

## Nurse and Doctor patterns – kindly donated by Val Holmes

### NURSE



This pattern is a suggestion for updating the nurse in the Professionals Set of puppets.

Although most adults recognise a white apron and cap with a red cross as portraying a nurse, and a child may do too, because dressing up sets are still available like this, a child who receives medical treatment will see a different uniform.

I've tried to pick out the essentials of style and colour. Pale blue, royal blue and hospital green are most common. Nurses may wear a skirt or trousers. I've opted for trousers because they are unisex. They tend to be either navy or to match the tunic. Tunics are short sleeved, V necked and often have white piping around sleeves and collar. You can also add pockets and a fob watch.

Professionals are single faced puppets with a friendly expression.

**You will need:**

- DK yarn in chosen colours for shoes (black or white) trousers and tunic, skin tone, hair (see note on textured yarns) and oddments of white for trim.
- 4mm knitting needles, tapestry needle and embroidery needle.
- Stranded embroidery cotton for facial features, including a match or slightly darker than skin tone to make jaw line.
- Black buttons and white sewing thread if that is how you prefer to make eyes.
- 3" square of medium weight interfacing.

**Note - Textured yarns:**

Textured yarns are very effective for hair, but please note that we are not allowed by our insurance or trading standards (we don't 'trade' but are still the suppliers, so are bound by the rules) to use puppets made with yarn that sheds fibres, like mohair. There are several brands designed for baby wear that are safe. These include Sirdar Snuggly snowflake, King Cole Truffle, Phildar Phil Douce, Lion Brand baby soft boucle, and Drops Alpaca Boucle which is not a baby yarn, but is safe and has a good selection of hair colours, including black. These yarns are more expensive than ordinary DK, but one ball makes a lot of puppets.

**NB** The tails you leave at cast on, cast off and colour change will be used to sew up.

I use baseball stitch for sewing pattern pieces together. There is a description of how to do this on [www.10rowsaday.com](http://www.10rowsaday.com) baseball stitch, or woolandthegang.com vertical invisible seam.

**Abbreviations:**

**cont**, continuing

**h**, hair colour

**kfb**, make an extra stitch by knitting into the front and back of the next stitch

**k**, knit

**m1**, make an extra stitch by picking up the strand before the next stitch and knitting into the back of it

**p**, purl

**RS**, right side

**s**, skin tone

**st**, stitch

**sts**, stitches

**st.st**, stocking stitch, alternate rows of knit and purl

**tbl**, through back of loop

**tog**, together

**WS**, wrong side

## **Pattern**

### **Front**

**Shoes:** in black or white, cast on 22 sts and work 4 rows of garter stitch ( knit every row)

**Trousers:** Change to trouser colour. Knit one row

Next row: p 10, k 2, p 10

Next row: k 10, P2tog, k 10

Repeat these two rows until 14 rows of trouser colour have been worked.

Trouser body: next row: k

Next row: p

Repeat these two rows twice more

K two rows. The second row on the WS denotes the waist band.

**Upper body:** change to skin tone and continue in st.st. for 8 rows

### **Basic arm pattern: (see below for alternative arm pattern)**

Next row: Cast on and knit 10 sts. K to end of row

**Tip:** a gap tends to appear in the row where you begin casting on the extra stitches. If you knit into the backs of the two sts either side of the gap it helps prevent a hole at the underarm.

Next row: cast on 10 sts. K 4 sts, p to last 4sts. K 4.(42sts)

Continue RS row knit, WS row k4, p34, k4 for 8 more rows.

Next row: cast off 15 sts, k to end

Next row: Cast off 15sts, p to end (12sts)

Continue with neck.

### **Alternative arm pattern**

Because the tunic is short sleeved I use the following alternative so there is no seam along the top of the arm, and the hand is shaped rather than square.

Cast on 2 sts at the beginning of the next 2 rows (26sts)

St.st 8 further rows.

Next row: (RS) cast off 7 sts, knit to end

Next row: (WS) cast off 7 sts, p to end

( see Making Up section for rest of arm)

Continue with neck

**Neck:** st.st. 3 rows

Increase one stitch each end of next 4 rows (20sts).

Work one row \*\*

**Nose:** (RS) k 10, m1, k 10 (21sts)

Next row: p

Next row: k 10, kfbfb into next st (making 4 sts from 1<sup>st</sup>) k1tbl, k to end. (24sts)

Next row: p

Next row: k 10, k4togtbl, k1tbl, k 9

**Tip:** If you find it tricky knitting 4 together through the backs of the loops, work the tip of the right hand needle through the back of all 4 sts, yarn over, then slide the first two sts on to the right hand needle, cast off the second two, then put the tip of the left hand needle through the 2 slipped stitches and cast them off .

