



Bradford
Hospitals'
Charity



Knitted hearts

Size 9 needles

To make the top of the heart (not the bottom point)

Cast on 3 stitches

Knit 2 rows

Knit 1 (K1), Make 1 (M1),

K1, M1, K1 (5 stitches)

Knit 2 rows

K1, M1, K3, M1, K1 (7

stitches)

Knit 2 rows

Slide all stitches to the end of the needle

Repeat the above to create a duplicate piece (this is for the top of the heart)

You should now have both tops of the heart on one needle (14 stitches).

Make sure both pieces are the same way round

Knit 5 rows

Reducing the heart to the bottom tip

K1, slip one pass slip

stitch over, K to last 3 stitches, K2together, K1

Knit 1 row

Continue with the above two rows until only 2 stitches remain – then knit them together and cast off. Thread all loose ends into the edges of the heart with a large sewing needle.

