



Guardian^{ANGEL}

22 YEARS *of* KNITTING FOR GOOD



St Vincent de Paul Society
good works

Guardian
Let's talk about you

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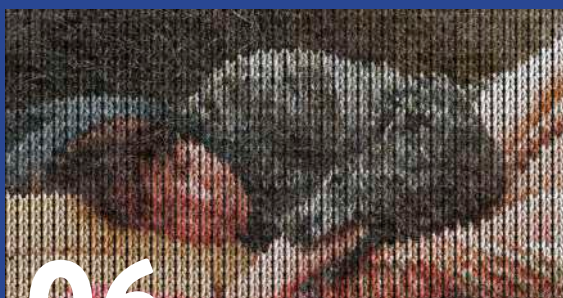
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INTRODUCTION

Welcome to the 22nd year of the Guardian Angel program! That is 22 years of you, our Guardian Angels, selflessly putting in your time, efforts and talent to create and donate your masterpieces to those in need. We are pleased to continue our partnership with the St Vincent de Paul Society (Vinnies) for the fourth year running, as we continue our journey to help those who face homelessness and disadvantage across Australia.

CHANGES TO THE PROGRAM IN 2020

Due to the ongoing situation regarding COVID-19, we have had to make changes to our Guardian Angel Knitting Program in 2020. As we encourage you to stay home during this time, we have made the Guardian Angel Knitting Book exclusively digital in 2020 with every pattern easily down-loadable for individual print.

In an effort to continue social distancing, we will not be accepting knitted garments this year. Instead, we encourage you to stay home, knit your masterpieces and hold onto them until you are able to donate them next year.

We love seeing your work of art and invite you to continue sharing with us by posting pictures of your garments on our community page on Facebook. You can find us @GuardianAustralia.

Thank you for your consistent contribution to our Guardian Angel program. Please take care during this time.

ON ANY GIVEN NIGHT, MORE THAN 116,000 PEOPLE EXPERIENCE HOMELESSNESS AROUND AUSTRALIA

Over the past five years, homelessness has increased at almost 14 per cent. Homelessness doesn't discriminate - it affects families, young people, older people, people with disabilities, people without disabilities. People living in regional and rural Australia, and in the outer suburbs. Homelessness doesn't just mean rooflessness.

Most people classified as homeless are couch surfing, or in overcrowded accommodation or some sort of transitional arrangement, meaning that they don't have secure housing.

Visit www.vinnies.org.au to learn more about homelessness in Australia.

GUARDIAN IN THE COMMUNITY

In 2019, members of the Guardian community participated in the Vinnies Soup Van volunteer program where donated garments and personal hygiene products were handed out directly to people in need. Guardian representatives also participated in and raised almost \$20,000 for the Vinnies CEO Sleepout. We would like to thank Vinnies for giving us a platform to be able to help provide comfort and humanity to disadvantaged Australians.





The many ways Vinnies provides support for people facing homelessness and disadvantage in Australia.

For many people who are dealing daily with poverty and face social isolation, a hand-made item knitted with love can be a treasured item and a reminder that someone cares. For people who don't have a safe place to call home, a hand-knitted scarf or beanie can also provide a practical solution for keeping warm during the cold winter months.

Vinnies offers 'a hand up' to people in need. We do this by respecting their dignity, sharing our hope, and encouraging them to take control of their own destiny.

The services Vinnies can provide include accommodation and support services, aged care, homelessness services and disability services. Vinnies services are proudly delivered by a workforce comprised of 97% volunteers, which equates to approximately 45,600 volunteers across the country in local communities offering a 'hand-up' to people in need.

To learn more about the Vinnies volunteer services, visit www.vinnies.org.au



St Vincent de Paul Society
good works

ABBEY ROAD WOOL TO BE WILD BEANIE

Easy

What you'll need

- 'Abbey Road' Wool To Be Wild 1 x 100g ball.
- 1 pair 6.50mm knitting needles or size required for correct tension
- Scissors, yarn needle, tape measure

Measurements	
Ladies	56 cm
Men	59 cm

Pattern provided by

SPOTLIGHT

Tension

14 sts and 19 rows to 10cm over stocking st, using 6.50mm needles.

Instructions

Beg Rib

1st Row – (WS when brim is turned back) – K2, * P1, K1, rep from * to last st.

2nd Row – K1, * P1, K1, rep from * to end. Last 2 rows form rib.

