

Nurse Mates

a knitting pattern by Esther Braithwaite Designs

Construction

Nurse Mates Dolls are knit in one piece from the bottom-up. The doll's body can be knit flat on straight needles and seamed, or knit in the round on dpns. The optional face mask is knit flat on two needles. Simple sewing techniques are used to define the arms and legs after knitting.

Gauge

Exact gauge is not important; the chart below shows approximate gauge, needles, and finished sizes for the yarns I commonly use. Choose a needle 2 or 3 sizes smaller than recommended on the ball band to create a dense fabric that will keep the stuffing hidden

Fingering	DK/Sport	Worsted
US1 2.25 mm	US 3 3.0mm	US 5 3.5mm
8 sts and 11 rows/inch	6.5 sts and 9 rows/inch	5 sts and 7 rows/inch
4 $\frac{3}{4}$ inches tall x 2 $\frac{1}{4}$ " wide	5 $\frac{1}{4}$ inches tall x 2 $\frac{3}{4}$ " wide	6 inches tall x 3" wide



Yarn

Models are knit from a variety of DK oddments.

Abbreviations

CO = cast on; K = knit; K2tog = Knit 2 stitches together; P = purl; RS = right side; St(s) = stitch(es); WS = wrong side



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Circular Knitting Instructions

NOTE: Working intarsia in the round can affect your tension. Remember to twist your strands to prevent holes between sections of colour. Knitting the body inside-out can help to keep your floats loose. A quick steam blocking before stuffing can help relax the fabric.

Loosely cast on 32 stitches in White, leaving a long tail for seaming. Arrange stitches evenly on 4 needles (8,8,8,8).

Refer to chart, or knit from pattern as follows:

SHOES

Rounds 1 - 4 Knit

SCRUBS

Round 5-16 (Join scrubs colour) Knit.

Rounds 17-18 Purl.

Round 19-24 (Intarsia section) Knit 4 in scrubs colour, Knit 8 in skin colour, Knit 8 in scrubs colour, Knit 8 in skin colour, Knit 4 in scrubs colour.

Rounds 25-30 Knit in scrubs colour. (NOTE: Work the v-neck in duplicate stitch after stuffing the doll.)

FACE

Round 31-38 (Join skin colour) Knit

PLAIN HAIR

Rounds 39-42 (Join hair colour) Knit

Round 43 (begin decreases) K5. K2tog, *K4, K2tog repeat from * across to last stitch. K1.

Round 44 (and all even rows) Knit

Round 45 K4, K2tog, *K3, K2tog, repeat from * across to last stitch. K1.

Round 47 K3, K2tog, *K2, K2tog, repeat from * across to last stitch. K1.

Round 49 K2, K2tog, *K1, K2tog, repeat from * across to last stitch. K1.

Round 51 K1, * K2tog repeat from * across to last stitch. K1.

Cut yarn, thread yarn through remaining stitches and draw up tightly.

HAIR/SURGICAL CAP

Rounds 39-40 (Join hair colour) Knit

Round 41 (Join scrubs colour) Knit

Round 42 Purl.

Round 43 – 51 Continuing in scrubs colour, work decreases as above.

Finishing Instructions

Refer to Page 4



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Straight Knitting Variation

Loosely cast on 34 stitches in White leaving a long tail for seaming.

Knit from pattern as follows:

SHOES

Rows 1-4 Knit in stockinette stitch, knitting on the RS (odd rows) and purling on the WS (even rows)

PANTS

Rows 5-16 (Join scrubs colour) Continue in stockinette stitch, knitting on the RS and purling on the WS

Row 17 Purl

Row 18 Knit

Row 19 (Intarsia Section) Knit 5 in scrubs colour, Knit 8 in skin colour, Knit 8 in scrubs colour, Knit 8 in skin colour, Knit 5 in scrubs colour.

Row 20 Purl 5 in scrubs colour, Purl 8 in skin colour, Purl 8 in scrubs colour, Purl 8 in skin colour, Purl 5 in scrubs colour.

*Repeat these 2 rows twice more.

Rows 25-30 Continuing in scrubs colour, work in stockinette stitch, knitting on the RS and purling on the WS. (NOTE: Work the v-neck in duplicate stitch after stuffing the doll.)

FACE

Rows 31-38 (Join skin colour). Continue in stockinette stitch, knitting on the RS (odd) rows and purling on the WS (even) rows.

PLAIN HAIR

Rows 39-42 (Join hair colour) Continue in stockinette stitch for 4 rows knitting on the RS (odd) rows and purling on the WS (even) rows.

Row 43 (begin decreases) K6. K2tog, *K4, K2tog repeat from * to last 2 stitches, K2.

Row 44 (and all even rows) Purl

Row 45 K5, K2tog, *K3, K2tog, repeat from * across to last stitch. K2.

Row 47 K4, K2tog, *K2, K2tog, repeat from * across to last stitch. K2.

Row 49 K3, K2tog, *K1, K2tog, repeat from * across to last stitch. K2.

Row 51 K2, * K2tog repeat from * across to last stitch. K2.

Cut yarn, thread yarn through remaining stitches and draw up tightly.

HAIR/SURGICAL CAP

Rows 39-40 (Join hair colour) Work in stockinette stitch.

Rows 41 (Join scrubs colour) Knit.

Row 42 Knit.

Rows 43 – 51 Continuing in scrubs colour, work decreases as above.

SEAM BODY

Using tail from top of head, sew the sides of the doll together with an invisible seam.

