

# The Grateful Thread

Visit our website at [www.fromtheheartstitchers.org](http://www.fromtheheartstitchers.org)

## Letter from Lois

“Plays well with others”.

I know you have heard that said many times over the years. But did you ever think how it relates to our From the Heart ladies?

Whenever a group of stitchers congregates, almost immediately a “stress free zone” is created. Stitchers have such positive, inspiring attitudes. You may come in to a gathering for a short while, just to sit and stitch. You will always find ongoing conversations...after all; these are groups of ladies we are talking about! You may have started your day with so many problems on your mind but, pick up that yarn and your tool of choice and very soon, after just a few short rows you will notice a change in your mood, you may sink deeper into your chair, so relaxed that you very well may even notice a slight smile creeping across your face.

It's easy to understand why our shop has become such a popular place. We schedule 2 sets of 2 members to handle the roles of hostesses each day but rarely are they the only people in the building. Any time during open hours you can easily find 6, 8 or even more stitchers ‘hanging out’, each with their own situations outside those walls but communicating as one while within that stress free zone.

Beginners may walk in needing help with their projects, or maybe they are ready to step their stitching knowledge up a notch. They are certain to find answers to any questions they may have or that next level pattern, right there in the stress free zone!

## Urgent Needs!

As the spring season is approaching, we have switched our chemo hat fibers from the warm acrylics to the cooler cotton and cotton blends. We will continue to use the acrylics for all of our blankets. Be sure to stop by the shop, pick up your patterns and yarn and continue stitching those beautiful projects. And if you happen to know of anyone who would enjoy stitching with us by all means, invite them to the shop or share a copy of our meeting schedule with them.

Our urgent needs are currently:

- Baby blankets 28 x 40
- Newborn hats
- Christmas stockings 12 inches or larger
- Cotton and cotton blend hats – remember that we need all colors for women, men and children
- Adult blankets of all sizes

As always anything you want to make we can really use to help fill the bins in the shop and warm the hearts and bodies of those in need. It is so nice the weather is finally changing, enjoy the nice weather!

## Helmet liners for soldiers

On February 9, 2010 Pat Kirkland of the Yarn Barn in Dillwyn asked us to help in making helmet liners for the 80 Virginia soldiers leaving from Farmville in May. We immediately began and nine ladies make 30 liners for Operation Farmville and 16 individuals already in Afghanistan. Some went to helicopter pilots, some to truck drivers who said they were always cold and some to the newly deployed.

All have gone to Virginia soldiers and we plan to continue this project hopefully with your help. The pattern is in the shop, the newsletter and on the website for both knitters and Crocheters so come join our army of stitchers to help keep our soldiers warm.

To date we have donated 56 helmet liners. Thank you so much to Martha Wood for organizing this very worthwhile project.

**Note:** The pattern we are using is 100% wool yarn only. It is really important that the yarn be wool and **not** a wool blend. Patterns for knitted or crocheted helmet liners are attached and posted on the website.

Maybe it's the experienced stitcher, a little bored using their same patterns so many times they can make their projects with their eyes closed. There are many, many pattern books to challenge that crafter, to keep their stitching interesting.

We've all experienced it...stitching and creating is addictive. To 'fuel' your addiction just stop by the shop. You will be amazed at the choices in yarn and patterns there. And you will always find someone anxious to help you over any stumbling block. If the West End shop at 1114 Westbriar Drive is not within your range, check out the monthly calendar and you will surely find just the meeting spot to suit your taste.

Looking forward to seeing you very, very soon!

Lois

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## Stop by the Shop

When is the last time you sat, stitched and enjoyed the camaraderie at the shop?

Tricia Ennis is the April Scheduler. Contact her at 804/683-9015 or [ennis1000@verizon.net](mailto:ennis1000@verizon.net) to volunteer for a shift.

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## Shopkeeping Prize Award

The March winner is Alice Linyear.

Please contact the scheduler to get your name in for the April drawing. Shopkeeping is easy, fun and a great time visit with other stitchers.

Thank you Alice for all your help; we can't wait to see what you make with your new yarn.

## A.S.K. Assistance, Support, Kindness

"Making life better for children with cancer"

Remember two years ago when we stitched Christmas stockings for the 'Christmas in June' party held for critically ill children with cancer? And continued to create them for their regular December party for kids? We have been asked to help with this event for 2010 as well.

