CME 125 Izzy Doll Knitting Pattern

The Story of the Izzy Doll

An Izzy Doll is a small, handmade doll that has become a symbol of Canadian peacekeeping and humanitarian work. It was inspired by Master Corporal Mark "Izzy" Isfeld, a Canadian Military Engineer who lost his life while clearing landmines in Croatia.

Mark often carried these dolls, made by his mother Carol, to distribute to children in war-torn areas. The dolls brought comfort and joy to children who had experienced trauma and loss.

The Izzy Doll Initiative continues today, with volunteers (like you!) crafting Izzy Dolls to be sent to children in need around the world. They are a powerful symbol of compassion and hope.

Thank you for participating in this worthwhile initiative.

CME 125th anniversary

The '125 for the 125th' project will distribute Izzy Doll Shadow Boxes—featuring volunteer-made Izzy Dolls—for display in public spaces such as libraries, schools, town halls, and community centers across Canada thereby honouring the legacy of Canadian military engineers, Master Corporal Mark Isfeld, and his mother Carol.

CME Izzy Dolls

CME Izzy Dolls must resemble Canadian military engineers. Their "uniforms" should consist of variegated yarns of styles and colours similar to actual uniforms. Choose beret colours in either Army green or Air Force blue.
Izzy Dolls can represent either male or female personnel. You Izzy Dolls can be made with arms attached or arms separate and they can represent either male or female soldiers.
All pattern variations are included herein. You choose!

Shown: Izzy Doll engineer with arms attached, military beret in army green, with optional cap badge embroidery.

Materials Required

- ❑ Yarn and needles:
  - ❑ DK (double knitting), sports weight or similar weight yarn on 2.75 or 3.00 mm needles.
  - ❑ Yarn for uniform: Variegated Brown/Beige/Tan/Army Green colours.
  - ❑ Yarn for boots: Black/Brown/Beige/Tan.
  - ❑ Yarn for berets: Army Green or Air Force Blue.
  - ❑ Yarn for skin: Natural coloured skin tones such as light, medium or dark brown, black, or, white/cream are acceptable.
- ❑ Polyester fiberfill for stuffing.
- ❑ Embroidery floss or fine yarn for eyes, mouth and other details.

Questions?

Please see izzydoll.org/en/faq/ or write to info@izzydoll.org Thank you for your contributions!

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Main Body (Arms Attached)

- ❑ Cast on 16 stitches.
- ❑ **Combat Boots:** Row 1 – Knit into front and back of each stitch (32 sts).
- ❑ Rows 2, 3 & 4 – Knit. Change colour to variegated yarn (uniform colour).
- ❑ **Combat Pants:** Rows 1 to 15 – Stocking Stitch (knit 1 row, purl 1 row, repeat).
- ❑ Row 16 - Knit. Continue with same variegated yarn colour for shirt.
- ❑ **Combat Shirt:** Rows 1 to 14 – Stocking Stitch (knit 1 row, purl 1 row, repeat). Change yarn to face colour.
- ❑ **Face / Head:** Rows 1 to 12 – Stocking Stitch in face colour.
- ❑ Row 13 – Dec. 5 sts evenly across row: K3, K2tog; (K4, K2tog) 4 times. Knit to the end (27 sts).
- ❑ Rows 14, 16 & 18 – Purl.
- ❑ Row 15 – Dec. 5 sts evenly across row: K2, K2tog; (K3, K2tog) 4 times. Knit to the end (22 sts).
- ❑ Row 17 – Dec. 5 sts evenly across row: (K2, K2tog) across the row (17 sts).
- ❑ Row 19 - (K1, K2tog) 5 times: K2tog. Draw yarn through remaining sts.

Finishing

- ❑ Fold right sides together and sew a center back seam from top of head to bottom of boots. Turn right side out.
- ❑ Stuff head.
- ❑ Weave a single strand of matching yarn across the first face row. Draw up to form neck and tie tightly.
- ❑ With matching yarn, define arms by sewing small backstitches through both layers from waist to 3 rows below neckline, then stuff. **Note:** arms should be about the width of your small finger to make them easy to stuff.
- ❑ Define legs in same manner with small backstitches down the middle from bottom edge to a few rows below waistline, then stuff.
- ❑ Sew up bottom edge.
- ❑ With matching yarn, weave a single strand around the waist and gather in slightly to form a waist.
- ❑ With matching yarn, weave a single strand around top row of the boots to form ankles.
- ❑ For face details, use embroidery thread or fine yarn to make eyes and mouth.
- ❑ Follow instructions for either a beret or a combat cap and attach to head.

CME 125 Izzy Dolls can take various forms, but ideally, they should capture the appearance of Canadian engineers in uniform.

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Military Beret

- ❑ Cast on 25 sts in black colour (for beret trim), then change to desired beret colour (either Air Force blue or Army green).
- ❑ Row 1 – Knit in beret colour.
- ❑ Rows 2, 4, 6, 8, 10, 12 & 14 – Purl.
- ❑ Row 3 – Increase: (K into the front & back of each st) 24 times; K1 (49 sts).
- ❑ Row 5 – Knit.
- ❑ Row 7 – Decrease: K9, (K2tog, K3) twice; K11, (K3, K2tog) twice, K9 (45 sts).
- ❑ Row 9 – Decrease: K9, (K2tog, K2) twice; K11, (K2, K2tog) twice, K9 (41 sts).
- ❑ Row 11 – Shape top: (K2, K2tog) to last st., K1 (31 sts).
- ❑ Row 13 – (K1, K2tog) to last st, K1 (21 sts).
- ❑ Row 15 – (K2tog) to last st, K1 (11 sts).
- ❑ Draw yarn through remaining sts leaving a long tail of yarn for sewing.
- ❑ Sew up back seam of beret and attach to head.

