



Knitted Izzy Doll Pattern

by Veterans Affairs Canada
Anciens Combattants 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
 - Sayelle, sports weight or similar weight yarn
 - If using heavier yarn such as 4 ply, knit fewer rows
 - 1 pair 3.00 mm (# 12) 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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Steps

You can work in stocking stitch (knit one row, purl one row) throughout or you can knit every row for the pants and change to stocking stitch for the remaining rows.

Begin Izzy Doll

- Cast on 32 stitches.
- Work 4 rows for feet in stocking stitch. Change colour of yarn.
- Work 14 to 16 rows for pants in stocking stitch or knit. Change colour of yarn.
- Work 12 to 14 rows for sweater in stocking stitch. Change colour of yarn.
- Work 8 rows for face (must be natural skin tone, see note on previous page) in stocking stitch. Change colour of yarn.

For Hat: Work the next 11 rows as follows

- Rows 1 to 4: work evenly in stocking stitch.
- Row 5: decrease 5 stitches evenly across row: K3, K2tog; (K4, K2tog) 4 times. Knit to the end (27 stitches).
- Rows 6, 8, 10: purl.
- Row 7: decrease 5 stitches evenly across row: K2, K2tog; (K3, K2tog) 4 times. Knit to the end (22 stitches).
- Row 9: decrease 5 stitches evenly across row: (K2, K2tog) across the row (17 stitches)
- Row 11: (K1, K2tog) 9 times: K2tog.
- Draw yarn through remaining stitches.
- NOTE : Continue with face colour for these 11 rows if you want to make a hat separately (see instructions next page) and sew hat on afterwards.

For Hair

- If you want to add hair, cut 10 cm (4") lengths of yarn.
- Attach hair to head as follows: with 2 strands together, fold in half to form a loop. Insert, crochet hook into a stitch on head, pull hair loop through stitch, then pull yarn ends through loop.
- Fluff out hair and trim as desired.

To Finish

1. Sew sides together to form a centre back seam.
2. Stuff head. Weave a single strand of matching yarn across the first face row. Draw up to form neck and tie tightly.
3. With matching yarn, define arms by sewing small backstitches through both layers from waist to 3 rows below neckline and then stuff.
4. Define legs in same manner with small backstitches down the middle from bottom edge to just below waistline and then stuff. Sew up bottom edge. With matching yarn, weave a single strand around the waist and gather in slightly to form a waist. Repeat around the top row of the feet to form ankles.
5. Using 3 strands of floss, embroider eyes and mouth on face.

You've created a unique Izzy Doll that a child in need will surely love it! Thank you!

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To create the illusion of hands

- Knit 14 rows for pants.
- Next row: K9 stitches for pants, K3 in skin tone, K8 for pants, K3 in skin tone, K9 for pants.
- Next row: K8 for pants, P4 in skin tone, K8 for pants, P4 in skin tone, K8 for pants.
- Next row : Change to sweater colour., K8 for sweater, K4 in skin tone, K8 for sweater, K4 in skin tone, K8 for sweater.
- Next row: P8 for sweater, P4 in skin tone, P8 for sweater, P4 in skin tone, P8 for sweater.
- Continue stocking stitch for sweater for 12 more rows.

To create a blue United Nations Peacekeeping Beret or a dark green Regimental Beret

- Round 1: Using 3 mm hook and blue or green Astra weight yarn, chain 5 and join to form a circle.
- Round 2: 2 single crochet in each stitch (10 stitches).
- Round 3: 2 single crochet in each stitch (20 stitches).
- Round 4: Single crochet in next stitch twice; 2 single crochet in next stitch. Repeat around.
- Round 5: Single crochet in next stitch 3 times; 2 single crochet in next stitch. Repeat around
- Round 6: Single crochet in next stitch 4 times; 2 single crochet in next stitch.Repeat around.
- Round 7: Single crochet in next stitch 5 times; 2 single crochet in next stitch. Repeat around.
- Round 8: Single crochet in next stitch 6 times; 2 single crochet in next stitch.Repeat around.
- Round 9: Single crochet in each stitch (you should now have approx. 46 stitches)

Decreasing

- Rounds 10-11: Single crochet in next stitch 3 times; go into 4th stitch and bring up a loop, then into 5th stitch and bring up a loop, then draw yarn through all 3 loops. Repeat around. (Decreases every 4-5 stitches).
- Round 12: Single crochet in next stitch 4 times; go into 5th stitch and bring up a loop, then into 6th stitch and bring up a loop, then draw yarn through all 3 loops. Repeat around. (Decreases every 5-7 stitches).
- Round 13: Change yarn to black and repeat round 12. Knot yarn.
- If making the UN blue beret, embroider the UN Crest on the front of the beret by making a small white circle using yarn or white embroidery thread.
- Attach the beret to the head.

To make head separately

- Rounds 1-3: Same as for peacekeeper's beret (see rounds 1-3 above).
- Round 4: Single crochet in each stitch around.
- Round 5-6: Single crochet in next 3 stitches, then 2 single crochet in next stitch. Repeat around.
- Round 7: Single crochet in each stitch around.
- Round 8: Single crochet in next 3 stitches, decrease in stitches 4-5.
(same as for peacekeeper's beret round 10)
- Round 9: Single crochet in each stitch around.
- Round 10: Repeat round 8.
- Rounds 11-12: Single crochet in each stitch around.
- Round 13: Repeat round 8.
- Round 14: Single crochet in each stitch around.
- Round 15: Repeat round 8.
- This should resemble a sphere.
Stuff head with polyfill. Close hole and attach head to body.



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