

# Christmas at Sea Handbook



Welcome to Christmas at Sea!

There are many ways to get involved. For knitters and crocheters, we offer specially designed patterns complementing the safety gear worn on board vessels. There are patterns for every skill set, from beginner to advanced. Our drawstring ditty bags, used for packing, are popular among volunteers who enjoy sewing.





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### Pattern Key

Skill Level 1 (basic)



Skill Level 2 (easy)



Skill Level 3 (intermediate +)





The Seamen's Church Institute's (SCI) Christmas at Sea (CAS) program was originally called the Seamen's Benefit Society and the Women's Council. It was founded in 1898 by philanthropist, Augusta de Peyster, to supply mariners with knit items and "ditty bags" while they were off at sea during the Spanish American War.

Over the course of the 20th century its mission expanded as well as its geographic reach to include U.S. inland waterways. CAS began receiving donations from around the country. Gift bags were distributed each year around Christmas time, a tradition that continues to this day.

Today's program engages over 1,000 individual volunteers and approximately 150 groups from across the United States and internationally. These dedicated volunteers knit, crochet, and sew ditty bags following our specially designed patterns complementing the safety gear worn on board vessels.

The patterns featured in this new handbook are a sample of our most popular patterns. There is something for everyone on every level. Additional patterns are available to download for free on the patterns and publications section of our website ([seamenschurch.org](http://seamenschurch.org)).

As a CAS volunteer, you are joining a supportive community that represents the oldest and longest continuously running knitting/crocheting program in the U.S. CAS delivers the highest volume of gifts to international seafarers of any nonprofit, and we are the only chaplaincy delivering handmade gifts to the thousands of professional U.S. mariners at work aboard towboats, harbor tugs, and dredges on the Mississippi River system and the Gulf Intracoastal Waterways. The active support of our volunteers makes our mission possible.





## Frequently Asked Questions

### What types of fiber are acceptable?

Please use the fiber you enjoy working with and you have available. You may use wool, washable wool, wool blends, or acrylics—your preference. If you are using wool or something special like cashmere, we recommend that you attach a note, so the recipient knows not to put it in the dryer. All patterns have a recommended yarn weight and gauge. Fun fur is not recommended for CAS.

### Is there a deadline to mail packages?

CAS is a seamless program—we welcome packages year-round. Donations received after December 15th are usually rolled over into the following year.

### As most mariners are men, do I need to stick with a traditionally masculine color palette?

While most of the maritime workforce is male, we find that seafarers and mariners love bright colors as well as the more traditional dark color palette. Our only recommendation is to avoid pastels. Delicate colors get grimy fast. Bright colors do not pose a security threat. Required safety gear is usually fluorescent.

### Must I affix a gift tag to my garments, and if so, how can I get CAS gift tags?

It is not a requirement to attach a gift tag. That's something we can do for you; however, it is extremely helpful and a time saver when donations arrive already tagged. We are happy to send you as many gift tags as you need, or you may create your own. For your convenience, we have traditional and contemporary gift tags available on our website to download and print. As far as personal identifiers go, we recommend including your first name, the initial of your last name, and state (or country).

### Which garments do you need more of?

We get this question a lot. Somehow, it always balances out. For every volunteer who likes to make hats, there is someone who makes scarves. Please make your favorite patterns. We want you to have fun. If you decide to make a set, such as a hat and scarf or cowl, we will keep the pieces together. We do not separate sets.

## What if I get stuck on a pattern?

Our CAS Angels are an international group of experienced knitters and crocheters who are familiar with our patterns. You can find them online. Should you have a question about a pattern, we encourage you to join our private Facebook page, Untangled, [facebook.com/groups/untangled.sci](https://facebook.com/groups/untangled.sci), where you will receive answers to your most challenging questions.

## Do I have to follow a CAS pattern exactly?

Our patterns are designed to complement the work and safety gear seafarers and mariners wear on board their vessel. While we encourage you to use our carefully crafted patterns, if your item meets our guidelines, we don't mind if you have a preferred method of decreasing, want to incorporate a decorative pattern, or use your favorite cast-on.

We cannot accept items that have tassels, pompoms, braids, fringe, or are too long. These types of variations pose a safety hazard. If we cannot remove the element, we will donate that piece to another worthy local charity. We evaluate every piece that is delivered to make sure it is appropriate, so please follow the essence of our patterns should you decide to use a different one.

## What is a ditty bag and what goes into one?

Ditty bags are drawstring pouches that are used as gift bags in Port Newark. In addition to 2 knit or crocheted pieces, we include several travel size toiletries, such as shampoo, conditioner, and body wash; a generous handful of wrapped candy, gum and/or microwaveable popcorn; playing cards and puzzles; and a personalized Christmas card.