Option: Beret Cap Badge/Crest

- ❑ Using a chain stitch with embroidery thread, or fine yarn, embroider a small golden circle to be attached on the beret above the left eye.

Option: Combat Cap instead of Beret

- ❑ **Crown:** Cast on 31 sts in variegated uniform colour yarn.
- ❑ Rows 1 to 8 - Knit every row.
- ❑ Row 9 – (K1, slip 1, K1, PSSO) repeat to last stitch, K1.
- ❑ Row 10 – Knit.
- ❑ Row 11 – K2, (slip 1, K1, PSSO) repeat to last stitch, K1.
- ❑ Row 12 – (slip 1, K1, PSSO) repeat to end.
- ❑ Break yarn and thread through remaining sts.
- ❑ **Brim:** Row 1 - With right side facing, pick up and knit 29 sts from first row of Crown
- ❑ Row 2 - (K1, K into front & back of next st), repeat to last st, K1 (43 sts).
- ❑ Row 3 - Knit.
- ❑ Row 4 - (K2, K into front & back of next st), repeat to last st, K1.
- ❑ Row 5 - Cast off loosely (use a larger needle for cast off if desired).
- ❑ **Finish:** Starting at Crown, draw up stitches and sew up seam. Attach.

Canadian military Disruptive Pattern Multi-Terrain (CADPAT MT) for uniform

Air Force blue for beret

#5D8AA8
RGB (93, 138, 168)

#444C38
(68, 76, 56)

Army green for beret

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Option: Female Soldier

- ❑ After completing combat shirt, continue as follows:
- ❑ Row 1 – Knit (skin colour)
- ❑ Row 2 – Purl (skin colour)
- ❑ Row 3 – Knit 3 (hair colour); knit 26 (skin colour); knit 3 (hair colour)
- ❑ Row 4 – Purl 6 (hair colour); purl 20 (skin colour); purl 6 (hair colour)
- ❑ Row 5 – Knit 8 (hair colour); knit 16 (skin colour); knit 8 (hair colour)
- ❑ Row 6 – Purl 10 (hair colour); purl 12 (skin colour); purl 10 (hair colour)
- ❑ Row 7 – Knit 11 (hair colour); knit 10 (skin colour); knit 11 (hair colour)
- ❑ Row 8 – Purl 12 (hair colour); purl 8 (skin colour); purl 12 (hair colour)
- ❑ Row 9 – Knit 13 (hair colour); knit 6 (skin colour); knit 13 (hair colour)
- ❑ Row 10 – Purl 14 (hair colour); purl 1 (skin colour); purl 1 (hair colour); purl 1 (skin colour); purl 15 (hair colour)
- ❑ Row 11 – Knit 32 (hair colour)
- ❑ Row 12 – Purl 32 (hair colour)
- ❑ Continue in hair colour decreasing stitches as per MAIN BODY–FACE / HEAD instructions.

Option: Female Soldier with Hair tied in a Bun

- ❑ Follow instructions for Female Soldier then create the bun.
- ❑ **Bun:** Cast on approximately 20 stitches in hair colour.
- ❑ Next row, cast off.
- ❑ Form hair into a rounded bun.
- ❑ Attach to back of head after beret or combat cap has been attached as shown below.
- ❑ **Note:** In the Canadian Armed Forces, the dress and appearance instructions also allow female soldiers to wear their hair long, attached in a ponytail.

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Option: Arms Made Separately and Attached

- ❑ Arms – make 2
  - ❑ With face colour cast on 6 stitches.
  - ❑ Row 1 – Knit.
  - ❑ Row 2 – Purl.
  - ❑ Row 3 – Knit 1, K into front & back of next st (repeat across – 9 sts).
  - ❑ Row 4 – Purl.
  - ❑ Row 5-18 – Change to shirt colour and stocking stitch.
  - ❑ Row 19 – K1, K2 together (repeat across – 6 sts).
  - ❑ Row 20 – Purl. Place these stitches on a separate needle or holder.
- ❑ Follow instructions for MAIN BODY until Row 12 of Combat Shirt Section.
- ❑ Row 13 – Knit first 6 sts from the combat shirt section only. Holding arm in front, knit each of the next 6 sts together through both the arm in front and combat shirt in back. Knit 8 stitches of combat shirt only. Holding the second arm in front, knit the next 6 stitches through both the arm (in front) and the combat shirt (behind) together. Knit the last 6 stitches of the combat shirt.
- ❑ Row 14 – Purl.
- ❑ Row 15 – Change to face colour and continue making head as instructed in MAIN BODY.
- ❑ Sew and stuff arms first starting at the bottom of the hand then complete doll by following instructions for FINISHING. Once completed, tack arms partway down to the body so that they don't stick straight out at the sides.

Option: Arms Made Separately and Attached

Shown: Izzy Doll engineer with arms made separately and attached with military beret in Army green.

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