



## INSTRUCTIONS FOR MAKING SQUARES

Squares for Wraps are to measure 25cm x 25cm (10 inches x 10 inches).

### **Knitted Squares**

To knit a 25cm x 25cm square use No.8 (4mm) needles with 8 ply yarn, cast on 50-55 stitches, and knit each row plain (ie garter stitch).

### **Note**

Test your tension to measure 10 inches.

### **Do Not Knit Stocking stitch**

Do not knit one row plain, one row purl (ie stocking stitch) as your square will curl up.

### **No Knots**

Start each ball of yarn at the beginning of a row and sew in ends. Do not cut ends off short as your square will unravel. When starting or finishing a square, sew in all ends.

### **Crochet squares**

Crochet squares to measure 25cm x 25 cm as for knitted squares – any pattern will do. Some people crochet the whole Wrap in one piece.

