



Exclusive
Alan Dart
design

Roll up, roll up!

Step right up and feast your eyes on the strongest man in the world – **Alan Dart's** 'toughest' creation yet!



ST ST

DK
WEIGHT

3MM

YOU WILL NEED

- Hayfield, Bonus DK (100% acrylic, 100g/280m) 1 ball of each: White (961), Flesh Tone (963), Black (965), Pumpkin (766), Chocolate (947), Classic Red (833) and Walnut (927)
- 50cm length of dusky pink DK yarn
- A pair of 3mm knitting needles
- Stitch holder
- 60g washable toy stuffing
- Long tweezers
- Pair of compasses
- Hole punch
- Plastic drinking straw
- Stiff card
- Corrugated card
- Clear adhesive
- Pink pencil

For yarn stockists contact

Sirdar 01924 231682

www.sirdar.co.uk

TENSION

Yarn used knits as DK to this tension:

26 sts and 36 rows to measure 10x10cm (4x4in) over st st using 3mm needles

MEASUREMENTS

30.5cm (12in) tall

ABBREVIATIONS

For a full list see page 95

There's no need to buy tickets to this circus. Simply read on to find out all you need to know to knit your own world-famous strongman! With his iconic leopardskin costume and his extraordinarily heavy dumbbells, it's hard not to find this fella impressive. Keep your stitches neat and tidy by knitting DK yarn on 3mm needles. And if you're getting ahead with your knitting, we think he'd make a fab gift for Father's Day this year...

NOTE

Use 3mm needles throughout and cast on by using the cable (2 needle) method. This is most important when knitting the smaller pieces. Also begin all pieces with a K row, and always work 'inc 1' by knitting into the front and back of the stitch, otherwise your stitch count will not be correct. Be aware that shaping will commence on the first row for some of the pieces.

LEGS AND BODY (MAKE 1 PIECE)

RIGHT LEG

***Cast on** 16 sts using Classic Red for ankle edge of boot and work in st st for 2 rows.

Inc 1 st at beg and end of next row. [18 sts]

Work in st st for 3 rows.

Inc 1 st at beg and end of next row. [20 sts]

K 1 row for top edge of boot.

Change to White for tights and work in st st for 6 rows, beg with a K row.

Dec 1 st at beg and end of next row. [18 sts]

Work in st st for 3 rows.

Inc 1 st at beg and end of next row.

Work in st st for 3 rows.

Repeat the last 4 rows 2 more times. [24 sts]

Work in st st for 3 rows.**

WORK TOP OF LEG

Cast on 6 sts. [30 sts], P to last 6 sts, **cast off** 6 sts. [24 sts]

Break yarn and place sts on to a stitch holder.

LEFT LEG

Work as given for right leg from * to **.

WORK TOP OF LEG

Cast off 6 sts, P to end. [18 sts], turn work and **cast on** 6 sts. [24 sts]

JOIN LEGS FOR BODY

Next row K22, skpo from left leg sts,

then k2tog, K22 from held right leg sts. [46 sts]

P 1 row.

SHAPE CROTCH

Dec row 1 K1, (k2tog, K18, skpo) twice, K1. [42 sts]

P 1 row.

Dec row 2 K1, (k2tog, K16, skpo) twice, K1. [38 sts]

Work in st st for 3 rows.

SHAPE WAIST

Dec row 1 K2, (K3, k2tog, K4) to end. [34 sts]

P 1 row.

Dec row 2 K2, (K2, k2tog, K4) to end. [30 sts]

Work in st st for 7 rows.

SHAPE CHEST

Inc row 1 (K6, inc 1, K1, inc 1, K5) twice, K2. [34 sts]

P 1 row.

Inc row 2 (K6, inc 1, K3, inc 1, K5) twice, K2. [38 sts]

P 1 row.

Inc row 3 (K6, inc 1, K5, inc 1, K5) twice, K2. [42 sts]

P 1 row.

Inc row 4 (K6, inc 1, K7, inc 1, K5) twice, K2. [46 sts]

P 1 row.