Finishing Instructions

Refer to page 4.



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Finishing Instructions

Stuff head.

Sew a running stitch of matching yarn across the first face row, then stuff the head firmly. Draw up to form neck and knot securely. Do not cut ends, as you will use these to define arms as noted below.

Stuff body.

Sew a running stitch of matching yarn across cast-on edge, then stuff the body loosely. Draw up to close bottom of doll and knot securely. Do not cut ends as you will use this to define the legs.

Define legs.

Begin at the back middle seam, and pull yarn through to the front middle. Using the chart as a guide, count 16 stitches from the back middle seam to the front. Keeping the first few stitches loose can also help guide a straight seam. Pull snugly to create leg definition as you continue to a few rows below the sweater. Fasten yarn securely.

Define arms.

Using ends from neck seam, define arms with tiny backstitches through all layers. Begin your arms 3 rows down from neck and 4 stitches from back seam. Arms are 8 stitches wide. Secure yarn and pull through body to hide ends. Repeat on opposite side for second arm.

V-Neck

Referring to chart, work v-neck in duplicate stitch using skin colour.

Embroider Bangs

Using a strand of yarn that matches your hair colour, make several long stitches. Refer to the photos for placement.

Embroider Eyes

Embroider eyes in black. Pull a strand of black yarn under both legs of a stitch. Knit 3 horizontal stitches in the same stitch, then pull the needle through the doll and bring up at the opposite side for the second eye. Make 3 horizontal stitches, then pull the needle through the doll and bring up beside original yarn tail. Tie a knot to fasten yarn securely, then pull through body of doll to hide ends.



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Curly Hair

Wrap yarn tightly in a single layer around a wooden skewer or dowel (I use old bamboo dpns.)

Put wrapped dowels in a colander in the sink and dampen yarn thoroughly with hot water.

Transfer to a baking sheet. Place in 200degree Fahrenheit oven for 30 minutes. When cool, pull from end to release the coiled yarn from dowel. Cut into desired lengths. Insert a crochet hook through both 'legs' of a knit stitch.

Fold one of your strands of hair in half and pull through your knitted stitch, keeping the loop on your crochet hook.

Wrap both ends of the strand of hair around your crochet hook and pull through your loop to secure.

***Video tutorials on knitting, seaming, and finishing dolls are available on my YouTube channel at:**

<http://bit.ly/estherjoyknits>



Mask (Knit flat on two needles)

Cast on 12 stitches in White.

Rows 1, 3, and 5 Knit.

Rows 2 and 4 Knit 2, Purl 8, Knit 2.

Cast off knitwise on wrong side.

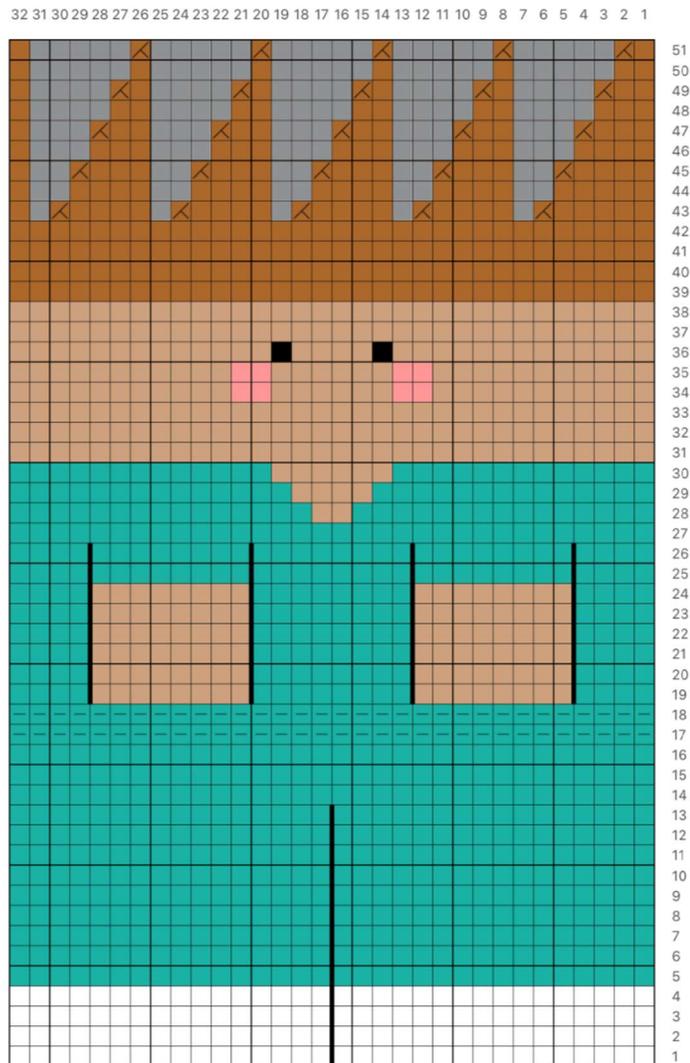
Leave cast on and cast off tails long.

Attach matching strands of yarn on the opposite side of the mask to create ties. Use ties to secure mask to the doll's face.



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	K2 Tog
	No stitch
	P on RS, k on WS on color chart
	Apply blush after knitting

***NOTE: Chart reflects stitch count (32 stitches) for CIRCULAR KNITTING only. ***

When knitting the pattern on straight needles you must add 1 stitch to either side of the pattern for seaming (34 stitches required)*

