 dc), 6 dc in ring, pull ring closed—7 dc.

Row 2 Ch 1, 2 sc in 1st dc, FPsc in each of next 2 dc, (FPsc, sc, FPsc) in next dc, FPsc in each of next 2 dc, 2 sc in top of t-ch—11 sc.

Row 3 Ch 4 (counts as 1 tr), 2 tr in 1st sc, tr in each sc to corner sc, 5 tr in corner sc, tr in each sc to last sc, 3 tr in last sc—19 tr.

Row 4 Ch 1, 2 sc in 1st tr, FPsc in each tr to corner tr, (FPsc, sc, FPsc) in corner tr, FPsc in each tr to tch, 2 sc in top of t-ch—23 sc.

Rows 5–6 Rep rows 3–4—35 sc.

Rnd 7 Ch 1, 2 sc in 1st sc, sc in each of next 16 sc, 3 sc in next sc, sc in each of next 16 sc, 4 sc in next sc, sc 25 times along edge, 2 sc in 1st sc of last row, sl st to 1st sc to join. Fasten off.

SIDE HALF RIDGE MOTIF (MAKE 2)

Make an adjustable ring.

Row 1 Ch 4 (counts as 1 tr), 3 tr in ring, pull ring closed—4 tr.

Row 2 Ch 1, (sc, FPsc) in 1st tr, FPsc in each tr to tch, sc in top of t-ch—5 sc.

Row 3 Ch 4 (counts as 1 tr), tr in each sc to last sc, 3 tr in last sc—7 tr.

Rows 4–10 Rep rows 2–3 three times, then rep row 2 once more—17 sc.

Rnd 11 Ch 1, sc in each of next 16 sc, 3 sc in next sc, sc 22 times along edge to ring, 4 sc in

ring, sc 16 times along edge, sc in 1st sc of last row, sl st in 1st sc to join.

Fasten off.

FINISHING (SEE DIAGRAM)

Sew motifs together using whipstitch following assembly diagram for orientation of motifs.

EDGING

Join yarn to straight edge of shawl.

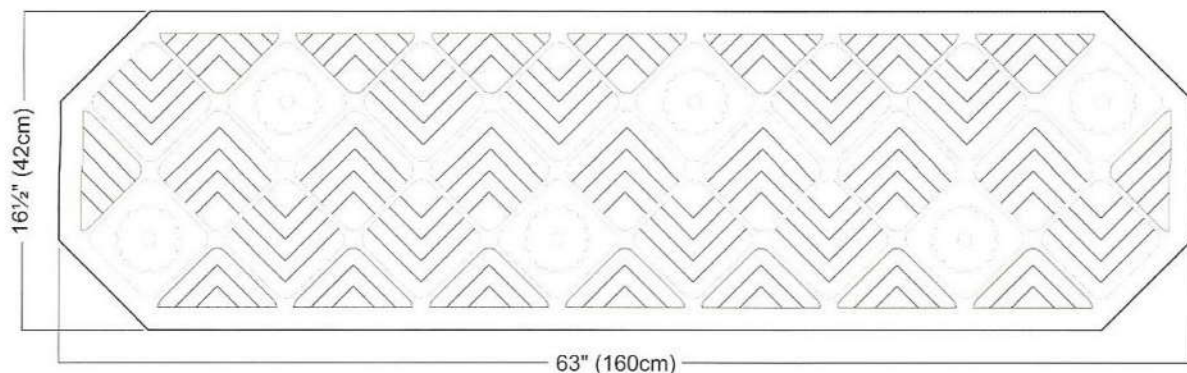
Rnd 1 Ch 1, *sc in each sc to corner, 2 sc in corner; rep from * 7 more times, sc in each sc to end of rnd, sl st in 1st sc to join.

Rnd 2 Ch 4 (counts as tr), *tr in each sc to corner, 3 tr in corner; rep from * 7 more times, tr in each sc to end of rnd, sl st in top of ch to join.

Rnd 3 Ch 1, *sc in each tr to corner, 2 sc in corner; rep from * 7 more times, sc in each tr to end of rnd, sl st in 1st sc to join.

Fasten off.