Inc row 5 (K6, inc 1, K9, inc 1, K5) twice, K2. [50 sts]

Work in st st for 5 rows.

SHAPE SIDES

Dec row 1 (K10, skpo, K2, k2tog, K8) twice, K2. [46 sts]

P 1 row.

Dec row 2 (K10, skpo, k2tog, K8) twice, K2. [42 sts]

P 1 row.

Cast off for shoulder edge.

BOOT UPPERS (MAKE 2 PIECES)

Cast on 18 sts using Classic Red for centre edge of sole.

Inc row 1 (Inc 1) twice, K5, (inc 1) 4 times, K5, (inc 1) twice. [26 sts]

P 1 row.

Inc row 2 (Inc 1, K1) twice, K5, (inc 1, K1) 4 times, K5, (inc 1, K1) twice. [34 sts]

P 3 rows for sole edge.

SHAPE FRONT

Dec row 1 K1, skpo, K2, k2tog, K20, skpo, K2, k2tog, K1. [30 sts]

P 1 row.

Dec row 2 K1, skpo, k2tog, K20, skpo, k2tog, K1. [26 sts]

P 1 row.

Cast off 3 sts at beg of next 2 rows.



Use the Chocolate yarn to Swiss darn the leopardskin pattern over random stitches.

[20 sts]

Dec row 3 (skpo, K6, k2tog) twice.

[16 sts]

P 1 row.

Cast off for ankle edge.

NECK AND HEAD

(MAKE 1 PIECE)

Cast on 22 sts using Flesh Tone for base edge of neck and work in st st for 6 rows.

SHAPE CHIN

Row 1 K8, inc 1, K3, inc 1, K2, yfwd, sl1, ybk, turn and work on these 18 sts only.

Row 2 Sl1, P10, ybk, Sl1, yfwd, turn.

Row 3 Sl1, K9, yfwd, Sl1, ybk, turn.

Row 4 Sl1, P8, ybk, Sl1, yfwd, turn.

Row 5 Sl1, K7, yfwd, Sl1, ybk, turn.

Row 6 Sl1, P6, ybk, Sl1, yfwd, turn.

Row 7 Sl1, K7, yfwd, Sl1, ybk, turn.

Row 8 Sl1, P8, ybk, Sl1, yfwd, turn.

Row 9 Sl1, K9, yfwd, Sl1, ybk, turn.

Row 10 Sl1, P10, ybk, Sl1, yfwd, turn.

Row 11 Sl1, K to end.

Row 12 P across all sts. [24 sts]

SHAPE BASE OF HEAD

Inc row (Inc 1, K1) 5 times, K4, (inc 1, K1) 5 times. [34 sts]

Work in st st for 19 rows.

SHAPE TOP OF HEAD

Dec row 1 K1, (k2tog, K1) to end.

[23 sts]

P 1 row.