Cont in rib until work measures 21 (23) cm from beg, ending with a 2nd row.

Shape Crown

1st Row – (RS) - Rib 5, * sl 1, K2tog, psso, rib 5, rep from * to end ... 53 (59) sts. Work 3 rows rib.

5th Row – Rib 5, * sl 1, K2tog, psso, rib 3, rep from * to end ... 37 (41) sts. Work 3 rows rib.

9th Row – Rib 1, * sl 1, K2tog, psso, rib 1, rep from * to end ... 19 (21) sts. Work 3 rows rib.

13th Row – Rib 1, * sl 1, K2tog, psso, rib 1, rep from * to last 2 (1) st/s, rib 2 (1) ... 10 (11) sts.

Break off yarn leaving a long end.

Thread yarn through rem sts, draw up tightly and fasten off securely.

Finishing

DO NOT PRESS. Using mattress st, join side edges tog, reversing seam for 7cm from cast on edge for brim.

Turn back brim.



PURE WOOL PTD

8 PLY SCARF

Easy

What you'll need

- '4 Seasons' Pure Wool Printed 8ply 50g balls 4 x 1st Colour (C1) Blue Mix and
- '4 Seasons' Pure Wool 8ply 50g 2 x 2nd Colour (C2) Bluebell, 1 x 3rd Colour (C3) Teal and 1 x 4th Contrast (C4) Navy
- 1 pair 4mm knitting needles, or size required for correct tension
- A large crochet hook for fringing
- Scissors, yarn needle, tape measure

Measurements

Width	20 cm
Length	190 cm

Pattern provided by

SPOTLIGHT

Tension

21 sts x 32 rows to 10cm over patt, using 4mm needles.

Instructions

Using C1, 1st Row – (RS) – * K2, P2, K2, rep from * to end.

2nd Row – K4, * P2, K2, rep from * to last 2 sts, K2.

3rd Row – As 2nd row.

4th Row – As 1st row.

Rows 1 to 4 incl form patt.

Cont in patt until work measures 15cm from beg, working last row on WS.

Using C2, cont in patt until work measures 45cm from beg, working last row on WS.

Using C1, cont in patt until work measures 60cm from beg, working last row on WS.

Using C3, cont in patt until work measures 80cm from beg, working last row on WS.

Using C1, cont in patt until work measures 95cm from beg, working last row on WS.

Using C4, cont in patt until work measures 110cm from beg, working last row on WS.

Using C1, cont in patt until work measures 130cm from beg, working last row on WS.

Using C2, cont in patt until work measures 145cm from beg, working last row on WS.

Using C1, cont in patt until work measures 175cm from beg, working last row on WS.

Using C3, cont in patt until work measures 190cm from beg, working last row on WS.

Cast off loosely in patt.

Finishing

DO NOT PRESS. Wind C4 around a piece of cardboard 15cm long and cut along one edge. Using crochet hook and 2 strands of yarn for each tassel, fringe evenly along cast on and cast off edges. Trim fringe to desired length.





KNITTED SOCKS

Easy

What you'll need

- 'Moda Vera' Yana 50g balls:
1 ball 1st Colour (C1) Burgundy,
1 ball 2nd Colour (C2) Mallard.
- 1 pair 6mm knitting needles or size
required to give correct tension.
- Scissors, yarn needle, tape measure

Measurements		
Size	Child	Adult
To Fit Foot (approx)	19 cm	25 cm

Pattern provided by

SPOTLIGHT

Tension

14 sts and 20 rows to 10cm over stocking st, using 6mm needles.

These socks have been worked on a smaller needle and at a firmer tension than normally recommended.

Instructions

Socks

(make 2 – beg at top of back cuff)

Using 6mm needles and C1, cast on 13 (15) sts in rib.

Beg Cuff

1st row (RS) – K2, * P1, K1, rep from * to last st, K1.

2nd row – K1, * P1, K1, rep from * to end.

Last 2 rows form rib.

Rep last 2 rows twice more ... 6 rows rib in all.

Beg Heel

Work 8 (12) rows stocking st.

Turn Heel

Note – When patt specifies turn - proceed as follows to avoid holes in work. Take yarn under needle and onto other side of work, slip next st onto right-hand needle, take yarn under needle and back to original position, slip st back onto left-hand needles, then turn and proceed as instructed in patt.

1st row – (RS) – K11 (13), turn.

2nd row – P9 (11), turn.

3rd row – K7 (9), turn.

