

Round Ice Bag



Materials:

100% cotton worsted-weight yarn. I used Sugar 'n Cream in Chocolate Ombre. It took much less than one ball, but I also had the “super size” 3 ounce ball.

#7 needles, your favorites for working in the round, I like double-points and a short circular

Scrap yarn for the bellybutton

8 stitch markers

Gauge: 4.5 stitches/inch

Size: 7” across

You can find a link to instructions for the Belly-Button Cast On on [Math4Knitters](http://Math4Knitters.com), [Crafty Living](http://CraftyLiving.com): Show 54 at journalgazette.net/craftyliving.

Using the bellybutton cast on, start with 8 stitches. Place markers after every stitch. If you like, use a differently-colored marker for the beginning of the round.

Round 1: Knit all stitches, slipping all markers.

Round 2: *Knit to marker, yo, slip marker* around.

Repeat these two rounds until you have 112 stitches total (14 stitches for each marked section).

Knit one round.

Purl one round.

Begin decrease rounds:

Round 1: *Knit to to stitches before marker, knit 2 together, slip marker* around.

Round 2: Knit all stitches.

Work these rounds until you have 56 stitches total (7 stitches for each marked section).

Work *P1, K1* around for 7 rounds.

Yarn over, knit 2 together around.

Work, *P1, K1* around for 7 more rounds. Bind off loosely. Darn in ends.

Make a cord, either in i-cord, crochet or twisted cord.

For a standard twisted cord, start with a length of yarn four times longer than your desired cord. I wanted a double-thick cord, so I started with 8 times longer - or about 10 feet. Fold your length of yarn in half and attach one half to a stationary object. You could even have someone patient hold that end for you. I looped my yarn around the handle of a cabinet. Twist your cord, in one direction, as tight as you have the patience for. I sat in a chair and rolled the cord between my hand and my leg about 6 or 7 times. Take the loose end of your cord and bring it up to the fixed end. Basically, you are folding the cord in half. It should twist up on itself, releasing the energy you put into it when you twisted it. Unhook or cut off the fixed end of your cord and tie a knot in it. Tie a knot in the other end. Thread it through the eyelet row in your ice bag.

To use, place ice in a zip-top bag or shower cap. Put it all in the ice bag. Apply to what ails you.

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