## How can I participate if I'm not a crafter?

There are many ways to get involved. CAS is not just for crafters. In the fall we welcome church and community groups who dedicate a morning or afternoon to assembling gift bags and personalizing Christmas cards. One of the hallmarks of our program is that it is highly personal. Christmas cards with handwritten messages go a long way in brightening spirits of mariners far from home during the holidays. Seafarers and mariners find it difficult to come by many of the personal care items they bring to our shores. Collections of travel size toiletries are always welcome, along with nonperishable treats, such as granola bars, gum, individual packages of hot chocolate and microwavable popcorn. CAS is a great place for your leftover Halloween candy.

## How do the gifts get delivered?

In Port Newark, our SCI Chaplains deliver ditty bags to vessels calling on the Port of New York and New Jersey from Thanksgiving to Epiphany.

Stationed out of Baton Rouge, LA, Houston, TX, and Paducah, KY, our SCI Chaplains work directly with shipping companies to make sure every mariner working on Christmas receives a gift.







## Patterns





# Seafarer's Watch Cap Knit Flat on Straight Needles

Skill Level 1:



**About this Pattern:** SCI is known for its watch cap the world over!

**Note:** Please pay attention to the gauge. If your gauge is larger, cast on fewer stitches in a multiple of 12. For example, at 4.5 stitches/inch, cast on 84. At 4 stitches/inch, then cast on 72.

**Brim:** Cast on 84 stitches. Work in k2, p2 ribbing for 4".

**Hat Body:** Knit every row (garter stitch) for 5.5", or 40 rows (20 garter ridges).

**Shape Crown:** \*K10, k2tog, repeat from \* to end of row. (77 sts) Knit 1 row.  
\*K9, k2tog, repeat from \* to end of row. (70 sts) Knit 1 row.  
\*K8, k2tog, repeat from \* to end of row. (63 sts) Knit 1 row.  
\*K7, k2tog, repeat from \* to end of row. (56 sts) Knit 1 row.  
\*K6, k2tog, repeat from \* to end of row. (49 sts) Knit 1 row.  
\*K5, k2tog, repeat from \* to end of row. (42 sts) Knit 1 row.  
\*K4, k2tog, repeat from \* to end of row. (35 sts) Knit 1 row.  
\*K3, k2tog, repeat from \* to end of row. (28 sts) Knit 1 row.  
\*K2, k2tog, repeat from \* to end of row. (21 sts) Knit 1 row.  
\*K1, k2tog, repeat from \* to end of row. (14 sts) Knit 1 row.

**To Join Crown with Kitchener Stitch:** Knit 7 stitches.

With 7 stitches on each needle, cut yarn, leaving about 20" for seaming and thread tapestry needle. Fold cap so both needles are even and parallel, with working yarn extending from the right-hand end of back needle. While working, always keep yarn under the knitting needles.

Weave stitches from front and back needles together with Kitchener stitch as follows.

**Set up:** Pass tapestry needle through first stitch on front knitting needle as if to purl, leaving stitch on needle. Pass through first stitch on back needle as if to knit, leaving stitch on needle.

\*Pass tapestry needle through first stitch on front needle as if to knit, and slip stitch off the needle.

Pass through second stitch on same needle as if to purl, pull yarn through, but leave stitch on needle.

Pass through first stitch on back needle as if to purl, slip stitch off.

Pass through second stitch on back needle as if to knit, leaving stitch on needle.

Repeat from \* until all stitches are off the needles.

Pull yarn through and fasten securely, leaving extra yarn to sew up seam.

**Sew Seam:** Place edges of cap adjacent to each other, pattern matching.

Picking up outside loop of stitch from each side, sew back and forth, drawing through two edges securely from top of crown to bottom of cuff. Do not sew through double thickness.

**Finished Measurements:**  
One size, fits adult head  
Approximately 19"  
circumference x 11.5" long

**Materials:** Approximately  
150 yards worsted  
weight yarn

US size 6 or US size 7  
needles, or size needed to  
get gauge

Tapestry needle

Gauge: 18 stitches & 32  
rows = 4" square in  
garter stitch



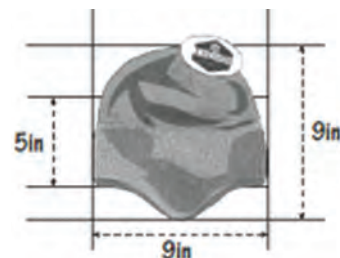
## 1 8 9 8 H A T



This is Kristine Byrnes's winning design in SCI's pattern contest for a hat incorporating earflaps. The construction of this hat was inspired by one pictured in a magazine published around 1910. Knitting the headband side-to-side provides a double layer of garter stitch to keep the ears warm, and allows for easy shaping of the earflaps. The edges of the headband are folded together along a slipped stitch seam, and picked up together to finish in the round. The hat has plenty of depth so that it can be pulled low on the forehead, and the earflaps will naturally cup around the ears to keep them warm.