4th row – P5 (7), turn.

5th row – Knit across to end.

6th row – Purl across all sts.

Tie a coloured thread at each end of last row.

Work in stocking st, until work measures 11 (15) cm from beg, ending with a purl row.

Shape Toe

1st row (RS) – K1, sl 1, K1, psso, knit to last 3 sts, K2tog, K1 ... 11 (13) sts.

2nd row – Purl.

Rep last 2 rows until 7 sts rem, ending with a purl row.

Using C2 for rem, **Next row** – (RS) – K1, M1, knit to last st, M1, K1 ... 9 sts.

Working in stocking st beg with a purl row, inc (as before) inside one st at either end, until there are 13 (15) sts, thus ending toe shaping.

Cont without shaping beg with a purl row until work measures same as first side from colour change to coloured threads, ending with a purl row.

Tie a coloured thread at each end of last row.

Work 8 (12) rows stocking st.

Beg Cuff

Work 6 rows rib (as before).

Cast off loosely in rib.

Finishing

DO NOT PRESS. Using mattress st, join side edges tog, matching coloured threads, to form top and bottom of sock.



SPOT SAVER THROW

Intermediate



What you'll need

- 'Spotsaver' 200g: 1 ball Main Colour (M) Black, 2 balls 1st Contrast (C1) Royal, 3 balls 2nd Contrast (C2) White, 1 ball 3rd Contrast (C3) Navy

- A circular 5.50mm knitting needles or size required to give correct tension

- Cable needle, 5.50mm crochet hook, Scissors, yarn needle, tape measure

Measurements	
Width	20 cm
Length (approx)	190 cm

Pattern provided by

SPOTLIGHT

Abbreviations

wyib = with yarn in back of work,
wyif = with yarn in front of work.

Special Abbreviations

Picot = 5ch, sl st in first of these chains.

C8F = Slip next 4 sts onto a cable needle and leave at front of work, K4, then K4 from cable needle.

Tension

16 sts x 22 rows to 10cm over stocking st, using 5.50mm needles.

Instructions

Throw

Using 5.50mm needle and M, cast on 187 sts.

Working backward and forward in rows not rounds, cont as folls –

1st row – WS – Purl.

Beg Patt 1

Using C1.

1st row – K1, * sl 1 wyib, K1, rep from * to end.

2nd row – Purl.

Change to M.

3rd row – K1, * sl 1 wyif, K1, rep from * to end.

4th row – Purl.

Using C1.

5th row – K2, * sl 1 wyib, K1, rep from * to last st, K1.

6th row – Purl.

Using M.

7th row – K2, * sl 1 wyif, K1, rep from * to last st, K1.

8th row – Purl.

Last 8 rows form patt 1.

Cont in patt 1, until work measures approx. 15cm from beg, ending with an 8th patt row,

Beg Patt 2

Using C2.

1st row – K3, * wyib sl 1, K5, (wyib sl 1, K3) twice, rep from * to last 3 sts, K3.

2nd row – K3, * (P3, wyif sl 1) twice, K5, wyif sl 1, rep from * to last 3 sts, P3.

Using C3.

3rd row – K2, * (K3, wyib sl 1) twice, K5, wyib sl 1, rep from * to last 4 sts, K4.

4th row – P4, * wyif sl 1, K5, (wyif sl 1, P3) twice, rep from * to last 2 sts, * K2.

Last 4 rows form patt 2.

Cont in patt 2, until work measures approx. 15 cm from beg of patt 2, ending with a

4th patt row, inc 1 sts in centre of last row ... 189 sts.

Beg Patt 3

Using M.

1st row – K1, * sl 1 wyib, K5, rep from * to last 2 sts, sl 1 wyib, K1.

2nd row – K1, * sl 1 wyif, P5, rep from * to last 2 sts, sl 1 wyif, K1.

Change to C2.

3rd row – K3, * sl 3 wyib, K3, rep from * to end.

4th row – K1, P2, * sl 3 wyif, P3, rep from * to last 6 sts, sl 3 wyif, P2, K1.

Using M.

5th row – K1, sl 2 wyib, * K3, sl 3 wyib, rep from * to last 6 sts, K3, sl 2 wyib, K1.

6th row – K1, sl 2 wyif, * P3, sl 3 wyif, rep from * to last 6 sts, P3, sl 2 wyif, K1.

Using C2.

7th row – K4, * sl 1 wyib, K5, rep from * to last 5 sts, sl 1 wyib, K4.

