

## Knitted Hearts

*These hearts we originally designed to give hope and spread love in hospitals, care homes and hospices.*

*For the 16 days of Activism against Gender Based Violence you might like to knit one purple heart and two white hearts to signify 1 in 3.*

### You will need:

- A small amount of double knit yarn.
- 3.25mm (size 10) knitting needles
- New polyester filling conforming to BS1425 (for cleanliness) and BS5852 (for flammability)

### Abbreviations

|                  |  |
|------------------|--|
| <b>K</b>         | Knit   |
| <b>P</b>         | Purl   |
| <b>K2tog</b>     | Knit 2 stitches together                                   |
| <b>K2tog tbl</b> | Knit 2 stitches together through the back of the loop      |
| <b>Kfb</b>       | Knit into the front and back of the stitch                 |
| <b>M1</b>        | Make an stitch by knitting into the bar between 2 stitches |
| <b>P3 tog</b>    | Purl 3 stitches together                                   |
| <b>Sts</b>       | Stitches   |

### Method:

*Makes 2*

Cast on 2 sts.

Row 1 Knit  
Row 2 Purl  
Row 3 (Kfb) twice. [4 sts]  
Row 4 Purl  
Row 5 K1, M1, knit to last st, M1, K1. [2 sts inc'd]  
Row 6 Purl  
*Rep last 2 rows 8 more times. [22 sts]*

Row 23 Knit

Row 24 Purl

Row 25 K1, M1, knit to last st, M1, K1. [24 sts]  
Row 26 Purl  
Row 27 Knit  
Row 28 Purl  
Row 29 Knit  
Row 30 P12, turn and work on these sts only  
Row 31 K1, K2tog tbl, K9. [11 sts]  
Row 32 Purl  
Row 33 K1, K2tog, knit to last 3 sts, K2tog tbl. K1  
*Rep last 2 rows twice more [5 sts]*

Row 38 P1, p3tog, P1. [3 sts]

Cast off.

*With wrong side facing, rejoin yarn and purl remaining 12sts.*

Row 1 K9, k2tog, K1. [11 sts]

Row 2 Purl

Row 3 K1, K2tog tbl, knit to last 3 sts, k2tog

*Rep last 2 rows twice more [5 sts]*

Row 8 P1, p3tog, P1

Cast off.

To make up, sew the two hearts together leaving a 2cm (1 inch) gap. Stuff gently and sew closed.