This finished measurement is one size which fits an adult head, 19" circumference x 8" deep.





## 1898 Hat • Designer: Kristine Byrnes

### Pattern Rows

**Row A (RS):** Sl 1, knit to marker, sl m, k3, sl m, knit to end.

**Row B (all WS rows):** Sl 1, knit to marker, sl m, sl 3 wyif, sl m, knit to end.

**Row C (RS):** Sl 1, knit until 1 st before marker, kfb, sl m, k3, sl m, kfb, knit to end. (2 sts inc)

**Row D (RS):** Sl 1, knit until 2 sts before marker, k2tog, sl m, k3, sl m, ssk, knit to end. (2 sts dec)

**Directions:** Using provisional cast on, cast on 27 stitches, leaving a 20" tail. (If you prefer to seam instead of graft the ends together, use your preferred cast-on, but leave the same length tail.) Switch to project yarn and work the set up row (WS): Sl 1, k11, pm, sl 3 wyif, pm, k12.

**Back of Headband:** Work Rows A & B 8 times. (18 total rows, including cast on and set up row)

**Right Earflap:** Work Rows C & B 9 times. (45 sts; 36 total rows) Work Rows A & B 3 times. (42 total rows) Work Rows D & B 9 times. (27 sts; 60 total rows)

**Front of Headband:** Work Rows A & B 24 times. (108 total rows)

**Left Earflap:** Work Rows C & B 9 times. (45 sts; 126 total rows) Work Rows A & B 3 times. (132 total rows) Work Rows D & B 9 times. (27 sts; 150 total rows)

**Finish Back of Headband:** Work Rows A & B 9 times. (168 total rows)

Do not cut working yarn. Graft or seam the two ends together using the tail. Weave in end. Fold headband in half along the slip stitch ridge in the middle of the headband. Pick up stitches from the front and back of the band simultaneously to attach the front and back together. To do this, starting from the side facing you,

slide the circular needle (or a crochet hook) through one bar on the side of the front band, then through the matching bar on the back band; pick up the working yarn and bring it back through both bars. One stitch will now connect the front and back bands together; place this stitch on the right-hand needle. Continue along the circle formed by the band until 84 stitches have been picked up.

Place marker for beginning of the round (at back seam) and join to work in the round, being careful not to twist.

**Hat Body:** Knit in the round until hat measures 5" from bottom edge (non-earflap) of hat. (See schematic).

**Shape Crown:** \*K10, k2tog, repeat from \* to end of round. (77 sts) Knit 2 rounds.

\*K9, k2tog, repeat from \* to end of round. (70 sts) Knit 2 rounds.

\*K8, k2tog, repeat from \* to end of round. (63 sts) Knit 1 round.

\*K7, k2tog, repeat from \* to end of round. (56 sts) Knit 1 round.

\*K6, k2tog, repeat from \* to end of round. (49 sts) Knit 1 round.

\*K5, k2tog, repeat from \* to end of round. (42 sts) Knit 1 round.

\*K4, k2tog, repeat from \* to end of round. (35 sts) Knit 1 round.

\*K3, k2tog, repeat from \* to end of round. (28 sts) Knit 1 round.

\*K2, k2tog, repeat from \* to end of round. (21 sts) Knit 1 round.

\*K1, k2tog, repeat from \* to end of round. (14 sts)

K2tog 7 times. (7 sts)

**Finishing** Cut yarn, leaving a 6" tail. With tapestry needle, pull through remaining stitches tightly, secure end on inside. Weave in all ends.

**Skill Level 3:** 

### Materials:

- Approximately 180 yards worsted weight yarn
- Scrap yarn for the provisional cast on
- US size 7 16" circular needle and set of dpns, or size needed to get gauge
- Crochet hook, if desired for provisional cast on and/or picking up stitches on headband
- Two stitch markers
- Tapestry needle

Gauge: 20 stitches & 24 rounds = 4" square in stockinette stitch  
20 stitches & 36 rows = 4" square in garter stitch

### Abbreviations:

pm = place marker  
sl m = slip marker  
wyif = with yarn held in front of work  
sl x = slip specified number of stitches purlwise  
kfb = knit into the front and back of the same stitch to make two stitches (increase)  
k2tog = knit two together (decrease)  
ssk = slip 2 stitches knitwise one at a time to the right-hand needle, insert left-hand needle in front of these 2 stitches, and knit them together (decrease)





S E A F A R E R ' S   W A T C H   C A P  
I N   T H E   R O U N D





## Seafarer's Watch Cap in the Round

**About this Pattern:** We modified our famous Seafarer's Watch Cap to be knit in the round.

**Note: Please pay attention to the gauge. If your gauge is larger, cast on fewer stitches in a multiple of 12. For example, at 16 stitches/4 inches, then cast on 72.**

Cast on 84 stitches. Place marker and join to work in the round, being careful not to twist.