8th row – K1, P3 * sl 1 wyif, P5, rep from * to last 5 sts, sl 1 wyif, P3, K1.

Last 8 rows form patt 3.

Cont in patt 3, until work measures approx. 15cm from beg of patt 3, ending with an 8th patt row, dec 1 st in centre of last row ... 188 sts.

Beg Patt 4

Using C1.

1st row – K1, * sl 2 wyib, K2, rep from * to last 3 sts, sl 2 wyib, K1.

2nd row – K1, * sl 1 wyif, P3, rep from * to last 3 sts, sl 1 wyif, P1, K1.

Change to C2.

3rd row – K1, sl 1 wyib, * K2, sl 2 wyib, rep from * to last 2 sts, K2.

4th row – K1, P1, * sl 1 wyif, P3, rep from * to last 2 sts, sl 1 wyif, K1.

Using C1.

5th row – K1, * K2, sl 2 wyib, rep from * to last 3 sts, K3.

6th row – K1, P2, * sl 1, wyif, P3, rep from * to last st, K1.

Using C2.

7th row – * K2, sl 2 wyib, rep from * to last 4 sts, K2, sl 1 wyib, K1.

8th row – K1, * P3, sl 1 wyif, rep from * to last 3 sts, P2, K1.

Last 8 rows form patt 4.

Cont in patt 4, until work measures approx. 15cm from beg of patt 4, ending with an

8th patt row, dec 1 st evenly across last row ... 187 sts.

Beg Patt 5

Using M.

1st row – K1, * sl 1 wyib, P3, rep from * to last 2 sts, sl 1 wyib, K1.

2nd row – K1, * sl 1 wyif, K3, rep from * to last 2 sts, sl 1 wyif, K1.

Change to C2.

3rd row – P3, * sl 1 wyib, P3, rep from * to end.

4th row – K3, * sl 1 wyif, K3, rep from * to end.

Last 4 rows form patt 5.

Cont in patt 5, until work measures approx. 15cm from beg of patt 5, ending with an

4th patt row, dec 1 st evenly across last row ... 186 sts.

Beg Patt 6

Using C2, work 4 rows stocking st.

Work rows 1 to 22 incl from graph.

Using C2, work 5 rows stocking st, inc 3 sts evenly across ... 189 sts.

Beg Patt 7

Using C2.

1st row – WS – K1, P1, * sl 5 wyib, P1, rep from * to last st, K1.

Using C1.

2nd row – RS – Knit.

3rd row – K1, purl to last st, K1.

Using C2.

4th row – K1, sl 3 wyib, * insert needle under the loose strand of 1st row and knit the next st bringing st out under strand to catch strand behind st, sl 5 wyib, rep from * to last 5 sts, knit the next st under loose strand of 1st row, sl 3 wyib, K1.

5th row – K1, sl 3 wyib, * P1, sl 5 wyib, rep from * to last 5 sts, P1, sl 3 wyib, K1.

Using C1.

6th row – As 2nd row.

7th row – As 3rd row.

Using C2.

8th row – K1, * knit next st under the loose strand of 5th row, sl 5 wyib, rep from * to last 2 sts, knit the next st under loose strand of 5th row, K1.

Last 8 rows form patt 7.

Cont in patt 7, until work measures approx. 15cm from beg of patt 7, ending with an

8th patt row, dec 7 st evenly across last row ... 182 sts.

Beg Patt 8

Using C3, with right side facing, beg with a knit row, work 6 rows stocking st.

Using C2 cont as folls –

1st row – RS – P2, * K8, P2, rep from * to end.

2nd row – K2, * P8, K2, rep from * to end.

Rep last 2 rows once.

5th row – P2, * C8F, P2, rep from * to end.

6th row – K2, * P8, K2, rep from * to end.

Rep 1st and 2nd rows 3 times.

13th row – P2, * C8F, P2, rep from * to end.

14th row – K2, * P8, K2, rep from * to end.

Rep 1st and 2nd rows twice, then 1st row once.

Using C3, work 5 rows stocking st, beg with a purl row, inc 5 sts evenly across last row ... 187 sts.

Beg Patt 9

Using C2.

1st row – Knit.

2nd row – K1, * K1 wrapping yarn twice

around needle, K3, rep from * to last 2 sts, K1 wrapping yarn twice around needle, K1.

Using M.