Weave in ends. ■



Layout Key





Side to Side Bolero



MATERIALS

YARN

BERNAT *Alpaca*, 3½ oz/100g balls, each approx 120yd/110m (alpaca/acrylic)

- 6 (6, 6, 7, 7, 7) balls #93705 Cherry

HOOK

- Size J/10 (6mm) crochet hook
or size to obtain gauge

NOTIONS

- Tapestry needle
- One 1¾"/44mm button

SIZES

Small (Medium, Large, X-Large, 2X, 3X).
Shown in size Small.

FINISHED MEASUREMENTS

Bust (closed) 36 (40, 44, 48, 53, 56)"/91.5 (101.5, 112, 122, 134.5, 142)cm

Length, including edging 14 (15, 16, 16, 17, 18)" / 35.5 (38, 40.5, 40.5, 43, 45.5)cm

Upper arm 17 (17, 17, 21, 21, 21)" / 43 (43, 43, 53.5, 53.5, 53.5)cm

GAUGES

- 12 sc and 12 rows = 4"/10cm.
- 8-row rep = 3"/7.5cm over body pat.

Take time to check gauges.

STITCH GLOSSARY

Beg Puff St Ch 2, (yo and draw up a loop) 3 times in same st or sp (7 loops on hook), yo and draw through 6 loops, yo and draw through rem 2 loops (1 loop rem).

Puff St (Yo and draw up a loop) 4 times in same st or sp (9 loops on hook), yo and draw through 8 loops, yo and draw through rem 2 loops (1 loop rem).

Sc2tog Pull up a loop in each of 2 indicated sts, yo and draw through all 3 loops on hook.

MOTIF

Foundation Ch 4, sl st in 1st ch to form a ring.

Rnd 1 Beg puff st, ch 2, (puff st, ch 2) 7 times, sl st in top of beg puff st to join.

Rnd 2 Ch 1, 3 sc in ch-2 sp, *(dc, ch 1, dc) in top of next puff st **, 3 sc in each of next 2 ch-2 sps; rep from * twice more, then rep from * to ** once, 3 sc in next ch-2 sp, sl st in 1st sc to join. Fasten off.

BODY PAT (MULTIPLE OF 6 STS PLUS 3)

Row 1 (WS) Ch 1, sc in each st across, turn.

Rows 2–5 Rep row 1.

Row 6 (RS) Ch 1, sc in 1st 2 sc, *ch 3, sk 2 sc, puff st in next sc, ch 3, sk 2 sc, sc in next sc; rep from * to last st, sc in last st, turn.

Row 7 Ch 5 (counts as 1 dc and 2 ch), *3 sc in top of next puff st, ch 3; rep from * across, ending last rep ch 2, dc in last sc, turn.

Row 8 Ch 1, sc in 1st dc, 2 sc in ch-2 sp, *sc in each of the next 3 sc, 3 sc in next ch-3 sp; rep from * across, ending last rep 2 sc in ch-2 sp, sc in 3rd ch of t-ch; turn.

Rep rows 1–8 for body pat.

NOTES

1 The bolero is worked from side to side in two pieces, from the sleeve to center back.

2 When working the clusters, yarn over loosely to draw through six or eight loops on hook.

RIGHT SIDE

SLEEVE

Make 5 (5, 5, 6, 6, 6) motifs. Join as foll:

With RS facing, *beg at corner ch-1 sp of a motif and work 10 sc across top of motif to ch-1 sp at other end of motif; rep from * 4 more times, turn—50 (50, 50, 60, 60, 60) sc.

Next row (inc row, WS) Ch 1, 2 sc in 1st st, 1 sc in each st to end, turn—51 (51, 51, 61, 61, 61) sc.

For 3 largest sizes only

Row 1 (inc row, RS) Ch 1, sc in each sc to last sc, 2 sc in last sc.

Row 2 (inc row, WS) Ch 1, 2 sc in 1st st, 1 sc in each st to end, turn—51 (51, 51, 63, 63, 63) sc.

For all sizes

Work 4 (4, 4, 2, 2, 2) rows sc even. Work Rows 6–8 of body pat, then work Rows 1–3, ending with a WS row. Fasten off.

BODY

Ch 12 (15, 18, 12, 15, 18) for back, fasten off. Set aside.

Ch 13 (16, 19, 13, 16, 19) for right front, turn.

Next row (RS) Sc in 2nd ch from hook and each ch to end, with RS of sleeve facing, sc in each sc at top of sleeve, then sc in each ch of saved chain—75 (81, 87, 87, 93, 99) sc.