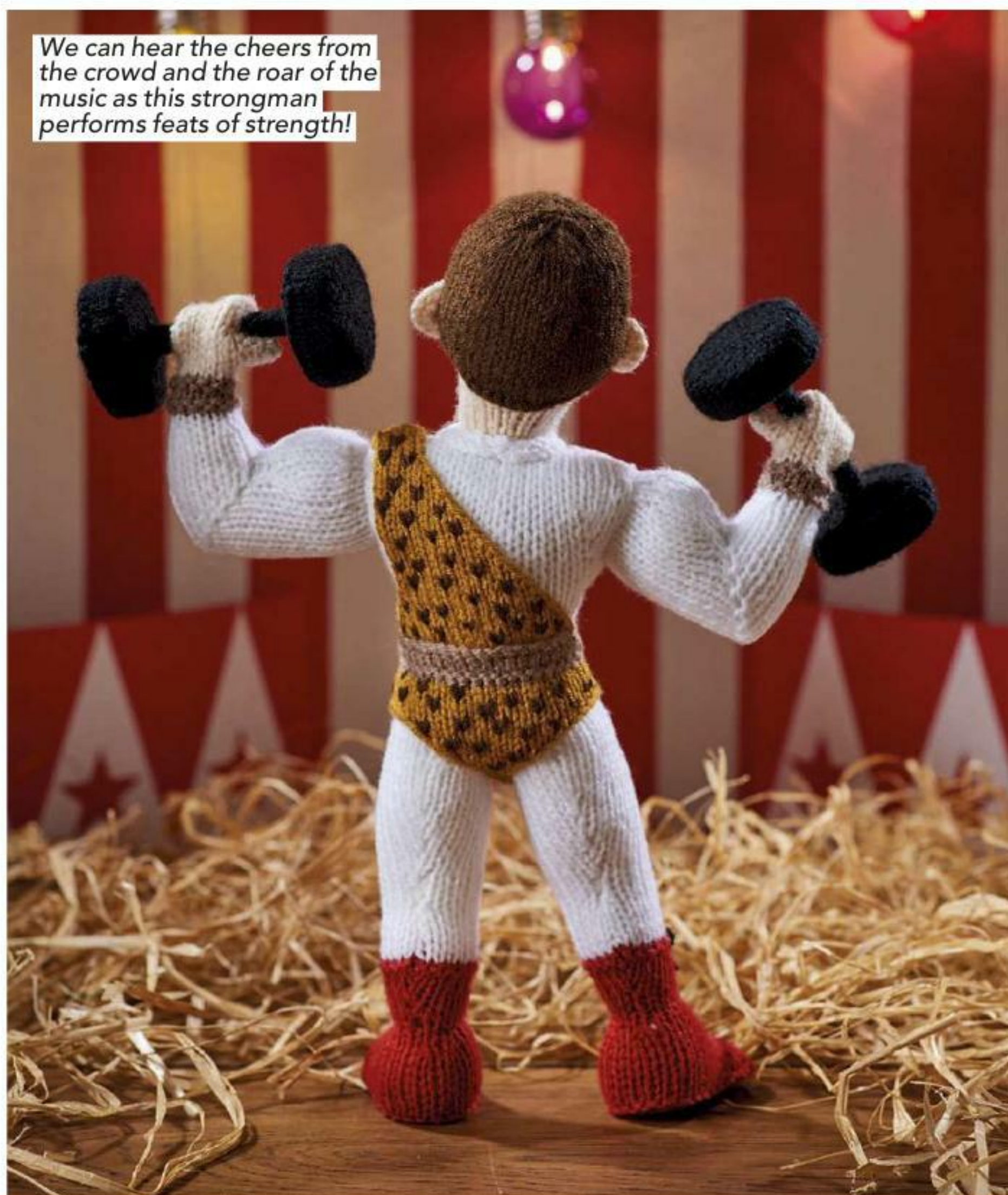
Dec row 2 K1, (k2tog) to end. [12 sts]

Break yarn, leaving a long end. Thread through sts on needle, draw up tightly and fasten off.

ARMS AND HANDS

(MAKE 2 PIECES)

Cast on 22 sts using White for top edge of sleeve and work in st st for 2 rows.



We can hear the cheers from the crowd and the roar of the music as this strongman performs feats of strength!

SHAPE BICEPS

Inc row (K1, inc 1) twice, K13, (inc 1, K1) twice, K1. [26 sts]

Work in st st for 5 rows.

Dec row 1 K1, (K1, k2tog) twice, K13, (k2tog, K1) twice. [22 sts]

P 1 row.

Dec row 2 K1, (k2tog) twice, K12,

(k2tog) twice, K1. [18 sts]

P 1 row.

SHAPE ELBOW

Row 1 K15, yfwd, Sl1, ybk, turn.

Row 2 Sl1, P12, ybk, Sl1, yfwd, turn

Row 3 Sl1, K11, yfwd, Sl1, ybk, turn.

Row 4 Sl1, P10, ybk, Sl1, yfwd, turn

STEP-BY-STEP KFB INCREASE 1 BY KNITTING INTO FRONT & BACK



1 Insert the tip of the right-hand needle into the front of the stitch and knit as normal, but don't drop it from the left-hand needle.



2 Then take the right-hand needle behind the left and insert the tip of the needle down through the back of the stitch on the left-hand needle.