3rd row – K1, * sl 1 wyib dropping extra wrap, K3, rep from * to last 2 sts, sl 1 wyib dropping extra wrap, K1.

4th row – K1, * sl 1 wyif, K3, rep from * to last 2 sts, sl 1 wyif, K1.

Using C3.

5th row – K1, * sl 2 wyib, K2, rep from * to last 2 sts, sl 1 wyib, K1.

6th row – K1, sl 1 wyif, * P2, sl 2 wyif, rep from * to last st, K1.

Last 6 rows form patt 9.

Cont in patt 9, until work measures approx. 15cm from beg of patt 9, ending with an 1st patt row.

Knit 1 row, inc 7 st evenly across ... 194 sts.

Beg Patt 10

Using C3.

1st row – K1, * sl 1 wyib, K2, rep from * to last st, K1.

2nd row – K1, * P2, sl 1 wyif, rep from * to last st, K1.

Using C1.

3rd row – K1, * K1, sl 1 wyib, (K2, sl 1 wyib) 3 times, K3, (sl 1 wyib, K2) 3 times, sl 1 wyib, rep from * to last st, K1.

4th row – K1, * sl 1 wyif, (P2, sl 1 wyif) 3 times, P3, (sl 1 wyif, P2) 3 times, sl 1 wyif, P1, rep from * to last st, K1.

Using C3.

5th row – K1, * K2, (sl 1 wyib, K2) 3 times, sl 1 wyib, K1, sl 1 wyib, (K2, sl 1 wyib) 3 times, K1, rep from * to last st, K1.

6th row – K1, * P1, (sl 1 wyif, P2) 3 times, sl 1 wyif, P1, sl 1 wyif, (P2, sl 1 wyif) 3 times, P2, rep from * to last st, K1.

Using C1, rep rows 1 and 2.

Using C3, rep rows 3 and 4.

Using C1, rep rows 5 and 6.

Last 12 rows form patt 10. The information

Cont in patt 10, until work measures approx. 15cm from beg of patt 10, ending with an 12th patt row, dec 7 st evenly across last row ... 187 sts.

Cast off loosely knitways, using C3.

Edging

With right side facing, using 5.50mm crochet hook and C2, work 1 round dc evenly along all edges of throw, taking care to keep work flat, sl st into first dc. Using C1, work 1 round dc evenly along

all edges of throw, taking care to keep work flat, sl st into first dc.

Using C3, work 1 round dc evenly along all edges of throw, taking care to keep work flat and working a picot every 4 dc and at each corner, sl st into first dc. Fasten off.

Finishing

DO NOT PRESS. Sew in ends.



MARVEL 12PLY CABLE POLO JUMPER

Intermediate



What you'll need

- '4 Seasons' Marvel 12 Ply 100g balls
- 4 (4-5-5) x 1st Colour (C1-cream); 2 (3-3-4)
- 1 pair each 4.50mm and 5mm knitting needles or sizes required to give correct tension.
- Cable needle
- 2 stitch-holders
- Scissors, yarn needle, tape measure

Measurements

Sizes	S	M	L	XL
To Fit Bust	85 cm	95 cm	105 cm	115 cm
Actual Size	95 cm	105 cm	115 cm	125 cm
Length	64 cm	65 cm	66 cm	67 cm
Sleeve Length	43 cm	43 cm	43 cm	43 cm

Pattern provided by

SPOTLIGHT

Abbreviations

C8B = slip next 4 sts onto cable needle and leave at back of work, K4, then K4 from cable needle.

C8F = slip next 4 sts onto cable needle and leave at front of work, K4, then K4 from cable needle.

C5B = slip next 3 sts onto cable needle and leave at front of work, K2, slip the last st from cable needle back onto left hand needle, purl this st, then K2 from cable needle.

T3B = slip next st onto cable needle and leave at back of work, K2, then P1 from cable needle.

T3F = slip next 2 sts onto cable needle and leave at front of work, P1, then K2 from cable needle.

Tension

16 sts and 23 rows to 10cm over double moss st, using 5mm needles.

Instructions

Back

Using 4.50mm needles and C1, cast on 91 (99-107-115) sts.

Beg 1 x 1 Rib

1st row – (RS) – K2, * P1, K1, rep from * to last st, K1.

2nd row – K1, * P1, K1, rep from * to end. Rep 1st and 2nd rows until work measures 6cm from beg, ending with a 2nd row and inc one st in centre of last row ... 92 (100-108-116) sts.