You are about to start knitting the hair. Wind off a small ball of hair colour before you begin, as you will need two balls for the next few rows. Stitches knitted in hair colour will be labelled h, and skin tone will be labelled s. To avoid a hole forming when changing from one colour to another cross yarns at the back of the work on RS rows, and at the front on WS rows, so that the first working yarn is trapped at the base of the next stitch in the second colour. Your yarns will become tangled for the next few rows. It's wise to uncross them at the end of each row. To introduce the hair yarn simply start knitting with it leaving a tail to be either woven in later, or used for sewing up. The hair is knitted in garter stitch to give it texture. If you are using textured yarn then you can continue in stocking stitch. There are separate patterns according to which yarn you are using.

#### **Hair using DK:**

Row 1: h using main ball (p2), s (p7, P2tog, p8), h using small ball(p2) (20sts)

Row 2: h (p2, k1), s (k14), h k1, p 2)

Row 3: h (p4), s (p 12), h (p4)

Row 4: h (p 4, k 1), s (k 10), h (k1 p 4)

Row 5: h (p 2tog, p 4), s(p 8), h(p4, p 2tog) (18sts)

Row 6: h (p5, k 1), s (k 6), h (k1, p5)

Row 7: (on this row you are going to use the main ball of hair colour, carrying it across behind the skin tone sts, purling with both hair yarns together for one stitch where they meet then discontinuing both small hair and skin yarn as follows)

h (p 2 tog, p 4), s (p1, carry h, p1), h (p1, carry s, p1), s (p1, carry h, p1) , h (p1with 2strands tog, p 3, p 2 tog) (16sts)

Row 8: h (p5, k 2, p 2, k 2, p 5)

Continue in purl throughout, decreasing 1 st each end of every WS row until 12 sts remain, then every row until 8 sts remain. Cast off, continuing the P2tog at each end of cast off row.



**Hair using textured yarn:**

Row 1: h (p2), s (p7, P2tog, p8) h(p 2)

Row 2: h (k3), s (k14) , h(k3)

Row 3: h (p 4), s (p12), h (p 4)

Row 4: h(k5), s k 10), h(k5)

Start shaping top of head.

Row 5: h (p2tog p4), s (p8), h(p4, p 2tog) (18sts)

Row 6: h (k6), s(k6), h(k6)

Row 7: h (p 2tog, p 4), s ( p 2 carrying h yarn across), h ( p2 carrying s yarn across) s ( p 2), h ( p 4, p 2tog). (16sts) Cut skin tone and small hair yarn leaving tail to weave in.

Row 8: h(k16)

Continue in h and at.st, decreasing 1 st at each end of every WS row until 12 sts remain, then every row until 8 remain.

Cast off, leaving a tail to sew up.

**Back**

Follow the pattern for the front to \*\*

When cutting the skin tone yarn remember the tail will be sewing up all the way round the arm to the waist.

Next row: change to hair yarn and garter stitch

Work 9 rows

Begin shaping top of head, decreasing one stitch each end of every WS row until 12 sts remain, then every row until 8 remain.

**Tip:** if you're using textured yarn and find k2tog too difficult, try P2tog or K2togtbl instead.

Cast off.

See next page for making up.



## Making up

If you didn't do so while knitting, weave in the ends of the face and hair yarn at the forehead.



Fig. 1:  
diagonal  
in



Fig. 2:  
eyebrows

It is easy to catch in your yarn ends while sewing the features. Keep checking. It's really annoying to find your yarn sewn to the back of an eye when you come to sew the puppet together.

Black button eyes should be sewn, *very firmly, (trading standards)*, with white thread, to give the eye a highlight. I usually use the plain reverse side of buttons. Some people prefer to embroider the eye.

Because the body, neck and face are all the same colour the puppet looks a bit of a 'chinless wonder'. To improve the look, run a curved row of stem stitch in matching, or, better still, slightly darker embroidery cotton around the bottom edge of the face to give a jaw line.

All embroidery is done with 3 strands of stranded embroidery cotton. When face is complete, (fig. 3), trim away excess interfacing, (fig. 4)



Fig. 3



Fig. 4

Starting at the top of the head, matching the cast off stitches, pin front and back of puppet together, working in sections, and weaving in ends as you go. It is easier to sew the puppet if you only pin the section you are working on. If you have used the alternative arm pattern only sew as far as the shoulder seams and complete the arm before joining the rest of side seams.

### **To complete arms:**

Sew front and back together at shoulder seams.

