

Basic Knitted Square Patterns

In these difficult times, Alzheimer Scotland want to acknowledge the close relationship we share with our NHS colleagues and in West Highland we have come up with a way which we feel protects us in the true Highland way with uniqueness, warmth and softness by knitting a Rainbow Scarf. We are looking for as many knitters and crocheters as possible to get involved and make 12" squares of knitting/crochet which we will join together to make one huge Rainbow Scarf. Once the lockdown is eased we are planning use it to decorate some of our most iconic landmarks – The Skye Bridge, the Glenfinnan Monument, and even on some of the ferries! Watch out for it appearing in your area! Let's see how long we can make it! Squares can be plain, patterned, stripy, knitted or crocheted. At the end of the tour, the squares will be made into colourful blankets for people living with dementia.

To help you get started with your knitting or crocheting we are making up some simple patterns you can use to make your squares. All the patterns can be downloaded from our website for free but we'd love it if you could give us a donation to help us carry on our work of making sure no one nobody faces dementia alone. You can make your donation by going to our Just Giving page at the link below which also gives details of where to send your completed squares. Suggested donation £1.

<https://tinyurl.com/Rainbow-Scarf>

Garter Stitch Square

If you are new to knitting, this is the easiest stitch to start with and you can find tutorials on Youtube to help you get started if you have never tried knitting before. You will need Size 5mm knitting needles and some double knitting weight yarn in any colour you like or use up scraps of different colours to make a rainbow square..

Start by casting on 60 stitches and work every row in knit stitch. Keep on going, knitting every row until you have a square – this will be about 120-130 rows. It should be approximately 12 inches by 12 inches but don't worry if it's a bit bigger or smaller – we will still be able to use it. Once you have finished knitting all your rows, cast off all the stitches. And that's it!



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Stocking Stitch Square

To make a stocking stitch square, again cast on 60 stitches with your double knitting yarn and 5mm needles.

Row 1: Knit

Row 2: Purl

Repeat these two rows until you have a square shaped piece of knitting. Cast off.



Seersucker Square

This square uses knit and purl stitches in the same row and gives an interesting texture.

Using size 5mm needles, and double knitting yarn, cast on 60 stitches.

Row 1: (Knit 1, purl 1, knit 1, purl 1) repeat these four stitches across to the end of the row

Row 2: the same as row 1

Row 3: (Purl 1, knit 3) repeat these four stitches across to the end of the row

Row 4: (Purl 3, knit 1) repeat these four stitches across to the end of the row

Row 5: (Knit 1, purl 1, knit 1, purl 1) repeat these four stitches across to the end of the row

Row 6: the same as row 5

Row 7: (Knit 2, purl 1, knit 1) repeat these four stitches across to the end of the row

Row 8: (Purl 1, knit 1, purl 2) repeat these four stitches across to the end of the row

Repeat rows 1 – 8 until you have a square and then cast off all stitches.



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