**Brim:** Work in k2, p2 ribbing for 4".

**Hat Body:** Knit every round (stockinette stitch) for 5.5".

**Shape Crown:** \*K10, k2tog, repeat from \* to end of round. (77 sts) Knit 1 round.

\*K9, k2tog, repeat from \* to end of round. (70 sts) Knit 1 round.

\*K8, k2tog, repeat from \* to end of round. (63 sts) Knit 1 round.

\*K7, k2tog, repeat from \* to end of round. (56 sts) Knit 1 round.

\*K6, k2tog, repeat from \* to end of round. (49 sts) Knit 1 round.

\*K5, k2tog, repeat from \* to end of round. (42 sts). Knit 1 round.

\*K4, k2tog, repeat from \* to end of round. (35 sts) Knit 1 round.

\*K3, k2tog, repeat from \* to end of round. (28 sts) Knit 1 round.

\*K2, k2tog, repeat from \* to end of round. (21 sts) Knit 1 round.

\*K1, k2tog, repeat from \* to end of round. (14 sts)

K2tog to end of round. (7 sts)

**Note: Switch to dpns when there are too few stitches to knit comfortably on the circular needle.**

**Finishing:** Cut yarn, leaving a tail of 6". With tapestry needle, pull through remaining stitches tightly, secure end on inside. Weave in ends.

Skill Level 2:



**Finished Measurements:**  
One size, fits adult head

**Materials:** Approximately 200 yards worsted weight yarn

US size 6 or 7 16" circular needle and set of dpns, or size needed for gauge

Stitch marker

Tapestry needle

Gauge: 18 stitches & 24 rounds = 4 inches square in stockinette stitch







M A R I N E R ' S   S C A R F





## Mariner's Scarf

**About this Pattern:** Our classic basketweave pattern is a great choice for our river mariners.

**Note:** This scarf begins and ends with 8 rows of a garter stitch border.

**Each row of the scarf begins and ends with 2 knit stitches to provide a garter stitch edge. The basketweave pattern develops as you alternate a knit block above a purl block.**

**Tips for adjusting size. If your gauge is too large, cast on 12 fewer stitches. If your gauge is too small, cast on 12 more stitches. This increases or decreases the basketweave stitch pattern by one repeat.**

Cast on 40 stitches.  
Knit 8 rows.

Rows 1-6: K2, \*k6, p6, repeat from \* to last 2 sts, k2.

Rows 7 & 8: Knit across.

Rows 9-14: K2, \*p6, k6, repeat from \* to last 2 sts, k2.

Rows 15 & 16: Knit across.

Repeat Rows 1-16 until the piece is approximately 38" from beginning, ending after having worked either Row 6 or Row 14.

Knit 8 rows.

**Finishing:** Bind off loosely. Weave in ends.

Skill Level 2:



Finished Measurements:  
Approximately 8" x 39"

Materials: Approximately  
300 yards of worsted  
weight yarn

US size 7 needles, or size  
needed to get gauge

Tapestry needle

Gauge: 18 sts & 24 rows  
= 4 inches square in  
basketweave stitch pattern







# S E A F A R E R ' S   S C A R F





## Seafarer's Scarf

**About this Pattern:** The original seafarer scarf worn the world over!

**Note:** The first and last 14 inches of the scarf are knit in garter stitch.

The 18 inches of k4, p4 ribbing in the middle make a narrow-looking neck. This makes the scarf more dense and warmer around the neck without adding extra bulk.

**Tip:** Slip the first stitch of each row purlwise to keep the edges tidy.

Cast on 32 stitches.

Knit even for 14".

\*K4, p4, repeat from \* across row for 18".

Knit even for 14".

**Finishing:** Bind off loosely. Weave in ends.

Skill Level 1:



Finished Measurements:  
Approximately 6.5" x 46"

Materials: Approximately  
300 yards of worsted  
weight yarn

US size 6 or 7 needles, or  
size needed to get gauge

Tapestry needle

Gauge: 20 sts & 36 rows  
= 4 inches square in  
garter stitch







## Cowl

Skill Level 2:



**About this pattern:** No loose ends to get caught up in equipment. The cowl stays safely tucked into workwear to keep necks cozy.