3 Wrap the yarn round the tip of the right-hand needle to knit the stitch. Bring the needle through to make the stitch, keeping it on the right-hand needle.



4 Take the stitch off the left-hand needle. You'll have increased one stitch by knitting twice into the original stitch, first at the front, then at the back.

remove pins.

Using Chocolate yarn, Swiss darn single stitches at random over trunks and shoulder straps to create a leopardskin pattern.

Fold cast-on base edge of nose in half and sew across, then position and sew nose to face, placing base edge one knitted row above increase row at base of head, and top edge 8 knitted rows above this point. When embroidering features, fasten off ends of yarn at back of head where they will eventually be hidden by hair. Take a length of dusky pink yarn and use this to embroider mouth with 2 straight stitches, working top lip over 4 knitted stitches, placed 3 knitted rows below base of nose, then embroider bottom lip directly below this, this time working over 3 knitted stitches so it is slightly shorter at each end. Mark eye positions with pins, placing one knitted row down from top of nose and spacing 4 knitted stitches apart. Take a length of Black yarn and draw out a single strand, then use this to embroider a circle of 5 tiny chain

stitches for each eye. Take care when working with one strand of yarn as it can easily separate and break. Now take a length of Chocolate yarn and draw out a single strand, then use the remaining 2 strands to embroider eyebrows with chain stitch directly above eyes, working over 3 knitted stitches, spacing 2 knitted stitches apart at centre, and curving upwards.

Also use this yarn to embroider 2 curved lines of chain stitch for moustache, working each line over 4 knitted stitches. Blush cheeks lightly with pink pencil, working in a circular motion to gradually build up colour. Starting at gathered top edge, join hair seam, matching cast-on edge of front hairline to increased stitch on opposite side. Fit hair on head and pin in position. The front hairline should be placed 6 knitted rows above top of nose and the side edges of hair should be spaced 12 knitted stitches apart.

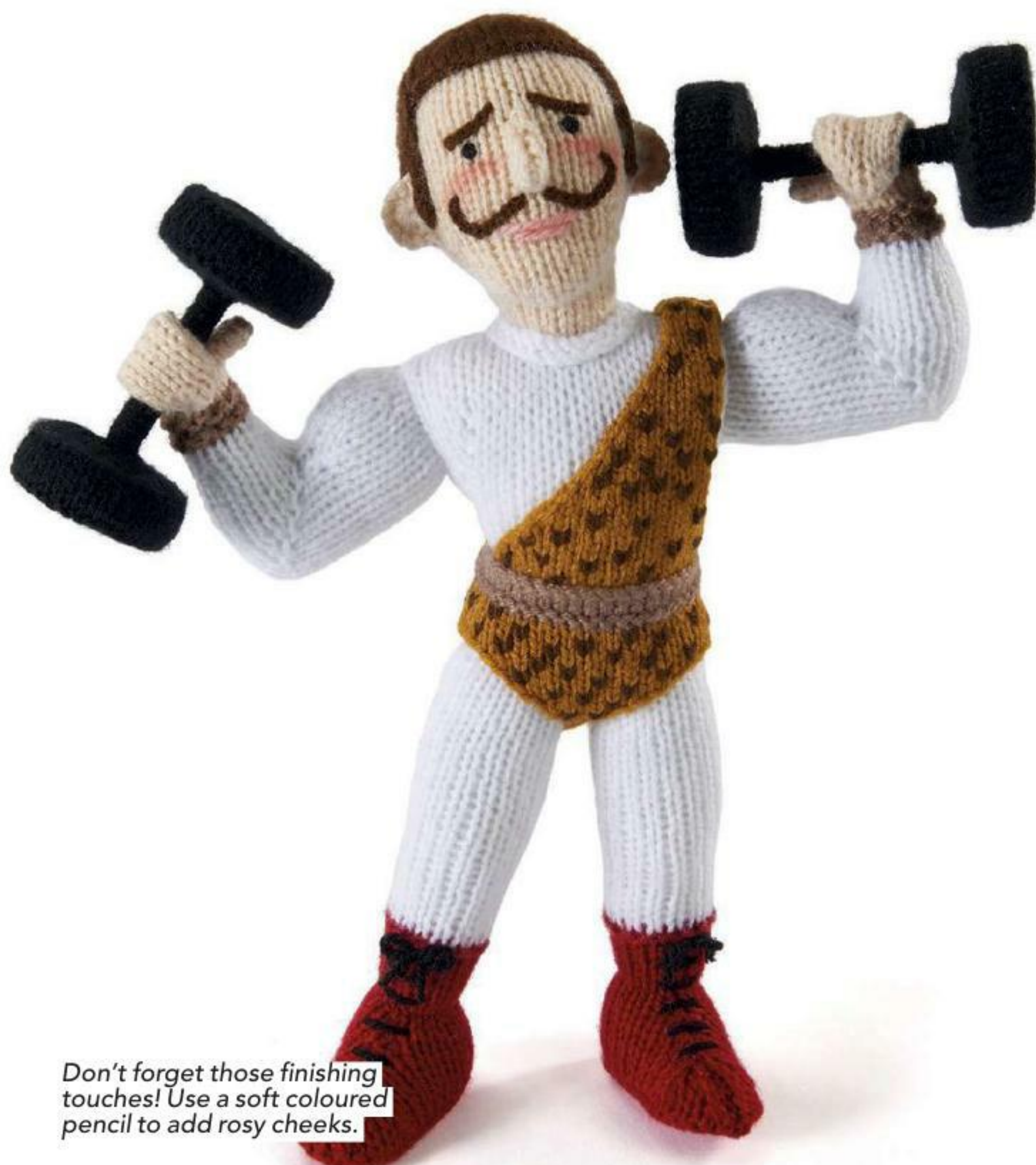
Also pull centre of cast-on edge down at centre back to create a curved line at nape of neck. Sew in place by working

