

Bosom Buddies Pattern

Mission

Bosom Buddies of Wyoming

Bosom Buddies of Wyoming is a knitting project that benefits breast cancer survivors. Volunteers knit prosthetics called “bosom buddies” that are comfortable and functional. These are available without charge to breast cancer survivors.

Pattern Overview

Bosom buddies are light, non-allergenic, breathable, and soft. They may be machine washed and dried on a low setting. A version of this pattern, “Tit Bits,” was copyrighted in 2005 by Beryl Tsang and was originally published in Knitty.com.

Materials

Yarn: Knitpicks Shine worsted

Supplies: US #6 and #5 Double Pointed Needles, stitch marker, tapestry needle, fiberfill.

Gauge: 22 stitches/24 rows = 4” stockinette stitch Sizes: A (B, C, D, DD) cup

Knitting Skills: Cast-on, bind-off, knitting in the round, increasing, decreasing.

1. Using larger needles, cast on three stitches.
2. Round 1: Knit in the front and back of each stitch (6 stitches).
3. Divide stitches evenly between three double-pointed needles and join to work in the round, placing marker at the first stitch.
4. Round 2: Knit to the last stitch on each needle, M1. Three stitches increased (9stitches).
5. Repeat round 2 until there are 20 (22, 24, 26, 30) stitches on each needle or 60 (66, 72, 78, 90) stitches total.
6. Purl two rounds.
7. Change to smaller needles as you knit the next row and knit the last two stitches together on each needle (3 stitches decreased per round.)
8. Repeat the decreasing row until there are eight stitches on each needle.

Finishing:

1. Moderately stuff with filling. The inside piece should be flatter than the outer piece. Stuff until soft rather than bouncy!
2. Knit decreasing row until there are three stitches on each needle.
3. Run a 10” tail of yarn through the remaining stitches.

4. Weigh the bosom buddy. They should weigh 26(32,40, 50, 52) grams. If you don't want to weigh the Bosom Buddy, put a little stuffing in it, secure the stitches with yarn, return it to us and we will finish it.
5. Tack the outer and inner pieces together through the center so the back is concave.
6. Weave in ends and repeat directions for the second bosom.

Stay in touch! Let us know if you have questions or comments.

Facebook: Bosom Buddies of Wyoming

Email: bosombuddieswy@gmail.com

Address: Bosom Buddies of Wyoming

907 S. Durbin St.

Casper, WY 82601

Phone: 307-247-2503