Next row Ch 1, sc in each st.

Rep last row 0 (3, 5, 8, 10, 12) more time(s).

For sizes M and L only

Cut yarn, then with RS facing, rejoin yarn to beg with a RS row.

For all sizes

Work rows 6–8 of body pat, then rows 1–5.



SHAPE FRONT NECK

Next row (RS) Ch 1, sc in 1st 2 sc, *ch 3, sk 2 sc, puff st in next sc, ch 3, sk 2 sc, sc in next sc; rep from * twice more, sc in next st, turn—21 sts. Work over these sts for front.

Next row Rep row 7 of body pat.

Next (dec) row Ch 1, work in pat to last st and ch-sp before turn, sc2tog in sc and ch-sp—20 sts. Rep rows 1–5 of body pat and dec 1 st at neck edge every row—15 sts. Rep rows 6 and 7 once more, then work 0 (0, 1, 1, 3, 3) rows even in sc. Fasten off.

SHAPE BACK NECK

With RS facing, sk 15 (21, 21, 21, 27, 27) sts along last row of body from beg of front neck, join yarn with sl st in next st, ch 1, sc in each of the 1st 2 sc, *ch 3, sk 2 sc, puff st in next sc, ch 3, sk 2 sc, sc in next sc; rep from * to last st, sc in last st, turn—39 (39, 45, 45, 45, 51) sts. Work over these sts for back.

Next row Rep row 7 of body pat.

Next row Ch 1, sc2tog in dc and ch-2 sp, sc in same sp, work in pat across—38 (38, 44, 44, 44, 50) sts.

Rep rows 1–5 of body pat and dec 1 st at neck edge every row—33 (33, 39, 39, 39, 45) sts. Rep rows 6–8 once more. Work 3 (3, 4, 4, 6, 6) rows even in sc.

Fasten off.

LEFT SIDE

Work as for right front up to front neck shaping.

SHAPE BACK NECK

Next row (RS) Ch 1, sc in 1st 2 sc, *ch 3, sk 2 sc, puff st in next sc, ch 3, sk 2 sc, sc in next sc; rep from * 5 (5, 6, 6, 6, 7) more times, turn—39 (39, 45, 45, 45, 51) sts. Work over these sts for back.

Next row Rep row 7 of body pat.

Next row Ch 1, work in pat to last 2 sts, sc2tog in last 2 sts—38 (38, 44, 44, 44, 50) sts.

Rep rows 1–5 of body pat and dec 1 st at neck edge every row—33 (33, 39, 39, 39, 45) sts. Rep rows 6–8 once more.

Work 3 (3, 4, 4, 6, 6) rows even in sc.

Fasten off.

SHAPE FRONT NECK

With RS facing, sk 15 (21, 21, 21, 27, 27) sts along last row of body from beg of back neck, join yarn with sl st in next st, ch 1, sc in 1st 2 sc, *ch 3, sk 2 sc, puff st in next sc, ch 3, sk 2 sc, sc in next sc; rep from * twice more, sc in next st, turn—21 sts. Work over these sts for front.

Next row Rep row 7 of body pat.

Next (dec) row Ch 1, sc2tog in sc and ch-2 sp, sc in same sp, work in pat across—20 sts.

Rep rows 1–5 of body pat and dec 1 st at neck edge every row—15 sts. Rep rows 6 and 7 once more, then work 0 (0, 1, 1, 3, 3) rows even in sc.

FINISHING

Sew center back seam through front of loops only. Sew side and sleeve seams to tops of motifs, leaving sides of motifs unsewn.

FRONT AND NECKBAND

Row 1 With RS facing, beg at lower edge of right front, work 44 (48, 48, 48, 52, 52) sc along front edge, 38 (38, 40, 40, 42, 44) hdc across back neck, then 44 (48, 48, 48, 52, 52) sc along left front to bottom edge, turn—126 (134, 136, 136, 146, 148) sts.

Row 2 Ch 1, sc in each of the next 44 (48, 48, 48, 52, 52) sts, sc2tog over next 2 sts, sc in each of the next 34 (34, 36, 36, 38, 40) sts, sc2tog over next 2 sts, sc in each st to end—124 (132, 134, 134, 144, 146) sts.

