

# KNITTING AND CROCHET GUIDELINES FOR FISTULA ETHIOPIA



Fistula women are given life-restoring surgery, nourishing food, tender care and a dress to wear home. They are also given a beautiful shawl, handmade with love by someone with a caring heart. These shawls become treasured possessions. If you would like to knit or crochet a shawl, here are our guidelines:

Minimum finished size: 40 x 50 inches or 1m x 1.3m Maximum finished size: 40 x 70 inches or 1m x 1.8m

Design: If you prefer squares and like to create 10” or 25cm squares (rows of 5 x 4) that is fine but smaller squares are more stable. Crochet must be a tight, closed design which does not have holes.

Yarn: 8 ply acrylic is light, easy to care for. Washable wool on 40 degrees or other fibres can also be used.

Needles: 4mm-6mm knitting needles or crochet hook

Colour: The brighter the better!

Sewing up: Stitch squares together very securely for a rough but treasured life in Africa