



Knitted Izzy Doll Pattern

by Izzy Doll Mama
Shirley O'Connell



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!) knitting and crocheting 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.

Did You Know?

Izzy dolls are designed to be transported by Canadian soldiers in the pockets of their uniforms.

Please do not use any plastic buttons or metallic pieces as they could become choking hazards. They must be lightweight and the overall size of completed Izzy Dolls should be 13 to 16 cm (5 to 6 inches) in height.

Get Creative!

Izzy Dolls must all resemble humans. Their "clothing" comes in all styles and colours and creativity is encouraged! Long hair, short hair, braided hair, no hair, skirts, dresses, shirts, pants, hats, bonnets, or the traditional UN blue beret and soldier uniform are all welcome!

Please vary the skin tones used. Note that only natural coloured skin tones such as light, medium or dark brown, black, or, white, cream, pink are acceptable. Izzy Dolls are sent to a variety of different locations across the globe and our goal is for the children to feel that the Izzy Dolls represent them well.

Materials Required

- Yarn and needles:
 - Patons Astra, DK, sports weight or similar weight yarn on 2.75 or 3.00 mm needles.
 - If using heavier yarn such as worsted weight, knit fewer rows.
- Tapestry needle.
- Polyester fiberfill for stuffing.
- Embroidery floss or fine yarn for eyes, mouth and other details.



Where To Send Completed Izzy Dolls?

Please see izzydoll.org/en/drop-off-locations/ or write to info@izzydoll.org Thank you for your contributions!

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Main Body

- Cast on 16 stitches.
- Shoes:**
- Row 1 – Knit into front and back of each stitch (32 sts).
- Rows 2, 3 & 4 – knit. Change yarn colour.
- Pants:**
- Rows 1 to 16 – Stocking Stitch (knit 1 row, purl 1 row, repeat). Change yarn colour.
- Sweater/Shirt:**
- Rows 1 to 14 – Stocking Stitch (knit 1 row, purl 1 row, repeat). Change yarn colour.
- Face:**
- Rows 1 to 8 – Stocking Stitch in face colour. Change yarn colour.
- Hat:**
- Option: Substitute fuzzy yarn to represent hair.
- Rows 1 to 4 – Work evenly in stocking stitch.
- Row 5 – Dec. 5 sts evenly across row: K3, K2tog; (K4, K2tog) 4 times. Knit to the end (27 stitches).
- Rows 6, 8, 10 – Purl.
- Row 7 – Dec. 5 sts evenly across row: K2, K2tog; (K3, K2tog) 4 times. Knit to the end (22 stitches).
- Row 9 – Dec. 5 sts evenly across row: (K2, K2tog) across the row (17 stitches).
- Row 11 (K1, K2tog) 5 times: K2tog. Draw yarn through remaining sts.
- Option: Continue with face colour instead of hat colour for these 11 rows if you want to make a hat separately and sew it on later.

Finishing

- Fold right sides together and sew a center back seam. 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.
- 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 feet to form ankles.
- For face details, use embroidery thread or fine yarn to make eyes and mouth.
- Use your imagination to add finishing touches such as an embroidered belt, patches or bows



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Option: Hair

- 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); purl 13 (hair colour)
- Row 10 - Purl 32 (hair colour)
- Row 11 - Knit 32 (hair colour)
- Row 12 - Purl 32 (hair colour)
- Continue in hair colour decreasing stitches as per Rows 5-11 of MAIN BODY-HAT instructions.



Option: Create Illusion of Hands

- Rows 1 to 14 - Knit 14 rows for pants.
- Row 15 - K9 sts for pants, K3 in skin tone, K8 for pants, K3 in skin tone, K9 for pants.
- Row 16 - P8 for pants, P4 in skin tone, P8 for pants, P4 in skin tone, P8 for pants.
- Row 17 - Change to sweater colour, K8 for sweater, K4 in skin tone, K8 for sweater, K4 in skin tone, K8 for sweater.
- Row 18 - P8 for sweater, P4 in skin tone, P8 for sweater, P4 in skin tone, P8 for sweater.
- Rows 19-31 - Continue stocking stitch for sweater for 12 more rows.



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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 Sweater Section.
- ❑ Row 13 – Knit first 6 sts from the sweater section only. Holding arm in front, knit each of the next 6 sts together through both the arm in front and sweater in back. Knit 8 stitches of sweater only. Holding second arm in front, knit each of the last 6 sts together through both the arm in front and sweater in back.
- ❑ Row 14 – Purl.
- ❑ Row 15 – Change to face colour and continue making head (Face & Hat) 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.



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