Each June this organization hosts a party for the children who probably won't survive to enjoy all the joy and gifts a normal December Christmas brings. To be certain they have the excitement and family experiences the holiday season usually holds, each year A.S.K. throws a "party to remember" for these precious youngsters. We can help make this a success. Our 'job' is to stitch stockings for the kids.

Difficult to believe but this summer's celebration will include about 50 children. Possibly we may also be able to offer dressed teddy bears to go with the stockings. They will also need close to 300 stockings for their December party. If you would like to help with this, check by the shop for yarn in Christmas colors and textures. It may be in the store room right now, but within the next few days we will have it out, front and center! Also you might want to take a look at the several pattern books containing great ideas for stockings. As I understand, these children range from little babies to almost grown teenagers so stockings of all sizes will be needed.

Stockings may be just the carry along project for your stitching time during weekend trips or even that Spring Break vacation. Why not see if you can fit in a little time here and there to give a hand with this very worthy project?

## The Growth of From the Heart

As written in our Mission Statement, "Our mission is to serve our community by preserving and promoting fiber arts, creating a spirit of fellowship and love among our volunteers and board members, and producing handmade items which bring comfort, love and solace to others".

From the Heart continues to remain true to its mission. One of the inspiring benefits has been the social value enjoyed by our members. This is in addition to the satisfaction of producing all those wonderful items bringing comfort, creating smiles and giving feelings of love and solace to recipients of our stitching. As we continue to grow outside our current boundaries by bringing this program to other communities, our mission remains constant. It is important to teach others how to secure donations of yarn and tools for their use. Equally important is an understanding of community needs and how just the right meeting place for a new group can create a buzz in their areas. We often bring in other interested stitchers to help them get started. Also it is important to visit new meetings, giving encouragement and holding workshop to help increase their stitching knowledge.

## Member Meetings

On Saturday March 27 we had our first quarterly member meeting of 2010 at the shop.

It is a good time to get together and chat and maybe knit or crochet. It's also a great time to visit with fellow members, ask questions, and make suggestions.

The meetings for this year will occur in June, September and December.

Watch the website and newsletter for the dates of the meetings.

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## Donation Inventory Numbers

### Previous Total

Mid 2002 – 2009: 70,550

### 2010

Jan - Feb 2,833

March 1,558

**Grand Total** 74,941

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## Recycling Ideas

What is your favorite item that you have recycled? Have you found a new use for an otherwise unused item? Please email your favorite hint to [pgreswolde@comcast.net](mailto:pgreswolde@comcast.net) so we can get it in the next newsletter.

- Use an empty hinged mint or small candy tin to hold stitch markers, point protectors and other small items. Some small candies come in really pretty tin boxes.
- I use a plastic cigar case to store my crochet hooks. It is the perfect length for crochet hooks and holds a lot of different size hooks in one place.

Spreading the good work and word in no way takes away from our core group or what we have grown to be. In fact, it enhances our image in such a way by carrying our mission beyond our original reach. By doing this, others are drawn to us seeking to be a part of all the good things happening in our organization. Helping set up 'branches' of From the Heart is a method of touching the lives of so many more sick or needy folks than we here in Richmond could ever do alone. And as we have experienced, in the beginning new groups are so beneficial to the stitchers by giving them a sense of worth. It can bring new friends into their lives and sometimes new direction for their days.

You have seen this happening in Hopewell. Shari Henry, Librarian at Appomattox Regional Library in Hopewell has a vision of that community operating as "Southside From the Heart @ Your Library". They already have two groups, totaling about 45 members, meeting in the library café. Several of our Richmond members have made the 30 minute trip to their gatherings a few times just to help them get started. Some of their folks were already accomplished knitters and crocheters, others we have helped these experienced stitchers teach. We have even held a magic loop sock knitters workshop with them! They have amazed us with the numbers of items they have already tagged and turned in to be delivered to John Randolph Hospital and other facilities in need in their area. They are just about ready to go it alone, with an occasional visit and encouragement from the Richmond area volunteers.

It can be done!! It can be such a blessing to other communities!! If you happen to be in an area that could benefit from having a From the Heart branch established nearby please, let us know of your interest. Let us help you make it happen...

I don't think I have ever met such a giving, caring group of people as these involved with our organization. Let's spread the good works. Let's help others in need that we can't possibly supply from our location. Let's show them how it's done...help them help themselves...

## Goodwill Follow-up

Just how so many From the Heart items appeared in the local Goodwill stores is still a mystery. Some have suggested the family of a deceased recipient may have donated them. But we don't think this is the case. When at least a dozen new, tagged, hat/scarf sets along with an equal number of pet cage cozies show up in the same spot at the same time.... It is really difficult to understand.