With skin tone, pick up and knit 16 sts evenly across top of arm.

St.st 9 rows.

Next row: (RS) (k 2togtbl, k4, K2tog)2x

Next row : (P2tog, P2tog, p2togtbl)2x

Next row: Cast off. Leave long tail to sew end of hand, underarm and side seam to waist.

### **Tunic: Back.**

\*In uniform colour, cast on 24 sts and knit two rows.

Change to st.st and work 12 further rows.

Cast on 4 sts at beg of next 2 rows.\*

St.st. 10 more rows.

Next row: cast off

### **Front:**

As tunic back from \* to \*

RS, cont in st.st, knit 14, k2tog (15 sts) turn and work on these sts only

Next row: p

Next row: k to last 2 sts,, k 2tog

Next row: p

Repeat last two rows until 11sts remain.

Cast off.

With RS facing

Rejoin yarn to remaining 16sts, knitting 2tog at start of row, k to end

Continue in st.st. decreasing one st at the beginning of every RS row until 11sts remain. Purl one row. Cast off.

Join front to back at shoulder seams.

Using white stranded embroidery cotton, leaving a tail to work in afterwards, make a row of stem stitch around sleeve edges following the channel between the first and second stitches. Leave tail at end to work last stitch after sleeve seam has been sewn.

Join side and underarm seam. Finish off stem stitch 'piping'. Knot the two tails together and weave in ends on underside of white stitching.

### **Collar:**

I prefer to use 3.25mm needles for the collar, but it is not essential.

In white, cast on 44 sts, leaving a tail to oversee the front edges.

Change to uniform colour. St.st. 3 rows.

Cast off.

Fold collar in half lengthways to find centre point and pin it to the centre back of the tunic. Pin collar to tunic so that it just meets at the centre of the V neck.

Stitch collar to tunic.

Using white, oversee short edges of collar to continue white 'piping'.

Catch stitch white edge to tunic.

### **Optional extras:**

You can add two large pockets to lower left and right front of tunic. Again, I prefer 3.25mm needles.

### **Pockets**

In uniform colour, cast on 6 sts.

St.st. 6 rows.

Cast off.

Sew round three sides lined up with a row of stitches to keep them straight.

### **Identity badge and/or a fob watch**

You can also add an identity badge and/or a fob watch.

The fob watch in the picture was made by drawing round a suitably sized button on white felt and cutting out the circle with sharp embroidery scissors. It was sewn to the puppet with black thread using the stitches to denote the intervals around the watch face. Do 12. 6. 3 and 9 first then the other intervals evenly spaced.



# DOCTOR



This pattern is for the traditional white coated doctor with stethoscope. The puppet is made in appropriate colours using the basic puppet in trousers pattern (unisex).

You will need: oddments of DK yarn in the colours of your choice for shoes, trousers, shirt, face and hands, hair, and white for coat.

4mm needles

**NB**, this pattern uses DK for the knitted in hair. If you would like to use textured yarn, please see the appropriate section of the nurse pattern.

## **Puppet:**

### **Front:**

In shoe colour, cast on 24 sts. Knit 4 rows.

Change to trouser colour. Knit one row.

Next row: p 11, k 2, p 11

Next row: k 11, p 2, k 11

Repeat these two rows until 14 rows have been worked in trouser colour.

Next row: k

Next row: p

St st 5 more rows then work one knit row on the WS for the waistband.

Change to shirt colour.

St st 8 rows

Next row: cast on 8 sts. Knit to end

Next row: cast on 8 sts. P to end. (40 sts)

Continue in st st for 8 further rows.

Next row: (RS) cast off 14 sts. Knit to end

Next row: cast off 14 sts. Knit to end to create neck line. (12sts)

Change to face colour.

St st 3 rows

Increase 1 st at each end of next 4 rows (20 sts)

P 1 row \*\*

Next row: k 10, M 1, K 10

Next row: p

Next row: k 10, kfbfb ( making 4sts from 1), k 10 (24sts)

Next row, p

Next row: k 10, k4togtbl, k 1tbl, k 9

Tip: if you find k4togtbl tricky, work your right hand needle through the backs of the loops, yarn over, then allow your 4 sts to slide off on to the right hand needle and cast them off just a couple at a time with the tip of your left hand needle.

The next row introduces the hair yarn. h = hair yarn, s= skin tone yarn. When changing from one colour to another remember to twist the yarns at changeover so that one yarn is trapped at the base of the changeover stitch on the WS of the work. Wind off a very small ball (only enough for about 40 sts) of hair coloured yarn before you begin this row, as you will need a ball at either end of the face for a few rows.