**Note:** Use your preferred method of knitting in the round, e.g., one 16" circular needle, a set of double-pointed needles or two circulars.

**Use a stretchy cast and bind off to maximize stretching over the head and onto the neck. We don't want the mariners to struggle to get the cowl on!**

**This cowl should be approximately 7" long, which ensures it can stay safely tucked into workwear.**

Cast on 88 stitches. Place marker and join for working in the round, being careful not to twist.

Round 1: \*K2, p2, repeat from \* to end of round.

Repeat Round 1 until piece measures 7" from beginning.

**Finishing:** Bind off loosely in pattern. Weave in ends.

Slip over a head and wear!

**Finished Measurements:**  
7" long, approximately  
8" wide

Adult medium, stretches  
to approximately 23"  
circumference

**Materials:** Approximately  
150 yards worsted  
weight yarn

US size 8 16" circular  
needle, or size needed to  
get gauge

Stitch marker

Tapestry needle

Gauge: 16 stitches & 24  
rounds = 4" in k2, p2  
ribbing, slightly stretched



# Nola's Slippers

Skill Level 3:



**About this pattern:** After a day in steel-toed boots, these slippers are such a treat!

**Note:** These slippers are worked flat. A circular needle (24" or longer) is used to make the picking up of stitches along the foot easier.

The slippers are worked with yarn doubled.

The seam on the bottom of the sole can be worked in Kitchener stitch or with a three-needle bindoff. The Kitchener stitch is smoother than three-needle bind off and doesn't leave a ridge at the center of the sole. Directions for Kitchener stitch are provided at the end of the pattern.

**Cuff:** With yarn doubled, cast on 39 stitches.

Row 1 (RS): \*K1, p1, repeat from \* to last stitch, k1.

Row 2 (WS): \*P1, k1, repeat from \* to last stitch, p1.

Continue in rib pattern for 6.25" (approximately 28 rows).

**Tongue:** The tongue is worked on the center 13 stitches. Leave the remaining stitches on the needle.

Row 1 (RS): With right side facing you, knit 26 stitches, turn.

Row 2 (WS): Knit 13 stitches, turn.

Row 3: Knit 13 stitches, turn.

Repeat Rows 2 & 3 until you have 17 ridges, ending with Row 2. You will have completed 34 rows.

**Shape Toe:** Row 1: With right side facing, k2tog, k9, k2tog. (11 sts)

Row 2 (WS): Knit across.

Row 3 (RS): K2tog, k7, k2tog. (9 sts)

Row 4 (WS): Knit across.

Row 5 (RS): K2tog, k5, k2tog. (7 sts)

Do not turn work.

**Foot:** Row 1 (RS): Pick up and knit 19 stitches along the left side of the tongue, knit 13 stitches from the cuff.

Row 2 (WS): Knit across (39), pick up 19 stitches on the right side of the tongue, knit 13 stitches from the cuff. 71 sts.

Next Rows: Knit all stitches until you have 5 ridges (10 rows).

**Sole:** Row 1 (RS): K2tog, k28, k2tog, k3, k2tog, k3, k2tog, k27, k2tog. (66 sts)

Row 2 (WS): Knit across.

Row 3 (RS): K2tog, k26, k2tog, k2, k2tog, k2, k2tog, k26, k2tog. (61 sts)

Row 4 (WS): Knit across.

Row 5 (RS): K2tog, k24, k2tog, k1, k2tog, k1, k2tog, k25, k2tog. (56 sts)

Row 6 (WS): Knit across.

Row 7 (RS): K2tog, k22, k2tog, k2tog, k2tog, k24, k2tog. (51 sts)

Row 8 (WS): Knit across.

There are now 9 ridges on the foot and sole.

With right side facing, knit 26 sts.

This brings you to the tip of the toe.

Cut yarn, leaving a 24" tail to thread onto a tapestry needle.

Use Kitchener stitch to sew the live stitches of the sole, as follows.

Arrange the needles so that they are even and parallel with ends pointing to the right, and with working yarn extending from the right-hand end of back needle.

While working, always keep yarn under the knitting needles.

Weave stitches from front and back needles together with Kitchener stitch as follows.

**Set up:** Pass tapestry needle through first stitch on front knitting needle as if to purl, leaving stitch on needle. Pass through first stitch on back needle as if to knit, leaving stitch on needle.

\*Pass tapestry needle through first stitch on front needle as if to knit, and slip stitch off the needle. Pass through next stitch on front needle as if to purl, pull yarn through, but leave stitch on needle. Pass through first stitch on back needle as if to purl, slip stitch off. Pass through next stitch on back needle as if to knit, leaving stitch on needle. Repeat from \* until all stitches are off the needles.

