# Crocheted CME 125 Izzy Doll 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 "military uniforms" should consist of variegated yarns of styles and colours similar to actual military uniforms. Choose beret colours in either Army green or Air Force blue.
Izzy Dolls can represent either male or female personnel. You choose!

## Materials Required

- ❑ Yarn and crochet hooks:
  - ❑ DK (double knitting), sports weight or similar weight yarn or synthetic wools should be used to prevent shrinking. Assorted weights can be used such as worsted 4-ply and/or sport/2-ply.
  - ❑ For military uniform: Variegated Brown/Beige/Army Green
  - ❑ For boots: Black/Brown/Beige/Tan.
  - ❑ For berets: Army Green or Air Force Blue.
  - ❑ For skin: Natural coloured skin tones such as light, medium or dark brown, black, or, white/cream are acceptable.
  - ❑ Crochet hooks in sizes 3.0 mm, 4.5 mm and 5.0 mm (equivalent to US hook sizes D-3, 7 and H-8).
  - ❑ Yarn needle for sewing parts together. A longer needle may make it easier to sew up through the body.
- ❑ Polyester fiberfill for stuffing the head.
- ❑ Embroidery floss or fine yarn for eyes, mouth and details.

## Questions?

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


## Copyright Notice

Please note that Izzy Dolls are copyrighted and cannot be bought or sold for financial gain.
They can only be given freely ©

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## Body

- ❑ All measurements are approximate, however, please remember that the finished Izzy Doll should measure approximately 15 cm (6 inches) in height.
- ❑ The finished body should measure 4.5 to 5 cm (1¾ to 2 inches) in width and 5 cm (2 inches) in height.
- ❑ Use a synthetic white wool as the starting "base" upon which to crochet the coloured coils.
- ❑ Fig 01 shows a coil with the white "base" and long “tails” (approximately 30 cm / 12 inches) left to facilitate binding.
- ❑ Fig 02 shows the body coil before it is sewn together.
- ❑ To create the coil, use a 4.5 mm – 5.0 mm hook and 4 ply white “base” wool, Ch (chain) 50 – 60.
- ❑ In each Ch, make 3 DC (double crochet) until last Ch using chosen military uniform coloured wool.
- ❑ The coil will begin to curl. Straighten and flatten the curls, and coil them together to form the body.
- ❑ Curls will be approximately 4 to 5 cm (1½ to 2 inches) across. Once coiled, there should be 10 to 12 rings as seen in Fig 03.
- ❑ Align Chs then sew up and down to secure and compress the body until it measures 5 cm (2 inches) in height.
- ❑ After sewing the body, note that one end forms a slight depression, as seen in Fig 04. This is where the head will be attached.

## Tips and Tricks!

The basic pattern is a series of coils. The body, arms, and legs are all made in the same way, adjusting only the size and colours to arrive at proportions to create the Izzy Doll.

Remember to leave long tails 30 to 45 cm (12 to 18 inches) at the beginning and end of each piece to allow them to be sewn together. Once the doll is completed, all ends are to be crocheted into the Izzy Doll to maintain neatness.

Using a longer yarn needle will make it easier to sew up through the Izzy Doll body.

Fig 01

Fig 03

Fig 04

Fig 02

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## Legs

- ❑ All measurements are approximate, however, please remember that the finished Izzy Doll should measure approximately 15 cm (6 inches) in height.
- ❑ Crochet 2 legs. Each finished leg should measure 2.5 cm (1 inch) in width and 5 cm (2 inches) in height.
- ❑ Use a synthetic white wool as the starting "base" upon which to crochet the coloured coils.
- ❑ Remember to leave long tails (approximately 30 cm / 12 inches) on all pieces to facilitate binding together.
- ❑ To create the coil, use a 4.5 mm – 5.0 mm hook and 4-ply white "base" wool, Ch (chain) 30 – 40.
- ❑ In each Ch, make 3 HDC (half double crochet) until last Ch using chosen military uniform colour.
- ❑ If desired, create a "boot" by switching to boot colour for the last curl.
- ❑ Curls will be approximately 2 cm (¾ inch) across. Once coiled there should be 10 rings as seen in Fig 05.
- ❑ Align Chs then sew to secure and compress the leg to 5 cm (2 inches) in height and secure wool at the top.
- ❑ Repeat to create the second leg as seen in Fig 06.
- ❑ Attach one leg at a time to the body securely, sewing up and down through the body, tying tightly at the top.
- ❑ To facilitate sewing the legs to the body, the tails of 4-ply wool can be separated into strands.
- ❑ Fig 07 shows an Izzy Doll with both legs attached.

