

# Shrug Hug

by Hugs through Shrugs

5 skeins of Universal Yarn Uptown worsted

You will have enough yardage to make a 20" x 60" Shrug Hug, a 50" crocheted chain and a tiny Courage Cape or 2 if you'd like to help suit up a Bear Buddy!

US15 needles

2 beads to finish off your lace. (Hint: re-use the twist tie holding beads together to thread yarn through bead: fold twist tie in half, insert yarn and pull through bead.)

Cast on 47 stitches. Knit 4 rows in garter stitch.

Row 5: knit 3, purl across to last 3 stitches, knit 3

Row 6: Knit

Repeat rows 5 and 6 until you reach about 58 or 59". Knit 4 rows. Bind off loosely.

Uptown is a bouncy yarn with lots of weight making the perfect fabric for our Shrug Hugs. Don't worry if your measurements are slightly off, there is stretch when worn. If using a contrast color like our sample, double strand your contrast color for your garter stitch border. Cut one strand and add main color. Knit for 7" then cut contrast color, add second strand of main color and knit in pattern until about 52". Cut one strand of main color, add contrast color and work for 7". Finish garter stitch border with 2 strands of contrast color and bind off loosely.

To make lace: Double strand and use a large crochet hook (we used an N) and make a 50" long chain leaving 3" of tail at each end. Add beads - use your twist tie to thread tails of your chain through each bead, knot and weave tails back into bead, clip leftover tails. To lace closed, fold Shrug Hug in half with wrong sides together, right side out. Line up bottom edges. Holding inside garter border closed, open and lay fabric flat. Begin lacing at inside corners of bottom edge, and lace inside borders closed like you would lace a shoe, crisscrossing about every 2" until you have about a 10 - 12" left unlaced to form neck opening. Tie lace into a bow. Wear like a pullover - and feel the hug!!

If you would like to donate your Shrug Hug to a mom, either return to Skein Yarn Shop or ship to Mary Langdon, 1 Redwood Road, Martinsville NJ 08836. Thank you for your support!





Hugs through Shrugs is a registered 501(c) wrapping love and support around moms whose children are battling cancer. Through collaborations with other pediatric cancer charities, we are able to ship our signature Shrug Hugs nationwide - directly to the homes of the moms we serve.

In Rhode Island we provide care packages to moms staying on the pediatric oncology floor at Hasbro Children's Hospital in Providence through our collaboration with the Izzy Foundation. These care packages include toiletry items, a small notebook and pen, handmade "Face Mask Keepers", a card from the Shrug Hug maker and a tiny Bear Buddy wearing a "courage cape" for the children of the moms receiving our gifts.

You can help support these brave moms by donating Shrug Hugs, making Courage Capes for our tiny Bear Buddies or purchasing our hand dyed yarns. 100% of all our sales always fund our mission.

To learn more please visit our website: [www.HugsthroughShrugs.org](http://www.HugsthroughShrugs.org), follow us on Instagram and Facebook or subscribe to our YouTube channel for charity news and yarn updates.

To make a Courage Cape

Using US8 needles, cast on 12 sts leaving an 6" tail to cut and use later to make one of the ties.

Knit 3 rows (garter stitch).

Row 1: Knit 3 purl 6 knit 3.

Row 2: Knit 12,

Repeat Row 1, Row 2. And Row 1

then decrease on next row by knit 3, k2tog, k1, k2tog, k1, ktog, knit 1. BO.

Leave about 6' tail, cut yarn to make one tie. Cut tail from cast on and use to make second tie to secure around Bear Buddy's neck.