Pull yarn through and fasten securely. Use the extra length of yarn to sew up seam on heel and cuff with whipstitch or mattress stitch. Weave in ends.

**Finished Measurements:**  
Approximately 9" from top of cuff to sole, 11" from heel to toe

**Materials:** Approximately 500 yards worsted weight yarn

US size 9 circular needles, or size needed to get gauge

Stitch marker

Tapestry needle

Gauge: 12 stitches & 24 rows = 4" in garter stitch



# Seafarer's Vest

Skill Level 3: 



**About this pattern:** A vest adds warmth without bulk--perfect for working at sea.

**Note:** This V-neck vest is knitted flat in pieces from the bottom up.

**Front:** Using smaller needles, cast on 88 sts.  
Work in k2, p2 ribbing for 3".  
Switch to larger needles.  
Work in stockinette stitch until piece measures 18" from beginning, end with having worked a RS row.

**Armhole Set Up:** Row 1 (WS): K10, purl to last 10 sts, k10.  
Row 2 (RS): Knit across.  
Repeat Rows 1 & 2 three more times.

**Armhole Decreases:** Row 1 (WS): Bind off 4 sts, (there is one stitch now already on the right-hand needle), k5, purl to last 10 sts, k10. (84 sts)  
Row 2 (RS): Bind off 4 sts, knit across. (80 sts)  
Row 3: K6, p28, k12, p28, k6.  
Row 4: Knit across.  
Repeat Rows 3 & 4 three more times.

**First Shoulder/V-Neck:** Row 1 (WS): K6, p28, k6, turn. Slide remaining 40 sts onto a holder.  
Row 2 (RS): K6, k2tog, knit to last 8 sts, k2tog, k6. (2 sts decreased)  
Row 3: K6, purl to last 6 sts, k6.  
Row 4: Knit across.  
Row 5: K6, purl to last 6 sts, k6.  
Row 6: K6, k2tog, knit to last 8 sts, k2tog, k6. (2 sts decreased)  
Row 7: K6, purl to last 6 sts, k6.  
Row 8: Knit across.

Repeat Rows 5-8 until 24 stitches remain on needle.

Row 9: K6, purl to last 6 sts, k6.  
Row 10: K6, k2tog, knit to end. (22 sts)

Row 11: K6, purl to last 6 sts, k6.  
Row 12: Knit across.  
Row 13 (WS): K6, p10, k6.  
With 22 stitches on needle, work even until armhole measures 10" from bound off stitches to shoulder.  
Bind off.

**Second Shoulder:** Starting at base of the V-neck, knit corresponding shoulder.

**Back:** Using smaller needles, cast on 88 sts.  
Work in k2, p2 ribbing for 3".  
Switch to larger needles.  
Work in stockinette stitch until piece measures 18" from beginning, end with having worked a RS row.

**Armhole Set Up:** Row 1 (WS): K10, purl to last 10 sts, k10.  
Row 2: Knit across.  
Repeat Rows 1 & 2 three more times.

**Armhole Decreases:** Row 1 (WS): Bind off 4 sts, (there is one stitch now already on the right-hand needle), k5, purl to last 10 sts, k10. (84 sts)  
Row 2: Bind off 4 sts, knit across. (80 sts)  
Row 3: K6, purl to last 6 sts, k6.  
Row 4: Knit across.  
Repeat Rows 3 & 4 three more times.

**Shoulder:** Row 1 (WS): K6, purl to last 6 sts, k6.  
Row 2: K6, k2tog, knit to last 8 sts, k2tog, k6. (2 sts decreased)  
Row 3: K6, purl to last 6 sts, k6.  
Row 4: Knit across.  
Repeat rows 1-4 until 64 sts remain on needle.  
Row 5: K6, p52, k6.  
Row 6: Knit across.  
Repeat Rows 5 & 6 four more times. (10 rows worked)

**Back Neck Border:** Row 1 (WS): K6, p10, k32, p10, k6.  
Row 2: Knit across.  
Repeat Rows 1 & 2 three more times.  
The armhole from bound off stitches to shoulder should measure 10".

Bind off all stitches.

**FINISHING:** Join shoulder seams.  
Sew side seams. Weave in ends.

**Finished Measurements:**  
Chest: 35"  
Length: 28"

**Materials:** Approximately 800 yards worsted weight yarn

US size 8 needles, or size needed to get gauge

US size 6 needles

Tapestry needle

Gauge: 20 stitches & 28 rows = 4" square in stockinette stitch on larger needles





## Inspiration Scarf (formerly Scrappy Scarf)

- Tech Editor: Beth Hall

Skill Level 1:



**Note: Chain 3 at the beginning of each row counts as 1 dc.**

Chain 130 loosely with color A. (You may want to go up a hook size for this chain.)

