



# KNIT-A-LUNG

## Easy Knit-A-Lung Wristband

Based on Band Cuffs pattern by Star Athena, published with her very gracious permission

**Size:** One size. Single or double band.

**Measurement:** 7 inches (18 cm) unstretched. Will stretch up to 8.5 inches (21.5 cm).

**Gauge:** 20 sts/26 rdfs = 4" in Stockinette Stitch (Gauge is not critical)

**Notions:** Tapestry Needle.

**Needles:** 1 set of Size US 7 (4.5 mm) straight or circular needles.

**Yarn:** Any worsted weight yarn that gives you proper gauge. Samples shown: Lily Sugar 'n Cream [100% cotton; 120yd/110m per 70g/2.47oz ball]; 1 ball each, colors: hot pink, rose pink, hot green, sunshine, soft teal, hot blue.

### ABBREVIATIONS:

**CC:** Contrast color

**CO:** Cast on

**K:** Knit

**MC:** Main color

**P:** Purl

**Rep:** Repeat

**RS:** Right (or public) side of work

**Rw (rws):** Row (rows)

**Sl:** Slip. As in, slip the next stitch from left to right purl-wise.

**St (sts):** stitch (stitches)

**Wyb:** With yarn in back

**Wyf:** With yarn in front

**WS:** Wrong (or non-public) side of work



### NOTES:

Thank you for thinking of Prelude to a Cure and our Knit-A-Lung. This simple wristband has been designed to work with a variety of weights and is perfect for scrap and stash yarn. The cuffs are knit flat and sewn shut. When using the contrasting (band) color, let the main color hang in the back of the work.

These wristbands are simple but will make someone's day if sent back to Prelude. We'll share with someone currently undergoing treatment. Your gift WILL make a difference. It's just as great to wear it, too. Please share your work so we can continue to touch lives.

To learn more about Prelude to a Cure, visit us at [www.P2aC.org](http://www.P2aC.org)

© Prelude to a Cure, 2021



# KNIT-A-LUNG

## Easy Knit-A-Lung Wristband

Based on Band Cuffs pattern by Star Athena, published with her very gracious permission

### Start Cuffs

#### Both sizes

CO 30 sts with MC. Rws 1 - 2: Knit

Rw 3: [WS] Purl

Rw 4: [RS] Join CC, k2, wyb sl1, \*k5, wyb sl1; rep from \* to last three sts. K3.

Rw 5: K3, wyf sl1, \*k5, wyf sl1; rep from \* to last two sts. K2.

Rw 6: P2, wyb sl1, \*p5, wyb sl1; rep from \* to last three sts. P3.

Rw 7: Repeat row 5.

Rw 8: Using MC, knit.

Rw 9: Purl.

#### Single band cuffs

Rws 10 - 11: Knit.

BO loosely.

#### Double band cuffs

Rw 10: With CC, \*k5, sl1; rep from \* to end.

Rw 11: \*Wyf sl1, k5; rep from \* to end.

Rw 12: \*P5, wyb sl1; rep from \* to end.

Rw 13: Repeat row 11.

Rw 14: Using MC, knit.

Rw 15: Purl.

Rws 16 - 17: Knit.

BO loosely.

### **ATTACHING YOUR LUNGS:**

There are lots of ways to attach your Prelude Lungs.

The easiest way is to use the stitch markers we've included. Threading an I-cord through is another method we've found that works well.

If you figure out a more graceful, integrated or otherwise novel way to do it, share a picture and tag it with #knitalung!



I-Cord Twist



Stitch Marker

### **Finishing** (Both sizes):

Sew up-side seam using mattress stitch or any seaming method of your choice, the weave in loose ends. Block as desired. Put on your wrist, raise your hand in the air and wave it like you just don't care... Because you DO care- about helping us finding a cure for cancer.

To learn more about Prelude to a Cure, visit us at [www.P2aC.org](http://www.P2aC.org)