



Knitted Izzy Doll Pattern

by Health Partners International Canada



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, or, white, cream or black 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
 - Sport weight yarn on 3 mm needles OR
 - DK weight yarn on 3.5 mm needles OR
 - Worsted weight yarn on 4 mm needles
- Tapestry needle
- Polyester fiberfill
- Embroidery floss 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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Notes

- Create the Izzy Doll as a basic rectangle, beginning at the feet.
- Change yarn colours for each body segment.
- The number of rows in each part of the doll can be increased or decreased depending on the individual design. Completed Izzy Dolls should be 13 to 16 cm (5 to 6 inches) in height.
- Once the rectangle is complete, sew up the back to join into a closed tube.
- More advanced knitters may use 4 needles which does away having to sew up the back when the Izzy Doll is complete.



Instructions

- Work in stocking stitch throughout.
- Cast on 32 Sts.
 - For four needles, cast on 33 stitches 3 X 11
- Work 4 rows for feet – change yarn
- Work 14 rows for pants – change yarn
- Work 12 rows for sweater – change yarn
- Work 8 rows for face – change yarn
- Work 11 rows for hat as follows:
 - Row 1 – 4: Work evenly in stocking stitch
 - Row 5: K3, K2tog; (K4, K2tog) 4 times, K3 (27 stitches)
 - Rows 6, 8 and 10: Knit across row in stocking stitch
 - Row 7: K 2, K2tog; (K3, K2tog) 4 times, K3 (22 stitches)
 - Row 9: (K2, K2tog) across the row, ending with K2 (17 stitches)
 - Row 11: (K1, K2 together) 5 times, K2tog
 - Draw yarn through remaining Sts and pull up.

Finishing

- Sew sides together to form a centre back seam.
 - For four needles, this is not required.
- Stuff head. Weave a strand of matching yarn across the first face row. Draw up to form neck and secure ends.
- Repeat for body by adding-in the stuffing and drawing in at the ankles.
- Stuff feet and sew up the bottom.
- With matching yarn, form arms with tiny backstitches through all layers from waist to 2 rows beneath the neck.
- Define the legs in same way from bottom middle to a little below the waistline.
- Embroider hair and facial features as desired.
- Use your imagination to add finishing touches such as a belt, patches or bows!

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