Knit one, help loads our little guide to big knitting





keeping older people in Ireland warm this winter

www.innocentdrinks.ie/thebigknit



Want to help keep older people in Ireland warm this winter?

Well, you don't need to knit an army of jumpers – just nice little hats for one of our innocent smoothie bottles. The hats will sit on the bottles in shops across Ireland this November. For every behatted bottle sold we'll give 25c to Age Action Ireland. We're aiming to knit 80,000 little hats this year, so we'd love you to get knitting.

It's a sad fact that every year in Ireland around 2,000 people over the age of 65 die from cold related conditions which is where your knitted goods come in. All monies raised from the innocent Big Knit this year will go towards supporting Age Action to help keep older people in Ireland warm.

In this little booklet, you'll find some handy patterns and details of what to do once you've finished your knitted hats. So dust off those needles and get knitting.

If you aren't an experienced knitter check out www.innocentdrinks.ie/thebigknit for easy to follow instructions on how to knit and more.

You've got until **Friday 14th October** to get your woolly creations to us.

Happy knitting.



where to send your hats

Before you send us your woolly creations, why not post a photo on our facebook page **www.facebook.com/innocent.smoothies** or write up your patterns for others to see on our website **www.innocentdrinks.ie/thebigknit**

Once you're done knitting, you'll need to get the hats over to us. We've got prizes for the best hats and the best groups of knitters, so make sure to include a little note with every package stating:

- How many hats you've knitted
- Your name, address and phone number
- Your email address
- And the date you've sent stuff in

Then just pop them in the post to the address below so they reach us by the deadline **Friday 14th October**.

innocent Big Knit 2011, Fruit Towers, 120/121 Lower Baggot Street, Dublin 2

If you've got any questions, tips or wool-related gossip, drop us a note to **howaya@innocentdrinks.ie** or give the banana phone a call on **01 6644100**.

Love from innocent



Stuck for inspiration? Here's just some of the amazing hats we received last year. Get your hats in as you knit them for a chance to win some smoothie hampers and the coveted title of Hat of the Week.



Simple, fancy, cat-shaped – as long as it fits on our bottles, all hats are on.

Age Action charity number: CHY10583. Registered in Ireland: 198571

before you start

Here's a few knitting patterns to get you started. If crochet is your thing check out www.innocentdrinks.ie/thebigknit for a pattern.

vou'll need this stuff:



some

wool



1 pair of

scissors



small knitting needles (3.25mm - 4mm

needle

a sewing

son hobbles'

and here's a couple of exercises to limber you up:

grip 'n' squeeze

- 1. grab your ball of wool
- squeeze it 10 times.
- and relax

1234

- 1. starting with your index finger, tap each finger in turn against you thumb until you get to your little finger.
- 2. then reverse it.
- 3. get ready for some power knitting

*not compulsory, we just think they're nice



beginner pattern

- 1. Curl up by the fire/sit next to the radiator.
- Using double knitting varn and 4mm needles, cast on 28 stitches.
- 3. To start, either knit two rows, or, to create a rib, knit 1 purl 1. Then, starting with a knit row, work in stocking stitch (knit 1 row, purl 1 row, knit 1 row etc) for 12 more rows.
- 4. For the next row, knit 2 together to the end (14 stitches). And for the row after that, purl 2 together to the end (7 stitches).
 - 5. When you've finished, cut the yarn leaving about 25 cm. Thread the cut end of the yarn through a sewing needle, then run it through the loops and remove the knitting needle (fig. A).
 - Tighten the yarn (fig. B) and sew the little hat together at the side (fig. C). Once finished, turn it right-side out so that the seam you've just sewn runs up the inside.



- 7. Just to check you're on the right track, we reckon when laid out flat, the hat dimensions should be about 5-7cm along the bottom and at least 3cm high.
- 8. To finish, just sew a little bobble onto the top of the hat

intermediate pattern



- 1. Find a cosy spot (armchair/rocking chair/ hammock)
- 2. This time you need two colours. Using your main colour double knitting yarn and 4mm needles, cast on 28 stitches.
- 3. To start, either knit two rows, or, to create a rib, knit 1 purl 1. Then, starting with a knit row and working in stocking stitch throughout (knit 1 row, purl 1 row, knit 1 row etc) do 2 rows of your second colour followed by 2 rows of your main colour. These 4 rows set your stripe pattern. Do 8 more rows in the same stripy fashion.
- 4. For the next row, knit 2 together to the end (14 stitches). And for the row after that, purl 2 together to the end (7 stitches).
- 5. Follow points 5-8 as per the beginners' hat to finish off.
- 6. Reward yourself with a nice cup of tea.

Why not bring out your inner animal with these inspired colour combos:





parrots of





flight of the bumblebee

piggy in the caribbean the middle

very thirsty caterpillar

aorillas in the mist

advanced pattern



2. For this one you should use yellow and red yarn, and you'll also need some green for the stalk and leaves. Using your red double knitting yarn and some small needles, cast on 28 stitches

3. Knit 2 rows. Then, starting with a knit row and oughout (knit 1 row, the 14 rows as

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4. For the next row, using green, knit 2 together to end, then for the next row purl 2 together to end (7 stitches), followed by the next row which is knit 1, knit 2 together three times (4 stitches)

5. Transfer the 4 stitches from the right to the left needle, pulling the yarn tight and knitting them again. Repeat six times. This is an I-cord and will be the strawberry's stalk.

6. To finish, knit 2 together twice then pass the first stitch over the second. Fasten off by pulling the yarn through the last switch.

7. Make up by sewing the side seams together and finish off by threading the yarn down the strawberry stalk.



innocent

wis, apples

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