Row 3 Ch 1, sc in each of the next 44 (48, 48, 48, 52, 52) sts, sc2tog over next 2 sts, sc in each of the next 5 sts, hdc in each of the next 22 (22,

24, 24, 26, 28) sts, sc in each of the next 5 sts, sc2tog over next 2 sts, sc in each st to end—122 (130, 132, 132, 142, 144) sts.

Row 4 Ch 1, sc in each of the next 44 (48, 48, 48, 52, 52) sts, sc2tog over next 2 sts, sc in each of the next 30 (30, 32, 32, 34, 36) sts, sc2tog over next 2 sts, sc in each st to end—120 (128, 130, 130, 140, 142) sts.

Row 5 Ch 1, sc in each of the next 44 (48, 48, 48, 52, 52) sts, sc2tog over next 2 sts, sc in each of the next 5 sts, hdc in each of the next 18 (18, 20, 20, 22, 24) sts, sc in each of the next 5 sts, sc2tog over next 2 sts, sc in each st to end—118 (126, 128, 128, 138, 140) sts.

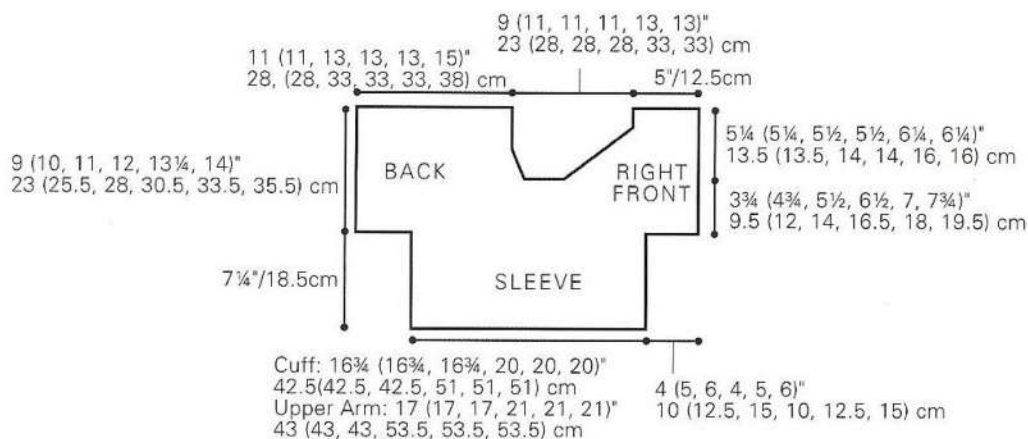
Row 6 Ch 1, sc in each of the next 44 (48, 48, 48, 52, 52) sts, sc2tog over next 2 sts, sc in each of the next 26 (26, 28, 28, 30, 32) sts, sc2tog over next 2 sts, sc in each st to end—116 (124, 126, 126, 136, 138) sts.

Fasten off.

LOWER BAND

Row 1 With RS facing, beg at edge of lower left front and work 33 (36, 38, 41, 43, 45) sc evenly across front edge, 60 (63, 67, 70, 76, 78) hdc along back edge, and 33 (36, 38, 41, 43, 45) sc along right front edge—126 (135, 143, 152, 162, 168) sts.

Row 2 (buttonhole and dec row) Ch 1, sc in each of the 1st 2 sc, ch 3, sk 3 sts, sc in each of the next 8 (11, 9, 8, 10, 8) sts, (sc2tog, sc in each of the next 3 (3, 4, 4, 5, 5) sts) 4 times, sc in each of the next 5 (6, 8, 9, 8, 8) sts, [sc2tog, sc in each of the next 3 (3, 3, 4, 4, 4) sts] 10 times, sc in each



of the next 5 (7, 9, 9, 8, 8) sts, [sc in each of the next 3 (3, 4, 4, 5, 5) sts, sc2tog] 4 times, sc in each st to end—108 (117, 125, 134, 144, 150) sts.

Row 3 Ch 1, sc in 29 (32, 34, 37, 39, 41) sts, hdc in each of the next 50 (53, 57, 60, 66, 68) sts, sc in each st to ch-3 sp, 3 sc in ch-3 sp, sc in each of the last 2 sc.