backstitch all round edge, then remove pins. Position and sew ears to sides of head, placing 1½ knitted stitches in from side edges of hair and straddling cast-on base edge of hair to form sideburns.

To make dumbbells, first use compasses to draw sixteen 4cm diameter circles on to corrugated card and cut these out. Now use hole punch to make a hole large enough to fit drinking straw in the centre of eight of these circles. For each dumbbell, glue 2 plain circles of card together and 2 circles with punched holes together, making sure holes match, then glue these pieces together to make a 12mm thick disc. Repeat with the remaining card circles to make 3 more discs. Cut 2 7cm lengths of drinking straw for hand bars, then glue a card disc to each end, squeezing glue into hole in disc before fitting straw in place, and leave glue to set completely. **Using Black yarn**, and securing ends with a little glue, cover each straw hand bar by binding closely, then repeat 2 more times to make 3 layers of yarn altogether. Starting at gathered edge of one dumbbell piece, join seam, stopping after first knitted fold row. Fit over one card disc, then join remainder of seam to completely enclose disc. Work a gathering thread through every stitch along cast-on edge and draw up to fit round straw, then fasten off securely. Repeat with remaining knitted pieces. Draw a thin line of glue across palm of hand and fit dumbbell in place, then fold tip of hand over hand bar and hold down with a few stitches. ●

Quick Tip!

It can be a bit tricky keeping track of all the different parts when you're knitting a toy like this! I find it useful to label them as I go, so I know which bit is which when it comes to sewing up. You can just use scraps of paper and safety pins to mark parts. **Kate Evans, Digital Editor**



Don't forget those finishing touches! Use a soft coloured pencil to add rosy cheeks.

COMING NEXT

Hold your noses! Alan Dart's sweet skunk is making an appearance next month. Issue 160 hits the shops Fri 26 May.