Row 1: (WS) h using main ball(p2), s (p7, P2tog, p8), h using small ball (p2) (20sts)

Row 2: h (p 2, k 1), s (k14), h(k 1, p 2)

Row 3: h (p 4), s (k 12), h (p4)

Row 4: h (p4, k 1), s( k 10), h (k 1,p 4)

Row 5: h (p 2tog, p 4), s (p8), h (p4, p 2tog), (18sts)

Row 6: h (p5, k 1), s (k6), h(k1, p5)

Row 7: carry the h yarn all the way across this row until you meet the other h strand, knitting with both strands together for one stitch at the meeting point. h( P2tog, p4), s (p2), h (p2), s (p2), h (p4, P2tog) (16sts).

You can cut off the skin tone and the small hair ball here, leaving an end to weave in. You can weave them in together as you knit the next row to save time later if you wish.

Row 8: h(p5, k2, p2,k2, p5)

Continue in purl, Dec 1<sup>st</sup> each end of WS rows until 12sts remain, then every row until 8 remain. Cast off.

**Back.**

As for front until \*\*

Next row change to hair colour. K 1 row then purl every row for 9 rows.

Cont in p, shape top of head by decreasing 1<sup>st</sup> each end of every WS row until 12 sts remain, then every row until 8 sts remain. Cast off.

Embroider the face in the usual way (see Nurse pattern) then sew up head and shoulder seam.

**To make hands:**

Using skin tone and either 4mm or a finer gauge needle, with RS facing, pick up and knit 16 sts across the end of the wrist.

St st 2 rows

Next row: (P2tog, p 4, P2tog tbl ) twice

Next row: ( k2togtbl, k2, k2tog)twice

Cast off.

Finish sewing up puppet.

**Doctor's white coat:****Back**

In DK and on 4mm needles, cast on 26 sts

Knit 2rows.

Beginning with a k row work in st.st until back measures 7 cm

On a RS row, cast on 8sts. Knit to end of row.

Next row: cast on 8 sts. Purl to end of row.

Continue in st.st.for 10 more rows

Cast off.

**Left front:**

Remember the tails at cast on and cast off will be used for sewing up

Cast on 13sts

Knit 2 rows.

Continue in st st, knitting the last 2 sts on every purl row until work measures 7 cm

Next row: (RS) cast on 8sts. Knit to end. (21sts)

Next row: k2, p to end

Next row: k to last 4 sts. K2tog, k2

Next row: k2, p to end

Repeat the last two rows until 16 sts remain

On next RS row, cast off.

**Right front:**

Cast on 13sts, k 2rows.

Next row: k

Next row: p 11, k 2  
Repeat these rows until work measures 7 cm  
On a WS row, cast on 8 sts, p to last 2sts, k 2 (21sts)  
Next row: k2, s1, k1, psso , k to end  
Next row: p to last 2, k 2  
Repeat these two rows until 16 sts remain.  
On RS row, cast off.

Join shoulder, and side and underarm seams

## **Stethoscope**

What identifies the puppet in a white coat as a doctor is the stethoscope. A frequently used method of making this has been to thread a button on to a length of yarn, but this has safety problems. As with all buttons on therapy aids supplied by Knit-for-Nowt, they have to be very firmly fixed. This pattern uses buttons pre threaded on to the yarn.

Plain buttons with a shank are most convincing. Metal ones would look most realistic, but cost more. I used one 14mm and two 10mm plain white shanked buttons. You also need either 4ply yarn or crochet cotton in black or red or silver, long 3.25mm knitting needles, a needle threader, a tapestry needle and some sewing thread.

Use the needle threader to slot the buttons on to the yarn, first a small one, then the larger one and then the second small one. Push them well along the yarn. You are going to need a long enough tail to cast on 100 stitches.

As you cast on, knit your buttons into the 2<sup>nd</sup>, the 50<sup>th</sup> and the 99<sup>th</sup> stitch. Cast off. Leave a 20cm tail.

You now have a knitted string with the large button in the middle and a smaller one at each end. Use the needle threader to slot the tails a couple more times through the shank of each small button, then wrap it several times around the string just below the shank and weave in whichever tail is shorter.

Fold the string in half. You are going to sew the two strands together from the large button for about 7 cms. Your 20cm tail should be enough to weave from the small button to the 7cm mark, then sew the two strands together.

Finish by slotting the tail a couple of times through the shank of the large button then wrapping it several times around just below the shank and weaving in the end. Using ordinary sewing thread, attach the ear pieces firmly to the puppet's head at ear level.

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