

This Is My Heart

By Mandy Kinne (*madgeface on Ravelry*)

This Is My Heart is an all-purpose heart pattern that can be worked in any yarn at any gauge using any needle size. It's a seamless pattern for advanced knitters, worked in the round from the bottom up, with short row shaping and a neat grafted edge at the top.



Techniques Used

Knitting in the round
Make 1 increase left and right
Short row shaping
Grafting using Kitchener stitch

Gauge

Choose a needle size that will produce a close-knit, firm fabric if you plan to stuff it

Finished Dimensions

Finished dimensions depend on yarn and needle choices; the first part of the pattern is roughly the first 1/3 of the finished heart

Materials

Circular or double pointed knitting needles in the size recommended by the yarn label or one size down
Yarn; the amount used will depend on the yarn weight, your needle size, and the size of the heart
Removable stitch markers
Tapestry needle
Polyester fiberfill or other appropriate stuffing (optional)

Instructions

Cast on 4 stitches and join for working in the round.

Round 1. Knit 2, place marker, knit 2, place marker.

Round 2. *Knit into the front and back of the next stitch, make 1 right, knit 1, slip marker,* repeat from * to * once more.

Round 3. Knit one round.

Round 4. *Knit 1, make 1 left, knit to last stitch, make 1 right, knit 1, slip marker,* repeat from * to * once more.

Round 5. Knit one round.

Repeat rounds 4 and 5 until the body of the heart is 2/3 the desired size of the finished object.

Divide the stitches on your needle into four sections, placing a marker halfway between each of the existing markers. You should have four sections of the same number of stitches with a stitch marker between each section.

Short row 1. Knit to 1 stitch before marker, wrap and turn.

Short row 2. Purl to 1 stitch before the beginning of the round, wrap and turn.

Short row 3. Knit to 1 stitch before last wrapped stitch, wrap and turn.

Short row 4. Purl to 1 stitch before last wrapped stitch, wrap and turn.

Repeat short rows 3 and 4 until approximately 1/3 of the stitches in this section are unwrapped stitches in the center of the row, ending on short row 4. Then knit to the next marker, knitting the wrapped stitches with their wraps, slip marker, and work short rows on the next section of stitches until you reach the end of the round.

Finishing

Knit 1 round even, knitting wrapped stitches with their wraps.

Remove the stitch markers that mark the first quarter and last quarter of the stitches; you should have two sections of stitches of the same number for the front and back of the heart.

Stuff the heart, graft the front and back stitches together, and weave in all ends.