

My Whole Heart



This is a seamless heart that doesn't require any sewing at all. You can use it as a simple pin cushion or to express your love, friendship, compassion or memory. Wholeheartedly.

Materials: Stitch Nation Full o'Sheep 100% Peruvian wool, in Poppy colourway, or any aran or worsted weight yarn, 30-35 m (33-38.5 yds), 4 mm (US#6) double-pointed needles, stuffing, scrap yarn, tapestry needle.

Gauge: 21 sts and 28 rnds over 10 cm (4") in stockinette st. It is not crucial for this project, just make sure your fabric is dense enough for stuffing.

Measurements: 13 x 11.5 cm (5" x 4.5")

Abbreviations:

k = knit

kfb = knit a stitch through the front and back loops which results in two sts on the right-hand needle
ssk = slip, slip, knit. Slip one stitch knitwise, slip second stitch knitwise, transfer them back onto the left-hand needle and knit them together

k2tog = knit two stitches together

sts = stitches

Cast on 4 sts using [Judy's Magic cast on](#), 2 sts on each needle.

Rnd 1: Knit.

Rnd 2: Kfb. (8 sts)

Rnd 3: (K1, kfb, kfb, k1) 2 times. (12 sts)

Distribute sts to three double-pointed needles as follows: 6-3-3.

Rnd 4: (K1, kfb, k2, kfb, k1) 2 times. (16 sts)

Rnd 5: (K1, kfb, k4, kfb, k1) 2 times. (20 sts)

Rnd 6: (K1, kfb, k6, kfb, k1) 2 times. (24 sts)

Rnd 7: (K1, kfb, k8, kfb, k1) 2 times. (28 sts)

Rnd 8: (K1, kfb, k10, kfb, k1) 2 times. (32 sts)

Rnd 9: (K1, kfb, k12, kfb, k1) 2 times. (36 sts)

Rnd 10: (K1, kfb, k14, kfb, k1) 2 times. (40 sts)

Rnd 11: Knit.

Rnd 12: (K1, kfb, k16, kfb, k1) 2 times. (44 sts)

Rnd 13: Knit.

Rnd 14: (K1, kfb, k18, kfb, k1) 2 times. (48 sts)

Rnd 15: Knit.

Rnd 16: (K1, kfb, k20, kfb, k1) 2 times. (52 sts)

Rnd 17: Knit.

Rnd 18: (K1, kfb, k22, kfb, k1) 2 times. (56 sts)

Rnd 19: Knit.

Rnd 20: (K1, kfb, k24, kfb, k1) 2 times. (60 sts)

Rnds 21-27: Knit.

Rnd 28: (K1, ssk, k24, k2tog, k1) 2 times. (56 sts)

Rnds 29-30: Knit.

Rnd 31: (K1, ssk, k22, k2tog, k1) 2 times. (52 sts)

Put sts 14-26 on the first needle (13 sts) and all stitches on the second needle (13 sts) on scrap yarn, dividing the top of the heart in two parts, 26 sts each. Redistribute remaining sts to 3 double-pointed needles as follows: 9-8-9.

Rnd 32: (K1, ssk, k20, k2tog, K1). (24 sts)

Rnd 33: (K2, k2tog) 6 times. (18 sts)

Rnd 34: Knit.

Rnd 35: (K1, k2tog) 6 times. (12 sts)

Rnd 36: K2tog 6 times. (6 sts)

Cut yarn, leaving a 15 cm (6") tail. Using tapestry needle, thread tail through remaining sts and pull tight. Weave in ends.

Stuff the heart up to the live stitches level, filling the finished top.

Pick up 26 sts from the scrap yarn, distribute to 3 double-pointed needles as follows: 9-8-9, starting from the outer edge and join yarn.

Repeat starting from Rnd 32, adding more filling as you go. Secure yarn and use the tail to close the gap in the middle. Weave in ends.