Row 1: Working in back bump of each chain, dc in 4th back bump from hook and in each ch across. Cut yarn with 6" tail. (128 sts)

Row 2: Turn work. Using color B, work a standing dc in the last st of the previous row (or slip st join to the stitch and chain 3). Work a dc in the next st

and each st across. Cut yarn with 6" tail. (128 sts)

Row 3: Using color C, repeat Row 2.

Continue in this manner until scarf measures 6½-7" wide. Securely finish all ends. (For safety reason, fringe is not permissible.)

**For a variation,** use single crochet or half double crochet stitches in place of the dc in the rows, striping as you like, until the scarf measures the proper width.

**Finished Measurements:**  
6½ -7" wide by  
48-50" long

**Materials:** Worsted (Cat 4),  
approximately 180 yards.

US H (5 mm) or size  
needed for correct gauge

Two stitch markers

Yarn needle for finishing

**Gauge:** 2 rows in dc = 1.5";  
5 dc = 2"

**Abbreviations:**  
ch = chain(s)  
dc = double crochet  
st(s) = stitch(es)



# SEAFARER'S WATCH CAP







## Seafarer's Watch Cap • Designer: Beth Hall

Chain 41 loosely.

Row 1: Slip st in second chain from hook and next 5 chs, sc in next 6 chs, hdc in next 14 chains, slip st in last 14 chs. [40 st] Ch 1, turn.

**Note: Beginning with Row 2, work all stitches in the back loop only.**

Row 2: Slip st in the first 14 slip st of the previous row, ch 1, turn. Slip st in the 14 slip st just completed (working back towards lower edge; these will create the cap's "ribbing"), ch 1, turn. Slip st in the 14 slip st just completed, hdc in the next stitch from row 1 and next 13 stitches, sc in next 6 st, slip st in the next 3 stitches, ch 1 and turn, leaving the last 3 slip stitches unworked. [37 st]

Row 3: Slip st in the next 3 st, sc in next 6 st, hdc in next 14 st, slip st in last 14 st. [37 st] Ch 1, turn.

Row 4: Slip st in the first 14 slip st of the previous row, ch 1, turn. Slip st in the 14 slip st just completed (back

towards lower edge to create the cap's "ribbing"), ch 1, turn. Slip st in the 14 slip st just completed, hdc in the next stitch from row 3 and next 13 stitches, sc in next 6 st, slip st in the next 3 stitches, then slip st in last 3 unworked stitches from row 1. [40 st] Ch 1, turn.

Row 5: Slip st in the next 6 st, sc in next 6 st, hdc in next 14 st, slip st in last 14 st. [40 st] Ch 1, turn.

Repeat rows 2-5, 12 times, ending with row 5, for a total of 53 rows, or to desired size. Break off yarn, leaving a long enough tail to sew the side seam and close the top. Sew side seam, catching the remaining side of the starting chain and the back loop of the last row. At top of hat, secure seam, then use a yarn needle to "catch" top of slip stitch for each row; gather tightly and secure. Weave any yarn ends in to finish.

Skill Level 2:



**Finished Measurements:**  
Fits 21-22" head

**Materials:** Approximately 200 yds worsted weight yarn

**Crochet hook:** Size H hook (or size needed to achieve gauge)

**Gauge:** 13 hdc = 4"; 2 rows hdc = 1"

**Abbreviations:**  
ch = chain(s)  
hdc = half double crochet  
sc = single crochet  
st(s) = stitch(es)





# R E S I L I E N C E   S C A R F







## Resilience Scarf • Designer: Beth Hall

**Note: Chain 2 at the beginning of each row counts as 1 hdc.**

Chain 151 loosely. (You may want to go up a hook size for this chain.)

Row 1: Working in back bump of each chain, hdc in 3rd back bump from hook and in next 45 ch; sc in next 4 ch & place stitch marker in the last st made; slip st in next 50 ch; sc in next 4 ch & place marker in the last st made; hdc in last 46 ch. Turn. (150 sts)

**Note: Beginning with Row 2, work all stitches in the back loop only.**

Row 2: Chain 2; hdc in next 45 st; at stitch marker, sc in next 4 sts & move stitch marker to the last st made; slip st in next 50 st; at next stitch marker, sc in next 4 sts & move st marker to the last st made; hdc in last 46 sts, turn. (150 sts)

Rows 3 & 4: Repeat Row 2.

Row 5 (short rows): Ch 2; hdc in next 45 sts; at stitch marker, sc in next 4 sts &

move st marker to the last st made; slip st in next 50 st, ch 1, turn. Slip st in next 50 st, ch 1, turn. Slip st in next 50 st. At stitch marker, sc in next 4 sts in row below with stitch marker & move stitch marker to the last st made. Hdc in the last 46 sts, turn.