Again, we apologize if you happened to have found one of your beautifully, caringly stitched projects in one of these stores. We can't imagine it ever happening again! If you do learn any information that can clear up this puzzle for us, please pass this information on to us. We would certainly love to put this all behind us!

- Recycle old prescription bottles for keeping stitch markers or end-caps for double-pointed needles and your yarn needles.

## Stitching Hints & Tips

Do you have a favorite hint you would be willing to share with us? Please email your favorite stitching hint to [pgreswolde@comcast.net](mailto:pgreswolde@comcast.net) so we can get it in the next newsletter.

### Knitting

- When teaching to knit, use a poem. I know this is a tried and true but I find my students remember much better even my 5 year old granddaughter. Under the fence, around the sheep, bring them through, and off he leaps. It also is a code when making mistakes. Example: You forgot to leap.
- I use a basic dish cloth pattern but I use 2-8oz. skeins of yarn. I increase, using the dish cloth pattern until I have knitted one skein. Then I do the decreases, just like the dish cloth pattern until I'm back to 4 stitches. It is a beautiful Baby Blanket!

### Crochet

- For a neater edge, work two or more rows of single crochet along the garment edge.

Since I normally work on several projects at once, I always write the size of the crochet hook I'm using on the label of the yarn I'm using. That way, if I need the hook on another project, I can always check back to the label on the yarn for the size hook when I'm ready to work on it again.

## Fifth Annual Retreat

It's time to start thinking about this years retreat. We would like to continue with this wonderful event once again this year. BUT, we will need your help. Wouldn't you like to be a part of planning this fun gathering? Please give it some thought and then contact me at 804-598-2317; 804-347-9747; or [ragslan@aol.com](mailto:ragslan@aol.com). Thanks, I look forward to hearing from you.

Gail

## The Importance of Shopkeeping

I was newly retired and seeking opportunity to spend my time wisely when I stopped by the From the Heart shop for the first time last November. I had learned about the group through my (new) association with Kid's Cafe which was providing hats, scarves, and gloves as part of a "Holiday Gift Drive" for children in Richmond and surrounding areas. Intrigued by the very high quality of the knitted items I saw with the FTH tags on them, I decided to investigate.

With bags of 'waiting to be donated' yarn left in the trunk of my car, I entered the shop feeling somewhat anxious and intimidated. After all, the quality of the work I had seen was really good and I did not know what sort of reception I would receive from the people in the 'shop'. The moment I entered the shop I was greeted very warmly and an offer was made to 'show me around'. I was brought into the back and shown the many lovely yarns, the pattern system was explained to me while I was given the opportunity to admire the knitted samples on display, and the reach of the group was described to me as I was shown the bins with garments, blankets, and teddy bears in them. I felt as though I had walked off a cold November street and into somebody's inviting living room. Gone were the anxiousness and the intimidation, replaced instead by a desire to become part of this group and the knowledge that here was a place I could spend my time wisely. I mentioned that I had yarn in my car and wanted to donate it and an offer was immediately made to help me bring it in and the 'oohs and ahs' of delight at the yarn made me wish I had more to give.

The two ladies in the shop that day (you know who you are as do I, but I somehow think you would not want your names mentioned here) were the personification of what I believe a Shopkeeper for From the Heart should be – a caring person who truly understands the meaning of Pass it On. Not just 'giving to the needy' but actually caring about those who have a need, whether that need be from illness, trauma or simply a need to give and/or be needed as I had last November.

Thank you From the Heart for your giving but also for allowing me the opportunity to give in a caring, supportive environment.