Row 4 (dec row) Ch 1, sc in 9 (12, 10, 13, 11, 13) sts, [sc2tog, sc in each of the next 3 (3, 4, 4, 5, 5) sts] 4 times, sc in each of the next 5 (6, 4, 6, 5, 6) sts, [sc2tog, sc in each of the next 3 (3, 4, 4, 5, 5) sts] 8 times, sc in each of the next 5 (7, 5, 6, 5, 6) sts, [sc in each of the next 3 (3, 4, 4, 5, 5) sts, sc2tog] 4 times, sc in each st to end—92 (101, 109, 118, 128, 134) sts.

Row 5 Ch 1, sc in 25 (28, 30, 33, 35, 37) sts, hdc in each of the next 42 (45, 49, 52, 58, 60) sts, sc to end.

Fasten off.

With RS facing, join yarn in any st along lower back edge. Sl st in each sc around all edges.

Fasten off.

SLEEVE BANDS

Rnd 1 With RS facing, beg in a ch-1 corner st of any motif, work 10 sc across bottom edge of each motif, sl st in 1st sc to join—50 (50, 50, 60, 60, 60) sts.

Rnd 2 Ch 1, *sc in each of the next 10 (10, 10, 13, 13, 13) sc, sc2tog over next 2 sc; rep from * 3 more times, sc in each of the last 2 (2, 2, 0, 0, 0) sc, sl st in 1st sc to join—46 (46, 46, 56, 56, 56) sts.

Rnds 3–6 Ch 1, sc in each sc around, sl st in 1st sc to join.

Rnd 7 Sl st in each sc around.

Fasten off.

Sew button opposite buttonhole.

Weave in ends. ■



Cascading Heart Necklaces



MATERIALS

YARN

Premier Yarns Deborah Norville Collection
Serenity Sock Solid, 1¼ oz/50g balls, each approx
230yd/210m (rayon from bamboo/superwash
merino/nylon)

- 1 ball #5003 Red

HOOK

- #0/1.75mm steel crochet hook or size to
obtain gauge

NOTIONS

- One glass heart pendant for each necklace
- Tapestry needle

SIZES

21 (30½, 40)"/53 (77.5, 101.5)cm long.

GAUGE

2 sts = ¼"/1cm, 7 rows = 1"/2.5cm (after
blocking).

Gauge is not critical for this project.

NOTES

- 1 Necklace cord is worked from a central chain
foundation ring through the pendant loop.
- 2 Work over beginning tails for 3–4 rows for
each side instead of weaving them in at the end.

ATTACH PENDANT

Ch 5, pull tail of chain through pendant's loop, sl
st to join.

Ch 1, work 3 sc into ring—3 sts.

RIGHT STRAP

Row 1 Ch 1, sc, dc. Leave rem sts unworked.

Row 2 Ch 1, sc, dc.

Repeat row 2 approx 68 (102, 118) times or
until strap measures 10½ (15¼, 20)"/26.5 (39,
51)cm from pendant.

Fasten off leaving tail of 12"/30.5cm to facilitate
joining.

LEFT STRAP

Row 1 Join yarn to middle st at pendant (sts left
unworked from Right Strap). Ch 1, sc in same
st, dc. Work as for Right Strap beg with row 2,
above.

FINISHING

Lay straps flat being careful not to twist. Whip-
stitch the top 2 strands of each stitch to the
opposite side using tails.

Weave in ends. Gently steam block. ■



Get the Facts!

Here are some fact that everyone can use to learn more about heart disease and how to fight it.

RED ALERT

Heart disease is the leading cause of death of women in the United States, but that sobering fact is not common knowledge. Here are a few more statistics:

- Both men and women have heart attacks, but more women who have heart attacks die from them.
- Every 90 seconds, a woman in the United States has a heart attack.
- Among all U.S. women who die each year, one in four dies of heart disease.
- In 2004, nearly 60 percent more women died of cardiovascular disease (both heart disease and stroke) than from all cancers combined. American women are five times more likely to die of heart disease than breast cancer.
- More than 10,000 American women under 45 have a heart attack every year.

These are frightening figures, but the good news is that you can take steps to reduce your own risk of heart disease and educate loved ones to protect theirs.



DON'T SMOKE

IF YOU DON'T SMOKE, DON'T EVEN THINK ABOUT STARTING. Smoking carries many health risks beyond heart disease. If you do smoke, make every effort possible to quit. It's the best thing you can do for your health. Talk to your doctor about resources to help you quit, such as nicotine patches.

