

Make & Take Cup Cozy

We must cut out wasteful tendencies from our lives! Reuse of materials and reduction of waste are essential. For the environmentally conscious, the best option is to acquire reusable items. If you drink coffee, get a mug or thermos. This project provides alternatives for those that may not think too much about their excessive use.

The Plan

- Gather your materials to reuse— Don't buy anything! Try to find something that you or someone else doesn't need anymore. Here are a few ideas to get you thinking:
 - Knit or crocheted band from reclaimed yarn
 - Old sock
 - Sweater sleeve
 - Make a bunch of cozies
 - Gift them to friends, coffee shops, or other easily accessible places where people can take them for free
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Knitting Pattern

It's a good idea to have a paper coffee cup nearby, so you can make sure your finished cup cozy will fit snugly. The idea is to make the cozy smaller than the circumference of the cup, so it will stretch and "hang on" to the cup.

There is nothing to sew. You will tie the two loose ends into a bow and the cozy will fit nicely around your cup. You can keep your cozy in your pocket, backpack, or purse, or wear it on your arm to show you are a proud reuser.

Using Chunky Yarn

Use needle size U.S. #9, #10, #10-½, or #11.

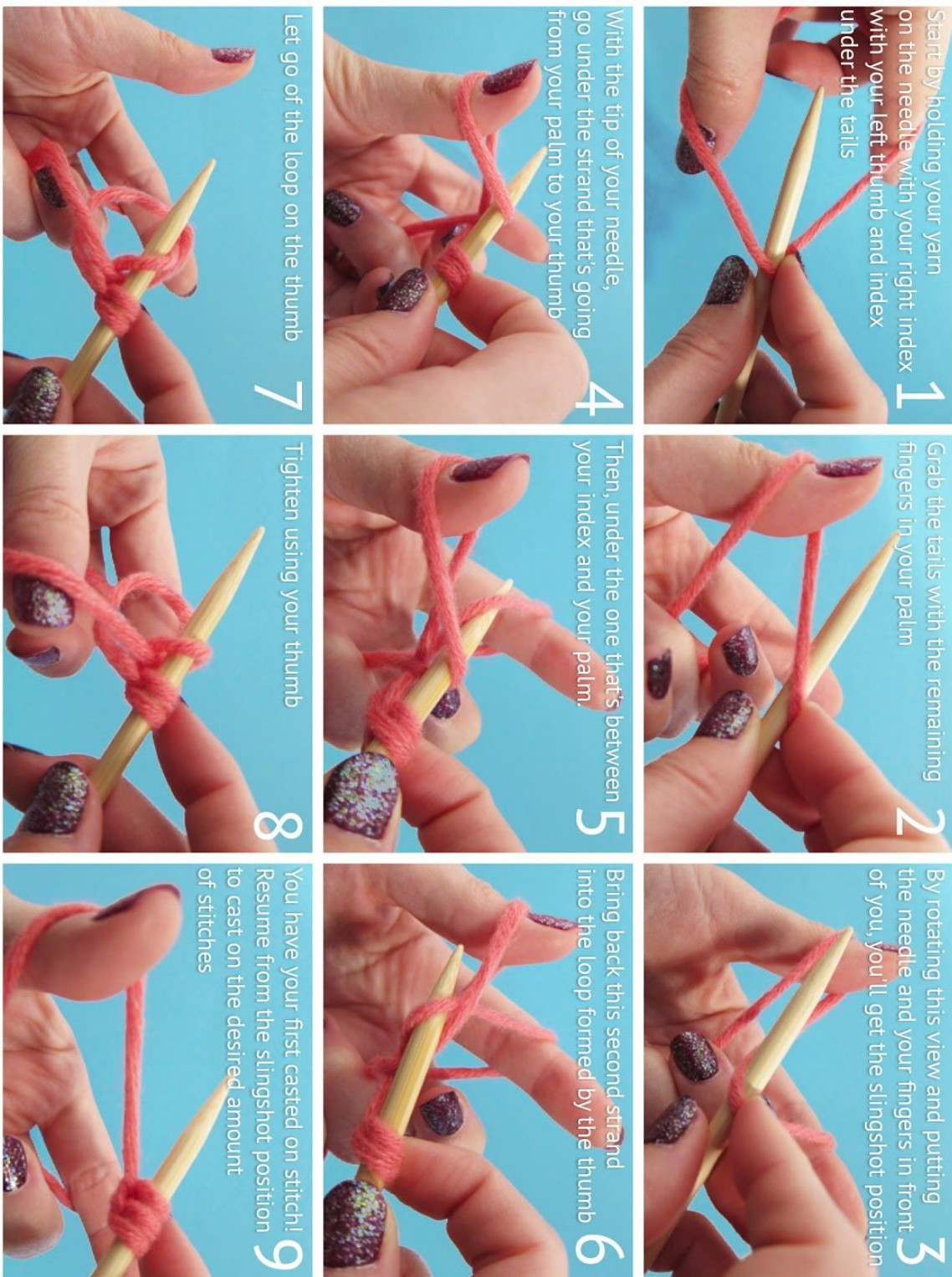
1. Cast on about 10 stitches (*see page 2*). Leave a tail about 8" long, so you can tie up the end when you are finished.
2. Knit back and forth (*see page 3*) until you have about 8 inches of fabric or approximately 62 rows.
3. Bind off (*see page 4*) so that you can leave a tail of yarn along the same edge as the first tail.
4. Tie the two ends together into a bow and you are ready to use your cozy.

Using Worsted Yarn

Use needle size U.S. #7, #8, or #9.

1. Cast on about 12 stitches. Leave a tail about 8" long, so you can tie up the end when you are finished.
2. Knit back and forth until you have about 7 inches of fabric or approximately 56 rows.
3. Bind off so that you can leave a tail of yarn along the same edge as the first tail.
4. Tie the two ends together into a bow and you are ready to use your cozy.

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LEARN TO KNIT

1 Holding the yarn at the back, insert your right needle into the first stitch on the left needle, from left to right.



2 Use your left finger to wrap the yarn around the tip of the needle from front to back.



3 Bring the right needle toward the front, bringing the yarn through the loop you went into.



4 Slip the stitch of the left needle and repeat from step 1.





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