

## Herbal Pouch-along



Autumn can bring on those pesky allergies. Knit up this quick and easy Pouch-along to take with you wherever you go. Handy dandy for you or a friend, and a really easy stash buster project.

### **DPN Version:**

Easy Advanced Beginner or Intermediate Knitter (you will need to know how to knit on double pointed needles)

### **Two Needle Version:**

Easy (you will need to be familiar with basic knowledge of knitting)

### **Finished Size**

X 5 ½"/14cm

**Easy** (basic knitting knowledge required)

**Materials**

1 skein Lion Brand Cotton Ease, 3.5 oz, 100 g, 207 yd/188 mm 50% Cotton, 50% Acrylic in Seaspray (#123) or color of choice. You can also substitute yarn of similar weight.

US Size 8 (5mm) DPN's or US Size 8 (5mm) Straight Needles

Stitch marker

Tapestry needle

**Gauge** 5 sts / 6 rows 1 1/2"/2.5 cm

Always take time to check your gauge.

**Abbreviations**

k—knit

p—purl

k2tog—knit two stitches together

st(s)—stitch(es)

DPN(s)—double pointed needles

\*Repeat from

Pattern x 2 (Increase by multiples of two for a larger pouch)

**Version 1**

Cast on 26 sts on DPN's and distribute evenly over your needles.

Join without twisting. Place a stitch marker.

Round 1: \*k1,p1

Round 2 : \*p, repeat \* to end of round

Round 3: \*p1, k1; repeat \* to end of round

Round 4: \*p, \* to end of round

Round 5: \*k, \* to end of round

Repeat Round 5 until the total length is 5 1/2"/14cm

**Decrease:**

Next round: K2tog for 1 round.

Cut a strand long enough to weave through the remaining stitches.

Tighten to close the bottom of the pouch and weave in ends.

**Finishing**

Cut a length of yarn, approximately 12" to weave through the knitting at the top to form a tie to close your pouch at the top. Block if necessary.

**Block:** Dampen your knitted project and lay flat on blocking board or surface. Smooth to desired size and shape, and pin with rustproof pins. Let dry undisturbed overnight or until dry.

### **Resources**

Judy's Knitting Tips – Knitting on double pointed needles. (YouTube)  
[http://www.youtube.com/watch?v=5F1El\\_m\\_A-M&feature=channel](http://www.youtube.com/watch?v=5F1El_m_A-M&feature=channel)

Visit Yarnindex.com for info on suitable yarns to substitute for this pattern.

### **Version 2 ( straight needles)**

Cast on 26 sts

Row 1: \*k1, p1, \*repeat to end of row.

Row 2: \*p, repeat \* to end of row.

Row 3: \*p1, k1, \* repeat to end of row.

Row 4: \*p, repeat \* to end of row.

Row 5: \*k, repeat \* to end of row.

Row 6: \*p, repeat \* to end of row.

Repeat Rows 5 and 6 (Stockinette Stitch) until the total length is 5 ½" / 14cm.

### **Decrease**

Next row: k2tog across to the end of the row.

Cut a strand long enough to weave through the remaining stitches and the two sides to seam together. Tighten to close the bottom of the pouch and seam the two sides together. Weave in ends.

Finish and block as in Version 1.

### **Suggestions for herbal goodies.**

These are only suggestions, but I like to have a rollon sinus headache reliever, herbal tablets for allergies, all natural lip gloss, camomille teabag to soak and sooth swollen, teary eyes and a herbal inhaler to breath more easily in my Herbal Pouch-along.

*Margaret Nock, Knit1fortheroad.com™ 2010  
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