



**We are an organization dedicated to crafting hope, healing & peace  
one stitch at a time.**

### **PEACE PAL**

The original pattern was intentionally developed by knitters of Knitting4Peace to create comforting companions for children in global areas of conflict. The current version reflects current needs, both at home and abroad. These dolls have delighted children across the United States and around the world.

Peace Pals are not to be sold or used for profit-based activity of any kind. They are intended to fulfill the mission and work of Knitting4Peace.

In our first 10 years, we served more than 100,000 individuals in communities across the United States and in countries around the world. If you would like more information about our work, please visit our website at [www.knitting4peace.org](http://www.knitting4peace.org).

**Finished size: Peace Pals should be no more than 7” tall.** This size is just right for children of all ages, and less expensive to ship than larger dolls.

[General Guidelines](#)

[Glossary of terms](#)

For current needs, see [our most recent newsletter](#)

#### **Materials:**

Needles: Size 2 or 4 (knitter's preference)

Yarn: Sport or worsted weight – use your odds & ends

Yarn for faces: light, medium, or dark brown – please, no black or white

Yarn for eyes and mouth in colors that contrast with the face color

Eyelash yarn or other fuzzy/funky yarn for hair

Polyester fiber-fill for stuffing

Needle for sewing up the doll

#### **Directions:**

Cast on 32 stitches. Leave a 12” tail for sewing the doll together at the end

**Feet or shoes** – knit 4 rows

#### **Skirt or Pants**

1. You can change colors or use the same color as the feet
2. Do 11 rows of stockinette stitch (knit one row, purl one row) . Last row ends on the wrong side.

## **Belt**

1. You can change colors or use the same color as the skirt or pants
2. Knit one row

## **Shirt**

1. Change colors
2. Do 12 rows of stockinette stitch

## **Face**

1. Change color to light, medium or dark brown.
2. Do 10 rows of stockinette stitch
3. Leave the beginning tail a bit longer to be used to draw in the neck.

## **Hair**

Rows 1 to 4– Knit using fuzzy or eyelash yarn

Row 5: \* Knit 4, Knit 2 together \* repeat until the last 2 stitches, Knit 2

Row 6: Knit

Row 7: \* Knit 3, Knit 2 together \* repeat until the last 2 stitches, Knit 2

Row 8: Knit

Row 9: \* Knit 2, knit 2 together \* repeat until the last 2 stitches, Knit 2

Row 10: Knit

Row 11: \*Knit 1, Knit 2 together \* repeat until the last 2 stitches, Knit 2

Row 12: Knit (you should have 12 stitches)

## **Finishing:**

1. Cut yarn and leave 10” tail – draw this tail through the 12 stitches remaining on the needle and pull together.
2. Stitch eyes & a mouth.
3. Create a seam down the back of the doll by bringing the outside edges together. Using this tail, continue to sew together the seam in the hair section. Hide knots on the inside.
4. Using the tails of the other yarns, continue to sewing the seam. Using the starting tail of the face, sew a running thread through the first row of knitting that begins to form the head (the thread will be used to draw in the neck once you start to stuff the doll.)
5. Once you have the back seam all sewn, stuff the head with polyester fiberfill. Draw the neck thread in to create a neck and knot at the back seam. Be sure the neck is loose enough to prevent the head from flopping when stuffed. The ends of the yarn can be sewn thru the head and then the ends of the yarn clipped off and they will just go back into the doll.
6. Continue to stuff the rest of the body rather loosely so that when you go to cinch up the neck, and make the arms (and/or legs, if you're sewing legs), it will be easier to keep your sewing even. Also, this will avoid having the stuffing show through the knitting. Once the doll is stuffed, use the starting tail to sew across the feet to close the doll.
7. **For a Long Skirt:** Sew the end into the body.
8. **For Pants:** Continue to use this thread to sew up the middle of the feet and pants to define legs; back stitch about  $\frac{3}{4}$  of the way to the belt in the middle of the body. Knot off the thread and sew the end into the body

9. Using the same color of yarn as used for the shirt, create arms by back stitching about 1/2 inch from each side, again going from the belt up about 3/4 of the shirt towards the face on each side. Again knot off the ends and draw them into the body

**Bless your completed project with a hug and your love.** It will provide comfort, healing, and hope for the recipient

Your compassion and love are as important as the work of your hands in “knitting together” the Beloved Community. Our work is only possible because of financial support from people like you. If you can, please consider including a donation of any size with your shipment of items. Every gift makes a difference!

**Send your completed project along with your name and e-mail address so we can acknowledge your contribution to**

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