Tricia Ennis

# From the Heart Newsletter

# April 2010

| Sunday                    | Monday   | Tuesday   | Wednesday                             | Thursday   | Friday   | Saturday   |
|---------------------------|--|---|---------------------------------------|--|--|--|
|                           |  |   |                                       | <p>1 The Mall Group @ Chesterfield Towne Center (food court) 9-12</p> <p>Hopewell Library 6-8 pm</p> <p>Panera Bread Midlothian 6:30-8:00 pm</p> | <p>2 Starbucks – Huguenot 11 am 1:30 pm</p>                                | <p>3 Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Library 1 – 3</p>  |
| 4                         | <p>5 Park @ Ridgedale 2–4pm</p> <p>Harvest Glen Stitchers 2 - 4 pm</p>     | <p>6 Panera Bread Breckenridge Shop Center 10 – noon</p>                                    | 7                                     | <p>8 Chamberlayne Hts United Meth Church 1:30 – 3:00</p> <p>The Ladies of Gayton Terrace 3:30 p.m.</p>   | <p>9 Starbucks – Huguenot 11 am 1:30 pm</p> <p>Kay's Krafters 2 –6 pm</p>  | <p>10 Atlee Library 10 – noon</p> <p>Louisa Group Hardee's 10 - noon</p> |
| 11<br>Fun Day<br>2–5 p.m. | <p>12 Park @ Ridgedale 2 – 4 pm</p>  | 13  | <p>14. Hopewell Library 10 - noon</p> | <p>15 The Mall Group @ Chesterfield Towne Center (food court) 9-12</p> <p>Hopewell Library 6-8 pm</p> <p>Panera Bread Midlothian 6-8 pm</p>      | <p>16 Starbucks – Huguenot 11 am 1:30 pm</p>                               | <p>17 Starbucks Oxbridge Square 10 – noon</p>                            |
| 18                        | <p>19 Park @ Ridgedale 2 – 4 pm</p> <p>Harvest Glen Stitchers 2 - 4 pm</p> | <p>20 Panera Bread Breckenridge Shop Center 10 – noon</p> <p>Tuckahoe Library 6:30 p.m.</p> | 21                                    | 22   | <p>23 Starbucks – Huguenot 11 am 1:30 pm</p> <p>Kay's Krafters 2 –6 pm</p> | 24   |
| 25<br>Fun Day<br>2–5 p.m. | <p>26 Park @ Ridgedale 2 – 4 pm</p>  | <p>27 Summerhill Retirement 1:30 - 3:30 pm</p>  | <p>28 Hopewell Library 10 – noon</p>  | 29   | <p>30 Starbucks – Huguenot 11 am 1:30 pm</p>                               |  |

**April 2010**

| <b>Name</b>                        | <b>Address</b>           | <b>City</b>      | <b>Day of Month</b> | <b>Time of Day</b> |
|------------------------------------|--------------------------|------------------|---------------------|--------------------|
| Atlee Library                      | 9161 Atlee Rd            | Mechanicsville   | Saturday 2nd        | 10 am-noon         |
| Chamberlayne Hgts Methodist Church | 6100 Chamberlayne Rd     | Richmond         | Thursday 2nd        | 1:30-3 pm          |
| Colonial Heights Senior Center     | 157 Roanoke Avenue       | Colonial Heights | Wednesday Every     | 10 am-noon         |
| From the Heart                     | 1114 Westbriar Drive     | Henrico          | Tuesday every       | 10 am-2 pm         |
| From the Heart                     | 1114 Westbriar Drive     | Henrico          | Wednesday every     | 10 am-2 pm         |
| From the Heart                     | 1114 Westbriar Drive     | Henrico          | Thursday every      | 10 am-2 pm         |
| From the Heart                     | 1114 Westbriar Drive     | Henrico          | Saturday every      | 10 am-2 pm         |
| Harvest Glen Stitchers             |                          |                  | Mondays 1st, 3rd    | 2-4 pm             |
| Hopewell Library                   | 209 E. Cawson Street     | Hopewell         |                     |                    |
| Kay's Krafters                     | 3105 Three Bridge Road   | Powhatan         | Friday 2nd, 4th     | 2-6 pm             |
| Louisa Hardee's                    | 881 Jeff Davis Hwy       | Louisa           | Saturday 2nd        | 10 am-noon         |
| Panera Bread                       | 12540 Jeff Davis Hwy     | Chester          | Tuesday 1st, 3rd    | 10 am-noon         |
| Mall Group                         | Chesterfield Town Center | Midlothian       | Thursday 1st, 3rd   | 9 am-noon          |
| Panera Bread                       | 11649 Midlothian Tnpk    | Midlothian       | Thursday 1st, 3rd   | 6:30-8:30 pm       |
| Park at Ridgedale                  | 5001 Ridgedale Pkwy      | Richmond         | Monday Every        | 2-4 pm             |
| Starbucks                          | 5001 Huguenot Rd         | Richmond         | Friday Every        | 11 am-1:30 pm      |
| Starbucks                          | 10009 Hull Street Rd     | Richmond         | Saturday 1st, 3rd   | 10 am-noon         |
| Summerhill Retirement Center       | 3158 Lake Village Drive  | Richmond         | Tuesday Last        | 1:30-3:30pm        |
| The Virginian Retirement Center    | 300 Twinridge Lane       | Richmond         | Wednesday 1st       | 2-3 pm             |
| Tuckahoe Library                   | 1700 Parham Rd           | Henrico          | Tuesday 3rd         | 6:30-8:30 pm       |

## **“Helmet Liner” Knitting Instructions**

(Known as ‘Wooly Pulleys’ by our Armed Forces)

### **Materials:**

Any soft, worsted (100 grams / 3.2 ounces) wool yarn that will knit to gauge, such as Cascade 220 or equivalent. The label should state that for size 7 needle, 5 stitches per 1 inch and for size 8 needle, 4 -1/2 stitches per 1 inch. Approx. 175 yards.