Row 5 Sl1, K9, yfwd, Sl1, ybk, turn.
Row 6 Sl1, P8, ybk, Sl1, yfwd, turn
Row 7 Sl1, K7, yfwd, Sl1, ybk, turn.
Row 8 Sl1, P6, ybk, Sl1, yfwd, turn
Row 9 Sl1, K5, yfwd, Sl1, ybk, turn.
Row 10 Sl1, P4, ybk, Sl1, yfwd, turn
Row 11 Sl1, K5, yfwd, Sl1, ybk, turn.
Row 12 Sl1, P6, ybk, Sl1, yfwd, turn
Row 13 Sl1, K7, yfwd, Sl1, ybk, turn.
Row 14 Sl1, P8, ybk, Sl1, yfwd, turn
Row 15 Sl1, K9, yfwd, Sl1, ybk, turn.
Row 16 Sl1, P10, ybk, Sl1, yfwd, turn
Row 17 Sl1, K11, yfwd, Sl1, ybk, turn.
Row 18 Sl1, P12, ybk, Sl1, yfwd, turn
Row 19 Sl1, K to end.
Row 20 P across all sts. [18 sts]
 Work in st st for 4 rows.
Dec row K2, (k2tog, K2) to end. [14 sts]
 P 1 row.
 Change to Walnut for wrist strap and K 3 rows.
 P 2 rows.
 Change to Flesh Tone for hand and work in st st for 3 rows, beg with a P row.
Cast on 3 sts at beg of next 2 rows for thumb. [20 sts]
Cast off 4 sts at beg of next 2 rows. [12 sts]
 Work in st st for 8 rows.
Dec row K1, (k2tog, K1 skpo) twice, K1. [8 sts]
 P 1 row.
Cast off.

NECKBAND (MAKE 1 PIECE)

Cast on 26 sts using White.
Cast off.

TRUNKS (MAKE 2 PIECES)

Cast on 22 sts using Walnut for top edge of belt and K 1 row.
 P 2 rows for base edge of belt.
 Change to Pumpkin and work in st st for 5 rows, beg with a P row.

SHAPE LEG OPENINGS

Cast off 4 sts at beg of next 2 rows. [14 sts]
 Dec 1 st at beg and end of next 5 rows. [4 sts]
 Work in st st for 4 rows.
Cast off for crotch edge.

FRONT SHOULDER STRAP (MAKE 1 PIECE)

***Cast on** 22 sts using Pumpkin for waist edge and work in st st for 2 rows.
 Dec 1 st at beg and end of next 3 rows. [16 sts]
 P 1 row.
 Dec 1 st at beg and end of next row. [14 sts]
 P 1 row.**
 Dec 1 st at end of next row.
 P 1 row.
 Repeat the last 2 rows 8 more times.

[5 sts]
 Work in st st for 4 rows.
Cast off for shoulder edge.

BACK SHOULDER STRAP (MAKE 1 PIECE)

Work as given for front shoulder strap from * to **.
 Dec 1 st at beg of next row.
 P 1 row.
 Repeat the last 2 rows 8 more times. [5 sts]
 Work in st st for 4 rows.
Cast off for shoulder edge.

EARS (MAKE 2 PIECES)

Cast on 10 sts using Flesh Tone and K 1 row.
 Break yarn, leaving a long end. Thread through sts on needle, draw up tightly and fasten off.

NOSE (MAKE 1 PIECE)

Cast on 6 sts using Flesh Tone for base edge and work in st st for 2 rows.
Dec row 1 K1, skpo, k2tog, K1. [4 sts]
 P 1 row.
Dec row 2 skpo, k2tog. [2 sts]
 P 1 row.
 Break yarn, leaving a long end. Thread through sts on needle, draw up tightly and fasten off.

IT'S ALL IN THE DETAIL



Right down to his neckband, this showman is full of intricate details! Carefully follow the making up instructions to piece him together. Start with joining the legs and finish by gluing the dumbbells in place. Make sure you keep a fairly tight tension throughout, to help keep your stuffing in – try a spritz of hairspray at the end to create a sturdy finish.



Each dumbbell has four cardboard circles each side, held together with a cut straw.



Use Black yarn to embroider laces onto each boot, with a blunt tapestry needle.

HAIR

(MAKE 1 PIECE)

Cast on 28 sts using Chocolate for base edge and work in st st for 10 rows.

Dec row (K3, k2tog, K2) to end. [24 sts]
P 1 row.