Change to 5mm needles.

Beg Patt

1st row – (RS) – K1, (P1, K1) 10 (12-14-16) times, ** P6, C5F, P6, K16, P6, C5F, P6 **, (K1, P1) 10 (12-14-16) times, K1.

2nd row – Knit all knit sts and purl all purl sts as they appear.

3rd row – P1, (K1, P1) 10 (12-14-16) times, ** P5, T3B, K1, T3F, P5, K16, P5, T3B, K1, T3F, P5 **, (P1, K1) 10 (12-14-16) times, P1.

4th row – As 2nd row. Rows 1 to 4 incl form double moss st either side of centre panel.

5th row – Moss 21 (25-29-33), ** P4, T3B, K1, P1, K1, T3F, P4, K16, P4, T3B, K1, P1, K1, T3F, P4 **, moss 21 (25-29-33).

6th and foll alt rows – As 2nd row.

7th row – Moss 21 (25-29-33), ** P3, T3B, (K1, P1) twice, K1, T3F, P3, C8B, C8F, P3, T3B, (K1, P1) twice, K1, T3F, P3 **, moss 21 (25-29-33).

9th row – Moss 21 (25-29-33), ** P2, T3B, (K1, P1) 3 times, K1, T3F, P2, K16, P2, T3B, (K1, P1) 3 times, K1, T3F, P2 **, moss 21 (25-29-33).

11th row – Moss 21 (25-29-33), ** P2, T3F, (P1, K1) 3 times, P1, T3B, P2, K16, P2, T3F, (P1, K1) 3 times, P1, T3B, P2 **, moss 21 (25-29-33).

13th row – Moss 21 (25-29-33), ** P3, T3F, (P1, K1) twice, P1, T3B, P3, K16, P3, T3F, (P1, K1) twice, P1, T3B, P3 **, moss 21 (25-29-33).

15th row – Moss 21 (25-29-33), ** P4, T3F, P1, K1, P1, T3B, P4, K16, P4, T3F, P1, K1, P1, T3B, P4 **, moss 21 (25-29-33).

17th row – Moss 21 (25-29-33), ** P5, T3F, P1, T3B, P5, K16, P5, T3F, P1, T3B, P5 **, moss 21 (25-29-33).

18th row – As 2nd row.

Rows 1 to 18 incl form patt.

Cont in patt until work measures 38cm from beg, ending with a 2nd row.

Break off C1.

Using C2, cont in patt until work measures 43cm from beg, working last row on WS.

Shape Armholes

Keeping patt correct, cast off 6 (7-8-9) sts at beg of next 2 rows ... 80 (86-92-98) sts.

Dec one st at each end of next row, then in every foll alt row until 70 (72-78-80) sts rem.

Cont in patt without shaping until armholes measure 12 (12-13-13) cm, working last row on WS. Break off C2. ***

Using C3 for rem, cont in patt without shaping until armholes measure 21 (22-23-24) cm, working last row on WS.

Shape Shoulders

Cast off 6 (6-7-7) sts at beg of next 4 rows, then 6 sts at beg of foll 2 rows.

Leave rem 34 (36-38-40) sts on a stitchholder.

Front

Work as for Back to ***.

Using C3 for rem, cont in patt without shaping until armholes measure 13 (13-14-14)cm, working last row on WS.

Shape Neck

Next row – Patt 25 (26-29-30), turn.

**** Cont on these 25 (26-29-30) sts and dec one st at neck edge in every row until 21 (22-25-26) sts rem, then in every foll alt row until 18 (18-20-20) sts rem.

Cont without shaping until armhole measures same as Back to beg of shoulder shaping, ending with same patt row on WS.

Shape Shoulder

Cast off 6 (6-7-7) sts at beg of next row and foll alt row.

Work 1 row. Cast off rem 6 sts. ****

Slip next 20 sts onto a stitch-holder and leave.

With RS facing, join C3 to rem sts and patt to end.

Rep from **** to ****, working 1 row more before shoulder shaping.

Sleeves

Using 4.50mm needles and C1, cast on 49 (49-51-53) sts.

Work in rib as for lower band of Back until work measure 6cm from beg, ending with a 2nd row and inc 7 (7-5-3) sts evenly across last row ... 56 sts.

Change to 5mm needles.

Beg Patt

1st row (RS) – K1, P1, K1, work from ** to ** of 1st patt row of Back, K1, P1, K1.