Row 6: Ch 2; hdc in next 45 st; at stitch marker, sc in next 4 sts & move stitch marker to the last st made; slip st in next 50 st. At 2nd stitch marker, sc in next 4 sts in row below with stitch marker, then move stitch marker to the last st made. Hdc in the last 46 sts, turn. (150 sts)

Rows 7-10: Repeat Rows 5 & 6 two times.

Rows 11-14: Repeat Row 2.

At end of Row 14, cut yarn. Finish both ends. Do not add fringe.

Skill Level 1:



Finished Measurements:  
Approximately 6.5" x 48"

Materials: Worsted (Cat 4), approximately 180 yards.  
Sample is worked in Caron One Pound

Crochet hook: US I/9 (5.5 mm) or size needed for correct gauge

Other supplies: 2 stitch markers; yarn needle for finishing

Gauge: 2 rows in hdc = 1";  
6 hdc = 2"

Abbreviations:  
ch = chain(s)  
hdc = half double crochet  
sc = single crochet  
st(s) = stitch(es)







## DITTY BAG





## Ditty Bag

**About this pattern:** The ditty bags are an attractive and practical gift bag for seafarer Christmas presents.

**Cut according to width of material:**  
(suggestions to maximize fabric)

If 36" wide, cut three 12" x 36" rectangles.

If 45" wide, cut four 11¼" x 36" rectangles.

If 60" wide, cut five 12" x 36" rectangles.

**Note: We use the ditty bag to pack 2 knit/crochet pieces, a modest number of nonperishable snacks, several travel size toiletries, and a Christmas card.**

Fold the material in half, right sides together.

Stitch ¼" side seams.

Fold top down 2".

Turn raw edge under ¼" and stitch hem.

Place another row of stitching 1" above hem, making a casing of 1" and a heading of ¾"

Turn bag right side out. With a seam ripper or razor blade, cut stitches to open 1" casing at each side.

Insert 1 shoelace in one seam opening. Bring completely around inside casing and exit at the same spot. Knot ends together.

Repeat in the other seam opening with the second shoelace. Laces should emerge from the outside of the bag, and when pulled simultaneously close the bag.

Skill Level 1:



**Finished Measurements:**  
Approximately 12" by 15"

**Materials:** 1 yard of sturdy cloth (does not have to be Christmas themed)

1 pair of 30" shoelaces,  
or 2 - 30" lengths of  
twill tape, cording, or  
macrame braid







## Resources

### ADDRESS AND CONTACT INFORMATION

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### FACEBOOK AND RAVELRY

Follow [Facebook.com/seamenschurch](https://Facebook.com/seamenschurch) for up-to-date stories and news about SCI, photographs of CAS donations and shout outs to volunteers.

*Untangled* is Christmas at Sea's member Facebook page for volunteer knitters, crocheters, and ditty bag makers. Untangled is an interactive forum for questions and answers about CAS. You'll gain insight and tips about our patterns and connect with others who share your passion for knitting/crocheting and are united in support of mariners. [Facebook.com/groups/untangled.sci](https://Facebook.com/groups/untangled.sci).

Christmas at Sea has an active group on *Ravelry*, an online community of fiber artists. [Ravelry.com](https://www.ravelry.com).



## C A S   A N G E L S

CAS has a team of experienced volunteers eager to help other CAS knitters and crocheters with questions about our specially designed patterns. Simply post your question on our Untangled Facebook page for responses to your most pressing questions.

Not on social media? No worries. Email [CAS@seamenschurch.org](mailto:CAS@seamenschurch.org) with your question(s) specifying the pattern you are working on and provide your contact information. We will introduce you by email to a CAS Angel who will be your personal coach and mentor.

No need to struggle—reach out. We've got Angels!

## G I F T   T A G S

Contact us at [CAS@seamenschurch.org](mailto:CAS@seamenschurch.org) for a set of SCI gift tags or, for your convenience, download the PDF file on our patterns and publications page on our website to print at home. The gift tag sheets are designed to fit nine on an 8.5×11 sheet of paper. If you prefer, you may create your own unique gift tags. Please affix gift tags to your donations that include your first name and the initial of your last name. We encourage you to identify your state or if outside the United States, your country. You may also include a short message.



## K E E P   I N   T O U C H

For a complimentary subscription to one or both of our biannual print publications, *The Lookout*, for organization-wide information, and *The Knit Before Christmas*, our magazine for the CAS community, please complete the form on our website: [seamenschurch.org](http://seamenschurch.org). On that page, you may also subscribe to our monthly digital newsletter, *The Masthead* to stay abreast of current news.





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