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Many thanks to the company LANA GROSSA - Wolle und Garne for 50 kg of pure extrafine merino wool!

www.lana-grossa.de

Stay in touch with us:


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Melanie Berg:

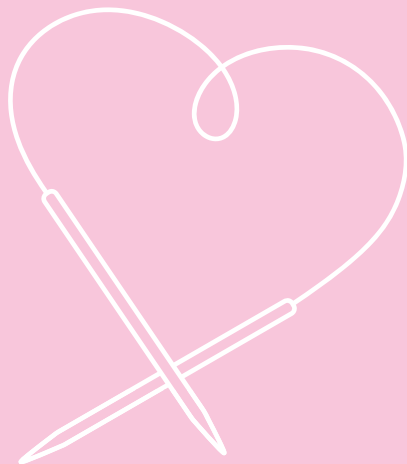
<https://mairlynd.de>

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Katerina Jacob:

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mamazone

mamazone – Frauen & Forschung gegen Brustkrebs e.V.

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BRUSTKREBS:
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ICH BIN
DABEI

Heart project of
board member,
Biggi Welter, here
with moderator
Bärbel Schäfer
at the presentation

**Knit
your good
wishes!**

The mamazone Umarmungs(Hug)-Shawl

Our big knitting campaign
for women with breast cancer

mamazone



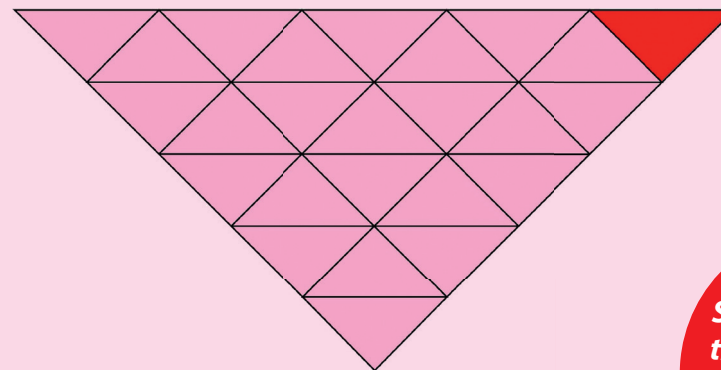
Knitwear designer
Melanie Berg
has designed the
shawl

Foto: Melanie Berg

Actress
Katerina Jacob
immediately said yes
to the project



Foto: Katerina Jacob



mamazone

*Send your single
triangles or one
completed shawl
to mamazone!*

Give a hug!

Board member of mamazone, Biggi Welter, had the great idea for her heart project for women with breast cancer: „I have been so lovingly helped by other women, and now it is our turn to give a hug with this shawl. This is a strong sign of support: You are not alone!“

Knitwear designer Melanie Berg was immediately inspired by the idea and designed the shawl. She says: „I received my own diagnosis in the summer of 2021, and I know how suddenly, nothing is how it used to be. Love and support have carried me through this, and this is what I want to pass on now: Be a friend and knit your good wishes into the shawl!“

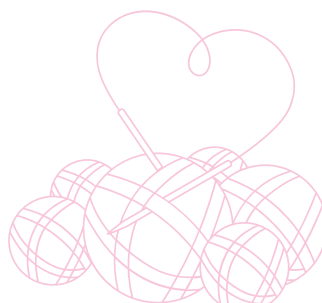
„Whether during chemo or whatever therapy the women are waiting for, the Umarmung shawl is a wonderful gift,“ says our celebrity supporter, actress Katerina Jacob. We know her from her many television roles, a strong and courageous lady, giving strength to other women by making her own breast cancer disease public in the

beginning of 2022. „During my therapy, I always had something warming with me. You can snuggle up in this wrap and it just feels good.“

So let's knit together and pick up the thread...

You decide how much you knit. One ball of yarn makes three triangles. The finished Umarmung shawl consists of 25 triangles made from high quality merino wool from Lana Grossa. Order as much yarn as you want to: On the homepage: www.mamazone.de/umarmungstuch/

Then send the knitted triangles back to mamazone, because here, all the threads come together again: We sew the individual parts together and hand over the finished, wonderful Hug-Shawls to the women during their therapy.



Knitting instructions:

Yarn

Lana Grossa Cool Wool (100% Merino; 50 g / 175 yds [160 m])

» 1 ball is enough for three triangles

Needles

» US 4 [3.5 mm] circular needles
or size to obtain gauge

Notes

» Umarmung is made from 25 triangles which are each worked separately and then joined together.

Finished measurements

» 70,75" [180 cm] wingspan along top edge
and 31.5" [80 cm] deep (see schematic)
» 1 triangle is approximately 12.5" [32 cm] wide

Abbreviations

k – knit

kfb - k front and back of st (1 st increased)

RS / WS - right / wrong side

st(s) – stitch(es)

Blocked gauge

11 sts x 22 rows = 2 x 2" [5 x 5 cm] in garter stitch

Cast-on

Cast on 3 sts using the long-tail cast-on method.

Set-up row (WS): k to end

Row 1 (RS): kfb, k to last st, kfb
(2 sts increased -- 5 sts)

Row 2: k to end

Work 34 repeats of Section 1
(68 sts increased --- 73 sts)

Bind-off

Row 1 (RS): k1, [k1, slip 2 sts back to left needle, knit them together through the back loops] repeat to end
In case don't want to send single triangles, but rather a completed shawl to mamazone, join the 25 triangles as follows:

There are many ways to join the triangles. After taking a look at some of them, I decided that crocheting them together would be the smoothest and easiest method. I've used a crochet hook of the same size as my knitting needles. With the fl at single crochet method, I carefully joined all triangles together, one by one. The one in the contrasting color goes in the upper right corner of the shawl.

Here's a video showing the technique:

<https://www.youtube.com/watch?v=5akpnDzVH3o>

For joining, I divided the shawl in horizontal sections and joined triangles along the diagonal seams of each section first. Then the next horizontal section and so on. Finally, I joined all horizontal sections together. During that process, I've used safety pins to keep everything in place.

In the end, I've used the same method to crochet around all three edges of the shawl for a neat finish.

Finishing

Cut yarn and pull through last st. Weave in and secure all ends, wash and block to final measurements.

Notions

» crochet needle for joining the triangles
» safety pins to keep everything in place