

## Body Image Monsters



**Monsters are the same height and have identical coloured stripes. One monster is narrow, the other wider. Wider monster's instructions are shown in brackets.**

**Yarn and needles** - Quick and easy to knit on 6mm needles using two strands of double knitting yarn. N.B. Nose and ears are knitted with a single strand on 3.25mm needles.

**Face colours** - Please use pale shade for the face (cream, yellow, peach, pale pink, beige, light brown) not dark shades (dark brown, black, red, dark blue).

**Other colours** - If possible, use a combination of colourful stripes for the body, arms and legs. If necessary two different colours can be used together to create a mottled effect. The mouth should be a contrasting colour. Hair can be one colour or multi coloured.

**Other items required** - Quality CE or BS labelled toy stuffing. Small pieces of felt for eyes (white and black if possible), two stitch holders, tapestry needle.

### Abbreviations

**K** - Knit; **K2tog** - Knit 2 stitches together; **St-st** - Stocking stitch (one knit row, one purl row); **Kfb** - Knit into front and back of one stitch to make two stitches.

**Body** - Using two strands of yarn, cast on 34, (56) stitches.

1 - 36. St-st starting with a knit row.

37. Knit 11, (20) stitches and place them on a stitch holder.

**Mouth and tummy pocket** - Break off yarn and join mouth colour. Knit 12, (16) stitches in mouth colour and place remaining 11, (20) stitches on a second stitch holder.

38 -39. Knit.

40 - 86. St-st starting with a purl row. The tummy pocket is made by working on these 12, (16) stitches. Row 86 should be a purl row, if not then work one extra row.

87. Purl.

Break off mouth colour. With right side of work facing you, join yarn to the side of the mouth that matches the stitches on the second stitch holder. Place these the 11, (20) stitches back on a needle and knit one row across them.

**Face** - Break off yarn and join face colour. Work in face colour across all 34 (56) stitches including those on the first stitch holder. Work st-st for 15 rows.

**Hair** - Break off face colour and join hair colour. Work st-st for 8 rows. Cast off.

Fold the tummy pocket in half with wrong sides facing out. The two edges that form the mouth (lips) should be together. Over-sew the pocket down each side.

Looking at the right side and check there are no loose stitches forming small holes at the corners of the mouth as these could let stuffing through. If there are, then use matching yarn and over-sew to close.

Knot together the yarn tails down the edges of the work. With wrong side facing out, back-stitch the two edges together.

**Hair loops** - You will need a piece of thick card 11ins long. Alternatively use a magazine which is a similar length. Wind two or three lengths of yarn three times round your card or magazine to make a bundle of loops. Slide off and tie a knot in the centre.

**Narrow monster** - Wind a total of 5 bundles and knot as described. Take a single bundle, fold in half and insert the knot only into the centre top of the head (next to the seam). Stitch across the top of the knot so that it stays in place. Space two more knots on one side of the first and stitch in place. Repeat on the other side. Finally, back-stitch across the head to ensure it is fully closed and the knots are secure. **Wide monster** - Wind 7 bundles in total and stitch one in the centre and then three each side. Don't trim hair just yet.



**Stuff each monster** - tummy pocket must lay flat against front of body. Over-sew the bottom edge of body to close.

**Legs** - The cast on edge will be at the top.

Using two strands of yarn, cast on 12 (16) stitches

1 - 39. St-st.

Cut yarn leaving 30cm tail. Using tapestry needle, thread stitches onto yarn tail and draw up firmly. Use yarn tail to back-stitch the two long sides of the leg together. Turn right side out and stuff legs (a wooden ruler is helpful for this). With seam at centre back, over-sew top of leg. Make a second leg and stitch them firmly to the bottom edge of the appropriate monster.

**Shoes** - Cast on 16 (19) stitches. St-st 14 (17) rows. Remove stitches onto 15cm yarn tail and draw up firmly to form the toe of the shoe (leave yarn tail attached). Fold shoe in half and with wrong side facing out, over-sew the back edges of shoe together. Now over-sew from the gathered toe to the centre. Turn right side out. Stuff toe and place shoe on bottom of monster's leg making sure bottom of leg touches bottom of shoe. Stitch top of shoe to leg.

**Arms** - The cast on edge will be at the top.

Using two strands of yarn, cast on 11 (14) stitches

1 - 29. St-st.

Cut yarn leaving a 30cm tail. Thread stitches onto yarn tail and draw up firmly. Back-stitch the two long sides of arm together. Turn right side out and stuff. With seam at centre back, over-sew top of arm. Make a second arm. Stitch the top of the arms to the body (level with mouth).

**Trim hair** - Finished length hair approximately 2ins (5cm).



**Nose** - Use 3.25mm needles and single strand of DK yarn.

Cast on 10 stitches (same size for both monsters).

1. Kfb, k8, kfb (12st).
2. Purl.
3. Kfb, k10, kfb (14st).
- 4 - 12. St-st.
13. k2tog, k10, k2tog (12st).
14. Purl.
15. K2tog, k8, k2tog (10st).

Cut yarn leaving a 20cm tail and thread stitches onto it. Draw up and then pick up alternate stitch loops around outside edge of nose. Pull to draw up slightly and then stuff the nose. Now draw up more tightly to keep the stuffing in place. Stitch nose firmly to face just above mouth.

**Eyes** - Same size for both monsters. For each monster you will need two circles of white felt with diameter  $1\frac{1}{4}$  in (35mm) and two circles of black felt with diameter  $\frac{1}{2}$  in (15mm). As an alternative to black felt you could use small buttons. With black thread, stitch black felt circle to centre of white circle. Stitch a tiny white spot in the centre. If using buttons then stitch on with white thread. Stitch the eyes to the face using white thread. Finally, using black yarn (or other dark colour) outline the eye with small back-stitches.

**Ears** - Use 3.25mm needles and single strand of DK yarn that matches the face.

Make 4 identical ear pieces for each monster. Same size ears for both.

Cast on 10 stitches

- 1 - 5. Knit.
6. K2tog across the row (5st).

Cast off.

Make a second piece and lay it over the first. Over-sew around the outside edges to hold the two pieces together. Stitch the cast-off edge firmly to the monster's head.