2nd row – Knit all knit sts and purl all purl sts as they appear.

3rd row – P1, K1, P1, work from ** to ** of 3rd patt row of Back, P1, K1, P1.

4th row – As 2nd row. Rows 1 to 4 incl form double moss st either side of centre patt panel.

Cont working from ** to ** for each patt row as for Back and working extra sts into moss st, inc one st at each end of next row, then in every foll 10th (8th-6th-4th) row are 70 (74-80-88) sts.

Cont in patt without shaping until work measures 38cm from beg, ending with a 2nd row. Break off C1.

Using C2 for rem, cont in patt without shaping until work measures 43cm from beg, working last row on WS.

Shape Top

Keeping patt correct, cast off 3 (4-4-5) sts at beg of next 2 rows ... 64 (66-72-78) sts.

Dec one st at each end of next row, then in every foll alt row until 38 (38-46-54) sts rem, then in every row until 32 sts rem.

Cast off 4 sts at beg of next 4 rows. Cast off rem 16 sts in patt.

Polo Collar

Using mattress st, join right shoulder seam. With RS facing, using 4.50mm needles and C3, knit up 18 (22-22-24) sts evenly along left side of neck, knit across sts from front stitch-holder – dec 5 sts evenly across, knit up 18 (22-22-24) sts evenly along right side of neck, then knit across sts from back stitch-holder – dec 8 sts evenly across ... 77 (87-89-95) sts.

Work in rib as for lower band of Back, beg with a 2nd row until collar measures 8cm, ending with a 2nd row.

Change to 5mm needles.

Cont in rib until collar measures 16cm, ending with a 2nd row. Cast off loosely in rib.

Finishing

DO NOT PRESS. Using mattress st, join left shoulder and collar seam, reversing seam for collar for last ¾ of rib rows.

Fold collar over onto RS. Join side and sleeve seams, matching colour changes. Sew in sleeves.



MAWSON MEN'S JUMPER

Intermediate



What you'll need

- ‘Moda Vera’ Mawson 50g:
14 (15-16-17) balls.
- 1 pair each of 6.50mm and 7.00mm knitting needles and
a set of 6.50mm knitting needles or size required to give
correct tension.
- 2 stitch holders, scissors, yarn needle, tape measure.

Measurements				
Sizes	S	M	L	XL
Fits chest	85-90 cm	95-100 cm	105-110 cm	115-120 cm
Actual Size	110 cm	120 cm	130 cm	140 cm
Length	68 cm	69 cm	70 cm	71 cm
Sleeve Length	48 cm	48 cm	48 cm	48 cm

Pattern provided by



Tension

14 sts x 16 rows to 10cm over 3x3 rib, using 7.00mm needles.

Instructions

Back

Using 7.00mm needles, cast on 81 (87-93-99) sts.

1st row (RS) – K2, * P1, K1, rep from * to last st, K1.

2nd row – K1, * P1, K1, rep from * to end
Last 2 rows form rib. Rep last 2 rows 5 times, (12 rows rib in all).

Beg Main Patt

1st row (RS) – K3, * P3, K3, rep from * to end.

2nd row – P3, * K3, P3, rep from * to end.

Cont in patt until work measures 46 cm from beg, working last row on wrong side.

Tie a coloured thread at each end of last row to mark beg of armholes, as there is no armhole shaping.

Cont in patt until work measures 68 (69-70-71) cm from beg, working last row on wrong side.

Shape Shoulders

Cast off 9 (10-11-11) sts at beg of next 4 rows, then 10 (10-10-12) sts at beg of foll 2 rows.

Leave rem 25 (27-29-31) sts on a stitch holder for neckband.

Front

Work as given for Back until there are 12 (14-14-16) rows less than back to beg of shoulder shaping, working last row on wrong side.

Shape Neck

1st row – Patt 34 (37-39-42), turn.

Cont on these 34 (37-39-42) sts for left side of neck shaping.

Keeping patt correct, dec one st at neck edge in every row until 30 (33-35-38) sts rem, then in every foll alt row until 28 (30-32-34) sts rem.

Work 3 rows patt.

Break yarn, leaving a long end. Thread end through rem sts and fasten securely. Sew back seam.

Shape Shoulder

Keeping patt correct, cast off 9 (10-11-11) sts at beg of next and foll alt row.

Pattl 1 row.

Cast off rem 10 (10-10-12) sts.

Slip next 13 (13-15-15) sts onto a stitch holder and leave for neckband.