Only 100% soft wool yarn will be accepted because our Armed Forces are not allowed to wear synthetic fibers outside the wire. Wool is inherently non-flammable and won't melt against the skin in the event of an accident and is warm even when wet.

### **Colors:**

ONLY black, charcoal, brown, tan, olive drab or combinations of these colors are allowed by our Armed Forces.

Size 8 – 16” circular needle, or size to get gauge

Size 8 – Double point needles

Size 6 – 16” circular needles for the ribbings

### **Gauge:**

Be sure to check your gauge to ensure the helmet liner will fit properly when worn.

### **Neck Ribbing:**

With smaller circular needle, cast on 84 stitches loosely. Place marker. Join in round and knit in 2x2 (meaning knit 2, purl 2) ribbing for 6 inches.

**Cap:** With larger circular needle, knit 32 stitches off smaller needle onto the larger size 8 circular needle. Leave smaller circular needle in the rest of the stitches. The smaller circular needle will just act as a stitch holder while you complete the cap portion with the size 8 circular and double-point needles.

Cast on 59 additional stitches, place marker to mark beginning of round, join in round, knit even for 4 inches. (“Knit even” means to knit every stitch).

Be sure to check your gauge. Even being off ½ stitch per inch will make the helmet liner useless, as it will **not** fit properly.

1<sup>st</sup> decrease row: \*Knit 11, knit 2 together, \* repeat to the end of the row.

Next row: Knit even.

2<sup>nd</sup> decrease row: \*K10, K2 together, \* repeat to end.

Next row: knit even, meaning to knit every stitch. Change to double point (DP) needles when necessary.

Continue to decrease as established until knit 2, knit 2 together. After this, decrease every row until a total of 7 stitches remain on the double point needles. Cut yarn 8-9 inches long, feed through remaining stitches and weave in.

**Face Ribbing:** With a size 6 circular needle that is still in neck portion, pick up the 59 stitches that you cast on when starting the cap portion. Join in circle and do Knit 2, Purl 2 ribbing for 1 inch. On the last row of the ribbing, decrease about 8 stitches by purl 2 together in 4 locations around the face. You may need to increase or decrease the number of times you decrease (purl 2 together) so that it isn't too tight or too loose in the face ribbing. This keeps the wind from whipping underneath it.

Cast off. Weave in ends.

Website for helmet liner pattern: [www.geocities.com/helmetliner](http://www.geocities.com/helmetliner)

Questions: [helmetliner@gmail.com](mailto:helmetliner@gmail.com)

## SKI MASK or HELMET LINER

© 2002 by Aunt B

Questions: [helmetliner@hotmail.com](mailto:helmetliner@hotmail.com)

**Colors allowed by our military are tan, brown, gray, black and olive drab.  
Gauge with K hook = 4 sts per inch and 5 rows per inch.**

### **Materials:**

Size K and H hook

6 oz soft worsted weight 100% wool yarn

### **Size:** Adult LG

It is made in rounds. Do not join. Do not turn.

**NOTE:** The headgear our military issues is made of synthetic fibers and our troops are still cold. Please use soft 100% worsted weight wool yarn, so our troops are warm this winter. In addition, wool wicks away moisture and is non-flammable. The temperatures they endure are below zero in Iraq, Afghanistan, S. Korea and Kosovo.

Rnd 1....form a ring around your finger, work 6 scs in ring

Rnd 2....2scs in next 6 sts (12sts)

Rnd 3....(sc in next st, 2 scs in next st) 6 times (18sts)

Rnd 4....(sc in next 2sts, 2 scs in next st) 6 times (24sts)

Rnd 5....(sc in next 3sts, 2 scs in next st) 6 times (30sts)

Rnd 6....(sc in next 4sts, 2 scs in next st) 6 times (36sts)

Rnd 7....(sc in next 5sts, 2 scs in next st) 6 times (42sts)

Rnd 8....(sc in next 6sts, 2 scs in next st) 6 times (48sts)

Rnd 9....(sc in next 7sts, 2 scs in next st) 6 times (54sts)

Rnd 10...(sc in next 8sts, 2 scs in next st) 6 times (60sts)

Rnd 11...(sc in next 9sts, 2 scs in next st) 6 times (66sts)

Rnd 12...(sc in next 10sts, 2 scs in next st) 6 times (72sts) Stop for Adult LG

Work over 72 sts until piece measures 7 inches.