CHECK IT OUT

One good first step to heart healthiness is to find out how healthy your heart is right now. Here is a list of questions you should ask your doctor or nurse when you go for a physical:

What is my risk for heart disease and stroke?

Which screening or diagnostic tests for heart disease do I need, and when?

What can you do to help me quit smoking?

How much physical activity do I need to help protect my heart and blood vessels?

What is a heart-healthy eating plan?

What are my numbers and what do they mean?

- ♥ Blood pressure
- ♥ Cholesterol
 - Total cholesterol
 - LDL ("bad") cholesterol
 - HDL ("good") cholesterol
 - Triglycerides
- ♥ Body mass index and waist circumference measurement
- ♥ Blood sugar level

Once you have a baseline for your heart health, you will be able to track changes and improvements. Your doctor should also be able to tell you about various risk factors that may impact your heart health.



KNOW THE SIGNS

Knowing the signs of a heart attack and what to do when you experience them is one of the most important things you can do for your heart health. For both women and men, the most common symptom of a heart attack is **pain or discomfort in the center of the chest**. The pain or discomfort can be mild or strong. It can last more than a few minutes, or it can go away and come back.

OTHER COMMON SIGNS OF A HEART ATTACK INCLUDE:

- Pain or discomfort in one or both arms, back, neck, jaw, or stomach
- Shortness of breath (feeling like you can't get enough air). The shortness of breath often occurs before or along with the chest pain or discomfort
 - Feeling faint or woozy
- Nausea (feeling sick to your stomach) or vomiting
- Breaking out in a cold sweat
- Swelling in feet, ankles, and legs

Women are more likely than men to have these other common signs of a heart attack, particularly shortness of breath, nausea, or vomiting and pain in the back, neck, or jaw.

WOMEN ARE ALSO MORE LIKELY TO HAVE LESS COMMON SIGNS OF A HEART ATTACK, INCLUDING:

Heartburn • Loss of appetite
Fatigue or weakness
Coughing • Heart flutters

The signs of a heart attack often occur suddenly, but they can also develop slowly over hours, days, and even weeks before a heart attack occurs. The more heart attack signs that you have, the more likely it is that you are having a heart attack.

If you've already had a heart attack, your symptoms may not be the same for another one. Even if you're not sure you're having a heart attack, you should still have it checked out.

If you think you, or someone else, may be having a heart attack, wait no more than a few minutes—five at most—before calling 911.

Eat right for a healthy heart

Small changes in your diet can make a big difference in your heart health.

BEVERAGES

Take a break from sugary sodas and opt for water with lemon, unsweetened iced tea, or flavored water.

WHOLE GRAINS

Choose whole-grain breads, rice, and noodles, which are packed with important nutrients and are full of fiber to make you feel full faster.

SODIUM

Excess sodium has been linked to high blood pressure. Cut back on your sodium by limiting restaurant meals, avoiding processed foods, and using spices other than salt. There are plenty of salt-free spice combinations that you can find in your grocery store. It may take a while for you to get used to the taste, but eventually, you should lose your craving for salt.

POTASSIUM

A potassium-rich diet blunts the harmful effects of sodium on blood pressure. Foods rich in potassium include various fruits and vegetables, especially tomatoes and tomato products, orange and grapefruit juice, raisins, dates, prunes, white and sweet potatoes, bananas, lettuce, and papayas.

APPETIZERS

Instead of being tempted by fried cheese sticks, opt for fresh fruit, sliced veggies, or salad. Salads should contain fresh greens, and other fresh vegetables, and can be augmented with legumes such as chickpeas. Pass on the high-fat and high-calorie non-vegetable choices, such as bacon, cheese, and croutons. And what better way to top it off than with lemon juice, vinegar, or a reduced-fat dressing?

MAIN DISHES

When cooking at home or eating out, look for some key words on menus or in recipes to know you are making healthier choices. Terms like skinless, broiled, baked, roasted, poached, or lightly sautéed indicate foods that have been prepared in heart-healthy ways.

FRUITS AND VEGETABLES

Try to eat at least five servings of fresh fruits and vegetables each day. Choose a variety of produce to maximize the nutritional benefits and keep your plate interesting.

