



MINI CHALLENGE 2026
by Penny Dowdell

KNITTING

I learned to knit before I could embroider, with help from my grandmother. I love the communal aspect of learning to knit and of knitting items for other people, which is why this week's design is two hoops, linked by a fun knitted scarf! We're also leaning into the textures of knit by using DMC Eco Vita threads.



THE PATTERNS:

The patterns, when printed onto A4 paper, will fit 3" hoops.
Stitch the black lines in black perle thread, size 12.



STITCH GUIDE



Reading woman

838 hair: split back stitch
 434 skin: satin stitch
 EV203 sweater: split back stitch
 EV607 jeans: split back stitch
 EV001 hair tie, book pages, socks:
 satin stitch
 EV703 book: satin stitch



Knitting woman

3045 hair: split back stitch
 951 skin: satin stitch
 EV703 sweater: split back stitch
 EV604 jeans: split back stitch
 EV001 socks: satin stitch

DMC Colour Codes:

- DMC 838 (dark brown)
- DMC 434 (brown)
- DMC 3045 (blonde brown)
- DMC 951 (pale pink)
- DMC ECO VITA 703 (soft green)
- DMC ECO VITA 203 (yellow)
- DMC ECO VITA 607 (dark blue)

- DMC ECO VITA 001 (white)
- DMC ECO VITA 604 (pale blue)
- DMC ECO VITA 305 (red)

**Stitch the regular DMC 6-strand
 with THREE strands of thread.**

**Stitch the Eco Vita thread with 1
 strand (as it comes)**

STITCH TIPS



Knit a thin scarf with the ECO VITA 305 thread. Mine was knitted on No.4 needles, 4 stitches wide and 21cm long. The scarf will twist up as you stitch it. Wet it slightly with water and weight it down at each end to dry flat. If you can't knit, you could crochet the scarf, or simply cut a thin piece of fabric to act as the scarf!



Stitch the two women. ECO VITA thread is easy to stitch with, just use one strand as this thread does not need splitting. Use the same red thread to attach the scarf to the pieces! Alternatively, you could just stitch the knitting girl, and let the scarf hang down from the hoop.



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I hope you enjoyed stitching this pattern!

I'd love to see your projects! Tag me @pennydowdell on Instagram, or use the hashtag #pennysabcchallenge!