**For eye hole:** without stretching your work, measure at least 7 inches. Place a pin, count the stitches you will skip, and ch 1, (1, 2, 2, 3, 3) more chs than skipped stitches.

Continue working around until piece measures 10 more inches.

Fasten off and weave in ends. Attach yarn anywhere in face hole and sc around with H hook. Fasten off and weave in ends.

Questions: [helmetliner@hotmail.com](mailto:helmetliner@hotmail.com)

### **Abbreviations:**

Rnd - round

Sc - single crochet

Scs - single crochets

St - stitch

Sts - stitches

# Preemie - Newborn Sizes

~ Measurements for Preemie to Newborn ~

| Gestational age (weeks) | 11  | 12  | 13  | 14  | 15  | 16   | 17  | 18   | 19   | 20   |
|-------------------------|-----|-----|-----|-----|-----|------|-----|------|------|------|
| Total Length            |     |     | 4   | 5   | 6   | 7    | 8   | 9    | 9.5  | 10   |
| Weight (ounces)         |     |     | 0.8 | 1.5 | 2.5 | 3.5  | 5   | 6.7  | 8.7  | 10.6 |
| Head Circumference      | 2.4 | 2.8 | 3.4 | 3.8 | 4.3 | 5.1  | 5.6 | 6    | 6.4  | 6.8  |
| Abdomen                 | 2.1 | 2.5 | 3   | 3.4 | 3.8 | 4.25 | 4.8 | 5.25 | 5.6  | 6    |
| Arm length              |     |     |     |     |     | 2.3  | 2.6 | 3    | 3.13 | 3.25 |
| Torso                   |     |     |     |     |     | 3.5  | 4   | 4.5  | 4.6  | 4.75 |

| Gestational age (weeks) | 22  | 24   | 26  | 28   | 30   | 32   | 34   | 36   | 38   | 40   |
|-------------------------|-----|------|-----|------|------|------|------|------|------|------|
| Total Length            | 11  | 11.8 | 14  | 14.8 | 15.7 | 16.7 | 17.7 | 18.7 | 19.6 | 20   |
| Weight (pounds)         | 1   | 1.3  | 1.7 | 2.25 | 3    | 3.75 | 4.75 | 5.75 | 6.8  | 7.6  |
| Head Circumference      | 7.5 | 8.8  | 9.5 | 10.5 | 11   | 11.5 | 12.2 | 12.7 | 13.1 | 13.6 |
| Abdomen                 | 7   | 8    | 8.9 | 9.7  | 10.5 | 11.3 | 12.2 | 13   | 13.7 | 14.5 |
| Neck Circumference      | 3   | 4.9  | 5.5 | 5.9  | 7    | 7.4  | 7.6  | 7.8  | 7.8  | 7.8  |
| Chest                   | 4.5 | 7.8  | 8.4 | 9.4  | 10.1 | 10.3 | 11.3 | 11.3 | 12   | 12.9 |
| Arm length              | 3.5 | 3.8  | 4.5 | 4.6  | 4.8  | 5.7  | 6    | 6.2  | 6.4  | 6.8  |
| Wrist                   |     |      |     |      |      | 4    |      |      |      | 5.5  |
| Torso                   | 5   | 5.5  | 6   | 6.5  | 7    | 7.5  | 8    | 8.5  | 9    | 9.5  |
| Outer Seam              |     | 4.7  | 5.9 | 6.1  | 6.2  | 6.8  | 7.2  | 7.4  | 8.6  | 8.6  |
| Inner Seam              |     | 3.9  | 4.7 | 5    | 5.3  | 5.9  | 6.1  | 6.2  | 6.2  | 6.2  |
| Foot Length             |     | 1    | 1.5 | 2    | 2.5  | 2.5  | 3    | 3    | 3.25 | 3.5  |

\*\*\*These measurements (-/+ ) are given as a guideline when making items for preemies up to newborn. Babies come in all sizes, just as everyone crochets and knits different too!