DESSERTS

Although it's probably okay to order that French silk pie for a special occasion, there are plenty of other delicious alternatives to satisfy your sweet tooth. Try fresh fruit, fat-free frozen yogurt, sherbet, or sorbet. If you must indulge, split your dessert with a friend.



DON'T STRESS

Excess stress can raise your blood pressure and increase your risk of a heart attack. Find healthy ways to cope with stress. Lower your stress level by talking to your friends, exercising, or writing in a journal.



Exercise Your Heart

One of the best things you can do for your health is to get active!

MAKE TIME FOR YOU

Fun activities like yoga, cycling, and dancing the night away can reduce stress while exercising your heart.

Regular exercise can help to maintain a healthy body weight, lower blood pressure, and reduce stress—all of which will lower your risk for heart disease. The good news is that you don't have to run a marathon or climb a mountain. Each week aim to get at least:



2 HOURS AND 30 MINUTES OF MODERATE PHYSICAL ACTIVITY

During moderate-intensity activities you should notice an increase in your heart rate, but you should still be able to talk comfortably. An example of a moderate-intensity activity is walking on a level surface at a brisk pace (about 3 to 4 miles per hour). Other examples include leisurely bicycling and moderate housework.



OR

1 HOUR AND 15 MINUTES OF VIGOROUS PHYSICAL ACTIVITY

If your heart rate increases a lot and you are breathing so hard that it is difficult to carry on a conversation, you are probably doing vigorous-intensity activity. Examples include jogging, bicycling fast or uphill, and singles tennis.



OR

A COMBINATION OF MODERATE AND VIGOROUS ACTIVITY



AND

MUSCLE-STRENGTHENING ACTIVITIES ON TWO OR MORE DAYS

ADDED BENEFITS

If you need more reasons to start moving, there is strong evidence that regular physical activity can also lower your risk of:

Stroke	Unhealthy cholesterol levels
Type 2 diabetes	Colon cancer
High blood pressure	Breast cancer
Osteoporosis	Lung cancer
Depression	

READ ALL ABOUT IT

Here are some great resources for finding more information about heart disease and about the steps you can take to make your daily habits more heart healthy.

THE NATIONAL HEART, LUNG, AND BLOOD INSTITUTE AND THE HEART TRUTH®

The Heart Truth is a national awareness and prevention campaign about heart disease in women sponsored by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health of the U.S. Department of Health and Human Services. The Heart Truth campaign focuses on the following three areas: Professional education, patient education, and public awareness.

Contact information

www.nhlbi.nih.gov/educational/hearttruth
301-592-8573 • TTY: 240-629-3255 • NHLBInfo@nhlbi.nih.gov

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES OFFICE ON WOMEN'S HEALTH (OWH)

The OWH offers an award-winning comprehensive website that provides reliable accurate, commercial-free information on the health of women. They cover more than 800 topics, from adolescent health to reproductive health to healthy aging.

Contact information

200 Independence Avenue S.W., Washington DC 20201
www.womenshealth.gov • 800-994-9662 • TDD: 888-220-5466

ACT IN TIME TO HEART ATTACK SIGNS CAMPAIGN

The National Heart Attack Alert Program is an initiative of the National Heart, Lung, and Blood Institute to alert people to the signs of heart attack.

Contact information

www.nhlbi.nih.gov/actintime • 301-592-8573



GO TO THE SOURCE

The U.S. Department of Health and Human Services Office on Women's Health also publishes helpful fact sheets:

Heart Disease Fact Sheet

www.womenshealth.gov/publications/our-publications/fact-sheet/heart-disease.cfm

Heart Attack Facts: What is a Heart Attack?

www.womenshealth.gov/heartattack/facts.cfm?q=what-is-a-heart-attack

Health Snapshot: Heart Disease

www.womenshealth.gov/publications/our-publications/fact-sheet/health-snapshot/heart-disease-health-snapshot.pdf

Physical Activity (Exercise) Fact Sheet

www.womenshealth.gov/publications/our-publications/fact-sheet/physical-activity.cfm

Questions to ask your doctor or nurse

www.womenshealth.gov/publications/our-publications/heart-health-stroke-questions.pdf

Crochet Red

CROCHETING FOR WOMEN'S HEART HEALTH



A portion of the proceeds from *Crochet Red* will be donated to the Foundation for the National Institutes of Health (FNIH) in support of *The Heart Truth*®.

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