Next row: Inc 1, K to end. [25 sts]

Cast on 15 sts for front hairline, P to end. [40 sts]

Work in st st for 2 rows.

SHAPE TOP

Dec row 1 (K1, k2tog, K1) to end. [30 sts]

Work in st st for 3 rows.

Dec row 2 (K1, k2tog) to end. [20 sts]
P 1 row.

Dec row 3 (k2tog) to end. [10 sts]
Break yarn, leaving a long end. Thread through sts on needle, draw up tightly and fasten off.

DUMBBELLS

(MAKE 4 PIECES)

Cast on 11 sts using Black for centre edge and work in st st for 2 rows.

Inc row 1 Inc into every st to end. [22 sts]
P 1 row.

Inc row 2 (Inc 1, K1) to end. [33 sts]
P 3 rows for fold line.

K 1 row.
P 1 row.

K 3 rows for fold line.
P 1 row.

Dec row 1 (K1, k2tog) to end. [22 sts]
P 1 row.

Dec row 2 (k2tog) to end. [11 sts]
Break yarn, leaving a long end. Thread through sts on needle, draw up tightly and fasten off.

TO MAKE UP

Unless otherwise specified, sew seams and join pieces using mattress stitch, working with right side of knitting uppermost. A one-stitch knitted seam turning has been allowed on most pieces to accommodate this.

Join each leg seam, from ankle edge up to top cast-on and cast-off row. This seam will run down the centre back of the leg. Now join the body back seam, from the cast-on edge at the top of each leg up to the shoulder edge, then sew the cast-off stitches at the top of each leg to the matching cast-on stitches at the base of the body. Stuff legs and body firmly, then, with body seam running down centre back, fold shoulder edge flat and sew across.

Fold cast-on edge of each boot upper in half and sew across, then join side edges, stopping directly after garter stitch sole edge row. Use a ruler to

draw two 6x3cm rectangles on to card for sole formers, then curve off each corner by drawing round a 2.5cm diameter coin. Cut out and glue to wrong side of each sole, matching edge to knitted fold line. Continue to join centre front seam of boot, leaving ankle edge open. Use tweezers to stuff firmly, then join ankle edges of legs and boot uppers, matching leg seam to centre back of boot, and boot seam to centre front of leg.

Using a length of Black yarn for boot laces, insert needle into top of boot and draw out at front of upper, leaving an end of yarn at top. Embroider 5 straight, horizontal, stitches, evenly spaced up front of boot, finally drawing out needle at top, opposite to starting point, then tie yarn ends into a tiny bow and trim away excess. Seal bow knot with a spot of glue.

Starting at gathered top point, join head and neck seam and stuff firmly. Placing seam at centre back, position and sew base edge of neck to top of body, placing back of neck 2 knitted rows down from shoulder seam and centre front of neck 4 knitted rows down from shoulder seam. Now work a gathering thread under the chin section only, sewing through every knitted stitch along the first row, draw up to shape chin and fasten off securely, sewing ends of yarn into head.

Fold cast-off edge of each hand in half and sew across, then join down side of hand, round thumb, and up sleeve, stopping at top edge. Leaving hands unstuffed, stuff arms firmly, then position and sew sleeve heads to sides of body, placing within shaped sections at top of body and matching sleeve seam with shoulder seam so forearm will point upwards.

Wrap neckband round neck and oversew ends together at back, then sew in place by working backstitch over every stitch along cast-on edge. Join trunk pieces along side seams, sewing from top edge of belt down to cast-off row for leg opening, then join crotch edges together. Fit trunks on body, then sew in place by working backstitch in Walnut over every stitch along garter stitch base edge of belt, leaving top edge of belt open. Join front and back shoulder strap pieces along shoulder edge, then pin in position, with ends of cast-on waist edges meeting at sides of body, and tucking waist edges under top edge of belt. Sew in place by working backstitch with Walnut over every stitch along cast-on edge of belt, then



Work the hair as one piece, in Chocolate, before sewing in place during making up.



The classic eyebrows and moustache are made in Chocolate yarn and chain stitch.



To give him balance, insert sturdy card in the Strongman's boots before sewing up.