With RS facing, join yarn to rem 34 (37-39-42) sts, patt to end.

Cont on these 34 (37-39-42) sts for right side of neck shaping.

Keeping patt correct, dec one st at neck edge in every row until 30 (33-35-38) sts rem, then in every foll alt row until 28 (30-32-34) sts rem.

Work 4 rows patt.

Shape Shoulder

Keeping patt correct, cast off 9 (10-11-11) sts at beg of next and foll alt row.

Pattl 1 row.

Cast off rem 10 (10-10-12) sts.

Sleeves

Using 6.50mm needles, cast on 33 (33-39-39) sts.

1st row (RS) – K2, * P1, K1, rep from * to last st, K1.

2nd row – K1, * P1, K1, rep from * to end.

Last 2 rows form rib.

Rep last 2 rows 5 times, (12 rows rib in all).

Change to 7.00mm needles.

Beg Main Patt

1st row (RS) – K3, * P3, K3, rep from * to end.

2nd row – P3, * K3, P3, rep from * to end.

Last 2 rows form main patt.

Cont in main patt, working extra sts into patt as they become available AT SAME TIME inc one st at each end of next row, then in every foll 4th (alt-4th-alt) row until there are 59 (41-65-43), then in every foll 6th (4th-6th-4th) row until there are 61 (65-67-69) sts.

Cont in patt without further inc until work measures 48 cm from beg, working last row on wrong side.

Shape Top

Cast off 8 (9-9-9) sts at beg of next 4 rows, then 9 sts at beg of foll 2 rows. Cast off rem 11 (11-13-15) sts.

Neckband

Using mattress stitch, join shoulder seams. With RS facing, using a set of 6.50mm needles, beg at left shoulder seam, knit up 14 (14-16-16) sts evenly along left side of front neck shaping, rib across 13 (13-15-15) sts from front neck stitch-holder inc 4 sts evenly across, knit up 14 (14-16-16) sts evenly along right side of front neck shaping, then rib across 25 (27-29-31) from back neck stitch-holder inc 4 sts evenly across ... 74 (76-84-86) sts.

1st round – * K1, P1, rep from * to end.

Rep last round 8 times.

Cast off very loosely in rib.

Finishing

Placing centre of sleeve to shoulder seam, sew in sleeves evenly between markers. Join side and sleeve seams. Sew in ends.



THE FACES OF HOPE



MARK, ACT

Mark had been living in a modified trailer for over three years following the breakdown of his marriage.

His levels of anxiety and living situation meant he couldn't work. A local Vinnies Conference was helping Mark with basic necessities like food and warm clothing, as well as social visits for company. In January 2019, the Conference referred Mark to Vinnies Street to Home.

His Street to Home case manager worked to resolve his homelessness starting with providing assurance to Housing ACT that Mark was receiving substantial long-term tenancy support. Because of this, he was approved for a priority, two-bedroom property so his children could stay with him.

Street to Home has also worked with Mark to complete the Housing ACT sign-up process, do an initial grocery shop, connect utilities and access furniture from the Vinnies Mitchell Warehouse. They have also helped him understand Centrelink processes around Newstart Allowance and the Disability Support Pension, and to link him with a specialist Disability Employment Service.

Mark now has increased contact with his children and has had his son come to stay. He is now energetic, feeling positive about his abilities, and is hopeful for the future.

Read Mark and Isir's full story at www.guardianpharmacies.com.au/guardian-angel



ISIR, WA

Isir moved to Perth from Morocco when she got married but after the arrival of their baby girl in Australia, she separated from her husband.

Being new to the country with no job or income left her with nowhere else to go and she found herself in a women's refuge.

Isir began working with a support worker who put her in contact with the Vinnies Housing Service. Vinnies was able to find Isir a fully furnished transitional housing unit so she could move straight in and feel settled, as well as regularly supporting her with food vouchers and financial assistance.

This stability allowed Isir to enrol in study so she could achieve a qualification which would gain her employment and a regular income, helping her work towards her goal for independence.

"It does really make a difference. It doesn't matter what it is, the type of help, it is the action of help, which is even greater, especially for someone who is alone or has no family or support."

Receiving help from Vinnies has given her the confidence to now work towards her future, making a new home in Western Australia for her and her daughter.





St Vincent de Paul Society
good works

For more information about
2020 Guardian Angel Knitting For Good
visit guardianpharmacies.com.au