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

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## Arms

- ❑ All measurements are approximate.
- ❑ Crochet 2 arms.. Each finished arm should measure 2 to 2.5 cm (¾ to 1 inch) in width and 3 to 3.5 cm (1¼ inches) in length.
- ❑ Use a synthetic white wool as the starting "base" upon which to crochet the military uniform coloured coils.
- ❑ Remember to leave long tails (approximately 30 cm / 12 inches) on all pieces to facilitate binding together.
- ❑ For the arms use a 3.0 mm hook and 2-ply wool, Ch 20 – 30 using the white "base" colour wool.
- ❑ In each Ch, make 3 SC (single crochet) in each Ch until last Ch using chosen military uniform colour.
- ❑ If desired, create a "hand" by switching to skin colour for the last curls.
- ❑ Align Chs then sew to secure and compress and form the arm so that it measures 2 to 2.5 cm (¾ to 1 inch) in width and 3 to 3.5 cm (1¼ inches) in length as seen in Fig 08.
- ❑ Repeat to create the second arm as seen in Fig 09.
- ❑ Attach each arm to the body side, and sew up and through the body, securing at the top as seen in Fig 10.

Air Force blue.

**#5D8AA8**
**RGB (93, 138, 168)**

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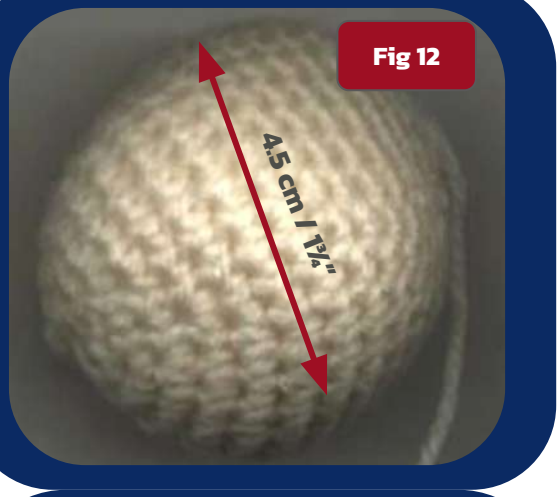
## Head

- ❑ All measurements are approximate.
- ❑ The head will be a sphere in which to pack compressed synthetic batting. The finished head should have a diameter of 4.5 to 5 cm (1¾ to 2 inches).
- ❑ Please use natural skin tones for the Izzy Dolls.
- ❑ Using 2 ply skin-coloured wool and a 3.0 mm hook, Ch 5 and join to first Ch to make a circle.
- ❑ Make 2 SC (single crochet) in each Ch. Repeat increases for 3 or 4 rounds until the head measures approximately 2.5 cm (1 inch) diameter when pressed flat.
- ❑ Continue straight 1 SC in each SC until the head measures 4.5 to 5 cm (1¾ to 2 inches) across when pressed flat.
- ❑ Start to decrease (SC 2 together) every 4th or 5th stitch.
- ❑ As the head curls down, form a sphere. Continue to decrease until there is only a small hole.
- ❑ Stuff with synthetic batting leaving long tails 30 to 45 cm (12 to 18 inches) to attach to the body as seen in Fig 11.
- ❑ Shape and sew the head closed so that it has a diameter of 4.5 cm (1¾ inches) as seen in Fig 12.
- ❑ Attach the stuffed head to the body top, sewing through the top, hiding the stitches and securing tightly. The Izzy Doll base is now complete as seen in Fig 13.




#444C38
(68, 76, 56)

Army green.

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## Beret

- ❑ To create a beret, a half sphere is formed as seen in Fig 17 (shown in Army green).
- ❑ Using 2-ply medium Army green wool or Air Force blue wool and a 3.0 mm hook Ch 5 and join to first Ch to make a circle.
- ❑ Make 2 SC in each Ch as for the head, increasing until it measures 5 cm (2½ inches) diameter when pressed flat.
- ❑ It will start to curl down.
- ❑ Approximately 12 rounds from the start, continue 1 SC in each SC until the beret diameter measures 4 cm (1½ inches) and has decreased enough to fit the head.
- ❑ Change to black wool and create a small band, leaving a long wool tail to sew the hat to the head.
- ❑ Optional: Using golden embroidery floss, add a small circle above the left eye on the beret to simulate the cap badge as seen in Fig 18 (shown in Air Force blue).
- ❑ Sew the beret to the head and pull the right side down and secure it to the side of the head as seen in Fig 19.

## Details

- ❑ Use embroidery floss to add eyes and a mouth as desired.

Fig 17

Fig 18

Fig 19

Thank you for helping us keep Master Corporal Mark Isfeld's memory and that of his mother Carol alive by participating in the Izzy Doll Initiative.

Learn more at https://www.izzydoll.org.

Please note that this CME 125 crochet pattern is based on Carol Isfeld's original Izzy Doll crochet pattern.